



Town Crier Al Blakely rang the bell in Central Square on June 24, 2019 as he prepared to read a proclamation from the Governor of New Hampshire regarding the Bicentennial Year of the incorporation of the Town of Bristol in 1819.



At the conclusion of Bristol's bicentennial celebrations in November, Town Moderator Ned Gordon had the honor of locking the 2019 Time Capsule that will remain sealed until the town's 250th anniversary in the year 2069.

2019: A historic year for Bristol

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION – The Year 2019 was an amazing year in the Town of Bristol, filled with history, celebrations and plenty of

outdoor fun to be enjoyed by all, no matter the season, as the community celebrated its bicentennial year.

January kicked off the celebrations with the unveiling of the bicentennial banners that were soon hung along the streets, and the reading of a proclamation by the Board of Selectmen to honor the momentous occasion in

the town. That night was followed two weeks later by “Winter in the Woods” at the Slim Baker Foundation for Outdoor Education, the first of many events to come in 2019,

where the public enjoyed snowshoeing to Inspiration Point, sledding, and refreshments beside a cozy fire.

There was a Mud Season Mixer with music from the Uncle Steve Band in March; then April brought more musical entertainment to the town with a special Spring Concert at Newfound Regional High School. Included in that concert was a choral presentation of “Can’t You Understand,” along with a choral/orchestral performance of “Pasquaney by Moonlight,” written by composer Beatrice Evelyn Thompson and adapted by NRHS music instructor Edward Judd. Thompson was a resident of Bristol in the early 1920s and the beauty of the region inspired her musical compositions. The evening ended with

Judd’s own composition, “Bristol Bicentennial March,” which was met with great enthusiasm from the audience.

Throughout the year, there were many historical discussions and presentations that drew interested crowds from all over the region. On June 24, however, excitement peaked as residents gathered in Central Square for the official reading of Gov. Chris Sununu’s proclamation, congratulating Bristol on its incorporation as an official town of the State of New Hampshire on that day in 1819. Read by Town Crier Al Blakely, who came historically dressed for his role, the crowd then marched to the beat of colonial drummers to Kelley Park for cake and ice cream and an outdoor concert performance by the

Bristol police reflect on a busy year

BY JAMES MCINTIRE
Chief of Police
Bristol

BRISTOL — 2019 has been an active and busy year for us at Bristol PD, as we joined the Town of Bristol in celebrating the Bicentennial. I would like to take the time to highlight a few of our accomplishments, as well as challenges over this past year as it draws to a close.

Last year, we renovated the lobby area to be ADA compliant, as well as to provide a 24-hour lobby, where the public

can wait comfortably to speak to an officer indoors. This has proven to be extremely helpful in providing professional walk in customer service. We received a matching grant for new mobile data terminals for our cruisers, which allows our officers to have access to valuable information while on a vehicle stop or on a call. The mobile access allows the officers to spend more time on the road, instead of inside the PD. With that, we significantly updated

our computer programs, forms, and databases to the latest versions and have included new forms on the town’s Web site. Commuting into Bristol, you will notice that we purchased and installed a permanent speed sign on Summer Street with Highway Traffic Safety funds. We continue to use our mobile trailer in problem areas throughout the summer months and are often asked by residence to locate it near their homes to slow passing traffic.

We purchased and implemented body worn cameras for every officer and have already seen a great value in them. We were experiencing unacceptable malfunctions with our duty firearms during qualification. Due to the age and wear on them we purchased new pistols and issued to all officers.

We receive on average 16 calls per day. We have had numerous incidents involving violent wanted persons, suicidal persons,

SEE **POLICE**, PAGE A7

Restaurants help “Keep the Heat On!”

Fuel-oil fundraiser features great food, auction, and entertainment

PLYMOUTH — The Keep the Heat On (KTHO) Committee is overwhelmed by the generosity of menu contributions for the Wednesday, Jan. 15, evening fundraiser at the Common Man Inn in Plymouth. Regional restaurant owners and chefs are coming together in community spirit by offering their tasty creations to help those in need keep



Simon Brooks

warm.

The Common Man Family of restaurants leads the list of long-term supporters, with the Common Man Inn offering the venue for the event again this year! Fosters, The Italian Farmhouse, and

steak tips on site outside again this year (no matter the weather). Additional returning area restaurants include 1776 Brewing Co.; Annie’s Overflow; Biederman’s; Chase Street Market; Big Daddy Joe’s; Burrito Me; Covered Bridge Farm Table; Café Monte Alto; Common Café and Tavern; Downtown Pizza; Fugaky; Full Circle Food Truck and Big Stan’s Catering; George’s Seafood and BBQ; Last Chair; Lucky Dog Tavern; Mad River Tavern; Phat Fish; Rumney Village Store; Six Burner Bistro, Sunset Grill; Thai Smile; and Walter’s Basin.

New to KTHO this year will be The Grotto. All of our restaurants meet the high culinary standards that KTHO supporters have come to expect over the years, so be prepared for a true feast!

The event will begin

SEE **KTHO**, PAGE A7

Learn what Girl Scouts has to offer Jan. 29

PLYMOUTH — Make new friends, discover new passions - she’ll do all that and more at Girl Scouts!

Come discover what makes Girl Scouts the leading expert on girls. Girl Scouts of the Green and White Mountains will host a free information night for girls and parents in Waterville Valley, Ashland, Campton, Thornton, Groton, Holderness, Lincoln, Plymouth, Dorchester, Rumney, Warren, Wentworth, Woodstock, and Ellsworth on Wednesday, Jan. 29, from 5:30 to 6:30 p.m. at the Pease Public Library Community Room, 1 Russell St., Plymouth. Bring a friend to double the fun!

Whether she’s exploring nature and the outdoors, expressing herself through art or music, designing robots or board games, or helping her community through service projects,

she’ll have a blast as she earns badges in just about anything that piques her interest. Get ready, because she’s going to make the world a better place – today and for the next generation.

Girl Scouting provides skills today for success tomorrow. Girl Scouts of the Green and White Mountains serves over 10,000 girls throughout New Hampshire and Vermont. Offering hands-on, girl-led, girl-centered activities in STEM, the outdoors, and entrepreneurship, and abundant opportunities to develop invaluable life skills, Girl Scouts helps all girls take the lead early and often.

For further information, please contact Girl Scouts of the Green and White Mountains Customer Care at 888-474-9686 or customer-care@girlscoutsgwm.org.

2019: The Year in Pictures





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E-MAIL: brendan@salmonpress.news

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

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

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

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


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

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

WWW.SALMONPRESS.COM
(603) 279-4516

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FANTASTIC FUNGI
January 2 - 6:30pm
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**See The Complete Film Lineup
On The "Films" Page of
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LIVE EVENTS

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Sat, Jan 25 - DENNY LAINE & MOODY WINGS BAND
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Sun, Jan 26 - RED HOT CHILLI PIPERS
Fri, Jan 31 - BROKEN ARROW: Music of Neil Young

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2019: The Year in Pictures





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If you would like to learn about the honeybee and the art of beekeeping - the Pemi-Baker Beekeepers' Assn. have a BEE SCHOOL for you!

