

Volunteers are the real magic behind Santa’s Village

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – The night before the opening of Santa’s Village found Tapply-Thompson Community Center bustling with activity on Dec. 12, as last minute decorations were put in place, tables were set out for the annual craft fair and 31 elves finished their training so they would be prepared to greet the hundreds of boys and girls who annually come to the village.

While the Town of Bristol celebrated its 200th birthday this year, Santa’s Village also marked its 65th anniversary of bringing the joy of Christmas to families from all over central



TTCC staff member Gina Richford gave a sneak preview of her Reindeer Café display at Santa’s Village last Thursday.

New Hampshire, inspiring similar other communities to follow in their footsteps.

There is no real magic to the village, though, unless one counts the magic of

volunteerism. Long before Santa’s Village is even set up, students from local el-

ementary schools apply to volunteer as an elf. Today Samantha Austin helps in the Elf application and training process but was once an elf herself.

“What we do when kids are accepted is work on their skills then assign them to their jobs,” Austin said.

Like she once was, they are given Elf names for the event, such as Tiny, Twinkles and Snowflake, adding to the fun of being an official part of Santa’s Village.

Elves greet people, man the North Pole Post Office, Santa’s toyshop and the Sweet Shop. They help Mrs. Claus pass out cookies in her kitchen and some sit beside Santa to assist him as he meets with the lines of boys and girls who are

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Newfound students selected for Lakes Region Music Festival

BRISTOL — The music department of Newfound Regional High School is pleased to announce that 22 students have been selected to participate in the Lakes Region Music Festival, scheduled for Jan. 18, to be hosted this year at Prospect Mountain High School in Alton. The festival is open to the most outstanding band and choral students from throughout the lakes region. The NRHS students

were nominated for the festival by their Music Director, Mr. Edward Judd.

The students accepted to the Concert Band are: Cassandra McClay, Gretchen McGowan, Leah Deuso, and Mikayla Ulwick, Flute; Kyle Nally, Katelynn Cornell and Jeff Huckins, Clarinet; Autumn Braley, Oboe; Logan Glidden and Ryder Downes Trumpet; Joshua Bucklin and Hunter Pease, Bari-

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Minot-Sleeper Library hosts holiday events

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – Minot-Sleeper Library was home to a number of community events last week that offered something for people of all ages to enjoy as the holidays draw near. On Wednesday, Dec. 11, they held a free craft party where participants could make snowmen ornaments and add other miniature items to personalize their creations.



DONNA RHODES

The Brett family of Plymouth had fun making holiday ornaments at the Minot-Sleeper Library last Saturday.

Community enjoys Breakfast with Santa Danbury

BY DONNA RHODE
drhodes@salmonpress.news

DANBURY – Danbury’s Community Center was filled with holiday spirit last Saturday when it hosted the annual Breakfast with Santa, inviting the community in for pancakes, children’s crafts and a visit with the Jolly Old Elf himself.



DONNA RHODES

From the comfort of her mom Jessica’s lap, 13-month-old Cassidy got her first real look at Santa when they attended the annual holiday pancake breakfast at the Danbury Community Center last Saturday.

For many, the breakfast is a Christmas tradition, while for some little ones, it was their very first time to not only enjoy a delicious breakfast but to

meet Santa. Erin and her daughter young daughter Laila were among the newcomers.

“We’re having a lot of fun! This is great,” mom said.

As people arrived they were able to give an order for whatever type of pancakes they wanted then watched as they were custom-made, with bacon

and other breakfast items on the side.

“We come here all the time, not only for this but the Thursday night dinners, too. The food is always good,” one family said.

When the children were done eating they could then make some holiday decorations to take home, too.

On Sunday, residents gathered at the center once more for homemade soups and the lighting of their Christmas tree. Danbury Community Center also provides Secret Santa Christmas gifts each year, granting wishes that were left on their tree. Pick up dates for those items will be Saturday, Dec. 21, from noon until 4 p.m. and Sunday, Dec. 22 from 11 a.m. – 3 p.m. The final dates for this year’s pick-up will be Mon. and Tuesday, Dec. 23 and 24, from 9 a.m. until 2 p.m.

Children also enjoyed a holiday story time and on Friday and Saturday the Friends of Minot-Sleeper Library held their annual Cookie Buffet at the Masonic Lodge. All proceeds from that event will benefit the library and their many services.

Earlier on Saturday, the Masons also hosted their traditional free Breakfast with Santa, which coincided nicely with the cookie sale later that morning.

On Saturday, there was a free gift-wrapping party when people were invited to bring their presents to the library. Upon arrival they found wrapping paper and gift bags available to help get that sometimes stressful chore done well before Christmas.

Also that day, the library held one final DIY holiday craft time

SEE MSF, PAGE A9

Plymouth State University continues Thanksgiving tradition of service

PLYMOUTH — Plymouth State University (PSU) continued its longstanding tradition of community service this Thanksgiving. For 46 years, PSU has served local families and senior citizens in need with Thanksgiving fixings, and nearly 500 people were aided this year in the greater Plymouth area.



Pictured: Verna Perry Beliveau, Ret. Army Maj., Dan Beliveau, Jay Lucas, Karen Lucas, Nancy Kindler, Jim Graham, Sean Riley, Phil Taub, Executive Councilor Ted Gatsas, Joe Graham, Aaron Sharabaika, Matt Foster, Angelo Mazzella, and James Olson.



Alumni from fraternity Phi Beta Upsilon donated \$2,000 to Plymouth State University's (PSU) Thanksgiving Basket project this year, bringing their total financial support of the project over 10 years to \$23,500. This generous support, as well as the support from faculty, staff, and students, enabled PSU to provide 140 baskets this year, serving nearly 500 people in the region.

Swim With a Mission donates to children of fallen patriots

MANCHESTER — Members of Swim With a Mission presented a check to representatives of Children of Fallen Patriots in downtown Manchester Tuesday, Dec. 10. “We are honored to present \$25,000 to Children of Fallen Patriots and help provide scholarship opportunities for children who lost a parent in active military service.” Says Phil Taub, co-founder of Swim with a Mission “Our commitment to giving back to honor service men and women is making a difference in the lives of many and today’s contribution advances the chance for a stronger and better life for a child.”

Holy Trinity Christmas Mass schedule

BRISTOL — Holy Trinity Parish has announced its Christmas mass schedule.

Christmas Eve	Christmas Day
4 p.m. at Our Lady of Grace Bristol	10 a.m. at St. Matthew

Swim With a Mission was founded by Granite State residents Phil and Julie Taub. Swim With a Mission, through its yearly series of events, including its flagship

SEE DONATION, PAGE A9

donated \$2,000 to the project, bringing their total financial support of this tradition to \$23,500.

“This tradition to give back is made possible by the continuous support from Phi Beta Upsilon, PSU faculty and staff, alumni, and from the students’ willingness to deliver the baskets,” explains PSU Catholic Campus Minister Kathy Tardif.

In the past 15 years, this tradition has grown from serving 35 baskets to providing 140 baskets across 10 different towns. PSU is able to reach more and

more people in need each year due to the outstanding support this project continues to receive.

“The best thing about this project is that the community

and the students get to meet each other,” says Tardif. “The community truly comes together when students deliver the baskets and get to meet the people they are serving.”

Climate change documentary to screen at Flying Monkey

PLYMOUTH — The Pemi Climate Emergency Coalition (PCEC) invites the greater Plymouth/Pemi-Baker community to a community screening of “Before the Flood” on Sunday, Jan. 12 at 6:30 p.m. at the Flying Monkey Movie House & Performance Center at 39 S. Main St., Plymouth.

The 2016 National Geographic film is narrated by actor Leonardo DiCaprio as he travels to sites around the globe to bring viewers in touch with the climate emergency. Interviews with scientists, a study of purposeful misinformation campaigns, and calls to action at many levels weave themselves into a compelling narrative that brings urgency to the need for legislative action and public policy. An award-winning film when it debuted three years ago, the documentary is still as relevant today as individual and collective action to protect the

planet languish. According to DiCaprio, “This documentary shows how interconnected the fate of all humanity is — but also the power we all possess as individuals to build a better future for our planet.” All ages are invited to come to the screening and learn about opportunities to act locally, including with your vote, to protect the climate and reduce negative environmental, industrial, health and societal impacts. Members of the Pemi Climate Emergency Coalition are hosting the event and will be available after the screening to answer questions and share materials on how to get more involved in protecting the planet and its climate. A \$5 donation is requested but not required to cover screening costs. For more information, email pemiclemate@gmail.com. Hope to see you there!

Citizen science opportunity: SLA seeks winter water quality volunteers

HOLDERNESS — Would you like to trek across the frozen Squam Lakes, drill through the ice, and become a regular part of some cool science that matters? You sound like a potential winter water quality volunteer with the Squam Lakes Association! The SLA has monitored the lake’s summer water quality since the ‘70’s, but only recently have we ex-

panded our program to include winter water quality monitoring. Collecting water quality data year-round allows us to form a more comprehensive understanding of lake dynamics. The better our understanding of this ecosystem, the more successful our conservation efforts will be. But we need to you to keep this program running!

Volunteering in-

volves hiking out onto the frozen lake with a sled full of equipment, measuring water temperature and dissolved oxygen levels, and bringing a water sample back to our lab for processing. It’s a great opportunity to get outside in a new way while learning a little more about the ecosystem that you call home. No prior knowledge or experience is required. We will con-

duct training for all new volunteers. Most volunteers choose to go out with an LRCC member for each shift, but private outings are also an option. If you are interested, email Lakes Region Conservation Corps member and winter water quality lead Grace Callahan at grace@squam-lakes.org or call the SLA at 968-7336 and ask for Grace.

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

BUSINESS MANAGER
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(603) 677-9082
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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

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Circle Program receives grant from Speedway Children's Charities

LOUDON — The holiday spirit filled The Palace Theatre in Manchester last Tuesday, as Manchester Mayor Joyce Craig joined Speedway Children's Charities New Hampshire Chapter at its 11th annual grant distribution ceremony. Grants were handed out to 51 local nonprofits, including the Circle Program, totaling \$55,375 in front of the festive backdrop from "A Christmas Carol."

"Today is such a feel-good day," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "True holiday spirit is all about helping those who need a little extra, and I'm so proud to be a part of this team who makes the holidays brighter for so many children in our community."

Since its inception in 2009, New Hampshire Motor Speedway and SCC have distributed more than \$1.8 million, supporting more than 808,000 children in the local community.

