

# Newfound Landing

THURSDAY, NOVEMBER 29, 2018

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COMPLIMENTARY



Crowds enjoy a special dance in Central Square last Friday evening before Santa arrived to light the town Christmas tree.

**DONNA RHODES**  
Families enjoyed taking photos in a classic sleigh stationed on the town common last weekend, one of many activities that were part of this year's holiday tree lighting celebration and visit from Santa.

**DONNA RHODES**  
With arms spread wide, Santa greeted all the children who came to see him light the tree in Bristol's Central Square last Friday evening.

## Bristol's holiday celebration captures the spirit of the season

BY DONNA RHODES

drhodes@salmonpress.news

**BRISTOL** — Temperatures were brisk in Bristol's Central Square last Friday evening, but that didn't deter all the

revelers who came out to welcome in the festive holiday season with hot cocoa, popcorn and chestnuts roasting on an open fire.

Each year, the Down-

town Decorating Committee, in conjunction with the Bristol Historical Society, hosts the community affair, and this year they added a nostalgic sleigh to the snowy town green, per-

fect for holiday photos. Women and men dressed in period costumes strolled the square, and even Rudolph stopped by to pose for photos as he welcomed all the boys and girls.

Both old and young joined in the singing of holiday tunes led by Libby Danahy while Emcee Al Blakely kept everyone in touch with other activities. And when anyone got chilled, there

was a blazing fire pit to warm cold hands and toes.

Families soon lined the sidewalks to watch for Santa's arrival, but before Bristol Fire De-

SEE HOLIDAY, PAGE A9

## Speed believed to be a factor in fatal New Hampton accident

BY DONNA RHODES

drhodes@salmonpress.news

**NEW HAMPTON** — At approximately 6:33 a.m. on Friday, Nov. 23, emergency responders were called to I-93 North in New Hampton for a serious accident where the driver of the vehicle, identified as 18-year-old Lucien Theberge of Quincy, Mass., was pronounced dead at the scene.

The only passenger in the car, a 16-year-old whose name was withheld, was airlifted by helicopter to Dartmouth-Hitchcock Medical Center for unspecified injuries.

State Police conducted an initial investigation into the accident and reported, "At this time it is unknown what led to the vehicle driving off the roadway but unrea-

sonable speed appears to be a factor."

As they continue their investigation, State Police encourage anyone with information related to the crash to contact SEE ACCIDENT, PAGE A9

## Hardy runners brave the Thanksgiving chill at Turkey Trot

BY DONNA RHODES

drhodes@salmonpress.news

**BRIDGEWATER** — Thanksgiving Day temperatures were more suitable for a frozen Butterball turkey, but that didn't keep many community and fitness-minded residents from taking part in this year's 32nd annual 3.1 K Turkey Trot at the Newfound Country Store.

As temperatures and wind chills dipped to single numbers and below, business owner and event organizer Holly Kerouac observed, "That's hardcore community right there" as the walk/run got underway.

Why they all take part in the Bridgewater Turkey Trot is simple though - to help raise money and pro-



**DONNA RHODES**  
Among the volunteers for this year's Thanksgiving morning Turkey Trot in Bridgewater were Alison Joyce, Charles "The Cosmic Moose" Kuzinas, and Amanda, Sam and Lynn Comeau.

## Minot Sleeper Library offers local families a break from Thanksgiving preparations

BY DONNA RHODES

drhodes@salmonpress.news

**BRISTOL** — Many people spent last Wednesday prepping for Thanksgiving, cleaning, baking and thawing their turkey, but a group of teens and adults in the Newfound area took a little break from all those preparations to create a special holiday decoration at Minot-Sleeper Library in Bristol.

Each month throughout most of the year, the library hosts crafting sessions where residents not only take home a great item for their home or garden, but have fun socializing with both new friends and old.

Led by library staff member Azra Karabegovic, the project last week was a holiday candle with turkey accents.

"Everyone got to decorate their mason jar then we had microwavable wax they could pour in," Karabegovic said.



**DONNA RHODES**  
Samantha Hollins of Bristol displayed the Thanksgiving candle she was able to make at Minot-Sleeper Library's monthly craft event last Wednesday.

Once the decorations were in place and the wax was ready they were also able to melt a crayon to add some color. The final touch though was a few drops of scents such as maple, rosemary, lavender, and of course peppermint or pumpkin spice.

Samantha Hollins of Bristol was one of the many who signed up for the November craft time, saying she attends nearly every month.

"They're a lot of fun! It gives me a bit of a

break. I have a three- and nine-year-old so it's nice to have something to bring back and show them when I go home," said Hollins. "It's free, and you can always bring a friend, which makes this even better. The library just does so much for the area and I love it!"

Speaking of friends, Sonya Eckers travelled from Salisbury to Bristol when her Newfound area friend told her about the craft time at Minot-Sleeper.

"It's a great way to

SEE THANKSGIVING, PAGE A9



**DONNA RHODES**  
Local residents Kathy Bird, Chris and Gary Divelbiss, and Dave Redman were some of the hardy souls who took part in the 32nd annual Turkey Trot in Bridgewater last Thursday morning.

vide food and gifts for neighbors, families and seniors struggling during the holiday season. Money from the event benefits the Newfound Area's Santa Fund, which provides for local residents.

Participants each year make donations to either run or walk from the store. From

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# Festival of Trees benefits Newfound drama program

BY DONNA RHODES

drhodes@salmonpres.news

**BRISTOL** — The Friends of Newfound Area Drama hosted their third annual Festival of Trees last week at the Old Bristol Town Hall with 41 beautiful, uniquely decorated trees up for raffle and

DONNA RHODES

(Right) Four-year-old Cici and her brother Henry admired a "Merry Grinchmas" tree, one of many open for a raffle at this year's Festival of Trees in Bristol last weekend.



DONNA RHODES

Bristol Memorial Middle School students Savannah Muzey, Paige Fischer and Lily Karkcheck braved the cold in Central Square last Saturday to help advertise the Third Annual Festival of Trees, presented by the Friends of Newfound Area Drama.

**BRISTOL** — The Bristol Police Department handled 189 calls for service from Nov. 11-24, resulting in five criminal arrests, and 15 criminal offense investigations. Officers also performed 49 motor vehicle stops, investigated nine motor vehicle accidents, conducted 188

directed enforcement patrols and foot patrols, and conducted 239 business, vacation, and property checks.

Other call reasons included, K9 deployment, shots fired complaints, domestic disturbances, assaults, thefts, warrant checks, wanted persons, criminal investigation

follow-ups, intoxicated persons, mental health emergencies, death investigation, noise complaints, suspicious vehicles, suspicious persons, fires, motor vehicle complaints, DWI complaints, welfare checks, residential alarms, business alarms, VIN verifications, abandoned vehicles, parking complaints, 911 hang ups, harassment complaints, animal complaints, child custody dispute, forgery/fraud investigation, public assists, road hazards, motorist assists, juvenile complaints, paperwork services, sex offender registrations, assist other

police agencies, and assist the fire department.

#### Arrests:

Michael Flanders, 44, Alexandria — Superior Court Warrant

Keith Sorrell, 36, New Hampton — Bench Warrant

William Steinhagen, 39, Bristol — Bench Warrant

Zachary Herbert, 34, Bristol — Disorderly Conduct, Simple Assault (on a police officer)

Ronald Herbert, 65, Plymouth — Simple Assault (on a police officer)

Identifying information for juveniles, and persons placed into protective custody are not released.

all funds raised over the weekend-long event benefitted not only the Newfound Area Community musical next spring group, but other drama presentations at schools within the district.

"We decided to spread the wealth a little this year and help some of the schools with props and costumes for their performances, too," said Jennie Fischer from Friends of Newfound Area Drama.

The group also spread a lot of holiday cheer with the numerous trees that were up

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## Bristol police log

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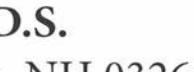
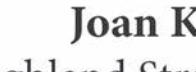
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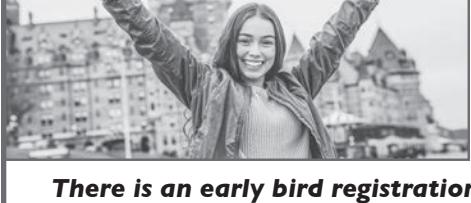
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### Student/Multi-Generational Trip April 2020 Invitation

for Plymouth/Lakes Region area students grades 8-12, staff, parents, grandparents and community members to this 10-day Vermont schools sponsored educational trip to Europe. International travel is so important in today's challenging and ever-changing world. We will experience so much immersing ourselves in cultures, history, languages, food and people creating many inspirational experiences that will last a lifetime.



