

## Newfound hands out fall sports awards

## Founders reflect on Turkey Trot's 40-year history

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — Newfound Regional High School wrapped up a successful fall sports season with the fall sports awards last week.

For the boys' cross country team, Joe Sullivan won the Perseverance Award, Connor Downes received the Independence Award and Ryder Downes earned the Discovery Award. Evan Foster was presented the Bears Booster Club Outstanding Student Athlete award, Jeffrey Huckins won the NHIAA Sportsmanship Award for the varsity team and Caleb Anair won the award for the JV team.

For the girls' cross country team, Chloe Jenness won the Perseverance Award, Julia Huckins was presented the Independence Award and Leah Deuso won the Discovery Award. Huckins was also presented the Bears Booster Club Outstanding Student Athlete Award and the NHIAA Sportsmanship Award.

The field hockey Most Improved Player Award went to goaltender Ali Normandin, Lindsey Lacasse received the Bears Booster Club Outstanding Student Athlete Award and Mackenzie Jenkins received the NHIAA Sportsmanship Award.

For the football team, Quinn Van Lingen was named Defensive MVP and Malaki Ingram was named Offensive MVP. Andrew Murray was named Most Improved Player, Dylan Hennessey won the Bears Booster Club Outstanding Student Athlete Award and Brady MacLean won the NHIAA Sportsmanship Award.

Logan Glidden was presented the Character Award for the boys' soccer team, George Belville was presented the Toughness Award, Landon Sargent won the Teamwork Awards and Bodhi Smith won the Lead-

SEE **AWARDS** PAGE A11



Donna Rhodes

Fred and Flo MacLean relaxed with their son Dan outside the Tapply-Thompson Community Center last week after looking back over 40 years of the Turkey Trot in Bridgewater that they first started.

BY DONNA RHODES  
Contributing Writer

BRIDGEWATER — This year marked the 40th year of the Turkey Trot at Newfound Country Store, and orig-

inators Fred and Flo MacLean were proud to see a family tradition turn into one that lives on through the Newfound Region still today.

Flo said each year, her family of nine children would always take a walk along Whittemore Point each Thanksgiving Day. It wasn't long before friends and neighbors spoke up to say it would be wonderful if more could join in the tradition.

As owners of Newfound Market (now doing business as Newfound

SEE **TROT** PAGE A11

## Hill Public Library awarded CLiF Rural Libraries Grant

HILL — On Thursday, Nov. 4, children of Hill were treated to presentations by New Hampshire author/illustrator, Marty Kelley, and a preview of brand-new books through a Children's Literacy Foundation (CLiF) grant award-

ed to the library.

Marty led several fun and interactive programs about the writing process at the Jennie D.

Blake School in Hill.

"What an absolute treat having Marty here to share his talents with our students. His presentation inspired the older kids to continue writing and creating art," said District Administrator Brian Connelly.

JDBS fourth and fifth graders are currently working on a book project with hopes of having it published.

The grant allowed Library Director Lynn Christopher to select \$2,500 worth of new books for the library's juvenile collection. Hill Public Library also serves as the school's library.

"I'm excited to once again be partnering with CLiF," said Chris-

topher. "We were finally able to welcome the kids back into the library this fall, and thanks to the generous support from the Cricenti Charitable Trust, we've got lots of fresh new reads!"

The grant encourages libraries in New Hampshire and Vermont towns of 5,000 residents or fewer to partner with schools and to encourage a community-wide commitment to literacy.

The students of J.D. Blake will also be receiving new books through a CLiF giveaway and another local author presentation in the spring. The grant program offers funding for literacy related initiatives to encourage children and families to come to the

library as well.

CLiF's Rural Libraries Grant enables rural public libraries in New Hampshire and Vermont, many of whom face stagnant budgets and limited resources, to create excitement around reading, increase circulation, and strengthen their relationships with their communities. Since 1998, CLiF has supported and inspired almost 350,000 young readers and writers through its literacy program grants and has given away \$9 million in new, high-quality children's books.

For more information about CLiF and to apply, visit [www.clifonline.org](http://www.clifonline.org).



Courtesy

Author/illustrator Marty Kelley was at the Hill Public Library earlier this month to help announce that the library had recently received a 2021-22 Children's Literacy Foundation (CLiF) Rural Libraries Grant to purchase new books for the town library.

## All-State nods go to trio of field hockey Bears

BY JOSHUA SPAULDING  
Sports Editor

REGION — Local field hockey players were among those honored when the New Hampshire Field Hockey Coaches Association announced its All-State teams following the conclusion of the Fall 2021 season.

In Division II, First Team honors went to Kennett's Tessa Capazzoli and Madison Walcott, Kingswood's Rachael Paraskos and Emilia Galimberti and Plymouth's Victoria Whitch-

SEE **ALL-STATE** PAGE A11



Joshua Spaulding

Maggie Bednaz was named First Team All-State for her work leading the Newfound defense.

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# Plymouth State University students receive Spirit of NH Awards



**Plymouth State University third-year student Alyssa Griffin of Londonderry was honored at Volunteer NH's annual Spirit of NH Awards on Nov. 17. Griffin serves as President of the University's Student Support Foundation, overseeing on-campus food pantries and the distribution of emergency financial grants for students.**

PLYMOUTH — Plymouth State University (PSU) students Alyssa Griffin and Madison Hawkes were honored on Nov. 17 by Volunteer NH with Spirit of NH Awards in an annual celebration of volunteerism. They were recog-

nized as individuals who “go above and beyond the call to serve” throughout the Granite State, and both received Volunteer Service Awards in the Young Adult category. Volunteer NH is a nonprofit organization with a mission to



**Plymouth State University third-year student Madison Hawkes of Newburyport, Mass., was honored at Volunteer NH's annual Spirit of NH Awards on Nov. 17. Hawkes is a ResearchHers Ambassador with the American Cancer Society and works with Reach1Teach1Love1 to help end the stigma around mental health.**

promote the tradition of volunteerism and ethic of service in New Hampshire. It supports and sponsors national service initiatives and provides training, recognition and a central site for volunteers and volunteer programs to strengthen their communities. “In addition to their commitments and responsibilities as outstanding students, Alyssa and Madison dedicate considerable time and effort to making our campus community and

our region better,” said Jessica Dutille, director of community impact and student life, Plymouth State University. “They truly embody the University’s motto, ‘Ut prosim’ (“That I may serve”), and are highly effective in serving others.” Alyssa Griffin, a third-year meteorology student and member of the PSU honors program from Londonderry, New Hampshire, views volunteering as a way to advocate for the needs of her peers while ex-

amining the root causes of social issues. As president of the Student Support Foundation (SSF), Griffin has awarded more than 100 student emergency financial grants and managed the on-campus food pantry – organizing food drives, opening satellite pantries and advocating for funding. Earlier this year, Griffin was awarded the Presidents’ Leadership Award from Campus Compact for New Hampshire and was named a Newman Fellow for her outstanding

civic engagement. On campus, Griffin serves as an admissions representative and as class treasurer. Madison Hawkes, a third-year elementary education major and Miss Seacoast 2021, from Newburyport, Mass., volunteers upwards of 40 hours per month in addition to attending classes at PSU. Hawkes is a ResearchHers Ambassador, conducting fundraising for the American Cancer Society, advocating for female-led cancer research and spreading awareness about cancer education and prevention. Hawkes also partners with Reach1Teach1Love1, which advocates for change surrounding the stigma of mental health and suicide. She was recruited as the organization’s peer board treasurer and has since created the position of marketing and events coordinator and was elected peer board president. On campus, Hawkes serves as PSU’s Class of 2023 vice president and leads tours for prospective students through the Admissions Office.

## We Care presents check to Bridge House; immediate need is funded

PLYMOUTH — A successful and well attended We Care concert was held on Oct. 23 raising \$24,000 for The Bridge House of Plymouth. Last week, members of Temple B’nai Israel, Karen Lukeman, Barbara Katz, and Suzanne Appleton, presented a check in the amount of \$8,435 to Cathy Bentwood, Executive Director of The Bridge House. The check represents the

net proceeds from ticket sales and donations from major event sponsors Audi Nashua and Miracle Farms Landscaping. Additional funds for the Bridge House came from these event sponsors - The Bank of New Hampshire, Pemi River Fuels, Hannaford, Brand Elevation Co., Chicken Shack, Yamas Greek Eatery, Dragon Financial Services, Gold Pizza House, Dunkin’ and Walmart.

The We Care concert series gives local nonprofits and businesses the opportunity to come together to form mutually beneficial partnerships as well as bringing awareness to the public of their individual mission, services, and products.