"This is the best way to wrap up the year of fundraising and kick off



COURTESY

Circle Program representatives accepting the grant during a ceremony held at The Palace Theatre in Manchester last Tuesday, Dec. 10, honoring all grant recipients.

the holiday season," said Hillarie Scott, director of Speedway Children's Charities New Hampshire Chapter. "Seeing the faces of those receiving the grants and hearing what they're planning on doing with the money to help kids in New England makes it all worth it."

Funds raised through the New Hampshire Chapter includes events such as the Dale Jr. Foundation Safe Kids 301, a motorcycle ride, Laps for Charity, the Charity Clay Shoot presented by

BRISTOL — Holiday celebrations and activities offer a great way to celebrate the spirit of the season and members of Pasquaney Garden Club (PGC) have been busy helping to create and participate with other members of the local communities.

Wreaths were decorated with lovely handmade bows and distributed to town buildings in the Newfound towns and villages during Thanksgiving week to kick off the seasonal

Pasquaney Garden Club celebrates season with community events



COURTESY

Pasquaney Garden Club members Jo-Ann Cole, Joan Morrison, President Jane White, Sally Harris, Louise Migliore, Menta Martel and Elizabeth Sanders made and provided decorations for the tree submitted for the Festival of Trees held in Bristol on Thanksgiving weekend.

PSU paves way students with Associate degrees to continue education

PLYMOUTH — Earlier this year, Plymouth State University (PSU) announced a program that paves the way for qualified students who earn Associate Degrees in Liberal Arts from the Community College System of New Hampshire (CCSNH) to continue their college education at PSU. Today, PSU took this initiative one step further by announcing it will guarantee admission to students who have earned an Associate Degree in any discipline from any accredited community college.

PSU is currently the only institution in New Hampshire to guarantee admission to qualified students who have earned Associate Degrees, regardless of whether an articulation agreement exists between PSU and the college where the students earned their degrees.

"Plymouth State is committed to providing access to a great education. We value the experience that associate degree earners bring to campus and this furthers opportunities for these deserving appli-

cants," said Donald Birx, Ph.D., President, Plymouth State University.

On average, 30 students who have earned Associate Degrees choose to continue their college education at PSU annually. In addition to the block transfer agreement with CCSNH and this program, PSU is pursuing matriculation agreements with community colleges outside of the Granite State.

The new guaranteed admission program is open to students who have earned an Associate Degree from an accredited community college within three years of the date their application is submitted to PSU. To be eligible, students must submit the Common Application, Panther Application or New Hampshire Trans-

fer Application. While admission to PSU is guaranteed to qualified students, admission to specific degree programs is not guaranteed. All transfer credits will be reviewed post-admission unless the student qualifies for an applicable articulation agreement, such as PSU's block transfer agreement with CCSNH.

For more information about Plymouth State University and its admission process, please visit www.plymouth.edu and www.plymouth.edu/transfer.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our

students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. 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.

cheer. Another PGC committee provided a decorated tree for the Festival of Trees held in Bristol on Thanksgiving weekend. The Monarch butterfly was used as a theme for the tree and some of the decorative items related to items used as food by Monarchs such as milkweed. The tree also included gift items and gift certificates.

The final meeting for the 2019 Club season was a Pot-Luck Lunch and holiday craft making time. Members brought a delicious array of appetizers, casseroles,

salads, breads and deserts. Lunch was followed by a holiday craft-making time, organized by Louise Migliore, Jane White and Elizabeth Sanders.

The planning sessions for the 2010 season will take place during January and February. The club may also participate in a joint effort with Friends of the Minot Sleeper Library to hold a couple of events during the less active winter months. Watch for more details! Regular seasonal programs and events will begin again in April.

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CADY Corner

How to encourage healthy risk taking

BY DEB NARO
Contributor

In teen brains, the “GO” light tends to shine bright, but “CAUTION” and “STOP” aren’t completely wired yet. Many times, teens give in to temptation by believing that nothing bad can ever happen to them, which is why teens may be more likely to take risks. By guiding your teen toward healthy challenges, you can help them steer clear of taking harmful risks and help strengthen their brains at the same time.

If you’re nervous about your teen taking risks, you’re not alone. Most parents are terrified at the thought of their teenagers taking risks, but that’s because many parents think of teen risk-taking as binge drinking, using drugs, and other harmful risks. But what these parents forget is that there are also healthy risks. These are risks that don’t put your teen in danger but require them to risk something — such as failure or criticism.

In the process of taking healthy risks, they can gain confidence, courage, and the ability to plan and resist impulses — all important skills needed in life. Most parents understand that when they teach their child to ride a bike, there’s a good chance their child will end up with a skinned knee — but that risk is worth the reward of motor skills, confidence and self-esteem that come with learning. That’s exactly what healthy risks are about.

The best way to help your teen avoid negative risks is to find

healthy risks to substitute for the thrill risk-taking provides in the first place. Brainstorming can help them find the perfect meaningful and challenging activity, so you can help your teen find a focus for their interests and steer them towards new adventures.

To help kickstart the conversation, you can start by asking your child a few questions. What makes you the happiest? To you, what’s the most valuable thing in the world? What’s the most exciting thing you’ve ever done or can imagine doing? If you had eight hours to do whatever you wanted, what would it be? Once you know what makes your child happy and ignites their passion, together you can look for healthy risks.

What happens if my child gets off track? Don’t just jump in and take over — giving them too much help negates the whole learning experience. Let them navigate through the process of getting started, and then following up on the activity itself.

If they hesitate to try something new, talk to them about your own healthy risk-taking, including your own failures. Engaging your teen in healthy risk-taking not only helps to build character and confidence and helps them avoid harmful risks, it satiates their desire to take risks in the first place.

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.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

A riverboat trip up Old Man River, against the current and into history

Getting onto a riverboat and churning your way up the Mississippi is not something you do every day, so mention of it in a recent column drew some queries.

For some reason, I’ve long had a short list of things I’d like to do in the relatively short time I probably have to do them. Another one (other than owning an Austin Healey Mark 3000, circa 1965 or so) is to visit the Panama Canal, at the time (and with some of us still) a Seventh Wonder of the World, or at least close.

Anyway, I did indeed board an almost brand-new ship, the 345-foot American Harmony, to take a week-long trip upriver from New Orleans to Memphis. The food was excellent, the crew was great, the river traffic ranged from small boats to strings of barges pushed by enormously powerful tugs to ocean-going vessels, and the river is faster and much narrower than I’d thought (for much of the trip it wasn’t much more than a quarter of a



JOHN HARRIGAN

The American Harmony, docked and disgorging passengers at Vicksburg. She was christened this spring and fitted out to carry 187 passengers in time for this fall’s Mississippi cruising season.



JOHN HARRIGAN

Somewhere on the Lower Mississippi: This powerful tug, used far more to push than pull, pushed a refueling barge up alongside the Harmony to fill her up for the trip.

mile wide).

+++++

For me, the worst part of any trip to the Outside (mean-



ing south of Winnepesaukee) is flying. On a trip involving New Orleans my only other choice was the train, which I vastly prefer, as long-suffering readers will know. But the timing was impossible.

Now, it should be said that I have utterly no fear of flying, except the basic kind of fear, like running out of fuel. Indeed, I’ve flown over much of northern New England, the Maritimes, the Far North and vast areas of Yukon and Alaska, mostly in single-engine float planes with the beastly power required to take off from tiny ponds and short stretches of river. This is flying, up close.

But back to reality. I trudged down the ramp to the plane for Detroit, and wedged myself into a seat that not even a shoe-maker would design, but no shoe-horn provided to help with the wedging,

SEE NOTEBOOK, PAGE A9

Letters to the Editor

Direct action through local lawmaking

To the Editor:

Clean water, air, and soil are essential for all living things; those that are sentient and those that are not. The major causes of environmental pollution are the combustion of fossil fuels, agricultural waste from fertilizers and pesticides, and nuclear emissions from uranium mining and storage of waste (<https://www.quora.com/What-causes-environmental-pollution>). We have paid a high and potentially irreversible price for all of our industrial progress. The price has been realized at the cost of our health and the increasing rate of extinction of many animals, flora, and fauna.

When it comes to water, energy, food, and waste — all major components of our everyday lives — we find ourselves denied access to any real local decision-making authority over protecting human health and safety or that of the natural environments in our communities. Sure, the state and federal government create regulations around industrial activities, but what can we do when the state and federal government get it wrong?

I’ve been following the stories about PFAS contamination from the Coakley Landfill, St. Gobain, and the application of human waste (sludge) on commercial farmland. It is incredibly alarming that these industrial activities are all legally allowable and have caused so much harm with the direct approval and legal support

from the state and the federal government.

There are times when no allowable amounts of a contaminate are acceptable because they cause such serious and irreversible harm to people and natural environments. PFAS are ‘forever chemicals’ that take more years to leave our bodies and the environment than we are likely to live out on this earth. We know these chemicals cause cancers and yet their use is made legal by the government that is supposed to protect its citizens from such commercial and industrial harms.

Join the growing number of communities that are taking direct action, through local lawmaking, to enumerate their right to protect the health and safety of all residents and ecosystems from industrial harms and governmental interference with Rights-Based Ordinances (RBOs). These local laws legalize rights to clean air, water, and soil along with recognizing our right to make local governing decisions that raise local levels of protection within our communities above standards determined at the state and federal levels of government. Learn more at www.nhcommunityrights.org or contact the NH Community Rights Network at info@nhcommunityrights.org.

Michelle Sanborn
President, NH Community Rights Network
Alexandria

Elizabeth Warren is the champion American families need

To the Editor:

Throughout her career, Elizabeth Warren has made it her mission to fight on behalf of consumers. During the financial crisis in 2008, Elizabeth saw how consumers were exploited, and she then fought for the creation of the Consumer Financial Protection Bureau to protect them. The only federal department dedicated solely to consumers, Elizabeth’s brainchild has since returned more than \$12 billion dollars to consumers who were ripped off by big banks and corporations.

Recently, Elizabeth released a new plan to create another bureau for consumers — this time on behalf of renters. Her proposed Tenant Protection Bureau would fight for tenants’ rights, enforce renters’ rights and residency laws, and take on exploitative practices that drive up prices.

Her plan also proposes for a tenant hotline — modeled after the CFPB’s consumer complaint database — to provide real time support for renters who need assistance.

Here in New Hampshire, where affordable housing is challenging to find and even more difficult to afford, Elizabeth’s proposed Tenant Protection Bureau will provide an avenue for those who rent to have their voices heard and their concerns addressed.

