



2018: The Year in Pictures



BY DONNA RHODES
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REGION – The Year 2018 was certainly a boost for the Newfound Region and contrib-

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uting to that were the young boys and girls, young men and women who rolled up their sleeves and pitched in to make their community a better place to live.

Tapplly-Thompson Community Center has long been known as a place where children thrive through sports, camp, and other fun experiences.

The TTCC Teen Council, comprised of students from Newfound Regional High School, have found ways to make a difference beyond those activities however. In the past few years they have held fundraisers to provide a new water bubbler for the center,

purchased safety pads for the gym and are now embarking on a mission to replace old windows on the front of building. Teen Council members also help with many community events like Halloween, Santa's Village, Old Home Day and sports.

Newfound Memorial Middle School students did their part in 2018, too.

"In November the Student Council volunteered at the New Hampshire Special Olympics bowling tournament at Fun-spot. In addition to this the Student Council created a kindness chain as an anti-bullying message," said Principal Jay Lewis.

In December council members traveled to the New Hampshire Veterans' Cemetery in Boscawen to help lay wreaths on the graves of lost heroes. In honor of Veterans Day, and in keeping with their support of the military, they also raised \$200 for the Wounded Warriors Project. In the days leading up to Christmas the group also participated in the Bristol Festival of Trees, which benefited community drama presentations in the school district.

They and other local youth of all ages also took part in or helped with the annual N.H. Marathon, the Kids Marathon, the Lakes

Region Triathlon and several 5K races throughout the year.

Younger boys and girls were part of several community activities as well. This summer those involved in Boy Scouts helped the Downtown Decorating Committee plant flower bulbs, held cleanup drives and participated in a number of fundraising events. Girl Scouts hosted a children's Easter event, took part in community activities and also participated in the Veterans Wreath laying project.

A salute to local youth doesn't end there, however.

When a devastating fire broke out on

Beech Street in Bristol last summer, local children pitched in to do what they could to help. They held fundraisers, collected backpacks, notebooks, clothing and shoes for their peers displaced by the fire, and much more.

In a time when children are facing so many new life challenges, the Newfound Area is blessed by those who choose to make their community a better place to live and for this we salute them.

Happy New Year to all, both young and old, from everyone here at Salmon Press!

**FOR MORE PHOTOS
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TOWN OF ALEXANDRIA

PUBLIC HEARING

ON THE PROPOSED 2019 BUDGET

Tuesday, January 8, 2019 following the Selectmen's Meeting that begins at 6:00 p.m. The public hearing will be held in the Conference Room at the Municipal Building, 47 Washburn Road, Alexandria, NH




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Time: 9:00 am to 2:00 pm

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

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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

From the Editor's Desk

Making a resolution that will last

With New Year's Day now in our rear-view mirror, we, like many of you out there, are thinking about resolutions. We could debate that September is actually the start of a new year given the clean slate of grades to start a new school year, but a new year is a new year, and not all of us are still in school.

More than half of all resolutions end in failure, but we like the fact that generally, we, as people, seek to improve ourselves and our lives. One reason resolutions fail is that a person just hasn't chosen the right one, something that has meaning. Many people fail before the end of January.

A resolution isn't the right one for you if it's too vague, if it's someone else's expectations for you, or if you have no plan.

The acronym SMART (specific, measurable, achievable, relevant and time bound) can be used to help facilitate your success. If you make a specific goal of losing a certain amount of weight, your goal will be easier to obtain. If you set a time limit (baby steps) by saying 'I will lose one pound each week,' your plan becomes more effective. As a side note on the 'baby steps' concept, if you haven't seen the comedy "What About Bob?" starring Bill Murray, you must.

We all like to see progress and to see it fast. One way is to make something measurable. If you want to scale back on something, say using social media, you can use the 'see how much time you've spent on Facebook' setting to watch your usage go down. Or if you've set out to watch as many old classic movies or read as many John Grisham novels as you can this year, you can make a check list, and as you finish each one, check it off the list. Or bring an empty book case into your house, as you finish a book, pop it on the shelf.

Pick a goal that is achievable. By taking a leap that is too big, you might find yourself in over your head and likely frustrated. Having a goal of saving more money than you can, will leave you hopeless, however if you can put away \$50.00 per month, then you're on to something.

Choose a resolution that is relevant. Doing something for the right reasons is key. A relevant goal is a lasting goal. If you want to do more research on your family's ancestry, so that your family will have the information for years to come, then what you're doing has meaning to not only you but to the people you care about. Choosing to bring others in on your goal is never a bad idea either. We all need a coach at times.

Using a timeline for your goals should be realistic. Knocking off small goals along the way will lead you to your larger goals and will also give you a chance to create your new habit.

Learning something new is one of the most refreshing things about being alive. Being able to continually grow and morph into the best versions of ourselves is what life is all about. The more you enjoy, the more meaning you get out of life.

As the poet T.S. Eliot wrote, "For last year's words belong to last year's language, and next year's words await another voice."

Newfound Landing

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PET of the Week Feldman

Staying with us since July, Feldman has been waiting patiently for his human kindreds to come and take him home. Like his namesake, Feldman is not outrageous, not undisciplined, but he is deeply loving, snugly and an active investigator. He's a four year old mixed breed and his markings bring forth reminders of Daniel Striped

Tiger from Mr. Rogers fame. He is a bit stereotypical when it comes to dogs. Not a fan. Because of his having feline leukemia cannot be in a home with other cats. Come and meet and talk with this gorgeous guy who has a lot to say, many stories to tell and lots of love to give. You won't regret discovering that he belongs in your home.



Interviews for vigilant successors?

BY VINCENT PAUL MIGLIORE

Bridgewater

It is the common fate of the indolent to see their rights become a prey to the active. The condition upon which we retain our liberty is eternal vigilance; which condition if we break, servitude is at once the consequence.

Little did John Curran know when he spoke these (slightly paraphrased) words, he spoke of a warning to registered voters of the Newfound Area School District -- Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron and New Hampton. But for one or two, energized on occasion or when a hot issue surfaces that more find time to attend as a crowd (more on that below) a School Board meeting ... held at your high school on the second Monday of each month at 6:30 p.m. -- for the most part, no one appears (read: shows-up) to argue for the taxpaying citizenry in the public forum provided to do so. Well, technically -- Mr. Archie Auger of Bristol's been present at numerous meetings to watch what's been going on. He's spoken up and both praised and critiqued with severe chastisement at times -- actions of the School Board. He comes with a broad breadth of extensive hands-on expertise as a long-term educator, district employee, school administrator, a fine purveyor of detailed knowledge in state law, as well as public servant and as a competent past School Budget Committee Chairman.