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Please check out our trip's web page at [eftours.com/2131732WM](http://eftours.com/2131732WM) to see more details of our trip or to sign up. For more information, please contact Group Leader Jonathan Freeman (retired NH Principal/Plymouth resident) at [jonathanmimi@aol.com](mailto:jonathanmimi@aol.com) or call him at 603-254-3565.



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# Bristol Elementary students and faculty celebrate community and learning

**BRISTOL** — Walk through the halls of the Bristol Elementary School (BES) and you will find them buzzing with academic flair and excitement! The last two months have been busy at BES as students, teachers, staff and families have joined together to celebrate all that fall in New England has to offer.

In October, BES students paraded through town in their festive costumes and it was quite a site to see the Bristol Police Department, dressed as various super heroes, escort the students on their way! Student costumes were creative, lively and an overall inspiration. Not to be outdone, the teachers and staff all wore t-shirts representing their "Super Power" as a Teacher at BES! The school also opened its doors to the community for its first Haunted House event. With a line out the door, families were engaged in activities such as pumpkin decorating, scary popcorn hand making and a tour of the spooky haunted house "classrooms."

In the beginning of



thankful, students also made time to honor local veterans by inviting them to a school assembly complete with refreshments. The local scout group led the Color Guard and presented the US Flag at the beginning of the ceremony. Continuing with the theme of thankful, BES opened its doors to families for a Thanksgiving Luncheon with the students. This special opportunity was a wonderful way to bring the community together and enjoy a meal with

SEE BRISTOL, PAGE A9

## Pop Up Art Shop offers Plymouth residents a unique shopping experience

BY DONNA RHODES

Drhodes@salmonpress.news

**PLYMOUTH** — There are plenty of great places to shop in downtown Plymouth, but last weekend, a Local Pop Up Art Shop provided even more ways for people to pick up some top-quality items on their holiday shopping list.

For the second year in a row, organizer Michelle Dunn brought together local artists, some well known, some first time exhibitors. They all arrived at the Main St. storefront she accommodated them with, bearing an array of outstanding talent.

One of Dunn's own beautiful paintings of sunflowers led the way in drawing attention to this year's benefactor of the Local Pop Up Art Shop, Voices Against Violence.

"These sunflowers represent the strength and power we all have alone, and how we can make real change if we all work and march together," Dunn said.

Joining her in support of raising contributions for Voices Against Violence were more than 40 area art-

ists. Together they filled the Pop Up Art Shop with pottery, jewelry, woodcrafts, candles, paintings and much more, including live music for their shoppers to enjoy.

The youngest of the vendors this year was Plymouth Regional High School freshman Bayden Stratton, who brought a collection of his "Strattography" photographic art to the Pop Up Shop. Stratton said he became inspired by photography a few years ago when

SEE ART, PAGE A10

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### Tree of gifts

Newfound Teachers' Union Local #6557 members are seen here setting up a Christmas Tree with more than \$150 worth of local gift cards. The union donated it to the Bristol Festival of Trees, held Nov. 23 and 24 to support Friends of Newfound Drama.

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# Opinion

## CADY Corner

### *How do I support a loved one or friend using drugs?*

BY DEB NARO

Contributor

If someone you care about has asked for help, he or she has taken an important first step. If that person is resistant to help, see if you can at least convince him or her to get an evaluation from a doctor. You can always take steps to locate an appropriate physician or health professional and leave the information with your friend. There are 3,500 board-certified physicians who specialize in addiction in the United States. The American Society of Addiction Medicine website has a Find a Physician feature on its home page. The American Academy of Addiction Psychiatry also has a Patient Referral Program.

Emphasize to your friend or loved one that it takes a lot of courage to seek help for a substance use disorder because there is a lot of hard work ahead. There is a great deal of scientific evidence that treatment works, and people do recover every day. Like other chronic diseases, addiction can be managed successfully; and like many diseases, it can take several attempts at treatment to find the right approach. However, assure your friend or loved one that you will be supportive in his or her courageous effort.

**My friend or loved one has considered treatment but is afraid what others will think.**

Many employers, friends, and family members will be compassionate if they see a person is making a sincere effort

to recover from a substance use disorder. But you can also reassure your friend that laws protect the privacy of a person seeking drug treatment—or in fact, any medical treatment. Health care providers may not share information with anyone else without a patient's permission. Some jobs may require a doctor's note saying an employee is being treated for a medical condition, but the nature of the condition need not be specified.

#### **If my friend or loved one refuses treatment, should I intervene?**

Many people are compelled to enter treatment by the pressure of their family, friends, or a court system. However, there is no evidence that confrontational "interventions" are effective at convincing people they have a problem or motivating them to change. Instead, you should focus on creating incentives to at least get the person to a doctor. Often people will listen to professionals rather than have conversations with friends and family members, as confrontational encounters can sometimes be driven by fear, accusations, and emotions.

#### **Can I explore treatment centers even if my friend or loved one is not willing to go?**

Yes. If you find centers that might appeal to your friend, either by their location or medical approach, it might encourage him or her to enter treatment. You can call this helpline and get some advice on how to

SEE CADY, PAGE A10

## Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.

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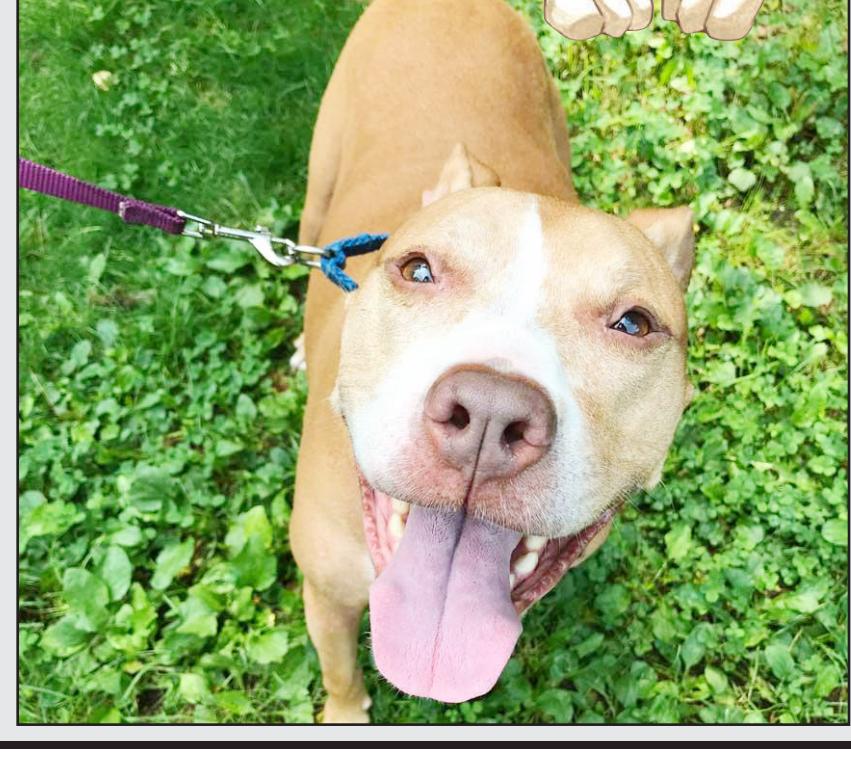
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A4

Thursday,

NOVEMBER 29, 2018

## PET of the Week Nova



Her perpetual smile is engaging, her energy is inspiring and her gentleness a love. Nova, the six year old American Straffordshire mix, always seems to have a smile from ear to ear, especially when people come to visit. She is incredibly smart, even knows the command for walking backwards. She is a gentle walker and does well with children over eight. Nova is indeed one of the more super dogs looking for her forever home and people. She will be a loyal friend and companion and always will be ready for a great game of tug.

## A bit about birds and butterflies, and the loss of their winter habitat

### NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Like many readers, I grew up among birds and butterflies, and kids being kids, never thought much about either. Like many people, I think, I was well into adult life before I stopped taking these and so many other facets of the great outdoors for granted.

Even now, I'm nowhere nearly enough up on my birds, and over the years have sought (and enjoyed) knowledge from the likes of Pittsburgh's Tom Carlson and Columbia's David Killam. Whenever I had some question not covered by field guides and research material at hand, I could just pick up the phone.

As for butterflies and other creatures with exoskeletons, I have a bit of a base from an evening entomology course, way back when I was living in Manchester, that I was lucky to take from the vaunted Tom Fisher. He often broke into song right in the middle of a lesson, and sometimes got us to sing along. Thanks to him, I can still toss phrases like "third post-oral somite" into a conversation.

