

Newfound Landing

THURSDAY, DECEMBER 5, 2019

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COMPLIMENTARY

Hundreds turn out for 33rd annual Turkey Trot

BY DONNA RHODES
dhrhodes@salmonpress.news

BRIDGEWATER—The 33rd annual Bridgewater Turkey Trot brought nearly 300 people together on Thanksgiving Day to work up an appetite through the three-mile run/walk while raising money to make the holidays brighter for local families who are struggling this year.

Among the crowd gathered at Newfound Country Store that morning was the Burnes family, which, with more than a dozen participants, was a crowd in their own right. Younger members of the family said they have taken part in the Turkey Trot for quite a few years, usually walking most of the distance. This year though they were hoping to run



Members of the Burnes family, as well as their guest Elena Bluck of Newcastle, England (center in pink), gathered for a group photo before the start of the 2019 Bridgewater Turkey Trot on Thanksgiving Day at Newfound Country Store.

DONNA RHODES

so this is my first Turkey Trot, too," she said with a smile.

Three members of Newfound Regional High School's cross country team, Nicholas Comeau and brothers Ryder and Connor Downs, also took part in what has become an end-of-season tradition for them. Looking to add a little humor, and admittedly a little warmth, to the morning's run, Connor shunned turkeys that day and wore a bald eagle costume instead, hoping it might help him fly along the route.

While the trio did finish in the front of the pack this year, it was David Chorney who finished first though. Chorney, who was born and raised in the Newfound Region, was a track standout in his younger years, too, and showed he still has what it takes to win.

"I think I've run this almost every year since

SEE TURKEY TROT, PAGE A12

Holiday events at the Minot-Sleeper Library

BRISTOL — The Minot-Sleeper Library invites the community to participate in a wide variety of programs this month.

This week, Poetry Night will be held Thursday, Dec. 5 at 6:30 p.m. All are invited to come and read original poems, or ones by favorite poets. Looking for inspiration? Visit the library and borrow a book of poetry from its collection. On Saturday, Dec. 7 at 10:30 a.m., Richard Laflamme of Bristol's Cemetery Trustees will present a program on the Town of Bristol's cemeteries. The program will include a slideshow.

Crafters and those interested in meeting others in town are invited to the December adult craft, held Wednesday, Dec. 11 at 4 p.m. Participants can make snowmen ornaments. If they wish to bring a small item, such as an ice skate, greenery and other

winter materials will be provided for decoration. All materials are provided and there is no cost. Sign up by calling 744-3352 or visiting the library.

Special guest Ashley and Tom Farnem visit the library to present their program, "Bessie's Story" on Thursday, Dec. 12 at 6:30 p.m. Ashley and Tom penned and self-published a book about their chocolate Labrador, Bessie, who has progressive retinal atrophy and is now completely blind at ten years of age. BESSIE'S STORY - Watching the Lights Go Out chronicles her slow fade to sightlessness and provides life lessons for

SEE HOLIDAY, PAGE A11

the three miles. Also joining them this time was Elena Bluck from Newcastle, England. Bluck is an exchange student at UNH who said

that through some "loose family connections" got to know the Burnes family when she arrived in New Hampshire. This is not only her first time in

America, she said, it was her very first Thanksgiving celebration as well.

"They (the Burnes) asked me to join them here for Thanksgiving,

In search of the perfect tree

BY DONNA RHODES
dhrhodes@salmonpress.news

DANBURY — The Faulhefer family of Manchester took a relaxing drive to Long's Christmas Tree Farm in Danbury last Saturday to cut down the tree that will decorate their home this holiday season. They were just a few of the steady flow of holiday shoppers who visited the scenic farm over the weekend.

"We've been coming here for a few

SEE LONG'S, PAGE A11



DONNA RHODES

The Faulhefer family were one of many who stopped by Long's Christmas Tree Farm in Danbury last weekend to find the perfect tree for the holidays.

Community tree lighting ushers in the holiday season

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — Despite a brisk wind, a large crowd gathered in Bristol's Central Square last Friday evening to sing holiday music, enjoy popcorn and warm themselves by a fire as they the arrival of Santa who lights the town's Christmas tree each year on the day after Thanksgiving.

Sponsored by the Bristol Events Committee, the evening was filled with lots of holiday cheer as families sang along with Libby Danahy and posed for photos in an old sleigh parked on the common. Members of the committee



DONNA RHODES

A sleigh in Central Square was a perfect photo op for folks of all ages who attended Bristol's tree lighting festivities last Friday. On the left, Billy and Jimmy Webster and their cousin Sabrina Sedic-Lawton enjoyed snuggling up for a family photo, while Mike Bruno, his mom Hilda, Jan Metcalf and Lucille Keegan's Victorian garb provided a nostalgic look to theirs.

also strolled the scene dressed in beautiful Victorian costumes, lending a real Bicentennial touch to the night. And while all of that was a lot of fun, boys and girls really had just one thing on their minds even as they joined in a chorus of Rudolph the Red-Nosed Reindeer and other classics.

"It's cold but I'm waiting for Santa. He's lucky because he's got a wool coat on," said young Sabrina who was visiting her grandparents for the holiday weekend.

At six o'clock all eyes were finally focused on Pleasant

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Sanbornton's Jacquelyn Sandstrom to be Art Association's Featured Artist in December

TILTON — Long-time Sanbornton resident Jacquelyn Sandstrom is the Lakes Region Art Association's Featured Artist for the month of December. Her exhibit, titled, "In Retrospect," will feature oil paintings, pastels, hand-pulled prints and photography spanning 40 years as an artist. Subjects include the New Hampshire landscape and quiet domestic still lifes. Whenever possible, Jackie prefers to work from direct observation because doing so creates a sense of immediacy in the finished work. All of the landscapes included in this exhibit were painted on location "en plein air."

The artist holds a Bachelor of Fine Art in Painting from the University of New Hampshire and a Master of Arts in Teaching from Plymouth State University. While at UNH, she studied drawing with Sigmund Abeles and John Hatch and oil painting with John Laurent and Melvin Zabarsky. Artistic influences include Edgar Degas, Claude Cezanne, Fairfield Porter, and Neil Welliver, among others.

Jackie's work has



COURTESY (left) "Swamp Maples," a pastel by artist and Lakes Region Art Association member Jacquelyn Sandstrom, will be included in her exhibit "In Retrospect", a display of her work in a variety of media. The opening reception is from 2 to 5 p.m. on Sunday, Dec. 8 at the Lakes Region Art Association Gallery, Suite 132 in the Tanger Outlets, 120 Laconia Rd., Tilton.

been included in juried exhibitions at the Southern Vermont Art Center; the Print Club of Albany; the Printmaking Council of New Jersey; the AVA Gallery, Hanover, New Hampshire; the Manchester Institute of Arts and Sciences and the New Hampshire Art Association.

She taught computer skills to grades three through five at Southwick School in Northfield for five years and more recently, was Marketing Manager at Cyclix Networks in Gilford.

The opening reception is from 2 to 5 p.m. on Sunday, Dec. 8 at the Lakes Region Art Association Gallery, Suite 132 in the Tanger Outlets, 120 Laconia Rd., Tilton. On Facebook, look for the Lakes Region Art Association or Jackie's page, PaintAllThat.

Newfound Area Churches announce advent schedule

REGION — During the 2019 Advent season, Newfound Area Churches (NAC) will be celebrating with Noontime Wednesday services at the following churches and dates: Dec. 4 at the Alexandria United

Church of Christ, Dec. 11 at Bristol United Church of Christ, and Dec. 18 at Bristol Baptist Church. Each service will be followed by a light lunch.

For more information, please call 744-3885.

SLA to host Goldsworthy-inspired outdoor art program

H O L D E R N E S S — Ever wonder what it means to be an artist? Sometimes intimidated by art? Believe that you're not "artistic?" Or maybe you're an artistic genius?

Regardless, come on out to beautiful Belknap Woods to chuck those conceptions out the window and dive into the playful and wonderfully unconventional world of Andy Goldsworthy. Andy, an enigmatic bloke hailing from Scotland, challenges traditional art mediums and creates site-specific constructions using found natural materials - ice, snow, sticks, rocks, leaves, moss. As we explore Belknap woods, we'll make our own Goldsworthy style creations and discover new frames to view the natural world through. Bring a cam-

era to capture a souvenir of your work, since we will not be removing any material from the forest—part of the magic of these creations is that they remain in place and eventually fade back into the forest floor.

Folks should plan to arrive at the Squam Lakes Association shortly before 11 a.m. on Sunday, Dec. 8 to meet Lakes Region Conservation Corps member, Elijah Schumacher, who will be leading the day's activities. We will begin by looking at some of Andy Goldsworthy's work and talking about what his style of art could look like at Belknap woods. Parking is limited at Belknap, so we'll carpool over and spend a couple hours creating our own nature artwork. Belknap is a particularly personable and engaging plot

of woods with varying landscapes to turn to for inspiration and the free-style format of Goldsworthy style art is great for kids! Snow and ice sculptures, twig houses, and cairns are all fun ways to engage with the natural world and families are encouraged to attend. Please be sure to bring lots of warm clothes, extra gloves, and hand warmers. Snacks and/or a thermos of something hot are also encouraged. After a couple hours of art/play/artistic endeavors, we will return to SLA for hot chocolate, a discussion of the day, and to show off snapshots of our artwork. We'll wrap up by 2 p.m. We hope to see you there!

Registration is required. For more information, or to sign up for this Adventure Ecology Program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology trips throughout the year every Tuesday and Saturday. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the Lakes Region Conservation Corps members at the SLA who participate in an AmeriCorps program performing important conservation work in support of the Association's mission.

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DONNA RHODES

Artist and Local Pop-up Art Shop organizer Michelle Dunn of Groton posed with guitarist and singer Audrey Drake who lent her musical talents as a pleasant backdrop to the two-day art shop in downtown Plymouth last weekend.



DONNA RHODES

Jeff LeBlanc of Campton was not only one of several talented residents who were part of last weekend's Local Pop-up Art Shop on Main St. in Plymouth, he also won the People's Choice Award for his unique artwork.

Pop-up Shop showcases local artists

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH - While there are plenty of great businesses to shop in downtown Plymouth this holiday season, a Local Art Pop-up Shop also joined the mix for Black Friday and Small Business Saturday, featuring the works of many local artists and crafters

who would not otherwise get the exposure that a Main Street shop can bring.