Mr. Archie Auger attends every Deliberative (first) Session of NASD's school district and votes in every election held, (the second session of the same meeting a month later when we vote at the polls). We will someday need a nominee to take the reins from him, from his commit-

ment to eternal vigilance to be that local beacon to inform those who serve us they're being watched carefully. With that nomination may come the application of an elixir to soothe any pain we may feel as excess taxation, which feeling this year has been particularly justified. It stems simply from those in our administration who fall back on the legal profession you employ on their behalf just recently saying "... our lawyer said she is 60 percent certain she could defend our recommended action to the Board in court." Why not make a more simple choice in the taxpayers' favor instead of hoping and gambling you might be more right legally than simply wrong in principal?

A simple analysis reveals from the district's own publically available information that the average unexpended fund balance for each of the past seven years (read: the amount of money left over in late spring from our school budget that it turns out we didn't need to tax you for during the prior year) has averaged roughly \$952,000. This past year, we reported very late in the school year when we were finally done with scheduled and budgeted spending, a roughly \$1,500,000 unexpended fund balance -- (again, read: the amount of money left over from our school budget that it turns out in late spring we didn't need to tax you for during the prior year, but did so). The highest I can ever recall. This past year, consistent with several of the past recent years, our student enrollment declined, and while it varies it's always in negative double-digit numbers and yet this net loss includes having those who tuition-in to NASD from Hill. Yet, somehow, we always seem

to need build a budget that barely comes in "just under the tax cap" (that only allows a 2 percent increase on monies raised from taxes during the prior year -- now do you understand why you get over-taxed each year? It allows us to come in "just under" a HIGHER budget that we haven't needed to the tune of \$952,000 per year, for the last seven). How about we stop that practice and build a budget at this year's Deliberative Session on Feb. 2 -- with your help in attending -- that simply doesn't overtax you almost a \$1,000,000 more each year than has actually been needed for the past seven years, based on our own data? Isn't that proof we haven't had to "come in just under the tax cap" in a continually declining statewide and local enrollment situation? Why continue to grant so many more requests for funding each year, providing a savory menu from which leftover taxpayer funds can be selectively spent prior at the end of the fiscal year in June? And be told in the newspaper the prior autumn the list was "hard to cut" ... how can something be cut from something that doesn't exist yet? Aren't those just items we'd like to have, but would simply put us over our tax cap? Instead of focusing on all our building improvements again this year, why not consider giving our worthy support staff a modest raise to help with an increase in a cost of living? Our professional staff is poised for one. Doesn't it take an entire village to raise a child?

You have a way to take back some modest control with a petitioned warrant article option -- at least one this year, that advises your School Board with omnipotent control over spending tax

money YOU choose to appropriate, to implement a policy that allows you, as voters to decide whether capital improvements should be completed or not --- by a vote of the public annually, not just by them. Please consider supporting it. It's your money that gets taxed --so, shouldn't you decide? To do this, plan to accompany Archie Auger -- your eternally vigilant public guardian of the public trust, to the district-wide School Meeting. "Nominations" -- so to speak, to add others to such public trust resources exemplified by him, are Saturday morning, Feb. 2 at 10 a.m. --- it's the Deliberation Session meeting folks --- where you vote on matters put before you, decide what the voters will see on a physical ballot a month later in March when many more will visit the polls to cast their choice on what you (or your neighbor? Or only your School Board?) will decide what they see on that final ballot. This is where you will be further educated on how to take up this mantle to get control of the most significant local taxation you control each year. Remember, while our Congress may very well be beyond our reach, your local government is not ... at least, yet. That's why we supposedly like local control in New Hampshire. Now prove it. See you at the high school the one time each year you have some say at 10 a.m. Saturday morning, Feb. 2. (The inclement weather date is two days later on Monday).

"It is the common fate of the indolent to see their rights become a prey to the active. The condition upon which we retain our liberty is eternal vigilance; which condition if we break, servitude is at once the consequence."

■ For most of us, a life is not so well-planned

NORTH
COUNTRY
NOTEBOOK

By JOHN HARRIGAN



The advent of a new year is supposed to be a time of reflection and hope, a time to generate the “best of” or “biggest of” or “most important of” stories in my business---the news business---or to make a Wish List for the next twelve months. This is not easy when your first thought is “Wait--what happened to 2018?”

About 50 years ago, I was pushing lumber around one afternoon at the Lorden Lumber Company in Milford. I worked in the planing mill, where rough boards were turned into the smooth stuff people buy.

My job was to stand next to Vern Hall, the grader, and double up pieces to make take-away easier for the guys down the line, and scoot away any pieces Vern marked for cutoff. In this event I had to yank the piece over to a swing-saw and cut off an inferior end to bump the piece up a grade or two.

+++++

Charlie Long ran the planer, a deafening machine the size of a four-door sedan. On this day he had hit a copper-jacketed bullet in a rough plank, and had to shut down and take out the dulled knives (which most people would call blades) while he put new knives in.

In all the sawmills and planing mills I ever visited, by the way, operators kept cigar boxes and shoeboxes and the like containing odd things they'd hit. Charlie had a shoebox, which after I got to know him he “shared” with me, as people now so like to say. If Charlie were still around to hear this “share” business, I think, he would throw up.

In Charlie's boxes were copper-jacketed bullets, musket balls (old ones too, the real deal), barbed wire, nails, telegraph wire, baling wire, many a post-war arrowhead, and a few pieces of fluted points. Most of the time, he could spot such anomalies in a rough board before he fed it into the planer, because it caused some sort of bump or stain. When he didn't, the knives got gouged and he had to shut down.

Changing knives took about an hour, and this being a lumber yard and manufacturing line where no time was ever wasted, the entire planing mill crew was sent out into the yard to tear down stickered lumber. This meant tearing down stacks of lumber that had been drying on thin sticks of wood between layers, and making a pile suitable for the front end of Charlie's machine.

+++++

On this day, it was around 20 below. This



JOHN HARRIGAN

In much of New Hampshire, away from the Interstates, “Keep Out” signs are still a rarity, and the land is open to all on foot.

was back in the days when “wind chill” was not for public consumption. Twenty below meant twenty below.

I'd been out there pushing lumber

around for half an hour when I had an inspiration: (a) I didn't want to spend another winter not knowing when I'd have to go out into the freezing cold to push lumber

around, (b) I did not want to spend the rest of my life dealing with a never-ending stream of lumber, and therefore (c) I was going to come down with a cold the next day, and spend

it pounding around Nashua looking for any inside job I could get.

My last stop turned out to be the Nashua Telegraph. I had no newspaper experience whatsoever, no college

degree (first-year dropout), and couldn't even type. But the Telegraph needed a darkroom trainee. The darkroom was just off the newsroom. I was in.