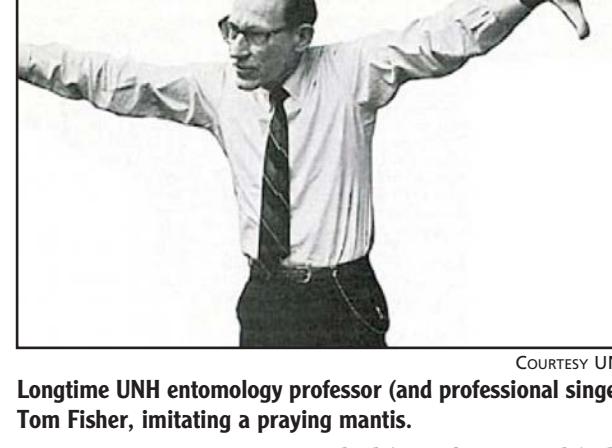
We seem to hear and read more about birds and butterflies during winter, perhaps on the assumption that we're all housebound. But few of the media, periodicals, peer-reviewed publications, or popular press seem to have much to say about where these creatures go for the winter--or the horror story on what's happening to the "where."



Russ Wigh, VERMONT CENTER FOR ECOSTUDIES  
A ruby-throated hummingbird, still in so many ways ahead of the helicopter.



JIM HUDGINS, U.S. FISH & WILDLIFE  
A monarch butterfly, justly famed for one of the most incredible migrations on earth.



COURTESY UNH  
Longtime UNH entomology professor (and professional singer) Tom Fisher, imitating a praying mantis.

I'm more than a little weary of the "fake news" topic, just as I think a lot of us are tired of the too-easily flung "politically correct."

On that latter subject, however, I'm more than a little curious about what I've perceived, from a steady diet of reading and radio and (when I can stand it) TV, is a dearth of coverage of the havoc being wreaked on the Central and South American wintering

habitat for songbirds, butterflies, and a host of other creatures.

I can't help reaching some conclusions: (a) There is no shortage of milkweed in northern New England except for places where what passes for "progress" has paved it over, (b) Our songbird habitat does not seem to have changed all that dramatically, and (c) The law-flouting destruction of Central and South American forests is an absolute international disgrace.

+++++

Milkweed seems to do best around old fields and pastures, around swamps, and along country roads.

Northern New England is losing its openings--the old term for fields and pastures--at an alarming rate. Along with losing openings comes losing views. As some old-timer advised me a long time ago, you can't see a thing from under 40 feet of trees.

But in my book, it's mostly sheer development--where such places end up broken up, bulldozed, built on and mowed--that's spelling the gradual, largely urban and suburban, loss of milkweed.

And I think that the destruction of the Monarch butterfly's winter habitat--the end and beginning of such an incredible migration--has far more to do with its sad decline than our much more gradual loss of fields, pastures, and country roads.

+++++

To my mind the woods have always been full of bird song, and I enjoy watching birds visiting my feeders. But I've noticed a decline in bird song in the woods, particularly over the past ten or 15 years, and the numbers at my feeders seem to be down as well.

Despite recent rancor (and resultant talking-head hysteria), we are a nation that follows the rule of law. And if some outfit crossed certain palms and began hacking away at the White Mountain National Forest with nary a permit or public hearing,

SEE NOTEBOOK, PAGE A10

## Towns

### Hebron

Bob Brooks 744-3597  
hebronnnews@live.com

#### An Old Fashioned Tree Trimming

Please join the B-HVS PTCO for an old fashioned tree trimming on Friday, Nov. 30 at 3:30 p.m. At the Hebron Gazebo. Families and community members are invited to celebrate the season. On this special afternoon, we gather to hang unique decorations created by the B-HVS student volunteers.

Enjoy holiday music, delicious hot chocolate and homemade goodies.

If you have any questions, please contact Kathleen Connor at kconnor@sau4.org or 744-6969.

#### Community Breakfast

Dec. 2 is the next Community Breakfast in the Community Hall of the Union Congregational Church of Hebron. For \$4 we will be serving eggs, bacon, sausage, pancakes (and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice, coffee and tea. But you must be an early riser as breakfast is served from 7:30 to 8:45 a.m.

#### Newfound Area Churches Advent Schedule

The annual Newfound Area Churches (NAC) midweek Advent services will be at the following locations for the three services. Each week the noontime service will be followed by a light lunch. The Advent services are at the Hebron Union Congregational Church on December 5th, New Hampton Community Church on Dec. 12, and Bristol United Church of Christ on Dec. 19. For more information, please call 744-3885.

#### Thanksgiving Day Newfound Country Store Turkey Trot Update

Despite the cold temperature and

bonechilling winds quite a few hearty souls (including this columnist) participated in the Trot. I would definitely say a good time was had by all as after the Trot the Country Store was full of participants most of whom had either bought a 50/50 ticket, a raffle ticket or put their name down in hopes of winning a silent auction item. If you did not make it to the Trot day this year you can still offer and wear your support by purchasing a t-shirt which are being sold by donation at the Store. This was my first year participating in the Trot and I hope to see you there next year!

## 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: ashlandcommunitychurch.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!

### 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 Dec. 10. If you would like to volunteer to make or deliver soup, please contact

the Church Secretary at the contact information listed below.

Bible study has resumed on Thursday mornings at 9:30 a.m. in Community Hall. We are currently studying Parables from Jesus. Anyone is welcome to join us.

The first Newfound Area Churches (NAC) Advent Service and lunch will be held on Wednesday, Dec. 5 at our church in Hebron. This short half-hour service is followed by a light lunch. On Wednesday, Dec. 12, the service & lunch will be at New Hampton Community Church, and on Wednesday, Dec. 19 at Bristol United Church of Christ.

Our church is located in the center of 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 p.m.-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 Web site 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.

Volunteers are needed from 8:30 a.m.-noon or 11:30 a.m.-3 p.m. Contact Sandra Coleman RN, BSN by email sjrhett@roadrunner.com or call at 536-6304 for more information.

We are in the middle of updating our database. If you have had a change of address, phone number, email, or marital status, or if you have children that are no longer living at home, please forward that information to Christine at holytrinitybristol@gmail.com.

### Holy Trinity (Roman Catholic)

Construction on the Holy Trinity Chris-

tian Life Center is progressing pretty much on schedule. The basement is finished, but the concrete slab has taken longer because of the rain. The old hall has been demolished. The gates to St. Matthew lot will have to stay closed for the time being because the exterior and interior walls will be stored in the lot until they are installed. The university has generously allowed us to use the lots on both sides of High St. where they intersect with Langdon. It is very important that you don't park on Langdon on the left hand side (the side across from the church) as you will get ticketed. Parking is still allowed on the right hand side of Langdon, as well as the lot right across from the church.

Our church is located in the center of 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 p.m.-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 Web site 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.

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### 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

10:30 a.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.

Volunteers are needed from 8:30 a.m.-noon or 11:30 a.m.-3 p.m. Contact Sandra Coleman RN, BSN by email sjrhett@roadrunner.com or call at 536-6304 for more information.

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# "Christmas Past" silent film program at the Flying Monkey on Saturday, Dec. 1

Celebrate the season with family-friendly holiday classics from a century ago, brought to life with live musical accompaniment

**PLYMOUTH**—What did people watch before special holiday TV programs such as "Rudolph the Red-Nosed Reindeer" and "A Charlie Brown Christmas" made their debut in the 1960s?

See for yourself with a special program of holiday classics from way back during the silent film era, all accompanied by live music.

Included will be the first-ever film versions of such popular tales as 'A Christmas Carol' by Charles Dickens and 'Twas the Night Before Christmas,' the poem by Clement C. Moore; each are more than a century old and less than 10 minutes long.

The family-friendly program will be presented on Saturday, Dec. 1 following Plymouth's traditional holiday parade. The show starts at 7 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St. in downtown Plymouth. Admission is \$10 per person.

Live music will be provided by Jeff Rapsis, a New Hampshire-based silent film accompanist who performs regularly at screenings around the nation.

The evening will be highlighted by a screening of "Tess of the Storm Country" (1922), a full-length drama starring Mary Pickford that features a special Christmas-oriented ending.

"Even in the early days of cinema, the movies helped popularize classic holiday stories," Rapsis said. "So it's a real treat for us to turn back the clock and see where the tradition of holiday movies and TV specials first began."

The program will include the first known



COURTESY

Mary Pickford stars in "Tess of the Storm Country" (1922), a silent film with live music part of a family-friendly holiday-themed program at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth, on Saturday, Dec. 1 at 7 p.m. Admission is \$10; for more information, call 536-2551 or visit [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com).

movie versions of 'A Christmas Carol' (1910) and "Twas the Night Before Christmas" (1905).

The films each run less than 10 minutes long, and were both produced as novelties by Thomas Edison, the inventor credited with pioneering the motion picture.

"Tess of the Storm Country" (1922), a full-length feature, has been hailed as among Mary Pickford's best pictures.

The film tells a story of conflict between residents of a poor fishing village who live near the estate of a wealthy family.

As the feisty daughter of a village leader who is unjustly put in jail, Pickford plays a key role in a melodramatic plot that takes many surprising turns.