The Pop-up Shop, now in its fourth year of "popping up" for one weekend in Plymouth, is organized each year by Groton artist Michelle Dunn.

"I started this because I just want to help locals get their art out there," she

said. "The feedback they get from shoppers really helps give them confidence to keep doing what they do."

Holiday shoppers certainly found much to select from last weekend. Besides paintings and other displayable art, there were hand-knitted goods, handmade soaps and other skin care items, herbal

products, retro-style tie-dyed shirts, pottery, jewelry, wood and metal crafts, chain saw carvings, and much, much more.

In addition to browsing all the items for sale, shoppers could participate in

a raffle for several gift cards and local artwork. There was also a large candy jar where the right guess won one lucky person a beautiful picnic set that they can enjoy either après ski or at the beach. Proceeds from

both benefitted Voices Against Violence. A portion of the sale of items from many of the vendors benefitted the nonprofit group as well.

Adding to the ambiance of the shop were SEE POP-UP SHOP, PAGE A11

Mother of hazing victim leads heartfelt discussion at PSU

PLYMOUTH - According to Hank Nuwer, at least one hazing-related death has taken place every year since 1959 (Nuwer, 2019). Plymouth State University (PSU) student Michaela Thomas has taken the initiative to educate her fellow students about the dangers of hazing, to prevent a tragic event from happening in the Granite State. As part of her internship on campus with the Office of Community Impact, Thomas brought Evelyn Piazza, the mother of Tim Piazza, who died in 2017 as a result of hazing at Pennsylvania State University, to PSU on Nov. 4.

"I felt empowered to bring awareness to my community. Hazing can occur across all types of clubs, sports, and interest groups. My goal bringing Evelyn to Plymouth was for members of our community to be reminded about the life-altering impacts

hazing can have," Thomas shared.

Piazza led a discussion about the impacts of hazing while honoring her late son. She emphasized the importance of the entire Plymouth community coming together to prevent a tragedy from happening close to home. Piazza argued that everyone can help be a part of the change. She suggested contacting local representatives to ask for hazing laws to be classified as felonies, or to simply speak up if something seems wrong.

"Speaking up may be difficult to do, but it will be the right choice. It will save a life," Piazza said.

Since her son passed away, Piazza and her husband have worked to put an end to hazing, hoping to make something good from a horrible event. Both parents played a key role in passing a bill to strengthen Pennsylvania's hazing laws.

They started the Timothy J. Piazza Memorial Foundation to provide help for children and adults who need prostheses, which was what Tim planned to pursue after college. Piazza also travels the country speaking to campus communities about hazing and its physical and psychological effects on families, friends, and an entire community. Piazza is a member of Parents United 2 Stop Hazing (PUSH), a national organization of parents who are united to stop hazing. PUSH provides emotional support to parents, as well as support in each parents' call to action.

PSU strictly prohibits hazing and welcomed Piazza to share her family's story and inspire the campus community. The event was sponsored by the Office of Community Impact, Campus Recreation, Athletics, Student Life, and Residential Life.

Bristol police log

BRISTOL - The Bristol Police Department handled 223 calls for service, resulting in 10 adult criminal arrests, one adult protective custody arrest, and 11 criminal offense investigations. Officers also performed 81 motor vehicle stops, investigated 3 motor vehicle accidents, and conducted 192 directed enforcement patrols, area checks, and foot patrols.

Other call reasons included: K9 deployment, domestic disturbances, mental health emergency, intoxicated persons, unwanted persons, warrant checks, wanted persons, criminal investigation follow-ups, theft, 911 investigations, illegal dumping, noise complaints, suspicious vehicles, suspicious persons, drug activity complaints, drug investigations, mo-

tor vehicle complaints, DWI complaints, welfare checks, civil stand by, residential alarms, business alarms, parking complaints, abandoned vehicles, civil matters, paperwork service, animal complaints, public assists, motorist assists, fingerprints, sex offender registration, VIN verifications, road hazards, juvenile complaints, assist other police agencies, community policing events, and assist the fire department.

Arrests:
Tyler Tibbetts, 23, Danbury- Driving While Intoxicated
Brett Houle, 46, Clinton, Maine- Operating After Suspension, Suspended Registration
Jeffrey Nolan, 24, Pike- Operating After Suspension (subsequent offense)

Robert Conlon, 35, Bristol- Superior Court Warrant, Bench Warrant
Dustin Sprague, 26, Danbury- Bench Warrant
Tara Pierce, 48, Bristol- Bench Warrant
Phelicia Coulter, 28, Danbury- Bench Warrant
Chance Griffin, 26, New Hampton- Operating as a Habitual Offender (Felony)

Joshua Libby, 41, Ossipee- Superior Court Warrant, Bench Warrant
Christopher Raymond, 33, Alexandria- Operating After Suspension (subsequent offense)

(1) Protective Custody Arrest (Intoxication)

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CADY Corner

The truth about holiday spirits

BY DEB NARO
Contributor

Many of us look forward to celebrations during the holidays, a time when some people are more likely to drink beyond their limits than at other times of the year. Some will suffer adverse consequences that range from fights to falls to traffic crashes. Sadly, we often put ourselves and others at risk because we don't understand how alcohol affects us during an evening of celebratory drinking.

Despite the potential dangers, myths about drinking persist, which—for some—can prove fatal. Scientific studies supported by the National Institute on Alcohol Abuse and Alcoholism provide important information that challenges these widespread, yet incorrect, beliefs about how quickly alcohol affects the body and how long the effects of drinking last. Holiday revelers may not recognize that critical decision-making abilities and driving-related skills are already diminished long before a person shows physical signs of intoxication.

Initially, alcohol acts as a stimulant, so people who drink may feel upbeat and excited. But don't be fooled. Alcohol soon decreases inhibitions and judgment and can lead to reckless decisions.

As we consume more alcohol, reaction time suffers, behavior becomes poorly controlled and as drinking continues, we can experience slurred speech and loss of balance, typically associated with being drunk. At these levels and above, alcohol can also cause blackouts—which are when a person does not remember what happened while he or she was intoxicated. At higher levels, alcohol acts as a depressant, which causes the drinker to become sleepy and in some cases pass out. At even higher levels, drinkers face the danger of life-threatening

alcohol overdose due to the suppression of vital life functions.

During an evening of drinking, it's also easy to misjudge how long alcohol's effects last. For example, many people believe they will begin to sober up—and be able to drive safely—once they stop drinking and have a cup of coffee. The truth is that alcohol continues to affect the brain and body long after the last drink has been finished. Even after someone stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream, resulting in impaired judgment and coordination for hours.

Of course, we don't intend to harm anyone when we celebrate during the holiday season. Yet, violence and traffic fatalities associated with alcohol misuse persist, and myths about drinking live on—even though scientific studies have documented how alcohol affects the brain and body. Because individuals differ, the specific effects of alcohol on an individual will vary. But certain facts are clear—there's no way to make good decisions when you are intoxicated and there's no way to sober up faster.

If you are hosting a holiday gathering, consider offering a variety of nonalcoholic drinks and bottled water; be sure to provide a variety of foods and snacks for your guests especially if you are serving alcohol, food can slow the absorption of alcohol in the body by approximately one-third. Help your guests get home safely—use designated drivers, anyone getting behind the wheel of a car should not have any alcohol. If you are a parent, understand the underage drinking laws—and set a good example.

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



DONNA RHODES

A visit with Santa

Santa made an appearance at the Alexandria Country Christmas Craft Fair last weekend where Payton, Rylie and Maddie Spaulding had the chance to pose for a photo with not only Santa, but his elf Rayne Laughy as well. The fair was sponsored by the Alexandria Volunteer Firefighters Association.

Strategies for Living

An anti-socialist manifesto

BY LARRY SCOTT

This is an Anti-Socialist Manifesto. I love America, and I regret that a group of men and women vying to become the next President of the United States, are promoting a socialist agenda I believe would devastate our American way

of life. Promises are being made they cannot keep, and benefits are being offered we cannot afford. I have decided I must take a stand. America must not become a socialist state.

I have dismissed their rhetoric as without foundation, but the

popular acceptance of their message has me alarmed. I can't believe they are being taken seriously, but they are!

I will grant that the promise of a free education, free health care, and a living wage for every American, sounds inviting. But if

you will think the issue through, if you count the cost, you will see it is an offer we cannot accept. Let's take Sweden as an example. In Sweden, "benefits are awesome. Medical care is available to everyone in Sweden at nominal cost, unemployment

SEE STRATEGIES, PAGE A11

Letters to the Editor

Three tips to get your packages delivered on time during the holidays

To the Editor:

As a new seasonal driver for UPS, I have experienced the frustration of trying to efficiently deliver your packages this holiday season. These tips will greatly speed up the process:

1. Post your house number on both sides of your mailbox. Delivery vehicles don't always go in the same direction as your US Mail letter carrier.
2. If you live in a rural area and don't have a mailbox, be sure to have your house number posted at the street end of your driveway. There

are many seasonal drivers delivering packages during the holidays, and they don't see your house number if it's not visible from the street.

3. If it snows, be sure your driveway is plowed before you leave for the day. Your deliveries will be delayed if the delivery service can't drive up your driveway.

All the delivery services thank you, and wish you happy shopping and a very Merry Christmas and Happy Hanukkah!

Susan Chadwick
Bristol

Day Away program is a reminder of what our country has lost

To the Editor:

When we read various letters in the newspapers, we come to realize what we have lost in our country, our society, and in our own life. Our country is divided. Respect, love, caring for others appears to be a lost art. We forget there are people and programs surrounding us that quietly touch and improve the lives of others.

The Day Away Program in Bristol has dedicated volunteers that give their time to support this program. This 'fun' program provides socialization for the participant and respite for the caregiver. It is a non-denominational and non-profit program for those individuals that have been diagnosed with early stages of Alzheimer's or any form of Dementia. We work as a 'team.'

The program is designed that every Participant has a 'companion' volunteer and a Registered Nurse always present. It is held every Thursday from 9 a.m. to 3 p.m. in Bristol in the

lower level of Our Lady of Grace Church. The day begins with quiet conversation and continues with crafts, exercise, and games to play. We also have visiting musicians. We have Fire drills, CPR classes are offered and lectures on various topics. A nutritional home-made lunch is provided.

We have been open for over six years.

Help us keep this beautiful program open - volunteer!

Please spend a morning or afternoon, once or twice a month with us. No experience is necessary with on the job training. Please call or email Sandra Coleman BSN, RN, sjrhett@roadrunner.com or 536-6304.

