



Making music

Members of the Newfound Regional High School band perform during the annual holiday concert. Photo courtesy of the high school's Facebook page.

COURTESY

Three in double figures lead Bears to first win

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound girls' hoop team picked up its first win of the season on Tuesday, Dec. 14, as the Bears knocked off Winnisquam by a 58-33 score.

“Great win, more communication and effort on defense, took advantage of fast-break transitions down the floor, finishing at the bucket,” said coach Danielle Wilkins, who earned her first varsity coaching win at the helm of the Bears. “We came out strong after the half with confidence, patience and ball movement in the third and fourth quarter.”

Newfound got out to a 17-3 lead after one and was up 30-13 at halftime on the way to the 58-33 victory.

Malina Bohlmann led the way for the Bears with 14 points and four steals, while Rylee Barney finished with 13 points and Matti Douville finished with 10 points. Wilkins praised the three-point shooting of Barney and Douville and the strong offensive

SEE BEARS PAGE A7

Broadband funding could be denied for lack of data

ANGEL LARCOM
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REGION — The Grafton County Broadband Committee could face the denial of its \$26.2 million federal grant application with the US Department of Commerce's National Telecommunications and Information Admin-

During a digital roundtable hosted by Senator Jeanne Shaheen on Dec. 10, GCBC member Nik Coates said accurate mapping had become a significant problem for the project.

“The providers have challenged our project

we have is not good. It's at that census block level - if one house is in there, it's all counted. We were unable to respond in the most effective way. The best thing we could do was grab a survey conducted with about 3,000 people that showed that the challenges are inaccurate. But again, this

because of the lack of data,” stated Coates.

Last month, the GCBC secured \$25,000 in Community Development Block Grant funding for the project. By month's end, contractor eX2 Technology had already begun survey work in 17 of the 39 communities,

A decision on the NTIA grant is expected shortly after the New Year, said Coates.

Last week, Shaheen met with key broadband stakeholders from across the state to discuss the \$65 billion bipartisan Infrastructure

to bring New Hampshire more than \$1 billion for road and bridge repairs, more than \$400 million for water infrastructure improvements and a minimum of \$100 million to build out high-speed internet access.

“Broadband provi-

SEE BROADBAND PAGE A7

Holiday tournaments swing back into action

istration (NTIA) due to a lack of specific data.

BY JOSHUA SPAULDING
Sports Editor

REGION — Many local teams will be getting the chance to compete over the holiday break, as local basketball and hockey holiday tournaments return to the court and the ice.

New Hampshire's largest holiday basketball tournament, the Mike Lee Holiday Basketball Bash in Farmington, will be featuring a number of local teams. The Littleton girls, the Profile boys, the Inter-Lakes boys and girls and the Kennett boys and girls will all be competing.

The tournament runs

on over 3,000 census blocks, and the data that from Sunday, Dec. 26, through Thursday, Dec. 30, with champions being crowned in the finals that day at 5:30 p.m. for the girls and 7 p.m. for the boys.

The Inter-Lakes girls will be playing in a pair of round-robin on Sunday, Dec. 26, one against Holy Family at 10 a.m. and another against Littleton at 10:30 a.m. The Lakers continue on Monday, Dec. 27, with the girls against Concord Christian at 9:15 a.m. and the boys against Portsmouth Christian at 10:30 a.m. The Laker boys do not play on the opening day.

The Littleton girls

is a very real possibility of projects being denied will be playing in the round-robin halves against Inter-Lakes at 10:30 a.m. and Holy Family at 11 a.m. Littleton continues the next day with a game against Farmington at 7:15 p.m.

The Profile boys will play round-robin halves against St. Thomas at 11 a.m. and Holy Family at 11:30 a.m. on Dec. 26. They continue the tournament on Monday, Dec.

including Woodstock, Lincoln and Haverhill. 27, at 11:45 a.m. against Epping.

The Kennett boys and girls will open against Epping on Sunday, Dec. 26, with the boys at 12:30 p.m. and the girls at 1:45 p.m. They get the next day off and return to action on Tuesday, Dec. 28, girls at 2:45 p.m. and boys at 4 p.m.

Just up the road in Gilford, the Lakes Region Holiday Hoop Tourna-

Investment and Jobs Act. The bill is estimated ment swings into action on Monday, Dec. 27 and Prospect Mountain, Belmont, Newfound, Kingwood, Winnisquam, Plymouth and Gilford will all be sending their boys and girls.