Pickford, a pioneering film superstar, was a major force in early Hollywood, helping establish the United Art-

ists studio and serving as a founding member of the Academy of Motion Picture Arts and Sciences, which gives out the annual Oscar awards.

However, Pickford's films receive comparatively little attention today, in part due to the myth that Pickford often played wholesome and traditional female characters that

conformed with society's expectations at the time.

In truth, Pickford's best movies often featured her in roles that required her to take action, challenge authority, and play strong roles uncommon for a woman of the era.

The "Christmas Past" Program at the Flying Monkey will give local audiences a

chance to experience silent film as it was meant to be seen—on a large screen, with live music, and with an audience.

"All those elements are important parts of the silent film experience," said Rapsis, who improvises a movie's musical score live as it screens. "Recreate those conditions, and the classics of early

Hollywood leap back to life in ways that can still move audiences today."

Rapsis performs on a digital keyboard that reproduces the texture of the full orchestra and creates a traditional "movie score" sound.

Critics review "Tess of the Storm Country":

"The most insistently moving picture ever made, its climax is the most stunning visual event ever arranged for a film comedy." —The New York Times

"The reason to watch is Pickford's elf-in grace; she is at her criminally cutest here. Tess boasts rapturous pictorialism and an all-stops-out-climax." —Richard Corliss, Film Comment

A 'Christmas Past' silent film program featuring Mary Pickford in "Tess of the Storm Country" (1922) will be shown at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth, on Saturday, Dec. 1 at 7 p.m. Admission is \$10; for more information, call 536-2551 or visit [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com).

For more information about the music, visit [www.jeffrapsis.com](http://www.jeffrapsis.com).

## Artistic Roots ready for the holidays with special gifts and a brand new bunch of classes

**PLYMOUTH** — Artistic Roots is offering

Holiday decorations, cards and calendars for 2019 in addition to the special artisan made gifts for your friends and families.

Artistic Roots is offering free classes this month to Everyone! Fiber Classes with begin on Sundays from 2-4 p.m., hosted by Polly Bartlett. Suzan Gannett will offer an Ornament Workshop Class for Kids on Dec. 8 from 10-11:30 a.m. Children age three and up are invited to attend. Adults are invited too. You will make up to six ornaments to give as gifts or to hang on the family tree.

Jayden Graubocher-Bergmann, Artistic Roots' resident needle felters, is offering two Needle Felting Classes this month: Making Foxes on Dec. 9 from 10 a.m. until noon and on Dec. 15 from 10 a.m. to noon, Making Penguins. In each class, you will learn needle-felting techniques including delicate shading and face definition to create your own fox or penguin. The cost for each class is \$20 for members, \$25 for non-members.

Annette Mitchell will begin a new class series on Dec. 3, Exploring Color. The class is designed for students to explore color with the following topics: Hue, Value and Intensity;



make presents for family and friends. All materials are provided. The cost is for members \$25 and non-members \$30. A Zen Doodle Class on Dec. 13 will teach students how to draw their favorite animals in winter clothing. The class is from 5-7 p.m., and the cost is \$25 for members and \$30 for non-members.

Lynn Haust is having a glass fusing class on Dec. 13, 5-7 p.m. Students will learn a number of glass fusing techniques to create their very own sun catcher. This class is \$25 for members and \$35 for non-members.

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. Artistic Roots offers Scholarships for all classes. Simply email

Suzan Gannett at [suzan.gannett@ymail.com](mailto:suzan.gannett@ymail.com) to request a free class or series of classes. 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.

Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is at 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

## How to Submit Obituaries & Announcements To Salmon Press Publications

Artistic Roots is ready for the Holidays! Artisan made decorations, cards and calendars are now in the shop along with beautiful gifts for the special someone. We are offering a wide variety of classes to help you make your own gift. Artistic Roots is open from 10 a.m.-5 p.m. daily.

Complementary Color Schemes, Analogous Color schemes, Warm and Color Colors, Tints and Shades, Simultaneous Color Contrast.. It will include three classes held on Dec. 3, 10, and 17 from 6 to 8 p.m. Students should enter thru the Studio door next to Rand's. The class has room for one more student.

Suzan Gannett will be offering a series of watercolor classes on Dec. 4 and 18th from noon to 2 p.m. You will learn to use watercolor techniques to paint au-

tumn landscapes colorful trees and birds. The theme of these classes is Winter Forest. Single classes are \$25 for members, \$30 for non-members, or for the series: \$45 for members, \$55 for non-members. Suzan will offer a Make Your Own Earrings Class on Dec. 13 from 5-7 p.m. Students will learn to make 3 different wires and to add semi precious stones, crystals or glass beads to it. You will practice techniques on copper wire before moving to Sterling Silver. A great way to

**How to Submit Obituaries & Announcements To Salmon Press Publications**

**Obituaries and Announcements** of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

**Obituaries** can be sent to: [obituaries@salmonpress.com](mailto:obituaries@salmonpress.com)

**Wedding, engagement, and anniversary announcements** are welcome at: [weddings@salmonpress.com](mailto:weddings@salmonpress.com)

Photos are also welcome, but must be submitted in jpeg format.

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

# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	N/A	N/A	\$25,000	Elizabeth A. Glivinski and Tammy A. Saben	Peter W. and Kathy E. Watts
Ashland	55 Fairway Dr., Unit 2	Condominium	\$139,993	Steven R. and Dorothy A. Allen	Jeffrey and Kathleen Charbonneau
Ashland	73 Fairway Dr., Unit 1	Condominium	\$255,000	Jennifer N. Ryan	Steven R. and Dorothy A. Allen
Ashland	River Street, Unit 3	Condominium	\$74,200	NHNY Marina Development LLC	Christian Anastasia and Lynne Hancock
Bridgewater	Coach Road	Residential Developed Land	\$62,533	Kimberly A. Graham	Mark and Jonna Lyons
Bristol	86 Bristol Hill Rd.	Single-Family Residence	\$154,000	Brett D. and Erica L. Beaudin	Daniel P. Trottier
Bristol	111 Greenwood Path, Unit 2	Condominium	\$239,993	Gerard and Cathleen W. Bolduc	Alan P. and Margaret Q. Farwell
Bristol	Old Mill Road	N/A	\$222,533	James F. and Marion L. Earley	Bruce K. Platts and Faye D. Foster
Bristol	W. Shore Road, Unit 15	Condominium	\$141,000	Dawn Monahan	Geoffrey W. and Elizabeth T. Sahs
Campbell	168 Ellsworth Hill Rd.	Single-Family Residence	\$335,000	Vincent J. and June Capece	Lauren M. Blue and Amero Seyoum
Campbell	Ledgewood Village Condo, Unit 17	Condominium	\$162,533	Norman Jaitlett	Aria A. Tzika
Campbell	1152 US Route 3	Single-Family Residence	\$35,000	Jeffrey Eckert and Bank of New Hampshire	Bank of New Hampshire
Dorchester	21 Province Rd.	Single-Family Residence	\$218,000	Vergil E. Grant	Taylor B. and Lara E. Annett
Ellsworth	3157 Stinson Lake Rd.	Single-Family Residence	\$400,000	Alan R. and Tracey E. Marcotte	Smith 18362 Parking Trust and Exchange Authority LLC Trust
Groton	60 Blanchette Lane	Mobile Home	\$131,000	Rosa Slegers	Keith D. and Janet G. Umphlett
Hebron	41 N. Shore Rd.	Single-Family Residence	\$730,000	Peter N. Carey (RET)	41 North Shore Road LLC
Hebron	23 W. Shore Rd.	Single-Family Residence	\$225,000	Bruce K. Platts and Faye D. Foster	Cheryl Cory
Holderness	11 Easy St.	Mobile Home	\$35,000	Faye R. Stickney and Gordon A. Riley	Sherry M. Bean
Holderness	18 Perkins Lane	Single-Family Residence	\$965,000	Christopher J. and Mikaela J. Eitzmann	Matthew and Lauren Culley
Holderness	541 US Route 3	Single-Family Residence	\$183,000	Laura Linvington	Jason and Amy Sharpe
New Hampton	134 Beech Hill Rd.	Single-Family Residence	\$126,533	Jarrod R. and Jennifer L. Hennessey	Amanda M. Morse
New Hampton	12 Pine Meadow Rd.	Single-Family Residence	\$157,533	Janet D. Clement (RET)	Terry T. Threlfall
Plymouth	Texas Hill Road	N/A	\$37,533	Rachelle Lyons	Scott A. Southworth
Plymouth	33 Winter St.	Single-Family Residence	\$157,800	Paula B. Gilrain	William T. and Jane C. Helfrich
Rumney	288 Stinson Lake Rd.	Single-Family Residence	\$172,000	David Burnham (for Raymond S. Keniston, Jr. Estate)	Joanie T. Peter
Thornton	6 Bear Chase Rd., Unit 4	Condominium	\$138,000	James B. and Suzanne C. Lanagan	Edison U. and Karen A. Amores
Thornton	Mill Brook Road, Lot 65	Residential Open Land	\$38,000	Amelia A. and Vincent M. Penta	Stephan L. Wands and Jillian A. Dudek
Thornton	112 Mill Brook Rd.	Single-Family Residence	\$125,000	Richard W. Tuttle	Kaitlyn Lavelle
Thornton	52 Orris Rd., Unit 6	Condominium	\$141,733	Scott and Susan Jacobs	Andrew Howe
Thornton	13 Winquist Rd.	Single-Family Residence	\$335,000	Carl A. Winquist	Leonard J. and Robin Zawodniak
Thornton	N/A (Lot 17)	N/A	\$50,000	William C. Paton	Floating Feather LLC
Warren	14 Lookout Rd.	Mobile Home	\$50,000	Sandra and John Wurtz	Joy A. and Adam Brais
Waterville Valley	23 Black Bear Rd., Unit 1513B	Condominium	\$80,000	Edward N. Friedman	Carl A. and Melina Rosenholm
Wentworth	Cross Road	Residential Open Land	\$65,000	Holly J. Conkey	Maureen Horgan