SEE **NOTEBOOK**, PAGE A10

MARK ON THE MARKETS

Hope or know



BY MARK PATTERSON

We can hope that our retirement money invested in the stock market or mutual funds will do well when we are ready to retire. We can hope that Social Security will be there for us when we were ready to retire. We can hope that we are working with an investment professional who understands the difference between accumulation of assets and distribution as income. We can also hope that our retirement money is being managed cost efficiently and appropriately for our risk tolerance and age. We can hope that our retirement income plan is sustainable, will provide steady income and

has plenty of liquidity. We can also hope that we have the courage to plan for our retirement income and not bury our heads in the sand hoping that it'll all turn out okay. We can also hope that we do not get ill or die without a will or trust in place.

If you fit the category of people who have put off planning, don't feel bad you are probably in the majority. From 2001 until 2011, the markets went nowhere and had a couple of significant draw-downs, (the lost decade). It is human nature to receive your statement from your brokerage and just toss it in a drawer unopened during bear markets, because we really don't want to see the damage. Many people do not have life insurance because they don't want to face the fact that they may actually die someday. People can also

justify not having life insurance or disability insurance believing that they do not need it any more when in fact, there passing or disability would create a liquidity issue for their families.

Instead of hoping all these things will be okay; why don't we know that they will be okay? You can find out what your Social Security benefits will be depending on when you take them by going to the Social security government website. If your 401(k), 403B or IRA are made up primarily of mutual funds that are really designed for accumulation of assets and not for distribution as steady, sustainable income, you may want to consult

with an advisor that can show you how to get predictable sustainable income from those investments. Make sure that your assets are also liquid to the extent that you may need money for emergencies. You should mitigate market, credit and interest rate risk with your income plan. The equity markets have been good the last nine years, so it is easy to become complacent and risk your retirement money in the equity markets. Don't rely on the equity markets for your retirement income. The equity markets are more a growth vehicle than an income producing vehicle.

There's a humorous commercial on TV that shows a husband-and-

wife doing every conceivable chore in the house or yard to avoid retirement planning. Across the street set their neighbors with an insurance salesman who flips around his laptop saying they your retirement plan is all done. Both, in my opinion, are exaggerations. An insurance product alone is not going to solve your retirement planning needs.

Take the time and muster up the courage to look at a retirement plan that is sustainable, steady and design for predictable, sustainable income plus growth.

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



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Janice M. Chase, 87

HEBRON — Janice M. Chase, 87, died Saturday, Dec. 22, 2018 at her home after a period of declining health.

She was born in Lewiston, Maine, the daughter of Wesley and Gwendolyn (Davis) Sanborn. She lived in the Laconia and Belmont area much of her life, moving to her parents' home in Hebron in 1998.

Janice was a wonderful homemaker and mother, providing for her four children. She was passionate about her flower gardens that helped to attract the birds she loved to feed and watch. Janice loved snowmen and gnomes and had an amazing collection decorating her home both inside as well as outside. She loved all the holidays, especially Christmas and enjoyed decorating her home.

Janice touched the hearts of everyone she met and her sweet, kind, strong, and vivacious nature will live on forever. She will be dearly missed by her children, grandchildren, great grandchildren, the community, and all who knew her.

The family would like to recognize the several caregivers including the staff at Pemi Baker, which cared for her in the last six months at her home. They provided loving, gentle care and



companionship to our mother.

She is survived by four children (Norman Willey of Groton, Cheryl Porter of Laconia, William Hanson of Rochester, and Maida Lessard of Goffstown); eight grandchildren; and 11 great grandchildren.

She was predeceased in May by her husband, Gene Chase.

A memorial service was held on Friday, Dec. 28, 2018 at 3 p.m. at the Union Congregational Church of Hebron, 16 Church Lane, Hebron. A private family interment will be held in the spring in the Hebron Cemetery. In lieu of flowers, donations may be made in her memory to Newfound Lake Region Association, 10 N. Main St., Unit 1, Bristol, NH 03222. Please note "Grey Rocks" in the memo. Grey Rocks Conservation now exists in place of the Newfound Marina built in the late 1950's by her father, Wesley Sanborn.

Towns

Groton

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

No Select Board this week, but we'd all like to wish you and your families a wonderful New Year.

The next Select Board Meeting is scheduled for Jan. 8.

There will be time during the Jan. 15 Select Board meeting to discuss the future of the Groton Police Department in order to prepare the subject for the Town Meeting in March.

There will be a Building Committee meeting on Jan. 17 at 7 p.m., and a Road Committee meeting on Jan. 12 at 6 p.m.

The Town has acquired from donations a large selection of winter coats, sweaters, pants and jackets in both children's and adult sizes. They are in the Town Hall in the Community Room if you or someone you know has a need help yourself. If you have specific needs please let us know and we will attempt to help out.

The Town is still looking for those who would be able to serve in different capacities in the Town. We are in need of a Town Auditor, Cemetery Trustees, Library Trustees, Old Home Day Committee members and Emergency Management Director and Deputy. If you would like to serve the community in any of these ways, please contact the Town Offices at 744-9190. Soon we will be looking to have people to sign up to run for these offices and others in the Town Elections that will be held in March. We have several who are at the end of their term and will be looking to be reelected, but some who are ready for a change of pace and so there will be lots of openings available. As these openings become evident I will try to post them here so that when the filing period comes around at the end of January we will have someone to vote for.

Scheduled Meetings and Office Closures

Select Board Work Sessions –Tuesdays, Jan. 8 and 15 at 6 p.m. at the Town House

Select Board Meetings (open to the public) – Tuesdays, Jan. 8 and 15 at 7 p.m. at the Town House

Conservation Committee Meeting – Thursday, Jan. 10 at 7 p.m.

Planning Board Meetings – Wednesday, Jan. 23 at 7 p.m. at the Town House

Possible Planning Board Hearing on Jan. 21 at 7 p.m. to discuss the Groton Proposed Zoning Ordinance. This means a copy should be available in the Town Offices by Jan. 10.

Tax bills for the 2018P02 warrant were due Dec. 14. They will be accruing interest now at the rate of 12 percent. The total in taxes due the Town on Dec. 28 was \$178,270.81.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Community Breakfast
On Jan. 5, the First

Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind the church.
Pastor Ernie Madden
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashland-communitychurch.com

Sundays:
9 a.m. - Early Worship Service, followed by coffee and fellowship in the church dining room.

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

Kidzone:
Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach age appropriate lessons in a loving atmosphere.

Alcoholics Anonymous Group:
Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.

Our Vision is to become a church that unchurched people will love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

Bristol United Church of Christ ("the Church on the Hill")

We are handicapped accessible!

