

Newfound Landing

THURSDAY, NOVEMBER 18, 2021

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COMPLIMENTARY

Quartet of Bears earn volleyball All-State honors

BY JOSHUA SPAULDING

Sports Editor

REGION — The New Hampshire Volleyball Coaches Association has announced the All-State teams for the recently-concluded 2021 fall season.

The Division II First Team included Gilford setter Riley McDonough and outside hitter Kate Sullivan and Plymouth outside hitter Abby Bassingthwaite.

Honorable Mention went to Kingswood middle hitter Gillian Seigars and Gilford libero Ashley Sanderson.

Joining McDonough, Sullivan and Bassingthwaite on the First Team were Enya Kaonga of St. Thomas, Elayna Montenero of Campbell, Emma Hampton of Oyster River and Annie Jerome and Kailtyn Miller of champion Coe-Brown.

Milford senior outside hitter Izzy Unsworth was named the Division II Player of the Year.

Second Team honors for Division II went to Kim Gowell of Oyster River, Stella Crosby, Ali Fortin and Madi Murphy of Milford, Sierra Halligan of Laconia, Mya Ford and Ashleigh Von der Linden of St. Thomas, Annika Gunderson and Catherine Carignan of Campbell.

Joining Seigars and Sanderson in earning Honorable Mention were Ester Hacker of Hanover, Emma Rodenhiser of Con-Val,

Meghan Roemer of Pelham and Morgan Bruner of Campbell.

In Division III, First Team honors went to Newfound outside hitters Malina Bohlmann and Paulina Huckins and Inter-Lake setter Haven Lopez and middle hitter Molly Moynihan.

Second Team honors in Division III went to Newfound setter Mikayla Ulwick and right side hitter Emalie Ruiter; Moultonborough outside hitter Michelle Fell and Kennett middle hitter Olivia Arias.

Honorable Mention in Division III went to Moultonborough middle hitter Charlotte Johnson and setter Olivia Tatro.

Joining Bohlmann, Huckins, Lopez and Moynihan in earning First Team honors were Gracie Re of Epping, Joey Skubisz and Maddy Kniphfer of Portsmouth Christian and Molly Reed of Sunapee.

Division III Player of the Year honors went to Mascenic outside hitter Annika Martel.

Also earning Second Team honors alongside Ulwick, Ruiter, Fell and Arias were Mackenzie Cormier and Lyla Buxton of Mascenic, Pacy Morgado of Epping and Elizabeth Mullen and Taylor Hasselbach of Trinity.

Joining Johnson and Tatro with Honorable Mention were Katelyn Claus and Emma McNal-



Malina Bohlmann of Newfound earned First Team All-State honors.

ly of Sunapee, Adrianna Morasse of Raymond and Rose Rioux of Hillsboro-Deering.



Paulina Huckins finished out her volleyball career at Newfound by earning First Team All-State.

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

Speare joins nationwide observance of National Rural Health Day

Speare joins nationwide observance of National Rural Health Day

PLYMOUTH — Speare Memorial Hospital is proud to recognize the innovation, quality of care, and dedication of health professionals and volunteers in our community during National Rural Health Day 2021. Each year National Rural Health Day recognizes the efforts of those serving the health needs of an estimated 60 mil-

lion people across the nation living in rural areas, providing much-needed care to a diverse population.

“We salute the hard work of our rural healthcare workers as they work tirelessly to ensure that our central New Hampshire communities remain healthy, safe, and vibrant,” says Michelle McEwen, CEO and president of Speare Memorial Hospital. “Our region is

a wonderful place to live and work; and it would not be that way if not for a team of healthcare workers dedicated to our wellbeing.”

Healthcare improves not only the life of the citizens but the livelihood, too. Increased economic opportunities are just one of the many reasons for maintaining healthcare close to small towns. Emergent care and urgent care in-

crease the timely treatment of critical ailments and injuries. When healthcare services are available, grandparents remain near their familiar settings. Primary care provides a remedy for chronic and routine conditions. Altogether, healthcare providers like Speare Memorial Hospital keep the community running smoothly and healthily. It's something to celebrate!

Early deadlines for Thanksgiving

Due to the Thanksgiving holiday, next week's edition of the Newfound Landing will arrive in subscribers' mail boxes a day earlier than usual, on Wednesday, Nov. 24.

The submission deadline for any press releases and letters to the Editor intended for publication next week has also been moved up one business day, to Monday, Nov. 22 at 4 p.m.