In the high school gym on the first day, the Prospect girls play Laconia at 11:30 a.m. and the Prospect boys follow against the Sachems at 1 p.m. Plymouth and

sions are near and dear to my heart. What we Gilford will square off in the other two games in the high school gym with the girls at 2:30 p.m. and the boys at 4 p.m. In the middle school gym, Belmont and Newfound take the court, with the girls at 11:30 a.m. and the boys at 1 p.m. They are followed by Winnisquam and Kingswood, with the girls at 2:30 p.m.

SEE TOURNAMENTS PAGE A7

Cecilia Disney, MD, joins Mid-State Care Team



Cecilia Disney

PLYMOUTH — Mid-State Health Center is pleased to announce Cecilia Disney, MD, has joined their team of providers and is available to see patients of all ages in their Plymouth office.

Dr. Cecilia Disney began her higher ed-

ucation in New York, earning her Bachelor's degree in Biochemistry from Hamilton College. She earned her medical degree in 2011 from the University of Pennsylvania School of Medicine, and completed her residency at Swedish Cherry Hill in Seattle, Wash. Joining Mid-State with more than 10 years of experience, Dr. Disney has special interests in women's health, newborn care, and chronic disease management. Cecilia is joined by her husband and children in the local community, and

enjoys being in nature, hiking and cross country skiing in her free time.

Dr. Cecilia Disney says, “I believe it is a human right to have access to quality medical care. I also believe that the integration of services - such as behavioral health, dental, and medication assisted treatment - is critical in the primary care model. I value developing relationships with an entire family, often with multiple generations and the continuity and longevity of the provider-patient relationship.”

Robert MacLeod, CEO, noted, “Dr. Disney is an asset to the Mid-State care team. Her belief in the patient-centered approach to health care is the essence of our care model. Mid-State is excited to welcome her to our community.”

Mid-State, and Dr. Cecilia Disney, are now accepting new patients! To learn more about Mid-State Health Center or to become a patient, visit midstatehealth.org, or call our Plymouth office at 603-536-4000.

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Jackson Musgrave’s time at LRCC planted a seed that grew into budding business empire



LACONIA — Growing up in Bedford, Jackson, the second-eldest of five boys in the Musgrave family, was unsure of his next steps after high school. He spent the months following graduation working a series of odd jobs with a moving company, officiating youth hockey games and selling Christmas trees. Little did he know, the latter experience planted a seed that would ultimately grow into his own arboreal empire.

Though he enjoyed his time selling Christmas trees, he initially did not think much of it and later that spring decided to explore a potential career as a firefighter. He enrolled in the Fire Protection program at Lakes Region Community College (LRCC) in Laconia. Around this same time, the Musgrave family was preparing to embark on a trip for their annual family reunion, this time hosted by relatives who resided on a Christmas tree farm. It was here that Jackson had an epiphany which would radically change his future goals and aspirations.

“A light bulb went off in my head at the family reunion,” said Jackson. “I had liked selling trees, but it was that moment that I realized, ‘Holy cow, I have a family member that is a wholesale Christmas tree farmer and grows hundreds of thousands of trees!’”

When he returned to LRCC the following semester, he had a plan in mind. LRCC didn’t have established student apartments yet. Instead, they had an agreement with a local hotel down the road from the college on Main Street, on one of the busiest intersections

in the Lakes Region. The third floor of the hotel was reserved for student housing.

“I thought, hey, we could probably sell Christmas trees here – I have an idea of how to sell them and I have an uncle that grows them,” he continued.

That entrepreneurial spirit led Jackson to meet with the hotel’s management to discuss his proposed business idea of selling trees in a corner of the hotel parking lot. Understanding the challenges of starting a new business, the two parties negotiated an agreement: the hotel wouldn’t charge him for using the space until he recouped his initial investment, after which he would pay them a percentage of all profits. With a team of fellow LRCC students, whom Jackson counts as some of his best friends to this day, he spent the holiday season selling Christmas trees and learning as he went how to refine his budding enterprise.

“We really engaged

the community – people loved the idea of local students in business together,” said Jackson, “but that first year wasn’t profitable. We didn’t order the right trees for the market because Laconia is really more of a city; people would be buying a tree for an apartment and really wanted something smaller than the seven or eight-footers that I had ordered.”