## 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 informa-

tion on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://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.

# MARK ON THE MARKETS

## Expectations



BY MARK PATTERSON

Whenever we invest our money in any kind of investment vehicle such as, stocks, bonds, real estate or commodities, we typically have an expected return plugged into our brains based typically on past performance. I can relate to you about my early years as a stockbroker in the middle 90s. If I had municipal bonds to offer, the yield to maturity was often between 4 and 6 percent tax-free to

the client. Depending on the client's tax bracket, that could equate to a tax equivalent yield of eight or 10 percent. As a new broker, I would call the fixed income desk at my firm and try to get new issue municipal bonds held aside for me to garner new clients. The municipal bond buyers were typically wealthier or mature clients compared to the typical equity or stock investors. When I did open an account with that equity or stock client, I would discuss expectations for returns in the market. Often times clients would tell me that the expected return was somewhere between 10 and 20 percent. Certainly, the 20 percent expectation was high, but the 10 percent

return expectation was a minimum expectation for those equity clients.

Mostly, the investor is using a benchmark of returns from the past to form their expectations of returns in the future. This is often times unrealistic given interest rates and market returns over the last 15 years. Instead of benchmarks based on past market returns maybe we should

think about the necessary return needed, that is reasonable in today's interest rate environment that we require for our future income.

Between 1984 and 1999 the S&P 500 returned nearly 18 percent per year including dividends. So my client back in 1995 who expected up to 20 percent was really just conditioned by what the markets were actual-

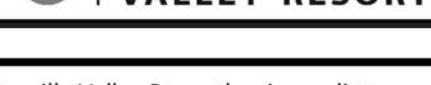
ly returning. The next 15 years, 2000 through 2015

SEE MARKETS, PAGE A10

Waterville Valley Resort lodging properties have immediate openings for:

**Front Desk Agents | Reservation Agents  
Laundry Attendant | Maintenance Workers**

For more information and to apply visit [www.waterville.com](http://www.waterville.com). WVR is an "at-will" equal opportunity employer.



Waterville Valley Resort has immediate openings for:

### Full-time, seasonal Bus Drivers

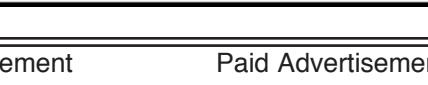
Don't have your CDL? Training is available. Join the Waterville Valley Resort family and experience our great winter benefits. For more information and to apply visit [www.waterville.com](http://www.waterville.com). WVR is an "at-will" equal opportunity employer.



Waterville Valley Resort has immediate openings for:

### Part-time, seasonal Bus Drivers

Do you have your CDL B with passenger and air brake endorsements? Join the Waterville Valley Resort family and experience our great winter benefits. For more information and to apply visit [www.waterville.com](http://www.waterville.com). WVR is an "at-will" equal opportunity employer.



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## Edward Jones: Financial Focus

### How Should You Respond to Wild Swings in Financial Markets?

What's going on with the financial markets? Specifically, what's behind the price swings of the past several weeks? And, more important, how should you, as an individual investor, respond?

To begin with, the recent volatility was not really all that extraordinary. The daily drops pushed U.S. stocks down about 10% from their recent record highs, although they have regained some of that ground. A 10% drop represents a "correction" – not a crash – and historically, corrections have occurred about once a year.

So what seems to have caused these market jitters? Here are the key culprits:

**Anticipated slowdown in economic growth and corporate earnings.** The stock market is forward-looking – investors make decisions based on what they think will happen. And right now, many investors are anticipating a slowdown in economic growth (partially due to higher tariffs and trade disputes) and corporate earnings (as the jolt from the corporate tax cuts begins to fade). We may still see reasonably strong economic growth and corporate profits, but possibly not at the same level as we had for much of 2018.

**Rising interest rates** – The Federal Reserve raised interest

rates in 2018. While higher rates are not bad for all market sectors, they can slow the expansion plans for many businesses, resulting in reduced growth prospects. The Fed may continue its gradual rate increases, but investors are closely watching for any signs that might lead the Fed either to pause or increase rates more rapidly.

**Slowing global economy** – The global economy is growing more slowly than expected, resulting in lower returns for international stocks and a particularly sharp decline in emerging markets.

While it's useful to understand the factors causing the recent

stock market gyrations, you'll want to focus primarily on what you can control. Consider these suggestions:

**Keep realistic expectations.** Try to maintain realistic expectations about how your investments are likely to perform over time. After five years in which the S&P 500's returns have averaged almost 14% per year, we may well be in for a period of more typical returns, possibly in the 5% to 6% range. As always, though, there are no guarantees when it comes to anticipating the performance of the financial markets.

**Review your mix of investments.**

From time to time, and sometimes in response to changing market conditions, you may need to change the mix of investments in your portfolio. So, for example, if higher market volatility makes you uncomfortable, you may want to consider adding bonds or other fixed-income vehicles, as these types of investments tend to stabilize stock-heavy portfolios during turbulent times.

**Don't get scared away from investing.** You may not like seeing multi-hundred-point plunges in the Dow Jones Industrial Average, but don't get scared off from investing. After all, recent stock market history has taught the value of patience: If you had given up on investing in March 2009, at the markets low point in the Great Recession, you would have missed out on the 300 percent gains achieved before the current round of volatility. Of course, the market's past performance can't guarantee what will happen next.

The financial markets will always fluctuate – sometimes violently. But as an investor, you should strive for calmness, patience and discipline – because these attributes can help you look past today's headlines toward the future you envision.

*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 Edward Jones Financial Advisor.*

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## Holiday

FROM PAGE A1

partment delivered him to the square, there was a special surprise for all. Eleven of his local elves with blinking Christmas lights strung around their necks took over the street to perform a dance routine to the song, "All I Want for Christmas is You."

"That was awesome!" exclaimed many as they joined in the loud cheers and applause.

Once Santa arrived, he made his way to a giant light switch and lit up the tree set up in the middle of the town common. He then headed up the hill to Tapply-Thompson Community Center where children gathered to tell him their Christmas wishes.

Preparations for the event were once again done by the volunteers of the Downtown Decorating Committee who spent more than two days decorating the tree, stringing lights, and hanging other holiday decorations on lamp posts, bridges and fences along the square.



Selectman Don Milbrand and Emcee Al Blakely kept an eye on the special holiday light switch as they waited for Santa to arrive in Central Square last Friday night and light the town's Christmas tree.

DONNA RHODES



As families enjoyed caroling and other activities on Central Square last Friday, they were also grateful for a nice fire to warm their fingers and toes every now and then.

DONNA RHODES

## Trees

FROM PAGE A2

spired handmade ornaments that people of all ages enjoyed. The Colby family had two entries this year. One was "Family Movie Night," filled with classic movie DVDs and treats to enjoy while watching them, while they also had a "Gift Wrap" tree that came with all sorts

of holiday wrapping paper to help with gifts people share each year.

Savannah Muzzey, a student from Bristol Memorial Middle School, created another very popular tree. Her white and pastel decorated tree was titled "Unicorn Fairytale" and was covered with all things unicorn that no little girl could resist.

For a change of pace, the Newfound Area School District presented a beautiful Advent tree where small burlap bags held gifts to unwrap each day on the countdown to Christmas. The Altered Studios in Bristol also had an eye-catching decorative wooden tree with rows of shelves bearing small holiday decorations, and Mountain

Village Charter School in Plymouth had a country-style entry that many hoped to win as well. Titled "Learning Is In Our Nature," their tree was filled with creative handmade crafts, all made from birch bark, sticks and other materials found outdoors.