Dates: Saturdays: Jan 25; Feb 1, 8, & 15, 2020

Time: 9:00 am to 2:00 pm

Location: American Legion Post 15; 39 Main Street, Ashland, NH

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

Refresher Class: Space Availability Basis

Please make checks payable to **Pemi-Baker Beekeeper's Assn.**
Registration form is on our website: www.pemibakerba.org
Send registration form and payment to: Mary-Ellen Godville,
1090 River Road Plymouth, NH 03264





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CADY
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Starting the
New Year off right!

BY DEB NARO
Contributor

New resolutions seem to come with each New Year. What resolutions are you making for 2020? At CADY our mission is to prevent and reduce alcohol and substance misuse among youth. According to the National Center on Addiction and Substance Abuse at Columbia University, more than 90% of people struggling with addiction or substance abuse began smoking, drinking or using other drugs before the age of 18. Let's make it our New Year's resolution to work together to keep our kids healthy, safe, and drug free—in so doing, we will be preventing addiction and saving lives.

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

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

to experiment with drugs or alcohol.

Building resiliency and modeling of positive coping mechanisms is also a way to help your child deal with the pressures he or she may face when it comes to everyday life as well as drug or alcohol experimentation. Academic and social pressures are heavy burdens for school age students, often leading to feelings of stress and anxiety. Providing different outlets for your child to relieve stress can replace risky behaviors with healthy choices and resiliency. Activities like exercise, staying organized, getting adequate sleep, eating a healthy diet and consolidating commitments can work to help your child feel less overwhelmed. Listening closely to your child and providing opportunities that build knowledge and confidence will help steer your child in the direction of life success—we know this is the goal for loving parents, and CADY shares that mission as well.

Prevention is a critical first step to addressing the addiction crisis in New Hampshire. We thank our community partners, volunteers and parents for supporting our vital work and mission of preventing substance misuse and building healthy environments and promising futures for our children and youth. By supporting CADY, you are strengthening our capacity to reach and teach our local youth through experiential, high-impact learning. One of the best ways to fight addiction is to prevent it from ever starting. Contributions in any amount are gratefully accepted and will make a powerful difference. CADY's 2020 New Year resolution is to work harder than ever to keep our communities and children safe from the harms of substance misuse—this is one resolution that will be kept—please join us!

If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



Donna Rhodes
Celebrations for Bristol's Bicentennial year in 2019 began with a campfire, sledding, snowshoeing and other fun outdoor activities at Slim Baker Foundation for Outdoor Education Center last January.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Cartridges for partridges,
but whence the fisher (cat)?

It wasn't exactly a partridge in a pear tree, but close enough--it was a partridge in an apple tree, which I spotted from the window over the kitchen sink, one of my favorite perches in the house. It was up there near the skyline, pecking away at an old dry apple.

I leaned on my elbows and kept a sharp eye. Where there was one partridge, there had to be two. After all, they have come through so much by this time of year, especially if they're this past spring's chicks--watching for predators on land and in the air, all the while learning how to scratch out a living.

They are so well camouflaged that it often comes down to just recognizing a shape that doesn't quite belong. With a partridge, which looks a lot like a Dutch bowling pin, you look for (yes!) a Dutch bowling pin.

Sure enough, there it was, a second bird lower down in the tree, pecking away. Ruffed grouse would grace the table just now, having been feeding largely on cranberries and apples. Not very long from now, after the realities of Deep Winter have set in, they'll taste more like the subsistence food they must get by on, poplar (aspen) buds, and the occasional seeds of spruce and fir.

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Let's digress for a moment and talk about interchangeable terms, and finger-wagging.

Interchangeable terms often enter the lexicon, or vernacular, or common language, particular to a certain place. For instance, "wicked" is used in



Courtesy
A male partridge (ruffed grouse) doing one of the more courageous things in the woods, considering fishers, foxes, bobcats and coyotes--drumming away in hopes for a mate.

much of Maine, and even fringe areas, as an adjective to mean "really, really," as in "Those cookies were some wicked good." In most other areas, "wicked" is used only with "witch."

"Partridge" is one of those words that long ago crept into the language of northern New England, and goes all the way back to settlement times. People climbing down off big ships into rowboats to cross frightening combers and reach shore eventually encountered a bird that looked a lot like a certain bird back home, so they called it "partridge." This name stuck for generations, and indeed held on right into the present, where "partridge" is used with both ignorance and/or delight and/or respect and affection for old words to mean what the bird really is, "ruffed grouse." Not "ruffed grouse," mind you. That's a partridge you've somehow insulted.

Hence, upon sallying forth with shotgun close at hand and ammo the same, you're prepared with "cartridges for partridges," as said by Blondie Meserve as he steered his big old

car into Felton Camp, and much later and just as inaccurately, Bunny Bunnell, positively sublime at the thought.

A cartridge is for a rifle, not a shotgun (that's a shell), and a partridge is a ruffed grouse, and there's a difference. But in the case of a certain strip of climate and terrain and habitat and custom that runs all across northern Maine, New Hampshire, Vermont, and upper New York, roughly along the 45th Parallel, halfway between the Equator and the North Pole, a ruffed grouse is Outside-Speak, while as Tip O'Neill never quite said, "All partridges is local."

+++++

This topic now takes us from a two-legged bird to a four-legged, hard-working, sleek little animal that is one of my favorites in all of the great outdoors, the fisher (cat).

Now, of course I know it is not a cat, and I suspect that almost everyone who puts the "cat" in there does too. I mean, come on--it's a member of the weasel family, for Pete's sake (are you listening, Pete?).

But beware the fin-



ger-waggers. The latest to call us backwoods ignoramus out on this little bit of lexicon laissez-faire was the famous animal tracker, writer and photographer Susan Morse, in the pages of my favorite magazine, no less, "Northern Woodlands." In a neat layout of photos and writing on this neat little creature, Susan puts all who savor the likes of partridges and fisher (cats) into a crowded wheelbarrow and takes us straight to the woodshed. There's hardly any space left for a wink and a nudge.

+++++

All right, I confess--I tack the "cat" on there (always in parentheses) just to goad the finger-waggers, who mostly seem to know the game and hardly ever bite. It must have galled this bunch no end when a certain baseball team got its name.

As I was about to tell my son on Christmas Day, before he threatened to fall over in a catatonic state of boredom, the Europeans who stepped ashore down on the Gulf of Maine some four centuries ago didn't know much about local wildlife. They called any wild, screeching, cat-like creature "wildcat," for example, not bothering to differentiate between bobcat, lynx, catamount (cougar), and, for all I know, saber-toothed cat.

Then there was this sleek, shining little black animal that of-

SEE NOTEBOOK, PAGE A7



Gary S. Wilcox, 71

DUXBURY, Mass. — Gary S Wilcox of Duxbury, Mass. and more recently of Bristol, passed into the Light on Friday, Dec. 20, 2019. Gary was doing what he loved at the time of his passing, skiing at Loon Mountain in Lincoln,. A medical event occurred during his fourth run of the day.

