

Union Masonic Lodge supports local nonprofits

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – Union Masonic Lodge #79 hosted their annual Community Outreach Night on Wednesday, Dec. 18, thanking Newfound Area nonprofit organizations for their work throughout the year and presenting them with checks to help them keep up the services they provide to youth, elderly, the infirm and the safety of all who live in the area.

Following a dinner in honor of them all, the guests moved upstairs at the lodge where a ceremony of thanks and appreciation took place. This year seven local nonprofits were recognized.

Worshipful Master Tim Seegar of Union Lodge welcomed rep-



Union Masonic Lodge #79 presented checks to seven local nonprofit organizations through their Community Outreach Program last Wednesday evening to help them continue their services to the Newfound Region. On hand for the photo were representative of Union Lodge, Boy Scout Troop 50, Bristol Fire Company, Cub Scout Pack 58, Circle Program, Newfound Area Nurses Association, Tapply-Thompson Community Center and the Slim Baker Foundation.

Learn what Girl Scouts has to offer Jan. 8

BRISTOL — Make new friends? Discover new passions? She'll do all that and more at Girl Scouts! Come discover what makes Girl Scouts the leading expert on girls. Girl Scouts of the Green and White Mountains will host a free-information night for girls and parents from Alexandria, Bristol, Danbury, Franklin, Hebron, Hill, New Hampton, and Bridgewater on Wednesday, Jan. 8, from 5:30 to 6:30 p.m. at Bristol Elementary School, 55 School St., Bristol. Bring a friend to double the fun! Whether she's exploring nature and the outdoors, expressing herself through art or music, designing robots or board games, or helping her community through service projects, she'll have a blast as she earns badges in just about anything that piques her interest. Get ready, because she's

SEE GIRL SCOUTS, PAGE A6

representatives of each organization and said the lodge is pleased to continue their support for nonprofit groups in the community.

Paul Frasier has led that program for Union Lodge since 2004, and said contributing to the selected organizations each year is now a tradition.

"This is our way, at this time of year, to thank all the paid staff and volunteers for all they do. They make our community better and we want to thank them for that," Frasier said.

Money to support the groups, he added, comes from a few means, including the lodge's breakfasts and their annual spaghetti dinner held each October during the N.H. Marathon in Bristol. As a result of their efforts, the Grand Lodge Charities also provide matching funds for the outreach program, allowing them to donate even more to the Newfound region's local nonprofits.

Jen Rosene and Amanda Drake of Newfound Visiting Nurses Association were the first to receive their donations this year, pointing out that NANA will celebrate their 60th year of caring for the elderly and the infirm in the region in 2020. Rosene explained that their organization provides speech, physical and occupational therapy to its clients and in 2014 began a hospice program as well.

"It's started out small, but we're seeing a significant need, not just for physical care but emotional care as well," said Rosene.

"We couldn't do this without the support of the community," Drake added.

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Deposit deadline approaching for Kenyan safari trip

PLYMOUTH — Jonathan Freeman, longtime Plymouth resident and a retired school Principal, is organizing an African Safari trip to Kenya Aug. 6-18, 2021 for local families and adults. This is not a school sponsored trip, so any students/children going will have to be at least 11 years old traveling with an adult member of their family. These Safari trips are kept small and they are very popular. They can fill up fast and the cost of them could be going up Jan. 1. Therefore, we have set a quick deadline of Dec. 31 for initial enrollment. Please check out our Web site at <https://grouptoursite.com/tours/freeman>. A \$400 initial deposit will reserve you spot for the tours, and a monthly payment plan is available.

Hope you can join us for this exciting 13-day sightseeing tour, including seven African game drives on this Kenya adventure! We will see giraffes, flamingoes, leopards, rhinos, cape buffalo, lions, elephants and so many more diverse African wildlife.

If you have any questions about the Africa trip above or the trip to Europe below, please feel free to text or call Group Leader Jonathan Freeman at 254-3565 or email him at jonathan-mimi3565@gmail.com.

There is still time to sign up for a school sponsored trip April 20-29, 2020 to Berlin, Germany, Prague in the Czech Republic, Krakow, Poland and Budapest, Hungary. Lakes Region area students in grades eight through 12, parents and community members are all welcome to joins us Enroll or find out more information at the trip's

SEE SAFARI, PAGE A6

Plymouth Area Community Closet wraps up another year of service

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH – The Plymouth Area Community Closet is wrapping up another successful year of serving the people of Plymouth and more than a dozen surrounding towns in many ways, which include their thrift store, weekly free



Volunteers from Plymouth Area Community Closet always look forward to serving the public each Thursday at 5 p.m. during their free Meals for Many dinners in the Plymouth Congregational Church, located at 5 Post Office Square across from the town common.

dinners, a food pantry, financial assistance and the Keep the Heat On fuel assistance program.

The PACC Thrift Shop has become a popular shopping destination for people from all over central New Hampshire. The store is filled with quality household goods, home décor items and top-notch clothing for people of all ages and sizes. There are baby items and toys for children, and really, "A little bit of everything," as the shop manager Sarah Jordan said. She and her co-manager, Max Corbett, operate the store Mondays through Saturdays with the assistance of board members like Karen Krumenaker and a team of hardworking volunteers who rotate seasonal stock, set up displays and assist customers.

In November, the store took part in a three-day Re-Sale Shop Hop. Shoppers were invited to get a "Big Dose of Re-Sale Therapy" by visiting nine participating thrift shops, all within four miles of each other in Plymouth. By getting a special card stamped at each store they visited, people were then eligible to win a number of raffle prizes donated by each

of the businesses. The Grand Prize for the Re-Sale Shop Hop was a \$225 shopping spree, good for all nine thrift shops, as well as \$50 for lunch.

"It turned out to be a really great event with a lot of people who had never been here before stopping by and discovering all we offer," Krumenaker said.

Beside the Thrift

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Eversource delivers laptop gifts to Pemi-Baker Community Health

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — The holidays came early for Pemi-Baker Community Health with Eversource's delivery of two laptops funded by a technology grant from the company. Pemi-Baker Community Health has 40 visiting nurses, therapists and social workers taking care of more than 900 patients in 18 local towns. Laptops are used by field staff in the homes allowing clinicians to have more accurate documentation and better communication with other members of the care team. "These new laptops will help our staff gather important information on their patients. By entering the information while in the home, they are more productive and



Left to right: Samantha Haun & Elisabeth Russell, PBCH Finance, Chandra Engelbert, CEO PBCH, Catalina Celentano, Eversource Community Relations Specialist.

accuracy increases," said Chandra Engelbert, CEO. Whether it's for larger organizations like

the United Way, Special Olympics, Easterseals New Hampshire, or working with smaller organizations making a big difference in the communities Eversource serves, the energy company recognizes part-

nerships with charitable organizations as part of their mission of delivering reliable energy and superior customer service. Eversource employees also take great pride in helping to build healthier, stronger com-

munities by participating in volunteer events that support local non-profits in neighborhoods where they work and live. In 2019, more than 5,700 Eversource employees volunteered nearly 35,000 hours to help support

non-profit organizations throughout New Hampshire and New England. For more than 52 years, Pemi-Baker Community Health, a non-profit organization, has brought compassionate health care into the homes of this community. Without the generous support of community partners like Eversource, Pemi-Baker would not be able to continue providing care and they are very thankful during this holiday season. Please consider donating to Pemi-Baker Community Health during the holidays. If you order gifts online, Amazon will give a percentage of your purchases directly to Pemi-Baker Community health by using Amazon Smile. Visit www.smile.amazon.com and choose Pemi-Baker Community Health.