Fundraising events such as this allow The Bridge House to provide financial assistance to those who may find themselves suddenly caught short, such as Veteran Joe K. (US ARMY - Vietnam) who called the Bridge House with a dire request, “I just found out I have to replace the engine in my pickup - it’s going to cost \$4,760! I don’t have that. Will you cosign a loan?” Cathy Bentwood was



**Left to right: Karen Lukeman, Brian F. holding check in front (Veteran, USAF) and David D., behind Brian (Veteran, US Navy), Cathy Bentwood, Barbara Katz, Suzanne Appleton.**

eager to help, especially since she knew that Joe had just spent quite a bit of money treating one of his two dogs. she realized Joe was the perfect candidate to receive a loan from the Bridge House’s dedicated Vet-

erans’ fund, especially since the recent We Care fundraiser had helped to replenish the fund. An arrangement was made at the local branch of The Bank of New Hampshire for Joe to receive the money needed to

repair his truck. But Joe was adamant about repaying the loan, so at the same time a direct deposit of \$500 monthly repayment was created from Joe’s account to The Bridge House’s account until the loan is paid. What Joe didn’t know is that the repayment was readjusted to \$3,700. This is the kind of help that Bridge House provides on a regular basis, and it seemed “the least Bridge House could do for a Veteran,” according to Cathy Bentwood.

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# Biden touts benefits of infrastructure bill during NH visit



President Joe Biden was in Woodstock on Tuesday, touting his new infrastructure investment to a small crowd, gathered at the 'Green' Bridge.

BY TARA GILES  
tara@salmonpress.news

WOODSTOCK — Last Tuesday, President Biden landed via helicopter near the Route 175 bridge, or as locals call it, the “Green Bridge” in Woodstock. The 82-year-old structure crosses over the Pemigewasset River. This was the perfect location for Biden to discuss his newly passed infrastructure law that will sink \$1.1 billion into New Hampshire.

The funds will be used to improve public transportation, bridges and roads, expand electric car chargers, improve water infrastructure as well as expand and improve broadband coverage in rural areas.

Several minutes prior to the President’s arrival, the whirling of helicopters could be heard overhead. The event was small, with only a few guests being invited. Of course, roads were blocked off, and the President’s staff, Secret Service and members of the press braved the late fall bite in the air for several hours prior to the event. There were four homes in close proximity to the bridge. Homeowners in that area were invited to and attended the event. One woman sat on her porch watching as all present awaited the President’s entry.

Moments later, the President emerged on the far side of the bridge. In the distance, all could see Biden, tall in stature, dark suit, and white hair slowly come into view. He was flanked by Congresswoman Annie Kuster, Senator Maggie Hassan, Congressman Chris Pappas, Senator Jeanne Shaheen and NH Commissioner of the DOT Victoria Sheehan. As Biden began to address the crowd, a light snow began to fall, to which one person in the crowd shouted, “Welcome to New Hampshire!”

Biden responded, lifting his hands in the air as if to welcome the snow, and said, “Thank you! What a magnificent state.”

The bridge is one of 215 in the state which have been red listed (structurally deficient).

Biden said, “At one

point, this very bridge was capable of carrying 40-ton trucks. Now, after years of decay, it can only carry 20-ton trucks. These bridges are essential in small towns and rural areas to farmers and small businesses.”

Biden mentioned that without this bridge, it would lead emergency personnel to travel ten miles out of their way to respond to 911 calls in certain areas.

“This law is a blue collar blueprint to rebuild America, and leaves nobody behind,” Biden said.

Many politicians, he said, make many promises regarding improvements in education and infrastructure; however, no real substantial changes are ever seen by everyday Americans. This is the first bill of its kind in decades that will address the decaying infrastructure the country has been facing for quite some time.

New Hampshire has been given a C- grade from the American Society of Civil Engineers.

Biden said, “Seven hundred miles of roads in this state are in poor condition, which damages vehicles over time.”

The President then began to discuss the harsh winters in the Granite State, noting “Hurricane Irene hit New Hampshire very hard. Every winter the power goes out from ice storms. Over the past ten years, extreme weather events have cost New

Hampshire \$500 million in damages. This law builds back our bridges, water systems, power lines and our grids for better and stronger resilience.”

In regard to high speed Internet access, Biden said, “Throughout this pandemic, I’ve spoken with New Hampshire delegation about students learning remotely. Parents shouldn’t have to drive to a fast food restaurant just so their kids can get their homework done.”

The President went on to say, “Always remember to look at the big picture. These investments are going to affect everyday people across the country, particularly here in New Hampshire. Clean water, access to the internet, rebuilding bridges and everything in this bill matters to individual lives of real people. Your delegation is laser focused on your needs.”

“Thanks to the infrastructure law, we’re going to make the most significant investment to modernize our roads and bridges in 70 years. The law is going to speed up the replacement of bridges by at least a year and allow New Hampshire to invest in other critical infrastructure needs,” said Biden.

The President noted, “Despite what people say, Democrats and Republicans can work together to deliver real results.”

As Biden closed, he



President Joe Biden greets a crowd after discussing his new infrastructure law in Woodstock.

mentioned his commute back in the day, noting “I would travel 250 miles a day, and I would go through long stretches of neighborhoods and see the lights on in folks’ homes and wonder what it is that would make their lives better, what are the conversations they’re having. This bipartisan bill will everyone’s lives.”

Biden left the event the same way he came in, flanked by the New Hampshire Delegation. He waved as he crossed back over the bridge, toward his awaiting motorcade.



President Joe Biden’s Secret Service team is pictured here on the ‘Green Bridge’ that crosses over the Pemigewasset River in Woodstock. Shown in the center is David Cho, the Secret Service agent who is the Special agent in charge of the Presidential Protective Division detail. Cho served as the leader for the last administration as well.



DONNA RHODES

## Bristol ushers in the holidays this weekend

Thanks to the Bristol Fire Department and a team of community volunteers, Central Square in downtown Bristol is ready to ring in the holidays this weekend with their traditional celebration on the day after Thanksgiving. This Friday, Nov. 26, the annual tree lighting ceremony will take place with a community event that includes not only Santa lighting the tree, but caroling, photo ops in an antique sled and a small train replica for kids, caroling, special guests for the children and many other festive holiday activities. Holiday music will begin on the common at 5:30 p.m. and, weather permitting between here and the North Pole, Santa will arrive at approximately 6 p.m. to light the town tree.

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## CADY Corner

### Lessons learned from state marijuana legalization

BY SMART APPROACHES TO MARIJUANA (SAM)

According to the National Survey on Drug Use and Health, 95-97 percent of people who used cocaine or heroin started with marijuana. Beginning in 2012, several states legalized the commercial sale of marijuana. States that legalized marijuana have among the highest rates of marijuana use in the country, and use is sharply increasing in vulnerable demographics, like youth and young adults whose brains are still developing.

These states also have higher rates of marijuana-related driving fatalities, issues with “legally” sold, but contaminated, marijuana vapes, more marijuana-related emergency department visits and hospitalizations, accidental poisonings of young children, expansive and lucrative criminal markets, increases in workplace problems and most notably an increase in mental health issues including anxiety, depression, suicidal ideation, and psychosis.

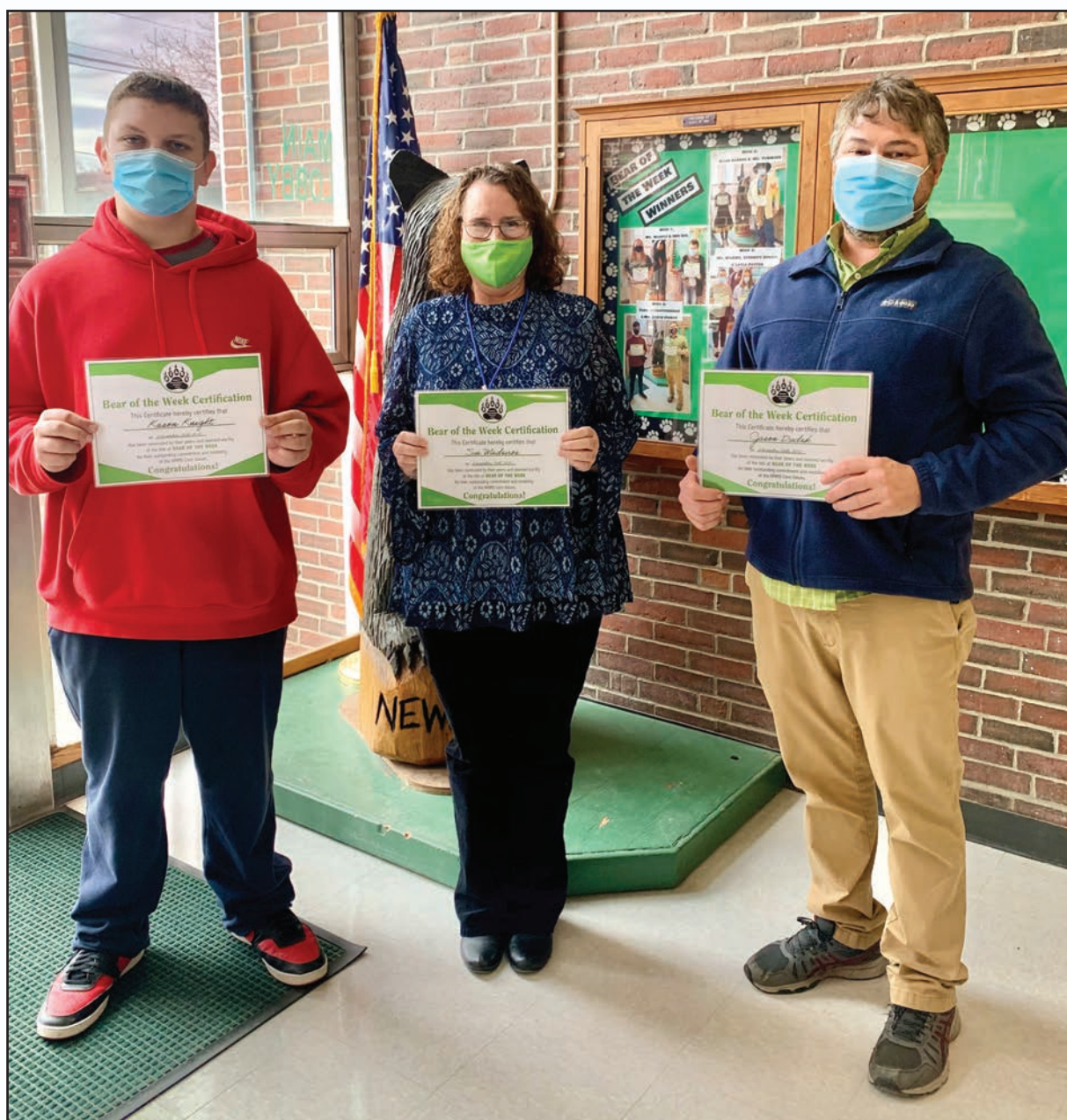
Adding to the danger of marijuana commercialization, is the increasing market demand for high-potency products created by the combination of aggressive promotion and increasing tolerance by daily users. The commonly conceived “Woodstock Weed” had only 1-3 percent THC, the psychoactive intoxicant responsible for the high. According to recent studies, today’s average marijuana contains around 17.1 percent THC, though independent studies in “legal” states found the percentage to be even higher. Marijuana concentrates and edibles contain an average of 55.7 percent THC. But these products can be even more potent. Many marijuana retailers have products that contain up to 95-99 percent THC.

