

Local gymnasts finish strong at state championships



Taylor Mooney performs on the balance beam at the state championships on Sunday.



Laurel McKellar executes a move on the balance beam on Sunday during the state championships.

BY JOSHUA SPAULDING
Sports Editor

SALEM — It may have been the strangest place a NHIAA state championship has ever been held. But, in the times of COVID-19, one would expect nothing less.

Tucked into the back of a business park on a back road in Salem, less than a mile from the Massachusetts border, the state’s gymnastics athletes gathered in three different sessions for the state championships at A2 Gym and Cheer on Sunday, Feb. 14.

Amongst those competing were six girls from Plymouth and two from Newfound, all coached by Carrie Kiley with help from Madison Kiley.

“It’s been a tough one,” said Carrie Kiley of the year the kids have gone through. “We only had three meets, that was something in and of itself.

“And coming into states, we really didn’t know what our lineup was,” she added, pointing out that the Plymouth squad had three freshmen competing at the high school level for the first time.

“But I’m proud of them,” Kiley added. “We had some really good finishes.”

Overall, the Bobcats finished in ninth place with a score of 116.475. Pelham took top honors at 132.75, with Pinkerton, Salem, Bedford and Timberlane rounding out the top five. Newfound, with just a pair of athletes, finished with a score of 55.725, placing them in 16th place.

Plymouth’s top performance came on the beam, where they had a score of 31.55 while Newfound’s top

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The Chaplain? What for?

Pemi-Baker Community Health explains what their Hospice Chaplain does exactly

BY GUY TILLSON, MDIV, MA
PBCH HOSPICE CHAPLAIN

PLYMOUTH — Whenever a person is about to be admitted to hospice end-of-life care, a social worker meets with the patient, family, and other caregivers to advise them of the various supportive services that are part of hospice. One of these services is Spiritual Care, provided by the Spiritual Counselor or Chaplain. The whimsical title used above is a fairly common response to the social worker’s inquiry regarding including Spiritual Care in the treatment plan. Generally speaking, only about a third of our prospective hospice patients and the families are receptive to the visits of the Chaplain. There are a number of factors that figure into this and this article explains that you do not need to be ‘religious’ to benefit from a visit from the Chaplain.

First off, when people hear Spiritual Care they probably think ‘Religion,’ ‘Church,’ ‘Preaching’ and ‘Praying.’ A second factor is that, since hospice is end-of-life care, the image a Spiritual Counselor or Chaplain conjures up is that of the Angel of Death, or at least one of its minions. Persons and their caregivers have already taken a huge step in agreeing to hospice care. They are already in a mode of mourning as they prepare for the death that will occur. Perhaps declining the services of the Chaplain is perceived as a way to forestall that awesome but inevitable reality, at least for a little bit.

So, what does the Hospice Chaplain do?

The Hospice Chaplain does not interfere in the active religious practice or formal affiliation of those patients and families who subscribe to these things. If they wish to rely on their own clergy for their end-of-life spiritual care or if they have fallen away from their connection to their religious fellowship and wish to renew it, the Spiritual Counselor can function as a liaison in helping that to happen.

In my three years of service as Hospice Chaplain for Pemi-Baker Community Health, I have been able to draw upon the interfaith background of my own family heritage. Although I am most aligned with Roman Catholic, Anglican/Episcopalian, Lutheran, and Eastern Orthodox practices, I have family-related experience with Methodist, Presbyterian, Baptist, and Pentecostal beliefs and practices. I grew up in

SEE **CHPLAIN**, PAGE A15

Grant awarded to Groton for Public Works building

GROTON — U.S. Senators Maggie Hassan and Jeanne Shaheen and Rep. Annie Kuster have announced a \$250,000 federal grant from the Department of Agriculture Rural Development to Groton, which will be used to help the town construct a new public works building after its current one sustained wide-scale flood damage. The new public works building will include four bays for maintenance and vehicle stor-

age, an office for a road agent, a staff break-room, a restroom with a shower, a tool storage room, and a mechanical room.

“The Groton Public Works Department provides important services to the community, including road construction and plowing. Unfortunately, the building that houses these important services has become damaged due to repeated and sustained

flooding,” said Hassan. “This \$250,000 federal grant will help Groton build a new public works building away from the flood zones that will keep their town’s equipment dry and provide better facilities for Public Works Department employees. I am glad that Groton will be receiving this much-needed funding, and I will continue working to secure additional federal resources to help support New Hampshire’s rural com-

munities.”

“Flooding can easily cause serious, widespread and costly damage to vulnerable Granite State communities. I’m very glad to see this new funding awarded to Groton, which will allow the town government to build a new public works building outside of the flood zone, protecting crucial equipment and staff from dan-

SEE **GRANT**, PAGE A15

Newfound boys take on D3 State Meet

BY BOB MARTIN
Contributing Writer

GILFORD – In their first year in a new division, the Plymouth Bobcats came away with the win at this year’s Division 3 state championship led by the top skier in the division in sophomore Dylan Welch.

“I feel good coming out on top for the second year in a row for a repeat,” said Welch.

Welch said he was happy to not only take away the top spot for the best skier in the division, but more importantly he was able to bring a first place title to the Bobcats. Steve Babler coaches for the Bobcats and said that having a great season like this was especially great during the times of COVID-19, where the students have had to overcome unprecedented adversity.

“It really is a team ef-



Matt Karkheck races through the slalom on Friday at Gunstock.

fort,” he said. “You need 16 good runs to win and we put it together as a team.”

In the giant slalom, Welch was the top racer in each run and had a combined time of 1:01.68. He was followed by Nathan Lorrey with a sixth

place time of 1:04.57; Colin Roper with an 11th place time of 1:06.91; Justin Collins with a time of 1:08.70 for 16th place; Ryan Borger with a time of 1:14.26 for 28th place and Matthew Lorrey with a time of 1:39.35 for 52nd place.

In the slalom, Welch won both runs and had a combined time of 47.32. Matthew Lorrey was eighth with a time of 52.87; Nathan Lorrey was 14th with a time of 54.35; Colin Roper was

SEE **BOYS**, PAGE A15

Owen leads Newfound girls at D3 State Meet



Hannah Owen navigates the slalom course at Gunstock last week.

BY BOB MARTIN
Contributing Writer

GILFORD — The Gilford girls’ alpine team came out on top this year at the Division 3 state championship meet last Monday at Gunstock, making it two years in a row for the Eagles claiming the state title.

In the morning giant slalom race, Gilford was led by Bethany Tanner, who finished third with a time combined time of 1:17.12. Sophia Lehr was fifth with a time of 1:18.21; Shealagh Brown was ninth with a time of 1:18.88; Kendall Jones

was 13th with a time of 1:21.25; Tessa Tanner was 16th with a time of 1:24.38 and Delilah Smock was 21st with a time of 1:26.67.

In the slalom race, the girls’ team finished third and was again led by Bethany Tanner with

a time of 55.75. Brown was 11th with a time of 1:00.70; Jones was 14th with a time of 1:01.91; Smock was 15th with a time of 1:02.17; Lehr was 22nd with a time of 1:12.06; Tessa Tanner was 23rd with a time of 1:12.21 and Madeline Burlock was 42nd with a time of 1:27.18.

Plymouth
The Plymouth girls finished as the Division III runners-up in their first year in the division.

In the giant slalom, the Bobcats were second and led by Holly Hoyt with a time of 1:18.35, good for sixth place. Sumaj Billin was seventh with a time of 1:18.44; Sam Meier was 11th with a time of 1:20.75; Halle Kozak was 12th with a time of 1:21.00; Ella Wieser was 14th with a time of 1:21.29 and Maya Duarte was 28th with a time of 1:32.07.

In slalom, Plymouth placed second with and was led by Meier with a combined time of 58.46. Wieser was 10th with a time of 1:00.19; Kozak was 12th with a time of 1:00.80; Hoyt was 13th with a time of 1:01.90 and Duarte was 18th with a time of 1:06.81.

Prospect Mountain
Prospect Mountain finished ninth in giant slalom and was led by Reese Burke with a combined time of 1:33.17, good for 32nd. Abby Swenson was 39th with a time of 1:36.07; Grace Simensen was 40th with a time of 1:38.00; Amber Fernald was 47th with a time of 1:43.67 and Gabby Greeley was 59th with a time of 2:00.20.

In the slalom race, Prospect Mountain was eighth and was led by Simensen who was 28th with a time of 1:16.71. Swenson was 29th with

a time of 1:17.45; Fernald was 45th with a time of 1:30.73; Burke was 48th with a time of 1:32.77.

Belmont
In slalom the Red Raiders were 12th with Cate McDonald as the lone skier, posting a time of 1:34.71, good for 50th.

In the giant slalom, McDonald was 54th with a time of 1:49.60.

Newfound
Newfound was 10th in the slalom with Hannah Owen the top skier with a 31st place time of 1:19.45. Lily Karkheck was 46th with a time of 1:31.59 and Rebecca Dillon was 55th with a time of 1:45.52.

In the giant slalom, Newfound was 11th and Owen placed 43rd with a time of 1:39.08. Karkheck was 46th with a time of 1:43.62 and Dillon was 48th with a time of 1:45.80.

Big week for Newfound hoop boys

Bears knock off Inter-Lakes for first time in six years

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound boys’ hoop team took some steps in the right direction the last few weeks. Big steps.

The Bears knocked off Franklin for the first time in 17 games and then defeated Inter-Lakes twice, the first time they have beaten the Lakers in six years.

“The Newfound basketball program players and coaches take pride in our last two weeks,” said coach Jesse Mitchell. “These have been rivalries that have been

one-sided in recent years and it feels good to bring back our competitive edge.”

The Bears started last week with a trip to Meredith and came home with a 46-41 win over the Lakers.

“We started off strong and had a great first half,” said Mitchell. “Our defense only allowed three points for Inter-Lakes in the second quarter.”

The Lakers were able to keep things close in the third quarter and it wasn’t until the final

minute of the game that Newfound was able to put a little separation on the scoreboard and seal the win.

“Overall, we worked very hard to come out with a win,” said Mitchell. “After losing to Inter-Lakes twice last year and losing the away game by a final shot at the buzzer, the team wanted to come into this week with an attitude and drive people haven’t seen from Newfound in many years.”

Malaki Ingram led the Bearss with 22 points, 10 rebounds and two assists while George Belville had six points, three rebounds and an assist.

The Bears improved on that win on their home court, getting a 69-41 win to close out the week.

“This was the best basketball game I have seen played by Newfound since I have had the opportunity to be a coach in this community,” said Mitchell. “We came into the game with a strong scheme and plan that the players executed well.”

Newfound came out with a strong defensive start, taking a 17-7 lead after one quarter of play and continued that



RC GREENWOOD

Garrett King rises toward the basket in action against Inter-Lakes last week.

strong defensive play into the second quarter to take a 38-13 lead to the halftime break.