"That's mine," declared seasonal resident Jeannette Kuske as she



COURTESY

A DHART helicopter landed on the northbound lanes of I-93 in New Hampton last Friday, when a single-vehicle accident killed one young man and left a 16-year-old seriously injured.

## Accident

FROM PAGE A1

Trooper First Class

Mark Barrett by phone at 271-1162 or by email at mark.barrett@dos.nh.gov.

## Thanksgiving

FROM PAGE A1

get together with your friends. I've had a really good time here today and I'm glad I came," she said.

Karabegovic said craft times for teens and adults are held generally on the third Wednesday of each month at 4 p.m. and pre-registration is requested so they can

provide the proper amount of materials for each craft. Unless there is a waiting list, same day registrations are also accepted.

To pre-register for a craft day or get more information on activities such as this at Minot-Sleeper Library, please refer to their Facebook page, newsletter or visit them online at [www.minotsleeperlibrary.org](http://www.minotsleeperlibrary.org).

dropped her ticket in the post and hoped for the best.

Kuske said she lives in Massachusetts, but came up to their weekend home last Saturday just to attend the tree festival.

"I wasn't going to miss it. This is the best thing — it's just such a happy time, seeing all these beautiful trees," she said.

Other entries included trees with the family pet in mind, a Dr. Who tree filled with memorabilia from the popular television show, and an Elf on the Shelf tree by Brenda Clayton.

Newfound Regional High School had a "Green is the New Gold" tree, there were trees from the school drama club and a delicious "Candy Tree" from the Bridgewater-Hebron Village

School's Project Promise program enticed many ticket holders as well.

Finally, there was one tree that puzzled all the "Mys-Tree" entry from Annie Learned. The tree was decorated with lovely ornaments suitable for any traditional holiday but around the base were 12 wrapped gifts that went along with it.

"People are wondering what can be in all those packages and in all honesty, I don't remember what some of them are myself," Learned said with a laugh. "I just knew I wanted to have 12 presents around my tree this year so I bought one a month. I can only remember what a few of them were now. It's fun though and I think I'll try to do this again next year."

## Trot

FROM PAGE A1

tribute.

Donations toward the local charitable initiative, which

wraps up on the delivery date of Dec. 22, can still be made at the Newfound Country Store and contributions of any size are greatly appreciated.

## Bristol

FROM PAGE A3

friends.

As the beautiful flakes of the second snowstorm of the season fell, students took a walking field trip to the Tapply Thompson Community Center for a Holiday Gift Shop. Students had the opportunity to shop for their

families, complete with gift-wrapping! As we enter the holiday season, we cannot forget how important our community is to our families and school district as a whole. BES thanks everyone for their continued support as the teachers and staff work hard to educate our students for a bright future.

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# The Rest of the Story

A10 NEWFOUND LANDING, THURSDAY, NOVEMBER 29, 2018



DONNA RHODES

Plymouth Regional High School freshman and photographer Bayden Stratton was one of more than 30 local artists who took part in last weekend's Local Pop Up Art Shop in downtown Plymouth.

## Art

FROM PAGE A3

Throughout the Black Friday and

Small Business Saturday shopping sprees this year, the Local Pop Up Art Shop also had a cocoa bar and

raffles where all proceeds benefitted Voices Against Violence.

"We doubled last year's raffle sales,



DONNA RHODES

Michelle Dunn was the driving force once again behind the second annual Local Pop Up Art Shop in Plymouth and was pleased that not only her own paintings (shown in photo) but the talents of other local artists could benefit Voices Against Violence this year.

and I'm super excited about the reception the event has received from the public," said Dunn. "Some of the

artists are also donating a portion of their sales to Voices and it's just been incredible!" Dunn added that

she looks forward to seeing everyone again next year when her art shop will "pop up" once again.

## CADY

FROM PAGE A4

proceed: 1-800-662-HELP (4357). You can also look for a treatment center online, which will allow you to search for a treatment center in your area and also give you information about the kind of addiction or patients they treat. New Hampshire has the Treatment Locator at the following link: <https://nhtreatment.org/>.

### What is treatment like?

Everyone entering treatment for a substance use disorder is unique. That is why the patient and the treatment staff work together to develop an individualized treatment plan.

### What happens when they enter treatment and drugs are taken away?

People of all ages with substance use disorders live in fear of what will happen if their drugs are taken away. You can assure the person you care about that professional treatment centers will keep him or her safe and as comfortable as possible if a detoxification process is needed. However, if someone is using a drug upon admission to a treatment program, one of the first things needed is to help safely

remove the drugs from his or her system (often referred to as "detox"). This is important, because drugs impair the mental abilities needed to engage with and stay in treatment. When patients first stop using drugs, they can experience a variety of physical and emotional withdrawal symptoms, including depression, anxiety, and other mood disorders; restlessness, and sleeplessness. Remind your loved one that treatment centers are very experienced in helping patients get through this process and keeping them safe during it.

### My friend or loved one has been in treatment before...will it work this time?

This means your friend or loved one has already learned many of the skills needed to recover from addiction and should try it again. The fear of relapse should not get in the way of trying treatment again. Treatment of any chronic disease involves changing deeply imbedded behaviors, and relapse sometimes goes with the territory—it doesn't mean treatment failed.

### How can I support my friend or loved one when they go into treatment?

This is a great conver-

sation to have with your friend's or loved one's treatment provider. Different patients need different levels of support.

If there are difficult dynamics in a family group or set of friends, the counselor may recommend little contact for a while. It is important to tell friends struggling with addiction that you admire their courage for tackling this medical problem directly through treatment and that as they stick with the treatment plan, you will offer encouragement and support. When residential treatment is over, your friend will have to re-enter the community and it will be a challenging time. There will be triggers everywhere that could promote a relapse.

People with addiction need to fight much of this struggle on their own, without the help and advice of friends, using the knowledge and skills learned in treatment. Offer love and support as your friend continues to follow the treatment plan. If he or she relapses, you should encourage additional treatment.

*If you or someone you know struggle with addiction or substance abuse, call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-4357 for help.*

## Markets

FROM PAGE A7

a little over 4 percent, including dividends. Today, the yield on the 10-year note is about 3 percent. In 1995, the yield on the 10 year note was about six and a half percent.

If you are investing money today, just think about real returns in this interest rate environment and understand that the dividend paying stocks are vulnerable to market volatility based on the fact that many investors and their advisors have chased yield and have taken, in my opinion, too much risk for that reward.

An investment grade corporate bond portfolio can offer a yield of

between four and 5 percent. If structured properly your advisor should be able to immunize the portfolio against interest rate risk. When the bond matures, a skilled asset manager should be able to re-allocate the money back into the portfolio, guided by the yield curve. I am not anti-common stock or equities; my intentions are to maximize returns and minimize risk. The bond market is nearly twice the size of the stock market however,

many new clients that I consult with are primarily in stocks or equity, and bond funds that are "perpetual" by design. I get it, stocks are much more exciting than bonds and bond funds that are "financial advi-

sor" easy compared to structuring a real bond portfolio of individual investment grade corporate or municipal securities. Research tells us that our brains chemically react three times greater when we are getting hurt in the markets as opposed to positive reactions in good times, so let's at least balance our portfolio and mitigate risk by structuring a truly diversified portfolio that is crafted with conviction and purpose.

Sharpe sell-offs or elongated bear markets deplete our monetary and emotional capital.

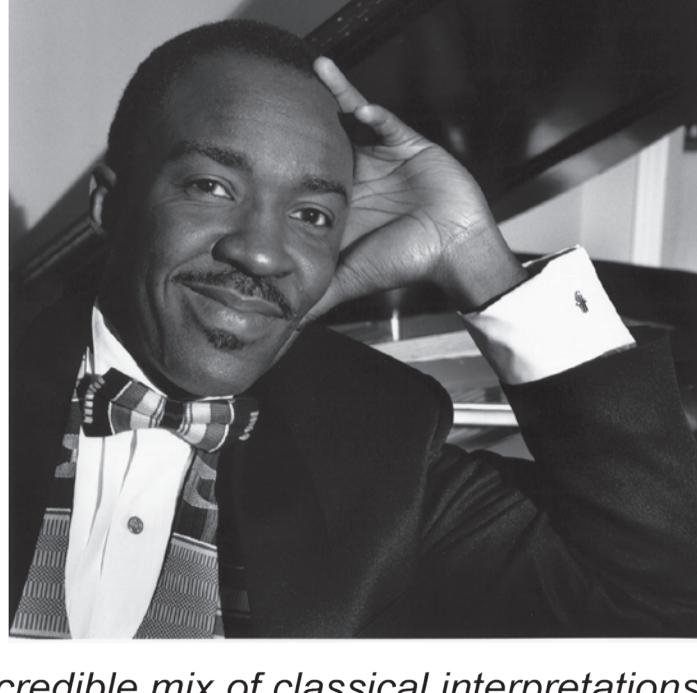
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## Notebook

FROM PAGE A4

we'd take to the streets with pitchforks and torches.