Marijuana-infused “edibles” come in the form of cookies, candy, ice cream, sodas, and other sweet treats that are particularly appealing to children. Marketing tactics make use of bright colors and catchy names, replicating images or appropriating the names of well-known commercial food products.

Studies found marijuana use can cause severe consequences for mental health. Marijuana is increasingly linked to the onset of psychosis and schizophrenia and shows an association with increases in depression and anxiety. Compared to non-users, individuals who use high-potency marijuana daily are four times more likely to develop psychosis.

Brain scans of marijuana users show changes in the structure of the brain’s reward center to be consistent with addiction and up to 47 percent of regular users experience withdrawal symptoms when they cease use. The National Institute on Drug Abuse reports that around 30% of marijuana users have some form of marijuana use disorder and that people who begin using marijuana before the age of 18 are four to seven times more likely to develop a marijuana use disorder compared with those who start later.

The legalization of marijuana has had a profound impact on youth marijuana use as well as perceptions of its harm. For more information about the harms of marijuana and lessons learned from other states that have legalized, visit [learnaboutsam.org](http://learnaboutsam.org).



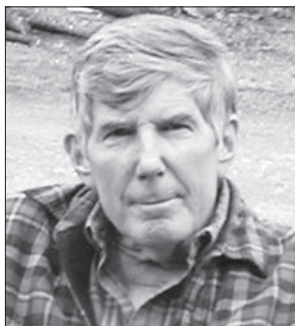
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#### Bears of the Week

Newfound Memorial Middle School’s Bear of the Week Student & Staff Winners for the week of Nov. 12 are Kason Knight, Sue Medeiros, and Jason Dudek. They have been recognized for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater for sponsoring this week’s winners!

North Country Notebook

### The time of year for the men to leave warm hearth and home for the woods



By JOHN HARRIGAN  
COLUMNIST

*Editor’s Note: Mr. Harrigan was unable to submit a new North Country Notebook column in time to meet our press deadline for this week’s edition. The following column was originally published in November of 2017.*

This was the time of year, around Thanksgiving, when many northern New Hampshire farmers, and sometimes their sons, made ready to leave their families and go into the woods to earn hard currency, hard to get in an essentially bartering society, working in the logging camps.

The hay was all in and the livestock moved off pastures and into the barns. All the food from garden and slaughter had been put by, and with everyone pitching in, enormous piles of firewood filled outbuildings and surrounded the house.

“Enormous” is not a careless term. The farm houses leaked like sieves (“You could throw a cat through the walls” was the old wry joke) and the crude stoves and beehemoth basement furnaces developed after the Civil War just plain devoured wood. Keeping the



COURTESY

AN EARLY logging camp, probably in the late 1880s.

household warm was essentially a full-time deal, and there was no way to evenly dispense heat, which is why, even with ceiling registers, many a bedroom featured numbing cold, warded off with piles of blankets and quilts. Going to the out-house in the middle of the night was a thing everyone tried to avoid, often by use of chamber pots, which were frozen solid at dawn.

Anyway, off to work the men went, often eschewing even Christmas for the chance to accrue some cash, prized chiefly for buying certain staples and items from down below the notches, for which barter would not suffice. They bade their families goodbye and vanished into the whole other world of commercial logging camps.

Often they found life in the logging camps even tougher than life at home, which was pretty tough. In the early days

of logging the food was awful, although later, as the heyday of logging really got underway, competition for labor created a demand for good cooks and good cooking, for which the camps became justifiably famous (I actually ate at one of the very last).

There are few interior photos of old logging camps because the light was so bad, but the living and eating spaces were festooned with wet, stinking clothing, hung on every available nail and rack by men desperate to be warm and dry in the morning.

The sleeping arrangements were at first all too common and primitive. The men packed themselves onto huge, thick quilts laid over a bed of fir boughs, and covered themselves with a gigantic common quilt, essentially several horse blankets stitched together. Another old and wry joke is that when it was time to roll over onto

the other side, someone barked “Roll over” and somehow, everyone did, this orchestrated move being necessary because they were packed in like sardines.

And all too soon, the cook or cookee or the Walking Boss shouted “Daylight in the Swamp,” the age-old cry that meant get up don your work clothes, grab a bite of breakfast and head out into the cold-to-the-bone woods, the saving grace being some hard money in the spring.

*This column runs in a dozen weekly newspapers covering two-thirds of New Hampshire from Concord to Quebec and parts of northwestern Maine and the Northeast Kingdom of Vermont. Write to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com), or P.O. Box 39, Colebrook, NH 03576.*

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# Comfort Keepers

## Signs of alcohol abuse in seniors

BY MARTHA SWATS  
OWNER/ADMINISTRATOR  
Comfort Keepers

Although the winter months can cause cabin fever for many of us, there are plenty of year-round activities to stay active and keep doing the things you love to stave off feelings of isolation or boredom. For seniors, in particular, it's essential to plan intentional activities that support physical, mental, and emotional health. Older adults are physically and mentally healthier when they maintain social connections and foster relationships. Studies show that socially isolated people have a 50% greater risk of developing dementia and other health issues (Forbes). Trying new activities and or rekindling old hobbies that bring joy throughout the winter—or even better—all year long is a step to a healthier, more enjoyable season, regardless of the time of year.

Here are 10 activities that seniors can do no matter what the day looks like outside the window.

1. Writing  
Writing is a simple way seniors can keep mentally and cognitively stimulated while indoors, and best of all, it only requires a pencil and paper. Penning daily journals, memoirs, fiction, letters, and postcards are easy ways to begin a writing practice.

2. Chess  
Chess is a wonderful game that stimulates several parts of the brain at once. It can be played in person or online, and doesn't require anything other than a chess board. Senior chess clubs are popping up all over the country and meeting to play in-person is a great way to socialize with others while exercising the brain.

3. Video Games  
More seniors are playing video games than ever before. According to an AARP survey, 44% of adults over 50 years old played video games in 2019 at least once a month and averaged five hours of game time a week. Video games can be played on mobile phones, tablets, computers, and gaming consoles. What's more, there are even games designed specifically for older adults.

4. Indoor Gardening  
When most people think of gardening, then think of being outdoors. However, there are plenty of indoor gardening options for those with a

green thumb who love the life and energy plants can bring to a home. The easiest way to get started is to purchase a terrarium and fill it with favorite indoor plants.

5. Learn an Instrument  
Playing music can be a lifelong hobby that stimulates the mind and soul. Even learning simpler instruments, like harmonica or bongo drums, can have a positive effect on mood as well as exercise the brain. While some instruments are harder to learn than others, many seniors have successfully learned classic instruments like piano and guitar.

6. Exercise  
We all know exercise is beneficial to both our physical and mental health, and many studies have specifically shown the benefits of exercise on senior health. Thanks to the internet, it's very easy to find free senior exercise routines that can be done from the comfort of home. A quick online video search will yield free exercise routines for every ability and interest, including yoga, body weight movements, and resistance band exercises that require little or no equipment.

7. Learn a Language  
Learning a different language can bring both joy and a sense of accomplishment. And with modern technology, accessing language lessons is easier than ever. Mobile phone apps and online courses make learning a new language fun and possible to do without an instructor. In fact, studies show that learning a new language benefits the mind and is easier to do than many seniors think.