The staff of the Newfound Landing thanks our readers for their cooperation with this scheduling change.

Common Man Golf Tournament tees up \$30,000 for Make A Wish

ASHLAND — The Common Man family in New Hampshire has exceeded \$30,000 in fundraising in 2021 to help make wishes come true for Granite State

children facing critical illnesses through a partnership with Make-A-Wish NH.

The hospitality family selected Make-A-Wish

NH as the beneficiary of its fall invitational golf tournament, raising more than \$17,000 at that event. Combined with fundraising efforts for July's Rafting for Wish-

es for Make-A-Wish, the Common Man raised more than \$30,000 for the organization this year.

“The Common Man has renewed hope, uplifted spirits, and encouraged the impossible,” said Julie Baron, President & CEO of Make-A-Wish NH. “They’ve transformed the lives of children across New Hampshire, giving them the power of a wish - their wish! It’s wonderful to have the support of some of the best leaders in our community, who are known to ‘DO GOOD.’ They bring their motto to life every day through their generosity.”

The Common Man has long supported the mission of Make-A-Wish

SEE TOURNAMENT, PAGE A15



COURTESY

Make-A-Wish NH President & CEO Julie Baron and Make-A-Wish NH Director of Community Outreach Nikki Lyons Lahey accept a donation from Erica Auciello Murphy, Director of Communications and Community Relations for The Common Man, and Common Man CEO Vince Vella. The funds were raised at The Common Man's annual invitational golf tournament held this fall at Laconia Country Club.

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PSU TIGER Theatre performs as part of the Choose Love Movement NH tour

PLYMOUTH — Plymouth State University's (PSU) Emmy award-winning TIGER (Theatre Integrating Guidance, Education and Responsibility) program has partnered with the Jesse Lewis Choose Love Movement to bring performances to children and adults across New Hampshire. The special, interactive production was adapted to engage children of all ages with the Choose Love Movement's foundational message: Courage + Gratitude + Forgiveness + Compassion (in action) = Choosing Love.

TIGER has performed as part of the statewide Choose Love tour at Keene State College, PSU, Mildred C. Lake-way School in Littleton, New Hampshire, the New Hampshire State House in Concord and the University of New Hampshire. TIGER will also be performing at the following Choose Love tour stops:

Gill Stadium, Manchester, New Hampshire; Saturday, Nov. 13, 1-4 p.m.

Tupelo Music Hall, Derry, New Hampshire; Monday, Nov. 15, 5-8 p.m.

Elm Street Middle

School, Nashua, New Hampshire; Thursday, Nov. 18, 4:30 p.m.

PSU is an affiliate of the Jesse Lewis Choose Love Movement, which was founded by Scarlett Lewis after her six-year-old son, Jesse, lost his life during the Sandy Hook Elementary School mass shooting in 2012. In the aftermath, Lewis found that love, connection and belonging are universal wants and needs that connect all humans.

"Our performance aims to teach empathy and acceptance, and it's great to see children and adults in the audience being receptive to our message," said Kelly McGowan, TIGER Assistant Tour Director, Actress and Educator. "Choose Love's ideology aligns perfectly with TIGER's mission to spread compassion and hope. Being able to spread that message to people who really need it is a special experience for our cast."

TIGER, now in its 19th touring season, is a professional theatre company designed to help communities proactively address social concerns. The program is a collaboration between the Integrated Arts and



COURTESY

The cast of Plymouth State University's TIGER program (pictured above L-R: Cassandra Cutting, Matthew Murray, Olivia Etchings, Nam Nguyen, Kelly McGowan) has been touring across the state as part of the Choose Love Movement New Hampshire tour, performing a special, interactive performance adapted for the tour.

the Counselor Education and School Psychology graduate programs at PSU. TIGER's performances incorporate live actors, movement and music to engage school-age audiences. The goal of the program is to transform feelings, thoughts and behavior to help children and adults understand their own power in resolving

social issues that exist in schools today.

"TIGER is excited to be touring throughout New England again, and we are honored to be part of the Choose Love New Hampshire tour," said Trish Lindberg, Ph.D., Professor of Education and Integrated Arts, Coordinator of Integrated Arts M.Ed. Program and TIGER

Artistic Director. "TIGER seeks to help young people cope with social behaviors through the power of music, theatre and dance. It is amazing to see the children engaged with and learning from our performances."