Our doors are always

Community Breakfast of 2019 will be held in the Community Hall of the Union Congregational Church of Hebron. For \$4, we will be serving eggs, bacon, sausage, pancakes (and maybe french toast),

hash, oatmeal, yogurt, fruit, pastries, juice, coffee and tea. But you must be an early riser as breakfast is served from 7:30 to 8:45 a.m.

Happy New Year!

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
Sunday School: 10 a.m.

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

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

Phone: 744-8132

Office Hours
Main Office – Monday through Friday - 9 a.m. to noon

Pastor's hours: Monday through Thursday - 9 a.m. to noon and other times by appointment

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

Weekly Events:
Mondays
A.A. Step meeting – 7:30 p.m.
Bible Study – 7 p.m.

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

Wednesdays
Due to popular demand, Morning Reflections will continue through the winter months, as weather permits, with Rev. Andrew moderating, on Wednesday mornings at 7:30 a.m.! Coffee will be provided.

Fridays
Bone Builders – 9:30 a.m.

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

Women's Fellowship – Next meeting will be held on Thursday, Jan. 10 at 10 a.m. in Fellowship Hall. All are welcome!

Choir rehearsal continues at 4 p.m. every Wednesday.

Ongoing
Bristol Community Services is in need of spaghetti sauce, baked beans, canned fruit, jelly, and canned peas. Please help if you can!!

Taking a break in December, The Dynamo Dinner Crew will resume on Jan. 12 with a

chowder supper! Chowders will be prepared by the Women's Fellowship. Adults \$9. Children \$4. Serving 5:30 to 7 p.m.

Take Out Available: 744-8132

The ukelele band is now in full swing, and having a lot of fun! If you are interested in joining, please contact Debbie Doe.

The band is getting together once a week on Wednesdays at 8:30 a.m. in Fellowship Hall for lessons and practice. Look for another performance this coming February!

Rev. Andrew has indicated that several people have approached him with interest in meditation as a self-care practice. Please contact him if you are interested in having a weekday program for meditation. It's possible the group could meet and learn and practice a different meditation technique at each session. Remainder of the hour would be for quiet, individual meditation in whatever style works for you. Based on interest, we will then proceed to scheduling.

We are hoping to bring a labyrinth to church during the Lenten season. If you would like to help with the planning of this special even, contact Rev. Andrew!

A big thank you to Tom Keegan for shoveling our church walks and pathways until someone else is available!

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!

Hebron Union Congregational Church

All are welcome to join in our worship services on Sundays at 10 a.m., followed by fellowship and coffee. Please come meet our Interim Minister, Rev. Earl Miller.

Once a month, we make soup for members in our greater church community. Our next "Soup Route" is Jan. 14. If you would like to receive soup, or would like to volunteer to make or deliver soup, please contact the Church Secretary at the contact information listed below.
Bible study will resume on Thursday, Jan. 10 at 9:30 a.m. in Community Hall. Anyone is welcome to join us.

Our church is located in the center of

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	60 King Rd.	Single-Family Residence	\$189,000	Shawn P. Demers and Chelsea R. Klinger	Jordan P. Smith and Audrey J. Rouleau-Smith
Ashland	141 Owl Brook Rd.	Single-Family Residence	\$234,000	Steven and Lisa Marshall	Kyle A. Mirabile
Ashland	44 School St.	Single-Family Residence	\$80,190	Karen Potter and Pennymac Loan Services	Pennymac Loan Services
Ashland	8 Squam River Landing	Residential Developed Land	\$137,600	EHFAR LLC	Guy S. and Rosemary M. Reynolds
Ashland	N/A	N/A	\$267,000	EHFAR LLC	Steven W. Davis and Nicholas J. Peterson
Bridgewater	6 Mountain View Rd.	Residential Developed Land	\$165,000	William Coulter and Kevin Marcotte	Timothy P. and Mackenzie Bonner
Bristol	360 Brookwood Park Rd.	Single-Family Residence	\$143,000	Nancy A. Cate	Becky L. Cartier
Bristol	W. Shore Road (Unit 12)	Condominium	\$450,000	Baker Fiscal Trust	Brian and Gretchen Deangelo
Campton	205 Beaver Brook Rd.	Single-Family Residence	\$260,000	Silvia 1 Fiscal Trust	Gerossie Fiscal Trust
Campton	13 Chapman Circle	Single-Family Residence	\$207,000	David and Erin Hegarty	Michael G. Haapaoja and Christina M. Marchand
Campton	11 Morrill Circle	Single-Family Residence	\$168,000	Melanie A. Trusty	Michael Nordberg
Campton	N/A	N/A	\$254,933	Cavanagh Family LP	Stephen and Claire Gilson
Dorchester	N/A	N/A	\$130,000	Richard J. Harcar	Sandra K. Green 2015 RET
Ellsworth	Sutherland Road	Residential Open Land	\$57,733	Arnold J. and Robert W. Grant	Robert J. Smith
Hebron	69 Bear Mountain Rd.	Single-Family Residence	\$478,000	Andrew and Adrienne Dunn	Todd W. Lambert
Hebron	Ledges Newfound Lake, Unit 39s	Condominium	\$300,000	Glenn and Judith Nesbitt	Buckingham RET
New Hampton	112 Blake Hill Rd.	Single-Family Residence	\$239,933	Michael W. Sirois 2018 Trust	Dustin G. Harroff
Plymouth	14 Lacourse St.	Mobile Home	\$30,000	Rafael E. and Melissa Puga	Kathleen R. Young
Thornton	Fondue Drive	N/A	\$28,000	Maria T. Dubach	Terri H. Haas 2003 Trust
Thornton	100 Thornton Gore Rd.	N/A	\$800,000	Barron Mountain Club Inc.	David J. Hirsch and Amy E. Fallon
Warren	507 NH Route 25	Single-Family Residence	\$239,933	Eugene and Jane Whitcher	Curtis and Barbara Cummins
Wentworth	N. Dorchester Road	Residential Open Land	\$75,000	Donald E. Brady	Lawrence D. and Jill M. Pickett
Wentworth	124 NH Route 25a	Single-Family Residence	\$169,933	Kevin and Kimberlee J. Wheeler	Christopher G. Dow and Kendra Olson-Dow

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 column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

Senior Center planning trip to Island of Courdes

PLYMOUTH — Plymouth Regional Senior Center, part of Grafton County Senior Citizens Council, would like to extend an invitation to attend an informational session, to anyone interested in participating in a trip to

the Canadian Island of Coudres in mid-September. You do not need to live in Grafton County or be a participant of any of our Senior Centers.

The informational session will be held on Thursday, Jan. 17

(snow closure date will be Thursday, Jan. 24), at 10:30 a.m., at Plymouth Regional Senior Center, 8 Depot St., Plymouth. For directions or more information please contact Robin Koczur at 536-1204 or email at rkoczur@gcsc.org.