8. Book Club  
The joy and fascination of reading can be amplified when shared with others. Many older adults find enjoyment and motivation in joining book clubs that meet in-person or virtually. Reading and thoughtful, lively discussions during book club meetings keep the mind sharp and offer socialization opportunities to reduce feelings of isolation.

9. Volunteer  
There are many rewarding, community-oriented volunteer activities for seniors. Programs like foster grandparent, after school sessions, and community gardens provide social, feel-good opportunities that give a sense of purpose. After all, bringing joy to others is one of the best ways to create joy in one's own

life.

10. Painting  
Art and painting as a hobby goes back thousands of years—and for good reason. It takes very little physical movement while providing mental stimulus, a creative outlet, and stress relief. Even better, painting works well as a solo activity, or one done with friends or loved ones.

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**Edward Jones: Financial Focus**

Maximize your charitable giving

The Tuesday after Thanksgiving has become known as Giving Tuesday, when people are encouraged to donate to charitable organizations. If you'd like to take part in this special day, you'll want to maximize the effectiveness and benefits of your charitable gifts.

**So, consider these questions:**

- Is the charity reputable? Does it use its resources wisely? Most charitable organizations are honest and dedicated to helping their specific causes. But sometimes there are a few "bad apples" in the bunch. These groups aren't necessarily fraudulent (though some are), but they may spend an inordinate amount of their donations on administrative expenses, rather than directing this money to where it's most needed. Fortunately, you don't have to guess about the trustworthiness or the efficiency of a particular group, because you can check on it.

To make sure that a charity is an actual charity – one that is tax-exempt and listed as a 501(c)(3) organization – you can go to [www.irs.gov](http://www.irs.gov), the website of the Internal Revenue Service, and hit the "Charities & Nonprofits" link. An organization called Charity Navigator ([www.charitynavigator.org](http://www.charitynavigator.org)) tracks charitable groups' financial health and accountability, including how much is spent on administrative and fundraising costs. Generally speaking, a charitable group that dedicates more than about 30% to 35% of its total costs to administration and fundraising expenses might be considered somewhat inefficient, though you'd want to evaluate each charity individually, since extenuating circumstances can occur. Keep in mind, though, that smaller charities may not have the same resources as a national organization to provide the reporting necessary for Charity Navigator.
- Will my employer match my contribution? You can make your charitable gift go a lot further if your employer matches it. Typically, companies match donations at a 1:1 ratio, but some will match at 2:1 or even higher. Check with your human resources department about your company's policy on charitable matches.

• Are my charitable gifts tax deductible? A few years ago, Congress significantly raised the standard deduction, which, for the 2021 tax year, is now \$12,550 for single taxpayers, \$25,100 for joint filers and \$18,800 for heads of household. As a result of this increase, many people no longer itemize and thus have less financial incentive to make charitable contributions. If you still do itemize and you're thinking of making charitable gifts, you generally have a choice between giving cash and another asset such as stocks. Each type of gift could earn you a tax deduction, but a gift of appreciated stocks could be more beneficial because you may also be avoiding the capital gains tax you might incur if you eventually sold the stocks. You should consult with your tax advisor and the

charity (not all accept investments) before making the cash-versus-stock decision. Even if you don't itemize, you could still get a tax benefit from making a charitable contribution. That's because Congress has extended part of the COVID-19-related legislation that allows taxpayers to claim charitable deductions of \$300 (for single filers) or \$600 (for married couples) if they claim the standard deduction. The charitable donations must be made in cash, not stocks. Giving Tuesday comes just once a year, but your gifts can have lasting benefits. So, be as generous as you can afford – and enjoy the good feelings that follow. Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.



**Jacqueline Taylor**  
Financial Advisor  
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[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that, when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.





# Plymouth's 2021 HOMETOWN HOLIDAY CELEBRATION

Proudly sponsored by **Rotary**  
Club of Plymouth, NH



**Fri. Dec. 3**  
10:30 AM–8:00 PM

**Sat. Dec. 4**  
8:00 AM–10:00 AM

**Sun. Dec. 5**  
2:00–4:00 PM

9:00 AM–12:00 PM

10:30 AM–8:00 PM  
12:00–2:00 PM

2:00 PM

4:00–5:00 PM

4:30–5:00 PM

5:00 PM

6:00 PM

6:00 PM

**Festival of Trees** — Silver Center for the Arts  
Enjoy the display and take a chance to win one of the fully decorated Christmas Trees. (Display viewing is FREE)  
FRIDAY NIGHT ONLY—Special performance by PSU's Mixed Emotions and Vocal Order

**10th Annual PES Jingle Bell 5k Trail Run/Walk**  
For registration and information, contact [ssanborn@pemibaker.org](mailto:ssanborn@pemibaker.org)

**Wreath-Making Workshop** — 320 Fairgrounds Road  
Greens and frame provided. BYOD—Bring your own decorations. Reservations required (Dick Flanders 455-2013). Benefits Plymouth Historical Society. (\$5/wreath)

**PSU's Festival of Trees** — Silver Center for the Arts (*continues*)

**Kids' Outdoor Holiday Bash (K-5)** — Plymouth Elementary School  
For Registration and information call the Parks & Recreation Dept. (536-1397)

**PSU Holiday Concert** — Silver Center for the Arts  
Family fun for all ages. (Tickets \$5 / Children 12 and under FREE) (Masks required)  
Tickets online at [plymouthstatetickets.universitytickets.com](http://plymouthstatetickets.universitytickets.com) or 535-ARTS

**Main Street Hospitality Hour**  
Many Main Street businesses open. Stop in to warm up.

**Holiday Carol Sing-Along** — Town Common  
Lead by Tim Keefe. (FREE)

**Holiday Parade Begins**  
Bands, floats, walkers, horses, dancers, and, of course, SANTA!

**"Chill-Buster" Barbeque** — Green Street (across from Senior Center)  
Alex Ray and Plymouth Rotarians serve up chili, chowder, burgers & dogs. Quick Hot Drink station — \$1 Coffee or hot chocolate.

**Visit with Santa** — at the Bonfire on Green Street  
Kids visit Santa at the Bonfire, helped by Pemi Youth Center elves.

**Skate with Santa** — PSU's Hanaway Ice Arena  
Visit with Santa and skate for FREE! FREE skates available, or bring your own. Photos with Santa. (Masks required)

**Pemi Choral Society Winter Concert** — Silver Center for the Arts  
Performing "Snow Angel" (Masks required.) (FREE)

## SPECIAL THANKS to our LEAD CONTRIBUTORS

**Plymouth State University • The Common Man Family**  
**Micah's Property Maintenance • Mayhew Funeral Home**

Andrews Construction • Dead River Co. • Meredith Village Savings Bank

Northway Bank • Noyes Insurance • RM Piper • Speare Memorial Hospital

Suzan Gannett Creations • Town of Plymouth • Woodsville Guarantee Savings Bank



Towns

Bristol

Al Blakeley  
adblakeley0@gmail.com

Here's wishing you all a festive and happy Thanksgiving Day!

The TTCC held its first day of the One Stop Christmas Shop on Tuesday, Nov. 23. On Friday, Nov. 26, the One Stop Shop will be held at the TTCC from 1 – 5 p.m. by appointment only. You may call 744-2713 or email bccfun@metrocast.net for an appointment time. Kids can shop for family and friends with one of Santa's helpers. All gifts are \$6 and under. Masks will be required. During shopping hours, volunteer wrappers and assistant shoppers will be needed on Friday, Nov. 26 from 1 – 5 p.m. During BES shopping on Monday, Tuesday and Wednesday, Nov. 29-Dec. 1, wrappers and assistant shoppers will be needed each day. Masks will be required.

The Friends of the

Churches

Christian Science Society, Plymouth

This week we are having our annual Thanksgiving day service at 10 a.m. on Thursday morning, joining with other Christian Science churches around the country to share a Bible lesson, music and prayers, and time for those attending to share gratitude for the blessings which have come to them this past year. The lesson opens with this verse from Psalms, "You should praise the Lord for his love and for the wonderful things he does for all of us". We'd love to have you join us! On Sunday we'll have our morning worship service at 10 a.m., and of course all are also welcome to this.

We hold Sunday school for children and young people up to the age of twenty at the same time as the service. We welcome all children and young people who would like to join us. Students become familiar with the Bible, and learn truths which can help them in their everyday lives. There is also a nursery for little ones.

In the church building we have a Reading Room which is open on Mondays from noon to 2 p.m., and has a wealth of materials which you can read, borrow or buy. We have all books published by the Christian Science Publishing Society, Bibles and reference books. You can read the Christian Science magazines, the Sentinel and the Journal, which have articles by members from around the world with helpful, practical thoughts on meeting everyday challenges, and accounts of healing experienced through prayer. We welcome you to stop in and browse what's available.