Gary was born in Providence, R.I. on June 18, 1948 to Jean (Koerner) Wilcox and John C. Wilcox. He graduated from East Providence High School in 1966, and in 1971 graduated from Roger Williams College, now Roger Williams University, with a degree in Engineering. He has worked in the pipe hanger industry for companies in Rhode Island, Illinois and Massachusetts since 1971.

He is survived by his wife, Janet (Winslow) Wilcox. They would have celebrated 49 years of



marriage in April 2020.

He is also survived by his two daughters, Meredith Thomas (and husband Ryan) of Duxbury, Mass. and Audrey Wilcox (and Nicolas) also of Duxbury.

Gary had three grandsons, Evan and Noah Thomas and Gabriel Wilcox, all of Duxbury.

Gary is also survived by his mother, Jean, of Kingston; his brother, Paul Wilcox (wife Carol) of Anthem, Az. and his sister, Martha McDonough (and Mark) of Brentwood; his brothers-

in-law, Douglas Winslow (and Robin) of New Boston and Robert Winslow (and Nancy) of Zephyrhills, Fla., as well as many nieces, nephews, cousins and his Aunt Catherine.

Gary was preceded in death by his father, John C. Wilcox.

A Celebration of Gary's life will be held on Jan. 25, 2020 at 1 p.m. at Pilgrim Congregational Church, 404 Washington St., Duxbury.

A service will also be held at Loon Mountain. Date to be determined.

In lieu of flowers, donations in his name may be made to the Loon Area Community Fund, 60 Loon Mountain Rd., Lincoln, NH 03252 or Bristol Community Services Inc. 24 Pleasant St., Bristol, NH 03222. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Marie A. Jaques, 89



HEBRON — Marie A. Jaques, 89, went to be with the Lord, Friday, Dec. 20, 2019 at the Belknap County Nursing Home in Laconia.

She was born in Piermont, the only daughter of Herbert and Marguerite (Judkins) Blair. Marie had lived most of her life in Hebron and worked for over 30 years as a bus driver for Newfound Area School District through Ryder Transportation Services. During the summer months Marie provided lawn care services for the towns of Hebron and Groton.

An artistic person, Marie created woodworking projects and refinished furniture in her younger years and did painting and artwork lately. Marie enjoyed the outdoors and was one who would walk miles each day. She loved ani-

mals, especially her dog Pee Wee. Above all else, she looked forward to time spent with her family.

Family members include a son, Harold "Joe" and wife Michelle Matthews of Connersville, Ind.; daughter Judy and husband Bing Rodgers of Campton; grandchildren Michael, Joseph, Dale, Christopher, Forrest, Bill, Shane, David, Loni, Dean and Bruce; great grandchildren Veronica, Jordan, Alexis, Melisa, Joseph Jr., Rosalind, James, Amber, Mi-

chael Jr., Brice, Taylor and Rowyn; great great grandchildren: Grayson, Lincoln, Madison, Kylie; and two nephews Rick and David Blair.

She was predeceased by husbands Harold Matthews and Myron Braley, and maintained a friendship with David Jaques.

She was predeceased by two brothers, Richard Blair and Msgr: Raymond Blair.

A Celebration of life was held at 2 p.m. on Monday, Dec. 30, 2019 at the Chapel of St. John of the Mountains, Ellsworth Hill Road, Ellsworth. Burial will be in the spring in Hebron Cemetery. In lieu of flowers, donations may be made in her memory to the NH Humane Society, PO Box 572, Laconia, NH 03247. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

2020! Yes, we need to be very aware of the new year when we make out mail, checks and other documents that require us to place the proper date. This is just a friendly reminder to you readers as we are there. The new year is upon us and it reminds us that none of us is getting any younger! Happy New Year!

The Minot-Sleeper Library is having a Poetry Night on Thursday, Jan. 2, 2020. Bring your original work, a piece or two by another poet, or just come to listen! All ages are welcome. Refreshments are generously

provided by the Friends of the MSL.

Adult Craft: Snowman on Canvas. On Wednesday, Jan. 8, 2020 at 4 p.m., join us for a fun afternoon of making a three-dimensional snowman on canvas! There is no cost and all are welcome to attend. Please RSVP by calling the library at 603-744-3352 or email; librarian@townofbristolnh.org.

Before and Beyond the Lifts: Sketches of Backcountry Skiing. Executive Director of the New England ski Museum will make a presentation which revisits the origins, equipment, legends and lore of human-powered skiing on Thursday, January 16, 2020 Art 6:30pm at the MSL.

Remember the weekly

groups that meet regularly at MSL: Storytime on Wednesdays and Fridays at 10:45 a.m., Tech Help on Thursdays from 2 – 5 p.m. and Community Groups: Mah Jong on Mondays from 12 - 2pm and Knot Only Knitters on Mondays from 2:30 - 4:30 p.m.

Please check out the Library Book Groups and the Library Movie Group as well. We are so fortunate to have such an active and involved Library in our town.

I'm guessing the new fitness gym in town will experience a rush to join up this week now that many folks have 'renewed' their resolutions to become healthier which usually includes some sort of regular

exercise in addition to changing their diet and eating habits. Not many of us are immune to this first-of-the-year ritual, but how many of us see it through? I'm betting that many of you will do your best to do just that. No matter how you go about it, I wish you all the best of luck in becoming a healthier you for 2020.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Community Breakfast
On Saturday, Jan. 4, the first Community Breakfast of the year will be held in the Community Hall of the Union Congregational Church of Hebron. For \$4, we will

be serving eggs, bacon, sausage, pancakes (and maybe French toast), hash, oatmeal, yogurt, fruit, pastries, juice, coffee and tea. But you must be an early riser as breakfast is served from 7:30 to 8:45 a.m.

"Cockermouth Chorus" to hold organizational meeting

So much interest has been generated to form an area chorus, that an organizational meeting has been scheduled for Tuesday evening, January 21, 2020 at 7PM. We know of many area residents who enjoy singing together. The chorus will be open to any and all residents of the Newfound Area.

The meeting will be held in the Community Room at the Union Congregational Church in Hebron. Don't forget the time, 7 p.m.

With the holidays out of the way, area folks can focus on forming a regional chorus and plan a schedule for rehearsals and future performances. All voice ranges are welcome.

No audition is necessary. Just bring your great voice and share the types of music you enjoy. For additional information, contact Bill York at 744-6033 or by e-mail at bill48nh@gmail.com.

Special prayers and thoughts to those who lost a family member this past year.

Churches

Ashland Community Church

Real Church. Real People. Real Simple.

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

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

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

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

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

Small groups: We also offer adult small groups that meet in various loca-

tions on Sunday, Tuesday, Wednesday, and Thursday evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

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

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

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

If you have any questions, please don't hesi-

tate to contact our pastor, Ernie Madden, at 968-9464 or accernie@hotmail.com.

We look forward to seeing you soon!

Bristol United Church of Christ ("the church in the hill")

We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey,

you are welcome here!

Sundays: Pastor: Rev. Andrew MacLeod
Intergenerational Service: 10 a.m.
Coffee Fellowship: Following service

Notes: Wheelchair accessibility can accommodate up to three wheelchairs in our Sanctuary!