Where others might have written off the experience as a fun experiment, Jackson was motivated. Though he had started off in LRCC’s Fire Protection program, he enrolled in business courses to learn more and improve his strategy for the next season. The following year he leveraged referrals from past customers, placed flyers around town and ran a Facebook advertising campaign. That second year was much more successful, and they actually sold out of inventory twice. Although their retail business was stable, Jackson wanted to go bigger and embark upon forming a wholesale operation of his own. When he began looking for land to start his own Christmas tree farm, he stumbled upon a property in the northern Maine town of Van Buren and could hardly believe what he had found.

“When I saw the price-per-acre, I thought it had to be too good to be true!” said Jackson. “When I went up to check it out, the asking price made much more sense. The trees on the land were planted in 2000 and after the recession of 2008 it had largely been abandoned and was really overgrown.”

While most of the trees on the property were 20-25 feet tall, they were healthy and dropping a lot of cones, resulting in tens of thousands of saplings and growing smaller trees in between. He could see the potential and decided to purchase the land and start down his own path in the family tree business.

As the owner of MMB Trees, Jackson balances day-to-day management of his sprawling tree farm with the interstate logistics of quickly get-

ting those trees to market. Today, MMB Trees is a wholesale, retailer, and grower of farm-fresh Christmas trees and wreaths.

“Most people start from scratch and go years before making a profit – I’m sort of doing it backwards by reclaiming the overgrown land.”

Jackson has expanded his empire, which coincidentally is helping bring him back to his roots. For the past three seasons, he has partnered with a farmer in Bedford to provide wholesale customers in New York and Massachusetts with a convenient pickup location, saving them 500 miles of transportation. In addition to the wholesale lot, Jackson acquired a long-running retail tree stand in Nashua, where he typically sells more than 800 trees each season.

Jackson’s passion and enthusiasm make it abundantly clear that he loves what he’s doing. He credits his time at LRCC as both an incubator for his budding business as well as a support system that helped him grow himself:

“I knew I had a passion for Christmas trees and wanted to continue growing the business. My professors helped me tailor my education back to the business and connect the concepts I learned in the classroom to what I was doing on the lot. LRCC not only provided me with a foundation for continuous learning and the tools to bring my dream to reality, but I also found an incredible community of professors who believed in me and friendships I maintain to this day – many of them even come up to visit and help me at harvest!”