This year's TIGER cast features:

Cassandra Cutting, actress, singer, dancer, PSU Class of 2021, Bachelor of Arts in musical theatre from Peterborough, New Hampshire

Nam Nguyen, Fulbright Grantee, visual artist, actor, PSU graduate student in integrated arts from Vietnam

Matthew Murray, actor from Maryland

Olivia Etchings, actress, dancer, sing-

er from Lincoln, New Hampshire

Kelly McGowan, actress, educator, Emerson College graduate student in theatre education and applied theatre from Massachusetts

TIGER's performances are written and directed by Trish Lindberg, choreographed by Gustavo Wons and musically directed by Carolyn Dorff.

To learn more about TIGER, visit campus.plymouth.edu/TIGER. If you are interested in booking TIGER, contact Pam Irish, TIGER Tour Manager, at 603-535-2647 or tiger-psu@plymouth.edu.

SLA to host program on celebrating nature through music

HOLDERNESS — Join the Squam Lakes Association on Saturday, Nov. 20 from 2-5 p.m. for an afternoon of music and s'mores around a fire! Lakes Region Conservation Corps member Paul will headline a performance/campfire jam session with a focus towards tunes and songs related to the outdoors and the SLA's mission of environmental conservation. Selections are

likely to include songs from artists such as Pete Seeger, John Denver, and Bill Staines, interspersed with traditional tunes from styles played around the Northeastern United States and beyond. Musical notation and lyric/chord sheets will be provided during some pieces to encourage participation. Participants are able to come and go as they please, with s'more materials

being provided midway through the program.

Please dress warmly for this outdoor event and consider bringing along something to sit on (blanket, chairs) and a thermos of something warm to sip on. While certainly not a requirement, musical instruments of all types are welcome to participate - bring a fiddle, guitar, shaker, some spoons or just your voice!

These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA, who perform important conservation work in support of the Association's mission.

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

For more information, or to sign up for this Adventure Ecology program, visit the Squam Lakes Association website (squamlakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other Adventure Ecology programs throughout the year.

New Hampton Community Church to host Advent service

NEW HAMPTON — On Dec. 1, Newfound Area Churches (NAC) will be holding an Advent service at New Hampton Community Church beginning at noon, with a light lunch to follow.

This is a celebration of the birth of the Lord Jesus and a time of fellowship. For more information, please call 1-603-744-8252 or 1-603-744-3885.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

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Ashland	53 Winter St.	Single-Family Residence	\$170,000	Leona R. Stebbins	Melissa W. Edwards and Robert C. Edwards
Bridgewater	River Road	Residential PDv. Land	\$32,200	Daniel A. Coelbo Fiscal Trust	West Street Development LLC
Bristol	49 Hemp Hill Rd.	Single-Family Residence	\$375,000	Paul D. Peters	Brandon D. and Marybeth F. Cannata
Campton	26 Boulder Dr.	Single-Family Residence	\$275,000	James T. and Gayle L. Tullo	Andrew T. VanHouten and Gabriel J. Vega
Campton	Champagne Circle	Residential Open Land	\$95,000	William M. and Brigitte E. Chandler	Leo F. and Tina M. Mulleavey
Campton	Ellsworth Hill Road, Lot 9	N/A	\$590,000	Lauren M. Blue	Alison Smith-Mithcell and Sidney N. Mitchell
Campton	82 Loft Circle	Single-Family Residence	\$369,000	Rossi 2017 Fiscal Trust and Linda D. Rossi	K. Jean Moody 2010 Trust
Campton	178 Pinnacle Rd., Unit 3	Condominium	\$205,000	Christopher M. and Annmarie Motiverdi	Wahida A. Muntasir
Hebron	4 Sleepy Hollow Lane	Single-Family Residence	\$285,000	David W. Duckworth and Deborah S. Greene	Benjamin and Abigail Sparling
Holderness	Pleasant Place Dr.	N/A	\$110,000	West Street Development LLC	David R. and Patricia A. Souter
Holderness	21 Range Rd.	Single-Family Residence	\$250,000	Sheila Bercury	Diana McCarthy-Bercury and Jeff Daddona
New Hampton	95 Old Bristol Rd.	Single-Family Residence	\$410,000	Sawicki 2012 Fiscal Trust and Gary P. Sawicki	Jennifer and Carlos I. Duran
New Hampton	30 Smoke Rise Rd.	N/A	\$52,533	Girard Fiscal Trust and Donna E. Girard	Michele J. and Joseph R. Castellucci
Rumney	631 Rumney Route 25	Single-Family Residence	\$199,933	Vincent Wallace	Jennifer Carita
Thornton	1444 NH Route 175	Single-Family Residence	\$510,000	Robert D. Tremblay	2Up Rally LLC
Thornton	24 Robbins Nest Rd.	Mobile Home	\$75,000	Caitlin O. Richardson	Gerald Warren