Sandra Coleman
Ashland

P.S.: If you have the time, join us at our Christmas Open House on Dec. 5 from 2 - 4 p.m.

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NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

A weasel on snowshoes (really?), and trail signs are worth obeying

If this snow continues to stick to the ground, it'll be one of the earlier beginnings of seasonal snow on record. Getting a snowstorm or two toward the end of November is nothing unusual, but having it stick around for the duration (meaning over the holidays and beyond) is, indeed, unusual.

As this was written, satellite images showed snow blanketing the upper half of the state, roughly from mid-Winnepesaukee up. And there didn't seem to be any snow-melting weather on the continental satellite images.

This makes winter's long count--the number of days with snow on the ground--particularly hard on animals that hunt for small creatures like mice, moles, voles and chipmunks. Prey species can burrow under the snow and hide in areas where the snow is a foot deep or even deeper--and there are plenty of places to hide right now in higher and more northern parts of the state.

This makes hunting much harder for foxes, fishers, martens, coyotes, and bobcats, just to name a few predators that come to mind, and in doing so almost forgetting the mink and the weasel, which don't deserve forgetting.

+++++

Weasels and minks are two of the relatively few species that sometimes simply go wild during a killing, and regress into so-called killing sprees, far beyond their needs. Keepers of chicken coops are well aware of this situation. If I were building a chicken coop today, I would surround it with hardware cloth, a very flexible and easily cut fine-mesh material that is not really cloth, but wire.

What triggers a killing spree? Some studies indicate that for a weasel, movement triggers an irrepressible instinct to kill, and certainly a coop full of chickens flapping hysterically would qualify. Another theory is that in the case of larger prey too big to drag to a hiding place, weasels may plan to revisit the kill.

As a boy barely old enough to snowshoe, I had the unforgettable experience of three short-tail weasels following me along a stone wall, close by and parallel to my course. I watched them over my shoulder for a while, then stopped. To my amazement, the weasels made straight for me, and proceeded to boil around my feet and snowshoes, playfully writhing around like so many snakes.



A short-tail weasel, in its winter (ermine) coat, the analogy of which has spelled demise for many a weasel.



A long-tail weasel in its summer togs, a nice medium brown that can blend in with lots of the landscape.

I was too stunned to react to this, but eventually said "Hey! What the!" and they tunneled away into and out of the snow, off to who knew where.

This is not an uncommon thing with weasels, which are uncommonly curious and bold. They are easily made friends with and even tamed to a degree. When I was living with the Shatneys at their fishing and hunting camps at Clarksville Pond, a weasel set up camp right in (or under) the main cabin. It would run along on the floor joists supporting the second floor, right above the main table, and take hand-proffered tidbits from amused guests.

There's an old saying that's actually true: "If you have a weasel, you don't have mice." Thus, many a weasel-turned-ermine has given many a hide-bound camp-dweller a thrill.

Early snow that seems to mean business triggers what I call (to myself only, to avoid thrashings) the Seasonal Whine, as in "This damned snow. I already hate it," or something similar containing the symbiotic terms, "Snow," and "Hate." Challenged with this, I try to get away with just giving them such a look. It hardly ever works.

If caught in the above situation, do not, under any circumstances, say something like "Well, I just love snow, it's like a big quilt pulled over the land..." or they will form a mob and get you.

+++++

For some people, early snow, even major snow that might melt in a day or two, triggers another reaction-- the urge to jump onto a snowmobile

and hit the trails. Bare hayfields and pastures trigger the same urge with ATVer's in the spring.

The problem is that the snowmobile trails aren't ready. Many clubs (often at the behest of landowners) don't open their trails until just before Christmas. And many clubs try to stick with the same date from year to year, so that people can count on it.

Riders and other trail-users, I think, sometimes take trail signs for granted. But think of the time involved in getting them out and up. And there are the not-so-minor details, like knowing the where and when of logging jobs.

+++++

The past several years have been a learning curve for ATV clubs, as they worked with state Department of Transportation crews and state and local police to get major highway crossings precisely where everyone wanted them, the major factor being safety. This has been going on all over the state, at least where ATVer's are organized, which they've been doing, fast.

Line of sight is everything here, which is a difficulty when faced with the likes of Route 145, the so-called "back way" between Colebrook and Pittsburg. Hint: Places to pass (legally) are scarcer than hens' teeth.

This time of year represents a sea-change for ATV and snowmobile clubs, complicated by the fact that ATVer's are not "automatically" allowed on some snowmobile trails, despite what so much of the downstate public thinks. This is because some landowners are



fine with snowmobiles but want nothing to do with ATVs, due to land damage and irresponsible riding habits.

Suffice to say that the snowmobile clubs have to put up often completely new and updated signs, hundreds of them for highway crossings alone. But then there are signs at all trail junctions, and bridges, and let's not forget trail hazards. ("Steep Downhill" is one you see from time to time, or maybe "Watch for Groomer," and then there's my very favorite, "Stay in Trail.")

+++++

ATVs, or all-terrain vehicles, get plenty of advertising in print media and on TV. Many of the ads--to the consternation of local clubs and trail patrols--show ATV riders soaring over sand dunes (think "your local gravel pit"), and roaring through wetlands, which inevitably get referred to as "swamps." Hardly does anyone ever see ATVer's quieter, gentler side.

But I see them, retired couples going by, racks packed front and back, a sure sign that they're here on vacation. SEE NOTEBOOK, PAGE A11

Donald John Drake, 70

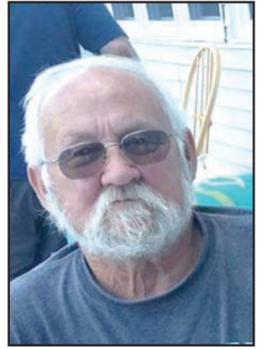
NEW HAMPTON — The family of Donald John "Donnie" Drake, 70, sadly report the passing of their beloved father and grandfather on Nov. 28, 2019 at Concord Hospice House.

Donnie was the son of John Francis and Louise Barbara (Boyn-ton) Drake, born in Laconia Dec. 15, 1948.

Donnie was a life-long resident of New Hampton who worked for Amtex and Sugarloaf Builders before owning and operating Don Drake's Painting. He beautified many units in the Lakes Region with his painting and sheet rocking skills. Don employed friends and family, creating a lot of memories and closer bonds with them, throughout his time in the business.

Don was an avid fan of local racing--both dirt and asphalt--throughout his life. He was involved in the sport in any way he could be, from building cars with his brother Steve to sponsoring and supporting many local drivers. Don was at the races spectating as often as possible cheering on his favorite cars.

Donnie is survived by his beloved children, grandchildren and great-grandchildren.



dren — Kim Royea, husband Pete and two granddaughters, Dawn Welch, one granddaughter and three grandsons, and Troy Drake, life partner Cindy, and two granddaughters; as well as six great-grandchildren.

He was predeceased by his parents; brother Stevie Drake; sisters Marjorie Hurd and Thelma Lovering; and son John Drake.

Calling hours will be Saturday, Dec. 7, 2019 from 1 to 3 p.m. at the Dupuis Funeral Home, 11 Hill Ave. in Ashland. In lieu of flowers, the family requests a donation be made to Central New Hampshire VNA and Hospice, 780 North Main St, Suite 1, Laconia, NH 03246. For more information, go to Dupuisfuneralhome.com.

Don will be greatly missed by many but is now healthy and on to his next adventure.

Town of Alexandria Public Hearing

Tuesday, December 17, 2019 at 6:00 pm

Public hearing to review the proposed building notification form. To view the proposed form, please visit our website at alexandrianh.com or a copy can be obtained from the Selectmen's Office.

Artistic Roots is the place to find unique handcrafted gifts by NH artists. And take a class! 40 juried artists in wood, glass, fiber, paint, paper, photography, ceramics, metals, embroidery & more. Gift Cards available.

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Please drive carefully.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

The Tree Lighting on the Square was a delight to be a part of again this year. Caroling, under the direction of Libby Danahy, was lots of fun with many children sharing the microphone and everyone joining in. The fire was appreciated by many feeling the chill of the night and the refreshments of roasted chestnuts, popcorn, hot dogs and hot chocolate all helped to keep the chill away. Santa arrived right on time to the delight of children old and young, lighting the beautiful tree on the count-down. Many thanks to all who made the evening so festive, especially the decorating committee who worked so hard in the cold and wind!

The Day Away Program which is held each Thursday at the Simard Hall in the Our Lady of Grace Chapel from 9 a.m. to 3 p.m. each week, provides a respite for caregivers of loved ones with early dementia and Alzheimers. On Dec. 5, they are having their annual Christmas Open House from 2 – 4 p.m. with entertainment by “just because” to be held at Simard Hall, 2 West Shore Rd. in Bristol.

The Bristol United Church of Christ Women’s Fellowship will hold it’s annual Christmas Fair on Saturday, Dec. 7 from 9 a.m. - noon in Fellowship Hall. There will be decorated 16 inch double-sided balsam wreaths at \$18 each, delicious home baked goods, lovingly made crafts and gently used Christmas items for sale.

The TTCC will again be hosting the Annual 5K Jingle Mingle on Saturday, Dec. 7. This event raises funds for TTCC programs and scholarships and is a fun, family-oriented run/walk. It is always held the first Saturday in December and the last local opportunity to do a 5K in 2019. All abilities of runners and families are encouraged to participate. Upon return to the TTCC, hot soups, hot chocolate and snacks for all participants as well as prize raffle will be available. Feel free to come dressed up for the holidays and get your jingle on!

Youth basketball (from ages 3 to high school) registration is open. TTCC is looking for players, coaches and sponsors.

Congratulations to Cindy Westfall who was recognized by the Bristol Select Board as employee of the month! Cindy is the interlibrary loan/circulation librarian at the Minot-Sleeper Library.

The MSL will be closed: Friday, Dec. 13 from 11:30 a.m. – 1 p.m., Wednesday, Dec. 25 and Wednesday, Jan. 1, 2020. They will close early on Dec. 24 and 31 at 4 p.m.

The Giving Tree will be available again this year so patrons may purchase books or movies as a gift to others using the library. Information may be found online at: www.minotsleeperlibrary.org/giving=tree.html or you can call or email the MSL. Poetry Night will be held on Thursday, Dec. 5 at 6:30 p.m. All ages are welcome. Refreshments provided by Friends of the MSL.