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222

Phone: 744-8132

Office Hours: Main Office – Monday through Friday - 9 a.m. to noon
Pastor's hours: Monday through Thursday - 9
SEE CHURCHES, PAGE A7

HEBRON PLANNING BOARD

Notice of Hearing

APPLICATIONS FOR MINOR SITE PLAN REVIEW For Holt-Elwell Memorial Foundation (Mowglis) Tax Map #7 Lot #29 Route 3A

You are hereby notified that the following Applications for Minor Site Plan Review will be heard at a Public Hearing to be held on Wednesday, January 8, 2020 at 7:00 PM at the Town Offices, 7 School St, Hebron, NH 03241

Application for Minor Site Plan Review: Holt-Elwell Memorial Foundation Tax Map 7 Lot 29 would like to add a 360 square foot addition to one of the dorms. This dorm is for the older campers and this will give them more space.

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Edward Jones: Financial Focus

Time for Some New Year's Financial Resolutions

Have you thought about your New Year's resolutions for 2020? When many of us make these promises, we focus on ways we can improve some form of our health. We vow to get more physically healthy by going to the gym, or we promise to improve our mental health by learning a new language or instrument. But it's also important to think about our financial health – so it's a good idea to develop some appropriate resolutions for this area, too.

What kinds of financial resolutions might you make? Here are a few suggestions:

- Increase your retirement plan contributions. One of the best financial moves you can make is to take full advantage of your 401(k) or similar employer-sponsored retirement plan. If you contribute pre-tax dollars to your plan, the more you put in, the lower your taxable income will be for the year, and your earnings can grow on a tax-deferred basis. So, if your salary goes up in 2020, increase the amount you put into to your plan. Most people don't come close to reaching the annual contribution limit, which, in 2019, was \$19,000, or \$25,000 for those 50 or older. You might not reach these levels, either, but it's certainly worthwhile to invest as much as you can possibly afford.
- Use "found" money wisely. During the course of the next year, you may well receive some money outside your normal paychecks, such as a bonus or a tax refund. It can be tempting to spend this money, but you may help yourself in the long run by investing it. You could use it to help fund your IRA for the year or to fill a gap in another investment account.
- Don't overreact to market downturns. You've probably heard stories about people who lamented not getting in "on the ground floor" of what is now a mega-company. But a far more common investment mistake is overreacting to temporary market downturns by selling investments at the wrong time (when their prices are down) and staying out of the market until things calm down (and possibly missing the next rally). The financial markets always fluctuate, but if you can resolve to stay invested and follow a consistent, long-term strategy, you can avoid making some costly errors.
- Be financially prepared for the unexpected. Even if you're diligent about saving and investing for your long-term goals, you can encounter obstacles along the way. And one of these roadblocks could come in the form of large, unexpected expenses, such as the sudden need for a new car or some costly medical bills. If you aren't prepared for these costs, you might have to dip in to your long-term investments to pay for them. To prevent this from happening, you may want to keep sufficient cash, or cash equivalents, in your investment accounts. Or you might want to maintain a completely separate account as an emergency fund, with the money kept in low-risk, liquid vehicles. If possible, try to maintain at least six months' worth of living expenses in this account. It will take some effort but following these resolutions could help you move closer to your financial goals in 2020 – and beyond.

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

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

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

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Matthews Road	N/A	\$42,533	Jeremiah M. and Ann M. O'Sullivan	Gary J. and Tina M. Clermont
Alexandria	30 Morrison Rd.	Single-Family Residence	\$189,066	William H. and Kelly M. Cote	Rachel L. and Trapper A. Frazier
Alexandria	N/A (Lot 1)	N/A	\$248,800	James and Dawn Lever	Jordan R. Rosenburg and Nicholas J. Raymond
Ashland	283 River St., Unit 92	Deeded Slip	\$90,000	Brian E. O'Neill	Ross L. and Lauren R. Scribner
Bridgewater	N/A (Lot 14)	N/A	\$130,000	Dennis M. Carr and Stacey L. Laplante	Scott and Margaret McIsaac
Bristol	38 4th St.	Single-Family Residence	\$179,000	Albert and Phyllis E. Martin	Heather M. Smith
Bristol	122 Crescent St.	Single-Family Residence	\$230,000	Tara L. Maki	Justin Corbitt-Manseau and Sally Manseau
Bristol	N/A (Lot 1)	N/A	\$12,000	Thomas A. Crouse Estate and Edward M. Gordon	Bettina McCarthy-Ford
Campton	Beech Hill Road	N/A	\$170,000	John and Denise Santos	Manuel S. and Mary-Ellen Rodrigues
Campton	20 Campton Mountain Rd.	Single-Family Residence	\$195,000	Jag RT LLC	Jesse Prato and Allen C. Meringolo
Campton	25 Tobey Rd.	Single-Family Residence	\$175,000	James M. and Diane M. Grenham	Ross L. and Lauren R. Scribner
Campton	1513 US Route 3	Commercial Building	\$1,800,000	Tien H. Lee and Li Y. Yang-Lee	Scott and Margaret McIsaac
Holderness	426 US Route 3	Commercial Building	\$512,000	Waldrip Fiscal Trust and William M. Waldrip	Heather M. Smith
New Hampton	Gordon Hill Road	N/A	\$290,000	Bruce R. Hamel RET	Justin Corbitt-Manseau and Sally Manseau
New Hampton	232 Pinnacle Hill Rd.	Single-Family Residence	\$294,000	Daniel and Faith Seguin	Bettina McCarthy-Ford
Plymouth	39 Bell Rd.	Single-Family Residence	\$790,000	Allan J. and Sharon M. Conkey	Manuel S. and Mary-Ellen Rodrigues
Plymouth	Memory Lane	N/A	\$213,133	Karen A. Freitas	Jesse Prato and Allen C. Meringolo
Thornton	43 Lafayette Rd., Unit D3	Condominium	\$259,000	Mark L. Still	Ross L. and Lauren R. Scribner
Thornton	41 Mountain River East Rd., Unit 80	Condominium	\$134,000	Steven G. Binder	Scott and Margaret McIsaac
Thornton	N/A	N/A	\$195,000	Steven J. Jaillet and Dawn M. Martin-Jaillet	Heather M. Smith
Warren	Route 25c	N/A	\$55,000	Mark E. and Valerie F. Kiefer	Justin Corbitt-Manseau and Sally Manseau
Waterville Valley	Valley Road	N/A	\$175,000	Mark B. and Deborah A. Fortin	Bettina McCarthy-Ford

ABOUT THE REAL REPORT

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

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

umn "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

MARK ON THE MARKETS

Invest like a pro, even with your 401k!



BY MARK PATTERSON

The process of reviewing a client's existing 401k, 403b or other

retirement plans that they have accumulated during their working time, have revealed some commonality as far as allocations between stock and bond funds. Most clients tell me that they had heard that they should have some bond funds for safety and that they really do not have a plan or ever received help with these allocations. The return that their portfolio and the fees are often not realized as

well. Many times, the "growth" in the portfolio was attributed to their own investment and employer match, not fund performance. During the accumulation phase of investing it may be best to keep plowing money into your retirement fund with-out overthinking the whole process, but as you approach the distribution phase of life (retirement), risk, reward and sustainable cash-flow are key to a sol-

id income plan.