Perhaps you would like to donate your time
SEE LAPTOPS, PAGE A8

Bristol Police Log

BRISTOL — The Bristol Police Department handled 177 calls for service, resulting in four adult criminal arrests, one adult protective custody arrest, two juvenile arrests, and 13 criminal offense investigations. Officers also performed 98 motor vehicle stops, investigated seven motor vehicle accidents, and conducted 190 directed enforcement patrols, area checks, and foot patrols. Other call reasons included: domestic disturbances, mental health emergency, intoxicated persons, welfare checks, warrant checks, criminal investigation follow-ups, theft, 911 investigations, forgery/fraud, thefts, burglary, harassment, noise complaints, suspicious vehicles, suspicious persons, drug activity complaints, drug investigations, motor vehicle complaints, DWI complaints, 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, and assist the fire department.

- Arrests:**
- Adrienne Dion, 18, Laconia- Operating After Suspension
 - Joseph Putnam, 23, Bristol- Driving While Intoxicated
 - Jamie Garcia, 41, Alexandria- Driving While Intoxicated, Conduct After an Accident
 - Keith Converse, 22, Bristol- Driving While Intoxicated
- (1) Protective Custody Arrest (Intoxication)
- Identifying information for juveniles, and persons placed into protective custody are not released.

Come celebrate the New Year with music!

PLYMOUTH — Mezzo soprano Claire McCahan will present a voice recital on Friday, Jan. 3 starting at 7 p.m. at the Plymouth Congregational United Church of Christ. Her program will include favorite selections spanning time-periods and genres reflecting her graduate studies at the University of Colorado Boulder. She has earned a Master's degree, and is now pursuing her Artist Diploma in Opera Performance. McCahan's recent opera performances include Olga in Tchaikovsky's "Eugene Onegin," the title role in Handel's "Ariodante," Third Lady in Mozart's "Die Zauberflöte," Prince Orlofsky in Strauss' "Die Fledermaus" (Eklund Opera), and a stage performance of Jake Heggie's "Camille Claudel: Into the Fire" (Opera Steamboat). An advocate for contem-



porary opera, she created the role of Brittomara in the 2018 workshop of Jake Heggie and Gene Scheer's "If I Were You" (CU NOW). Her recent solo concert appearances include performances the Longmont Symphony Orchestra, St. John's Cathedral in Denver, the Boulder Bach Festival, Boulder's Cantabile Ensemble, and the Rocky Mountain Chorale. During the 2019 summer, Claire was a Professional Fellow at SongFest in Los Angeles, Calif. and the CoOperative Program at Westminster Choir College. She received the 2019 Frances MacEachron Award from the New York Oratorio Society Solo Competition, first place in the Lyra New York Mozart Aria competition, was a finalist in the 2017 & 2018 Denver

Lyric Opera Guild Competition and received a Career Encouragement Award from Opera of the Rockies. This spring, she will sing the role of Cherubino in Mozart's "Le Nozze di Figaro" at Eklund Opera in March and with Intermountain Opera Bozeman this April. Claire is a graduate of Plymouth Regional High School and University of New Hampshire. This concert is in recognition and appreciation for the community and educators that supported her early music development. This concert is open to everyone. There will be an opportunity for donations to help support Claire's participation as a Studio Artist at the 2020 Aspen Summer Music Festival, as well as future career related costs. For more information visit Claire's Web site at www.clairemccahan.com.

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LRMHC is awarded MVSB Bank Fund Grant

LACONIA — Lakes Region Mental Health Center (LRMHC) is the recipient of a \$25,000 grant awarded by the Meredith Village Savings Bank Fund which makes grants every year to local non-profits that make a significant impact upon the lives of people. The

grant-making process seeks to benefit a wide range of environmental, social, educational, economic development, cultural, arts and historic projects throughout the local region. The primary challenge facing almost every healthcare provider is

having adequate service delivery capacity to support timely and effective access to treatment. In an era of integrated healthcare reform, access to treatment is even more critical. In the next few months, LRMHC will be implementing a new initiative; SAME DAY ACCESS which is an engagement strategy whereby organizations offer an assessment on the same day it is requested by the consumer, without a scheduling delay or waitlist, resulting in an eradication of consumer no shows for assessments. LRMHC has contracted with MTM Services, who has helped

800 publicly funded, private not-for-profit and private for-profit physical and specialty healthcare providers and state departments in 46 states, Washington, D.C. and two foreign countries, manage transformational change and increase capacity to deliver critical services to the most vulnerable populations. "Implementing SAME DAY ACCESS will significantly improve our capacity to serve more individuals who are in need of services," said Maggie Pritchard, Chief Executive Officer for LRMHC. "We will be able to offer
SEE GRANT, PAGE A8

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

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Mathews Road	N/A	\$49,533	Caroline F Raimondi	Brian and Kathleen Fowler
Ashland	23 Cottage St.	Single-Family Residence	\$264,933	Michael H. and Veronica L. Metcalfe	Anne L. Folsom
Ashland	Leavitt Hill Road	N/A	\$68,533	Everett D. and Claudia L. Mills	Thomas A. Natario
Ashland	27 Leavitt Hill Rd.	Single-Family Residence	\$650,000	Catherine B. Carr	Leah D. and Douglas J. Mix
Bridgewater	Dick Brown Road	N/A	\$120,000	Allen E. Richardson RET	Teale J. Brown-Moore
Bridgewater	1198 Mayhew Turnpike, Unit 9	Condominium	\$332,000	Slade Fiscal Trust and Timothy M. Morin	Sharon M. and Jason W. Baldwin
Bristol	W. Shore Road, Lot 1	N/A	\$234,533	Frederick A. and Joyce M. Santucci	Ramona and Michael Tempesta
Bristol	N/A (Lot 1a2)	N/A	\$150,000	Richard A. Duvarney RET	C.C. and Nina L. Chronopoulos
Campton	201 Alden Dr., Unit 9	Condominium	\$110,000	Linda K. McDonald Trust	Brian S. and Brandi L. Shelly
Campton	303 Condo Rd., Unit 6	Condominium	\$104,400	Ryan J. and Lianna F. Ferrara	Thomas J. Murphy and Melinda M. Baker
Campton	N/A	N/A	\$50,000	Rebecca Spencer	James P. and Deborah Dolan
Dorchester	Route 118	N/A	\$275,000	Jeffrey MacDonald	Roger W. and Susan Fay
Groton	1159 N. Groton Rd.	Single-Family Residence	\$92,800	Beatrice and Susan Jayne	Richard and Patricia E. Morris
Groton	N/A (Lot 2)	N/A	\$16,000	Theodore J. Gestwicki RET	Thomas H. Dietrich
Holderness	Piper Boathouse Condo Unit 5	Condominium	\$13,000	Patricia S. Salvador	Hardin Exploration L.P.
Holderness	US Route 3, Lot 76	N/A	\$60,000	Frank J. and Kathleen E. O'Neill	John and Melodie Evans
New Hampton	NH Route 132 N	Acc. Land Imp.	\$75,000	Harry L. Cote, Jr. Estate and Ross V. Deachman	Benedict and Ann Rampulla
New Hampton	278 Winona Rd.	Single-Family Residence	\$170,000	Tylenda 2008 RET and Lansing Baker	Roger and Brenda Fortin
New Hampton	N/A (Lot 12)	N/A	\$380,000	Arnold and Claire W. Ries	Andrew and Kathleen Anderson
Plymouth	121 Morse Rd.	Single-Family Residence	\$253,000	Andrew M. Goulet	Jason M. and Melody Legere
Plymouth	Quincy Road	N/A	\$57,533	Carolyn B. Frederick	Maurice P. Guyotte and David H. Sharp
Plymouth	Quincy Road (ss) Lot	Woodland	\$57,500	Lawrence C. Frederick Estate and Andrew J. Frederick	Maurice P. Guyotte and David H. Sharp
Plymouth	14 River Ridge Rd.	Single-Family Residence	\$175,971	Donald J. Salyer and Quicken Loans Inc.	Quicken Loans Inc.
Thornton	5 Falls Rd.	N/A	\$210,000	Mountain River Development Association	Linda K. McDonald Trust
Thornton	280 Upper Mad River Rd.	Single-Family Residence	\$255,000	Scott M. and Mary J. Stephens	George C. and Susan S. Alvord
Warren	25 Simmons Dr.	Residential Open Land	\$20,000	Jonathan Tefft	Charlotte Ray
Waterville Valley	6 Bear Brook Lane, Unit 3-11	Condominium	\$185,000	Jaram LLC	Brian J. Donovan and Rebecca H. Donovan
Wentworth	N/A (Lot 2)	N/A	\$56,533	Richard P. and Mary L. Fenuccio	Steven L. and Nicole M. Davis

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

Absence of value



BY MARK PATTERSON

Any fee in the absence of value is too high. I'm referring specifically to fees regarding your investments, whether it is a fee that you are fee-only advisor charges, fee and commission advisor charges, registered rep or insurance representative. Whether we are in the business of charging fees for advice, fees for asset management or com-

mission and fees for product, the fee should be made known and very transparent to the client.