Richard Laflamme will present a slideshow and overview of Bristol’s six town cemeteries titled “History of Bristol Town Cemeteries” on Saturday, Dec. 7 at 10:30 a.m.

US Census Jobs Information Sessions will be held at the MSL on Monday, Dec. 9 from 11 a.m. – 1 p.m., and again on Saturday, Dec. 14 from 10 a.m. - noon.

Adult Craft will meet on Wednesday, Dec. 11 at 4 p.m. Join them for a fun afternoon of making snowmen ornaments! You may also like to bring a small item to decorate with greenery and other holiday materials. There is no cost, and all are welcome. Please RSVP by phone or email: 744-3352, librarian@townofbristolnh.org.

Bessie’s Story: Book Discussion and Book Signing on Thursday, Dec. 12 at 6:30 p.m. Dog lovers and book lovers will love this story about a chocolate Labrador’s life dealing with blindness and overcoming that, living life to the fullest navigating the world using heightened senses of hearing and smell. Authors, Ashley and Tom Farnem, share Bessie’s story during this presentation.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Sunday worship at the South Danbury Church will be at 11 a.m. on Dec. 8. This will be the second Sunday of the Advent season, and as part of the service they will be lighting the candle in the Advent Wreath that represents Peace. There will be re-

freshments and conversation afterward. All are welcome!

Save the date! “Christmas at South Danbury” celebration will be on Sunday evening, Dec. 22 at 7 p.m. Watch for posters. Everyone is invited.

Winter Farmers Market

Saturday, Dec. 7 is the last farmers market of 2019. Held from 9 a.m. to 1 p.m. at the grange hall, the market features all New Hampshire grown and made items. Support local farms and artisans and make your holiday a Native New Hampshire one! Breakfast sandwiches and lunch served. Mary Lyn Ray will be present to sell and sign her children’s books. Other participating vendors will be Nancy’s Chocolates, Ledge Hill Farm, Love & Lemons, Stevens Home-made, Offabit Farm, Donna Phalen, Deanna Pellegrino, Good Enough Farm, Linda Danforth, Nannies Pantry, Healthy Porcupine, Judy Evans, Huntoon Farm, Huckins Farm, Cardigan Mt Soapworks and Ragged Coffee.

To honor those that served our country, veterans get a \$20 shopping spree by showing an ID at the Merrimack County Conservation Table in the front foyer.

This week, schedule a little country shopping at the Blazing Star Grange Hall, 15 North Rd. in Danbury.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Community Breakfast

Dec. 7th is the next Community Breakfast 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.!

Newfound Grocery Turkey Trot update

On Thanksgiving Day (Thursday, Nov. 28), the Newfound Grocery Turkey Trot was very well attended by 287 people, including this columnist. I can definitely say that the weather seemed at least 40 degrees warmer this year compared to last year. A great time was had by all! It is certainly not too late to donate and help this wonderful event. All monies and gifts raised goes to the Santa Fund which benefits families from the Elementary School. This charity helps provide presents, clothing and dinner baskets on Christmas morning for children. If you are interested in making a donation please bring it or mail it to Newfound Grocery 408 Mayhew Turnpike Bridgewater by Dec. 20. Please make checks out to Bridgewater Turkey Trot. Thank you very much for your support! If you have any questions please call 744-8616 for further information.

Churches

Ashland Community Church

Real Church. Real People. Real Simple.

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

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

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

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

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

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

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

It is our desire to help you understand God’s incredible grace, mercy and love. We believe you will love Ashland 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 hesitate to contact our pastor, Ernie Madden, at 968-9464 or accernie@hotmail.com.

We look forward to seeing you soon!

Plymouth Congregational UCC

Save the date
First Annual Festival

of Lessons & Carols – Saturday, Dec. 14 at 3 p.m. Doors open at 2:30 p.m. Join us for a service of beloved scripture readings, carols and choral favorites for Advent. Featuring the 40 voice Festival Chorus with organ and piano accompaniment. Directed by David Williams and Accompanist, Ashley Paine.

Mission News – We will be collecting items for the organization, Voices Against Violence in Plymouth. Please bring items and put them into the laundry basket near the choir area. The wish list includes toilet paper, large trash bags, kitchen size trash bags, gas cards, laundry and dish detergent.

Prayer Requests

Rev. Bret Myers receives prayer requests at revbmyers@yahoo.com.

Live-Streamed and More! Don’t miss a thing. Sunday Worship services are live streamed on Facebook every Sunday. “Like” the church Facebook page and you will receive notifications when the weekly service goes live! Missed something? You can find it on the Facebook, “Plymouth Congregational United Church of Christ Plymouth NH.” Scroll down to the date of the service or program you missed. It is all there! You will also find current information about upcoming church events and a few posts to make you laugh.

Feeding Our Children Together

We provide 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School during the academic year. Every Friday, grocery bags are delivered to the children so that they will have enough to eat over the weekend. If you would like to find out more on how you can help packing, delivering, or shopping for Feeding Our Children together, email office@uccplymouth.org.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, social liberal, open and affirming, inclusive and enthused about sharing Christ’s love with the world. If you are new to the community and looking for a church home, we invite you to come and experience God’s love through worship, study and service.

Support Our Church

If you shop at any Hannafords, please purchase a pre-paid grocery card from our Finance Committee. The church receives 5 percent of each card purchased. Cards are available on Sunday mornings and come in denominations of \$100, \$200 and \$250.

Meals for Many

Please enjoy a free wonderful dinner prepared by Chef Mike on every Thursday between 5-7 p.m. All are welcome!

Restoration Church, Plymouth (Assemblies of God)

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

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month Noon-2 p.m. Helping Hands Food Pantry Friday: Second Friday of the month 6 p.m. Food, Fun, Fellowship

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

Our Mission Statement: Just One More!

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

Starr King Unitarian Universalist Fellowship

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

This week at Starr King:
Dec. 8

Reverence and Reason

Rev. Dr. Linda Barnes, Worship Leader Sarah Dan Jones, Music Director

We Unitarian Universalists are a people of reason. Our faith embraces the rational and holds reason in deep regard. In this service we’ll explore how it is we might both embrace our appreciation of reason and lean into the awe of the sacred unknowable.

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



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bristol	30 Beech St., Unit 3d	Condominium	\$30,000	FNMA	Hus Holdings LLC
Campton	1024 US Route 3	Commercial Building	\$250,000	W.L. & E.A. Pollard Real Estate	1024 US Route 3 LLC
Dorchester	1773 NH Route 118	Mobile Home	\$180,000	Barbara C. Marshall IRT and Barbara A. Rose	Green Woodlands North LP
Holderness	96 7 Pines Rd.	Acc. Land Imp.	\$135,000	Gregory C. and Paula E. Finigan	Jeremiah R. and April M. Sargent
New Hampton	110 Sky Pond Rd.	Single-Family Residence	\$429,000	S.H. Stevens Taylor RET	Browne NH RT and Kevin J. Browne
Plymouth	Route 3a, Lot 47	N/A	\$163,600	Tracy H. and John C. Dieselman	Graydon Vigneau and Jane Barnard
Plymouth	236 Yeaton Rd.	Single-Family Residence	\$110,000	Teresa J. Montague	Matthew J. Yeaton
Warren	45 Lund Lane	Single-Family Residence	\$85,000	Rhonda C. Martin	Donna C. Campbell
Waterville Valley	42 Forest Knoll Way, Unit H3	Condominium	\$299,000	Jayne H. Simoes RET	Michael D. and Courtney L. Alexander
Waterville Valley	7 Klosters Way, Unit 90	Condominium	\$220,000	Susan A.T. MacGrath RET	Adam G. Gross and Lee Hannauer-Gross

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

Unintended consequences



BY MARK PATTERSON

In 1934, the Roosevelt administration put forth the "New Deal" which included the entitlement we know as Social Security. Originally Social Security was not accessible until the age of 65. Now SS can be

started at the age of 62 or even younger if disabled. When we started SS, there were 42 people paying into the system for every one person taking from the system, making it very solvent.

A generation of people born in the 1920's and '30's, some who fought in World War II and were later referred to as the Henry Ford generation but named the greatest generation by Tom Brokaw. Those soldiers who returned from WWII created

the "Baby boom" generation that is defined from 1946 through 1964. During that 18 year span, there were 78 million people born in this country. After this generation we have had Generation X and Gen Y blending in with the Millennials, all who have not had nearly as many children as that Baby Boomer generation.

The Baby Boomers are now retiring at the rate of 10,000 per day driving the ratio from 42 contributors to 1 recipient of SS entitle-

ments and Medicare/Medicaid to only 3 contributors to 1 recipient. Within the next ten years the ratio will be 1 to 1.

Let's estimate an individual's annual SS and Medicare entitlements at age 66, which is full retirement age currently. Maybe 24,000 in SS and 15,000 in Medicare, not to mention any additional Veterans benefits. My high powered calculator tells me that in 10 years, every working person will have to support roughly \$40,000 worth of entitlements annually that we Baby Boomers are collecting.

Our national debt is over \$22 trillion, and will accelerate exponentially in order to just service the existing debt. While our short-term interest rates have climbed, our longer-term rates have not accelerated nearly as much, leav-

ing us with a flatter yield curve. Debt will likely be financed with longer-term bonds. This can only do so much

David Walker was comptroller of the US until 2008, has stated that we must double tax rates just to stay solvent. Cutting spending would obviously help, but Washington cannot seem to accomplish this. Just after WWII our highest tax rate was 94 percent, in the 1970's we had a top tax rate of 70 percent. In 2012, our highest rate went from 35 to 39.5 percent. So, we are close to historic lows for our tax rates, yet we as individuals, still defer taxes until a later date. Tax diversification is extremely important and if you are not taking advantage of some methods for paying taxes now at these low rates for tax free money in the future, this will likely be

regrettable soon. Most people that I speak with regarding future tax rates believe they will be in a lower tax bracket when they retire. Possibly, but future entitlement payments will have to come from somewhere. Note that I refer to your benefits as "entitlements", only because the government autocrats have re-named your money so that they can be the redistributors of our own money which they have deemed the governments.

If your Advisor is not versed in tax free retirement plans or tax-free accumulation and distribution of assets, then find one that is, or call my office.

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

Community invited to SLA's Squam Watershed Plan review

HOLDERNESS — On Wednesday, Dec. 11, from 3-5 p.m., the Squam Lakes Association welcomes the Squam community to join us in reviewing the final draft of the Squam Lakes Watershed Management Plan. The result of years of work, the Watershed Plan sets a vision for the future of the Squam Watershed. Focusing on the health of our lakes, the plan examines current water quality conditions in the Squam Lakes, projects the future of development in the area, and estimates future trends in water quality conditions. The plan also includes action items to protect water quality into the future, ensuring that the Squam we enjoy now will be conserved for generations to come.