During the holiday season and the busiest time of the year for Christmas tree sales, MMB Trees is harvesting and delivering 14,000 wholesale orders all over the East Coast from Canada to Florida. Today, MMB Trees can be found throughout the state at many retail locations including Whole Foods and are sold through local Boy Scouts troops.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bridgewater	N/A	N/A	\$320,000	Florence M. Hannaford RET and Sabrena McPhail	Gary M. and Margaret M. Doyon
Bristol	80 Ridge Rd.	Single-Family Residence	\$365,000	Richard B. Sharp	Darlene and Lauren D. Camella
Bristol	N/A	N/A	\$999,933	Carl W. Carlson 2019 Trust and Jennifer Carlson	Charles W. Charleton RET
Campton	545 Bog Rd.	Single-Family Residence	\$580,000	Lisa A. Grant	Kenneth and Gillian Fisher
Campton	660 Ellsworth Hill Rd.	Single-Family Residence	\$600,000	David M. Wheeler and Shannon M. Wheeler	Ellsworth Hill LLC
Campton	66 Page Rd.	Single-Family Residence	\$394,000	William J. and Carrie A. Dinatale	Mathew Selines and Jacqueline Stahi-Selines
Campton	N/A	N/A	\$85,533	Kevin L. and Michael French	Tucker M. Henrion and Danielle L. Rioux
Dorchester	Bryant Pond Road, Lot 5	N/A	\$130,000	Malcolm A. Merrill	Joel B. Klinker
Dorchester	Bryant Pond Road, Lot 7	N/A	\$130,000	Malcolm A. Merrill	Joel B. Klinker
Dorchester	Bryant Pond Road, Lot 6	N/A	\$130,000	Malcolm A. Merrill	Joel B. Klinker
Dorchester	River Road, Lot 3	N/A	\$160,000	Melissa Howard	Shauna Gillies-Smith and Byron Holt
Hebron	Panorma Lane	Residential Open Land	\$230,000	Joseph H. and Gina T. Rupley	Ben and Michelle Butler
New Hampton	23 Meadow Way	Mobile Home	\$147,000	Lucian E. and Kathleen D. Schofield	Kyle S. Mitchell
New Hampton	1035 Straits Rd.	Single-Family Residence	\$770,000	G. & Debra Maynard Fiscal Trust	Ryan and Kristine Gausland
Plymouth	69 Langdon St.	Single-Family Residence	\$225,000	Kristin M. and Kevin L. Foster	Russell P. and Lisa M. Merrick
Plymouth	Loon Lake Road	N/A	\$119,933	Steven Benedetto	M. Pelletier-Garside and Donald R. Garside
Plymouth	Route 3A	N/A	\$215,000	Stephen and Kellie A. Craig	Janine M. Boulanger
Thornton	37 Birch Bend Dr., Unit 6	Condominium	\$129,933	Maria Demarco	Justin M. Akerman-Raposo
Thornton	54 Cold Springs Rd.	Single-Family Residence	\$255,000	Whitney C. Slade	Lauren and Jacob Josef
Thornton	Route 49	N/A	\$46,000	Garryowen Properties LLC	Uhlman Fiscal Trust and Kathy Jean Uhlman
Thornton	Thornton Terrace	N/A	\$309,000	James M. Preston	Daniel and Carl Erickson
Thornton	Upper Mad River Road, Lot 17 N/A	N/A	\$309,000	James M. Preston	Daniel and Carl Erickson
Thornton	Upper Mad River Road, Lot 22 N/A	N/A	\$309,000	James M. Preston	Daniel and Carl Erickson
Thornton	Upper Mad River Road, Lot 19 N/A	N/A	\$309,000	James M. Preston	Daniel and Carl Erickson
Thornton	626 Upper Mad Rive Rd.	Apartment Building	\$730,000	MRB Investments LLC	Mad River Apartments LLC
Thornton	N/A	N/A	\$328,000	Kathleen Ferry	KLO Associates LLC
Warren	5 Linsey Lane	Single-Family Residence	\$330,000	Nicholas J. and Erin E. Anderson	Marc A. Barile
Warren	46 Mountain Meadow Rd.	Mobile Home	\$155,000	Linda H. Flagg	Sandra M. Buzzell
Waterville Valley	23 Black Bear Rd., Unit 142b	Condominium	\$159,000	Claudia R. Suslavich	Robbin L. Goulet RET
Waterville Valley	9 Garage Way, Unit 3-15	Condo Parking-Residential	\$60,000	Richard H. and Jennifer C. Smith	James B. and Denise C. McKenney
Wentworth	42 Lookaway Lane	Single-Family Residence	\$456,000	JWB RET and Joseph W. Buczek	Ashleigh and Gabriel Moraga

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 in-

volve 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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Restoration projects continue at Castle in the Clouds

BY ERIN PLUMMER

mnews@salmonpress.news

MOULTONBOROUGH — Restoration work continued on parts of Castle in the Clouds this year, with plans underway for a major renovation of one of the property's outbuildings.

Events at the Castle such as the recent Christmas at the Castle have helped raise money for restoration efforts on the more than 100-year-old structures on the property.

Castle Preservation Committee executive director Charles Clarke said the Castle had a few major restoration projects in 2021.

One of the projects was refurbishing the sun porch, including putting in all new glass, tightening up the structure, and offering better views.

Miracle Farms was putting in some new landscaping.

Work started to restore the interior space in the north tower and two guest beds.

The Castle's next major project is restoring the Maple Lodge upper gatehouse. According to a flyer on the fundraising effort, the building is one of the two cottages at the entrance to the estate and is one of the key components of the estates listing "With National Significance" on the National register of Historic Places.

The timbers have been

rotting and the mortar has been failing between the exterior stonework. The roof rafters and decking will need to be fixed as soon as possible. The project would also restore broken leaded glass windows.

The project would restore these elements at a cost of around \$500,000.

When restored the building will be a publicly accessible research library and will also be used for archival storage. There will also be

expanded office space for educational programming that will benefit local schools.

Clarke said as of Christmas at the Castle in November that half the funds had already been raised. He said they are aiming to start work on the gatehouse by the end of next summer



PHOTO BY ERIN PLUMMER

Work continued on the sun porch at Castle in the Clouds around the Christmas at the Castle event in November.

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Popular toys through the years

“Being there for a child is the most noble thing a toy can do.” — Woody

Santa is preparing for his big night, which is just three days away. His elves are always busy working in the toy shop, year after year, and have created memorable toys, that always leave children wide eyed every Christmas morning. Some toys that children found under the tree more than 100 years ago are still popular today.