The registered representative or financial advisor, as many call themselves, typically sells product such as loaded mutual funds, or variable annuities which all have commission and ongoing fees attached. Mutual funds with an A share designation usually charge an upfront commission and an ongoing management and marketing fee known as a 12b1 fee. So using a fund from a very popular broker sold fund family, you might pay a 5.75 up front commission, and close to 1% management and marketing expense of which the broker may receive .25 basis points in what is called trail commission. Other shares of mutual funds that are designated as C shares may have little or no commission upfront

but provides a 1% annual trail to the broker. The client usually pays about 1.75 percent to the fund company. These fees are not a line item charge but they are extracted from the return to the client.

That same registered representative may have a fee platform to manage your assets. Investment advisors that are fee-only will manage assets for a predetermined fee based on the assets under management. So for the sake of this example, let's say your asset management fee is 1% annually. Then you must determine if there are any additional fees or expense for any mutual funds or exchange traded funds that are being used inside the management platform that has a 1% asset management fee already in place. Even if the advisor is using advisor class funds, that tend to have lower fees, you are still look-

ing at probably 50 to 100 basis points for a managed mutual fund. So, all in you may be at one and a half to 2 percent.

What I have seen in client accounts more recently, are third party asset managers. These TPAM's charge a fee that may be split with the advisor who is using this TPAM, because the advisor may not have the skill to manage the money "in house" or they do not want to spend the time. The fee that you pay to these advisors is usually more than double what you would pay an Asset Management firm. This fee can have major consequences to your portfolio over time.

Variable annuities sold by registered reps can have fees that approach 4 percent. The compounded annual total return for the S&P 500 over the last 15 years including dividends has been just over 4 percent. It

has been my experience that most advisors whose business is made up primarily of fee-based or fee-only typically try to use very low cost mutual funds or exchange traded funds to keep the overall fees low to the client.

My advice to you, the client, would be to find out what the advisor plans to use in your account to manage your money, what the typical fees would be for those funds or if they're going to use individual stocks and bonds before you

really concern yourself of what the asset management fee would be, because any fee in the absence of value is too high. I have also seen some financial advisors charge a "financial planning" upfront fee for nothing more than an asset allocation! Work with a Fiduciary advisor who will work for you!

Mark Patterson is an advisor and portfolio manager with an MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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CADY Corner

What are marijuana concentrates?

BY DEB NARO
Contributor

A marijuana concentrate is a highly potent THC concentrated substance that is most similar in appearance to either honey or butter, which is why it is referred to or known on the street as “honey oil” or “budder.” These concentrates contain extraordinarily high THC levels that could range from 40-80 percent. This form of marijuana can be up to four times stronger in THC content than high-grade marijuana, which typically measures around 20 percent THC levels.

Many methods are utilized to convert or “manufacture” marijuana into marijuana concentrates. One method is the butane extraction process. This process is particularly dangerous because it uses highly flammable butane to extract the THC from the cannabis plant. Given the extremely volatile nature of butane, this process has resulted in violent explosions. THC extraction labs are being reported nationwide, particularly in the western states and in states where local and state marijuana laws are more relaxed.

Marijuana concentrates have several street names including: 710 (the word “OIL” flipped and spelled backwards), wax, honey oil, budder, butane hash oil, butane honey oil (BHO), shatter, dabs (dabbing), black glass, and errl.

One form of abuse occurs orally by infusing marijuana concentrates in various food or drink products; however, smoking remains the most popular form of ingestion by use of water or oil pipes. A disturbing aspect of this emerging threat is the ingestion of concentrates via e-cigarettes or

vaporizers. Many users of marijuana concentrates prefer the e-cigarette/vaporizer because it’s smokeless, odorless, and easy to hide or conceal. The user takes a small amount of marijuana concentrate, referred to as a “dab,” then heats the substance using the e-cigarette/vaporizer producing vapors that ensures an instant “high” effect. Using an e-cigarette/vaporizer to ingest marijuana concentrates is commonly referred to as “dabbing” or “vaping.”

What are the effects of using marijuana concentrates? Being a highly concentrated form of marijuana, the effects upon the user may be more psychologically and physically intense than plant marijuana use. Many scientists have called for more public education about the risks of marijuana concentrates and in a 2015 study, over 80 percent of marijuana concentrates that were studied were contaminated with pesticides or poisonous solvents remaining from the extraction process. These chemicals in the marijuana concentrates make them more dangerous to the user. Higher levels of THC found in marijuana concentrates also cause the user to build up a higher tolerance to THC and experience more symptoms of withdrawal.

Marijuana is detrimental to our brains, bodies and overall well-being. A new way to smoke it does not make marijuana any safer.

For more information about marijuana concentrates, visit cadyinc.org. 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.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Rudolph with your nose so bright, how’d you get so far that night?

So, here we are on Christmas Day, or the day after, depending on where you live and how badly you want to read the paper. Santa has probably come and gone. One of the day’s big challenges is explaining about the cookies.

When I was much younger, back when our parents really and truly hung a blanket above the stairway to prevent us from seeing what was under the tree, I had a big problem figuring out Santa.

This was when we had grandparents in Littleton and Lisbon, and there was no way I could figure out how a sled and a string of reindeer could make it from our house in Colebrook all the way 80 miles downriver to Cottage Street and onward, now Donner, now Blitzen, to the road to Landaff. This is not quite when I decided to stop believing in Santa, but I was beginning to have my doubts. It was a story increasingly full of holes, perhaps shot with the pair of realistic six-guns I found un-

der the tree one year.

They were Authentic Gene Autry Six-Guns, too, with realistic metal-casing rubber bullets and rolls of caps to fire. Today, it’s a safe bet that sets of toy six-guns are hard to find as proper gifts for children. It’s the stuff of memories and the occasional column.

But you know, here is where the Hunter Safety training kicks in, as well as stern lessons we learned from hunters at camp. Never, ever point a gun at anyone. I’ve seen grownups flinch at even a toy gun, including me. And always assume that your gun, any gun, anywhere and whatsoever, is loaded.

+++++

There was a time, back when I was cooking Christmas breakfast for what seemed like a Cecil B. DeMille cast of thousands, that I’d take great delight in putting a tape of what I always called Manhattan Steamroller (Mannheim Steamroller) into the big boom-box and play-

ing it at full volume to wake everyone up. Even the kids do not look back at this as a fond Christmas tradition.

I had a bone-handle three-time fork I deployed as an excellent bacon-turner, and in fact still have it. It’s the same fork my grandfather White used, or at least I think it is. It’s a fond Christmas story that came close to crashing down when I found what was supposed to be a set of four such forks far back in a drawer at the family farm, with one fork missing. Sometimes it’s not a good thing to go poking far into the way-back of drawers.

Every seven or eight years, Christmas falls on a Wednesday, the very worst day for anyone publishing a weekly newspaper. The boss wants to give the crew time off for whenever it’ll do the most good. But he also has to handle the telephone calls the next morning from people who are mad about their papers being late.

There’s no such thing as a win in this



scenario, except being glad that people want their paper badly enough to call and complain.