The Bears pushed the pace on the offensive side of the ball in the second half, but Inter-Lakes

fought back with a strong third quarter.

“But, our hard work and dedication carried us through for the ultimate victory,” Mitchell said.

Ingram had 20 points to lead the Bears and also had 12 rebounds, nine assists, two steals and a block. Ryan Berg had 21 points, 12 rebounds, one assist and one steal.

Newfound is scheduled to be at Winnisquam on Friday, Feb. 19, at 6 p.m. before taking on Mascoma next week, with a home game on Monday, Feb. 22, and a road game on Thursday, Feb. 25, both with 6 p.m. start times.

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



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Malaki Ingram drives toward the hoop during his team’s game with Inter-Lakes last week.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Cass Mill Road	N/A	\$18,000	David Braman	Wayne F. and Rebecca K. Carter
Alexandria	14 Karl Gordon Rd.	Single-Family Residence	\$170,000	Geoffrey A. Tomlinson	Heidi L. Danis-Meyer and Aiza Danis
Alexandria	Route 104	N/A	\$70,000	Van H. and Mary F. Brassard	Tyler B. Omara and Travis J. Mara
Alexandria	N/A	N/A	\$23,533	2 3 Acres Bog RT and Carole L. Kachel	Edward M. Gordon
Ashland	8 Town House Way, Unit 4	Condominium	\$195,000	Roger O. Babin	Scott P. and Bethany L. Akins
Bristol	11 Beech St., Unit 2d	Condominium	\$30,133	Hus Holdings LLC	Econo Homes LLC
Bristol	336 Summer St.	Single-Family Residence	\$179,000	Dennis R. and Farrah R. Fitton	Kearsis L. Silva and Brendon M. Frechette
Campton	6 Flags Rd.	N/A	\$912,000	VonHagel Fiscal Trust and Mary VonHagel	Foothills Estates LLC
Campton	N/A	N/A	\$13,533	Lemac RT and Peter Knox	Jeffrey and Lisa Downs
Holderness	N/A (Lot 17)	N/A	\$265,000	Benjamin Long	Kavanagh Trust and Eamon M. Kavanagh
New Hampton	266 Huckleberry Rd.	Single-Family Residence	\$315,000	Shannon L. and Kristine Folan	Rees Davis
Plymouth	Daniel Webster Highway	N/A	\$120,000	Gary W. Lane	Alan T. Cushing 2016 Trust and Randy W. Bean
Plymouth	Hawthorne Street	N/A	\$270,000	Real Investments LLC	Carmello Ardizzone
Plymouth	500 Tenney Mountain Highway	Retail Store	\$376,000	Jan Stevens	500 Tenney Mtn. Hwy. LLC
Rumney	78 Old North Groton Rd.	Single-Family Residence	\$221,000	Jonathan R. Demler	Timothy J. and Donna M. Kane
Thornton	Glades Owls Nest Condo Unit 14	Condominium	\$140,000	William S. and Lisa A. Dematteo	Nancy Bixby Trust
Thornton	Glades Owls Nest Condo Unit 22	Condominium	\$125,000	LCJ Holdings LLC	Gary F. and Karen Wallace
Thornton	51 Mountain River East Rd., Unit 62	Condominium	\$125,000	Michael and Jody Peltier	Scott E. Lashua
Thornton	220-c Orris Rd.	Single-Family Residence	\$500,000	Thomas O. Cook	Bruce Holzrichter and M. Krzyszkowiak-Helminger
Thornton	Route 175, Lot 7		\$116,000	Lubo Vitkov	William Hrubo and Judith Marment
Thornton	Waterthorn Road	N/A	\$39,000	Concord Consulting LLC	Spencer Parish
Thornton	71 Waterville Acres Rd., Unit 1	Condominium	\$137,800	Bruce A. Gardinier	Andrew D. and Amy B. Riel
Waterville Valley	22 Bear Brook Lane	Single-Family Residence	\$660,000	Keller Fiscal Trust and Henry F. Keller	Joshua E. Conlon and Miranda L. Conlon
Wentworth	287 Beech Hill Rd.	Single-Family Residence	\$200,000	Joan B. Andrews-Bentivegna and Kenneth L. Andrews	Amanda M. and Galen Robinson
Wentworth	N/A (Lot 6)	N/A	\$11,000	Robert L. Labrecque	Ronald I. Comeau

ABOUT THE REAL REPORT

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

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

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Planes and trains and Monty Banks at the Flying Monkey



COURTESY

Monty Banks and Jean Arthur star in “Flying Luck” (1927), an aviation comedy to be screened with live music on Thursday, March 4 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 Main St., Plymouth. General admission is \$10 per person. For more information, visit www.flyingmonkeynh.com or call 536-2551.

PLYMOUTH — His real name was “Mario Bianchi,” but on screen he was “Monty Banks.”

But both names are now forgotten, as are the films he starred in during the golden age of silent film comedy.

Rediscover the unique comic style of Monty Banks with a screening of two of his surviving films on Thursday, March 4 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 Main St., Plymouth.

General admission is \$10 per person.

On the bill: an excerpt from “Play Safe” (1927) featuring a hair-raising rescue aboard an out-of-control train; and the feature film “Flying Luck” (1927), an aviation comedy inspired by Lindbergh’s successful solo flight across the Atlantic earlier that year.

Both films will be screened with live music by Jeff Rapsis, a New Hampshire-based silent film accompanist.

At the Flying Monkey, accommodations are in place to keep patrons safe in the Covid-19 era.

Face-coverings are required to enter the theater, and should remain on at all times until movie-goers take their seats. Capacity is limited to 50 percent; audience members are asked to observe social distancing in choosing seats.

Monty Banks was a short, stocky but somehow debonair Italian-born comic actor; later also writer and director.

In the U.S. from 1914, he first appeared on stage in musical comedy and cabaret. By 1917, he was working as a dancer in New York’s Dominguez Cafe.

After this he turned to films, acting and doing stunt work at Keystone, Universal and other studios.

Banks appeared in many short comedies until the mid-1920s, when he formed his own production company to make feature films.

Although successful, Banks never achieved the popularity of silent comedy superstars Charles Chaplin, Buster Keaton, or Harold Lloyd.

In the late 1920s, he moved to England; after the transition to talkies,

he stopped acting in films and instead concentrated on directing.

Later in life, Banks donated money to build several children’s hospitals in his native Italy, which are still operational.

Banks has faded into obscurity in part because most of his starring films are lost or unavailable.

The two films being shown at the Flying Monkey are among the best surviving examples of his work.

In featured attraction “Flying Luck” (1927), hapless aviator Monty

is so inspired by Lindbergh’s solo Atlantic flight that he joins the U.S. Army Air Corps, where it’s one comical disaster after another.

Co-starring with Banks in “Flying Luck” is young actress Jean Arthur, who would later appear in “Mr. Smith Goes to Washington” (1939) and “Shane” (1953).

The feature will be preceded by an excerpt from “Play Safe” (1927), which includes a hair-raising chase sequence set

aboard an out-of-control freight train barreling through the California countryside.

“Monty Banks was once a popular star, but that was a long time ago,” said Rapsis, who will create live improvised musical accompaniment for both pictures.

“So it’s a real treat to screen these films and rediscover a gifted performer and visual comedian with a style uniquely his own.”

The feature-length “Flying Luck” (1927) and an excerpt from “Play Safe” (1927), both starring Monty Banks, will be shown on Thursday, March 4 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 Main St., Plymouth. General admission is \$10 per person. For more info, visit www.flyingmonkeynh.com or call 536-2551.

For more information on the music, visit www.jef-frapsis.com.

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Edward Jones: Financial Focus

Estate Planning for Blended Families

If you're in a blended family, you're already aware of the emotional and financial issues involved in your daily life. But what about the future? When it's time to do your estate planning – and it's never too soon for that – you'll need to be aware of the entanglements and complexities that can get in the way of your vision for leaving the legacy you desire. You can take comfort in knowing that you're far from alone. More than half of married or cohabiting couples with at least one living parent, or parent-in-law, and at least one adult child, have a “step-kin” relationship, according to a study from researchers at the University of Massachusetts and other schools. That's a lot of estate-planning issues. Nonetheless, the task does not have to be overwhelming – as long as you put sufficient time and thought into it. Here are some ideas that may help:

- *Seek fairness – but be flexible.* Even in a nonblended family, it's not always easy to be as equitable as you'd like in your estate plans – too often, someone feels they have been treated unfairly. In a blended family, these problems can be exacerbated: Will biological children feel cheated? Will stepchildren? Keep this in mind: Fair is not always equal – and equal is not always fair. When deciding how to divide your assets, you'll need to make some judgment calls after carefully evaluating the needs of all your family members. There's no guarantee that everyone will be satisfied, but you'll have done your best.
- *Communicate your wishes clearly.* When it comes to estate planning, the best surprise is no surprise – and that's especially true in a blended family. Even if you're the one creating your estate plans, try to involve other family members – and make your wishes and goals clear. You don't have to be specific down to the last dollar, but you should provide a pretty good overall outline.
- *Consider establishing a revocable living trust.* Everyone's situation is different, but many blended families find that, when making estate plans, a simple will is not enough. Consequently, you may want to establish a revocable living trust, which gives you much more control than a will when it comes to carrying out your wishes. Plus, because you have transferred your assets to the trust, you are no longer technically the owner of these assets, so there's no reason for a court to get involved, which means your estate can likely avoid the time-consuming, expensive and very public process of probate.
- *Choose the right trustee.* If you do set up a living trust, you'll also need to name a trustee – someone who manages the assets in the trust. Married couples often serve as co-trustees, but this can result in tensions and disagreements. As an alternative, you can hire a professional trustee – someone with the time, experience and neutrality to make appropriate decisions and who can bring new ideas to the process. Above all else, make sure you have the right estate-planning team in place. You'll certainly need to work with an attorney; and you may also want to bring in your tax advisor and financial professional. Estate planning can be complex – especially with a blended family – and you'll want to make the right moves, right from the start.

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CADY Corner

A community conversation

BY TARA GRAHAM
Central NH Community Opioid Response Coordinator

The opioid crisis our country faces today is unprecedented. It has evolved over the past several decades and has steadily worsened with time. Opioids are highly addictive. In New Hampshire, and across the United States, the opioid crisis includes heroin, street fentanyl, other illicit opioids, and the misuse of prescription drugs.

Every state and community and every socioeconomic group have been directly impacted by the negative consequences. It is safe to assume at this point that everyone has been affected by this crisis in one way or another. In a single year, this crisis alone resulted in more American deaths than resulted from the entire Vietnam War or from the HIV/AIDS epidemic in the mid-90s.

The slight decreases we have seen in recent times are already rising again due to isolation and other risk factors associated with Covid-19. Suspected overdoses rose nationally this year by 18 percent in March, 29 percent in April, and 42 percent in May compared to those same months in 2019. According to the CDC, over 81,000 drug overdose deaths occurred in the United States in a 12-month period ending in May 2020, the highest number of overdose deaths ever recorded in a 12-month period.