Churches

FROM PAGE A6

historic Hebron village at the intersections of North Shore Road and West Shore Road. Our administrative assistant's office hours are Tuesdays from 9:30-11:30 a.m. and Wednesday and Thursday afternoons from 1-3 p.m. and our phone number is 744-5883. Our address is 16 Church Lane, PO Box 67, Hebron, NH 03241. The secretary's email address is staff@hebronchurchnh.org. To find out more about our church, please visit the church website at www.hebronchurchnh.org.

Rev. Miller is also available to meet with parishioners and community members. You can call him at 491-8738 or you can make an appointment by contacting the Administrative Assistant, Linda Kriss, using the contact information in the above paragraph.

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 wel-

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

Star 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.


Visit our Web site
www.starrkingfellowship.org
536-8908



COURTESY

Thanks for a great year

Plymouth Regional Senior Center, Newfound Area Senior Services and our parent Agency, Grafton County Senior Citizens Council, wish to extend heartfelt thanks to local towns, participants, volunteers, staff and to our communities for a wonderful 2018 and the amazing outpouring of generosity, support, volunteerism and fun to the Senior Centers. We are a vibrant and diverse Agency reflecting you! Thank you and Happy New Year. You can find us at 8 Depot St. Plymouth, 536-1204 and on line at: gcsc.org, you are always welcome. Pictured here is the 2018 Christmas trees donated to the Plymouth Senior Center by Baker Pemi Senior Club and Peter Brown, metal artist.




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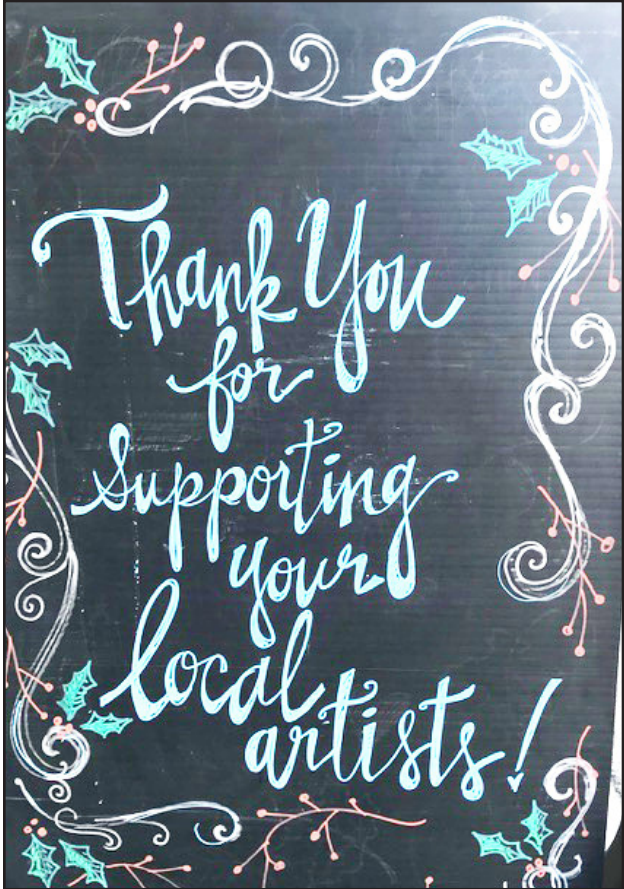
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Happy New Year from Artistic Roots

PLYMOUTH — Artistic Roots artisans wish you all a Happy New Year. We wish to thank all our patrons for your support over the past year. We also wish to thank the Jack and Dorothy Bryne Foundation for their generous grant of \$3000. The foundation's support over the past three years have allowed us to male many improvements to the gallery most notably the improved teaching space.

We welcome visiting artist, Carol Phenix, will offer a six week Portrait beginning on Jan. 10 from 1 to 3 p.m. Classes continue on Jan. 17, 24, 31 and Feb. 7 and 14. Ms. Phenix's course description is as follows: The ability to capture a likeness is surely one of the most satisfying in an artist's skill set. This short course will cover some fundamental practices and "ways of seeing" that can greatly enhance accuracy in portraiture. We will do some short exercises, "clothe" a skull, work from cast heads, practice from photo reference and master drawings; and complete one or more final portraits using photo reference of the students' choosing. Students need to provide the following materials: 11X14 drawing pad, drawing pencils HB-6HB, kneaded eraser, Soft Charcoal Sticks, willow/vine charcoal, and White Drawing pencil. The cost for members \$150 and for non-members \$175. This class requires a minimum of three students and a maximum of 14.

Jayden Gauloch- Jan. 12 from 10-



COURTESY

Happy New Year from all the artisams at Artistic Roots, 73 Main St., Plymouth, NH 03264!

er-Bergman will offer two felted classes this month. On Jan. 5, he will teach Felted Foxes and on Jan. 26 a felted Panda Bear from 10 a.m. until noon. You will learn the basics of needle felting and how to add personal touches to your creations. The cost for members is \$20 and \$25 for non members.

On Jan. 17, Lynn Haust will offer a Melted Glass Sun Catcher Class from 5-7 p.m. Participants will create beautiful glass designs to place in a window and catch the light. They can also make a nightlight. Students will learn to use stringers, frit and how to cut and place glass. Cost of the class is \$25 for members and \$35 for non-members.

11 a.m., Suzan Gannett will offer a free Foam Printing Class for Children. She will teach students how to design a foam print on a collage of their hand. Please sign up if you are interested in attending so that we have supplies available for students. Suzan Gannett will offer a two session Watercolor Class: Winter Scene on Jan. 22 and Jan. 29 for noon to 2 p.m. Students will learn to use watercolor painting techniques using a variety of techniques. You can choose to take one or both classes. The cost for a single class is members \$25, non-members \$30; for the series is members \$45 for members and

\$55 for non-members. On Jan. 23, Suzan Gannett will offer a Make Your Own Earrings Class from 5-7 p.m. Students will learn how to make 3 different wires and to add semi precious stones or artisan made flame work beads. You will begin with copper wire before moving to Sterling Silver. Cost is \$25 for members and \$30 for non-members.

Each month Artistic Roots also offers an Open Fiber Class held weekly on Sundays from 2-4 p.m., sponsored by fiber artist, Polly Bartlett. This class is free and all are welcome to attend.

All classes are offered in our newly renovated studio. Come

and see what a great space Artistic Roots has for offering art classes to our communities. Please note that until a class is paid for, you are not officially enrolled. All classes should be paid for at least by the day before the class. You can sign up by calling 536-2570 or visiting the gallery. Scholarships are available for all classes, simply write suzan-gannett@ymail.com to request a class.