"We're thrilled to

present this plan to the Squam community," says EB James, SLA Executive Director. "The backbone of the entire process has been public engagement and involvement. This event provides one more opportunity for folks to provide input."

Funding for this project was provided in part by a Watershed Assistance Grant from the New Hampshire Department of Environmental Services with Clean Water Act Section 319 funds from the U.S. Environmental Protection Agency. Partnerships were a key part of this project. The Squam Lakes Association worked with local planning boards, the Lakes Region Planning Commission, Plymouth State University, and had a dedicated advisory committee who were

essential in shaping the plan.

The Dec. 11 meeting will be held at the SLA's headquarters (534 US Route 3, Holderness, NH) and will introduce the draft plan, summarize the data and public input used to create the plan, and provide an opportunity for the public to comment on the draft. For more information about the entire planning process and to view the draft plan, visit the SLA Web page: <https://www.squamlakes.org/conservation/squam-watershed-plan>.

Friends of MSL hosting Holiday Cookie Buffet

BRISTOL — Don't miss out on the best cookie sale in the lakes Region!

The Friends of Minot-Sleeper Library, in Bristol will hold their annual Holiday Cookie Buffet on Friday, Dec. 13 and Saturday, Dec. 14 at the Bristol Ma-

sonic Lodge.

Be ready to be awed when the doors open at 3 p.m. on Friday afternoon. The sale will continue till 5:30 p.m. on Friday, and will reopen at 8 a.m. Saturday morning and run till 11 am. On Saturday, the sale will coincide

with the Mason's free Breakfast with Santa (8-10:30 a.m). All funds from the cookie sale are used to support programs and events at the Minot-Sleeper Library. The Friends is a non-profit 501(c-3) organization.

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PLYMOUTH STATE

GIVING WEEK

DECEMBER 3-8, 2019

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DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

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Comfort Keepers

Seasonal care activities for all seasons

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

At any age, our health and wellbeing are enhanced by regularly participating in the events and activities that bring purpose, hope and joy. For seniors, taking part in these activities can be more difficult, but it's also more important to find a way to participate as we get older. Elderly people who feel younger than their age show less brain aging, better memory and less depression.

Studies show that staying engaged is important for a senior's mental health, but avoiding social isolation and maintaining a sense of purpose can have physical effects too. Medical professionals recognize that social determinants of health, especially those that affect mental, social,

emotional and spiritual wellbeing, impact health outcomes and quality of life.

It's important for seniors to work with their families, caregivers and health professionals to develop a plan that allows them to take part in activities they love and maintain positive mental health through activity and connection. There are always opportunities for meaningful moments and joyful days with a little planning, conversation and intentional action.

Winter Activities

The holidays are filled with opportunities to enjoy music, celebrations with family and service.

- For some, holiday shopping is a nice way to spend time outside of the house and can be a good way to get in some

walking for those that are following a physician-prescribed exercise program.

- Singing, dancing, playing instruments and listening to holiday carols are ways that seniors can enjoy music, even if they have mobility issues or have to stay home due to inclement weather. Streaming music services often have a wide selection, allowing seniors to pick their favorites to listen to through a phone, virtual assistant or computer.

- While there are ways that seniors can serve others year-round, volunteering can be even more meaningful around the holidays. Working at a soup kitchen, reading to children or participating in food and clothing drives can help spread holiday cheer and foster a sense of purpose.

Spring Activities

Spring brings warm-

er weather, holidays that encourage fun and an op-

portunity to start the new
SEE COMFORT, PAGE A11

Dr. Theodore Capron joins Speare Primary Care in Plymouth

PLYMOUTH — Speare Primary Care welcomes Dr. Ted Capron to the practice at 103 Boulder Point in Plymouth.

Board certified in family practice medicine, Dr. Capron has more than 35 years of medical experience, many of those as a dedicated family physician in Meredith for over two decades. After relocating out of state in 2017, he and his wife have made the move back to New Hampshire.

"We love being in New Hampshire again," says Dr. Capron who enjoys a variety of outdoor activities.



COURTESY

Dr. Theodore Capron

Dr. Capron has special interests in end-of-life care, bioethics, and electronic health records but gets his greatest fulfillment from his relationships with patients.

"It is great to see patients again and get to know them on a first name basis," he says.

Dr. Capron worked with Speare two years ago while participating in the selection, implementation, and provider training for a new electronic health record shared by Speare and Lakes Region General Healthcare.

"I learned a lot about Speare in that process and was always impressed by the leadership," says Dr. Capron. "I knew I was

coming to a quality place and not the unknown."

And Speare is happy for that, adding him to the team at Speare Primary Care.

Dr. Capron is accepting new patients. Please call 536-1881 to schedule an appointment.

Speare Memorial Hospital—a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of Central New Hampshire—is nationally ranked as a Becker's Top "62 Critical Access Hospitals to Know." Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.

Seven essential exercises

PLYMOUTH — Resistance training is a form of exercise that increases your muscular strength and endurance. This is important to maintain your bone density and reduce risk of osteoporosis. Sarcopenia is the loss of muscle due to the aging process. Regular muscle loss starts when you are in your 30's. Physically inactive people can lose 3-5 percent of their muscle mass every ten years. Many different muscles make up the major muscle groups that we use every day, the quadriceps, chest, back, glutes, hamstrings, lower back, shoulders, and core. Listed below are seven essential exercises to hit each muscle group, which can be performed anywhere!

The first essential exercise is the pushup. To perform a pushup, you first want to lay face down on the floor, place your hands right under your shoulders, engaged the core, and push up through your hands to raise your body in a straight line from your shoulders to toes. From here, you can continue to lower, as far as you are comfortable, and raise your body to complete more pushups. Make sure to keep your elbows as close to your sides as possible.

The second essential exercise is a single arm supported bent over row. First, you should find two chairs to push together to make an elevated surface. Start with your right hand on the chair under your shoulder, and your right knee on the other chair under your hip. Your left foot will stay on the ground, your back should be flat, and you will hold a weight in the left hand. Make sure to have your shoulder pulled back before starting the exercise, and then begin by raising your left elbow and upper arm up to the side of your torso, making sure to keep it close to your body the whole move-

ment. Return to starting position to complete a rep.

The third essential exercise is the shoulder press. To properly perform this exercise, you will want to raise your arms up to about eye level, palms facing forward, elbows at 45 degrees. Press your arms up until almost straight, and then back to starting position.

The fourth essential exercise is a squat. To complete a squat, start by standing tall with your feet shoulder width apart, toes pointing forward. Next, you will push your hips backwards, bend at the knees, and go as low as you feel comfortable, then return to standing by pushing through your feet.

The fifth essential exercise is a bridge. To begin, lay on the floor with a flat back, knees bent, and feet about shoulder width apart and flat. Now press through your heels to raise your hips. Continue to control your hips up and down to complete the exercise.

The sixth essential exercise is a stiff leg deadlift. Form is very important for this exercise. You will want to have weight in each hand and hold it close to the front of your thighs which you palms facing your thigh. Make sure you are standing up nice and tall, and shift your hips back like you are closing a door with your butt. As you push back, let your back lean forward while staying straight, and the weights stay close to your legs. Once you feel a pull in your hamstrings and glutes, pull your hips back forward to a standing tall position.

The seventh essential exercise is a plank. Start with your forearms and toes on the floor, and lift up and hold, keeping your body straight from your shoulders to heels. Pay attention to where your body straight from your shoulders to heels. Pay attention to where your hips are, not too high or low.

A good goal would be to complete three sets

of 10 reps, with a 30 to 60 second break between each set, of each of the above exercises. There are many different variations for each of these essential exercises either make easier or add a challenge. RehabFIT has different equipment to keep these important exercises fun and new to keep our bodies strong. RehabFIT is a medical fitness center in Plymouth, NH, open to all activities levels. Mem-

bers will have exercise physiologists to help and guide you through a personalized workout program, assist in program progression, form, and more! RehabFIT also offers a variety of classes, available for members and non-members, for example core fusion and strength interval training. Please call 238-2225 for more information or come stop by at 103 Boulder Point Dr., Plymouth for a tour!

Plymouth's 2019 HOMETOWN HOLIDAY CELEBRATION

Proudly sponsored by Plymouth Rotary

Fri. Dec. 6	<p>10:30 AM-7:30 PM Festival of Trees — Plymouth Regional Senior Center Enjoy the display and buy a chance to win one of the fully decorated Christmas Trees. (FREE)</p> <p>5:00 PM PSU's Acapella Groups perform — Plymouth Regional Senior Center With "Mixed Emotions" and "Vocal Order". (FREE)</p> <p>7:00 PM Windham Hills' Winter Solstice— Silver Center for the Arts A concert of original and traditional acoustic music. (\$25-\$540 CALL 535-ARTS)</p>
Sat. Dec. 7	<p>8:00 AM-10:00 AM 9th Annual PES Jingle Bell 5k Trail Run/Walk For registration and information, contact ssanborn@pemibaker.org</p> <p>9:00 AM-12:00 PM Wreath Making Workshop — 320 Fairgrounds Road Greens and frame provided. BYOD—Bring your own decorations. Reservations recommended (Dick Flanders 455-2013). Benefits Plymouth Historical Society. (\$5/wreath)</p> <p>10:00 AM PES Pancake Breakfast — Plymouth Elementary School Following the 5k (Admission by donation)</p> <p>10:30 AM-7:30 PM Festival of Trees — Plymouth Regional Senior Center (continues)</p> <p>11:00 AM-2:30 PM Holiday Cookie Walk — Plymouth Regional Senior Center Stroll tables and fill your boxes with delectable treats. Face Painting. Raffles. Crafts. Supports Bridge House Homeless Shelter and Veterans' Advocacy</p> <p>12:00-3:00 PM Holiday Kids Party (Kids K-5) / Family Gingerbread Contest at Plymouth Elementary School—Call Parks and Recreation (536-1397) for more information</p> <p>3:00-5:00 PM Ice Carving by Jeff Day of Ice Designs—North end of the Common Watch as blocks of ice are transformed into a work of seasonal art! Great photo op!</p> <p>4:00-5:00 PM Main Street Banks open for warming Keep warm & enjoy a cup of hot cocoa at Bank of NH, Northway Bank, or Meredith Village Savings Bank. (FREE)</p> <p>4:00-5:00 PM Cookie-Creation with the Elves — Town Common Kids of all ages decorate holiday cookies. Fun and delicious! Courtesy of PSU Dining Services & CADY elves. (FREE)</p> <p>4:30-5:00 PM Holiday Carol Sing-Along — Town Common Lead by Tim Keefe. (FREE)</p> <p>5:00 PM Holiday Parade Begins Bands, Floats, Walkers, Horses, Dancers, and, of course, SANTA!</p> <p>6:00 PM "Chill-Buster" Bonfire and Barbeque — Green Street (across from Senior Center) Alex Ray and Plymouth Rotarians serve up chili, chowder, burgers, dogs & hot drinks under the tent. (Fee) with a bonfire to keep you warm.</p> <p>6:00 PM Visit with Santa —Plymouth Regional Senior Center Kids check in with Santa while adults warm up. Pemi Youth Center elves serve hot cocoa. (FREE)</p>
Sun. Dec. 8	<p>2:00-4:00 PM Skate with Santa — PSU's Hanaway Ice Arena Visit with Santa and skate for FREE! Skates available, or bring your own. Light refreshments. Photos with Santa.</p> <p>3:00 PM Pemigewasset Choral Society Concert — Silver Center for the Arts Vivaldi's "Gloria," sacred and secular Christmas tunes, and audience sing-along (DONATION)</p>