Synthetic opioids (primarily illicitly manufactured fentanyl) appear to be the primary driver of the increases in overdose deaths, increasing 38.4 percent from the 12-month period leading up to June 2019, compared with the 12-month period leading up to May 2020. During this time, 37 of the 38 U.S. jurisdictions with available synthetic opioid data reported increases in synthetic opioid-involved overdose deaths. Eighteen of these jurisdictions reported increases greater than 50 percent. Ten states reported a 98% percent increase in synthetic opioid-involved deaths.

Overdose deaths involving cocaine also increased by 26.5 percent and are likely linked to co-use or contamination of cocaine with manufactured fentanyl or heroin. Overdose deaths involving psychostimulants, such as methamphetamine, increased by 34.8 percent. The number of deaths involving psychostimulants now exceeds the number of cocaine-involved deaths.

In rural communities like ours, we tend to see these increases after they emerge in urban areas – and we are then hit even harder. This is what happened in the beginning of the opioid epidemic and this is what we expect to see from the Covid-19 fallout. In recent years, New Hampshire has had among the highest rates of fentanyl-related overdose deaths per capita in the United States, making our numbers more than three times the national average.

The mental health of our residents and substance misuse are very closely linked. Certain illegal drugs can cause people with a substance use disorder to experience one or more symptoms of a mental health problem, alternatively, mental health problems can sometimes lead to alcohol or drug use, as some people with mental health disorders may misuse these substances as a form of self-medication. Mental health and substance use disorders share underlying causes, including changes in brain composition, genetic vulnerabilities, and early exposure to stress or trauma. We need to treat the whole person and not silo these services or deny coverage for co-occurring disorders that require comprehensive care.

The statistics are staggering. About 7.7 million adults in the U.S. have a co-occurring mental health and substance use disorder. Of these, 52.5 percent receive neither mental health care nor substance use treatment. 34.5 percent receive only mental health care. 9.1 percent receive both mental health care and substance use treatment, and a shockingly low 3.9 percent receive substance use treatment only. This is unacceptable.

The Central New Hampshire Community Opioid Response (CNHCOR) works to build a no-wrong door system of care through education and outreach efforts. We are building local service resources and capacity to navigate this at-risk population through the continuum of services of prevention, treatment and recovery. If you are looking for local services, go to FindWellNH.org our newly launched Prevention, Treatment, and Recovery locator—it is never too early or too late to guide yourself or someone you know on a path to wellness.

We can only continue our vital work with your support. As many already know, the pandemic is exacerbating mental health struggles, economic distress, and isolation that may lead to substance misuse. The health of our community is at risk. The impacts can extend from individual crisis into harmful public health consequences.

This is a population crisis, a systems' crisis – a neighborhood, family, and individual crisis – we must work together on all levels, if we are ever to get ahead of the problem. For more information about the Central NH Community Opioid Response, visit cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



COURTESY

Pemi Valley DAR supports Manchester VA

Members of the Pemigewasset Valley Chapter DAR delivered packages of comfort items to inpatients at the Manchester VA Medical Center just in time for Valentine's Day. The DAR chapter received a matching grant from the WalMart SuperCenter in Plymouth to enable more than \$250 worth of socks, puzzle books/pens, and snack items to be purchased for the donation. Handwritten thank-you cards for the recipient veterans accompanied the packages. Any woman interested in joining Daughters of the American Revolution is encouraged to contact Paula Woodward at woodwardpm1@gmail.com or call 536-4778 for information on requirements. Photo, left to right: Debra Krinsky, Voluntary Service Officer Manchester VA Medical Center and Paula Woodward, Regent of the Pemigewasset Valley Chapter DAR.

Sustainable Bristol

BY LAUREN THERIAULT

I am ashamed to admit it, but after the Transfer Station stopped taking recycling, I claimed; "recycling is dead." This was a big reason I started trying to move towards zero waste and became interested in sustainability.

I am happy to report that recycling is alive and well, but much altered from what it once was. Janet Metcalf and Herb D'Arcy, both Bristol residents, have been working tirelessly this last year to learn about the transfer station and think of solutions to the lack of recycling options

we Bristonians have. Janet has made a video called "Let's Talk Trash" for this month's edition of Locally Produced, outlining what happens to all of the garbage Bristol residents throw away, spoiler alert, it's not good...but it's not awful either. You can find the video on the Sustainable Bristol facebook page or through the Minot Sleeper Library website. The video is very informative. Then join us for a discussion about what you can do to reduce your garbage and other solutions and actions the town can take to work towards less waste being hauled away. One of the biggest solutions

Janet and the rest of the committee has come up with is to start recycling cardboard. Tune in on February 22nd at 6:30 via zoom for the discussion and to hear the exciting news about recycling cardboard. You do not have to watch the video to join if time is of the essence. We hope to see you on Zoom!

Now anecdotally, because really what's the point in writing a weekly article for the paper if you can't share stories from your adolescence? When I was in high school I worked at the Transfer Station in Hancock. It was a town of about 1,100 people. The transfer station

usually required three attendants during a regular weekend. The Saturday after Christmas however required double that. Three people worked 5 hours straight just baling cardboard to keep the pile from overflowing with holiday boxes, while the other three held down the fort sorting recycling and working the compactor. This was in the days before Amazon and online shopping, so I can only imagine the cardboard Bristol could bring in and turn into revenue and keep out of the waste stream.

Letters to the Editor

Support P. Wesley Morrill for Bridgewater Select board

To the Editor:

Wes Morrill is a new and independent candidate for the Bridgewater Select Board but not a new resident. What a change from the current Select board--Terry Murphy, 45 years of service, Skip Jenness, 35 years of service and Hank Woolner, 22 years of service. After a prolonged illness Hank Woolner passed away in November of 2020 with one year remaining on his term. In March, the ballot will list three names: Terry Murphy running for re-

election and a three-year term--his 16th., and Amy Cunningham (Hank's current replacement on the Bridgewater Board) and Wes Morrill--both running to fill the remaining one year of Hank Woolner's term.

I am pleased to endorse Wes' candidacy to fill the year remaining on Hank Woolner's term. Why? Wes is a native. His father was the first Bridgewater Fire Chief, and his family is included in the founders of the Town of Bridgewater. Wes is a graduate of the

Newfound school system, he's a veteran who's served his county in the Middle East, and he and his wife Rhonda have raised two sons who have graduated from the Newfound school system. But, most of all he knows this town well and how it works.

Now is the time to vote for an independent candidate who knows how all the parts of the town's business come together. He has the ability and integrity, and as an independent candidate, he will dig into all as-

pects of the town's activities which include the town itself, the Bridgewater-Hebron Village District (the school) and the Hebron Bridgewater Refuse District. Wes will tell you how it is and will add transparency to the governing of Bridgewater which is currently lacking. Vote for Wes Morrill for the Bridgewater Select board on March 9.

KEN WEIDMAN
BRIDGEWATER

The Windham incident deception

To the Editor:

Seeking to quell the growing political clamor resulting from its refusal to look into the Windham Incident, the Attorney General's office has now publicly claimed that it is "investigating" the matter. This is a misleading half-truth. From my experience as a for-

mer FBI Agent, they are not doing an investigation; they are doing what is known as a document review. They have no intention of doing what's actually necessary to get to the heart of the issue: rerun the ballots through the machines, and perform a hand count to determine the actual number of ballots

that were cast. Interestingly, Great Britain, Australia and Canada count all election ballots by hand. They don't even use machines, in order to avoid the problems manifesting themselves in our election process.

To be clear, five State Senators, the Senate legal counsel, and the

Assistant Secretary of State were all on the Feb. 5 Zoom call in which assistant AG Edwards and Election Law Chief Chong Yen stated categorically that they are not going to investigate the machines or the total ballot count – the only two actions that can provide the answer to what
SEE WINDHAM PAGE A5

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Old hotels, thriving downtowns, and riding the rails to Labrador

I love old buildings, especially old hotels in old downtowns, both the kind of places you can find character, and sometimes characters. Often you can find an old hotel without much for a downtown; all too seldom can you find both.

So I've tended to seek out such places, and as a result have stayed in many a fine old creaky-floored hotel in many a healthy and walkable downtown. Littleton and Tilton come most recently to mind. Still, such combinations seem, on the whole, to be scarcer than hens' teeth.

Now I can only hope that I'm going to hear from readers about the many old-time hotels they know about in still-vibrant downtowns, and of course lots of characters hanging around, and that's fine. I'll chalk it all up to homework.

And hearing from readers is one of the better parts of the job.

+++++

Perhaps for some of the same reasons, I'm drawn to traveling by train. Ergo, I've taken almost every long-distance train on the continent, including the Quebec North Shore and Labrador Railroad when it still had an actual dining car.

That trip was somewhere around 1975, with

Norton Kelly of Derry. The next year I went up again with John Lanier and Merton (Butch) Chase of Belmont.

The attraction, for us, was the Menihek Rapids in Labrador; a drop-off point at about Mile Marker 330 on the 360-mile line. The Mistassini, Montagnais, and Cree had been fishing the rapids at Menihek for centuries. There were fishing camps there.

Those were the beginning of what would be 13 trips to Labrador; about 1,000 miles from my home in northern New Hampshire. "I didn't know there was anything a thousand miles north of your house," an incredulous friend observed.

First impressions can be telling. I can remember thinking on that first trip, when I was in an open boat in those huge rapids on the way downriver into camp, "Labrador is a place waiting to kill you." That thought never left me, in all my trips up, traveling all over the land and water (mostly water).

I've long known it was a well-trod thought.

+++++

On one of our trips, Butch Chase and I decided we wanted to go to Shoal Lake, an obscure and (according to camp-talk) seldom-visited

place. With a Cree guide, we pushed, shoved, and hauled a 14-foot boat up brooks and across ponds and up ever-smaller brooks until we gained the outlet of Shoal Lake.

Surely, I thought, few people have fished here except maybe from a floatplane. A few minutes later we were coasting toward the far shore when I looked down to the bottom and saw a Fanta can, and my idyllic vision dissolved. And a few minutes later we saw the remains of a century-old Hudson's Bay trading post, one of our reasons for going there. And after all there was Paul, running the motor. His people had been there long, long before.

Around a cape from the trading post, we saw the tops of two crane-like devices above the spruces, and went ashore to investigate. They were old core-drilling rigs from the early 1950s, used to explore for iron ore.

This work paid off, and the reason for the railroad was the iron-ore mines at Schefferville, at the end of the line. The rails were 122 pounds to the foot, the highest rail made, and carried hopper cars filled with pellets of iron ore, bound for ships at the other end of the line at Sept Isles, or Seven Islands. Crews regularly replaced the quarter-mile rails on curves, where the heavy cars caused the most

wear.