On Wednesday evenings, we have a meeting at 6 p.m., which includes

Minot-Sleeper Library are having a Holiday Cookie Sale instead of their usual Cookie Buffet this season. You can pre-order cookies on the MSL website or pick up order forms at the library. All orders must be submitted to the MSL by Friday, Dec. 3. Cookies will be available for pick-up at the MSL on Saturday, Dec. 11 from 10 a.m. until 2 p.m. MSL phone: 744-3352, Web site: www.minotsleeperlibrary.org.

On Nov. 25, the 40th Annual Bridgewater Turkey Trot will be held from the Newfound Country Store starting at 9am. Register in person or online.

On Nov. 26, the Bristol Rotary Club Christmas Tree Sale begins at O'Reilly Auto Parts in Bristol. Any tree for \$40 until they are gone! Proceeds benefit local projects/non-profits.

Also on Nov. 26, the Annual Tree Lighting in the Central Square will

be held with Santa arriving by fire truck at 6 p.m. to light the tree! Get into the holiday spirit with music, hot cocoa and roasting marshmallows at 5:30 p.m. while waiting for Santa and kids may bring their letters for him to collect!

On Nov. 26 and 27, the Annual Festival of Trees will be held at the Historic Town Hall: Friday from 4 – 8 p.m. and Saturday from 10 a.m. until 8 p.m. Over 40 trees will be featured to bid on and proceeds will benefit Friends of Newfound Drama.

During the month of December, "Where's Frosty?" a Facebook Contest, will be held by following the Community Events Facebook page. Weekly prizes will be given for your guesses on where Frosty is photographed each week.

On Saturday, Dec. 11, Breakfast with Santa will take place at the Masonic Hall from 8 until 10

a.m.

The TTCC's 67th Annual Santa's Village will be held outside again this year on Saturday, Dec. 11, from 4 – 7 p.m. A Holiday Stroll will take place at the Newfound Memorial Middle School Parking Lot. The event will be complete with the Village Workshop, Ms. Claus' Cookie Kitchen, North Pole Railroad, a Surprise Scene, and of course... Santa Claus! The stroll will be through the bus lane at NMMS with parking in the parking lot and on North Main Street. Registration will be on North Main Street prior to the bus parking lot. Santa's Village will be held rain or shine, so mark your calendars, dress warm and come out and enjoy this magical holiday tradition!

On Dec. 17 and 18 from 5 – 8 p.m., a Luminary Hike to Inspiration Point will be held on the Worthen Trail. The trail will be lit by ice luminaries for this self-guided hike to enjoy the night sky.

Groton

Ann Joyce  
AMJ8347@gmail.com

The upcoming Select Board Meetings are Dec. 7 & Dec 21 at 7 p.m. The Select Board Work Sessions are Dec. 7 & Dec. 21 at 6 p.m.

The Planning Board meeting is scheduled for Wed. Nov. 24 at 7 p.m.

The Select Board non-public work session, work session & meeting minutes from Nov. 2 were approved.

A building permit for Map 6 Lot 2 that was tabled at the last meeting as the required outhouse form was not submitted. The required outhouse form as well as the release of municipal form have been submitted & approved.

Abatement application for the negative tax bill balances have been submitted to the select board totaling \$12,935. These were approved & checks will be submitted to the property owners. The applicable RSA states this money shall be returned to the taxpayers.

To bring broadband into the town; the total amount requested is \$5,000 because the town falls in the category

of 25-4,999 people. This amount will be appropriated from the ARPA funds the town received.

The Grafton RDC'S annual dinner meeting RSVP reminder was received. The town signed a proxy so voting will be done on behalf of the town.

The senior thanksgiving dinner has been cancelled again this year due to COVID.

Robert (Bubba) Ellis noted the roads were sanded on Sunday night, Nov. 14. Chief Bagan reported the snow tires were installed on the cruiser.

The Brown's at 1631 N. Groton Rd will present Santa's Workshop on Dec. 19 from 1 – 4 p.m. Meet & greet with Santa & Mrs. Claus for children 10 & under. Visit Santa's workshop & enjoy free digital picture with Santa, hot chocolate & candy canes. Letters to Santa can be dropped off at the Santa's mailbox from Nov. 1 – Dec. 1. Any newsworthy events, please let me know.

Happy Thanksgiving to all, any newsworthy events let me know.

On a sad note, Beatrice Fligg & Virginia Madan have passed away.

Fabric gift wrapping at Hebron Library

Reduce, reuse and recycle your holiday wrappings!

HEBRON — Do not buy wrapping paper this season until you attend the Hebron Library's 'Wrapping with Fabric' workshop on Dec. 4! Drop in between 9 a.m. and noon to learn how to use squares of fabric to beautifully wrap your holiday gifts. Can't make it on Saturday? Stop by on Mondays or Wednesdays in December for a quick demonstration.

Wrapping gifts with fabric is based on a Japanese technique called furoshiki. Squares of fabric, traditionally cotton or silk, are used to cover items, resulting in beautiful packages



that are stylish and environmentally friendly. The fabric wraps can be re-used over and over for family gifts or for gifting to others, reducing the amount of paper wasted over the holidays and year-round.

All you need is a square fabric. For most items, a bandana will do. The Hebron Library will have bandanas and larger squares of cotton

for practice, but do bring your own squares if you have something specific in mind.

The Hebron Public Library is open Mondays and Wednesdays, 1 to 4 p.m., and Saturdays, 9 a.m. to noon. Call 603-244-7998 during open hours or email hebronnlibrary@gmail.com. We're on Facebook! Like us: Facebook.com/HebronLibrary.

Megan Libby inducted into Honor Society of Phi Kappa Phi

BATON ROUGE, La. — Megan Libby of Bristol was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Libby was initiated at MCPHS University.

Libby is among approximately 25,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 325 campuses in the United States, its territories and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kappa Phi

Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards more than \$1 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit www.phikappaphi.org.



# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Cardigan Mountain Road	N/A	\$132,533	Kathleen Painter and Ellen M. Wadas	Stephen P. Bleiler
Bridgewater	2595 Dick Brown Rd.	Single-Family Residence	\$155,000	Tammela J. Hughes	Johnny and Jacqueline Dodge
Bridgewater	Dinardi Road, Lot 47d	N/A	\$85,000	David M. Dyer	John Doucette
Bridgewater	Dinardi Road, Lot 48d	N/A	\$85,000	David M. Dyer	John Doucette
Bridgewater	Dinardi Road, Lot 49d	N/A	\$85,000	David M. Dyer	John Doucette
Bridgewater	Dinardi Road, Lot 50d	N/A	\$85,000	David M. Dyer	John Doucette
Bridgewater	56 Pine St. N.	Single-Family Residence	\$216,000	Joanne M. and Mary E. Brescia	Sean D. and Jennifer Cunningham
Bridgewater	Whittemore Point Drive	N/A	\$216,000	Joanne M. and Mary E. Brescia	Sean D. and Jennifer Cunningham
Bridgewater	Whittemore Point Drive	N/A	\$289,933	Tzannetis A. and Elizabeth A. Serlemitsos	M. Lindsay Thompson
Bridgewater	N/A	N/A	\$202,000	Christopher P. Rubbico	Noelle M. Harty and Carl Sandgren
Bristol	Castle Lane, Lot 100	N/A	\$350,000	Barbara A. Goodick	Tatyana Sycheva Trust
Bristol	N/A	N/A	\$89,933	Sathesh K. Mani	Lisa L. McShane
Campton	N/A	N/A	\$65,000	Chris and Paula Kelly	Kevin and Kimberly Larochelle
Groton	447 Halls Brook Rd.	Single-Family Residence	\$152,000	Kim and Gary D. English	Dakotah and Steven Aro
Groton	N. Groton Road	N/A	\$95,000	Patricia A. and Kevin J. Craig	Alexander Fiscal Trust and Todd D. Alexander
New Hampton	N/A (Lot 2)	N/A	\$130,000	Francis S. Santos	Donald and Denise Bourgeault
New Hampton	N/A	N/A	\$110,000	Stanley P. Mescon and Valori Treloar	Walter A. and Yvonne Kielb
Plymouth	Route 3A	N/A	\$980,000	New Mtn. Homes Holding Co. LLC	568 Tenney Mountain LLC
Plymouth	Smith Bridge Road	N/A	\$980,000	New Mtn. Homes Holding Co. LLC	568 Tenney Mountain LLC
Plymouth	N/A	N/A	\$134,000	Jennifer A. Morris	Michael F. and Joanne Huff
Rumney	935 Quincy Rd.	Single-Family Residence	\$249,000	Paula R. Tracy-Cowie	Adrienne M. Taylor
Thornton	34 Horse Pasture Lane	Single-Family Residence	\$255,000	NH Investments LLC	Tyler Boyer and Crystal Cook
Thornton	Roma Road, Lot 3	N/A	\$37,533	John and Kathleen A. Dantono	Emily Prescott and Gabriel Horton
Thornton	Route 49, Lot 1	N/A	\$48,533	Jason and Susan Lievens	Keith D. Belcourt
Thornton	Route 49, Lot 2	N/A	\$48,533	Jason and Susan Lievesn	Keith D. Belcourt
Thornton	95 Star Ridge Rd., Unit 41	Condominium	\$220,000	Gerald M. and Louise L. Beauchesne	Diane J. Turturro-Ruiz and Joyce A. Turturro
Thornton	Tamarack Road, Lot U13	N/A	\$45,000	David and Melinda Paul	Stephen and Kristin Benoit
Thornton	Tamarack Road, Lot U17	N/A	\$45,000	David and Melinda Paul	Stephen and Kristin Benoit
Thornton	Tamarack Road, Lot U15	N/A	\$45,000	David and Melinda Paul	Stephen and Kristin Benoit
Thornton	Tamarack Road, Lot U19	N/A	\$45,000	David and Melinda Paul	Stephen and Kristin Benoit
Thornton	Upper Mad River Road	N/A	\$140,000	Arthur Fusco	Zachery Steadman and Stephanie Gastil
Thornton	51 Waterville Acres Rd., Unit 17 Condominium	N/A	\$177,533	Stephen and Laurie E. McLoughlin	Charles B. and Michelle K. Lower
Thornton	N/A	N/A	\$50,000	Kevin Dorsey	Sandra J. Sullivan and Michael Gulizia
Waterville Valley	23 Black Bear Rd., Unit 1223a Condominium	N/A	\$130,000	Richard Russell	Scott G. Gove RET
Waterville Valley	14 Emmerson Way, Unit 2c Condominium	N/A	\$425,000	Richard J. and Wendy L. Solari	Matthew and Shelley R. Reed
Waterville Valley	22 Flat Mountain Rd.	Single-Family Residence	\$150,000	Robert A. O'Brien and Regan A. O'Brien	Eagle Landing LLC
Waterville Valley	19 Mountain Brook Way, Unit 25 Condominium	N/A	\$250,000	Elizabeth A. Schlenker	Joseph and Cristina Piscitello
Waterville Valley	28 Packards Rd., Unit 638 Condominium	N/A	\$222,533	Barry R. and Patricia V. Williams	Caroline E. and Scott J. Taitelbaum
Waterville Valley	4 Sunny Side Way, Unit 4 Condominium	N/A	\$380,000	Christine M. and John J. Dunleavy	Troyer Fiscal Trust and Suzanne R. Troyer