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The Tubes bring art rock with pop appeal to Plymouth

PLYMOUTH — The Flying Monkey presents The Tubes on Saturday, Dec. 14. The San Francisco band known for pioneering theatrics in rock ‘n’ roll long before MTV and music video made it fashionable. Tickets start at \$44.

It’s safe to say there has never been a band quite like the Tubes.

At a time when rock was headed toward a reckoning with the rise of punk—itsself a response to the overblown pomp and spectacle of rock concerts—San Francisco band The Tubes decided to have it both ways. The Tubes ushered the theatrical mix of Alice Cooper and The Talking Heads, the musical adventurism of progressive rock and the shock value of cabaret into an intriguing, if sometimes messy whole. Decades later, core mem-



The Flying Monkey presents pioneering San Francisco band The Tubes on Saturday, Dec. 14.

bers of the group continue, their satire now leavened with nostalgia.

Tubes performances were full stage productions, sometimes including a car or motorcycle, a chainsaw (sans blade) and 12-foot inflatable cigarettes. They toured like a theater troupe, with a seven-man band, six dancers and a full

crew. All of the songs, with such titles as “Mondo Bondage,” “Rock and Roll Hospital” and “Space Baby,” were accompanied by Kenny Ortega’s choreography.

Not only are The Tubes masters of the live show but they also know how to write a great song with cult hits, “White Punks on Dope”

and “Don’t Touch Me There,” and they topped the charts in 1983 with “She’s a Beauty.” They toured the World with David Bowie and Peter Gabriel and appeared on Cher’s prime-time variety show.

When The Tubes come to town you are guaranteed to be wowed by their theatrical stage

performance and have a great sing along to all the hits.

Tickets for The Tubes range from \$44 - \$54. For more information

on upcoming shows or to purchase tickets, call the box office at

536-2551 or go online at www.flyingmonkeyNH.com.



White Mountain Toastmasters will be hosting its Winter Holiday Party and Open House at The Common Man Inn and Spa on Wednesday, Dec. 11.

White Mountain Toastmasters hosting Winter Holiday Party and Open House

PLYMOUTH — White Mountain Toastmasters will be hosting its Winter Holiday Party and Open House at The Common Man Inn and Spa on Wednesday, Dec. 11. Social time starts at 6 p.m., with the meeting following from 6:30 – 8 p.m.

The public is invited to a fun evening of laughter, learning and interesting speeches! We will be having a Centerpiece competition and raffles. You are welcome to order food and drink from Foster’s Boiler Room to enjoy during the program. Light refreshments will be provided.

Toastmasters International is a world lead-

er in communication and leadership development and more at www.Toastmasters.org.

Each local club has as its mission to “...provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.” Learn more about White Mountain Toastmasters at <https://5122.toastmastersclubs.org>.

Please join us to find out what Toastmasters is all about. For more information, please contact Carol Hart at carolhart@dunadd.net or 344-7029.

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Edward Jones: Financial Focus

Invest in Your Family and Community

Why do you invest? For many people, here’s the answer: “I invest because I want to enjoy a comfortable retirement.” And that’s certainly a great reason, because all of us should regularly put money away for when we’re retired. But you can also benefit by investing in your family and your community.

Let’s start with your family members, particularly the younger ones. How can you invest in their future? One of the best ways is to help send them to college. A college degree is still a pretty good investment: The average lifetime earnings of a college graduate are nearly \$1 million higher than those of someone with a high school degree, according to a study by the U.S. Census Bureau.

To help your children or grandchildren pay for any college, university,

vocational school or other postsecondary education, you may want to open a 529 savings plan. With this account, withdrawals are federally tax free, as long as the money is used for qualified higher education expenses, including those from trade and vocational schools. (However, if you withdraw some of the earnings on your account, and you don’t use the money for qualified expenses, it will be taxable and can also incur a 10% federal tax penalty.) Plus, you retain control of the funds until it’s time for them to be used for school, so if your original beneficiary chooses not to pursue some type of higher education, you can name a different eligible beneficiary.

Another way to invest in your family is to help your adult children avoid feeling obligated to provide financial assistance to you. For example, if you

ever required some type of long-term care, such as an extended stay in a nursing home, could you afford it? The average cost for a private room in a nursing home is more than \$100,000 per year, according to a study by Genworth, an insurance company. And Medicare typically pays very few of these expenses. So, to avoid burdening your adult children – while also preserving your own financial independence – you may want to consider some type of long-term care insurance. A financial advisor can help you determine what coverage may be appropriate.

Moving beyond your family, you may want to invest in the social fabric of your community by contributing to local charitable, civic, educational or cultural groups. Of course, now that we’re in the holiday season, it’s the perfect time for such gifts. Furthermore,

your gift will be more appreciated than in years past because one of the chief incentives for charitable giving – a tax deduction – was lost for many people due to tax law changes, which raised the standard deduction so significantly that far fewer people chose to itemize deductions. However, you might still be able to gain some tax benefits from your charitable gifts.

To name one possibility, you could donate financial assets, such as stocks that have risen in value, freeing you of potential capital gains taxes. In any case, contact your tax advisor if you’re considering sizable charitable gifts.

Saving for your retirement will always be important. But don’t forget about investing in your family and your community – because these investments can provide satisfying returns.

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SLA to host snowflake identification hike

HOLDERNESS — Have you ever wondered how rime ice or snow crystals are formed? Or whether snowflakes are really all unique, or not? Bundle up in your warmest winter hiking gear and join the Squam Lakes Association at the Chamberlain Reynolds Memo-

rial Forest (College Road, Center Harbor) on Saturday, Dec. 7, from 10 a.m.- noon to finally get some answers!

Lakes Region Conservation Corps members Micaela Wells and Moses Shafer will lead a walk n’ talk on snow formation and

SEE HIKE, PAGE A11

Hiring?

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Holiday

FROM PAGE A1

all ages. Bessie continues to live life to the fullest, joining the Farnems on daily hikes in the woods, off-leash, as she skillfully navigates the world around her. She also continues to retrieve on land and in the water using her heightened senses of hearing and smell. Ashley and Tom share Bessie's story during this presentation.

The Friends of the Minot-Sleeper Library will hold their annual Cookie Buffet on

Friday, Dec. 13 from 3-5:30 p.m. and again on Saturday, December 14 from 8-11am at the Masonic Lodge, next to the library. Homemade holiday cookies will be for sale. All proceeds from the cookie sale benefit the library.

A DIY holiday crafts and gift wrapping party will be held on Saturday, Dec. 14 from noon-2 p.m. Materials for the crafts will be provided and wrapping paper and bags will be provided for wrapping – just bring your gifts!

During school break, the new movie,

“Abominable” will be shown on Friday, Dec. 27 at 3:30 p.m. Popcorn will be served!

The library's two book groups are always welcoming new members. On Thursday, Dec. 12 at 3 p.m., the Nonfiction Book Group will discuss “Life on the Mississippi” by Mark Twain. On Monday, Dec. 16 at 10 a.m. the Third Monday Book Group will discuss “Skipping Christmas” by John Grisham. Copies of these books are available to be borrowed from the library.

Strategies

FROM PAGE A4

ployment insurance is 75 percent of a worker's pay, and day care is available for all. All Swedes have five weeks of legally mandated vacation, up to 450 days of parental leave at 80 percent of a worker's salary, and 120 days of leave to care for a sick child. Education in Sweden is free through to the PhD level, and retirement benefits begin at age 65...It just sounds too good to be true. Upon closer inspection, however, a far different and ominous picture emerges. It is a picture of a country slowly strangling itself to death with government spending and social benefits. [...] The obvious consequence of this is that Sweden has the highest tax burden in the developed world. [...] Everything is expensive in Sweden because on top of all personal taxes there exists a 25

percent national sales tax on almost all goods and services” (John L. Bowman, Socialism in America, Ch. 3).

And so, America, take note: there is no free ride. “Tax the rich,” we are told. “Let the other man pay.” But it won't work.

Statistics, according to taxfoundation.org show that in 2014 the top 1 percent of wage-earners, 1.4 million people, paid 39.5 percent of all income taxes paid, at a rate of nearly 27 percent, for a total of \$542 billion. There is no way “the rich” can finance the trillions of dollars necessary to implement everything being promised. “The other guy” is not going to pay for this; you are.

Maya MacGuineas, president of the Committee for a Responsible Federal Budget, speaking on “Fox and Friends” April 15, warned that Bernie Sanders' proposed policies could cost \$20,000 per taxpayer if imple-

mented as he has proposed.

In short, socialism is not the answer current aspirants to the White House would like you to believe. Our capitalist economy is not perfect, but it has made our nation the envy of the world. It is only in America that an individual can dream impossible dreams and find success – if they are willing to pay the price for its achievement.

I am concerned that pie-in-the-sky promises and irresponsible rhetoric is convincing some to “take a chance” on a new form of government. But it must not be! This is America, where private property, capital accumulation and competitive markets have made these United States the greatest nation in the world. May God help us to keep it that way!

For more thoughts like these, follow me at indefenseoftruth.net.