In 1920, just a mere 101 years ago, the hot toy for Christmas was the Raggedy Ann doll, that sold for \$1. Raggedy Ann and her brother Andy were created by a political cartoonist named Johnny Gruelle. In 1921, Lincoln Logs were the hot ticket. Lincoln Logs originally cost 50 cents.

Tinker Toys were first created in 1922, a toy that was a big hit in the 1980’s as well. In 1924, the Erector Set was a favorite. In 1925, the classic Teddy bear was a popular, and cost 79 cents.

Crayola Crayons date all the way back to 1926. Crayola means ‘chalk and oily’ in French. Noted is that the original crayons were created in 1903, and the box contained just eight colors. The Radio Flyer wagon came out in 1927 and cost \$2.99.

Yo-yo’s were all the rave in 1928, and cost just five cents. This toy dates back to 500 BC. In 1929, pop-up books became popular. In 1930 the Mickey Mouse doll hit stores. Mickey was discovered in the cartoon ‘Steamboat Willie’ that first aired in 1928. During Christmas in 1930, demand was so high for Mickey dolls that crafty mothers ended up creating their own.

Finger pain and sock monkeys came out in 1931 and 1932, respectively. In 1933, tin Marx wind-up toys were the new thing.

In 1935, it was the Shirley Temple doll that had little girls everywhere smiling on Christmas day. Monopoly first hit stores in 1937, inspiring decades of family meltdowns...excuse us, family fun. Some people still get excited if they land on Baltic Avenue.

The original view master that became popular in the 80’s, first came out in 1939.

In 1940, the Red Ryder BB gun cost \$5.00. Everyone loves a good Golden Book and in 1942, they cost just .25. In 1943, green army men became popular. The slinky (who didn’t have one?) first appeared under trees in 1945. In 1946, Lionel Trains cost \$30. Tonka trucks came out in 1947. The original Clue board game first appeared in 1949.

In 1951, Colorforms cost 25 cents. Colorforms were the invention of art students who liked to be artistic, sans the high cost of paint. In 1952, Mr. and Mrs. Potato Head hit shelves for just 98 cents. Model cars became popular in 1953. In 1954, Scrabble hit stands and in 1955, Silly Putty could be found in stockings everywhere.

Play-Dough (can you ever forget that smell?) first came out in 1956. Barbie appeared in 1959. Anyone who could keep two Barbie shoes in one place for more than 24 hours was/is a special kind of person.

In 1960, the Etch A Sketch was created. A great toy if you had the patience for it. In 1961, even though it was winter, children everywhere wanted a Slip n Slide.

The Easy Bake Oven first appeared in 1963 for \$15. In 1964, G.I. Joe appeared for \$1.95. Twister appeared in 1966. The Lite-Brite and all its pieces first came out in 1967 for \$10. Hot Wheels came out in 1968 and LEGOs in 1969.

In 1970, Nerf balls were being thrown about in homes everywhere. Weebles were a hoot in 1971. In 1973, Shrinky Dinks were a blast. Stretch Armstrong was popular in 1976 and a year later, in 1977, the Atari hit stores. Skiing is by far the best Atari game invented, and Pitfall.

In 1982, He-Man was a hit, followed by My Little Pony in 1982. In 1983, the infamous Cabbage Patch Doll appeared, complete with all of their bizarre names. Even our Editor had one named ‘Merci Rhonda.’ The original Nintendo Entertainment System appeared in 1986.

In 1995, Beanie Babies took over toy stores everywhere. Some rare Beanie Babies sell for thousands of dollars today. Pokemon cards appeared in 1999. In the early 2000’s, it was Bratz dolls, Xbox 360’s and Playstations. In 2006, the Nintendo Wii almost seemed futuristic. In 2010, the first iPad appeared, and interestingly enough, in 2021, kids old and young have the new version on their Christmas lists.

We hope you all remember this holiday season, that we’re all just a bunch of big kids.

Holiday Heartburn

Eat and drink in moderation through the holidays to avoid heartburn



BY DR. JOSEPH CASEY
Plymouth General Surgery
Acid Reflux & Heartburn Center at Speare Memorial Hospital

It’s the most wonderful time of the year—food, food, and more food. We are now well into the holiday season. For many of us, the extra indulgence of decadent sweets and rich, fatty (and delicious!) meals with friends and family comes with a hefty side order of heartburn and indigestion.

Add the stress and anxiety that can develop at this time of year, and it’s not surprising that more than 60 million Americans report experiencing heartburn at some point over the holiday season. It turns out the holidays are not only a time to celebrate—it can be a time when many of us experience the discomfort of heartburn and acid reflux.