+++++

It’s a bit late, like Christmas Day breakfast would be without the sounds of Manhattan Steamroller crashing around the house, but to all for whom “Merry Christmas” still means something--and it should, all year-‘round---Merry Christmas.

And next week, along with the usual list of resolutions I have absolutely no intention of keeping, it’ll be “All the best for 2020, and beyond.”

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

Strategies for Living

When God is in control

BY LARRY SCOTT

The attempted impeachment of the President of the United States is, for many of us, an embarrassing commentary on the partisan self-interests of American leadership. This is the third time the nation has had to endure the impeachment of a sitting President and this endeavor seems to be more of a political vendetta than a search for justice.

But presupposing – and this is a presupposition that remains to be seen – the effort does not succeed this is more than likely to insure a second term for our beleaguered President. Whether that is good or bad is, again, a matter of personal opinion.

As the affairs in Washington unfold toward a final resolution in January, many of us are praying that

we can soon put all of this behind us. America needs an active congress, and it is hoped our legislators will soon be able to get back to the business for which they were elected.

And I remain optimistic for I am convinced that, even in affairs of State, God is in control. Jesus invited His disciples to pray, “Thy kingdom come, thy will be done, on earth as it is in heaven.” Yes, heaven is also interested in matters of State, and without passing judgment on the merits of the case against our President, I suspicion God has been far more involved in the process than some might think.

And what I believe to be true for our nation has been true in my own experience as well.

If you have followed me in this column, you

know that for me life has been no walk in the park. Being a Christian is no cop-out from the pressures of life. We must all live within the mortal framework of our existence. Accidents happen, the unforeseen takes us by surprise, and we do stupid things that get us into deep trouble. We’d rather make our own decisions, serve our own interests, and hope the consequences will be to our good.

But I am fortunate in that I have been influenced by my Christian heritage. Yes, there are limits to my freedom. I cannot always do as I please. But don’t misunderstand; I am neither bragging nor complaining. I have taken the easy way out. Were it not for heaven’s oversight, I would have self-destructed long ago.

When God is in control, and this is my

point, “all things,” to quote the Apostle Paul in the New Testament, “work together for good to them that love God.” We do not despair for we know we have not been forgotten. Heaven knows where we are and what we are going through. God is more than able to bring good from evil, to turn our scars into stars, and to give us a song in the night.

How thankful I am to know that, when God is in control, sooner or later, He will give us, as per the prophet Isaiah, “a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair.”

What an honor it is to be in the control and protective care of the Living God!

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

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Churches

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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!

Bristol United Church of Christ (“the church in the hill”)

We are handicapped accessible!

Our doors are always

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

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

NOTES: Wheelchair accessibility can accommodate up to 3 wheelchairs in our Sanctuary!
Location: P.O. Box 424, 15 Church St., Bristol, NH 03222
Phone: 744-8132

Office Hours: Main Office – Mon. thru Fri. - 9 a.m. to noon
Pastor's hours: Mon. through Thurs. - 9 a.m. to noon and other times by appointment.
Rev. Andrew's Home Phone: 217-0704
Email: pastorbucc@myfairpoint.net

Intergenerational services and Sunday services begin at 10 a.m. with announcements at 9:55 a.m.
NOTE: The church offices will be closed on Christmas and New Year's Day

Weekly Events:
Mondays: A.A. Step meeting – 7:30 p.m.
Extra Uke practice, for those who can make it, from 9:30 a.m. to 10:30 a.m. every Monday except Christmas and New Year's week.
Resuming again on Monday, Jan. 6.

Bible Study at 7 p.m. Monday evenings. There will be no Bible Study on Dec. 23 or the 30.

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

Choir rehearsals are Sunday mornings at 9 a.m. and Tuesday evenings at 4 p.m. with no rehearsal on Dec. 24 or the 31st.

Wednesdays: Morning Reflection is a wonderful spiritual and fulfilling experience that continues every Wednesday morning at 7:30 a.m. in Fellowship Hall. Rev. Andrew is now moderating the sessions until Don Sorrie returns in the spring.
There is discussion throughout, by a lively and committed group!
All are welcome!

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

Fridays: Bone Builders – 9:30 a.m.
Monthly Events: WIC (Women/Infant/Children) Clinic – 2nd Monday at 8:30 a.m.

Women's Fellowship – Our next meeting will be held on Jan. 9 at 10 a.m. in Room 1
T.E.A. Meetings are scheduled for every third Tuesday of the month at 4:00 p.m. Location varies.
Special Events:
**NOTE: Sunday school takes place at 10 a.m.

Women's Fellowship

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

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

Ongoing:
Bristol Community Services is currently in critical need of Everything!

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

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

Watch for our future performance schedule!

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

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

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

Thursdays: 11 a.m., with healing prayers, St Mark's, Ashland
No Thursday Healing Service on Dec. 26 or Jan. 2.

Christmas Eve: Holy Eucharist of the Nativity: Tuesday, Dec. 24, 5 p.m. in Ashland. Caroling begins at 4:45, and the service will start with “The Shepherd's Play” pageant as a prelude to worship. All

children and young folks (including the young-at-heart) are welcome to be part of the pageant.

Faith@Home
Faith@Home “Homecoming”: Saturday, Jan. 4, 11:30 a.m.-1:30 p.m.
Our first Faith@Home “Homecoming,” will take place on the first Saturday in January, Jan. 4. We'll gather at Sherrill Hall at 11:30 a.m. for a lunch of soups and grilled cheese or PB&J, followed by an Epiphany craft and Three Kings Cake. We'll be done by 1:30 p.m. This will be a chance for our Faith@Home families to gather in person for fun, food, fellowship, and to worship together.
Do you know of a

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Man, is it cold out this Thursday and Friday before Christmas!! My friends remind me it isn't even winter, yet! To them, I say it matters not what the calendar says, it is winter when the temps are this low! Other regions have a lot more snow than we do, but I would trade it all for warmer temps than these!

Another interesting nature tidbit from my new friend Richard from Bridgewater, speaking of cold:

This Fall, there were many sightings of wooly bear caterpillars. Such caterpillars are just the larval stage of the class of tiger moths (family Arctiidae) specifically the Isabella Tiger Moth (Phrrharcitia Isabella) famed for its cozy appearance, with it dark brown or black head and tail and the middle band of mustard brown. The hairs are neither fur nor wool, but aid in the transition from larva to cocoon assisted by their unique hemolymph ‘antifreeze’ while hibernating for as long

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

Help for the Holiday Blues
Support Groups: Have you lost someone you have cherished? Made

a big move or change in job? Been laid off from your job? Ended a relationship or divorced? Suffered a physical, material, or financial disaster? Been caring for someone whose illness or disability is debilitating? Pemi-Baker Community Health can help.

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

Daytime afternoon group: 12:30-2 p.m., Grady Conference Room, Spears Memorial Hospital, 16 Hospital Rd, Plymouth.
Early evening group: 5:30-7:30 p.m., Main Conference Room
SEE **CHURCHES**, PAGE A8

Family Movie: “Abominable” will be shown at the Minot-Sleeper Library on Thursday, Dec. 27 at 3:30 p.m. Come watch the new movie on the big screen! Popcorn will be provided. This event is free and all are welcome.

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

I am looking forward to spending time with family this coming holiday season. I am pleased that most of my immediate family live nearby and allow us the freedom to see them often and stay involved in their activities, adventures and share their everyday lives without being too intrusive. I do not envy those who have loved ones beyond their practical ‘reach’ and therefore have to be content with the occasional visit or visitors. Facetime and Skype among other technological programs certainly have helped fill those gaps, but there is nothing like being there! Hold them close, love them dearly and be sure to tell them how much you care...