Sept Isles was a booming town in the fashion of many mining towns, and had abundant accommodations, food, and other attractions. But we were most often beat from the 650-mile road trip, and the train left early in the morning.

+++++

Somewhere I saw a news item about the possible rehabilitation of the old Cohas Shoe Factory building in south Manchester, along Mammoth Road. This is close to the old ox-cart and wagon road that Route 28 follows down the east side of the Merrimack River into Londonderry.

Cohas Brook flows into the Merrimack River just below Manchester. It is no great stretch in the vernacular sense from Cohas to Cohasse, which was the old name for the intervalles (wide valleys) in an entirely different watershed. The Cohasse Intervalles are on the Connecticut River; a tired crow's flight to the west--and on the old maps, there are two sets of them.

The Lower Cohasse Intervalles were (and are) in the Woodsville to Hanover stretch of the Connecticut. For many years, they were the northernmost European settlements. The Fifteen Mile Falls, now somewhat submerged, were

a mental and physical barrier.

In 1759, during the French and Indian War, Rogers' Rangers sought to strike a knockout blow with a raid on the village of St. Francis, just below Montreal. Elements of the Rangers came out along the Upper Cohasse Intervalles during their retreat, and noted the broad valleys and fertile soil. Settlements soon followed.

Out in Oregon, there's a place called Coos Bay, but it doesn't have quite the same history as ours or even Manchester's,



so they pronounce it "kooze."

Go figure.

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



Courtesy Quebec Province and Labrador (upper right), which is paired with Newfoundland, site of the earliest known European settlements at L'Ans aux Meadows in about 1000 A.D. (Courtesy infoplease)

Letters to the Editor

Support for Bristol warrant articles

To the Editor:

It has been a rough year for all of us, with Covid health risks, school closings, job losses and businesses shut down. Sometimes it has been hard to see through the rough times. That is why I am so encouraged by two warrant articles in Bristol coming up at the Annual Town Meeting on March 13.

The two initiatives are a town solar array and a recycling infrastructure expansion program.

The recycling initiative would allow the Town of Bristol transfer station to bundle and sell cardboard to recycling vendors with plans to add other items in the future. Most of the funding for this project comes from existing town funds and grants with taxpayers being asked to contribute a small amount equal to four cents per \$1,000 tax valuation. (If you have a \$100,000 home, your share will be \$4, just once.) This one time investment will help reduce the costs of trash disposal over all. In a few short years, the project will be paid for and recycled items will then produce revenue for the town. This is a good investment at a time when fees for waste removal continue to rise each year.

Both of these projects are being recommended by the Town Select

Board and will be voted on at the Bristol Annual Town Meeting. I believe these projects are environmentally sound and economically beneficial to our community.

If they are passed, Bristol will join a growing list of towns in the New England Region that are planning for the future by doing what is right for the environment and keeping it affordable to town taxpayers.

For more information on the recycling project, you can watch a 15-minute video, "Locally Produced: Let's Talk Trash," available through the Minot-Sleeper Library Web site. Then join a Zoom discussion on the topic Feb. 22 at 6:30 p.m.

JANET METCALF
BRISTOL

Windham

FROM PAGE A4

est unexplained recount error in NH history.

It bears mentioning that Windham officials have done everything possible to get the AG to investigate this matter. They bear no responsibility for the AG's failure. Every party to this issue has asked the AG to check the machines and the ballots. And, having been called to task for its continuing refusal to do so, the office is now attempting to deceive the public into thinking their document review is sufficient.

It is deeply troubling when an agency willfully refuses to act in a matter as critical as the integrity of our elections. It is even more disturbing when the agency attempts to deceive the public. What could have been considered an excusable error in judgment is now beginning to look like malfeasance.

BOB GIUDA
STATE SENATOR, DISTRICT I
WARREN

Mask shaming is not acceptable

To the Editor:

I am a grandmother of a special needs child. Kaiden has severely compromised lungs and heart. His parents have mounted a valiant effort to keep him alive for the last 12 years. He is a wonderful boy, a gift to our family. If Kaiden contracted the virus, it would almost certainly lead to death.

You can imagine my horror when I read Rep. Dave Testerman of Franklin [and Hill's] letter to the editor. In his letter, he proceeded to shame people who wear masks by calling masks "face diapers." Mocking those representatives for not wanting to be in the same room as people like himself who clearly do not take the pandemic or the safety of others seriously. "Other members are online fearing for their life."

Did the fact that several Republican House members tested positive for the coronavirus after attending an indoor GOP caucus meeting, or the fact that Rep. Dick Hinch, the Republican speaker of the New Hampshire House, died of COVID-19 within a week of his appointment, not give Rep. Testerman pause for thought?

Masks prevent re-

spiratory droplets from spreading to other people and provide protection to the wearer. Reliable studies show that multilayer cloth masks can block up to 70 percent of fine droplets and limit the spread of Covid. It is recommended to wear at least two layers of tightly woven cotton fabric like the kind used for quilting or cotton sheets.

During the 48 hours leading up to Feb. 12, 858 more people, including 107 children, have been infected with the virus in New Hampshire, and 10 more New Hampshire residents have died.

Over 486,000 people have died of Covid-19 in the US to date. Our death toll remains among the worse in the world. The average daily deaths in the US hit 4,000 a day for several days in January and over 3,000 per day several times in 2020. Countries that implemented mask wearing, tracing, testing and social distancing have done significantly better than countries like the U.S. who were slow to react. Thousands of American's would still be alive today if we had done so.

The death toll after 9/11 horrified us all. We were left shaken to our core and most of us didn't know anyone who

died that day. At this point almost all of us know someone affected by Covid-19. Why there is not more outrage at a death toll of over 486,000 and counting? Is it because it is so huge, we cannot take it in?

It is worth remembering that for every one of those 486,000 deaths, hundreds of thousands of family members and friends have been left devastated. Many could not even be with their loved ones to say goodbye. Others affected are left with severe medical conditions.

Surely any decent person would want to support every effort to slow down this devastation; to give our front line workers a chance to catch their collective breath; to help ease the terror for people with loved ones who are vulnerable.

Why would anyone want to shame people who are trying? "Some are wearing face diapers."

I ask you, Rep. Testerman, please value the life of my grandson as much as I'm sure you value the lives of your own grandchildren. Is that too much to ask?

LINDA CARMICHAEL
HILL

Philip John Kriss



Phil Kriss, devoted husband, community volunteer, firefighter, insurance analyst, lifelong motorhead and devilish teenager, died of a life well lived on Monday, February 1, 2021.

A Simsbury, Conn. Native, Phil’s childhood, spent with his brother Greg and parents Bernice and Alex, involved a lot of swimming, biking and woodworking. While those knowing Phil today might not believe it, he developed quite a reputation as a prankster in parochial school and at the seminary. He learned to build all sorts of thing, ranging from a clubhouse and a wooden boat as a kid, to eventually a home for his parents in North Granby, Ct., and later his own home, a classic New England Cape, tucked among the trees in Barkhamsted, Ct.

It was there that he welcomed home his bride, Linda Danielson, in 1985. Hand-in-hand, the couple enjoyed the next 35 years together. Their lives brought them to many places far and near, surrounded by family and friends, and in the past decade to Hebron, NH. Linda welcomed his kisses each morning and night, and the refrains of “I love you’s” at the end of every phone call.

Phil’s profession as a financial insurance analyst in Connecticut included positions with The Hartford, CIGNA, Lincoln Financial, United Healthcare and others. Outside of work, Phil fulfilled a dream of owning his own ice cream parlor, Philbert’s Desserts in Torrington, Ct. As his tool room in the garage would attest, his skills were many. Odd jobs included a firewood business, property appraiser and accounting. More recently, in retirement, Phil worked for the Plymouth, N.H.’s O’Reilly AutoParts, combining many passions – auto parts, and driving to remote corners of the state to meet the people who would use them.

In Hebron, as well as

Connecticut, Phil (and Linda) always served their community. Phil was a lifelong volunteer fireman, not only protecting the community, but also securing grants for equipment and overseeing construction projects at the station. In Barkhamsted, there is a stuffed Teddy Bear named Phil in a firefighter uniform looking out the front windshield in honor of the man whose hard work allowed the town to buy the truck and watch over the town Phil served. His wife is a member of the Hebron Union Congregational Church, Phil would do the grocery shopping for the monthly Community breakfasts, and he and Linda helped organize the craft fair part of the Hebron Church Fair each July.

He will join in heaven his parents, Bernice and Alexander Kriss of Barkhamsted, Ct. Survivors include his beloved wife Linda Danielson Kriss of Hebron, N.H.; brother Greg Kriss and his wife, Debbie; nephew Jonathan Kriss and his wife, Lauren, and mother and step-father, Dorothy & Bob Field; his sister and brothers-in-law Sue Martin and Robert Danielson of N.H. and his partner, Ed Cassidy; several cousins, nieces and grand nieces and nephews, legions of friends and former co-workers, the more than 35 automobiles which he loving cared for and drove throughout the years, and the flock of wild turkeys, birds and squirrels who await his morning feeding daily off the back deck of their home.

Due to current COVID restrictions, there are no services at this time. When our world is safe once again, the family plans a religious service at the Hebron United Congregational Church and a celebration of life in Barkhamsted, Ct.

In honor of Phil, donations can be made to Barkhamsted East Volunteer Fire Co, #1, PO Box 152, Pleasant Valley, CT 06063 or Hebron NH Fire & EMT Dept., PO Box 97, Hebron, NH 03241.

An obituary can only say so much. Linda asks that you share a favorite moment or memory of Phil that can be shared here by all who knew and loved him at Mayhew Funeral Homes website: www.mayhew-funeralhomes.com.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

I’m really pleased that so many schools are making some of their sports available for livestream over the internet so family and fans can watch some of the action. If you are interested, you could call the school you are interested in watching and get the information on how to watch the events they are providing video for: Go Bears!

The TTCC is hosting a Mother-Son Minute To Win It Game Night on Friday, March 5 from 6 to 7:30 p.m.! All ages are welcome for \$20 per couple. The number of participants will be limited, so register early. Registration is available on TTCC website at www.ttccrec.org.

Churches

Christian Science Society, Plymouth

We are happy to let the community know that the Christian Science Society in Plymouth has resumed live church services in our church edifice at 7 Emerson St. Please join us and discover the wonderful healing and protecting power of God’s love. In accordance with governmental regulations, we ask that you wear a face mask when entering or leaving the church. Seating is limited and socially distanced. Once seated, wearing a mask is optional. We are following all recommended protocols.

If you prefer, we are broadcasting every service on Zoom where you may join us remotely. If you are interested in attending the services remotely, please send an email to csplymouthzoom@gmail.com and request an invitation. We’d love to have you!