First off, you can't afford to screw up here. When we are no longer working, our income becomes fixed. Sure, we can work a part time job, but let's plan so that the young people can have those jobs and we can be altruistic with our time.

A retirement income plan is really a statement of cash-flows. Some have pensions, or maybe Social Security,

these are sustainable cash flows guaranteed by the Government or an insurance company.

Then we have our 401k, 403b, IRA's known as qualified plans. This is where we need to derive sustainable income if our Social Security and pensions do not allow for sufficient cash flow. It may make sense to defer our Social security payments for the 8% growth from the government, and take income from our qualified plan in the interim. All this can be calculated for the best plan for you.

Insurance companies invest in investment grade bonds and mortgage backed securities that are considered safe and stable. Why don't you? What I often see are mutual funds, stock or bond funds with no rhyme or reason. It is really not possible to invest in individual bonds in most retirement plans. That is why bond funds exist. What I show my clients is how to invest like the professionals and institutions, not retail clients. Mutual funds were really a means of diversifica-

tion for small amounts of money. Attach a commission to them and you have something that registered reps can sell you. By the time most people are approaching retirement, they may have enough assets in order to own their own portfolio of fixed income, like bonds and mortgage backed securities. You, the client then maintains control, has a sustainable and steady cash flow just like the insurance companies, banks and pension plans. The use of exchange traded funds or even mutual funds may be useful to invest in obscure or specialized sectors of the market. There are ways to convert retirement assets to self-directed IRA's that opens the door to open architecture investing, referred to as "In-service distribution."

If you have interest in what I am writing about, give me a call.

Mark Patterson is an advisor with MHP Asset Management. Mark can be reached at 447-1979 or mark@mhp-asset.com.



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

Police

FROM PAGE A1

drug investigations, mental health emergencies. K9 Arro has been busy as well, with over a dozen deployments, and his first apprehension by way of a bite of a suspect. Drug overdoses have shown a decrease this year, and we have had no fatal overdoses, compared to 4 in 2018. Arrests and calls involving more detailed investigation and follow up have significantly increased as well. We currently have one vacant position and are seeking the best fit for our law enforcement team. While searching to fill the void, all our officers are stepping up to and working extra hours to help provide the coverage necessary to provide the services expected.

Our department has invested significant time and training and education this year. This summer we hosted a regional advanced field sobriety testing school which trained 28 officers from the region in recognizing signs of drug impairment in drivers. We had three officers complete this training from Bristol. We also have two officers who are nationally certified drug recognition experts, and they are also instructors for both programs. This allows us to have a much greater impact on impaired driv-

er enforcement in our community. To date, we have had 26 DWI arrests, seven of which being drug impaired drivers.

We have conducted active shooter training with all our officers, as well as joint training with the fire department on EMS in the warm zone, joint planning, and had officers attend training in tactical medical care. Regional K9 training exercises have been held in Bristol as well as performed school searches for drugs. K9 Officer Kelly and Arro continue to advance their training and certifications. We now have an officer who is a member of the Belnap Regional Special Operations Team.

Other Officers continue individual professional development and have attended trainings in supervisor, command and executive leadership courses. Other courses include Information Technology and Record Management Systems, Conducting drug investigations, Tactical Officer Courses, and many others.

While enforcement and training efforts have increased in several areas, we have also spent a considerable amount of time working towards being more involved in the community and engaging in positive inter-

action with our residents and seasonal visitors. We continue to hold K9 demonstrations, participated in reading events for students at area schools and our Minot Sleeper Library.

We participated in numerous community events such as the 4th of July celebrations, Special Olympics Torch Run, Rotary Block Party, Boy Scouts Junior Police Academy, Swim With a Mission, Touch a Truck events, Little League events, Old Home Day, Trick or Treat, Tree Lighting, and many others. Our officers can be seen walking around downtown speaking to residents, guests, and business owners, playing some basketball with kids at the court, walked around the parks and beaches, and worked on building better relationships with the community.

We strive to strengthen our partnerships with local groups such as Stand Up Newfound, and along with them hosted a community awareness event with NH Liquor Enforcement's outreach unit at the end of the school year; and again at Old Home Day. This allowed people to experience an impaired driving simulator and operating a golf cart with goggles

on. Officers have also given numerous presentations on the effects of drugs and alcohol to community groups and at health and wellness fairs. We partnered with the Newfound Regional School District to curb the significant increase

YIR

FROM PAGE A1

12th N.H. Volunteer Regiment Serenade Band.

July and August saw even more weekly free concerts in Kelley Park, one of which was presented by the 39th Army Band in keeping with the town's historic past.

Fourth of July festivities in 2019 were among the best in recent memory as the town celebrated "Two Birthdays, One Parade." Dozens of floats and marching groups took part this year, some dedicated to the 243rd birthday of the nation, some to the 200th birthday of Bristol. A few clever groups found ways to tie the two together for their parade entries. On July 6, fireworks over Newfound Lake helped keep the party going over the long holiday weekend.

Other summer events were an Ice Cream Social and Concert, held in the Old Town Hall, a Rock-in' Rotary Block Party at Kelley Park, and the Newfound Lakes Region Association's free community barbecue, which included music, once again, by the Newfound Region's popular Uncle Steve Band.

Heading on to the Aug. 10 Old Home Day celebrations, the Bristol Fire Company kicked the weekend off with a spaghetti dinner and open house on Friday. The following day, there was a pancake breakfast at Union Lodge before attention turned to Kelley Park. Old Home Day in 2019 had many historic elements wrapped into the

in vaping at our schools. This initiative has been extremely successful in out enforcement efforts, as well as the educational efforts by the school district. This new school year has seen a significant decrease in the incidents of youth vaping

use thanks to this joint effort.

We thank you all for helping us make this a positive and successful year. We look forward to having continued success and making more strides to improve our community next year!

Churches

FROM PAGE A5

a.m. to noon and other times by appointment.

Rev. Andrew's Home Phone: 217-0704 Email: pastorbucc@myfairpoint.net

Intergenerational services and Sunday services begin at 10:00 a.m. with announcements at 9:55 a.m.

Weekly Events:

Mondays: A.A. Step meeting – 7:30 p.m.

Extra Uke practice, for those who can make it, from 9:30 a.m. to 10:30 a.m. every Monday except Christmas and New Year's week.

Resuming again on Monday, Jan. 6.

Bible Study at 7 p.m. Monday evenings.

Tuesdays: Bone Builders – 9:30 a.m.

Senior Crafts: 9:30 a.m. Senior Luncheon – Noon AA Discussion – 8 p.m.

Choir rehearsals are Sunday mornings at 9 a.m. and Tuesday evenings at 4 p.m.

Wednesdays: Morning Reflection is a wonderful spiritual and fulfilling experience that continues every Wednesday morning at 7:30 a.m. in Fellowship Hall. Rev. Andrew is now moderating the sessions until Don Sorrie returns in the spring.

There is discussion throughout, by a lively and committed group! All are welcome!

Uke practice follows from 8:30 to 9:30 a.m. except where Previously noted.

Fridays: Bone Builders – 9:30 a.m.