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

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SLA to host Family Turkey Trek through Belknap Woods

H O L D E R N E S S — Join the Squam Lakes Association (SLA) and LRCC members Bri and Nikka for a family-friendly guided hike in Belknap Woods on Wednesday, Nov. 24 from 1:30 to 3:30 p.m. During the walk, you'll get to see a beaver pond and, hopefully, find some Thanksgiving treasures like wild turkey tracks and turkey tail mushrooms. Discover what Belknap Woods has to offer and enjoy a fall afternoon with a pleasant walk, learning a few things about the forest along the way!

Participants will meet at the Belknap Woods parking pull-off at 452 NH-25B In Center Harbor (which can be a little tight, so we encourage you to carpool if you're joining us in a group; alternate parking can be found across the street). Plan for a two-mile figure eight loop with gentle hills and an easy pace. Make sure to bring plenty of water, warm clothes, and comfortable shoes that you won't mind getting a little muddy.

For more information or to sign up for this guided hike, visit

the SLA website (squamlakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other guided hikes and Adventure Ecology programming throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.



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CADY Corner

*“Getting to Y”
— Tomorrow’s
leaders leading
today*

BY EMILY SHANAHAN
Contributor

On Tuesday, Nov. 9, CADY hosted a high school student event, “Getting to Y,” at the Common Man Inn and Spa in Plymouth. This event, facilitated by Up for Learning, provided an opportunity for students from Plymouth Regional High School and Newfound Regional High School to bring meaning to their own Youth Risk Behavior Survey (YRBS) data.

Findings from the YRBS monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults including sexual behaviors, alcohol and other drug use, tobacco use, unhealthy dietary behaviors, mental health, and inadequate physical activity. Through youth leadership, partnerships with adults, participatory action research, and peer and community engagement, these students not only experienced personal growth but built their capacity for future civic engagement and to effect sustainable change in youth behavior, community, and school culture.

There is a wealth of information in the biennial YRBS report on the wellness of young people in our state. What the report lacks is a thoughtful and informed analysis of why (‘Y’) young people are making either low risk or high-risk choices and factors what might change these behaviors for the better. Who better to tell us than the youth themselves? Getting to ‘Y’ creates an opportunity for young people to take positive action to shape their own futures.

Youth leaders from CADY’s Youth Advisory and Advocacy Council, OSSIPPEE Wellness Club, The Teen Council of the Tapply Thompson Community Center, and the NRHS Student Athletic Leadership Team (SALT) worked to identify assets and areas of concern in their communities. Students analyzed their local YRBS data alongside advisors from their schools to determine what wellness and risk behaviors they felt were the most important and would be most impactful among their peers.

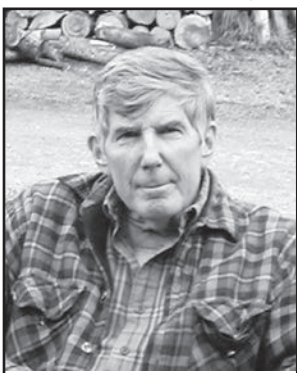
Data from our regional YRBS in 2019 showed an increase in youth substance misuse and mental health issues including feelings of sadness, hopelessness, and suicidal ideation. Both substance misuse and mental health issues rose to the top of the priority list for students in both regions. The groups then created a preliminary action plan based on the exploration of their local data and their asset and gap analyses to formulate innovative strategies to address these critical public health concerns and recruit other students to help in educating their community.

Thank you to Plymouth Regional High School and Newfound Regional High School and the 29 youth leaders in prevention from the Pemi-Baker and Newfound regions who joined us for our first annual “Getting to Y.” We were so impressed with your commitment, energy, and ideas and look forward to working with you during this academic year. Your voices have the power to create positive change and leave a lasting impact on your peers, community, and state.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

When an old nicety just doesn’t hack it



It seemed pertinent to write a few lines this week about public access to private land. There appears to be a lot of confusion about this. Probably I’ll only muddy the waters.

In particular, I hear a general queasiness among hunters away from their own areas or hunters from out of state about being where they’re not wanted. If there’s one dominant theme, it’s this one.