All members have been thinking prayerfully about our community as it has faced challenges of isolation and well-being. During this time there have been many resources on-line which have been very helpful. We encourage anyone who’d like to take advantage of these to visit the Web site www.christianscience.com. There are articles, brief inspirational thoughts, talks,

ttccrec.org. Masks will be required, and all other necessary safety precautions will be adhered to. An action packed evening of mother-son competitions is anticipated with prizes and bragging rights on the line.

A new Baby-Sitting Course will be held at the TTCC on March 6 from 9:00am until 3:00 pm for ages 12 and up. The cost will be \$110. All participants will learn the basics of babysitting and get certified in both CPR and First Aid. Space will be limited and pre-registration is required at www.ttccrec.org. Registration must be completed by March 3, 2021.

Youth Soccer on Saturdays will begin on March 13, and Special Olympics Young Athletes for kids ages two to seven, with and without disabilities will start

and other supportive and helpful resources to explore. And all articles relating to Covid-19 in the Christian Science Monitor are freely available with no firewall.

Plymouth Congregational UCC

Church announcement

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

Sunday Worship Service Dates to Remember via Facebook Live at 9:30 a.m. and PBTv at 6:30 p.m.

Feb. 21 – First Sunday of Lent

Feb. 28 – Second Sunday of Lent & Church Vocations Sunday

March 7 – Third Sunday in Lent & Amistad Sunday, Sermon – Righteous Anger

March 14 – Fourth Sunday in Lent

March 21 – Fifth Sunday in Lent

March 28 – Sixth Sunday in Lent & Palm Sunday

Lenten Services - All at 7 p.m. via Facebook Live

Feb. 17 - Ash Wednesday

Saturdays on March 13.

The Minot-Sleeper Library will have the Monday Book Group discussion on Monday, Feb. 22 at 10 a.m. The discussion will be held online. Please email the library or call to request the link: librarian@town-offbristolnh.org and 744-3352. It is recommended you request access at least 48 hours prior to the event if possible.

Let’s Talk Trash, the Locally Produced series on sustainable living will hold a conversation about trash, waste management and other aspects of waste management via Zoom on Monday, Feb. 22 at 6:30 p.m. Prior to the conversation, watch a video with Town of Bristol Sustainability Committee member Janet Metcalf in which she explores where our trash

goes, what has happened to recycling over the years and exciting new opportunities for waste management at: <https://youtu.be/P58tWUqZXyl>. To register, please do so soon at: <https://us02web.zoom.us/j/815K6vcs-m-38kaLWp-3e1a>.

On Tuesday, Feb. 23 at 6:30 p.m., the Movie Group at the MSL will hold a discussion about the film “I Capture the Castle.” For the Zoom link, meeting ID and password, please contact the library at 744-3352 or email minotsleeperlibrary@gmail.com.

Vacation week will be here very shortly. I would like to wish all the students and staff a very happy vacation and I hope the weather cooperates to make it special.

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: Feb. 21

Our Beloved Community

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

Tatum Barnes, Director of Religious Education

To bring about beloved community we must recognize the inherent worth of all. Join us as we explore the practice of building and belonging to a beloved community in our own neighborhood.

LIVE STREAMED via ZOOM

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

www.starrkingfellowship.org
536-8908

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Town of Alexandria
Town Elections and
Voting on the Warrant

Tuesday, March 9, 2021 11 am to 7 pm
Voting held at the Alexandria Town Hall
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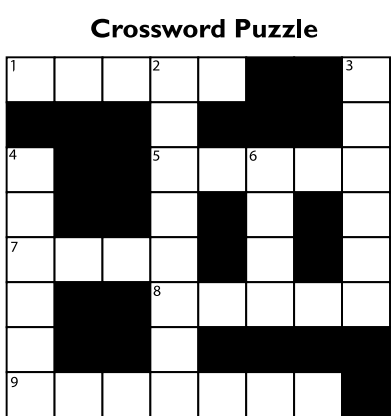
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WORLD FACT!

CHINESE NEW YEAR IS NOT AN ACCURATE WAY TO DESCRIBE THIS HOLIDAY SINCE OTHER COUNTRIES ALSO CELEBRATE IT. IT IS BETTER KNOWN AS WHAT?

ANSWER: THE LUNAR NEW YEAR



Crossword Puzzle

ACROSS
 1. Related to the moon
 5. Muddy color
 7. Slight hollow in surface
 8. Most suitable
 9. Hailing from China

DOWN
 2. Desire to achieve
 3. Happening each year
 4. Astrological system
 6. Instrument

THIS DAY IN...
FEB 15 HISTORY

- **1637:** FERDINAND III BECOMES HOLY ROMAN EMPEROR.
- **1898:** THE USS MAINE EXPLODES IN HAVANA HARBOR, STARTING THE SPANISH-AMERICAN WAR.
- **1965:** THE MAPLE LEAF FLAG OFFICIALLY BECOMES THE NEW NATIONAL FLAG OF CANADA.

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SummerEscape Counselor - Full and part time positions.
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How they SAY that in...

ENGLISH: Celebrate
SPANISH: Celebrar
ITALIAN: Festeggiare
FRENCH: Fêter
GERMAN: Feiern

Did You Know?

IN THE CHINESE ZODIAC, THE OX IS HARDWORKING AND DILIGENT. IT IS BELIEVED THIS WILL BE A YEAR OF REBUILDING AND DETERMINATION.

GET THE PICTURE?

Can you guess what the bigger picture is?
 ANSWER: DRAGON MASK

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This is a part time position and will consist of 15 to 20 hours a week and occasional additional hours will be required. The hourly pay range of \$ 15.50 to \$ 22.07 depending on experience.

Applicants must be a resident of Holderness.
 Minimum requirement: High School Diploma, must pass a background check, basic accounting skills, typing, office procedures, and computer skills are required.

The job description and application are available on the town website at www.holderness-nh.gov. Position is open until filled.

Completed application, resume and references should be mailed to or delivered to:

Town of Holderness
 Attn: Ellen King
 PO Box 203
 Holderness NH 03245

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HIGH SCHOOL SLATE

Thursday, Feb. 18	
PLYMOUTH	
Boys' Hoops at Kingswood; 6	
Girls' Hoops vs. Kingswood; 5:30	
Nordic Skiing at Jackson; 3	
Unified Hoops at Kingswood; 3	
Friday, Feb. 19	
NEWFOUND	
Boys' Hoops at Winnisquam; 6	
Girls' Hoops vs. Winnisquam; 6	
PLYMOUTH	
Hockey vs. Lebanon; 7:30	
Monday, Feb. 22	
NEWFOUND	

Boys

FROM PAGE A1
16th with a time of 55.28; Collins was 18th with a time of 58.37 and Borger was 23rd with a time of 1:04.73.

Gilford
In the giant slalom, the Golden Eagles were fifth and led by Morgan McCarthy with a combined time of 1:02.96 for third place. Cole Howard was eighth with a time of 1:05.50; Caleb Clough was 27th with a time of 1:14.17; Haukur Karlson was 34th with a time of 1:17.50; Patrick Gandini was 36th with a time of 1:17.58.

In the slalom, McCarthy was third with a combined time of 49.67. Howard was ninth with a time of 53.36 for ninth place; Karlson was 27th with a time of 1:11.22; Gandini was 37th with a time of 1:19.76 and Clough was 47th with a time of 1:51.43.

Coach Tyler Davis was happy that the girls' team was able to get its second straight division title and said that in a year full of hurdles to overcome, he couldn't have been happier with the Golden Eagles. He also thanked Gunstock for making

it possible to not only have meets but be able to have a place to practice throughout the winter.

"I can't thank Gunstock enough to get these races in this year," Davis said. "It was a really good thing for everyone to be able to come out, hold races and have a season. That was huge."

Belmont
Belmont was sixth in the giant slalom, led by Mitchell Berry with a combined time of 1:03.75. Tanner McKim was 21st with a time of 1:09.83; Dylan Flanagan was 30th with a time of 1:14.77; Tyler Flanagan was 35th with a time of 1:17.55 and Hunter Haht-Acers was 46th with a time of 1:25.93.

The Red Raiders were seventh place in the slalom and were led by Berry with a combined time of 59.15. Dylan Flanagan was 30th with a time of 1:13.30; Tyler Flanagan was 31st with a time of 1:13.48; McKim was 41st with a time of 1:27.93; Haht-Acers was 44th with a time of 1:32.48 and Gavin Croteau was 46th with a time of 1:38.30.

Newfound

Grant

FROM PAGE A1
gerous and destructive flooding," said Shaheen. "Securing investments for important New Hampshire infrastructure projects like this will continue to be one of my top priorities in the Senate."

"The Public Works Department of Groton provides critical services to the local community, and they need a functional building safe from flooding to store the town's equipment and

for staff to work," said Kuster. "This funding will allow the Department to move out of its current flood-damaged building into a new, upgraded space that will provide employees with a comfortable place to work, protect town equipment, and ensure Groton residents continue receiving the essential services the Public Works Department provides. I'll continue working to ensure Granite State communities have the tools they need to thrive and succeed."

Gymnasts

FROM PAGE A1
score was on the floor exercise, where they had a score of 15.125.
Plymouth was represented by senior Kelly Daugherty, juniors Aquinnah Allain and Cathryn Panus and freshmen Kaelynn Lang, Ainsley Girouard and Faith Francis. Newfound was

represented by sophomore Taylor Mooney and freshman Laurel McKellar.
In the all-around, Allain was the top local finisher, placing 10th overall with a score of 32.15, with Mooney just one spot back in 11th with a score of 32.05.
Panus was next, finishing with a score of 28.9 for 23rd place with

In slalom, the Bears were eighth and led by Matthew Karkheck with a time of 1:02.07 for 21st place. Broderick Edwards was 29th with a time of 1:12.44; Owen Henry was 35th with a time of 1:18.84; Dalton Dion was 38th with a time of 1:19.78 and Becket Van Lenten was 49th with a time of 1:58.32.
In the giant slalom, Edwards was 32nd with a combined time of 1:17.05; Jacob Blouin was 37th with a time of 1:18.26; Dion was a time of 1:20.12; Van Lenten was 43rd with a time of 1:21.19 and Owen Henry was 44th with a time of 1:21.65.

Chaplain

FROM PAGE A1
a Jewish neighborhood in New York's mid-Hudson Valley. I have lived in metropolitan areas where religions of other cultures were present. I see ecumenical respect and reverence as a central feature in my responsibilities as the Spiritual Counselor for Pemi-Baker's Hospice Program. I am not out to convert anyone. I do not preach at anyone. I will pray with anyone, read the Scriptures, and even sing hymns to anyone if that is their request. But I do other things, too- and a patient does not have to be religiously disposed to engage my services.
Hospice practice usually regards Spiritual Care broadly.
That can sound squishy and fluffy to some people, but since hospice is end-of-life care, a great deal of my work is facilitating what is called "life review." What is the unique story of this person's life?