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Edward Jones: Financial Focus

Time for Some New Year's Financial Resolutions

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

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

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

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Meriden NH 03253
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Fax 844-644-4469
devon.sullivan@edwardjones.com

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

Member SIPC

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603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

Jason W. Sorrell, 40

NEW HAMPTON — Jason W. Sorrell, 40, died Thursday, Dec. 12, 2019 at Catholic Medical Center in Manchester after a brief illness.

He was born in Laco-
nia, the son of Daniel W.
Sorrell, Sr. and Dorothy
(Fleury) Loisel. Jason
had lived in Bridgewater,
New Hampton and Bris-
tol throughout his life.
He attended Newfound
Area Schools and was
self-employed as a roofer.
Jason loved his family
and friends and the time
he spent with them.

He is survived by his
parents, Steven and Dor-
othy Loisel of New Hamp-
ton; sons Kody Sorrell
and Kaleb Sorrell, both
of New Hampton, and
Ryan Sorrell of Missouri;
daughters Emma Smith
of Gilmanton and So-
phia Pettigrew of Farm-
ington; brothers Daniel
Sorrell, Jr. of New Hamp-
ton and Keith Sorrell of
Franklin; and a sister, Al-
isha Morgan of Franklin;



nieces, nephews, aunts,
uncles, and cousins. He
was particularly close to
his aunt Shirley Fluery,
whom he considered to
be his second mom.

A celebration of life
will be held Saturday,
Jan. 4, 2020 from 2-4 p.m.
at the Tapply Thompson
Community Center, 30
North Main St., Bristol.
Burial will be in Home-
land Cemetery in the
spring. The family asks
in lieu of flowers please
consider donations to de-
fray expenses at www.go-fundme.com/f/tnbbw-jason039s-funeral-costs.
Arrangements are under
the direction of Emmons
Funeral Home of Bristol.

Outreach

FROM PAGE A1

Bristol Fire Chief
Ben LaRoche and Fire-
fighter Jamie Moulton,
vice-president of the
Bristol Fire Company,
were also selected for a
donation for the fourth
year in a row. The chief
explained that dona-
tions to the depart-
ment’s nonprofit fire
company organization
go a long way toward
supporting not just ad-
ditional needs of the
department for equip-
ment not included in
their budget, but for the
firefighters themselves,
both past and present.

“Right now, we have
a past member who has
cancer and we are do-
ing all we can for him...
This money will go far,”
LaRoche said.

Barbara Greenwood
and Peter Daniels were
on hand to accept a
contribution to Tap-
ply-Thompson Commu-
nity Center. Greenwood
said there have been

issues on how to keep
their aging building in
good order and the do-
nation from the lodge
will be put toward fur-
ther renovations as the
Teen Council begins
fundraising to refur-
bish the downstairs
kitchen facility after
renovating the gym.

“It’s going to be quite
a job, but they’re de-
termined,” Greenwood
said.

Circle Program’s ex-
ecutive director, Kathy
Kearns, was also on
hand to accept her
last contribution from
Union Lodge before
her retirement next
month. She told the as-
sembly that Circle Pro-
gram serves girls from
low-income house-
holds, teaching them
skills that will serve
them throughout life at
their summer camp in
Groton.

“The situation has
become dire with sub-
stance abuse, mental
health and other is-
sues, and they need
intervention in their
lives. Through Circle
Program, they become
friends for life,” she
said.

The girls are also
assigned mentors who
meet with them regu-
larly throughout the
year for further encour-
agement.

Joe Sullivan and
Jack Gosson of Boy
Scout Troop 50 were
asked by their leaders

to speak on their dona-
tion from the lodge and
they talked about all the
skills they have learned
through scouting.

“They’ve provided
us with great leader-
ship experience,” said
Sullivan, who attended
National Leadership
training last summer.

Gosson said he is
now in the midst of his
Eagle Scout honors,
working to help the
local fire department
by building a Smokey
the Bear sign that will
warn residents and
guests alike about cur-
rent fire conditions.

Cub Scout Pack 58’s
leader Peter Dumont
accepted a donation for
his group and spoke
of how his pack has
grown in just two years
from 40-50 members to
nearly 70. Besides con-
servation projects and
a most successful food
drive this past fall, Du-
mont told lodge mem-
bers that the money re-
ceived last year helped
provide the Cub Scouts
with a wonderful learn-
ing opportunity with
the newly formed Slim
Baker Camp program
and will help with sim-
ilar programing in the
year to come.

Slim Baker Lodge
itself that was one fi-
nal nonprofit group
added to this year’s
Outreach donations
from the lodge. Fraser
said Union Lodge
was pleased to include

them in their list of lo-
cal organizations who
impact the community
and board member Dor-
cas Gordon and Direc-
tor Jenny Walker were
on hand to thank the
lodge for that support.
Slim Baker Lodge, they
said, is comprised of
135 acres of land that is
now held in trust, hon-
oring 1953 Newfound
area Conservation Of-
ficer Everett “Slim”
Baker. Over the years,
the land has provided
recreational opportuni-
ties for the community
with their trail system,
hosted TTCC summer
campers, scouting pro-
grams, special private
and community cele-
brations and much
more.

“We’re lucky to have
people like the Cub
Scouts who are now
living Slim’s legacy
today by enjoying the
outdoors. The lodge has
become a place where
people can find solitude
and recreation,” Walk-
er said.

Worshipful Master
Seeger closed the pre-
sentations by congrat-
ulating each of the
seven organizations
for all they do to make
the Newfound Region a
great place to live.

“We’re deeply thank-
ful for what you do in
the community and
hope you will continue
all this good work in
the future,” he said.

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

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

Time: 9:00 am to 2:00 pm

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

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

Refresher Class: Space Availability Basis

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

Girl Scouts

FROM PAGE A1

going to make the world
a better place – today and
for the next generation.

Girl Scouting provides
skills today for success
tomorrow. Girl Scouts
of the Green and White
Mountains serves more
than 10,000 girls through-
out New Hampshire and
Vermont. Offering hands-

on, girl-led, girl-centered
activities in STEM, the
outdoors, and entrepre-
neurship, and abundant
opportunities to develop
invaluable life skills, Girl
Scouts helps all girls take
the lead early and often.

For further infor-
mation, please con-
tact Girl Scouts of
the Green and White
Mountains Customer
Care at 888-474-9686
or customercare@girlscoutsgwm.org.

Safari

FROM PAGE A1

Web site, www.eftours.com/2131732WM.
You are welcome to join the
30 participants (12 stu-
dents and 18 adults) al-