Notebook

FROM PAGE A5

tion and contributing to the economy.

But hold that judgment: It might just be, a veteran Conservation Officer once reminded me, that the ATVer is indeed from away, and is in fact staying for a weekend or a week, at his place or a rented one, and is simply leaving his gear and duffle back at camp.

+++++

One problem with all forms of motorized recreation, but particularly ATVs, is that no dealer likes telling a customer about to sign on the dotted line that he might have prob-

lems finding places to ride. And a litany of arrests and court cases has shown us that the customer otherwise might not have a clue about privately owned land or landowners' rights.

Landowners often view snowmobiles and ATVs in totally different light. For one thing, the ATV season is twice as long as the snowmobiling season. Second, snowmobile clubs have spent decades forging good relationships with landowners and ironing out problems, while many ATV clubs have barely begun. Third comes that inherent factor about ATVs: They are just plain more intrusive and harder on the land.

And ATVs simply sound a lot louder, perhaps because there's no snow to muffle the noise. And it doesn't help that so many ATV riders can't help gunning their idling engines.

Finally, if the small percentage of scofflaws and yahoos causing most of the problems for ATVs and snowmobilers alike could just obey the signs, and show some basic manners on the trail, the lion's share of problems would disappear.

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

Hike

FROM PAGE A10

teach participants the basics of snowflake identification. This program is open to all ages capable of hiking a 1.8-mile loop on flat, winter terrain. We will discuss the effects of temperature and humidity on snow formation, the main forms of snow, the origins of snow, sleet, and freezing rain, atmospheric cloud physics, and more! Participants will also have the opportunity to practice snow identification through a group activity and will come away

from the program with an increased understanding and love for the natural processes that sustain the Squam watershed.

Registration is required. For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The Squam Lakes Association also offers other guided hikes and environmental programs throughout the winter. These free programs, presented by the Lakes Region Conservation Corps AmeriCorps

members at the SLA, are open to the public and cover a variety of conservation related topics and recreational activities around the lake.

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

Long's

FROM PAGE A1

years now, and always look forward to it,” the family said as they bundled up to head off into the tree orchard. “We make a whole trip out of it because we really enjoy nature, the view from here and the chance to pick out our own tree.”

Jamie and Stephanie Long, both professionals in forestry,

have operated Long's Christmas Tree Farm since 1990 after Jamie planted their very first Christmas tree seedling in 1983. Now several acres of trees provide their customers with a wide selection of traditional Balsam and Frasier firs that are carefully pruned each year.

Long's Christmas Tree Farm is located at 125 Taylor Hill Rd. in Danbury, just

a short drive off N.H. Route 104, and is open from 9 a.m. until dusk every weekend until Christmas. One of the very few tree Christmas tree farms in the Newfound Region, Jamie and Stephanie have handsaws available for their customers' use and are happy they can help families find that perfect tree for their holiday celebrations.

Pop-Up Shop

FROM PAGE A3

several other artists who provided music as their contribution to the weekend. Those local musicians were Ericka Cushing Benton, CRB3, Audrey Drake, White Steer, Mark Flynn and Holly Furlone.

New this year was another shopper-participation feature. On Friday there was a juried art contest amongst the vendors themselves who voted

for their favorite fellow artist. The \$100 prize for that honor went to Jeff LeBlanc of Camp-ton whose unique River Glass Custom Designs impressed them all. On Saturday, though, it was time for the People's Choice Award to be announced. Over the two days of the shop, the public was also asked to vote for their favorite artist and on Saturday LeBlanc took home that prize, too. Runner up for the award was

the artwork of Groton resident Lisa Famosi. While LeBlanc won another \$100 gift card to the Lucky Dog Tavern and Grill in Plymouth for that distinction, Famosi also received two Waterville Valley lift tickets for her talents.

Dunn encouraged everyone to keep their eye out for next year's Local Pop Up Art Shop, where they can discover more of the talented people who live in their neighborhoods.

Comfort

FROM PAGE A9

year right.

- For those that have been given approval from their physician to exercise, many gyms and fitness centers have discounts at the beginning of the year. This is a great chance to explore new exercise classes and facilities.

- Before the weather gets too warm, it's good to consider a spring-cleaning project. And, a spring refresh doesn't have to be a chore – seniors can make housework fun by playing upbeat music or using the time to look at photos and mementos with loved ones.

- Spring serves up holidays that are pure fun – seniors and their loved ones should make it a point to celebrate St. Patrick's Day, Cinco de Mayo, Mother's Day, Easter and the first day of spring. Whether it's making a special meal, dressing up or going to festivals or community events, spring offers lots of opportunities for connection.

- Many older adults find that gardening is a perfect spring activity for those that like to be outside, and can involve anyone that wants to help!

Summer Activities

Hot summer days and warm summer nights offer many opportunities for outdoor activities, as well as enjoyable things to do in the AC when it gets too steamy out.

- Because seniors are more sensitive to the sun, gyms and community centers often have pools that offer water aerobics classes in the cooler morning or evening hours. Seniors interested in these programs should discuss their exercise plans with a healthcare professional before signing up.

- For seniors looking to avoid the sun, there are a number of activities that take place in air-conditioned environments – this includes spending an afternoon at the movies, walking through an indoor mall or hosting friends and family for iced tea and card games.

- Picnics, BBQ's, con-

certs in the park and stargazing are all summertime activities that can be enjoyed by people of any age, and are great for seniors and their families to do together. Many of these can be done out in the community or near the home.

Fall Activities

Fall activities tend to focus on connecting with loved ones, enjoying the turning season and spending time outside before the weather gets icy.

- Fall is a dream for seniors that enjoy football, baseball and hockey. And, many sports facilities are accessible for those with mobility issues. For those that don't live near their favorite team, seniors and their loved ones have many opportunities for parties at home.

- Enjoying fall foliage is an activity in itself, and can be done sitting on the porch, going for a short walk or on a longer hike outside. Raking leaves can even be fun when done with loved ones.

- Eating is another activity that seems to be more fun in the fall – family dinners, baking projects and Halloween celebrations are all opportunities for seniors to participate in activities they enjoy while maintaining their nutrition goals.

Comfort Keepers® can Help

At Comfort Keepers®, we create individual care plans for every client. These plans in-

clude wellness goals that consider physical, mental and emotional health. Our caregivers can help support physician-prescribed diet and exercise plans, provide medication reminders, provide transportation to events and appointments and help seniors engage in the activities they love the most. And, our caregivers can help senior stay connected with loved ones through video chats, phone calls and care updates. We believe that every senior should experience the best in life. If you have questions about Comfort Keepers uplifting in-home care services, please contact us today.

About

Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.nhcomfortkeepers.com for more information.

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Turkey Trot

FROM PAGE A1

I was in fourth or fifth grade," he said.

Once everyone returned to Newfound Country Store, they were invited inside where there was hot coffee, food and beverages available. There was also a raffle for dozens of great prizes from local businesses along with a 50/50 cash raffle, all benefitting the Bridgewater Turkey Trot Fund.

Alison Joyce headed up the team of volunteers once again this year and was pleased to



Nearly 300 people were off and running last Thursday morning for the annual Bridgewater Turkey Trot, which provides assistance over the holidays to local families in need.

DONNA RHODES

see such a good turnout. She said the Turkey Trot fund will use all the money raised this year to help friends and neighbors in need. Applications and nominations for people seeking some holiday assistance are brought to Newfound Country Store where owner Holly Kerouac and her volunteers then process the requests. They then shop for the children, wrap all the gifts and fill boxes of food for families and seniors to enjoy.

"Last year, we provided food baskets and gifts for more than 90 families," Joyce said.

Besides the money raised through the Turkey Trot registrations, she added that none of it would be possible without the assistance of their generous sponsors. Among the biggest supporters this year were West Shore Marina, Dead River, The Cosmic Moose, Hiltz Excavation, Hall's Excavation and Newfound Country Store. Volunteers who gave of their time to make the Turkey Trot a success once again included the Comeau and the Simula families. Joyce said she also wished to thank the members of Bridgewater's police and fire departments for keeping all the runners and walkers safe that day.

While Newfound Country Store accepts year round contributions to the Bridgewater Turkey Trot Fund, those who wish to help them meet the 2019 holiday needs should bring their donations to the store before Saturday, Dec. 21.



DONNA RHODES

Santa celebrated the lighting of the Christmas tree in Bristol's Central Square last weekend before heading to the Tapply-Thompson Community Center, where he met with all the children who were on hand for the event.

Tree Lighting

FROM PAGE A1

St., eager for the first glimpse of the Bristol fire engine that would be delivering

Santa to the square. Loud cheers and applause erupted when the brightly lit engine pulled up and Santa climbed down from his perch on top the vehi-

cle. Greeting everyone as he made his way across the common, he said he hoped they all had been good in the past year before he flipped the giant

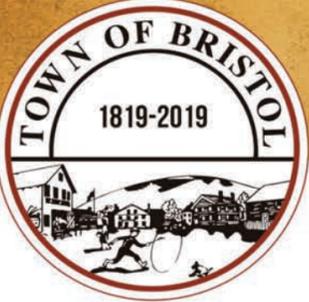


DONNA RHODES

A sleigh in Central Square was a perfect photo op for folks of all ages who attended Bristol's tree lighting festivities last Friday. On the left, Billy and Jimmy Webster and their cousin Sabrina Sedic-Lawton enjoyed snuggling up for a family photo, while Mike Bruno, his mom Hilda, Jan Metcalf and Lucille Keegan's Victorian garb provided a nostalgic look to theirs.

switch and lit the tree. Children then joined Santa in a march up N. Main St. to Tapply-Thompson Community Center. Once Santa got settled in his

chair, he listened to all of their Christmas wishes and posed for photos before heading off to his next stop over the busy weekend.



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In this season of gratitude, we give thanks to **everyone**—sponsors, donors, volunteers, town employees, committee members, and participants—who helped make Bristol's Bicentennial Year so very special.

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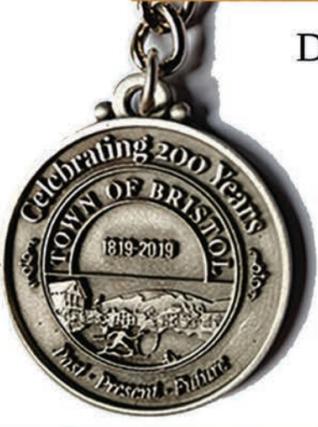


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What's On Tap

The winter sports season officially arrives in the coming week.