Become a Supporting Member! The cost is \$25 annually for an individual and \$40 for a family and you receive a discount on all classes offered at the gallery. Artistic Roots is on 73 Main St. in Plymouth.




COURTESY

Jennie Blake students lobby for energy upgrades


Jennie D. Blake Elementary students of Hill, Liam Callahan, Casey Bush and Elijah Jones along with Principal Brian Connelly, attended the last NH Governor and Council meeting to advocate for agenda #32a, to provide funding support for the allowance and implementation of energy efficiency projects and upgrades, in the amount of \$100,000 for their school. Funding came from the State Energy Fund. Pictured with students is their District 1 Executive Councilor Joe Kenney, Councilor Andru Volinsky, Gov. Chris Sununu, Councilor David Wheeler, Councilor Chris Pappas and Councilor Russell Prescott.

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Eversource donation supports software upgrade at PBCH

PLYMOUTH — Santa came early to Pemi-Baker Community Health with a little help from Eversource. The energy company’s

recent contribution will be used to purchase and train PBCH employees on Forcura, a new computer software system for medi-

cal information. Pemi-Baker Community Health has 40 visiting nurses, therapists and social workers taking care of more



Marty Humphrey, PBCH Board President, and Chandra Engelbert, PBCH Executive Director, gratefully accepted a donation check recently from Eversource Community Relations Specialist Catalina Calentano.

than 900 patients in 14 local towns. “In this technological world, health care facilities need to constantly upgrade their software to maintain accuracy and efficiently communicate and collect signatures from physicians,” said Chandra Engelbert, Executive Director. “Focura software will

streamline referrals and authorize communication between PBCH’s employees in the field and its office staff in a HIPAA-compliant tool.” “We’re grateful for the opportunity to support Pemi-Baker Community Health in upgrading its software to better serve its patients,” said Eversource New Hampshire Community Relations Specialist Catalina Celantano. “We have a strong commitment to serving the neighborhoods where we work and live and welcome the opportunity to support other non-profits making a difference here in New Hampshire.”

employees also take great pride in helping to build healthier, stronger communities by participating in volunteer events that support local non-profits in neighborhoods where they work and live. In 2018, more than 5,000 Eversource employees volunteered more than 28,000 hours at 150 events across New Hampshire and New England.

For more than 51 years, Pemi-Baker Community Health, a non-profit organization, has brought compassionate health care into the homes of this community. Without the generous support from community partners like Eversource, Pemi-Baker would not be able to continue providing care, and they are very thankful during this holiday season. PBCH services include at-home healthcare, hospice and palliative care, on-site physical/occupational/aquatic rehab therapy and fitness memberships, 90-degree therapy pool and fitness gym. Please visit their Web site, www.pbhha.org, or visit us on Facebook.



Stories of survival

On Friday, Dec. 14, Newfound regional High School had our first ever assembly called “Stories of a Survivor.” We had three presenters between the ages of 24 and 30 who discussed their stories of survival. They discussed their personal stories ranging from mental health, suicide attempts, addiction, trauma, abuse & recovery. This presentation was in honor of National Survivors Day on Nov. 16, and to continue promoting our district goal this year which was to raise awareness of mental health in our schools.

Notebook

FROM PAGE A5
++++

What moves people to do what they do? On television, which I watch only for news and old movies, there are ads for “a well-planned life.” And I’m thinking “Right, when pigs fly.” Most of us, I think, are tossed and turned about and around and up and down by currents beyond our control, and just fetch up here, and then fetch up there. Ask people you’ve only recently met how they started out, and how they wound up where they are today, and you’ll get a whale of a story. All you have to do is listen. My parents, hav-

ing watched me kick around at bagging groceries, hauling wood, carrying golf bags, dropping out of college, working at Beecher Falls Factory, and pushing lumber around at Lorden’s, never figured me for a job at a newspaper. When I came home one weekend and announced it just before supper, my father almost fell through the floor. Today, after many a twist and turn, I’m back in that very same house, still writing and loving it, still loving the very same view. A couple of guys, one a longtime friend, were working on what began as a small construction

job in the house, and during a break started jabbering in some sort of strange tongue, and cuffing each other around. Eventually I recognized the language. “That’s TV trash talk,” I kidded. “Cheap stuff. Means nothing.” Talk turned to life’s decisions, and how much money a soul can get. In general, the farther south you go, the better the pay. Both of these guys could double their money down around Boston. What is unofficially known as the Posting Line, where the No Trespassing signs begin to outnumber the acres of open land, is creeping ever northward in New Hampshire. Hunting and fishing friends tell me this. To me the line is

around the foot of Win-nipesaukee. “But look at that,” I said, gesturing toward Carleton Hill, and Titus Hill, and the vast country beyond. “You can put your lunch in a pack and draw a bead on a mountaintop and just go, with nary a by your leave to anyone. What’s that worth?” Whereupon we agreed that we were all pretty damned rich, just not the kind of rich you can put in the bank. (This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. Letters, with contact information for questions, welcome at campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

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Edward Jones: Financial Focus

Financial Tips for Snowbirds ... Present and Future

Winter is here again – which may make you wish you were somewhere else. You might be thinking how pleasant it would be to become a snowbird and move to a warmer climate for the season. Of course, your stage of life will help determine if you are prepared to be a snowbird now or if you’re just hoping to be one in the future. But in either case, you’ll need to be financially prepared.

So, let’s look at what it would take to be a snowbird – tomorrow and today:

Snowbird tomorrow – The further ahead you plan, the more options you’re likely to have when you embark on the snowbird life. If you’re going to be retired, you’ll need to review all your sources of retirement income – Social Security, your 401(k) or other employer-sponsored plan, your IRA, and so on – to determine if you’ll have enough money available for your yearly snowbird trips without jeopardizing your retirement lifestyle. Your calculations will depend on what sort of snowbird existence you have in mind. Do you want to buy a second home or just rent?

Will you be gone just a few weeks each year or several months? Clearly, to ensure a successful snowbird experience, you’ll need to identify your goals and create a strategy for achieving them.

Snowbird today – If you’ve reached a point where you can indeed make your snowbird dream a reality, and you’re ready to pack your bags, you’ll need to take action on some practical matters, such as these:

Secure your home. If you have a security system, make sure it’s armed and working properly. Stop your newspapers and

magazines, forward your mail, ask your neighbors to remove any stray papers, flyers and advertisements from your porch or entryway, and arrange to have your snow shoveled.

Notify your bank. To fight theft, the fraud departments of many banks are getting more aggressive in spotting and denying unusual charges. That’s why it’s important to give your bank your temporary address and contact information before you leave. By doing so, you can reduce the risk of your account being frozen temporarily if your financial institution can’t reach you with questions about

charges from an unexpected location. You also might find it useful to open a bank account at your snowbird site.