Our families deserve a champion for renters both in the White House, and an agency dedicated to their protection. That’s why I’m proud to support a candidate I know can achieve both.

Suzanne Smith
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Al Blakeley
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Well, the Christmas tree is up and decorated in our front window to share. The outside lights are up also and although there aren't as many this year, I still like the effect in the snow covered front yard. It's amazing how many ornaments a family can collect over the years. So many with fond memories attached! I wonder if anyone has ever tried a swap meet with just tree ornaments.

Speaking of trees, my new friend Richard from Bridgewater sent me the following:

Elm and Ash trees are two New England 'Americans' at great risk. Bristol was well-endowed with American Elm trees, but that was long ago and throughout all of New England. This lovely summer shade forest tree (*Ulmus americana*) was popular in urban parks and roadways until the Dutch Elm disease killed them in huge numbers. The saw-tooth edge of the leaf with the uneven base might not be well-known any more. Look closely and you might still find a few.

White Ash Trees (*Fraxinus Americana*) are also at risk in New England, under attack by the Emerald Ash Borer, a small green beetle that arrived from Asia. Take a look for its seven leaflets with or without toothed edges and its winged seeds in the summer time. Its strong wood is great for baseball bats. They are still found and can be harvested to block the spread of the beetle or cared for with appropriate defense against this tree killer:

The Minot-Sleeper Library will be closed Wednesday, Dec. 25 and Wednesday, Jan. 1, 2020. They will close early on Dec. 24 and Dec. 31 at 4 p.m.

If anyone is interested in helping to shovel out the TTCC after storms, please let them know.

If and when the Very Excellent Chinese Restaurant reopens, please do not park anywhere except in the parking lot across the street as there have been many complaints from residents in the area and from the authorities regarding safety concerns and just the common courtesy of not blocking the roads and driveways in the area. We owe them all that courtesy.

Just about all of the winter sports are under way at our schools. Please support your hard-working athletes, coaches and school organizations by attending some of their events.

I have enjoyed writing this column and I hope readers have enjoyed reading it. My intent is to inform and inject humor and a hometown feel to it. If you ever have anything you would like included or have a retort, please use the email address above. I would like to wish all of you a very Merry Christmas and a Happy New Year.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury
Sunday, December 22 is the fourth and final Sunday of Advent, which celebrates Love. Sunday worship at the South Danbury Church will be a simple gathering at 11 a.m. to light the Advent Wreath and sing carols.

Then there will be a short practice for the "Christmas at South Danbury" program at 7 p.m. The evening's festivities will include Christmas carols, a Nativity tableau, and holiday favorites by the Barrett family band – Keith, Sam, Max, and friends. Enjoy instrumental music and traditional British carols. Delight in holiday memories by Audrey Curren, Donald Hall, and Jane Kenyon. Listen to Mary Lyn Ray reading her story, "Christmas Farm." There will be Yuletide treats, too, and a visit from Santa. All are welcome!

Please invite children or grandchildren (yours or others) to be part of the pageant. Remind anyone who's feeling reluctant that there will be NO speaking parts, and NO lines to memorize, so even the shyest kids (and grown-ups) can participate without fear of forgetting their lines. All they have to do is to come on Sunday at 11 a.m. and to return at 6:30 p.m.

Winter Farmers Market

The first winter market of 2020 will be held on Saturday, Jan. 4 from

9 a.m. to 1 p.m. at the grange hall. The grange appreciates the overall support of the farmers market. The market is great for community, connecting with our neighbors and buying food that is good for you. While many local folks desire to support local businesses, sometimes, for a number of reasons, it's difficult to get started. Yes, you probably already know that local food is fresher; better for our environment and that it costs more because our small farmers aren't subsidized like those large scale agriculture businesses. If you have questions and preferences on cage free, free range, grass fed, organic, natural, hormone injections and all those words which bombard our brains, shopping at a farmers' market allows you to ask the grower about their practices. You'll learn about the process of the food production you are buying, rather than relying on the terms used by companies to market products. To start with, switch your local buying habits to one or two things... maybe eggs where the quality might just be worth the extra price. Or, perhaps the fresh taste of local honey from your own backyard is a flavor you really prefer. Yes, honey tastes different depending on varieties of plants that are growing where the bees collect their pollen. And, for allergies, local honey boosts your allergy immune system

with every spoonful.
Resolve to visit the farmers market in the new year. Spend a little, spend a lot or nothing at all. Take in the farmers market, get a social fix that will warm your body and mind. Don't overlook the veterans coupons--\$20 to spend at participating vendors at each market. For more information, call Donna at 768-5579.

Blazing Star Grange Potluck

An open invitation goes out to all for a potluck supper on Thursday, Jan. 9 at 6 p.m. Bring your favorite main meal, dessert, salad or bread to share.

Groton

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

Jan. 22 through Jan. 31 is the filing period for candidates wishing to serve the Town of Groton in any of the following positions:

Select Board Member- 3 years; Treasurer- 3 years; Planning Board – two 3 year terms; Cemetery Trustee – 1 year; Local/Town Auditor – 1 year; Moderator – 2 year; Trustee of the Trust Fund – two 3 year terms; Library Trustee – two 3 year terms; Zoning Board Member – three 3 year terms; Supervisor of the Checklist – 6 year term. The Clerk's Office will be open from noon to 5 p.m. on Friday, Jan. 31 to accommodate any late-comers.

Towns / Churches

The Town will be accepting donations of winter clothing and non-perishable food items during the month of December. If you would like to donate to the drive, there are bins located at the Town House in the hallway. Once we start to collect winter clothing, you are welcome to come to the Town and take the winter clothing that you need. Any items that are left over will be donated.

The Select Board and Highway Department would like to remind you of the following during the winter months:

Groton Residents only are allowed to take three 5-gallon buckets or (15 shovels full) of sand for their personal use. The use of town sand for commercial sanding or in mechanical sanders is not allowed.

During winter months when snow removal from roadways must take place, vehicles need to be parked at least four feet off the roadway. Failure to do so may mean that your vehicle will be towed at your expense. See the Town web site for further information on this.

If you plow, blow snow or shovel snow into the roadway you are required to remove the snow from the road. If as a result of plowing your driveway runoff occurs onto a roadway causing ice to form you will be held liable for any injuries or damages

that may result of that snow or ice being on the road. Be considerate of others who share the roadway.

Please clean vehicle of snow before driving as snow and ice may fly off affecting drivers behind you. Also, make sure your windows are cleaned off and that you have adequate visibility.

Newfound Area School District Budget Hearing will be Jan. 10 at 6:30 p.m. at the Newfound Regional High School; Snow Date Jan. 11 at 10 a.m.

Scheduled Meetings:
Select Board Work Sessions –Tuesdays, Jan. 7 & Jan. 21 – 5 p.m. at the Town House.

Select Board Meetings - Tuesdays, Jan. 7 & Jan. 21 – 7 p.m. at the Town House

Planning Board Meeting – Wednesday, Dec. 18 at 7 p.m. at the Town House

Holiday Closures:
The Select Board Office will be closing early at 1:30 p.m. on Dec. 18

The Transfer Station will be closed on Wednesday, Dec. 25 and Wednesday, Jan. 1.

The Town Clerk's Office will be closed Dec. 25 and Jan. 1.

The Select Board Office will be closed Dec. 23 through Jan. 1.

Churches

Ashland Community Church

Real Church. Real People. Real Simple.
Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Bob's Shurfine Market). Parking is available next to and behind the church.

Pastor: Ernie Madden
Worship Pastor: Aaron Stout
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays: 10 a.m. Worship – Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

Aug. 18 – September 15 Teaching Series: "I Love

My Church!"

Toddler Zone (for infants – five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thursday evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Com-

munity Church. We are a friendly, welcoming, loving, and caring church.

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for here. You'll learn how to relate to God. You'll experience a Christian community. And here's the big thing – you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

If you have any questions, please don't hesitate to contact our pastor, Ernie Madden, at 968-9464 or accernie@hotmail.

com.

We look forward to seeing you soon!

Episcopal Churches Holy Spirit & St. Mark's, Plymouth & Ashland

Weekly Worship Services

Sundays: 8 a.m. at Griswold Hall, 263 Highland St., Plymouth
9:30 a.m. St. Mark's Church, 18 Highland St., Ashland

Thursdays: 11 a.m., with healing prayers, St Mark's, Ashland

No Thursday Healing Service on 12/26/19 or 1/2/20.

Blue Christmas: The Episcopal Church will offer a "Blue Christmas

/ Longest Night" service at 3 pm on Sunday, Dec. 22, at St. Mark's in Ashland. This will be a quiet, peaceful gathering for those who find holiday merriment out of sync with their souls this year.

Christmas Eve: Holy Eucharist of the Nativity: Tuesday, Dec. 24, 5 p.m. in Ashland. Caroling begins at 4:45, and the service will start with "The Shepherd's Play" pageant as a prelude to worship. All children and young folks (including the young-at-heart) are welcome to be part of the pageant.

Faith@Home
Faith@Home "Homecoming": Saturday, Jan. 4, 11:30 a.m.-1:30 p.m.

Our first Faith@Home "Homecoming," will take place on the first Saturday in January. SEE CHURCHES, PAGE A8

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Edward Jones: Financial Focus

Financial Moves for Life's 'Inflection Points'

You've probably heard or read about inflection points. The term has a specific definition in mathematics, but it's also used widely to describe historical or technological events, such as the Industrial Revolution or the creation of the internet – events that changed human existence in some important way. However, you have personal inflection points, too – and when they occur, you'll need to make the right financial moves. Here are four of the most important of these inflection points, along with suggestions on dealing with them:

- Marriage – When you get married, you and your spouse will need to discuss a variety of financial issues: What assets and liabilities do you each bring to the marriage? Should you combine your finances or continue with separate accounts? Is one of you a "saver" while the other is a "spender"? Do you share similar investment philosophies, or is one of you much more aggressive than the other? You don't necessarily have to agree on everything, but you should at least try to gain enough knowledge so you can avoid unpleasant surprises, such as hidden debts, and find enough common ground so your household can advance toward your common financial goals.
- New child – When you welcome a new child into your family, you'll need to make sure you have adequate life insurance. You'll also want to review the beneficiary designations on any existing insurance policies, as well as on your IRA and 401(k). And if you can afford it, you may want to start contributing to a college fund, possibly using a 529 savings plan, which can provide you with tax advantages as you put money away for your child's higher education.
- Divorce – It's unfortunate, but true: Divorce is still pretty common, and it's neither pleasant nor cheap. You might not be able to avoid some of the costs, such as lawyers' bills, but if you and your ex-spouse can work together amicably, you both may be able to avoid serious financial disruptions. You'll need to work out how to divide your financial assets, paying attention to beneficiary designations, which you may well need to change. Also, as a newly single individual, you may need to review and revise your long-term investment strategy to accommodate changes in your goals and your retirement income.
- Retirement – By the time you retire, you will have hopefully been investing in your IRA and 401(k) or other retirement plan for several decades. But once you do retire, you'll need to determine how much you can afford to withdraw each year from your various retirement accounts. Your withdrawal rate will depend on your age, your asset level and your retirement lifestyle. And you'll also want to consider other issues: Are you prepared to deal with health care costs? Even with Medicare, these costs may be higher than they were when you were working. And how about your estate plans? Are they up to date? Have you protected your family from the possibility of your estate going through the time-consuming, expensive and public process of probate? You may need to work with your financial, tax and legal advisors to develop an effective estate strategy. By making smart decisions following your own inflection points, you can ease the transitions in your life – wherever life takes you.