What is heartburn and acid reflux?

The terms heartburn and acid reflux are often used interchangeably. However, heartburn, the symptom that you feel, is caused by acid reflux. If you’ve ever felt a burning pain or discomfort moving up your chest toward your neck and throat, chances are you’ve experienced heartburn. Heartburn occurs when an excessive amount of acid migrates up from your stomach and into your esophagus. Even though it may feel like you’re having a heart attack (and despite the

name), heartburn has nothing to do with your heart. Put simply, it’s the sensation of acid irritating your esophagus and throat. If you experience symptoms regularly (more than twice a week), you may have acid reflux disease, or gastroesophageal reflux disease (GERD).

Why do I get heartburn and acid reflux during the holidays?

It’s more common to experience heartburn after consuming a large meal, especially one high in fats—and for most people, that’s exactly what holiday meals are like. Whether you’re celebrating with a lot of family, or a small group this year, fatty foods (such as green bean casserole or gravy) and over-eating can slow down digestion, which also contributes to acid reflux. And that post-holiday meal nap you love to take? Well, that’s also not helping. After having a large, indulgent meal, lying down will increase your likelihood of having heartburn and acid reflux. When you’re upright, gravity can help keep stomach acid down—but taking a cat nap on the couch while watching football won’t stop the acid from making its way into your esophagus.

How to avoid holiday heartburn

Here are some tips to help you avoid the worst of it:

Keep portion sizes small. Allow yourself to have your favorite treats but start with a small

amount first. This might be all you need to satisfy that craving.

Avoid triggering foods that are often spicy, high-fat, and greasy. But trigger foods vary among individuals, so keep track of your meals to learn which yours may be.

Reduce the amount of coffee and alcohol that you drink. Avoid sodas and choose non-carbonated beverages instead.

Eat foods that help ease acid reflux, such as vegetables, non-citrus fruits, lean meats, egg whites, ginger, and oatmeal.

Chew thoroughly and slowly. Some digestion starts in your mouth, so less work for your stomach to do! A single plate of food should take you at least 20 minutes to eat.

Try chewing fruit-flavored gum 30 to 60 minutes after a meal. Saliva neutralizes acid in the stomach and helps with digestion.

Use gravity to your advantage. Eat sitting up and avoid laying down within 2 hours after eating. Better yet, go for a walk after meals! Even a short 10-minute walk can aid digestion.

When you’re ready to call it a night, set yourself up for comfort. Elevate the head of your bed four to six inches by putting blocks under the legs of the bed or buying a wedge pillow. Using two or more regular pillows can make reflux worse, as it causes your neck and body to bend.

How can I get rid of holiday heartburn?

Despite your best efforts to avoid it, the holidays are a prime time for many of us to experience heartburn. Fortunately, there are many effective treatment options available if you find yourself suffering after the big meal.

Over-the-counter medications

Popular OTC medications for acid reflux and heartburn relief include antacids, like Tums or Roloids, Mylanta or Maalox. These work to neutralize stomach acid and acid indigestion. They work fast, but usually don’t last that long. Some people prefer acid blockers, which reduce the actual amount of stomach acid produced, such as Axid AR, Pepcid AC, or Tagamet HB. These medications take a little longer to kick in, but they have the added benefit of lasting several hours.

Prescription medications

If your acid reflux and heartburn is more regular or severe, and OTC options aren’t cutting it, your symptoms may be a sign of a gastroesophageal reflux disease (GERD). In this case, you may require a doctor’s visit and prescription medication. These are usually higher dose versions of the OTC brand options, such as Prilosec, Prevacid, and Nexium.

The holidays are a time of leisure. In order to enjoy time with your family and friends, make sure to choose your foods wisely. Remember to pace yourself. Stop eating when you are no longer hungry. Limit the foods that tend to negatively affect your digestion. Avoid or limit the foods and beverages that cause you discomfort.

Having heartburn every once in a while is normal. Maintaining a healthy diet and exercising can help digestion and your health overall. If you regularly experience symptoms of acid reflux you should talk to your doctor about prevention and treatment options. The Acid Reflux & Heartburn Center at Speare works with primary care providers to develop an individualized and comprehensive treatment plan. In addition to personalized evaluations, the Center offers diagnostic testing with the latest medical technology, medications, and minimally invasive surgical procedures. You can learn more by contacting the Acid Reflux & Heart Burn Center at 603-536-5670.