Most well-informed people, I believe, know that this is certainly not the case in some countries in Central and South America. Graft and corruption remain rampant, and one can hack away with abandon. Why is this so seldom mentioned? What's with all this tip-toeing around?

Part of it, I think, is that nobody wants to be seen as beating up on a Third World nation. Wait--can't call them that. Developing world? Nope, that suggests that any and all development is good, a synonym for progress.

**REDUCE  
RECYCLE  
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Okay, maybe the currently popular "emerging nation," which somehow reminds me of (guess what?) butterflies.

And lest we get too smug, we share the blame--by being such consumptive, price-driven piglets, with hardly a thought on source or situation.



# Newfound Landing Sports

Section A  
Thursday,  
November 29, 2018

## Williams takes helm for Newfound hoop girls

BY JOSHUA SPAULDING

Sports Editor

**BRISTOL** — With only two graduation losses, the Newfound girls' hoop team would appear to be in a good spot as the Division III season kicks off.

However, appearances can be deceiving at times.

With a new coach, little practice time and minimal varsity experience, the Bears will be looking to continue making improvements as the season moves along and hopefully peak at the right time.

"Between snow days, holidays and me being a new coach, what are you going to do," coach Kammi Williams noted.

Like she did in field hockey, Williams takes over for her sister, Karri Peterson but unlike in field hockey, she comes to the varsity hoop job for the first time after years of coaching at the middle school level.

"This is my first time every coaching varsity girls' basketball," Williams said, noting she has been coaching at the middle school level for 13 years. "It's a to-

tally new job, a really new challenge for me.

"But I'm jumping into it," she added.

After coaching field hockey and through her middle school coaching, she's familiar with just about every girl on the varsity roster, which has made the transition into the new job easier.

"I did a little summer league, so there's a lot of familiar faces in the gym, so I had that going for me," Williams said.

The team has just two seniors, both of whom have varsity experience, but the majority of the roster is limited in that regard.

"There's not really a lot of experience," Williams said. "But it's not where we start, it's where we finish. It's really important for this team to keep that in perspective."

Williams said the goal is to finish .500 or above and then peak as the playoffs roll around.

Leading the way for the Bears will be senior Ashlee Dukette, who reached the 1,000-point plateau last season and is closing in on 1,000



JOSHUA SPAULDING

Ashlee Dukette returns to Newfound for her senior hoop season.

rebounds for her career as well. Williams

noted that last year teams were able to key on Dukette and she's hoping that the team is a bit more balanced

so that she can be freed up a bit.

Fellow senior Madi Dalphonse also returns to the team and will bring her strong outside shooting to the starting lineup and Williams notes she will have a little more responsibility handling the ball this season.

Junior Leah Bunnell also returns after

seeing some time last year and will also be counted on to shoot from the outside. Williams notes it's important that Bunnell is more willing to take the shot.

Junior Bailey Fairbank will be stepping into the role as point guard, which is a new position for her.

"It's a new position and we're hoping she can work through it," Williams said. "It's not easy, but she's capable of doing it."

Sophomore Tiffany Doan saw some time at the varsity level last year and brings strong rebounding to the table along with lockdown defense. Williams is hoping she can add a little more scoring this season.

Freshman transfer Paulina Huckins comes to the Bears with a strong inside game and Williams is hoping that her presence will help take some of the heat off of Dukette in the front court.

The Bear bench will consist of four players all vying for time in Mackenzie Bohlmann, Lexi Douville, Haley Dukette and Caroline Marchand.

The Bears will feature a tough schedule that includes two games each with Inter-Lakes, Franklin,

White Mountains and Berlin and one game each with Monadnock, Belmont, Fall Mountain, Winnisquam, Prospect Mountain, St. Thomas, Mascoma, Newport, Gilford and Somersworth.

The season kicks off on Friday, Nov. 30, at Monadnock at 6:30 p.m. The first home game is Wednesday, Dec. 5, against White Mountains at 6:30 p.m.

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

## What's On Tap

The official start of the winter sports season in New Hampshire has arrived, with the Division III girls' basketball season and wrestling season kicking off this week.

At Newfound, the girls' hoop team will be at Monadnock on Friday, Nov. 30, and will be hosting White Mountains Regional on Wednesday, Dec. 5, both with 6:30 p.m. starts.

At Prospect Mountain, the girls' basketball team will be opening the season at Berlin on Friday, Nov. 30, at 6:30 p.m. and will host Franklin on Tuesday, Dec. 4, at 6 p.m.

The Plymouth wrestling team will open the season at home on Wednesday, Dec. 5, against John Stark.

## Newfound football players earn All-State honors

BY JOSHUA SPAULDING

Sports Editor

**BRISTOL** — The Division IV football All-State teams were announced last week and after a solid season, a number of Newfound players were honored.

For offense First Team, running back Tielar Mitchell and offensive lineman Oceanne Skoog were honored. For First Team defense, defensive lineman Mason Greene and defensive back Logan Rouille were honored.

Joining them on offensive First Team were quarterback Phillip Nichols of Winnisquam, running backs Angelo Glover of Winnisquam and Travis Perry of Franklin, offensive linemen Simon Pitman and Nick Fransom of Franklin, Joe Stone of Mascoma and Gavin Gregoire of Raymond, tight end Jacob MacIsaac of Farmington and receivers Gunnar Horman of Winnisquam, Kyle Beane of Bishop Brady and Gregory Gibby of Raymond. Defensive First Team also included linemen Caden Remillard of

Winnisquam, Michale Loader of Raymond and Scott Franklin of Bishop Brady, defensive end Alex Flynn of Fall Mountain, linebackers Taryn Laramie and Ben Lafrance of Franklin, Fermin Gomez of Fall Mountain, Kobe Briand of Winnisquam and Paul Roy of Farmington, defensive back Justin Garneau of Fall Mountain and safety Caleb McAllister of Mascoma.

For Second Team offense, Newfound running back Brett Pidgeon, lineman Hunter Stickney and Anthony Gromko and tight end Mason Dalphonse were on the list and for Second Team defense, lineman Rolando Sylvain and linebacker Shawn Huckins were honored.

Joining them on offensive Second Team were quarterback Patrick Brust of Bishop Brady, running backs Josh Totte of Raymond and Caleb Vigue of Franklin, linemen CJ Gaslin of Franklin, Mason Fellows of Winnisquam and Marcus Couture of Raymond and receivers Dylan Martin of Raymond, Owen

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

## 5K Jingle Mingle scheduled for Saturday

**BRISTOL** — The Tapply-Thompson Community Center (TTCC) will again be hosting the annual 5K Jingle Mingle on Saturday, Dec. 1. This event raises funds for TTCC programs and scholarships and is a fun, family-oriented

run/walk. It is always held the first Saturday in December and the last local opportunity to do a 5K in 2018. All abilities of runners and families are encouraged to participate. Upon return to the TTCC, they will be serving hot soups, hot

chocolate and snacks for all participants as well as a prize raffle. Feel free to come dressed up for the holidays and get your jingle on with them. Race registrations are available at [www.ttcrc.org](http://www.ttcrc.org) or by stopping by the TTCC.



COURTESY PHOTO

### Helping hands

Members of the Newfound Regional High School Student Athletic Leadership Team participated in the Bristol Festival of Trees during the Thanksgiving holiday break.

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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal "to make, print, or publish any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation or discrimination."

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. hereincontained. The Publisher reserves the right to refuse any advertising.

## Comm. Space For Rent

### PLYMOUTH SPACE FOR RENT:

9 Main Street. Former site of Pemi River Fuels. Approx. 700 sq ft.; 3 to 4 work areas depending upon configuration. \$750 per month including heat, snow plowing and trash removal. Tenant pays separately metered electric. Onsite parking is available. Security deposit required. Available immediately.

Please call Brian at 536-2300.

## Condo For Rent

**Ski Down to the Condo!**  
Plymouth ~ Tenney Mountain Condo Vacation Rental. 1-bedroom loft, 1.25 bath, fireplace, washer/dryer, skylight, beautiful views of mountain. \$800 per week. Call 661-1815

**Ski Down to the Condo!**  
Plymouth ~ Tenney Mountain Condo. 1-bedroom loft, 1.25 bath, fireplace, washer/dryer, skylight, beautiful views of mountain. \$1,000/mo. 1st mo/security & references required. Pets negotiable. Call 661-1815

## Houses For Rent

**3 Bedroom Colonial** for rent in Center Tuftonboro. \$1500/month plus Utilities. Contact Teri or Greg Heppe at Tuftonboro General Store. (603) 569-9859

**Private wooded lot!** 2 large bedroom, 1 bath. Convenient location on Rte. 3, Meredith. Seeking professionals, great in home office. \$1200 + Utilities. No Smoking/Pets. First/Last/Security. References 520-7518.