Devon Sullivan
Financial Advisor
164 NH RTE. 25
Suite 1A
Meriden NH 03253
603-279-3284
Fax 844-644-4469
devon.sullivan@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

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meriden NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

THE REAL REPORT
RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	N/A (Lot 17)	N/A	\$39,000	William Raimondi Fiscal Trust	Robert J. and Patricia A. Cantelli
Ashland	12 Church St.	Single-Family Residence	\$153,000	Farlene R. Castignetti and Ann M. Laauwe	Todd M. Workman
Bridgewater	Dick Brown Road	N/A	\$110,000	Silas Alfred Barrett Estate and Carol B. Stalzer	BHLB Trust and Donald C. Dolben
Bristol	30 Wellington Village Dr., Unit 14	Condominium	\$200,000	Karen B. and Leopold M. Fontana	Norman J. and Frances E. Bates
Bristol	N/A (Lot 15)	N/A	\$30,000	Brian S. and Dianna L. Young	Roberta K. O'Neill and Jarrett R. Deuink
Campton	40 Marden Dr.	Single-Family Residence	\$135,000	Richard M. Mello RET	Abbkam RT and James P. Kalweit
Campton	N/A	N/A	\$125,000	Abbkam RT and James P. Kalweit	49 Bell Valley Trust and John Teheen
Holderness	36 Disdam Rd.	Single-Family Residence	\$528,533	Terri L. Dautcher	Brian E. and Marianna A. Fishman
Holderness	N/A (Lot 2)	N/A	\$260,000	Cyrus F. and Joanne F. Gibson	Exchange Authority LLC
New Hampton	70 Evergreen Dr.	N/A	\$49,000	Merrill B. Clark and Kimberly Soll-Clark	Kevin C. and Pamela A. Scarlett
Plymouth	Route 3	N/A	\$250,000	Roberts Communications	Ric SG LLC
Plymouth	Route 3	N/A	\$100,000	Roberts Communications	Ric SG LLC
Plymouth	49 Tenney Brook Rd., Unit 2	Condominium	\$165,000	Gail L. Colsh	J. Paul and Karen A. Belliveau
Plymouth	14 Winter St.	Commercial Building	\$168,000	George M. McLaughlin	White Mountain Holdings
Rumney	415 School St.	Single-Family Residence	\$75,000	Aka Property Buyers LLC	Gary J. and Rebecca E. Crispo
Thornton	37 Beacon Hill Rd.	Single-Family Residence	\$300,000	Kimberly A. Wilkens and David B. Sellers	Christopher Johnson
Thornton	Covered Bridge Road	N/A	\$40,000	William A. Kirkland Trust	Juanita RET and Shawn Magoon
Thornton	Glades Owls Nest Condo Unit 3	Condominium	\$20,000	Simpson LT and Donald B. Simpson	William S. and Lisa A. Dematteo
Warren	Beech Hill Road	N/A	\$134,533	Bank of New York Mellon Trust	Catherine Bouley
Warren	N/A	N/A	\$135,000	Arden Forest LLC	Commodore Investments LLC
Warren	N/A (Lot 19)	N/A	\$20,000	John and Catherine A. Kimball	Gary W. and Ellyn B. Davis
Waterville Valley	36 Forest Knoll Way, Unit K3	Condominium	\$293,000	Kingman Realty LLC	Robert Primmer and Shira Fruchtman
Waterville Valley	38 Windsor Hill Way, Unit 109	Condominium	\$50,000	Schott Fiscal Trust and Robert Luther	Stefan and Renate Hausberger
Wentworth	N. Dorchester Road	N/A	\$102,000	Albion Topcliffe Sawyer Trust	Kyle Williams and Jennifer Michaud

ABOUT THE REAL REPORT

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

based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the col-

umn "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

MARK ON THE MARKETS
Five questions for your financial advisor



BY MARK PATTERSON
Whether you are in-

terviewing a potential new financial advisor or meeting with your current advisor, these five questions are key to determining if this advisor and their firm are working for you, or for the broker-dealer.

Question one: Does your advisor or firm have any "revenue-sharing" arrangements with any insur-

ance or fund company? This is important because the advisors firm may be paid to promote certain fund families for the brokerage firms benefit, not yours. This arrangement is usually disclosed in the small print of a long and technical document.

Question two: Do you or your firm promote "proprietary

products?" Again, proprietary products are products created by the broker dealer that may pay more to the broker if sold by them. These products may not be as transparent to you, the client, as they should be.

Question three: Who is managing my money? In many cases, the advisor is using third party asset man-

agers that split their fee with your advisor whose role is just being a "relationship manager." Typically, these fees will be double what you would pay to an actual asset manager.

Question four: Ask the broker or advisor about their background, education and experience pertaining to financial planning,

asset management or retirement planning. There is a significant difference between passing a securities exam that allows someone to sell securities versus working in an environment that demands continued education and encourages personal growth and knowledge regarding financial planning or asset management.

Question five: Are you a fiduciary? A fiduciary works for you, the client, and is obligated to do what is in the best interest of the client, not themselves or their broker dealer. The tricky part about being a fiduciary is that an advisor may have the license to act in a fiduciary manner, but that does not mean that they do so.

There was legislation that was set to go in effect on April 10 of 2017, that will not happen. This legislation would have required that any advisor, broker or insurance agent working with retirement money would have to act in the client's best interest. Advisors like myself are obligated to act as a fiduciary by law. So, you can probably imagine that it is my opinion as well as other investment advisors that the brokers at the broker-dealers and banks and insurance agents should view their jobs as advisors and not salespeople and they should be held to the much higher standard of a fiduciary, not just a suitability standard that they are held to presently.

I realize I've already listed five questions for you, however I will give you a bonus sixth question to ask: How and how much are you compensated for your services?

Mark Patterson is a fiduciary investment advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

Comfort Keepers

Seniors and sleep: How much sleep do older adults need?

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Many things change as we get older. Something that we don't necessarily expect to change is how we sleep. In fact, 46 percent of adults 65 and older have trouble falling asleep and sleeping well through the night on a regular basis.

Adults over the age of 65 should be getting seven or eight hours of sleep per night. But getting quality sleep at night can be difficult for seniors.

- As we age, our bodies make less of the chemicals and hormones that

help us sleep well.

- Some seniors develop sensitivity to environmental factors affecting sleep, including noise and temperature.
- The parts of the brain that control sleep are affected by conditions such as Parkinson's disease or stroke.
- Arthritis and other conditions can also play a role in sleep quality due to chronic pain.

In addition, seniors may fall asleep earlier than usual, wake up in the middle of the night, or suffer from insomnia – all of which can negatively impact quality of

daily life. In addition to affecting mood, lack of sleep can lead to issues with memory and an increased risk of falling

- Inadequate rest affects mood– Not getting a full night of sleep can cause irritability, stress, problems with concentration, and mood swings. Long-term sleep deprivation can lead to cognitive issues and depression.
- When seniors don't sleep, their bodies suffer– Headaches, body aches and weakness can sometimes be attributed to lack of sleep.
- Being tired can contribute to illness - When tired, an older adult's immune system doesn't perform as well, opening

the door to illness and infection. Some studies have shown that lack of sleep can lead to heart problems, diabetes and it has even been associated with an increase in risk of breast cancer.

Seniors that are having a hard time sleeping can get help from their doctor. However, there are a few things they can try at home to help ensure a restful night's sleep:

- Having a sleep schedule– going to bed at the same time every night, and getting up at the same time every morning, helps a person adjust to a natural sleep rhythm.
- Being mindful about eating habits– Alcohol, spicy foods, caffeine and


a diet high in sugar can all cause sleep issues. Eating and drinking close to bedtime can also be a problem for some – rather than having a full meal before bed, it's better to have a light snack or warm milk.

- Creating an individualized sleep plan– Changing nighttime routines, and daily activities, can have an impact on sleep. It's important for people to find out what works for them and create a schedule that they stick to – consistency is key! Some people find that more physical activity during the day helps them sleep better. Others find that napping during the day makes it harder to sleep at night, while some aren't affected. Meditation before bed, a warm bath or reading time at night can all be part of a sleep plan, if they help.

Comfort Keepers® Can Help

For seniors that want to change their daily routine and create a

SEE COMFORT, PAGE A9



How to Submit Obituaries & Announcements To Salmon Press Publications

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

Obituaries can be sent to: obituaries@salmonpress.com

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

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

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



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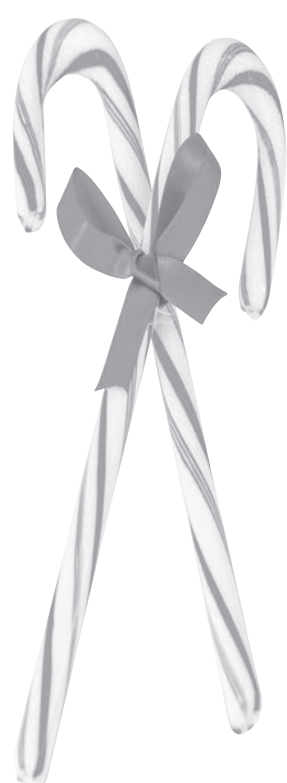
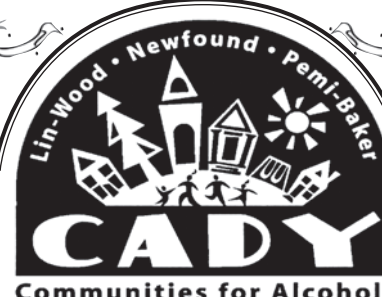
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The Tapply-Thompson Community Center Board & Staff want to thank the many volunteers that donated their time, funding, cookies and creativity to make the 2019 Santa's Village another successful year with over 1,000 visitors. We are so very grateful for all of the support we receive throughout the year from our Annual Fund donors, Volunteer coaches, support of the NASD with the use of our school buildings and our many program participants! We couldn't be successful without all of you! We wish all in our Newfound Community a very Merry Christmas and Happy & Healthy 2020!