Monthly Events: WIC (Women/Infant/Children) Clinic – 2nd Mon-

day at 8:30 a.m.

Women's Fellowship – Our next meeting will be held on January 9th at 10 a.m. in Room 1.

T.E.A. Will not be meeting for the months of January, February or March. They will resume on Tuesday, April 21.

Special Events:

**NOTE: Sunday school takes place at 10 a.m.

Women's Fellowship has created a small library in the church with a wonderful collection of spiritual and inspirational books. If you have any in good condition that you would like to donate, please leave them in a marked basket in Fellowship Hall.

Our monthly church suppers will resume on Jan. 11 and will feature a chowder supper.

Ongoing:

Bristol Community Services is in need of anything and everything.

The ukelele band continues to grow and become more proficient as the weeks go by! We're having a ball!! If you are interested in joining, please contact Debbie Doe.

The band gets together twice a week on Mondays at 9:30 to 10:30 a.m., and Wednesdays at 8:30 to 9:30 a.m. in Fellowship Hall for lessons and practice, and will be performing the second Sunday of each month during service at the B.U.C.C., unless otherwise noted. We will be performing next on January 12th at our church during services.

Watch for our future performance schedule!

B.U.C.C. cooperates with other churches and community organizations to serve the needs

of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

Restoration Church, Plymouth (Assemblies of God)

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

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

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

Our Mission Statement:

Just One More!

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

KTHO

FROM PAGE A1

with appetizers served during the 5 p.m. social hour. David Lockwood will be on the piano during the silent auction, where a magnificent variety will tempt bidders. SnoCat tours donated by Grotton Wind Farm will be up for bid again, along with a birding tour with Ian MacLeod, a beautiful quilt from Sarah Bunkley, great gift baskets from Sara Holland and Company, and many other items and services for every taste and budget.

The contributed items are truly extraordinary, so be sure to bring your checkbook or credit card to KTHO. Last year's event raised more than \$50,000, and the KTHO Committee is again trying to raise as much as possible for fuel as-

sistance.

New this year: after-dinner storytelling by acclaimed teller Simon Brooks! The award-winning British humorist and raconteur has delighted audiences from Waterville Valley to the National Storytelling Festival in Tennessee, to Europe and beyond.

A raffle for some very special items, the bountiful dinner buffet, and a cash bar (open throughout the event) round out the evening. KTHO tickets are on sale at Chase Street Market on Main Street in Plymouth. Limited numbers will be available again this year at the price of just \$40, and tables for 10 can be reserved for \$500. To reserve, please call Joan Turley at 236-2795.

The KTHO Committee thanks our many generous friends who

er opportunity presents itself on some tiny little rivulet where they can trap a trout or a sucker with their quick, wide front paws.

Ergo, I give you, at the collective risk of a drive-by finger-wagging, the fisher (cat).

+++++

A promise is a prom-

local businesses along with spooky activities at Tapply-Thompson Community Center and Union Lodge. The popular Witches of Bristol also returned to the Square this year, entertaining the crowds with yet another magical Halloween dance performance in the street.

In November, events came to a formal closing with a Thank You Party for the volunteers and the filling of the Bicentennial Time Capsule. The capsule itself was a beautiful handmade wooden container made by students at Bristol Memorial Middle School and representatives of the group were given the honor of placing their contributions into the box first. Among the dozens of items that were placed in the time capsule that day were yearbooks from the schools, photos of Bristol in 2019, notes from residents, newspapers, town reports, a 2019 Santa's Village Christmas ornament, N.H. Marathon items, and many other bits of memorabilia from the community as it stands today.

Looking back over the past year, we at Salmon Press send our sincerest thanks to all the volunteers, town officials and residents who helped make Bristol's bicentennial year one that was not only fun, but meaningful and memorable. As we now head into the year 2020, we would also like to wish each and every one of you in the Newfound Region a happy and healthy New Year!

have already responded to the appeal for assistance for our neighbors. If you have a special item that you'd like to donate, please consider joining as a sponsor by calling Barbara Fahey at 236-1122. For more information, please visit the KTHO Facebook page, facebook.com/KeepTheHeatOn.

Keep the Heat On is a nonprofit effort serving residents of 15 towns in the Pemi-Baker Region through assistance with fuel costs, whether that be gas, oil, propane, wood pellets, coal, or cord wood. KTHO is organized and sponsored by the Plymouth Area Democrats, partnered with the Plymouth Area Community Closet in their continued mission to assist our neighbors. KTHO—and the help it provides—is entirely nonpartisan.

ise, so here goes:

Happy New Year, readers near and far--and all the best for Two Thousand-Twenty and beyond.

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

Pemi-Baker Community Health receives donation from Chocorua Masonic Lodge

PLYMOUTH — Even in this season of giving, CEO, Chandra Engelbert was pleasantly surprised when she received a phone call from Masonic Master David Hughes about a donation to Pemi-Baker

er Community Health. For centuries, Freemasons have contributed to the communities in which they live through the principles of Brotherly Love, Relief and Truth. Freemasonry has existed in

New Hampshire since 1735, and many of the leading citizens of our state have been Freemasons. Their charitable activities are many and varied: the Shriners' Hospitals for Children, support

of medical research, scholarships, programs for child identification and combating drug abuse, the Scottish Rite Learning Centers, and local charity. Freemasons are committed to help-



COURTESY Chandra Engelbert, CEO, Pemi-Baker Community Health, receiving a check from David Hughes, Master of Chocorua Masonic Lodge in Holderness.

Comfort Keepers

The respiratory system: Age-related changes & COPD

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Chronic obstructive pulmonary disease, more commonly referred to as COPD, is one of the most significant health problems facing adults in the U.S. COPD is a leading cause of death, falling just behind heart disease, cancer, and accidents.

COPD represents a group of lung diseases, with the two most common being emphysema and chronic bronchitis. COPD is a progressive disease that becomes increasingly severe with age.

Symptoms of COPD include

- Constant coughing
- Wheezing
- Shortness of breath
- Coughing up mucus
- Tightness in the chest

Because of its progressive nature and with increased age as a leading factor, there is a greater prevalence of COPD in adults 65

years of age or older. The good news is that many adults can easily reduce their risk of COPD through lifestyle management.

The American Lung Association estimates that between 80-90 percent of COPD cases are the result of smoking. Unsurprisingly, secondhand smoke is a significant risk factor as well. Research also suggests that there may be a link between poor air quality and COPD.

Seniors should take the following steps to reduce their risk of COPD:

- Older adults that smoke should get support from a primary care physician and take steps to quit. There are many programs, services and products that can help.
- Seniors should avoid contact with secondhand smoke whenever possible.
- Reducing exposure to air pollution can help reduce symptoms. Many cities issue poor air quality warnings – when these warnings

are in effect, seniors should limit outside activities.

- Seniors should avoid airborne irritants (chemicals, fumes, etc.) in the home.
- A healthy diet and exercise plan, with direction from a physician, can improve lung function and overall health.
- Older adults should understand the impact of aging on their respiratory system and how to reduce their risk of any related diseases, illnesses, or conditions.
- Doctors may recommend getting vaccinations for both influenza and pneumococcal pneumonia in order to guard against further breathing complications.