Boys' Hoops vs. Mascoma; 6
Girls' Hoops at Mascoma; 6

Tuesday, Feb. 23	
PLYMOUTH	
Boys' Hoops vs. Winnisquam; 6	
Girls' Hoops at Winnisquam; 7	
Hockey vs. Pembroke-Campbell; 7:45	
Thursday, Feb. 25	
NEWFOUND	
Boys' Hoops at Mascoma; 6	
Girls' Hoops vs. Mascoma; 6	

All games are subject to change.



Owen Henry skis for Newfound in the Division III State Meet.

Where are they from? Where did they grow up? What did they do for work and livelihood? Whom did they love? What was important to them? What did they enjoy and find interesting? Sometimes there are deeper existential questions. "Why is this happening to me?", "Is God punishing me?" or "Have I lived a good life?" and "Have I done anything worthwhile?" So I listen a lot. I affirm their accomplishments. I try to soothe any regrets they may have. I celebrate the memory of their joys. If there is "unfinished business" with family members or acquaintances, I can offer to be a bridge toward resolving and healing those things.
To offer you some specific examples, there are these.
For the lady who loved gardening, I will take a book of photographs of flowers and trees and we will look at it together. I will read a book about World War II to the naval veteran who served in

the South Pacific. I will listen to classical music to the patient who loves a particular symphony or opera. I will talk recipes with the woman who likes to watch different TV cooking shows. I will read Morning Prayer for the Episcopalian who can no longer see well enough to use his prayer book. I will spend longer time with a patient whose caregiver may need some time to go out to pick up a few groceries, giving that person some often-needed respite. When a patient is actively dying, I will "sit vigil" with them regardless of whether or not they can engage in conversation with me. I think you can see that the bulk of my work is not what is usually understood as "religious" or "spiritual".
So, if you've read this article, at some time in the future are ever involved in accessing hospice care for a family member (or even yourself), I hope you might pause before asking "The Chaplain? What

for?" I'm rather easy to get along with. I'm caring and supportive. I'll pray with you only if you want me to-though I'll pray FOR you silently and quietly while I'm with you and as part of my own daily prayer routine and whenever I may think of you.
With more than 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool.
PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us, please call: 536-2232 or email: info@pbhha.org Visit our website: www.pbhha.org and like our Facebook Page: @PBCH4.

Kiley noted that Mooney was still coming back from an ankle injury but performed well despite the limitations. She also noted she was happy to have her daughter on board as a coach with her; as Madison Kiley, who was part of the Plymouth team the last four years, took the lead with the Newfound girls this winter.
"It's nice to have her step up in this role," Carrie Kiley said.
And while the girls had just three meets, including one home meet at Top Gun Gymnastics, they made the best of every opportunity they had.
"Every day we got was a bonus," Kiley said. "That's how we looked at it."
Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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Be Heart Smart



BY SHANNON LYNCH
THE MORRISON COMMUNITIES

February is National Heart Month, time to take stock of your heart health and, if needed, make Heart Smart lifestyle changes to keep your heart healthy and improve your quality of life.

According to the National Heart, Lung and

Blood Institute, heart disease is a leading cause of death in the United States, causing one in four deaths each year. Despite that grim statistic, you can live a heart-healthy life when you commit to a few daily goals.

If you need encouragement to stick to these goals, ask your partner or a friend who also

needs to get Heart Smart to join you on your heart-healthy journey. Having a partner will help keep you motivated; after all, it's easier to resist that second slice of pie or bundle up for your daily walk if you know your heart healthy partner is making the same choice.

Move It: Walking, hiking, exercise classes, SEE **SMART** PAGE 5



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Stock emergency resources like canned goods, nutritional drinks, bottled water, a flashlight, and an extra blanket. Make sure any prescriptions and medications are in sufficient supply.

3 - Offer to Help
Volunteer to shovel a sidewalk, pick up a neighbor's mail, or run an errand. These small acts of kindness can greatly help a senior who doesn't want to venture out.

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HEALTH, MIND & BODY

Will a Simple Will meet your needs?

BY EDWARD H. ADAMSKY

For many people, a simple Will is all they need for Estate Planning purposes (a Power of Attorney and Health Care Proxy is still needed for lifetime planning). But is a simple Will enough for you? That is the key question. Many people think a Will avoids probate. That's a common misconception. If you have assets in your own name when you die, then Probate may be necessary whether or not you have a Will.

Assets that are solely in the name of a person who has died must be handled through the Probate process. This isn't as bad as some people say, and won't cost a fortune, but you do have to file the appropriate forms with the court, pay the required filing fees, and probably pay a lawyer to assist you in doing all this. It takes some time and has some delays. For simple situations, it may be fine to have to go through probate. Not everyone has to avoid probate.

If you think you need to do so, there are many ways to avoid probate. You can have accounts with named beneficiaries, so they pass outside of probate. You can have joint accounts, or other jointly owned assets, and you can have assets that pass by beneficiary designation like life insurance and retirement funds. All of those methods avoid probate and are fairly easy. If most or all of your assets will pass outside of Probate then having a simple Will as a catch-all in case there is something you missed, may be all you need.

If you have a more complex situation, then a Trust or other Estate Planning tool might be right for you. If you own property in more than one state or have several parcels of real estate, or if you have a complex family with issues, then a Trust might be right for you. In that case, we would still write a Will for you, just in case, but it would not be the main planning tool. A Trust is a complex tool that can be used to protect assets (if the trust is Irrevocable) or avoid probate (for the assets the trust holds) and hold assets for a person who should not directly get those assets (such as a person getting means-tested government benefits). The operation of a trust is private and stays out of the courts and public record, so many people want that privacy. Folks also enjoy the efficiency that a Trust can provide. If you are not sure if a simple Will is enough for you, or if you should have a Trust or other planning tools, then you should consult with an attorney who can go over your situation and determine which is right for you. You may not need a Trust, but you won't know until a competent advisor reviews your situation and gives you the best advice on what is right for you.

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US SPORTS MEDICINE



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1. The COVID-19 vaccine is 94% effective and will help protect you from getting the virus. It is not possible to get the virus as a result of receiving the vaccine.
2. Two doses of the COVID-19 vaccine are needed, administered 3-4 weeks apart. There may be mild, but temporary side effects. Anyone with severe allergies should consult their healthcare provider.
3. After receiving the COVID-19 vaccine, it is still important to wear masks, wash your hands, and practice social distancing.
4. The COVID-19 vaccines have Emergency Use Authorization from the U.S. Food and Drug Administration (FDA). COVID-19 vaccines are only approved for individuals 16 years of age and older at this time.
5. The COVID-19 vaccine distribution is currently in Phase 1, with Phase 2 estimated to begin in March 2021. (Estimated distribution schedule depends on vaccine doses allocated to NH from the U.S. Government.)


Phase 1A: High-risk healthcare workers; first responders; and older adults living in residential care settings
Phase 1B: People 65 years and older; medically vulnerable at significantly higher risk with 2 or more conditions; family caregivers of those medically vulnerable under the age of 16; residents and staff of residential facilities for persons with intellectual and developmental disabilities; corrections officers and staff working in correctional facilities; first responders and healthcare workers not already vaccinated
Phase 2A: K-12 school and childcare staff
Phase 2B: People 50-64 years old
Phase 3A: Medically vulnerable individuals less than 50 years old at moderately higher risk with 1 or more conditions
Phase 3B: Everyone else not already vaccinated

Please note, there is no need to contact your healthcare provider at this time unless to discuss whether or not you should receive the vaccine when you are eligible.

For more information about the COVID-19 vaccine, visit vaccines.nh.gov. Those without Internet access are encouraged to call 2-1-1.

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Where good health begins.



Colon cancer is generally a preventable cancer

Colon cancer is generally a preventable cancer, if caught early. It is important to have regular screenings and follow ups. 1 in 22 men and 1 in 25 women may develop colon cancer in their lifetime according to the American Cancer Society. Colon cancer is the third leading diagnosis cancer and second leading diagnosis leading to cancer death in both men and women in the United States. With a high quality colonoscopy you can decrease your risk by up to 90%.

Although the exact causes for polyp formation and colon cancer are not entirely clear, there are several risk factors that have been linked to the formation of polyps. There are genetic risk factors that individuals cannot avoid, such as family history and age. However, there are other risk factors that can be minimized. According to the American Cancer Society reducing or eliminating the following risk factors can significantly reduce your risk of developing colon cancer: obesity, physical inactivity, diets high in red meats, smoking, and heavy alcohol use. .

For most people, screening for colon cancer begins at age 50. Colonoscopies will begin at an earlier age if you have a family history of colon cancer, family history of adenomatous polyps, or several other conditions. African-Americans are at higher risk. Recommended screening starts at age 45.

Home testing DNA kits are available but can be misleading. These stool tests tend to have a high false-positive reading and the test misses 8 % of the colon cancers and most polyps according to the American Cancer Society. If the test comes back with a positive reading a colonoscopy is needed to ensure cancer is not present. This would now no longer be considered a screening colonoscopy and would likely bear extra cost.

The method to measure the accuracy and the effectiveness of a physician is called an adenoma detection rate or ADR.

Marijuana Use: Detrimental to Youth

CONTRIBUTED BY: COMMUNITIES
FOR ALCOHOL- AND DRUG-FREE
YOUTH (CADY)

Although increasing legalization of marijuana has contributed to the growing belief that marijuana is harmless, research documents that the risks of youth use are grave. Brain MRI studies now report that in young recreational marijuana users, structural abnormalities in gray matter density, volume, and shape occur in areas of the brain associated with drug craving and dependence.

Marijuana is addictive, has adverse effects upon the adolescent brain, is a risk for both cardio-respiratory disease and various types of cancer, and is associated with both psychiatric illness and negative social outcomes. Evidence indicates states with limited legalization of marijuana have already seen raised rates of unintended marijuana exposure to young children and show increased rates of adolescent use. Those who used medical marijuana had an earlier age of onset of regular marijuana use, and more marijuana abuse and symptoms of dependence than those who did not use medical marijuana.

Federal Law prohibited the manufacture, sale, and distribution of marijuana for more than 70 years. However, with the discovery of potential medicinal properties of marijuana and the increasing misperception that the drug is harmless, there have arisen increased efforts to achieve its broad legalization despite persistent problems and negative outcomes. The result has been the same: legalization has led to a greater availability of marijuana to youth.

Health risks associated with marijuana use are often underestimated by adolescents, their parents, and other health professionals. There are newer, much more potent forms of marijuana available than that which existed in earlier years. Marijuana available in dispensaries in some states has average concentrations of THC between 17.7% and 23.2%. Concentrated products, commonly known as dabs or waxes, are far more widely available to recreational users today and may contain between 23.7% and 75.9% THC. According to the U.S. Surgeon General, the risks of physical dependence, addiction, and other negative consequences

increase with exposure to high concentrations of THC and the younger the age of initiation. Higher doses of THC are more likely to produce anxiety, agitation, paranoia, and psychosis.