Merry Christmas & Happy New Year to all!

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Churches

FROM PAGE A5

ary (Jan. 4). We'll gather at Sherrill Hall at 11:30 a.m. for a lunch of soups and grilled cheese or PB&J, followed by an Epiphany craft and Three Kings Cake. We'll be done by 1:30 p.m. This will be a chance for our Faith@Home families to gather in person for fun, food, fellowship, and to worship together.

Do you know of a household who might be on the "fringes of faith," who are curious about church, but not yet able or ready to attend a Sunday gathering? Or: Are you a parent or grandparent or neighbor who wants to grow more confident in your own ability to share and talk about following Jesus with the young people in your life? Our Faith@Home packets are a fun and inspiring way to learn and grow as Christians. Con-

tact Deacon Maryan via the church office about being part of Faith@Home.

Help for the Holiday Blues

Support Groups: Have you lost someone you have cherished? Made a big move or change in job? Been laid off from your job? Ended a relationship or divorced? Suffered a physical, material, or financial disaster? Been caring for someone whose illness or disability is debilitating?

Pemi-Baker Community Health can help.

They are offering support groups at two convenient times on the following Mondays: Dec. 23 & 30 and Jan. 6.

Daytime afternoon group: 12:30-2 p.m., Grady Conference Room, Speare Memorial Hospital, 16 Hospital Rd, Plymouth.

Early evening group: 5:30-7:30 p.m., Main Conference Room, Pemi-Baker Community Health, 101 Boulder Point Dr., Suite 3, Plymouth. No fee for attendance. Groups are facilitated by Guy Tillson, MDiv, MA, Bereavement Counselor. Call for more information: 536-2232, ext. 206.

Consider attending the "Blue Christmas / Longest Night" service: 3 p.m., St. Mark's, Ashland, Sunday, Dec. 22.

Holiday Sharing with Our Neighbors

In John 21, Jesus says, "If you love me, feed my sheep." You have perhaps seen the "Reverse Advent Calendar" suggestion where instead of getting something each day for Advent, you put any item of food in a box, then deliver it to the local food bank.

So along with other Advent, Christmas, and

Epiphany opportunities, we too will Feed My Sheep by doing a Reverse Calendar, but with a slight twist.

We will extend this idea until Epiphany, then deliver boxes to The Community Closet in Plymouth and The Community Center Food Pantry in Ashland. We don't intend to neglect our animal friends either, so the week after Christmas, we will collect pet food. Thank you and blessings for helping us Feed My Sheep during this Holy Season.

Ashland Christmas Night guests bought over \$100 worth of chowder, with those proceeds going directly to the Ashland Food Pantry. Thank you, cooks—and thank you, diners!

Quilters' Blessings:

On Dec. 4, the Quilting Group gathered to bless our com-

munity with their work. They gave four quilts to the B ridge House, and four quilts as well as four mitten and scarf sets to Voices Against Violence. Both places were very grateful for the donations.

The next quilting date is Friday, Jan. 24 from 10 a.m. to 2 p.m. at Griswold Hall. All are welcome!

Ashland Community Breakfasts return in January 2020

The Community Breakfast at Sherrill Hall in Ashland takes a break over the holidays; no gathering in November or December. Mark your calendar for Saturday, Jan. 25 (the fourth Saturday of the month) from 8-9 a.m. Join in the fun, food, and fellowship; bring (or make!) a friend at the table.

Office Hours at 263 Highland St., Plymouth

Office hours in Plymouth are by appointment. Phone/voicemail: 536-1321. Please email or leave a voicemail and we will return your call.

Email: rectorpb@gmail.com

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video

during our service.

Our Mission Statement: Just One More!

Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

Starr King Unitarian Universalist Fellowship

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

This week at Starr King: Dec. 22

Winter Solstice and the Value of Darkness

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director, and Choir

Join us for this Winter Solstice service as we appreciate the gifts of reflection and insight that come with the dark, and welcome a gain the returning light.

Dec. 24 Christmas Eve Service

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director, and Choir

Join us on Christmas Eve for a candlelight service. We will joyfully invite the rebirth hope and light with songs and stories of the season. Service begins at 5 p.m.

Winter Solstice Candlelight Celebration Dec. 22 at 5 p.m.

Join us in a community celebration with stories and dances of light, hope, and peace.

If you wish, bring a small object of nature (pinecone, shell) to add to the center of the Circle.

Wear white if you can to symbolically banish fear, ignorance, and darkness.

Light Refreshments will be served following the celebration. Finger foods or sweets gratefully received.

For more details, visit our Web site www.starrkingfellowship.org 536-8908

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- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

Ready

MSL

FROM PAGE A1

with Julie Adams from the Friends of Minot-Sleeper Library. The Brett family of Plymouth were among those who stopped in to make some ornaments

Donation

FROM PAGE A2

swim in Bristol, has resulted in more than \$2 million being donated to veteran and military related charities across New Hampshire and the country.

“The Children of Fallen Patriots foundation is blessed to call Phil and Julie Taub along with the Members of Swim with Mission friends. Their support to our

and said they were out to enjoy the spirit of the holidays that afternoon.

“We’ve been having a great day filled with arts and crafts and other events,” said dad Jason Brett.

Among other sched-

uled events, the library will be showing the new movie, “Abominable,” on Friday, Dec. 27 at 3:30 p.m., when children are on their holiday break from school. Popcorn will be served and the event is free to the public.

LRMF

FROM PAGE A1

tone Horn; Stephanie Norton, Trombone; Johnathan Colburn and Brian Watson, Percussion. Newfound will be represented in

the festival jazz band by Connor Downes on Trumpet. In the festival chorus, Newfound will be represented by Madison Nialetz, Faith Smith and Kaylin Parker, Sopranos; Cassie Coffin and So-

phia Ritchie, Altos; and Duncan Farmer, Tenor.

The festival concert is scheduled for 4 p.m. on Saturday, Jan. 18, at Prospect Mountain High School in Alton.

Grant

FROM PAGE A3

here today are among the many organizations that make our city and our state a great place, and I want to thank all of you for your dedication and your service to our children. I’m proud to be here with all of you to recognize the outstanding work that you do.”

The New Hampshire Chapter is one of eight chapters around the country, and combined in 2019, Speedway Children’s Charities distributed over \$3 million in grants to more than 415 different charitable organizations across the country, bringing the total funds distributed since 1982 to more than \$58.3 million, ensuring many children in need are given the tools to build a better, brighter and healthy future. The money raised comes in large part thanks to the fundraising efforts of the eight Speedway Motorsports facilities: Atlanta Motor Speedway, Bristol Motor Speedway, Charlotte Motor Speedway, Kentucky Speedway, Las Vegas Motor Speedway, New Hampshire Motor Speedway, Sonoma Raceway and Texas Motor Speedway.

Fundraising continues during the Gift of Lights presented by Eastern Propane & Oil, where a portion of all proceeds benefits SCCNH. Yule Light Up The Night, a 2.1-mile run with Millennium Running, will give visitors a unique view of the lights on Dec. 15 and will also benefit SCCNH (Gift of Lights will have a delayed opening for the run). The 2.5-mile drive-thru light show opens at 4 p.m. daily, and admission is \$25 per car. Be sure to check the schedule for days of operation when planning your trip.

About Speedway Children’s Charities (SCC)

The mission of Speedway Children’s Charities is to care for children with educational, financial, social and medical needs to help them lead productive lives. Founded by Bruton Smith in 1982, Speedway Children’s Charities is a non-profit 501c (3) organization providing funding for hundreds of non-profit organizations that meet the direct needs of children. The New Hampshire Chapter of Speedway Children’s Charities was

officially established in 2009. Since then, the New Hampshire Motor Speedway Chapter of Speedway Children’s Charities has raised more than \$1.8 million. The goal is to ensure that every child in need be given the tools to build a better, brighter and healthier future.

For more information, visit www.SpeedwayCharities.org. For more information about other upcoming events for Speedway Children’s Charities New Hampshire Chapter, call Hilmarie Scott at 513-5738 or visit SpeedwayCharities.org/NewHampshire/.

For ticket information for all events at New Hampshire Motor Speedway, including the November 28, 2019-January 5, 2020 Gift of Lights presented by Eastern Propane & Oil, the June 13-20, 2020 Motorcycle Week at NHMS, the July 17-19, 2020 Foxwoods Resort Casino 301 race weekend and the September 11-12, 2020 Full Throttle Fall Weekend visit the speedway website at NHMS.com or call Fan Relations at 783-4931.

Notebook

FROM PAGE A4

and endured (carefully chosen word) hops from Manchester to Detroit to New Orleans, and then, of course, a week later, back from Memphis to Detroit to Manchester.

I remember thinking “I’ve treated sheep better than this,” and then “Sure is good to see Manchester under the wing.” This is because I remember when flying was an adventure, and you even dressed up. These days, I could have gone in my household sweats.

+++++

I had some appropriate reading material along with me on the Mississippi, enough to rationalizing staying on board until the confluence with the Missouri, but perhaps another time.

A question you tend to get concerning photos of a new riverboat is “Where’s the paddlewheel?” Often, it’s right there, but it’s fake—a prop to revolve slowly out of synch and fulfill tourists’ expectations.

In fact, there are several big commercial riverboats actually propelled by paddlewheels, a couple of them even driven by steam. And a large, en-

thusiastic group of individual or multi-owned stern-wheelers and side-wheelers try to arrange various annual gatherings, always at the mercy of weather, rapids, locks, shoals, and river depths.

The Harmony, built at Chesapeake Shipbuilding in Salisbury, Md., and launched and fitted out just a few months before I boarded, had no notion or space for a paddlewheel. Instead, we moved upriver effortlessly against a sometimes swift current, thanks to two 1810-hp. Caterpillar diesel engines, aided in some tricky places and in docking by twin 544-hp. side-thrusters.