## Automobiles

**2007 Honda SUV CR-V EX-L**  
124k Miles  
VIN JHLRE38707C024113.  
Heated Seats Moon/Sun Roof.  
\$6084. Ron 603-823-8723 leave message.

★★★★★



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It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure they brush; it could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.

# 2MIN 2XDAY

Easier than getting them to eat something green.



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Ad Council

**Loon Mountain Resort**

Work at Loon and you will have the power to make someone's day, and enjoy the outdoors.

We have a variety of jobs that match your passion for fun and outstanding employment perks. Some of the jobs include:

**Central Reservations Representative**

Ticket Sellers  
Snowsports Desk  
Food and Beverage  
Ski School  
Snowmakers

To apply online please visit: [www.loonmtn.com/jobs](http://www.loonmtn.com/jobs)  
Equal Opportunity Employer

**Ashland Lumber**  
Division of BELLETETES, INC.

**Delivery Driver**

Ashland Lumber has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

You may apply in person or download a **driver application** from our website. All applications should be submitted to:

Dan Uhlman, Manager  
Ashland Lumber, 20 West St. Ashland, NH 03217  
or email at [duhlman@belletetes.com](mailto:duhlman@belletetes.com)

**55 Plus MODEL HOME OPEN SUNDAY 12 to 2**



**\$109,995 or \$638 per month\***

**\$149,995 garage, porch, appliances \*10% down - 25 years at 6%**

**Call Kevin - 603-387-7463**

Mansfield Woods, 88 North, Rt. 132, New Hampton, NH  
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

**NCH** Upper Connecticut Valley Hospital

**FULL TIME OPPORTUNITIES**

- RN CHARGE – 36 hours (Night Shift)
- RN CHARGE/M-S – 36 hours (Night Shift)
- ULTRASOUND/ECHO TECHNOLOGIST – 40 hours
- RN CHARGE/E.D. – 36 hours (Night Shift)
- RN M/S – 36 hours (Night Shift)

**PART TIME OPPORTUNITIES**

- MAINTENANCE TECHNICIAN – 20 hours

[ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)

**PER DIEM OPPORTUNITIES**

- COOK
- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
- RN

Apply Online at [www.ucvh.org](http://www.ucvh.org)  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603)388-4236  
EOE

**gsil** Granite State Independent Living

Tools for Living Life Independently

Pay is \$10.25/hr. Please contact Ashley at 603-717-0881 or [atruong@gsil.org](mailto:atruong@gsil.org) for more information.

Granite State Independent Living is looking to add caring and compassionate individuals who are interested in making a difference in people's lives as a Personal Care attendant. Duties include; personal care, housekeeping, lifting, transfers, errand and grocery shopping. We offer a flexible schedule and paid training.

**Steel Erectors, Metal Roof & Siding Installers Foreman, Leadmen And Laborer Positions**

Will Train. Valid Driver's License required.  
Application available at:  
**CONSTRUX, INC.** 630 Daniel Webster Hwy.  
Plymouth, NH 03264  
(603) 536-3533  
Leading Pre Engineered Metal Building Co.

**Ashland Lumber**  
A division of Belletetes, Inc.

**Lumber Counter / Millwork Sales**

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 year experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

**Competitive Wages** **Paid Vacation** **Paid Holidays** **Paid Time Off**  
**Health Insurance** **Profit Sharing** **Store Discounts** **Much More!**

**Ashland Lumber**  
A division of Belletetes, Inc.

**Yard Customer Service**

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

**E.O.E.**

**Competitive Wages** **Paid Vacation** **Paid Holidays** **Paid Time Off**  
**Health Insurance** **Profit Sharing** **Store Discounts** **Much More!**

**NCH** Upper Connecticut Valley Hospital

**\$3,000 SIGN-ON BONUS**  
For two years of experience staff RNs

**REGISTERED NURSES**

Contact Human Resources at (603)388-4236  
Apply On-line at [www.ucvh.org](http://www.ucvh.org)  
181 Corliss Lane, Colebrook, NH 03576  
603-388-4236  
EOE

**Ashland Lumber**  
Division of BELLETETES, INC.

**Delivery Driver**

Belletetes has an immediate opening in our Ashland Lumber location for a full-time delivery driver. The hours are Mon-Fri. and some weekend days required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Heavy lifting is required.

You may apply in person to Dan Uhlman or download a **driver application** from our website. All applications should be submitted to:

Human Resources, c/o Belletetes Inc.  
51 Peterborough Street, Jaffrey, NH 03452  
or you may email to [dbelletete@belletetes.com](mailto:dbelletete@belletetes.com)

**E.O.E.**

\* \* \* \*

*Bring your classified ad right into the office located nearest to you and drop it off. We'd love to see you!*

\* \* \* \*

**HELP WANTED**

**3 LAKES LANDSCAPING**

Landscaping Foreman/Leader  
Plymouth, NH

Full time position available for Landscaping professional for hardscapes and snowplowing.

1 to 3 years experience preferred.  
Valid driver's license and clean record.  
Must be able to work outdoors in all types of weather. Overtime available.

603-728-8116 or email [3LakesLandscaping@gmail.com](mailto:3LakesLandscaping@gmail.com)

**WE'RE HIRING**

*Come join our team!*

Do you want to get paid a competitive wage and be treated like family? Do you have previous Drill Rig operation experience? If you answered yes, we'd love to talk to you! Gilford Well Company is looking for a Drill Rig Operator and Drill Rig Assistant

**Desired Skills & Experience:**

- 2 years previous experience preferred, but we are willing to train the right candidate
- Clean CDL class B license
- OSHA 40 hour certification
- Ability to pass physical and drug screening
- Professional appearance and good communication skills

Email resume to [norm@gilfordwell.com](mailto:norm@gilfordwell.com)  
or apply in person at 1440 Lake Shore Road in Gilford

**GILFORD WELL COMPANY**

**Precision Lumber Inc.**

**IMMEDIATE OPENINGS**  
**SAWMILL AND PLANER MILL WORKERS**

**DAYTIME SHIFT**

**BENEFITS INCLUDE**  
VACATION, SICK AND HOLIDAY PAY,  
INSURANCE, CREDIT UNION,  
401(k) PLAN, ATTENDANCE BONUS

Apply in Person  
or email [precisionlumber@lumbemh.com](mailto:precisionlumber@lumbemh.com)  
to request us to email an application

**Precision Lumber Inc.**  
576 BUFFALO ROAD, WENTWORTH NH 03282  
[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)

**Advertise Here**

**Power Outage Tips**

**BEFORE**

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

**DURING**

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

**AFTER**

- Throw out unsafe food

Who to Call → Where to Meet → What to Pack

**Ready**



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**LOVE YOUR COMMUNITY: Spend Locally!**

## What's Happening at Plymouth State University

### Ring in the Holiday Season with Plymouth State!

Join us for a weekend of fun and festive events Friday, November 30, through Sunday, December 2, as we celebrate the holiday season with the community. Highlights include:

**PSU a cappella groups** – Plymouth Regional Senior Center (Fri., 5 p.m.)

**PSU's Fall Jazz Ensembles Concert** – Silver Center for the Arts (Fri., 7 p.m.)

**Plymouth Hometown Holiday Parade** – Main Street (Sat., starting at 5 p.m.)

Sponsored by the Plymouth Rotary and followed at 6 p.m. by a bonfire, barbecue, and visit with Santa!

**Skate with Santa** – PSU Ice Arena (Sun., 1-3 p.m.) Skates available or bring your own and skate for free! Light refreshments and pictures with Santa.

**PSU Choirs: Holiday Family Pops Concert** – Silver Center for the Arts (Sun., 1 p.m.)

**Enjoy the Spirit of the Season!**

For a listing of all the festival events visit <https://tinyurl.com/hometown2018>.



See further up here.

**YOUR FUTURE IS WIDE OPEN**  
**AT LAKES REGION COMMUNITY COLLEGE**

## OPEN HOUSE

**Spend the morning with us**  
**Saturday, December 1st 9 am to noon**

- Affordable tuition makes LRCC possible (Only \$6,450 a year!)
- 27 Associate Degrees and 32 Certificates make LRCC appealing
- Small class sizes make LRCC personal
- Campus housing makes LRCC a community

**Every Great Journey Starts With ONE Single Step...**

For more information  
[www.lrc.edu](http://www.lrc.edu)  
603-524-3207  
379 Belmont Road, Laconia, NH 03246