## 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](http://www.real-data.com)

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# Neighbors helping neighbors to “Keep the Heat On”

PLYMOUTH — “All of us, at some time or other, need help. Whether we’re giving or receiving help, each of us has something valuable to bring to this world. That’s one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver,” Fred Rogers once said.

Winter is coming, and so are higher home heating bills. “Keep The Heat On” (KTHO) Plymouth Area Community Closet ‘s (PACC) financial fuel assistance program for residents of 15 local communities, (Alexandria, Ashland, Bridgewater, Ellsworth, Campton, Dorchester, Groton, Plymouth, Rumney, Hebron, Holderness, Waterville Valley, Thornton, Wentworth, and Warren) is an enduring example of traditional neighbor-to-neighbor assistance. Area residents can be part of this fine tradition either by donating directly to PACC; or, by purchasing a ticket to the annual fundraiser auction and raffle. This virtual “UnEvent” will be live-streamed from the Squam Lakes Science Center in Holderness on Jan. 26, 2022, at 7 p.m.

The National Weather Service has forecasted a relatively milder 2021-22 Winter for New Hampshire with fewer extreme cold temperatures. Home heating is nonetheless likely to be considerably more expensive because of expected hikes in fuel prices. The U.S. Energy Information Administration’s (EUSIA), October 2021 report predicted higher prices for home heating fuels for the entire 2021-22 Winter season: “We expect that

households across the United States will spend more on energy this winter compared with the past several winters because of these higher energy prices...Households that use heating oil can expect to spend 43 percent more this winter, while those that use propane should see costs increase 54 percent.” We know about 40 percent of New Hampshire households still use oil for heat, and about 18 percent use propane. The USEIA also predicted that natural gas prices could increase up to 30 percent, which would affect about 20 percent of New Hampshire families. According to the Bureau of Labor Statistics, the consumer price index rose 6.2 percent this October from a year ago. If the predicted mild winter weather turns colder, families could pay even more to heat their homes.

Many studies show that lower-income households spend a larger share of their income on energy than do higher-income households. Last year almost 29,000 New Hampshire families received Federal financial fuel assistance through the state’s Fuel Assistance Program (FAP). Recipients must meet strict income eligibility guidelines to receive this FAP assistance and their applications are processed by local community action programs.

“Keep The Heat On” is different. The program relies largely on donations. Bob Gannett, PACC board member and KTHO volunteer says that KTHO provides financial fuel assistance to individuals or families one time per year to

purchase 150 gallons of heating oil (or propane, natural gas, or the equivalent in wood or wood pellets). He described a straightforward process: call the PACC Fuel Assistance number -603-536-1101- and provide your name, home address, and the name of your fuel vendor; then a PACC volunteer enters the information into the PACC data base, verifies the fuel vendor, and sends a check to that vendor for the fuel delivery. That’s it. There are no income or family eligibility restrictions. However, the recipients of the fuel assistance must reside in one of the 15 communities that PACC serves. According to Mr. Gannett, this year PACC began distributing fuel assistance in mid-October. He noted that 70 families already had received assistance; a 15 percent increase over the 51 families that were helped last year in a comparable period in 2020.

Over the last 17 years, KTHO has provided close to \$400,000 worth of financial fuel aid to the PACC region’s families. By all accounts, KTHO is a much needed and reliable source of additional support for families that struggle to meet their financial obligations. Personal donations are accepted by PACC throughout the year, and all contributions help. However, the annual auction and raffle remains a major source of funds for the KTHO program. The virtual “Keep The Heat On” fundraiser is ON; regrettably, due to the persistent COVID pandemic, the catered dinner party is not. The ticketed virtual event scheduled for 7 p.m. Jan.

26, 2022, will feature AJ Coppola, a well-known local teacher, musician, and performer. AJ will emcee the auction and raffle activities at the Squam Lakes Center, and he’s sure to keep the evening lively and fun. The auction and raffle (the “UnEvent”) is a win-win for both donors and local artisans, restaurants, and business owners. Handcrafted jewellery, artwork, paintings, chef catered home dinners, cross country ski lessons, are among the many interesting and diverse items to bid on/win during the live-stream from the Squam Lakes Science Center.

Tickets for the KTHO “UnEvent” are \$45 per person, and are available online at the [32auctions.com/KTHO](http://32auctions.com/KTHO) 2022 Web site beginning Jan. 5, 2022. Your purchased ticket to the KTHO fundraiser “UnEvent” is your entry into the raffle drawings. Auction items may be previewed online at the [32auctions.com](http://32auctions.com) website in early January and online bids will be accepted 2 weeks before the scheduled live-stream “UnEvent”. Let’s make it “a beautiful day in the neighborhood” and help our neighbors stay warm this winter.

The KTHO volunteer committee partners with the Plymouth Area Community Closet in their ongoing mission to aid our neighbors. Keep the Heat On—and the assistance it helps provide—is entirely non-partisan.

PACC is located at 5 South Main Street, Plymouth. Fuel Assistance is available by phone on Tuesdays and Thursdays 9 a.m. to noon, tel # 603-536-1101. The PACC Food Pantry is open Tuesdays and Thursdays 8-10 a.m., tel # 603-536-9889.





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JOSHUA SPAULDING

**Fred Caruso, seen here with his broadcast partner Amy Bates, was recently named the New Hampshire Association of Broadcasters Broadcaster of the Year for his work on Mix 94.1.**

BY JOSHUA SPAULDING  
Sports Editor

FRANKLIN — If you do good things, there’s a pretty good chance that good things will come back to you.

Fred Caruso is a perfect example of that.

Caruso, who has used his position as an on-air talent at Mix 94.1 to help raise money for numerous causes throughout the Lakes Region, was recently honored as the New Hampshire Association of Broadcasters (NHAB) Broadcaster of the Year.

“It was a total shock,” Caruso said in a recent interview in his office in Franklin. “It’s very, very humbling, I was very taken aback by that.”

Traditionally, NHAB has a big ceremony to honor the broadcasters, but due to the COVID-19

pandemic, the ceremony has been on hold the last few years, with the awards handed out online. Caruso was kind of surprised to walk out of his office and see his daughter with balloons and a big box. However, he was still not completely sure what was going on.

Then, he walked into a studio down the hall and cued up on the computer was the NHAB tribute video, which started with a picture of him as a young kid.

“My jaw just dropped,” he said. “I lost it a little.”

The video included testimonials from people throughout his life, including his wife, kids and grandkids, his co-workers, including his co-host Amy Bates and even a former player on

the high school team he coaches who was drafted by the New York Yankees.

“They really dug deep,” he said. “But the grandkids, that’s the one that really got me.”

Caruso has been on the air at Mix 94.1 for more than 40 years and has been teamed with Bates in the mornings now for 20 years.

“We’re kind of a dying breed, live and local,” Caruso said. “We’re very fortunate our ownership allows us to do that.”

“And we are out in the community a lot,” he added.

Caruso points out that the station owner, Jeff Fisher, and he started together 43 years ago and general manager Jeff Levitan started about six months later, so they have all been together

# Caruso named Broadcaster of the Year

*Longtime local morning radio personality humbled by honor*

for more than four decades.