I could hear the main engines, and most certainly the thrusters, in my boat deck stateroom. But they didn’t have to work hard most of the time, and anyway, in their own steady way much like a train, they lulled me to sleep.

+++++

One of the stops was at Vicksburg, site of one of the more infamous clashes during the Civil War, or War of the Rebellion, or (take your pick, the list goes on) War Between the States. But in this case, it was far more

siege than clash.

For some reason the idea of an actual siege, on the North American continent rather than in Medieval Europe, fascinated me during my more impressionable years, and my high school history teacher, Mr. Irwin, indulged me by furnishing me with a couple of books on the topic, which I devoured. Ergo, I had more than the usual interest in Vicksburg.

I chose to forgo the scheduled bus tour and hoof it, a decision I later regretted, if only a bit. Suffice to say that Vicksburg occupies an extensive (and wicked steep) bluff—the high ground, of course, hence its storied history.

Ulysses S. Grant wound up being the hero of Vicksburg, whose defenders were forced by lack of food and water to surrender after more than 40 days. These days about the thing people know about Grant is that he’s on the front of a \$50 bill, which is why I so seldom see him, and then only fleetingly.

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

Comfort

FROM PAGE A6

schedule for better sleep, the quality caregivers with Comfort Keepers can help. They can assist with scheduling and routine, increased activity during the day, physician-prescribed exercise and diet plans and can provide transportation to scheduled appointments. Better sleep leads to more happiness during the day, and our goal is to help every client live a joyful life, regardless of age or acuity.

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ARTISTIC ROOTS

Village

FROM PAGE A1
anxious to see him.
Zack was one of the lucky students selected to be an elf this year and he was happy to be a part of the holiday excitement at TTCC.

“When I was younger and came here I felt great joy and I wanted to give that joy back to others,” he said.

Molly said that as an elf this year, she was excited to see the happiness of the children who came to the

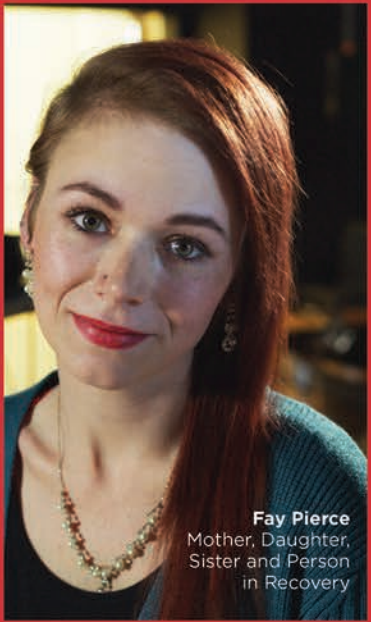
DONNA RHODES

(Right) While prepping for last weekend’s opening of Santa’s Village at Tapply-Thompson Community Center, volunteer Bob Schulte peeked out from the North Pole Post Office.




DONNA RHODES

Stationed at the Toy Shop inside Santa’s Village in Bristol, Samantha Austin held a training session last Thursday night for all the boys and girls who were selected to be this year’s elves at Tapply-Thompson Community Center.




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DONNA RHODES

On opening day, elves were busy readying The Sweet Shop before hundreds of children headed in to enjoy the wonders of Santa’s Village in Bristol last weekend.

village as well.

Beginning the week-end after Thanksgiving, Matt Greenwood becomes the man behind the scenes who set up the structures for each of the stops children will visit in Santa’s Village. Once those are all in place, other volunteers then step in to decorate each location and they are just as excited as the young elves each year to be a part of it all.

“My wife Michelle grew up here and we just want to help out in any way we can,” Schulte said. “This is all for the kids!”

Each December the Dolloff family puts together an ever-changing scene with Annalee dolls and this year they created a wonderful ski scene, complete with a chair lift, as a tribute to nearby Ragged Mountain Resort.

TTCC staff member Gina Richford was charged with yet another holiday display and this year she created The Reindeer Café, an assembly of holiday characters welcoming all to their make-believe shop, offering their specialty of hot chocolate for a cold winter night.


The Sweet Shop each Christmas is filled with goodies for all the young visitors and the workshop once again offered small wooden gifts for them as well. Each Christmas season Doug and Wendy Williams get the Polar Express train running through the village and this year it was volunteer Jill Reise and her children who made Santa’s House a cozy place for boys and girls to relax as they whispered

their Christmas wishes. Besides a photo with Santa, each child also left with an ornament that commemorated TTCC’s 65th year of hosting Santa’s Village.

As boys and girls explored the village, parents were also invited to explore the many tables of locally made goods that were on sale in the newly refurbished gym. In addition to the fine crafts and baked goods, the TTCC Teen Council, who helped in fundraising for the gym renovations, kicked off their next campaign to make improvements to the downstairs kitchen through raffles and bake sales of their own.

Other raffles available over the week-end helped support programming for the community center, including one for an American Girl ensemble, courtesy of Barbara Greenwood and Alice Jenness, which was raising funds for TCC field trips.

During the three-day event, hundreds of children and their parents enjoyed the true spirit of Christmas, all thanks to the elves and the many volunteers who made it possible.



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Bears bounce back from first loss

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound hoop girls bounced back nicely after suffering their first loss of the season.

The Bears traveled north to Whitefield to take on White Mountains on Tuesday, Dec. 10, and dropped a 52-45 decision to the Spartans.

“We gave away too much on the inside,” coach Kammi Williams said about the start of the game. “It seemed like every time White Mountains needed to make a shot, they did.

“It felt like they found every hole in our defense,” the Bear coach added.

The Spartans got out to a 10-8 lead at the end of the first quarter and they built that lead to 22-15 at the halftime break. The hosts continued to stay ahead, leading by 12 at the end of the third quarter.

Newfound didn’t back down and Williams put on the pressure in the fourth quarter and the Bears outscored the hosts 20-15 in the fourth quarter. Newfound got the lead down to just two points with two minutes to go



RC GREENWOOD

Mackenzie Bohlmann pulls down a rebound in early-season action.

but they were unable to make the key shot to tie the game or take the lead.

The Bears were forced to foul at the end and the Spartans hit seven points from the line in the fourth quarter.

Malina Bohlmann led the way with 17 points for Newfound and also added seven steals. Paulina Huckins finished with 11 points and had eight rebounds as well.

Newfound turned things around nicely on Friday with a home game against Belmont, cruising to a 51-28 win.

“We came out very aggressive on defense and let that control the pace of the game,” Williams stated. “Being young, we really need our defense to lead the way while we develop our outside shooting game.

“We did just that today,” Williams continued. “We controlled the boards and need to

continue to develop in that area the rest of the season.”

Huckins led the way for the Bears with 15 points on the day while Malina Bohlmann and Tiffany Doan each scored 11 points. Huckins also added 10 rebounds while Mackenzie Bohlmann added seven steals and Bailey Fairbank and Malina Bohlmann each chipped in with five assists.

Newfound has finished up its pre-holiday portion of the schedule and will next be in action in the Lakes Region Holiday Hoop Tournament in Gilford. Newfound will be playing Winnisquam on Thursday, Dec. 27, at 2:30 p.m. in the opening game of the tournament in the Gilford Middle School gym.

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

Young Bears ready to take another step

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — After winning just one game last year, the Newfound boys’ hoop team is looking to take the next step in the new season.

Second-year head coach Jesse Mitchell has a young group of guys with just two seniors on the roster after last year’s team graduated nine seniors.

“We have a young group of guys,” Mitchell stated. “We only have two true returning varsity players.”

The two seniors on the roster were both captains of their respective fall teams at Newfound. Jack Gosson was an All-State keeper and captain for the soccer team and Kyle Sullivan was a captain for the football team.

“Bringing them on to the team will add a great leadership aspect that we lost when we graduated nine seniors last year,” Mitchell said.

The two returning players are junior Tyler Boulanger and sophomore George Belville. Boulanger was the team’s leading scorer as a sophomore last year and Belville was solid off the bench as a wing player as a freshman. Mitchell notes that both of them will be starting for the Bears this season.

Mitchell points out that the young team is working hard and is eager to have fun and learn.

“Being such a young group, the team just wants to learn and play some basketball,” the Bear coach stated. “They are a very hard-working team and I believe that is what will push us past some teams this season.”

Mitchell also reports that the team is dedicated to the sport and motivated to improve.

“They are very motivated and committed to the sport, the team and everything around basketball,” Mitchell said. “They want to be the best so they are working to be as successful as they can be.”

The Bears will be playing two games against Franklin, Inter-Lakes, White Mountains and Berlin and single games each with Belmont, Mascenic, Winnisquam, Prospect Mountain, St. Thomas, Mascoma, Newprot, Gilford, Somersworth and Monadnock.

“I am very excited and looking forward to this season,” Mitchell said.

The Bears kicked off the season against Belmont on Dec. 13, and also played Franklin on Dec. 17 in the home opener.

Newfound will finish up the pre-holiday portion of the regular season schedule on Friday, Dec. 20, at home against Ma-



JOSHUA SPAULDING

Tyler Boulanger returns as Newfound’s leading scorer from a year ago.

scenic at 6:30 p.m.

Newfound will also be participating in the Lakes Region Holiday Hoop Tournament in

Gilford, which takes place Dec. 27-29. The Bears kick off by playing Winnisquam at 2:30 p.m. on Dec. 27.

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

What’s On Tap

The winter sports schedule dies down a bit as schools head to the holiday break.

The Newfound ski team will be at Bretton Woods today, Dec. 19, at 10 a.m.

The Newfound hoop boys will be hosting Mascenic at 6:30 p.m. on Friday, Dec. 20.

The Plymouth alpine ski team will be at Crotched Mountain for a 3:30 p.m. meet today, Dec. 19.

The Plymouth hoop boys will be hosting Souhegan at 6 p.m. on Friday, Dec. 20.

The Bobcat girls’ hoop team will be on the road at Souhegan for a 6:30 p.m. game on Friday, Dec. 20, before starting the Mike Lee Holiday Basketball Bash in Farmington on Thursday, Dec. 26, at 1:30 p.m. against Sunapee.

The Plymouth gymnastics team will be hosting a meet at Top Gun Gymnastics on Friday, Dec. 20, at 6 p.m.

The Kearsarge-Plymouth hockey team will be hosting Hollis-Brookline-Derryfield at Proctor Academy on Saturday, Dec. 21, at 2 p.m.