ready enrolled for this
exciting adventure to
Europe. He encourages
those interested to sign
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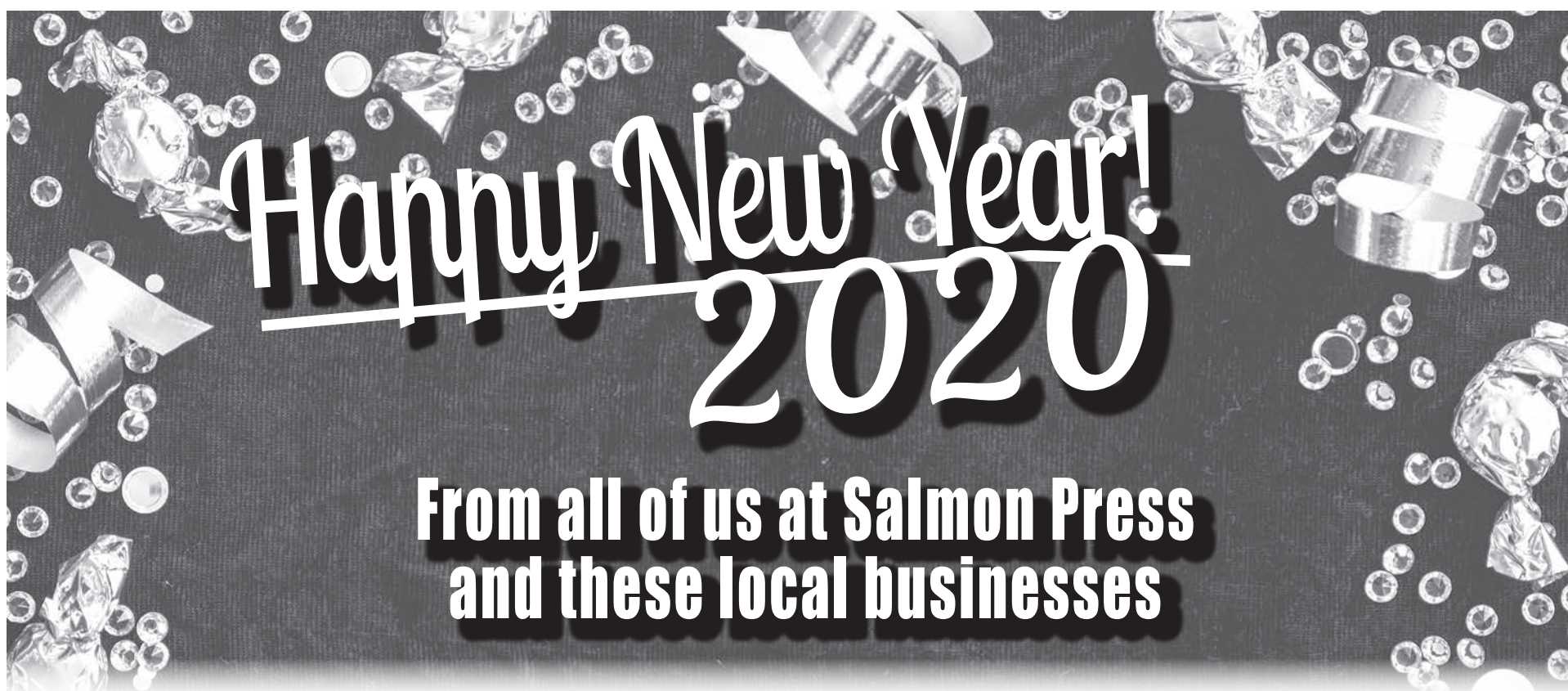
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*Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
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the submission process.*



The history behind popular New Year's traditions

New Year's Eve and New Year's Day are a time to both reflect on the past year and to look forward to the excitement the months ahead will bring. There may be confetti, there are probably noisemakers and some bubbling is likely overflowing from champagne flutes.

New Year's celebrations can be traced back thousands of years to ancient Babylon. And as with many holidays with deep histories, traditions are the hallmark of many New Year's celebrations. While many people perform these traditions by rote, it can be interesting to delve into the history behind various components of New Year's celebrations.

Champagne

Toasting the new year with a sparkling wine can be traced back to French champagne producers. Champagne, a sparkling wine from a specific region of France, was used in the baptism of the Frankish warrior Clovis, according to the Champagne Committee of France. Soon, champagne became a key part of religious events, coronations and soirees — as well as secular rituals that replaced formerly religious rituals, according to the book "When Champagne Became French" by Kolleen Guy. Champagne manufacturers eventually linked the bubbly to festive occasions with family, and



New Year's celebrations became another ideal time to pop the cork on a bottle.

Ball drop

While not everyone can venture to New York City's famed Times Square to watch the ball drop in person, millions tune in around the world to watch it on television. Original celebrations in New York centered around listening to the bells of Trinity Church ring at midnight, but the New Year's Eve celebrations were later moved to the New York Times building in 1904.

Fireworks were part of those celebrations, but hot ash and sparks falling on spectators led to a ban on fireworks, and event organizers needed another spectacle to draw crowds, according to PBS. Publisher Adolph Ochs asked his chief electrician Walter Palmer to create something visually appealing. Inspired by the maritime tradition of dropping a time ball at harbor so that sailors could set their own timepieces while at sea, Palmer devised the idea of dropping an illuminated ball on New Year's

Eve. This has been tradition since 1907.

Resolutions

New Year's resolutions can be traced to the Mesopotamians. Ancient Babylonians also made spoken resolutions during a 12-day-long New Year Festival. These resolutions were oaths made to the sitting or new king and were considered essential to keeping the kingdom in the gods' favor. The Romans also had a similar tradition of swearing oath to royalty at the start of the year. Many of these tradi-

tions merged into modern resolution-making, according to Live Science.

These are but a few

New Year's traditions. The history behind these traditions is storied, just like the holiday itself.

Did you know?

Many people consider the Times Square section of midtown Manhattan the epicenter of North American New Year's Eve celebrations. While there are plenty of places throughout North America to ring in the new year, few, if any, can compare to Times Square, where revelers have been celebrating the dawn of a new year for well over a century. According to the Times Square Alliance, New Year's Eve was first celebrated in Times Square in 1904. But the New Year's Eve ball, an iconic symbol of the holiday across the globe, did not make an appearance until 1907, when it descended from a flagpole atop One Times Square. Made of iron and wood, that first ball weighed 700 pounds and was outfitted with 100 25-watt light bulbs. One hundred light bulbs might have seemed like a lot back in 1907, but a century later the special ball made to mark the centennial celebration was illuminated with more than 32,000 Philips Luxeon LED bulbs, which organizers felt greatly increased the brightness and color capabilities of the ball.

Happy New Year from our family to yours



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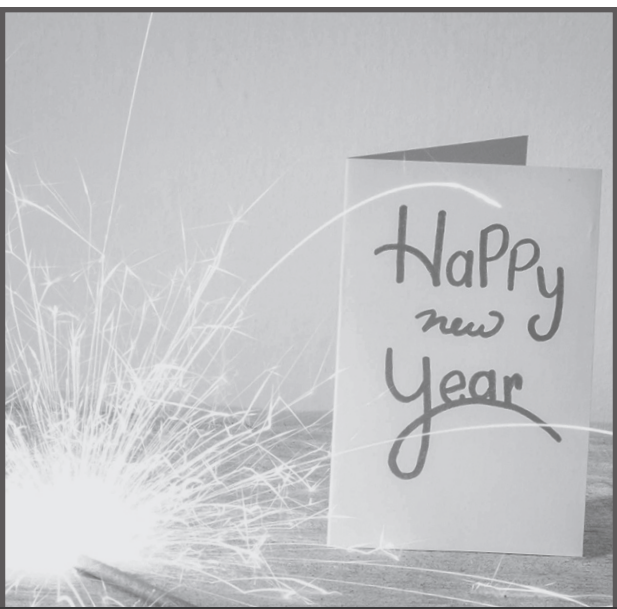
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PACC

FROM PAGE A1

Shop, which located at 5 S. main St. in Plymouth, is the PACC Food Pantry and financial assistance program. The pantry is open from 9-11 a.m. each Tuesday and Thursday, providing people in need with healthy foods. Jordan said the pantry currently is assisting an average of 40 people per month but that number can often rise in the winter. Each of them receives a supply of dry goods, like cereal, rice and pasta, canned goods, frozen meats, desserts and non-refrigerated dairy products. There are also eggs available as well as donations of assorted bread and baked goods, and seasonal fresh fruits and vegetables from local farms.

The adjoining financial assistance program, open Thursdays from 9-11 a.m., provides peo-

ple with fuel assistance through PACC's Keep the Heat On fundraising organization. Clients can also receive other types of assistance as their circumstances warrant, such as vouchers for clothing from the thrift shop.

Last week PACC and its many volunteers also gathered to assemble and deliver approximately 300 holiday baskets to seniors and families who applied to that annual program.

"We provide them with everything they need for a holiday dinner. There's canned goods, stuffing, even a gift card from Hannaford so they can pick out their choice of meat or fish," said Krumenaker.

Meals for Many is a free dinner hosted by PACC each Thursday evening at 5 p.m. Held at the Congregational Church on the Plymouth Common, some people have assumed the dinner is



COURTESY

A crew of volunteers from gathered last week to help the Plymouth Area Community Closet assemble more than 300 holiday food baskets for local families and seniors. Among them were Plymouth High School National Honor Society members Rhys Harris, Macy Prince, Maddi Keefe, Diego Blaylsk, Emma Bryer and Jennifer Legier; PACC president Paul Turley and PACC board members Patsy Kendall, Karen Krumenaker and Louise Randall.