Have a safe and happy and ‘heartburn-free’ Holiday Season.



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FOOD FACT!

WHAT IS THE HOLIDAY DESSERT THAT PEOPLE LOVE TO MOCK AROUND CHRISTMASTIME?

ANSWER: FRUIT CAKE

What’s the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A

B

Answers: 1. Missing antler 2. Extra bell on reins 3. Santa's hat 4. Snowman in background

THIS DAY IN... HISTORY

- **1154:** HENRY II OF ENGLAND IS CROWNED AT WESTMINSTER ABBEY.
- **1946:** WAR STARTS IN INDOCHINA WHEN HO CHI MINH ATTACKS THE FRENCH.
- **1972:** THE APOLLO PROGRAM OF MANNED LUNAR LANDINGS ENDS WHEN APOLLO 17 SPLASHES DOWN IN THE PACIFIC.

New Word

CAROL

a religious folk song or popular hymn

How they SAY that in...

ENGLISH: Cookie

SPANISH: Galletta

ITALIAN: Dolcetto

FRENCH: Biscuit

GERMAN: Kek

Did You Know?

LED CHRISTMAS LIGHTS BURN COOLER THAN INCANDESCENT BULBS, MAKING THEM SAFER CHOICES FOR DECORATING CHRISTMAS TREES AND OTHER AREAS OF A HOME.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: CHRISTMAS ORNAMENT

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to Kwanzaa. Each number corresponds to a letter. (Hint: 3 = A)

A. 5 9 12 9 8 14 3 26 9
Clue: Acknowledge a happy day

B. 17 3 14 18 9 11 26
Clue: Gathering crops

C. 21 3 6 7 12 23
Clue: Relatives

D. 26 14 3 22 7 26 7 10 20
Clue: Passing down customs

Answers: A. celebrate B. harvest C. family D. tradition

SUDOKU

4	2		6				9	
			3			1	2	
								8
5			7				8	
6								1
						5	3	4
9	1				8			
			4		9			6
		5				3		

Level: Intermediate

Here’s How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	1	3	7	2	6	7	5	4	8
9	8	5	6	1	4	2	7	3	8
6	1	6	5	3	8	2	4	7	9
2	8	7	1	9	6	5	3	4	8
1	7	9	2	5	6	8	4	3	7
2	8	6	3	4	7	1	5	9	8
8	9	2	7	6	3	9	8	1	5
4	6	8	2	7	9	3	6	5	1
5	2	1	4	8	3	6	9	7	2
3	9	7	5	1	8	6	2	4	3

ANSWER:

North Country Chamber Players hire new Executive Director



Elizabeth Baker McClain of Center Tuftonboro is poised to become the North Country Chamber Players' new Executive Director in January, after nearly two decades of leadership from Joyce Petkovich.

ANGEL LARCOM
angel@salmonpress.news

FRANCONIA — The North Country Chamber Players selected Elizabeth Baker McClain of Center Tuftonboro to continue the nonprof-

it's legacy as it enters its 44th season. In January, Baker McClain will take the helm, filling the shoes of Joyce Petkovich, who oversaw the organization for nearly two decades.

Baker McClain brings more than 20 years of professional fundraising to the role and said her new position would fulfill a life goal.

"I went to Emerson College and graduated with a BFA in stage management and arts management, and I've never done anything with it. I've been in fundraising for my whole professional life, and I'm very excited to finally be able to do something that I had planned on doing when I was in college," stated Baker McClain.

For more than five years, Baker McClain served as the Director of Campaign Operations and Director of Development for the Brewster Academy in Wolfeboro. Her previous experience included the United Way of Massachusetts Bay and Merrimack Valley, Tufts University and the Unitarian Universalist Association. She also holds a Master's degree in Business Administration from Southern NH University.

Baker McClain said her passion for stringed instruments started as a child. Her father, husband and teen son are all guitar players, and her first professional role was the development director for a flamenco dance company.

"I've never done a role like this before, but I was excited about the possibility of doing something that wasn't solely focused on fundraising. The idea that I could do other parts of managing and arts organization is such a wonderful opportunity, and I cannot wait to be more fully involved," stated Baker McClain.

NCCP Artistic Director and co-founder Ronnie Bauch said the organization was transitional in both leadership and musical talent. Over the last two seasons, the Chamber Players welcomed three significantly younger musicians as members.

"We still have six or seven original members

and a big legacy in terms of the community and our educational work. We're going through a period of succession and regeneration, not only

in terms of the executive director position but also in terms of the organization's future," noted Bauch.