The Plymouth wrestling team will be at Hollis-Brookline on Saturday, Dec. 21, for an 8:30 a.m. meet.

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Young Bobcats improving each time out

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — If the strength of a team can be gauged on the amount of fun that's being had in practice, then the Plymouth boys' hoop team should be among the top teams in Division II this season.

Coach Mike Sullivan is having a blast with a young group of Bobcats and he is excited to see them grow as the season goes along.

"We're super-young, it's been a really hard-working group," Sullivan said. "The gym is a fun place to be with them."

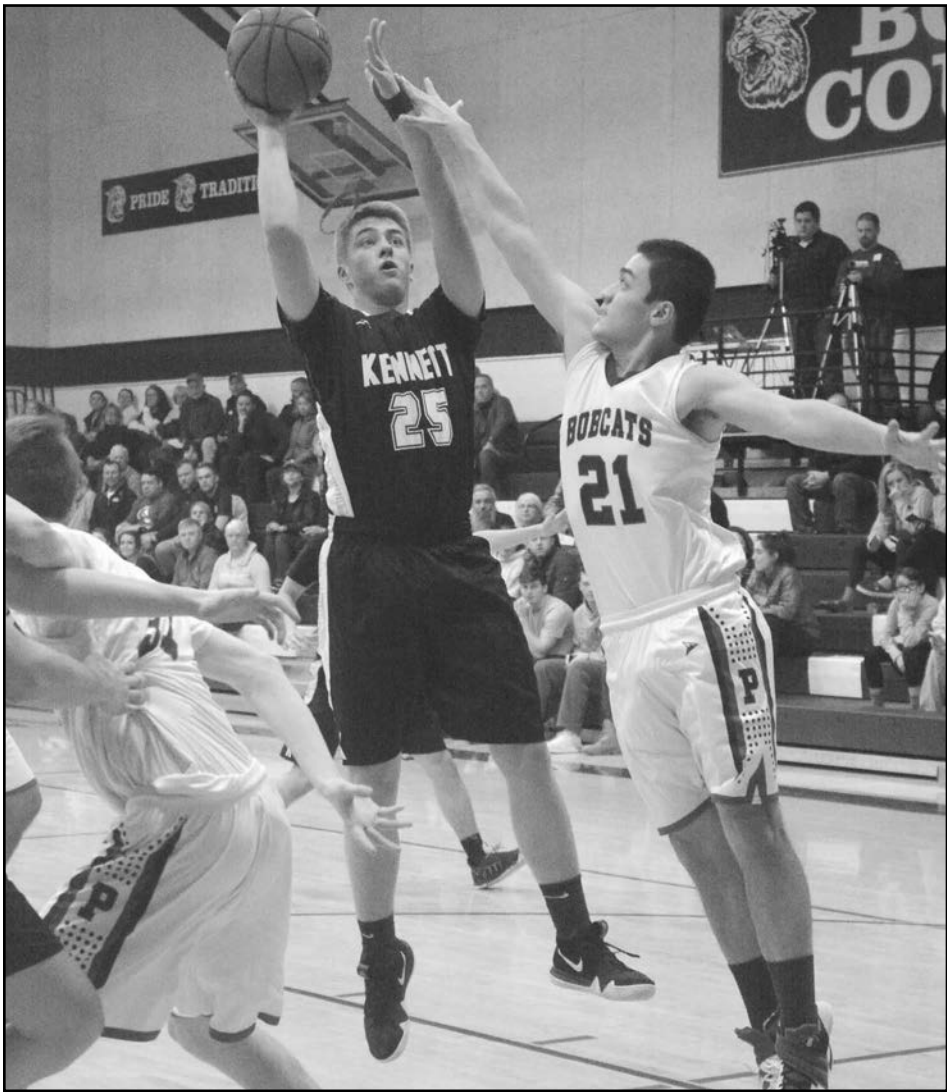
"We've gotten better every time we've met," he continued. "But everything is just a long process for us right now."

The Knights have just two seniors and four juniors with the rest of the lineup consisting of sophomores, who are being asked to step up.

"They're asked to mature a little sooner than we would've liked," Sullivan said. "But they're stepping up and they are excited for the opportunity."

The Bobcats will have two seniors in Samson DeRuvo and Robert Oliver.

"They're going to be asked to show what they've learned and what they've been through," Sullivan said. "They'll give what they can and



JOSHUA SPAULDING
(Left) Samson DeRuvo is one of just two seniors returning to the lineup for Plymouth.

hope the younger guys listen to what they have to offer."

There are four juniors on the team in Kolby Cross, Brycen Richardson, Griffin Charland and Quinn Twomey. They were all on the varsity roster last year but saw most of their time at the JV level.

"We wanted to keep the JV group together last year and they had a good year at the JV level," Sullivan said.

Intro to curling offered at PSU Ice Arena

PLYMOUTH — Are you are one of the many who have been fascinated by the sport of curling? Have you had the burning desire to deliver a stone down the ice and feverishly sweep it into the house, well now is your chance.

The Plymouth State Ice Arena will be offering a four-week Intro to Curling program, beginning Sunday, Jan. 5, at 7 p.m., each



COURTESY PHOTO
Plymouth State Ice Arena will be offering an intro to curling class starting Jan. 5.

session will be two hours in length. Over the four weeks, they will focus on the fundamentals of curling, how to deliver a stone and how to sweep. The beauty of curling is that it can be enjoyed by an array of people. There is no running, there is no jumping, there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by

simply playing the sport. The most physical aspect of curling comes from furiously sweeping in front of the stone as it glides down the opposite end.

To sign up, please register online at plymouth.edu/arena/curling, space is extremely limited so please don't hesitate, sign up today. If you have any questions, please contact the ice arena at psu-icearena@plymouth.edu or 535-2758.



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Bobcats cruise in season opener

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The season is off and running for the Plymouth wrestling team and the Bobcats picked up a win in the season opener against former Bobcat Ricky Simula’s Mascoma Royals.

The Royals also brought along Lebanon and the Bobcats and Raiders competed in eight exhibition matches.

“They battled tough,” coach Randy Cleary said of the Royals. “Every year it gets a little closer.

“Ricky does a good job,” Cleary continued. “His teams get better and better.”

The match started at 132 pounds, where Nate Philbin earned a forfeit win. James Philbin followed with a 6-2 win at 138 points and Plymouth was up 9-0 out of the gate.

Senior captain JC Gaumer was next and earned a pin at 145 pounds to keep Plymouth rolling.

Fellow senior captain Joe Cleary wrestled at 152 pounds and also came through with a pin and was honored for his 100th career win.

“It’s a lot of time, energy and effort on his part in order to get to that milestone,” said coach Cleary. “It doesn’t just happen, I’m happy to see that for him.”

Cleary also noted that a couple of other wrestlers on the team are also closing in on the milestone.

Joe D’Ambruoso wrestled at 160 pounds and rallied but was unable to come up with the tying point, falling 4-3 to give the Royals their first points of the match, making it 21-3.

AJ Mackay was next at 170 pounds and pulled out a 2-0 win to



JOSHUA SPAULDING
Joe Cleary works for his pin in action last Wednesday and was honored for his 100th win.

push Plymouth’s lead to 24-3.

The next three matches were all forfeits. Cole Johnston got the forfeit win at 182 pounds (he did win in exhibition action by pin) and then Mascoma picked up forfeit wins at 195 and 220 pounds to make it 30-15.

Myles Patterson wrestled at heavy-weight and was pinned, allowing the Royals to get to within nine at 30-21.

Jacob Heath at 106 pounds and Aden Scribner at 113 pounds both earned forfeit wins and Plymouth’s lead was up to 42-21.

Joe Peters picked up a pin at 120 pounds and Charlie Comeau finished the match out with a pin at 126 pounds for the 54-21 win.

Mason Lessard got an exhibition pin against the Royals and then there were eight exhibition matches against Lebanon. Andrew Comeau, Ty Beauchemin, Nathan Ruff and Matt Cleary all earned pins. Cole Ahern, Anthony Ciotti, Caden Sanborn and Matt Tallman also wrestled against the Raiders.

Cleary noted that the season came up quickly, since he doesn’t have the team start practice until after football season ends.

“With football going late, we’ve only had five practices,” Cleary said. “Five is short time to be under the spotlight.”

The Bobcat coach was pleased that Lebanon came along to give some of his younger



JOSHUA SPAULDING
James Philbin works for a win during action against Mascoma last Wednesday.

wrestlers a chance to compete.

“I love to watch the freshmen and sophomores battle in exhibition matches,” he said. “That’s how you get better.”

Plymouth competed at ConVal on Saturday with 16 teams, finishing with 251 points behind Bishop Guertin’s 259.

Charlie Comeau won at 126 pounds while Joe Cleary at 152 pounds, Johnston at 170 pounds, Gaumer at 145 pounds and Nathan Philbin at 126 pounds all finished in second place. Lessard finished third at 138 pounds in his first varsity tournament while James Philbin finished fifth at 132 pounds and Gianni Ciotti finished fifth at 113 pounds in his first wrestling tournament ever.

The Bobcats will be at the NorEaster Invitational at Hollis-Brookline on Saturday, Dec. 21, at 8:30 a.m.

Sports Editor Josh-

ua Spaulding can be ext. 155 or josh@sal-
reached at 279-4516, monpress.news.

Holiday tournaments on tap for local squads

BY JOSHUA SPAULDING
Sports Editor

REGION — Lots of local teams will be participating in holiday tournaments over the final days of 2019.

The Kennett hockey team will be hosting the seventh annual Peter Hall Christmas Tournament at the Ham Arena.

Action will start on Thursday, Dec. 26, with a 3 p.m. game between Kennett and Berlin and a 4:45 p.m. game between Kingswood and Somersworth-Coe-Brown.

On Friday, Dec. 27, Berlin and Dover will play at 10 a.m., Somersworth-Coe-Brown and John Stark-Hopkinton will play at 11:45 a.m., Kennett and Dover will play at 3 p.m. and Kingswood and John Stark-Hopkinton will play at 4:45 p.m.

The final day of the tournament is Saturday, Dec. 28, with the consolation game at 3 p.m., the third place game at 4:45 p.m. and the finals at 6:30 p.m.

The Kennett hoop boys and girls and the Plymouth hoop girls will all be taking part in the 41st annual Mike Lee Holiday Basketball Bash in Farmington starting on Dec. 26.