The American College of Pediatricians encourages parents to take advantage of the “family table,” and have open and honest conversations about the harms of substance use and encourages parents to become actively involved in substance misuse prevention programs in their community or child’s school in order to minimize the risk of youth experimenting with drugs and alcohol.

For more information about youth and marijuana, visit our website at www.cadyinc.org. For more prevention information, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

WLSC offering weight loss info sessions



Plymouth police officer, Michael Clark, has battled with his weight for most of his life. There were times he was winning, but in the end, the weight overcame him. “Weight loss for me was never permanent,” he says.

When Speare Memorial Hospital opened the Weight Loss Surgery Center (WLSC), Michael signed up for the next available info session. He had already done a considerable amount of research on weight loss surgery and was im-

pressed with how much more he learned. He says he could tell it was a solid program.

“My primary care physician said she was absolutely onboard,” says Michael. “And when I learned that Dr. Koren was going to perform my surgery, it was an easy choice for me – I know Dr. Koren and I trust him.”

Both Dr. James Koren and Dr. Robert Chastanet are trusted surgeons spearheading the WLSC. They have a vast amount of experience working at

reputable medical facilities across the country. Combined, they have performed over 1,000 weight loss surgeries, run multiple weight loss centers, and have more than 60 years of surgical experience. The WLSC team is rounded out with registered dietitian Janette Gaumer, nurse program coordinator Jamie Mills, and additional exercise and behavioral health resources.

Two of the most common and successful weight loss surgeries are performed – gastric bypass and gastric sleeve. Michael Clark had gastric bypass, regarded the “gold standard”, last June.

“I was 313 pounds when I began the program, and now, I am 207 pounds. So, I am happy with the result,” says the understated Michael Clark.

Sarah P. McClennen Introduces North Woodstock to Advanced Rolwing®

North Woodstock, NH – Sarah P. McClennen of Feel Peaceful has recently completed Advanced Rolwing® Training. Rolwing®, also known as Structural integration, is a body work method that uses slow, steady pressure to release fascial restrictions in the body. This translates into increased flexibility, greater range of muscle movement and increased ease of motion. Rolwing® has proven especially effective for those recovering from injury or surgery. However, it is beneficial for anyone who wants to feel and move more comfortably.

Sarah is excited to go beyond basic bodywork and apply her advanced knowledge in helping neighbors in the community feel better. As a Certified Rolfer® with over 26 years of massage and Rolwing® experience, Sarah incorporates client education into sessions. A typical session begins with the person walking around the office, while Sarah observes, focusing on identifying areas of tightness that may be inhibiting movement. Unlike massage, Rolwing® uses no oil and parts of the session may involve seated positions or side lying. Client feedback is an important part of the

Rolwing® process, ensuring that the work is effective and not, contrary to popular myth, painful. “The trick,” Sarah says, “is to find just the right pressure for each individual client.” This feedback and the client relationship allow Sarah to make recommendations to learn new ways of movement with do not create or exacerbate areas of tightness.

A general place to start when organizing the body, the first 10 sessions of Rolwing® form the basis for future sessions, with each focusing on a certain area of the body (for example, opening the back or lining up the crown of the head). Rolwing® is unique in that a Rolfer® is not only interested in areas of restriction, but also how the body functions as a whole.

One of Sarah’s clients says, “After a session my

body feels taller, stronger and more confident with my feet firmly placed with each step. To my great delight, Rolwing® has replaced my needs for anxiety meds. My feeling of well-being and improved posture is on-going and experienced in both walking AND sitting. After two hip replacement surgeries and several Rolwing® sessions, I am feeling like a new woman at age 80 plus.”

In addition to being a Certified Advanced Rolfer®, Sarah is also a licensed massage therapist, trained in ear coning and Cranial Sacral Therapy. She is dedicated to continually educating herself so as to increase the benefits to her clients, who range in age from 10 to 95! She can be reached at: 603.520.5247, sarah@feelpeaceful.com or www.feelpeaceful.com.


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How Home-Based Palliative Care Can Help You or a Loved One

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ANNA SWANSON
(Plymouth)– If you or a loved one are living with cancer, heart or lung disease, Alzheimer’s disease, kidney or liver diseases or another serious illness, you may need help managing symptoms, improving your quality of life, or reducing stress. Palliative care can help.

Whether receiving palliative care at a hospital, outpatient clinic, or at home (home-based palliative care), there are options for getting the care that you or your loved one needs. In this article, we explore one of the options – home-based palliative care – with answers to some common-

ly asked questions.

What is Palliative Care? Is Home-Based Palliative Care Different?

Palliative care (pronounced pal-lee-uh-tiv) is specialized medical care for people living with serious illnesses. This type of care is focused on relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family. Palliative care is provided by a specially trained team of doctors, nurses and other specialists, who work together with a patient’s other doctors to provide an extra layer of support. It is appropriate at

any age and at any stage in a serious illness, and it can be provided along with curative treatment.

Palliative care is available in various settings, so that the person living with a serious illness can receive it where they need it. Whether that’s at home or in a hospital, the goals are the same. And home-based palliative care can help you avoid unnecessary hospitalizations by managing complex symptoms before they get worse.

What can I expect from home-based palliative care?

You or your loved one would have a specially-trained team — which may include a doctor and a nurse — dedicated to helping improve your quality of life. They would work with you, your family, and other doctors to treat symptoms like pain, shortness of breath, anxiety, and more. The team would get to know you as a person and provide care tailored to your needs and what you would like in addressing your symptoms, emotional stress

and spiritual needs. In many cases, they can help arrange for necessary medical tests to be done at your home, such as x-rays or blood work. And the palliative care team also communicates with your other doctors to make sure everyone is aware of your needs and care.

Will the home-based palliative care team listen to me as a patient? Pemi-Baker’s palliative care team will spend time listening to you, and getting to know you and your family. They want to learn what’s important to you; and based on that, they’ll develop a treatment plan.

How do I know if home-based palliative care is available where I live?

Originally, palliative care was only available to patients and families within the hospital. But now that doctors see the many ways that palliative care can help, and the Affordable Care Act was passed, it is becoming more widely available in other settings.

While availability is growing, it’s not yet

an option everywhere. If you or a loved one are having difficulty with a serious illness, it’s important to talk to your doctor about palliative care to learn what services are available where you live. A referral is typically necessary.

How to Get Palliative Care with Pemi-Baker Community Health

Ask your doctor for a palliative care referral with Pemi-Baker Community Health (PBCH). PBCH services the following 22 towns: Alexandria, Bristol, Bridgewater, New Hampton, Meredith, Moultonborough, Sandwich, Center Harbor, Holderness, Ashland, Plymouth, Hebron, Groton, Campton, Rumney, Wentworth, Waterville Valley, Thornton, Ellsworth, Warren, Woodstock, Lincoln and other towns upon request. Once PBCH receives the referral from your doctor they will contact you via phone to answer and ask questions and set up a meeting with you at your home.

Covid-19 Guidelines

As members of

your local community, we strive to act in the best interests of patient, employee and community by complying with CDC guidelines and taking precautions as necessary. Appropriate PPE are worn by our visiting nurses, doctors and social workers and our infection control team conducts daily screenings according to the CDC.

With over 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool.

PBCH is located at 101 Boulder Point Drive, Plymouth, NH. To contact us please call: 603-536-2232 or email: info@pbhha.org Visit our website: www.pbhha.org and like our Facebook Page: @PBCH4

Marijuana’s increasingly widespread availability in multiple and highly potent forms, coupled with a false and dangerous perception of safety among youth, merits a nationwide call to action.

(U.S. Surgeon General Dr. Jerome Adams)

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When climbing into bed, no one wants to endure a snore-filled night of fits and starts. Snoring may be inconvenient, but it’s more than just disruptive. Snoring may indicate a serious health issue.

The American Academy of Sleep Medicine notes that snoring may be associated with obstructive sleep apnea, a serious sleep disorder and a risk factor for heart disease, diabetes, stroke, and many other health problems.

Men’s Health magazine says some 90 million Americans snore, with 37 million doing so on a regular basis. Men are more likely to snore

than women. Sometimes snorers can be so loud they disturb bed mates and even those in nearby bedrooms.

People who snore, and their loved ones who deal with the cacophony each and every night, are often on the lookout for ways to alleviate snoring. Despite an abundance of innovation in recent years, anti-snoring solutions have been slow in coming. But technology continues to evolve, and some new anti-snoring solutions have been developed.

• Track your overnight breathing. Snorers can use tracking devices to see just how well they are sleeping each night. When worn at night, devices like Fitbit™ can track breathing and will rate which levels of sleep a person reaches: deep, light or REM. It also records if a person awakens during the night, even when people do not realize their sleep was interrupted. This data can paint a clear picture

of sleeping behaviors.

• Test snore ratings. Smartphone users can use an app called SnoreLab to rate snoring. The app is left running next to a bed. If it detects snoring, it will record an audio clip and rate the snoring on a scale that ranges from Quiet to Epic. The premise behind the app is that before snoring can be addressed, one must recognize that it is happening in the first place.

• Smart sleep masks. The Hupros Sleep Mask is an example of a smart sleep mask. It works with a smartphone to detect snoring. Then the mask gently vibrates to encourage a person to change positions to open up airways and reduce snoring. The mask also has a nose piece that will be engaged if a change of position doesn’t stop the snoring. It delivers expiratory positive airway pressure (EPAP) — allowing a wearer to breathe in through the nose, but making it hard

to breathe out in the same way. This creates resistance meant to expand lung volume and reduce airway vibrations.

• Change positions. Another device that is supposed to help a person change positions to relieve snoring is the Philips SmartSleep Snoring Relief Band. It straps around a user’s torso to monitor sleeping position. If snoring occurs, the device will nudge the snorer on his or her side, a position that is less likely to induce snoring.

• Go low tech. While there are many digital devices that may help alleviate snoring, one option does not require a device. A new pillow, such as a wedge pillow, can slightly elevate the head, which may promote better breathing.

Snoring is problematic for millions of people. Turning to technology may help people get the rest they need.

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How adults can take active roles in their health care

Adults play a significant role in their own health care. Adults focused on getting fit may visit various fitness facilities before signing up for a membership, and individuals who want to improve their diets may spend countless hours poring over healthy recipes and the latest trends in nutrition. Such research pays dividends, and the same commitment can be applied to choosing the right health care services.

Adults who are enrolled in employer-sponsored health insurance plans may feel as though their options are limited in regard to their health

care services. However, there are many ways for patients to get more out of their health care plans.

- Shop around for a primary care physician. It's easy to be overwhelmed when perusing lists of in-network primary care physicians provided by insurance companies. Such lists can seem endless and it can be hard to distinguish one physician from another. Adults in need of new primary care physicians can ask neighbors or family and friends who live nearby for recommendations. It's important to put the time in when choosing

a primary care physician, as people who are comfortable with their physicians are more likely to schedule annual wellness visits or book appointments when they aren't feeling well. Such visits can be life-saving.