The Kingswood and Prospect Mountain swim teams open the season on Sunday, Dec. 8, at Gilford at 10 a.m.

The Newfound girls' basketball team opens the season on Friday, Dec. 6, at home against Monadnock at 6:30 p.m. and will be at White Mountains on Tuesday, Dec. 10, at 6:30 p.m.

The Prospect Mountain girls' hoop team will be hosting Berlin at 6 p.m. on Friday, Dec. 6, and will be at Franklin at 7 p.m. on Tuesday, Dec. 10.

The Plymouth wrestling team will be hosting the opening meet on Wednesday, Dec. 11, at 6 p.m. against Mascoma.

Bears return three starters to the court

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound hoop girls will return three of the starters from last year's team, which gives second-year head coach Kammi Williams reason to feel good about this winter's version of the Bears.

"We are returning three starters from last year, which I see as being the stability of our team," Williams said. "We obviously will be missing the scoring and rebounding of (graduated) Ashlee Dukette, but we hope to have a more balanced attack this season."

The Bears will be returning last year's second leading scorer in sophomore Paulina Huckins, last year's third leading scorer in junior Bailey Fairbank and the team's defensive specialist, junior Tiffany Doan from the starting lineup from last year.

Additionally, there are a couple of other girls returning to the

varsity squad with some experience under their belts.

Senior Leah Bunnell and junior Mackenzie Bohlmann have both been part of the varsity squad for multiple years and they will be counted on to split time at the forward position. Bunnell is a shooting specialist while Bohlmann adds to the high/low offense. Junior Haley Dukette also brings some shooting skill to the court as she looks to take the next step for the team.

Williams will also be looking to a couple of newcomers to help fill out the roster. Freshmen Malina Bohlmann, Matti Douville and Molly McKellar are all incredibly athletic and aggressive according to their coach. Now they just have to get used to the varsity system.

"They just need to learn the system," Williams said, noting that McKellar will work as a backup to Huckins while Malina Bohlmann and Douville



JOSHUA SPAULDING

Bailey Fairbank returns to the backcourt for the Newfound hoop girls this winter.

Fairbank, Huckins earn All-State nods

BY JOSHUA SPAULDING
Sports Editor

REGION — The New Hampshire Volleyball Coaches Association announced the All-State selections following the conclusion of the season.

In Division II, Plymouth coach Jonathan VanScoter was named the Coach of the Year after guiding the Bobcats to the Division II semifinals for the first time in nine years.

Plymouth senior Mia Sullivan earned First Team Division II All-State honors. Joining her on First Team were Abby Jerome and Niki Smith of Coe-Brown, Samantha Holland and Riley McDonough of Gilford, Lillian Stogner of John Stark, Gabriella Monico of Milford, Corinne Quaglieri of Oyster River and Madyson Buchalski of St. Thomas.

Kingswood's Maddie Ward and Plymouth's Abby Bassingthwaite both earned Second Team honors. They were joined by Abby Warren of Gilford, Riley Lord of John Stark, Kailyn Chamberlain, Kaydee Mann and Robyn Krafft of Milford, Maggie Sylvester of Oyster River and Emily Ferland of Somersworth.

Plymouth's Savan-

na Marston earned All-State Honorable Mention, where she was joined by Lindsey Sanderson of Gilford, Willet Parkins of Hanover, Izabella Nelson of John Stark, Katerina Stuopis of Souhegan and Kateri True of St. Thomas.

Monico was named Division II Player of the Year and Steve Vetack of Milford was named the Division II JV Coach of the Year.

In Division III, Bailey Fairbank of Newfound and Julia Leavitt of Prospect Mountain both earned First Team All-State. They were joined by Jordan Kanaley of Campbell, Oakley Lusdenberger of Epping, Chloe Weeks of Farmington, Emma Wheeler and Ava Duymazlar of Inter-Lakes, Sarah Shannon of Moultonborough and Gabby Isabelle of Winnisquam.

Prospect Mountain's Jordan Ingoldsby was named Division III Second Team. She was joined by Belmont's Rebecca Camire and Haley Treamer, Jasmyn Bickford of Epping, Haley Maynard of Farmington, Jaden Horrocks and Molly Rines of Mascenic, Tess Palin of Sunapee and Chloe Colarusso of Winnisquam.

Vladislava Anash-

kina of Kennett, Paulina Huckins of Newfound and Gwen West of Prospect Mountain all earned Honorable Mention. They were joined by Mallory Reczko of Campbell, Hayley Pelletier of Epping, Aubrey Smart of Moultonborough and Olivia Dill of Winnisquam.

Wheeler was named Division III Player of the Year, Randy Mattson of Inter-Lakes was named Division III Coach of the Year and Karen Gibson of Mascenic was named the JV Coach of the Year.

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

will both be in the backcourt helping out Fairbank in the backcourt.

Williams is hopeful that her team will be playing its best basketball when the regular season starts winding down and the playoffs are on the radar.

"I anticipate we will start a little slow this season as we develop," she said. "But basketball is a long season and honestly, it matters how we play

in January and February, not December.

"We're hoping to play in the postseason, host a first round game and see how we do from there," Williams added.

The Bears will play two games each with White Mountains, Berlin, Franklin and Inter-Lakes plus one game each with Monadnock, Belmont, Winnisquam, Fall Mountain, Prospect Mountain, St. Thomas,

Mascoma, Newport, Gilford and Somersworth.

The season will kick off for the Bears with a game on Friday, Dec. 6, as they host defending champion Monadnock at 6:30 p.m. The Bears will be at White Mountains on Tuesday, Dec. 10, also at 6:30 p.m.

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

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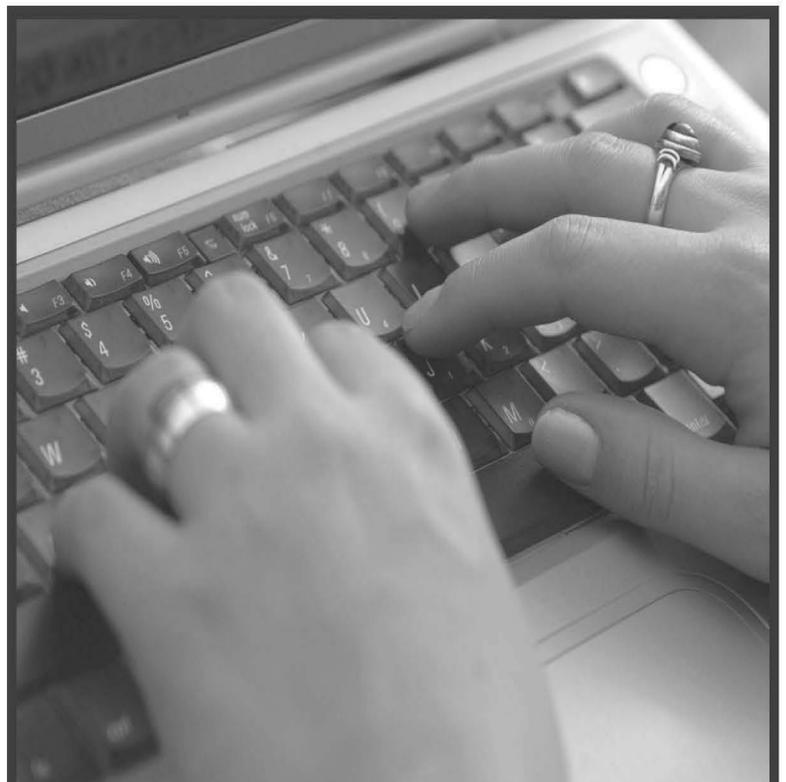
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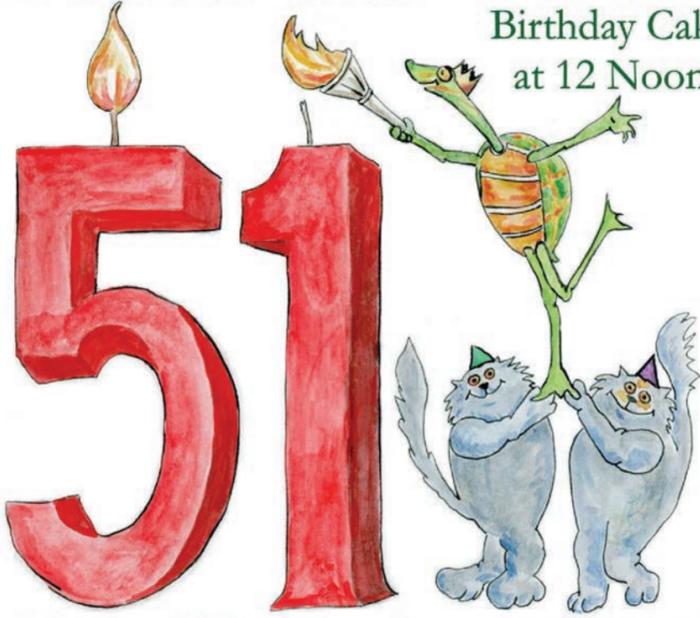
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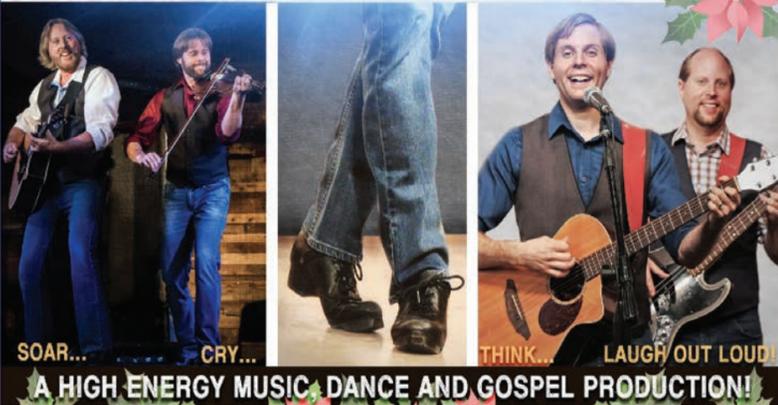
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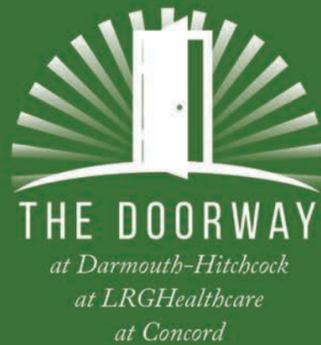


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See further up here.