Pay your bills. If you already pay all your bills automatically through bank authorizations, you may not have to do anything when you leave. But if you still pay some bills the old-fashioned way, with checks and envelopes, look for these bills in your forwarded mail.

Track your investments. You can probably track the progress of your investments online, and it’s a good idea to do so, just as

you would at your permanent address. Even if you’re only gone a couple of months, you may need to make some investment moves, so stay on top of your accounts and contact your investment professional, as needed. As always, though, don’t overreact to sudden market swings – ideally, you’ve got long-term strategies in place that can serve your needs in most investment environments.

The life of a snowbird can be a pleasant one. So take the necessary steps before you leave – and enjoy your days in the sun.

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



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What's On Tap

The local high school teams will kick off 2019 with a full slate of regular season games.

The Newfound unified hoop team will be at Berlin at 3:30 p.m. today, Thursday, Jan. 3, and will be at the Belmont Jamboree on Saturday, Jan. 5, before hosting Hanover at 4:30 p.m. on Tuesday, Jan. 8.

The Newfound hoop boys will be at Inter-Lakes on Friday, Jan. 4, at 6 p.m. and will be at Winnisquam at 7 p.m. on Tuesday, Jan. 8.

The Bear girls' basketball team will be hosting Inter-Lakes on Friday, Jan. 4, at 6:30 p.m. and will be hosting Winnisquam at 6:30 p.m. on Tuesday, Jan. 8.

The Newfound and Plymouth alpine teams will be at King Pine on Friday, Jan. 4, at 9:30 a.m. and the Bears will also be at Mount Sunapee on Tuesday, Jan. 8.

The Plymouth gymnastics team will be at Salem for a 7 p.m. meet today, Jan. 3, and at Bishop Guertin at 11 a.m. on Sunday, Jan. 6.

The Bobcat Nordic ski team will kick off the season with a meet Great Glen at 2:30 p.m. today, Jan. 3.

The Plymouth hoop boys will be hosting Kennett at 6 p.m. on Friday, Jan. 4, and will be hosting Kingswood at 6:30 p.m. on Tuesday, Jan. 8.

The Bobcat girls' basketball team will be at Kennett for a 6:30 p.m. game on Friday, Jan. 4, and will be at Kingswood for a 6 p.m. game on Tuesday, Jan. 8.

Plymouth's wrestling team will be at Nashua South on Saturday, Jan. 5, at 10 a.m. and will be hosting Newport on Wednesday, Jan. 9, at 6:30 p.m.

Plymouth's unified hoop team will be hosting Laconia at 3:15 p.m. on Tuesday, Jan. 8.

The Kearsarge-Plymouth hockey team will be at Berlin on Saturday, Jan. 5, at 6 p.m. and will be at John Stark-Hopkinton on Wednesday, Jan. 9, at 7:30 p.m.

Plymouth's ski jumpers will be jumping at Proctor Academy on Wednesday, Jan. 9, at 6 p.m.

Wilkins, Norton expected to lead Bear skiers

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound ski team will feature a solid number of returning athletes and coach Jonathan Young is excited to see the improvement the skiers have made coming into the new season.

"Very exciting year," the Bear coach said of his expectations as the season got under way.

The Newfound boys' team will be led by four-year skier Reid Wilkins, who returns for his senior season. He is joined by classmates Cian Connor, Jacob Pfister and Gabe Bauer, all of whom return to the slopes for the Bears.

Young also notes that returning juniors Tuan Nguyen and Brandon Marcoux and three returning sophomores, Owen Henry Matt Karcheck and Jacob Blouin have all improved and he's looking forward to seeing that improvement.

For the Newfound girls, the one returning senior is Sophia Pettit and returning junior Stephanie Norton is expected to be one of the team's top racers.

Sophomore Hannah Owen returns to the fold after an injury last season and Young says she looks good early on.

Young also notes that freshman Hayse Broome will be very competitive and Cassandra Zick and Elsa McConologue will also be exciting to watch over the next couple of years.

The Bears kicked off the season at Bretton Woods on Dec. 20. The schedule will also include one race at King



JOSHUA SPAULDING

Reid Wilkins is one of the key returning members of the Newfound alpine team.

Pine, two races at Sunapee and four races at Gunstock. The state meet will

be held on Feb. 11.

Next up, the Bears will be skiing at King Pine at

10 a.m. on Friday, Jan. 4.

Joshua Spaulding can

be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Strong fourth quarter leads Bears by Mountaineers

BY JOSHUA SPAULDING

Sports Editor

BERLIN — The Newfound hoop girls went to the holiday break with a solid win on the road in Berlin on Dec. 19.

"It was a great game, I was very happy with that one," said coach Kammi Williams of her team's 41-32 win over the Mountaineers.

Williams noted that the game started out much like the team's previous game against Fall Mountain ended, as the Bears were unable

to shoot with accuracy from outside.

"We couldn't hit a single outside shot," Williams stated.

The Bear defense did a nice job, however, limiting Berlin's scoring bids and after one Newfound had a 10-9 lead. The Mountaineers outscored Newfound by one in the second quarter and the two teams were tied at 21 at the halftime break.

"They were giving us the outside shots," Williams said. "And they were playing man to man



JOSHUA SPAULDING

Tiffany Doan had a couple of key three-pointers against Berlin prior to the holiday break.

on Paulina (Huckins) and Ashlee (Dukette) inside. We just couldn't get anything going."

The third period featured even less offense, as the Bears outscored Berlin by a 6-5 score and took the one-point lead to the final eight minutes.

Williams decided to put the full-court press on in the fourth quarter and it was effective, as the Bears outscored the hosts 15-5 in the final frame to leave town with the win.

"We got a few quick turnovers and from there, we played really well," Williams said.

Tiffany Doan had a pair of huge three-pointers in the fourth quarter, which forced Berlin to come out to defend and that opened up Dukette inside and she scored six points in the fourth quarter.

"We've got to be able

to hit the outside shots," Williams said. "We need to start putting more points on the board."

Dukette led the way for Newfound with 16 points on the evening while Huckins finished with eight points and did a nice job of opening up outside shots by drawing defenders inside. Madi Dalphonse also had a quiet eight points for the Bears.

"It was a good win for us," Williams said. "We needed to see where we stack up against teams like that."

Newfound will return to action on Friday, Jan. 4, hosting Inter-Lakes at 6:30 p.m. and will be hosting Winnisquam on Tuesday, Jan. 8, at 6:30 p.m.

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

Early hole sinks Bears against Berlin

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound hoop boys took on Berlin prior to the holiday break and took a 58-44 loss to the Mountaineers.

"We got ourselves in a 10-point hole in the first half and couldn't find our way out," said coach Jesse Mitchell. "But overall, it was our best-played game this season."