- Schedule annual wellness visits. Annual wellness visits are very important, even for health-conscious individuals who are not experiencing any signs of illness or injury. Regular checkups and screenings can uncover health problems even when no symptoms are present, potentially saving patients' lives. For example, Hackensack Meridian Health reports that mammograms have reduced breast cancer mortality in the United States by 40 percent since 1990. Many insurance providers cover annual physicals at no cost to the patient, and screenings can catch diseases early when they're at their most treatable and treatment is less expensive and less time-consuming.

- Be a prepared patient. Prepare a list of questions prior to a



scheduled doctor's appointment. Jot questions down as they come to you in the weeks leading up to the appointment and don't hesitate to ask questions during the visit.

- Be open and honest with your physician. Concealing behaviors from your physician will negate some of the benefits of visiting the doctor. For example, if you live a largely sedentary lifestyle but tell your doctor you're physically active,

he or she won't offer advice on how to make exercise a bigger part of your life. Being open and honest with a physician enables the doctor to give the best medical advice.

Taking an active role in their health care is a great way for adults to improve their overall health and can help them reduce their risk for illness.

Smart FROM PAGE 1

yoga, tai chi, dancing, climbing stairs, and swimming are all good for your heart and overall fitness. Health experts recommend engaging in physical activity 30 minutes a day, five days a week. If you can't commit to a 30-minute block of time, aim for several smaller increments of exercise throughout the day. Ten minutes of physical activity here and there throughout the day adds up.

Watch Your Weight: Carrying around extra pounds is hard on your heart, and increases your risk of heart disease, stroke, high blood pressure, high cholesterol, and diabetes. Your health care practitioner can help you determine your ideal weight. Then commit to choosing heart-healthy foods and engage in regular exercise to help you achieve your goal.

Eat Better: Eat plenty of fruits, vegetables, whole grains, and lean proteins, and avoid processed and fatty foods and foods high in salt. Limit treats like cake or pie to special occasions. Check out the Mediterranean diet or the DASH plan (Dietary Approaches to Stop Hypertension) for recipes and other healthy eating tips.

Manage Your Stress: Life is stressful, and as this past year has shown, it can be very stressful. Instead of coping with stress by smoking, overeating, or drinking, turn to more healthy activities like meditation, yoga, relaxation therapy, joining a stress management program, being physically active, or talking with family, friends, or your pastor. If you can't handle stress on your own, you should not hesitate to seek help from your doctor or a mental health care provider, as stress can contribute to high blood pressure and other heart issues.

- Ditch the Cigarettes: Smoking is one of the leading causes of preventable death, so giving up smoking should be high on your list of heart-healthy goals. Setting a quit date and enlist the support of family and friends to help you kick the habit.

- Track Your Health: Take your medications and follow your health care provider's advice to manage conditions like diabetes, high blood pressure, and/or high cholesterol. Some individuals find it helpful to keep a log of their progress, noting things like how much they exercise, the activities they are enjoying to help manage stress, and their blood pressure and cholesterol numbers.

National Heart Month can help you kick off a year of heart healthy habits, so that when February 2022 rolls around you will be able pat yourself on the back confident that the goals you set to be Heart Smart have paid off and you are now heart healthier than you were a year ago.

Shannon Lynch is the Executive Director of Summit by Morrison, a senior living community offering independent living, assisted living, memory care and respite care.

The Morrison Communities is a non-profit 501(c)(3) charitable community that has been providing quality healthcare to residents of New Hampshire's North Country since 1903. Learn more at www.themorrisoncommunities.org.



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Colon FROM PAGE 1

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Fresh herbs that can reduce your reliance on sodium

Salt has long been used to add flavor to people's favorite foods. In fact, the use of salt as a means to preserving foods and adding flavor to recipes dates back to ancient times and has led to countless conflicts ever since.

According to History.com, wars over access to salt reserves in China are believed to have been fought as early as 6,000 B.C. Though that shows just how valuable salt has been throughout much of human history, it doesn't indicate the negative effects that can result from diets that feature excessive amounts of sodium.

The American Heart Association notes that sodium plays an essential role in the human body by regulating the kidneys and helping to control the body's fluid balance. Sodium also helps send nerve impulses and affects muscle function. However, excessive amounts of sodium can compromise heart health. The AHA notes that excessive amounts of sodium in



the bloodstream pulls water into the blood vessels, increasing the total volume of blood within them. As more blood flows through blood vessels, blood pressure increases. Over time, that can adversely affect blood vessels and speed up the build-up of plaque that can block blood flow. Higher blood pressure forces the heart to work

harder and increases a person's risk for heart disease

So what about sodium, a mineral so valued, and indeed vital to human existence, that it's led to wars and created countless devotees in kitchens over the centuries? If it's flavor cooks are aiming for, it's possible to reduce reliance on sodium and increase the

use of fresh herbs without sacrificing flavor. Such a transition can improve heart health and introduce a host of new flavors at meal time.

Basil

The AHA notes that basil has a sweet and fresh flavor profile and is best added to a dish right before serving. Freshly cut basil leaves can be

added to any number of dishes, including tomato sauces, pastas, salads, pizzas, and eggs.

Cilantro

Cilantro are the delicate leaves and stems of the coriander plant. Like basil, cilantro should be added to a dish right before serving and should not be cooked. Cilantro can be paired with beans.

tomatoes, corn, and avocados among other foods, and is widely used when preparing Mexican foods at home.

Oregano

The AHA notes that Greek dishes often combine oregano, mint and lemon to create a memorable, delicious flavor profile. If chopping fresh oregano, strip the leaves from the stem and then discard the stem.

Parslev

Parsley isn't just a garnish used to add aesthetic appeal to plates. Flat-leaf parsley provides a light and fresh flavor, while the AHA notes that curly parsley offers a slightly peppery profile. Parsley is typically added to a dish during the final minutes of cooking or right before serving, and can be paired with chicken, fish, potatoes, and pasta among countless other foods.

These are just a handful of herbs that can give meals a flavorful punch and help chefs avoid an overreliance sodium in their recipes.

How to treat minor burns

Protecting skin pays both short- and long-term dividends. In the short-term, concerted efforts to protect the skin,

which can be as simple as applying sunscreen before spending time in the sun, can prevent the pain associated with

first-degree burns like sunburns. And over the long haul, such measures can dramatically reduce a person's risk

for skin cancer, a potentially deadly disease that the World Health Organization reports affects as many as 3.1 million people each year.

Though it's in everyone's best interest to prioritize skin protection at all times, burns still happen. Second- and third-degree burns can be severe, and such burns often need to be addressed by medical professionals. But the American Academy of Dermatology notes that most first-degree burns, which can include sunburns, can be treated at home. Proper treatment of such burns is essential, and the AAD offers these tips to help people treat first-degree burns at home.

at home.

- Cool the burn.

First-degree burns should be cooled for about 10 minutes, or however long it takes for the pain to subside. Burns can be immersed in cool tap water, or victims can apply cold, wet compresses to cool the

affected area(s).

- Apply petroleum jelly each day. The AAD notes that it's important to apply only petroleum jelly to affected areas. Old wives' tales may suggest that ointments, toothpaste or butter can be applied to burns, but such substances can cause infection. The AAD advises against applying topical antibiotics as well.

- Do not pop blisters and cover burns with nonstick, sterile bandages. Areas that have blistered should be allowed to heal on their own but can still be covered. Popping blisters can increase the risk of infection, so avoid the temptation to do so. Use nonstick, sterile bandages that can be easily removed and won't contribute to infection.

- Take steps to mitigate pain. First-degree burns are generally considered minor, but they can still be painful. If the pain is significant, over-the-counter medications

like acetaminophen or ibuprofen can alleviate pain and reduce inflammation.

- Protect skin from the sun. Make a concerted effort to protect areas that have healed from first-degree burns from the sun. Seeking shade, applying a broad-spectrum, water-resistant sunscreen with a minimum sun protection factor (SPF) of 30 and wearing protective clothing can minimize scarring in areas of the skin that have healed from first-degree burns.

The AAD notes that most first-degree burns can be treated at home without the need to consult a medical professional. However, the AAD advises the elderly and parents of infants who have suffered first-degree burns, as well as anyone who thinks their burn is severe, to seek immediate medical care.

The image is a composite graphic for Carlisle Place Physical Therapy and Wellness Center. At the top left is the logo, which consists of a green stylized human figure with arms raised, followed by the text 'CARLISLE PLACE' in a large, serif font, and 'Physical Therapy and Wellness Center, PLLC' in a smaller, sans-serif font below it. To the right of the logo is a photograph of three people—two women and one man—standing side-by-side and wearing blue surgical masks. They are dressed in dark-colored professional attire. Below the photograph, the text 'SPECIALIZING IN' is written in a bold, italicized, black serif font and underlined. Underneath this, a list of services is presented in a black serif font, with each item on a new line: 'Outpatient Orthopedics | Cancer Rehabilitation | Back Pain', 'Vestibular Rehabilitation | Chronic Pain Management', 'Fall Risk Evaluations | Sports Injuries', 'Lymphedema Therapy', 'McKenzie Method Certified MDT Treatments', and '(Mechanical Diagnosis & Therapy for Spine & Extremities)'. The bottom section of the image has a solid green background. On this background, the text 'Jefferson, New Hampshire | 603-586-4100 | f 603-586-0084' is written in a white sans-serif font. Below this line, the website 'www.carlisleplacerehab.net' is displayed in white, followed by a white Facebook 'f' logo inside a black square.

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HEALTH, MIND & BODY

Did you know?

Blisters can form for a number of reasons. According to Johns Hopkins Medicine, injuries, allergic reactions and infections can lead to the formation of blisters. Burns or scalds and even sunburns can cause blisters to form as well. Blisters can be painful or itchy, and that discomfort may compel some people to pop them. But popping blisters is a potentially costly mistake, as the American Academy of Dermatology notes that popping blisters can lead to infection. Patience may be a person's best ally when confronting blisters, as the AAD says most blisters will heal on their own in one to two weeks. Covering a blister can help reduce pain and discomfort, especially if a bandage is situated in such a way as to ensure that the middle of it is a little raised. That can reduce friction between the blister and the bandage. Once a blister has drained, the AAD advises washing the area with soap and water and applying petroleum jelly. It's important to leave the "roof" of the blister intact even after the blister has drained, as doing so protects the raw skin underneath it as the area heals.



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Surgery Center, he knew it was time.**

Michael began the program and had gastric bypass surgery last June, where his stomach size was reduced. Since then, he no longer needs medication for blood pressure, cholesterol, or GERD. **Today, Michael is even 40 pounds lighter than in his "after" photo above.**

"I could not ask for a better experience," says Michael. "The personal attention, positivity, and expertise of the team helped me get to where I am today."

Learn more at an upcoming info session. Register online today.