“I kind of feel left out,” joked Bates.

The early morning hours (Caruso and Bates are on the air from 5 to 10 a.m.), allow Caruso to pursue one of his other loves, which is coaching baseball. He is the longtime varsity baseball coach at Winsquam Regional High School in Tilton.

“The job allows me to do what I love to do, coaching baseball,” he said. “I wouldn’t trade these hours for anything.”

Caruso and Bates have been longtime supporters of the Special Olympics, doing the Penguin Plunge for a number of years at Hampton Beach and have also taken part, in one way or another, with the Special Olympics Winni Dip. They were also taking part in the Funds 4 Paws bowlathon at Funspot, held this past Saturday and have also helped out with the organization’s indoor triathlon, also at Funspot.

“We’ve got a vehicle and if we can lend our voice to a cause, we’re

happy to do it,” Caruso said.

Perhaps the biggest event that Caruso and Bates take part in is coming up soon. The Cash and Cans money and food drive has been a Lakes Region tradition for 35 years and will be taking place Dec. 13-17.

“A lot of people who give are people who have received before,” Bates said of the annual tradition. “Kids come in with their piggy banks.”

“People just come up and hand Fred cash and know that every penny goes where we say it is going,” she continued. “It’s very humbling. Every cent makes it into the bank.”

The Cash and Cans event helps local non-profit organizations that assist those in the community who can use a helping hand. Caruso and Bates drive around to different locations throughout the Lakes Region and people stop by and donate.

“The money all stays local, which is important,” Caruso said. “The lobby looks like a small supermarket when we’re all done.”

He noted that while the actual event happens in December, there are already schools and businesses holding food drives to benefit Cash and Cans. The Franklin Student Athlete Leadership Team is hosting a spaghetti dinner on Dec. 9 at the middle school, with all proceeds going to Cash and Cans.

The week before the event, Caruso and Bates will go out and collect the donations from the businesses and schools that held their food drives.

“It’s quite a project, but it’s our most fun time of the year,” Caruso said. “No matter what year, there’s always people struggling. If we can help alleviate the struggle, we’ll be out there every year, as long as I am here.”

As stated at the beginning, if you do good things, good things will come back to you. It’s safe to say Fred Caruso has done a lot of good things.

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

## Holiday choral concert honors the Angels Among Us

PLYMOUTH — The Pemigewasset Choral Society (Pemi Chorus) will be performing its holiday concert “Snow Angel” for an indoor audience for the first time since December 2019. Returning to its traditional New Hampshire venues in Gilford, Franklin and Plymouth has been

highly anticipated by the chorus and their enthusiastic audiences. Music Director Will Gunn has programmed a concert of both familiar and new seasonal works, highlighted by composer Sarah Quartel’s “Snow Angel.”

“We dedicate our performances to the ‘an-

gels” who have made it possible for us to sing together again—doctors, nurses, and scientists who have made incredible advancements in the last 18 months to allow us to rehearse safely. So It seems fitting to center our concert program around angels,” said Gunn.

Sarah Quartel’s cantata with solo cello tells the story of three angels who speak to the innocence and faith of children, rooted in the comfort from the angel’s protection.

“Even though we have been rehearsing and will be performing in masks, I think it is completely worth it!” said Gunn. “The joy of being able to sing together again—even masked—has meant so much to all of our chorus members.”

This sentiment is expressed in the fifth movement of “Snow Angel”—“Even though the snow may blow, there’s not a wind can stop my music.”

Other pieces in the concert that may be new to the audience and will likely become new favorites, are “Christmas Memories” by Rosephannye Powell and “In Winter” by Victor John-

son.

The Pemi Chorus is very fortunate to have a music director as talented as Will Gunn. He is the director of music at Plymouth Regional High School (PRHS) where he conducts the Concert Band, Jazz Ensemble, Concert Choir, and Chamber Singers. Choirs under Gunn’s direction have consistently received high ratings at local and regional festivals. He is also the Treble Choir manager for the New Hampshire All-State Festival and President of the New Hampshire chapter of the American Choral Directors Association.

The Pemi Chorus is a regional community chorus based in Plymouth, with a wide ranging musical repertoire. Members come from communities throughout the Lakes Region and the White Mountains.

The chorus is accompanied by collaborative pianist Laura Belanger, and for this concert by Alex Ellsworth on solo cello. The Pemi Chorus December concerts have become the go-to concerts in the area to usher in the holiday spirit, and they are so pleased to be able to perform again this year.

All three concerts allow admission by donation, and each venue requires masks and vaccinations.

Thursday, Dec. 2, 7:30 p.m. — Gilford Community Church, 19 Potter Hill Rd., Gilford Friday, Dec. 3, 7:30 p.m. — St. Paul’s Roman Catholic Church, 108 School St., Franklin Sunday, Dec. 5, 3 p.m. — Plymouth State Univ., Silver Center, 17 High St., Plymouth

For more information visit pemichoral.org.

## The Workshop Plymouth announces winter workshops

PLYMOUTH — The Workshop Plymouth, a community space located inside of the Bridge House’s Step Ladders thrift store on North Main Street in Plymouth, has several regularly scheduled offerings for the winter months.

Every Monday and Wednesday evening at 6 p.m. is Meditation group. No experience is necessary to join a meditation twice weekly. The evening include brief introductions and discussion followed by a selected meditation for the evening, typically 20 to 30 minutes long. This is a great way to try out meditation, meet new

friends, and connect with a community.

The first and third Sunday of each month at 6 p.m. is Knit Night (next one is Dec. 4). All levels of knitters from beginners to experts are invited to sit around the table to knit, learn from other members, and connect with a community of knitters.

Every Thursday morning from 10 a.m. to noon is Art Studio time. Bring your brushes, pencils, ink, paper, canvas, or whatever medium you use to sit with other artists working on individual projects. Art Studio is dedicated time and space for artists of all

talents, styles and backgrounds to meet, connect, share, and experience an art community.

The Second Tuesday of each month at 7 p.m. is Write Night (next one is Dec. 14). This is studio time to sit and write among other writers, to give and receive feedback on your writing if desired, and to discuss local writing opportunities.

For each of the ongoing offerings listed, all are by donation and are open time for anyone in the area to join a community. Entrance to the Workshop is on the left hand side of the Step Ladders building in Plymouth.

After the holidays we will be offering a Guitar workshop and are looking for someone to host a Cribbage night that will start in January as well.

For more information about upcoming Workshops, to volunteer as a host or supporter, or to share ideas for future Workshop offerings, please contact theworkshopplymouth@gmail.com or call 603-254-6043. Help us build community one workshop at a time!

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## PCUCC choir to host free concert

PLYMOUTH — The Plymouth Congregational Church Choir and members of the Plymouth State University Concert and Chamber Choirs will present a free concert celebrating the holiday season on Thursday, Dec. 9 at 7 p.m. PCC Music Director David Williams and PSU Choral Director Harmony Markey will co-direct Giuseppe Verdi’s “Gloria” and arrangements of carols by Vaughan Williams, Sir David Willcocks and Conrad Susa.

The performance will be in the church, which is located in the center of town, just off I-93, Exit 25. Masks are required.



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Trot

FROM PAGE A1

Country Store) from 1979 until 1986, Fred thought that was a great idea. He saw it as a means to promote his business and encourage people to shop there for their holiday needs. His wife saw it as a means of families having fun together. Hearing of other Turkey Trot walks over the holiday, the couple then took on the name and started a Turkey Trot of their own in Bridgewater in November of 1982.

In the first year, the MacLeans only asked people to sign up to join their family for the walk along Whittemore Point and perhaps consider a donation for the weekly Bristol Community Dinners, which Flo helped to coordinate.

“We got a lot of canned foods and things

that didn’t really help for a dinner of that size though,” she recalled.

Leading into the next year, the couple was approached by Doug Voebel who ran the D.A.R.E. program in the Newfound Area School District and things changed from there.

“People paid a fee to join the Turkey Trot that year and all proceeds went to the D.A.R.E. program,” the couple said.

Voebel even designed special participation tee shirts with names of sponsors he was able to sign on to the cause, gathered some raffle prizes and the idea of serving the community took off from there.

“Everyone was eligible to win a prize just by signing up,” said Fred. “You didn’t have to be the fastest runner or have the prettiest shorts to win.”

In fact, while runners were certainly welcomed, many people joined the Turkey Trot in the tradition of the MacLean family—walking, pushing baby strollers and giving their dogs some exercise as they worked up an appetite for Thanksgiving dinner.

“It was all very casual,” Flo said.

Considering the runners however, for a few years Leslie Dion of Tap-ple-Thompson Community Center timed them so they knew how well they had done on the course.

Perhaps what pleases the MacLean family most today though is seeing the camaraderie and casual family atmosphere continue.

Dan MacLean, now Assistant Director of Recreation at Tap-ple-Thompson Community Center said it’s fun

to see families year after year take part in the Turkey Trot, whether they be running, jogging, pushing strollers or walking their pets. Costumes and funny hats also lend an atmosphere of fun to the event, too.