Comfort Keepers® Can Help

As part of a health-care team, an in-home caregiver can assist with activities that slow progression of the disease, or reduce the risk for those with respiratory issues.

Comfort Keepers caregivers can help by supporting physician-recommended health programs, preparing meals, encouraging prescribed physical activity, reminding seniors to take medications and providing transportation to scheduled appointments. Call your local office today to discuss our available services.

About Comfort Keepers

Maintaining senior health and wellbeing is a priority for the team at Comfort Keepers®. Our caregivers can assist in providing seniors with transportation to and from the doctor's office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.

ing those who are less fortunate, and in the process, they improve themselves and hope to build a better world.

With 52 years of experience, serving over 900 clients from 18 towns in central and northern New Hampshire, Pemi-Baker Community Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool. As a non-profit, Pemi-Baker Community Health offers many free programs to the community including bereavement and caregiver support groups. ASK Pemi-Baker, is a new program held at the Plymouth Regional Senior Center, every second and fourth Thursday from 11 a.m.-noon with a nurse and social worker on hand to answer any questions one might have.

Thank you to the Chocorua Masonic Lodge, in Holderness, for helping us continue to offer these free services!

PBCH is located at 101 Boulder Point Dr., Suite 3, 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.

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PLYMOUTH GENERAL DENTISTRY

Proudly supports the work of Plymouth State University's Educational Theatre Collaborative (ETC) and Theatre Integrating Guidance, Education, and Responsibility (TIGER). These programs bring the magic of the arts to individuals locally and throughout New England!

Plymouth General Dentistry is the sponsor of opening night for ETC's 2020 production of *Annie*! Join us!

Annie

Book by Thomas Meehan + Music by Charles Strouse + Lyrics by Martin Charnin

January 22-26

Hanaway Theatre + Silver Center + Plymouth State University

Tickets: (603) 535-ARTS
and silver.plymouth.edu

Children's Arts Festival, January 11, Silver Center
Integrated Arts Conference, January 17, Silver Center

Annie is presented through special arrangement with Music Theatre International (MTI). All Authorized Performance Materials supplied by MTI. www.MTIShows.com

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What's On Tap

The new year brings a full slate of games for the local teams.

The Newfound girls' basketball team will be hosting Berlin at 6:30 p.m. on Friday, Jan. 3, will be at Franklin at 6:30 p.m. on Tuesday, Jan. 7, and will be at Inter-Lakes for a 6 p.m. game on Thursday, Jan. 9.

The Bear hoop boys will be at Berlin for a 6:30 p.m. game on Friday, Jan. 3, and will be hosting Franklin for a 6:30 p.m. game on Tuesday, Jan. 7.

The Newfound ski team will be competing at Gunstock at 10 a.m. on Friday, Jan. 3.

The Plymouth alpine ski team will be at Cranmore for a 9:30 a.m. meet on Friday, Jan. 3.

The Nordic Bobcats will be opening the season at Sandwich Fairgrounds on Saturday, Jan. 4, at 10 a.m. and will be at Lebanon at 2 p.m. on Tuesday, Jan. 7.

The Plymouth ski jumping team will be hosting a meet on Wednesday, Jan. 8, at 6 p.m.

The Bobcat hoop boys will be at Coe-SEE **ON TAP** PAGE B4

Vikings vault past Bear boys

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound boys' hoop team gave Mascenic all they could handle in the first half on Friday, Dec. 20.

However, the second half was a different story as the Vikings outscored the Bears 44-11 to take the 68-31 win.

"In the first half, our defense came out to play," said coach Jesse Mitchell. "In the first game, we had issues at the start, but that was not an issue today.

"But in the second half, their pressure got to us," the Newfound coach stated. "That sped us up a bit and obviously affected everything."

George Belville drained a hoop and a free throw to get the Bears started and after Mascenic hit a free throw, Malaki Ingram had a steal and a hoop and then put back a rebound, pushing the lead to 7-1.

The Vikings followed with a three-pointer but Garrett King drained a three-pointer to stretch the lead to 10-4. Mascenic hit a hoop and then Tyler Boulanger and Demetri Raymond drained back-to-back baskets to stretch the Newfound lead to 14-6. Mascenic hit the final



JOSHUA SPAULDING
Malaki Ingram goes hard to the hoop in action against Mascenic.

basket of the quarter and it was 14-8 for the Bears at the end of the first quarter.

The Vikings got the first basket of the second quarter but Raymond followed with a basket to push the lead to 16-10. The visitors hit a free throw and a hoop to cut the lead to 16-13 before Ingram hit another basket to up the lead to 18-13.

Mascenic drained two hoops in a row to cut the lead to 18-17 before Belville drained a basket for

the Bears to keep them in the lead. However, the Vikings got a hoop, then a three-pointer and with 1:30 to go in the half, the visitors took their first lead at 22-20.

An Ingram three-pointer put the Bears back in front again but the Vikings got the final basket of the half and took the 24-23 lead to the break.

A Boulanger basket put the Bears back in front to start the third quarter but the Vikings scored the next 19 points,



JOSHUA SPAULDING
Demetri Raymond rises to the basket in action Dec. 20 against Mascenic.

including a three-pointer and two three-point plays and took the 43-25 lead before the Bears scored again.

Matt Plummer got the Bears on the board again with 4:05 to go in the third and then finished off his own steal for another hoop, making it 43-29. However, the Vikings went on a 10-0 run to open the lead up to 53-29.

It was Plummer who ended that run as well, as he hit a hoop with 1:20 to go but a Viking

three-pointer closed out the quarter with the visitors up 56-31.

Mascenic hit two hoops to open the fourth quarter before Ingram hit a free throw to get the Bears on the board. After five points from the Vikings, King hit a hoop for the Bears and a three-pointer from the visitors closed out the score for the 56-31 final.

"The work ethic was there, the energy was there, which was good,"

SEE **HOOPS** PAGE B4



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PSU sets dates for volleyball camp

PLYMOUTH — Plymouth State University women’s volleyball head coach Joan Forge announced the dates for the team’s Panther Volleyball Camp set for next summer.

The camp, open to girls entering grades five through 12, will take place at Foley Gymnasium from July 27 to 30 and is broken into two sections.

Section one is open to girls entering fifth – eighth grades and is designed for beginner to intermediate players. Athletes will learn basic fundamental skills, rules and strategies to be successful in the sport of volleyball from 9 a.m. to 12 p.m. each day.

Section two is for girls entering ninth – 12th grades for beginner, intermediate and advanced

players who want to play and excel at the high school level. Attendees will be challenged with improving basic fundamental skills and will have the opportunity to learn more advanced strategies, position-specific skills, transition and concepts of team play. Section two meets from 1 to 5 p.m.

The main focuses of both sessions will be to in-

corporate life lessons including character development, teamwork and sportsmanship. Drills and daily scrimmages are aimed at developing the complete player. Athletes will be separated into courts according to skill level to both challenge and maximize their learning experiences.

The fee for section one of the camp is \$150, while section two fees are \$200. Registration fees include a camp tee shirt.

Camp staff includes Forge and other college, Junior Olympic and high school coaches, as well as collegiate players.