HIGH SCHOOL SLATE

Thursday, Dec. 23

PLYMOUTH
Gymnastics at Pinkerton; 6
Monday, Dec. 27
NEWFOUND
Boys' Hoops vs. Belmont (Gilford Holiday Tourney); 1
Girls' Hoops vs. Belmont (Gilford Holiday Tourney); 11:30
PLYMOUTH
Boys' Hoops vs. Gilford (Gilford Holiday Tourney); 4
Girls' Hoops vs. Gilford (Gilford Holiday Tourney); 2:30
Tuesday, Dec. 28
NEWFOUND
Boys' Hoops vs. TBD (Gilford Holiday Tourney); TBD
Girls' Hoops vs. TBD (Gilford Holiday Tourney); TBD

PLYMOUTH
Boys' Hoops vs. TBD (Gilford Holiday Tourney); TBD
Girls' Hoops vs. TBD (Gilford Holiday Tourney); TBD
Wrestling at Noble Tourney; TBD
Wednesday, Dec. 29
NEWFOUND
Boys' Hoops vs. TBD (Gilford Holiday Tourney); TBD
Girls' Hoops vs. TBD (Gilford Holiday Tourney); TBD
PLYMOUTH
Boys' Hoops vs. TBD (Gilford Holiday Tourney); TBD
Girls' Hoops vs. TBD (Gilford Holiday Tourney); TBD

All schedules are subject to change.

Tournaments

FROM PAGE A1
The Kingswood boys had to withdraw from the tournament, so adjustments may be made to the schedule.
Action continues the next day with games at 11:30 a.m. and 2:30 p.m. for the girls and 1 and 4 p.m. for the boys, with consolation games in the middle school and semifinal games in the high school.
The tournament finals are Wednesday, Dec. 29, with the girls at 4:30 p.m. and the boys following at 6 p.m.
The Lin-Wood hoop programs are hosting a holiday jamboree this year. While there will not be a champion crowned, AD Matt Manning not-

ed it is a chance to get teams extra games. The Gorham boys and girls, Moultonborough boys and girls, Lisbon boys and girls, Lin-Wood boys and girls, Littleton boys and Woodsville boys will all be competing.
Action starts on Wednesday, Dec. 29, with the Gorham and Littleton boys at 10 a.m., Gorham and Moultonborough girls at 11:15 a.m., Moultonborough and Lisbon boys at 12:30 p.m., Lisbon and Lin-Wood girls at 1:45 p.m. and Lin-Wood and Woodsville boys at 3 p.m.
On Thursday, Dec. 30, the Littleton and Woodsville boys will play at 10 a.m., Moultonborough and Gorham boys play at 11:15 a.m., Lin-Wood and Gorham girls tip off

at 12:30 p.m., Lisbon and Moultonborough girls play at 1:45 p.m. and Lin-Wood and Lisbon boys play at 3 p.m.
Kennett hockey will once again be hosting the Peter Hall Christmas Tournament at the Ham Arena in Conway. Kennett, Kingswood and Berlin-Gorham will be the local teams competing.
On Sunday, Dec. 26, Kennett takes on Somersworth-Coe-Brown at 4 p.m. and Kingswood plays Berlin-Gorham at 6 p.m.
On Monday, Dec. 27,

Kingswood takes on Dover at 10 a.m., Berlin-Gorham will play Dover at 3 p.m. and Kennett will take on John Stark-Hopkinton at 5 p.m.
The tournament concludes on Tuesday, Dec. 28, with the consolation game at 3 p.m., third place game at 4:45 p.m. and championship game at 6:30 p.m.

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

Broadband

FROM PAGE A1
have seen so dramatically over the last almost two years with COVID is just what an impact not having access to high-speed internet has been for people in New Hampshire, as families have

tried to work from home kids have been going to school remotely. It has been a huge challenge with so many families who have not had the capacity or been able to either afford or access high-speed Internet," noted the Senator.

Bears

FROM PAGE A1
rebounds and putbacks from MollyLu McKellar as well as the block defense from Paulina Huckins, who finished with three blocks for the night.
The Bears are slated to take part in the Lakes Region Holiday Hoop Tournament in Gilford starting on Monday, Dec.

27, against Belmont at 11:30 a.m. They play the next day at 11:30 a.m. against either Prospect Mountain or Laconia in either the semifinals or the consolation round. The finals are Wednesday, Dec. 29, at 4:30 p.m.

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

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