“It’s really neat to see some of the same people year after year,” he said.

Since its inception 40 years ago, there has been a typical crowd of 100 or more participants each Thanksgiving morning, although some years of inclement weather have lowered that number from time to time.

When the MacLeans sold the business to their son Keith in 1986 he maintained the traditional Turkey Trot each year. Peter Hart then took over the store for a couple of years and did the same until Holly Kerouac bought the store and property in 2005.

Respecting and appreciating its traditional role in the community, for the last 17 years Kerouac has also continued the Turkey Trot, using it for many years as a means to help local families in need.

For 2021 she has collaborated with TTCC to not only help coordinate the Turkey Trot, but assist her staff in ways to help others in the community. Together they have formed a Turkey Trot Committee and made it easy for people to pre-register for the event online through the TTCC web site or the Newfound Country Store Facebook Page.

This year Newfound Country Store will be using donations from the holiday trot to prepare food baskets for local families in need. The remainder of the proceeds will then go to TTCC. A

small Christmas tree for holiday wishes from local children will also be set up inside the store where people can choose a tag then buy items on the list that can then be dropped off at Newfound Country Store.

“There’s already a local Santa Fund for gifts and over the past few years there have been less and less people signing up for donations, so anything beyond what we need for food baskets will now go toward helping programs at the community center,” said Kerouac.

After 40 years, it still makes Fred and Flo smile to know that what started as their traditional family walk each Thanksgiving is still helping others.

All-State

FROM PAGE A1

er.

Second Team honors were presented to Allie Hussey of Kennett, Ana Ekstrom of Kingswood and Chloe Bouchard and Claire Eccleston of Plymouth.

Also earning First Team honors were Sarah Guerrette and Rylee Constant of Bow, Makenzie Anderson of Con-Val, Ann Young and Kennedy Overhoff of Derryfield, Grace Murphy and Makayala Strickulis of Goffstown, Mia Edmonds and Gail Morse of Hanover, Kaitlyn Castriotta and Alyssa Hill of Hollis-Brookline, Linsey Hagman and Gracie Bolduc of John Stark, Amalia Hickey and Molly Smith of Lebanon, Abby Forbes of Merrimack Valley, Gabriella Forrence of Milford,

Ashley Harvey and Annika Kell of Oyster River, Natalie Longacre of Pembroke, Mia Edwards and Charlotte Marston of Portsmouth, Abbie Lucas of Sanborn and Miya Chorney and Ella Barrett of Souhegan.

Second Team honors also went to Jocelyn Webber of Bow, Laramie Wilson of Con-Val, Anna Induni of Derryfield, Jaiden Lacerte of Goffstown, Olivia Trummel of Hanover, Hailey Arseneau of Hollis-Brookline, Mikayla Thornton of Lebanon, Emily Thomas and Sadie Barnard of Merrimack Valley, Allison Demmons and Mairead Kirby of Milford, Brooklyn Northcutt of Oyster River, Kelsey Montambeault of Pembroke, Darla Mahoney of Portsmouth, Kate Lussier of Sanborn and Annika Madeja of



Souhegan.

Amalia Hickey of Lebanon was named Offensive Player of the Year and Mia Edwards of Portsmotuh was named Defensive Player of the Year. Sara Carpenter of Portsmouth was named the Division II Coach of the Year.

In Division III, First Team honors went to Emily Roy and Erin McCormick of Berlin, Olivia Keenan and Aly Pichette of Gilford, Alexi Hastings of Littleton, Maggie Bednaz and Cassie Zick of Newfound, Jen Fowler of White Mountains and Alexis Poole and Kaitlyn Carey of Winnisquam.

Earning Second Team honors were Mia Letourneau of Berlin, Lauren Nash-Boucher of Gilford, Marlyn Valentin of Littleton, Matti Douville of Newfound, Ciera Challinor of White Mountains and Emma Griffin of Winnisquam.

Also earning First Team honors were Libbey Hicks and Mieke Rentsch of Bishop Brady, Bella Hayes of Conant, Katelyn Bouch-

ard and Julia Baer of Hopkinton, Kate Cochran of Kearsage, Lexis Vautour and Isabella Knisley of Mascenic, Morgan Towne of Mascoma, Katie Sharron and Eden Ritondo of Newport, Brianna Frisbee and Sofia Aldecoa of Stevens and Wilhelmina Bowser of St. Thomas.

Second Team honors also went to Michaela Savary of Bishop Brady, Chelsea Dupuis and Maddie Bergeron of Conant, Natalie Allen of Hopkinton, Eliza Cardillo and Paige Hoegler of Kearsarge, Olivia Shaw of Mascenic, Chloe Crate and Hailey Miller of Mascoma, Taylor Fellows of Newport, Sara

Faro of Stevens and McKenzie Wessling and Kensley Harris of St. Thomas.

Libbey Hicks of Bishop Brady was named Offensive Player of the Year and Kate Bouchard of Hopkinton was named Defensive Player of the Year. Patty Deschaine of Stevens was named Division III Coach of the Year.

The lone local player named to the New Hampshire Twin State Team was Kingswood’s Rachael Paraskos. She will be joined on the team by Makenzie Anderson of Con-Val, Isabel Alarcon, Maisie Veader and Clara Gorman of Exeter; Julia Baer and Katelyn Bouch-

ard of Hopkinton, Eliza Ballaro of Keene, Gracie Bolduc of John Stark, Delaney Condon of Timberlane, Rylee Constant and Jocelyn Webber of Bow, Mia Edmonds of Hanover, Isabella Giampa of Manchester Memorial, Amalia Hickey of Lebanon, Libbey Hicks of Bishop Brady, Anna Induni of Derryfield, Isabella Knisley of Mascenic, Peyton Knowlton of Pinkerton, Amy Lanouette of Windham, Makayla Strickulis of Goffstown and Tara Wright of Londonderry.

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

Awards

FROM PAGE A1

ership Award. The Excellence in Defense Award went to Hayden Dolloff and the Excellence in Offense Award went to Josh Blouin. Glidden was also presented the Bears Booster Club Outstanding Student Athlete Award and Zack Stevens won the NHIAA Sportsmanship Award.

For the girls’ soccer team, Gretchen Reynolds was presented the Captains Award, MollyLu McKellar received the Girls’ Soccer Leading Scorer Award and Taylor Mooney was presented the Standout Season Award. Elsa McConologue was presented the Bears Booster Club Outstanding Student Athlete Award, McKellar won the NHIAA Sportsmanship Award for the varsity team and Abby Carlson was presented the NHIAA Sportsmanship Award for the JV team

Zeke Richardson was

named Best Offensive Player for the unified soccer team, Isaac Page was presented the Best Defensive Player award, Christian Duba was named Best Midfielder, Sam Dahl was presented the Bears Booster Club Outstanding Student Athlete Award and Sarah Buchanan was presented the NHIAA Sportsmanship Award.

For the volleyball team, Emalie Ruiter was presented the Digging Your Team Spirit Award, Paulina Huckins and Malina Bohlmann were both presented the Killing It On The Court Award, Mikalya Ulwick won the Bears Booster Club Outstanding Student Athlete Award, Danielle Walker was presented the NHIAA Sportsmanship Award for the varsity and Mia LeBrun won the same award for the JV team.

Sandie and Mark Pagan were presented with the Cathy Lever Athletic Director’s Award.

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



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**APPLICATION FOR MINOR SITE PLAN REVIEW FOR CAMP WICOSUTA**

You are hereby notified that the following **Application for a Minor Site Plan Review** will be heard at a Public Hearing to be held on Wednesday, December 1, 2021 at 7:00 PM at The Town Offices, 7 School Street, Hebron NH the second-floor conference room.

**Application for Minor Site Plan Review: Camp Wicosuta located on West Shore Road Tax Map 19 Lot 01 would like to construct a 30’x 38’ open air pavilion with roof on the gymnastic building that would allow for outdoor activities on rainy days.**

**Masks not required but social distancing will be enforced.**

Please join Hebron Planning Board on GoTo from your computer using the Chrome browser.  
<https://app.goto.com/meet/598805965>



Mid-State Health Center bids fond farewell to Dr. Gary Diederich as he retires

BRISTOL — As of erich, long-time family medicine clinician, will

be retiring from Mid-State Health Center after 21 years with the practice. Dr. Diederich graduated from the College of the Holy Cross and Penn State College of Medicine. He completed his residency at Akron City Hospital and became board certified in Family Practice in 1982. Dr. Diederich is also an adjunct professor of Community and Family

Medicine at Dartmouth Medical School. He has had immeasurable contributions to healthcare in the Bristol community over his 39 years as a medical provider. “It has been my pleasure and privilege caring for all of my patients at Mid-State over the past 21 years. I am excited for this next chapter in my life to spend more time with my family, explore the beauty of Newfound

Lake and New Hampshire, travel across the country, and work on my golf swing,” says Dr. Gary Diederich. As Dr. Diederich transitions to this new chapter, Mid-State is committed to helping his patients transition their care to another clinician in our practice. Please join Mid-State in wishing Dr. Diederich a happy retirement!



Dr. Gary Diederich

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