Online registration is available at <https://tinyurl.com/PSUYouthVBCamp>. All questions can be directed to Forge at jcforge@plymouth.edu or 535-2778.



COURTESY PHOTO

Cofran honored

Peter Cofran, retired Athletic Director at Newfound Regional High School, was recently recognized at the National Interscholastic Athletic Administrators Association (NIAAA) National Conference held in National Harbor, Md. Cofran was presented with the prestigious Bruce D. Whitehead Distinguished Service Award for his many years of dedicated service and unselfish devotion to education-based athletics in the state of New Hampshire. Making the presentation to Cofran was Jim Davis, the Section 1 Board of Directors representative to the NIAAA.



JOSHUA SPAULDING



A final basket

Newfound’s Devon Anderson was honored at halftime of the boys’ basketball game on Friday, Dec. 20. Anderson recently aged out of the unified hoop program, which he’s been part of since its inception, and the Bears honored him with one final basket before the appreciative home crowd.

What the new year has in store

Last week in this space I wrote about the busy 2019 that was in the rear-view mirror, including a number of trips around the country for various reasons.

This week, as the calendar turns to 2020, it’s time to look ahead and see just what a busy 2020 has in store.

An exciting development that popped up last year was the chance to travel to Ireland with the University of New Hampshire Marching Band. This coming year marks the band’s 100th anniversary and the director, who was a freshman during my senior year in the band, decided to plan a trip to Ireland and invited alumni to come along if they were interested. The first international trip (not counting Canada) I took in my life was also with the UNH Marching Band, when we traveled to Europe in late 2001-early 2002. I was also an alum at that point, but that trip was a blast and I am hoping the Ireland trip is much of the same. I’ll be making that trip in mid-March and will be in Ireland for the annual St. Patrick’s Day parade in Dublin.

A few weeks later, I will make a shorter trip, this time to Florida for a little spring training baseball. The Kingswood baseball team has made a number of trips to Florida over the past few years

SPORTING CHANCE



By JOSHUA SPAULDING

and I usually tag along with the Knights, in part for a good story, in part to get a taste of warmer weather after a long winter. This year the Knights will be going to Dodger-town in Vero Beach the final week of March. As it so happens, the Ken- nett baseball team is also planning to be there that same weekend, so I will get a chance to see two different teams in action over the course of the weekend.

Obviously, the big trip of 2020 is the two weeks-plus I’ll be spending in Tokyo in late-July and early-August for the Summer Olympics. This will be my third Olympic trip, but it will be the first time I am covering the Summer Games, which from all accounts, are much bigger than their winter counterparts. I’ve taken a few preliminary looks at the schedule and it is daunting with how many different sports and events there are, but I am looking forward to the challenge of seeing as much as I can. As of right now, my plan is to be in Japan for July 23 and stay until Aug. 10. I have booked my media accommodations to cover those nights so the next step

will be booking a flight, which is on my to-do list for early in the year. I am incredibly excited to get the chance to see the Olympics in a different light, though I’m not as excited to deal with the wonderful humidity that comes with a summer in Tokyo.

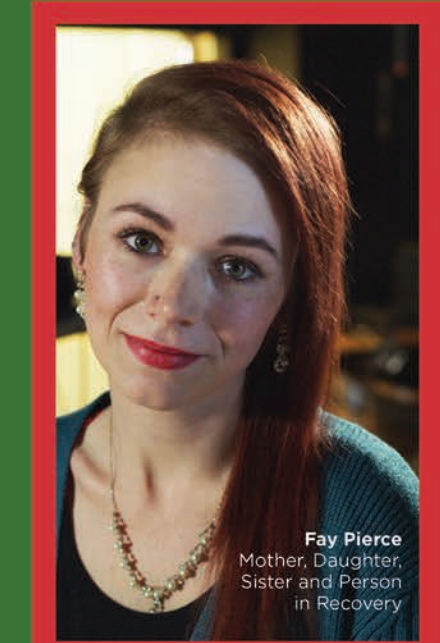
Of course, there will probably be a few Survivor trips in the spring as well, since it is season 40 and there’s bound to be some excitement for the all-winner season of the game. It’s looking like another New York trip and also possible trips to Atlanta and Los Angeles. But that is preliminary.

I’d also like to check another baseball stadium or two off my list, so I’ll see how that works out as well.

I guess 2020 is going to be a pretty busy year, assuming all goes as planned.

Finally, have a great day, Heidi Glavin.

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



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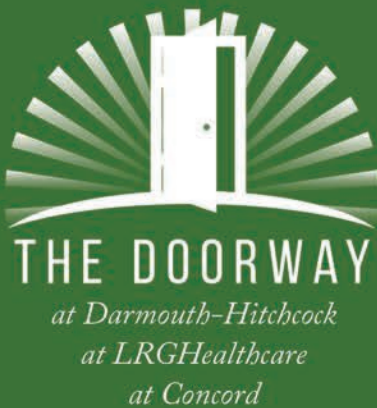


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Hoops

FROM PAGE B1

Mitchell said. “If we can get them to calm down with the ball in our hands, we’ll be OK.”

“We’ve worked on it a lot, but they just want to get the ball up and in our half-court offense as quick as they can,” the Bear coach continued. “It’s going to be easier for me to keep working on breaking the press than to teach work ethic.”

“Down by 30, they’re scratching for everything with 30 seconds left,” Mitchell continued. “That’s good to see.”

He noted that with

games against Belmont and Mascenic out of the gate are a good indication of where the Bears stand with some of the better teams in the division.

“It shows the guys where those competitors are and where we need to be,” Mitchell said. “We’re not dwelling on the loss that much.”

The Bears were led by Ingram with 10 points.

Newfound was in action after early holiday deadlines in the Lakes Region Holiday Hoop Tournament in Gilford. The Bears will return to action on Friday, Jan. 3, at Berlin at 6:30 p.m. and will be hosting Franklin on Tuesday, Jan. 7, at 6:30

p.m.

NRHS 14-7-8-3-31
MRHS 8-6-32-12-68

Newfound 31

Ingram 4-1-10, Raymond 2-0-4, Boulanger 2-0-4, Belville 2-1-5, Plummer 3-0-6, King 2-0-5, Totals 15-2-31

Mascenic 68

Shaw 8-2-20, Z. Barthel 4-1-9, Vallaincourt 2-0-6, Zina 2-3-7, Turner 8-3-19, D. Barthel 1-0-2, Stauffenecker 1-0-3, Cocozella 0-2-2, Totals 23-12-68

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

On Tap

FROM PAGE B1

Brown for a 6:30 p.m. game on Friday, Jan. 3.

The Plymouth girls’ basketball team will be hosting Coe-Brown at 6 p.m. on Friday, Jan. 3,

and will be hosting Milford at 5:30 p.m. on Tuesday, Jan. 7.

The Kearsarge-Plymouth hockey team will be at Hollis-Brookline-Derryfield at 7:10 p.m. on Wednesday, Jan. 8.

The unified hoop Bobcats will be hosting Kingswood on Tuesday, Jan. 7, at 3:15 p.m.

The Plymouth wrestling team will be hosting Winnisquam at 6 p.m. on Wednesday, Jan. 8.