DONNA RHODES

Cheryl Gale of Stark was assisted in making her purchases at the PACC Thrift Shop recently by volunteer Karla Zeron, co-manager Sarah Jordan and PACC Board Member Karen Krumenaker.

Churches

FROM PAGE A5

ference Room, Pemi-Baker Community Health, 101 Boulder Point Dr., Suite 3, Plymouth. No fee for attendance. Groups are facilitated by Guy Tillson, MDiv, MA, Bereavement Counselor. Call for more information: 536-2232, ext. 206.

Blue Christmas: Continued blessings to those who joined in a "Blue Christmas / Longest Night" service at 3 p.m. on Sunday, Dec. 22, at St. Mark's in Ashland, a quiet, peaceful gathering for those who find holiday merriment out of sync with their souls this year.

Holiday Sharing with Our Neighbors

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

So along with other Advent, Christmas, and Epiphany opportunities, we too will Feed My Sheep by doing a Reverse Calendar, but with a slight twist.

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

Ashland Christmas Night guests bought over \$100 worth of chowder,

with those proceeds going directly to the Ashland Food Pantry. Thank you, cooks— and thank you, diners!

Ashland Community Breakfasts return in January 2020

The Community Breakfast at Sherrill Hall in Ashland takes a break over the holidays; no gathering in November or December. Mark your calendar for Saturday, Jan. 25, 2020 (the fourth Saturday of the month) from 8-9 a.m. Join in the fun, food, and fellowship; bring (or make!) a friend at the table.

News of Rev. Kelly's call as Dean (half-time) of the Episcopal Church in New Hampshire's School for Ministry: Recognizing the changing needs of the diocese's congregations and evolving trends in vocations for ministry throughout the region, the Episcopal Church of New Hampshire has announced it is creating a School for Ministry. Its curriculum and educational design will focus on the local and regional formation of priests and licensed lay ministers.

The School for Ministry's teaching model will utilize curriculum from the Iona Collaborative and combine online, internet-based learning with monthly, weekend in-person classes and student meetings. The in-person portion of the program will be held at Trinity Episcopal Church in the central Lakes Region of New Hampshire.

The Rev. Kelly Sundberg Seaman has been appointed the School's

Dean by Bishop A. Robert Hirschfeld. She began her duties Dec. 1 and will lead in the development and launch of the School. Classes will begin in 2020. She currently serves at Holy Spirit & St. Mark's in Plymouth & Ashland, roles she will continue to maintain.

Office Hours at 263 Highland St., Plymouth
Office hours in Plymouth are by appointment Phone/voicemail: 536-1321. Please email or leave a voicemail and we will return your call.

Email: rectorpb@gmail.com

Restoration Church, Plymouth (Assemblies of God)

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

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plym-

outh. 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. 29 Book Service: What Have You Been Reading

Nancy Chaddock, Leader

This low-key service offers us the chance to discuss the books we've read in the past year and to give the Starr King UU Fellowship staff a well-deserved week off.

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

Laptops

FROM PAGE A2

instead. We have room in our Free Hospice Volunteer Training starting Jan. 7, 4-6 p.m. Contact Lauren Bell, SW and Volunteer Coordinator at lbell@pbhha.org or 536-2232, ext. 217 Thank you from the team at Pemi-Baker!

Pemi-Baker community Health is the home care provider of choice for Grafton County. Services

run by the church, but in fact the food and volunteers are all from PACC, while the church generously allows them the use of their facilities.

Krumenaker said that lately numbers have declined for the weekly dinners and she would like everyone to know that it is not a program intended only for homeless or low-income residents. Families and individuals and all are encouraged to join them each week.

"I think a lot of people don't realize what Meals for Many is all about," she said. "It's just a great night out for everybody! Who doesn't like to go out to eat with friends or family? The best part is that it's all free."

The dinners are served buffet-style with a varying menu each week, such as turkey, chicken, beef or pasta entrees. Each meal includes vegetables, side dishes, salads and great desserts like cakes, fruit cups and pies.

PACC is a nonprofit organization and their thrift shop is supported through generous tax-deductible donations from the public. The donations of quality used-clothing, toys and household items are also sold through the shop and money raised by those sales is returned to the community through the food pantry and other services they provide. Donations of clothing and other goods for the thrift shop may be dropped off during business hours each Monday through Saturday. For more information on any of the PACC programs or ways to make a donation, please contact them at 536-1101.

include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool. PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call:

603-536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4

Grant

FROM PAGE A2

blocks of time when patients are invited to walk in and have an intake assessment completed by a clinician and at least one goal of the treatment plan based on the patient's presenting problem. The patient then leaves the office with a therapy appointment and a psychiatric evaluation appointment (if warranted). The grant funds will be used to support the purchase of technology needed to automate current paper workflows, the investment of IT resources needed to rewrite code, build Electronic Medical Record (EMR) integration programs and conduct data mapping for the project and conduct all-staff and management training on new data processes, procedures and outcome measurement protocols."

"Meredith Village Savings Bank has been a long-time supporter of the important work that we do at LRMHC and we are grateful for their contribution to organizations like ours that provide support for individuals and families in challenging circumstances," said Pritchard.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency

Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

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Newfound Landing Sports

Section **B**
Thursday,

Wednesday, December 25, 2019

What's On Tap

The schedule is full of holiday tournament action and then returns to regular season action into next week.

The Newfound hoop boys and girls are taking part in the Lakes Region Holiday Hoop Tournament in Gilford starting Friday, Dec. 27. The Bear boys will play Laconia at 1 p.m. and the girls will play Winnisquam at 2:30 p.m. The tournament continues on Saturday, Dec. 28 with consolation or semifinal games and the finals are Sunday, Dec. 29, girls at 4:30 p.m. and boys at 6 p.m.

The Plymouth girls' basketball team will be at the Mike Lee Holiday Basketball Bash today, Dec. 26, against Sunapee at 1:30 p.m. and will play St. Thomas at 1:15 p.m. on Friday, Dec. 27. The tournament continues on Saturday, Dec. 28, and Sunday, Dec. 29, times to be determined.

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

The Plymouth gymnastics team will be at Bedford for a 3 p.m. meet on Sunday, Dec. 29.

Karkheck, Broome lead Bears in first race

BY JOSHUA SPAULDING

Sports Editor

BRETTON WOODS — The Newfound alpine ski team kicked off the season on Friday, Dec. 13, with a meet at Bretton Woods Ski Area.

The meet featured two runs of giant slalom in the morning and one run of slalom in the af-

ternoon.

The girls placed fifth overall among the eight school competing and the boys finished third out of the eight schools. Lin-Wood and Gilford were the top two teams in both the boys' and girls' races.

For the boys in the giant slalom, junior Matt

Karkheck led the way with an 11th place finish in a time of 1:15.57.

Senior Tuan Nguyen was next for the Bears, finishing in a time of 1:24.14 for 20th place and freshman Quin Van Lin-gen came home in 24th place in 1:27.59.

Freshman Jack Ehmann was the fourth

scorer with a time of 1:32.4 for 29th place overall.

Freshman Dalton Dion finished in a combined time of 1:32.4 for 30th place while freshman Trevor Sanschagrín had a solid first run but did not finish his second run.

In the afternoon sla-

lom, Karkheck finished in a time of 39.07 seconds for 13th place.

Ehmann was next, finishing in 16th place in 44.09 seconds and Van Lingen was 21st in 45.68 seconds.

Dion finished in 46.73 to round out the scoring for Newfound.

SEE **BEARS** PAGE B4

Alpine Bobcats return strong group

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — While the team had yet to officially get out on snow, the Plymouth alpine team was actually getting into a meet prior to the holiday break.