The Plymouth girls will play Sunapee at 1:30 p.m. on Dec. 26, with the Kennett boys playing St. Thomas at 2:30 p.m. and the Eagle girls playing Franklin at 3:45 p.m.

On Friday, Dec. 27, Plymouth will be playing St. Thomas at 1:15 p.m. and the Kennett boys will be playing Derryfield at 5:30 p.m.

On Saturday, Dec. 28, the Kennett girls will play at 1:15 p.m. while the Plymouth girls will play either at 10:45 a.m. or against Kennett at 1:15 p.m. and the Kennett boys will play ei-

ther at 9:30 a.m. or 5 p.m.

Games on Sunday will have girls paying at 3 p.m. and boys at 7:30 p.m. The finals are on Monday, Dec. 30, with the girls playing at 5:30 p.m. and the boys at 7 p.m.

Newfound, Prospect Mountain and Kingswood will all be playing in the Lakes Region Holiday Hoop Tournament at Gilford High School and Gilford Middle School.

On Friday, Dec. 27, the Kingswood girls will be playing Laconia at 11:30 a.m. in the high school, the Prospect girls will be playing Belmont at 11:30 a.m. in the middle school and the Newfound girls will be playing Winnisquam in the middle school at 2:30 p.m. The Newfound boys will play Laconia at 1 p.m. in the high school, Prospect boys play Belmont at 1 p.m. in the middle school and the Kingswood boys play Winnisquam at 4 p.m. in the middle school.

The tournament continues on Saturday, Dec. 28, with consolation games in the middle school at 11:30 a.m., 1 p.m., 2:30 p.m. and 4 p.m. The semifinals are at 11:30 a.m., 1 p.m., 2:30 p.m. and 4 p.m. in the high school gym.

The championship games are Sunday, Dec. 29, with the girls at 4:30 p.m. and the boys at 6 p.m.

The Plymouth wrestling team will be competing in the Noble Holiday Tournament with 9:30 a.m. starts on Friday, Dec. 27, and Saturday, Dec. 28.

Sports Editor Josh-
ua Spaulding can be reached at 279-4516, ext. 155 or josh@salmon-
press.news.

A well-deserved honor for one of the good guys

I was hired by New Hampshire Hall of Fame sportswriter Mike Whaley to cover sports at Kennett High School for the Carroll County Independent in early 2001.

I started with the spring season that year and one of my first calls was to Kennett softball coach Peter Ames.

Up until this past spring along with track coach Bernie Livingston, Ames was only one of the two coaches left that I talked to in that first season that is still coaching to this day.

Now, he joins three other coaches I talked to that spring in having facilities at the high school named after him. The Peter Ames Gymnasium was officially dedicated on Friday night in a ceremony prior to the girls’ basketball team’s first game of the season. The Peter Ames Gymnasium is now part of Kennett history, along with the Livingston Oval, named after Living-

SPORTING CHANCE



By JOSHUA SPAULDING

ston, the Jon C. Judge Tennis Courts and the Bob Burns Baseball Field, named after longtime baseball coach Bob Burns, who I also spoke to in that original season covering sports at Kennett.

It’s weird to think that, along with late football coach Gary Millen, there are four facilities named after people who I’ve worked with on a regular basis. That speaks volumes about their coaching legacies and their impressive records over the course of their careers.

It was great to see the dedication ceremony on Friday night in the gym at Kennett High School. I always like to see people that I respect and admire being honored with things like that. There are a lot of facilities named after people who donated a lot of

money, which is understandable. But the coaches I deal with on a regular basis didn’t get their names on facilities by donating lots of money, but because of the legacy they have left on their respective sports.

Now that I’ve been doing this for a long time, I’ve seen the impact that good coaches can have on the lives of the athletes they coach. It boggles my mind to think of the number of lives that veteran coaches have touched over their careers. People like Bernie and Pete, who recently retired after more than four decades at the helm of the Kennett softball team. Or people like current Kingswood baseball coach Chip Skelley who’s been around just as long. Recently retired coaches Tom Underwood and Chuck Lenahan at Plymouth, Bubba Noyes at Prospect Mountain and Karri Peterson at Newfound also fit that mold. It’s truly been an honor to

watch them all coach.

And there’s also lots of great new coaches out there too and it’s quite possible that one day I’ll be covering ceremonies where facilities are named after them.

It was an absolute honor to work with coach Ames for almost two decades and it was great to see his hard work for Kennett High School pay off with something so well-deserved.

So, finally, have a great day Peter and Joan Ames.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.





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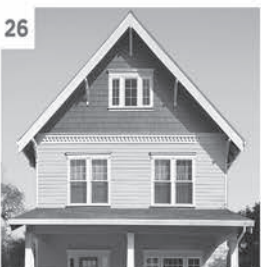
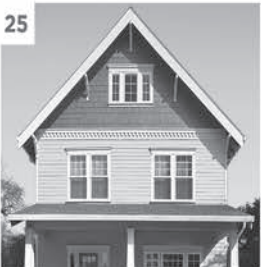
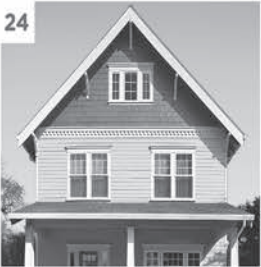
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Strong core returns for Newfound ski team

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound alpine ski team returns a large group of skiers to the slopes this year and also welcomes back a former coach to the ranks.

Jonathan Young returns for his fifth year at the helm of the Bears and Bill Karkheck is back after a hiatus. Karkheck coached for the team back in the 1990s.

“Bill has a lot of experience, both racing and coaching at Newfound,” Young said. “We are extremely lucky to have him join us.”

“I’m really looking forward to working with coach Young and the team, as they are a great group of student-athletes with a lot of talent,” Karkheck said. “It’s time to bring back a ski championship to Newfound.”

The Bears will be bringing back four seniors to the squad in Brandon Marcoux, Tuan Nguyen, Sophia Pettit and Stephanie Norton.

Coming back for their third year are juniors Matt Karkheck, Owen Henry and Hannah Owen, while classmate Jacob Blouin will be acting as manager while re-



JOSHUA SPAULDING

Hayse Broome was the top skier for Newfound last winter.

covering from surgery.

“(We) really expect a lot out of these racers as they all showed a lot of improvement from last year and are very anxious, eager and hard at work during dryland

training,” Young stated.

Sophomore Hayse Broome was the top skier for the Bears last year as a freshman, earning a bid to the Meet of Champions and Young notes she is fired up and ready

to go in the new season.

“We are very excited to have a new group of young skiers,” Young added.

Among those are Emma Sawyer, Rebecca Dillon, Lillian Karkheck,

Dalton Dion, Jack Ehman, Trevor Sanschagrin and Quin VanLingen.

The team will once again be training at Ragged Mountain in Danbury.

“(We are) very thankful to Brenda, Russ and the race crew at Ragged Mountain for once again hosting our practices and preparing a course for us,” Young pointed out.

The team has two races at Bretton Woods, three races at Gunstock, one race at Pat’s Peak and two races at Sunapee during the regular season. The Division III State Meet will also be at Sunapee in February.

Additionally, the ski team will be holding its yearly fundraising raffle in the middle of February. Past raffles have included lift tickets to various mountains including Loon, Cannon, Gunstock, Ragged, Pat’s Peak, Black Mountain, Abenaki, Whaleback and Sunapee as well as businesses such as Rodgers Ski and Sport and Common Man Restaurants.

Tickets can be purchased and donations to the raffle can be made by contacting any student-athlete on the team or by e-mailing Young at jyoung@sau4.org.

The Bears kicked off the season on Friday, Dec. 13, and will continue today, Dec. 19, both at Bretton Woods, the only two meets prior to the start of the new year.

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

Cats return strong core to the ice

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Kearsarge-Plymouth ice hockey team enters its fifth season with a team consisting of a majority of Plymouth players under coach Justin Garzia, in his second year at the helm for the Cats.

“The preseason has been good, the team is doing good,” the K-P coach noted. “We have a lot of returning sophomores and juniors.”

“Most of our leading scorers from last year are back,” Garzia noted.

He also noted that with a number of newcomers ready to step into roles, the team should be primed for a solid season in Division III.

The team will be led by a trio of captains, two from Plymouth and one from Kearsarge. Senior Nate St. Pierre will be a forward and is the lone senior amongst the three captains. Trevan Sanborn returns on the blue line for his junior season and will also be a captain. The third captain is junior Cody Bannon, who will play both on offense and defense and returns as the team’s leading scorer.

With 18 kids on the roster, two-thirds are from Plymouth and one-third are from Kearsarge but Garzia said the team plays as a single unit instead of two different schools. The team has been practicing at the Holderness School for the most part, with a few at Tilton School as well. However, due to the distance between the two schools, they can’t practice too late in the day to get everyone home.

“It is hard because we can’t really have late practices with the



JOSHUA SPAULDING

Jacob Marcoux controls the puck in the corner during preseason tournament action in Conway on Saturday.

travel,” Garzia said, but noted the kids are handling everything well.

Along with St. Pierre and Bannon, Garzia expects that Jake Marcoux and Nick Therrien will also be significant offensive threats for the Cats this season. Marcoux, Therrien and Breckin Bates played on a line together last year and in their off-season teams and Garzia has them playing together again.

“They were a line last year and all three are back on the same line again,” the K-P coach said. “They all play together for the (New England) Wolves too.”

The Cats will also have a pair of goalies this season, which should be helpful. Sophomore Gavin Garzia skated out last year but is between the pipes this year along with junior Travis Kane.

The good news for Garzia and the Cats is that there are only two seniors on the roster,

meaning things are looking up not only for this year, but also for the next few years. Joining St. Pierre in his senior season is forward Mike Cathy.

“The next two years look pretty bright too,” Garzia said. “Last season was a little rough for us, so we hope to improve on that.”

“I think we have a really good chance at making the playoffs,” the Cat coach said.

The Cats will once again be splitting home games between Proctor Academy and Plymouth State University. The Cats will play two games each with ConVal-Conant, Hollis-Brookline-Derryfield, Pembroke-Campbell, Monadnock-Fall Mountain and Belmont-Gilford and single games against Sanborn, Kennett, John Stark-Hopkinton, Berlin-Gorham and Lacinia-Winnisquam-Inter-Lakes.

The season kicked off after deadline on

Wednesday at ConVal-Conant. The only other game prior to the holiday break is hosting Hollis-Brookline-Derryfield at 2 p.m. on Saturday, Dec. 21, at

Proctor Academy.

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



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