Tyler Boulanger came through with a huge game for the Bears, knocking down 24 points while Mason Dalphonse also reached double figures with 10 points.

The Bears headed into the Lakes Region Holiday Tournament, which took place after the early holiday deadlines, still looking for their first win and Mitchell was hopeful that the break would bring some time to think about basketball.

"I hope this break



JOSHUA SPAULDING

(Left) Justin Shokal and the Newfound hoop boys dropped a tough game to Berlin prior to the holiday break.

gives the players time to think about the season and just think about basketball," Mitchell said. "I just want my guys to go in there and have fun, use this break and this tournament just to play the game they love."

"I want them to focus on what we want to do going forward in the season but not stress about it," the Bear coach continued. "It's a great tournament and I want them to enjoy it and just play for each other."

The Bears return to action against Inter-Lakes on Jan. 4, in Meredith at 6 p.m. and will be at Winnisquam at 6 p.m. on Tuesday, Jan. 8.

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



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Madison Kiley navigates the balance beam during a home meet on Dec. 22.



Nina Morel uses the uneven bars during a meet on Dec. 22.

Bobcat gymnasts take second at home meet

HOLDERNESS — Plymouth Regional High School is fielding a gymnastics team for the first time and the team held its first meet of the high school season on Dec. 22nd.

“This is our first year as a full team and our team did not disappoint,” said coach Carrie Kiley.

The Bobcat team is made of three veterans in junior Madison Kiley, junior Morgan Kingsbury and sopho-



The Plymouth gymnastics team hosted its first meet on Dec. 22 and finished in second place.

more Kelly Daugherty and four newcomers in freshmen Aquinnah Allain, Cathryn Panus and Nina Morel and junior Megan Gelsi.

In a packed house at Top Gun Gymnastics, the Bobcats had solid routines on all events. The final team results saw Londonderry take first place, followed by Plymouth in second place then Salem and Bishop Guertin rounding out the field.

FINS & FEATHERS

Black ice

BY RAYMOND KUCHARSKI
Contributing Writer

The NH Fish and Game department has been warning ice fishermen to be cautious on venturing out on the ice for the first time. The US Army Corp of Engineers’ Cold Region Research and Engineering Laboratory recommends six inches of hard ice for foot traffic and 8-10 inches for snow machines or OHRV traffic.

Years ago, my dad, Walter, my uncle, Henry, and I did our own research on the safety of ice. Walt and I were cautious as it came to walking on frozen water. Henry was the adventurous one who pushed the limit of safety. Lakes don’t always freeze evenly so Henry was the one who fell through, luckily it was always near shore and he only got wet up to his waist.

Our research on ice developed a vocabulary to differentiate the various types of ice. Skim ice was when lakes and ponds first skimmed over. It was readily apparent that skim ice was only a fraction of an inch thick and wasn’t safe to walk on. After a couple of more cold nights our favorite ice is formed, what we called black ice. Black ice was our favorite ice because it was strong and clear. Two to three inches of black ice was strong enough to support us. We could visually track the ice thickness as we walked along by watching the thickness of the expansion cracks. Be-



Black ice is the writer’s favorite type of ice.

cause the ice was clear, I always had the feeling of waking on water. I especially liked looking at the lakes bottom and being able to see fish swimming below me. Unfortunately, black ice never lasted for a long time.

Bubbles of air would form and snow would fall and melt to weld to the black ice to form snow ice. Four to five inches of snow ice was safe to walk on. But because it was opaque it had to be constantly monitored. As we walked along we would test the ice thickness with our ice-chisels.

When the sun got high in the sky and snow and ice began to melt we got what we called gray ice. Gray ice was safe to walk on as long as it was more than six inches thick. When a warm day worked on gray ice we called it spring ice. Spring ice was full of air pockets and always called for caution. Spring ice could disappear quickly. In the morning, we could walk out on the ice with no problem but by noon the ice near shore would melt causing problems getting off the ice. Spring ice was nature’s

way of letting us know it was time to put away the chisels, jigger-sticks, heavy coats and boots and wait for ice out.

My blog (<https://salmonsportsguy.blogspot.com>) has generally come alive around the Winter Olympics. Or at least when the credential applications and approvals for the Winter Olympics come into play.

However, as we sit in December of 2018, the next Winter Olympics, in Beijing, China in 2022, are a long way away. And the credential process is still more than a year and a half away. However, as of Sunday, there is a new post on the Olympics.

That’s because for the first time, I applied for credentials for the Summer Olympics, which will be held in the summer of 2020 in Tokyo, Japan. Having talked to many journalists who’ve covered multiple Olympics, the summer games not only feature more athletes and more events, but more journalists as well. Going into the process, I was not terribly

A whole new Olympic experience?

SPORTING CHANCE

By JOSHUA SPAULDING

high on my chances to receive credentials, but I figured just putting my name out there wouldn’t be a bad thing and if I didn’t get them, that was fine too.

A little more than a month ago I got a call on my phone from Matt Pepin, the Boston Globe Sports Editor. I had the pleasure of meeting Matt in PyeongChang over the course of the Winter Olympics. He was truly one of the nicest guys you could possibly meet and he helped me make a few connections with local athletes that I wasn’t even aware of.

Anyway, Matt was calling to conduct my interview for the credential process. Prior to Sochi, my first Olympic

experience in 2014, I was interviewed by a journalist from a newspaper in Buffalo. The idea is that experienced journalists do the interviews and pass along recommendations to the US Olympic Committee, which in turn assigns the credentials to members of the media. I spent some time talking to Matt and explained to him my situation and my plans. I was happy that Matt was my interviewer, since he had seen the work and hours I put in while in Korea and surely could convey that to the powers that be.

At the same time, I also made sure to tell him that I completely understood if I didn’t get credentials, since weekly newspapers are low on the list of priority for the credentials. He told me I’d hear by the end of the year.

Sure enough, just last week I received an e-mail from Peggy Manter of the US Olympic Committee, letting me know that the USOC had approved one credential for Salmon Press, meaning if I want it, I can be in Tokyo for the 2020 Summer Olympics.

als.

The first two Olympics I attended were in relatively “small” cities but this one will be in a huge metropolis. There will be no media village in which we all live, instead media will be housed in regular hotels around Tokyo. There will be the normal media transportation buses, but we will also get transit cards to use on the subway and trains, which from all accounts, are quite nice.

There is a little trepidation on my part, simply because I know the expense of attending the Olympics can be a bit much. However, I am also eager to see something totally different and to check out the Summer Olympics for once.

And I promise, if all goes as planned and I make the trip to Tokyo in 2020, I will take everyone along with me through stories, columns, blogs and photos.

Finally, have a great day Diane and Frank Sullivan.

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, Newfoundland, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

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