The meet at Crotched Mountain on Dec. 18, was a way for coach Dan LeBlanc to get his returning skiers into a race prior to the holiday break.

"We're looking pretty good," the Bobcat coach said. "We've been in a bit of a rebuild the last couple of years.

"We've got most of our team back from last year and a few new skiers too," LeBlanc continued. "I'm pretty excited to see what they can achieve this year."

While the team's

training facility at The Kanc Ski Slope in Lincoln doesn't open until Jan. 2, LeBlanc reported the team was actually having a good time doing dryland training.

"This is a really fun group," said LeBlanc. "They're having a blast in dryland.

"But they're excited to get on the hill for sure," he added.

On the boys' side of things, the captains are seniors Peter Wingsted and Jared King, who LeBlanc notes have been working hard the last three years and that hasn't changed in their senior year.

"They've been working hard in dryland and I'm excited to see what they can accomplish," LeBlanc said.

On the girls' side,



JOSHUA SPAULDING

Sam Meier returns to the slope for another season for the Plymouth alpine team.

the captains will be the squad's lone senior, Taylor Shamberger and junior Sam Meier, the first junior captain on

the team in a number of years.

"They've both improved the last two years," LeBlanc said.

"They can really do well this year."

Meier came up just short of the making the

SEE **BOBCATS** PAGE B4



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NFI North is seeking a full time Program Director to implement and oversee our Community Based Services that include Intensive in home services; Individual Service Option, Home Based Therapeutic and Foster Care Services.

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Holiday tournaments abound this weekend

BY JOSHUA SPAULDING
Sports Editor

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

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

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

On Friday, Dec. 27, Berlin and Dover will play at 10 a.m., Somersworth-Coe-Brown and John Stark-Hopkinton will

play at 11:45 a.m., Kennett and Dover will play at 3 p.m. and Kingswood and John Stark-Hopkinton will play at 4:45 p.m.

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

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

The Plymouth girls will play Sunapee at 1:30 p.m. today, Dec. 26, with the Kennett boys playing

St. Thomas at 2:30 p.m. and the Eagle girls playing Franklin at 3:45 p.m.

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

On Saturday, Dec. 28, the Kennett girls will play at 1:15 p.m. while the Plymouth girls will play either at 10:45 a.m. or against Kennett at 1:15 p.m. and the Kennett boys will play either at 9:30 a.m. or 5 p.m.

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

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

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

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

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

Intro to curling offered Jan. 5 at PSU Ice Arena

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

The Plymouth State Ice Arena will be offering

a four-week Intro to Curling program, beginning Sunday, Jan. 5, at 7 p.m., each session will be two hours in length. Over the four weeks, they will focus on the fundamentals of curling, how to deliver a stone and how to sweep. The beauty of curling is that it can be enjoyed by an array of people. There

is no running, there is no jumping, there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by simply playing the sport. The most physical aspect of curling comes from furiously sweeping in front

of the stone as it glides down the opposite end.

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

Another busy year in the books

And with this issue, 2019 is officially in the books as far as the newspaper goes.

Of course, with early holiday deadlines, this is actually being written on Dec. 18, so there's still two weeks left in the year.

However, it is still a good time to look back on what was a busy and exciting 2019.

While there were no international excursions (those are coming in 2020) like in 2018, there was still plenty of traveling in my 2019.

The biggest trip of the year came in August when my mother and I journeyed out west to visit my brother in Wyoming. In the search of seeing something I hadn't seen before, I booked the trip starting in Phoenix so we could make a trip to the Grand Canyon along the way.

We landed in Phoenix, cruised north to the Grand Canyon, which was pretty incredible. After some time at the south rim, we got back on the road and drove to



By JOSHUA SPAULDING

southern Utah, where we spent the night. The next day, we drove across Utah and into Wyoming to my brother's house in Lander. We had a great visit before we had to drive to Denver for the return flight home.

While that was the longest trip of my year, there were a few other short trips throughout the year.

At the beginning of April, I made a quick trip out to Seattle to see the Red Sox in their second game of the season. I have set a goal of visiting a few new baseball parks every year and Seattle was the first one for last year. While it was a quick trip, I got up the Space Needle and enjoyed T-Mobile Park.

The next two baseball parks on my list this year happened to coincide with trips to see live podcast shows.

In mid-April, I took the train to Philadelphia for a Survivor podcast event with Rob Has a Podcast. Part of the trip was a baseball game at Citizens Bank Park, home of the Phillies. The park was nice, the podcast episode was great but it was a very quick trip, as I caught the train back that night.

In July, Rob Has a Podcast had another live show, without the Survivor aspect, this time in Minneapolis. I had never been there before so it was nice to see a new city, though it was during quite possible the hottest days of the year. The podcast taping was a lot of fun and we were able to take in a game at Target Field, home of the Minnesota Twins.

There was two more Survivor trips left after the new season began. In October, it was a quick train trip to New York for an RHAP taping. While it was raining, I did get to visit Central Park for the first time and enjoyed the podcast and after-party before

heading home that night.

The final trip of the year came in early-December when I journeyed out to Brea, Calif. for another Survivor podcast with RHAP. Unfortunately, it rained for most of the day I was there, but the next morning there was some sunshine, allowing me to get down to Newport Beach for a bit.

There were certainly plenty of fun excursions this year, there is plenty to be excited about in 2020. But more about that next week.

Finally, have a great day, Jared Spaulding.

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

Bears

FROM PAGE B1

Sanschagrín finished in a time of 47.07 seconds for 24th place and Nguyen finished in 49.17 seconds for 27th place.

For the girls, Hayse Broome led the way with a 16th place finish in a time of 1:17.44.

Hannah Owen finished in 27th place with

a time of 1:28.41 and freshman Becca Dillon was 35th in a time of 1:49.73.

Freshman Lily Karkheck finished in 37th place in a time of 1:57.55 to round out the scoring for Newfound.

Emma Sawyer finished in 1:09.77 for 39th place.

In the afternoon slalom, Broome finished in

17th place overall with a time of 38.89 seconds.

Owen finished in 48.68 for 27th place, with Dillon in 32nd place in 53 seconds.

Karkheck finished in 56.45 to round out the scoring.

Sawyer finished with a time of 1:08.79 to round out the field of Bears in the race.

The team was sched-

uled to be in action at Bretton Woods again on Dec. 19, but that meet was cancelled.

The team returns to action on Friday, Jan. 3, at Gunstock at 10 a.m.

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

PSU sets dates for volleyball camp

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

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

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

Section two is for girls entering ninth – 12th grades for beginner, intermediate and advanced players who want to play and excel at the high school level. Attendees will be challenged with improving basic fundamental skills and will have the opportunity to

learn more advanced strategies, position-specific skills, transition and concepts of team play. Section two meets from 1 to 5 p.m.

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

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

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

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

Bobcats

FROM PAGE B1

Meet of Champions with her strong performance at the Division II State Meet.

Other returning athletes expected to contribute some solid scoring results for the boys are Matt Lorrey, Justin Collins and Colin Roper. Lorrey is the team's best returning scorer from last year's state meet while Collins and Roper both had solid seasons last year. Brian Berger and Garrett Dion are also expected to help out with depth.

On the girls' side, Sujaj Billin had a very strong year in the giant slalom last year and will be back while Holly Hoyt also had a strong year and should be able to contribute to the scoring this year as well.

Halle Kozak and Tay-

lor Maine are also expected to provide depth for the Bobcat girls.

LeBlanc notes that the team also has a couple of incoming freshmen who should be able to contribute in Ella Weiser and Dylan Welch, who LeBlanc expects to be one of the boys' team's top skiers as the season rolls along.

In addition to the race at Crotched Mountain, the Bobcats will also race at Cranmore, Gunstock, King Pine and Waterville Valley. The home meet at Waterville Valley will take place on Jan. 31.

The Division II State Meets will take place at Cranmore (girls) and Crotched Mountain (boys) in mid-February.

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