Elmer Fudd is walking along in his silly hat and sees posted land on one side of the road and unposted land on the other. He’s clearly not wanted on the land that’s posted (hint: the signs say “No Hunting.”) But is he welcome on the other?

In New Hampshire, we have what is known as the presumed privilege of trespass. This means that unless the land is “posted” with signs to the contrary (“No Trespassing,” “Hunting with Permission Only,” and so on), you’re welcome there.

It is thus exactly the opposite of the situation in most states, where access is forbidden unless specifically invited.

Before the usual knee-jerking begins, and people go tisk-tisking “There goes New Hampshire again,” it’s worth noting that other New England states adopted this system too. Still, the standouts are Maine, New Hampshire, and Vermont.

But the old way is under attack just about everywhere, led by newcomers who’ve bought or inherited their little piece of God’s Country and don’t want just anybody and everybody coming along and setting foot on sacred ground. This seems totally illogical to them, and they want no part of it.

Somewhere in my reading, a good long while ago, I ran into a plausible explanation for this quirk of a system we have.

Four centuries ago, three ships stood off the New England coast. Aboard one, officers were drawing up what



Most state and federal land is open to hunting. This is part of the Connecticut Lakes Headwaters Tract, in Pittsburg, and this stream that some people could jump over is—believe it or not—the Connecticut River.

would be known as the Mayflower Compact. Among its agreements were these:

The New World would not be like the old, particularly England, where commoners crossing the gentry’s lands had to keep to the common paths. Land would be held in common, and the right of trespass would be presumed. This was the way of the native American, and it seemed to make sense,

This made a nice story, except that it was just that, a nice story. A few years ago, I finally took time to track down the Compact, and there was no mention of any of this—not even a phrase.

+++++

Nonetheless, the newcomers adopted the Indian way of viewing all land as held in common, except making money on or from it. It actually belonged to someone, if not native Americans then by those speculators who had paid the various tribes and nations for it, as required by the Crown. (Only later, after much subdivision and lands “awarded” war heroes and exalted politicians, did stealing aboriginal lands become rampant).

Speculators soon caught onto the fact that settlements were going to follow up rivers, and bought all the land they could ahead of them. To people from Europe, where all of the water

rights had long since been bought up, some owned by families for centuries, the acquisition of water rights was a tremendous thing.

Sometimes at first, and then quite often, speculators and sales agents recognized spurious “chiefs” who were said to be “authorized” to sell tribal lands. As schoolchildren have learned for generations, Indians had little concept of private ownership, and defined land vaguely in term of watersheds. With a sweep of a hand and the phrases “flowing into” and “the waters of,” they delineated enormous tracts.

As long as King George III held sway, the rapacious land speculators were largely held in check. With 13 independent colonies, it was Katie bar the door. And once the crush of immigrants and the colonies’ own natural growth spilled over the Appalachians and down into the Great Lakes and the Ohio valley, nothing—not even Presidential threats and promises—could stop the westward expansion.

+++++

What will happen regarding northern New England’s quirky (but somehow wonderful) approach to public trespass on private land?

I think the rights of property owners will eventually trump the cherished privilege of

trespass. To me this is a shame, for its greatness is also its downfall. It is an accommodation built totally on trust.

When you allow people onto your land, you trust them to do the same for you and yours. Thus was born one of the more famed signs on the matter: “If you post your land, you don’t belong on mine.”

Landowner rights are all the rage just now. Hunters who use hounds to pursue and tree their quarry are bringing the land-access issue to a head. Dogs do not acknowledge property lines, of course, and some landowners are most definitely against hounding, even those who are ambivalent about hunting or even hunt themselves.

Perhaps someone will propose some sensible legislation that attempts to thread the needle. Or perhaps someone will challenge the current laws in court.

But it will be a challenge, whether by case-law or legislation, to do justice to a way of life that was always somehow mystical, mythical, and magical.

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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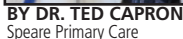
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Scientific data collected by the CDC over many years shows that flu shots are our best defense against influenza illness, hospitalization, and death. The number of deaths in the USA from flu each year varies from 12,000 to 52,000.

What Is harm reduction?

Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based

People sometimes report that they feel like they have the flu after getting the vaccine. In fact, the viruses, or viral particles, have been treated in a way that makes it impossible for a person to get the actual flu from the vaccine. People can get mild side effects from the vaccine that typically last only

Flu viruses are categorized into types A and B. The A viruses are

Can people with an egg allergy get a vaccine? Yes. The amount of egg protein is minuscule, so if you have had a severe egg allergy reaction, you should spend extra time at the place you get the

The vaccine-making process is a global effort. The Food and Drug Administration (FDA) chooses the types of viruses in the annual vaccine once the World Health Organization has analyzed virus samples collected by 114 countries around

If you haven't already,
please get your flu shot!
Help protect yourself
and those around you.


Harm reduction is a relatively new concept in the United States. In many countries, harm reduction techniques have been used for quite some time and the data and evidence from these longer standing pro-

In Portugal their programs have resulted in levels of drug use far below the average in Eu-

Naloxone (also called Narcan) is another essential harm reduction tool. The National Institute on Drug Abuse describes Naloxone as, “a medicine that rapidly reverses an opioid overdose. It is an

opioid antagonist. This means that it attaches to opioid receptors and reverses and blocks the effects of other opioids. Naloxone can quickly restore normal breathing to a person if their breathing has slowed or stopped because of an opioid overdose.” Naloxone is commonly distributed as a simple to use nasal spray. The Central NH Community Opioid Response program can supply Naloxone, and provide training on how to administer, to any individual or organization

If you are interested in Naloxone, please reach out via the FindWellNH.org website or call 603-236-1873. Seeking help is a sign of strength. It is never too early or too late to guide yourself, or someone you know, on a path to wellness. Please visit findwellnh.org for more information and to explore the many options available right here in our own community.



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Fri. Dec. 3

10:30 AM–8:00 PM

Sat. Dec. 4

8:00 AM–10:00 AM

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

Sun. Dec. 5

2:00–4:00 PM

3:00–5:00 PM

PSU's Festival of Trees

10th Annual PES

Jingle Bell 5k Trail Run/Walk

Wreath-Making Workshop

PSU's Festival of Trees

Kids' Outdoor Holiday Bash (K–5)

PSU Holiday Concert

Hot Chocolate & Hospitality

Holiday Carol Sing-Along

Holiday Parade Begins

"Chill-Buster" Barbeque


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Skate with Santa

Pemi Choral Society Concert

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Towns

Bristol

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adblakeley0@gmail.com

So, are we sick of all the leaves, yet? I have some extras if anyone would like them... We certainly will get our exercise getting rid

of them this season! The Friends of the 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.

The Season is almost upon us! Here is a brief description of what is coming up for activities in the next few weeks. I will elaborate when more information comes to my attention. On Tuesday, Nov. 23 and Friday, Nov. 26 the One Stop Christmas Shop for Kids will be held at the TTCC (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 \$6 and under. Masks will be required. Volunteers will be needed for the Christmas Shop: pre-wrapping gifts – Nov. 16-23 anytime, at

home wrapping needs to be returned by Nov. 24. During shopping time wrappers and assistant shoppers will be needed Friday, Nov. 26 from 1-5 p.m. During BES shopping from 8 a.m. – 2 p.m. on Monday, Nov. 29, Tuesday, Nov. 30, and Wednesday, Dec. 1, wrappers and assistant shoppers will be needed each day, masks are required.

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. The trees will be unloaded on Tuesday, Nov. 23 and volunteers will be needed to help. This is a great way to get into the Christ-

mas spirit, helping and smelling the fresh trees! Please contact the TTCC if you would like to help.

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 - 8pm and Saturday from 10 a.m. until 8 p.m. Over 40 trees to bid on, and benefits Friends of Newfound Drama.

Next week, I will elaborate on the following activities for December: Where's Frosty?, a Facebook event will feature weekly posts of Frosty in various locales so you

can guess where he is, Breakfast With Santa on Dec. 11 at the Masonic Hall, Santa's Village will be outside this year with a Holiday Stroll at the NMMS parking lot on Dec. 11 from 4 – 7 p.m., and 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 on Dec. 17 and 18 from 5 – 8 p.m.

I hope shortages don't affect the celebrations planned for your Thanksgiving holidays. The stores are doing double diligence in trying to keep shelves well-stocked with the items we all enjoy on our holidays. It certainly is a difficult task, bearing in mind what the world keeps experiencing while plowing through the pandemic problems. Enjoy the season!

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Churches

Christian Science Society, Plymouth

Next Sunday we have a special musical treat – the solo for the service was written especially for this lesson by our organist Bob Swift and our soloist Richard Moses. Its title is “Soul’s Creation”. The topic of the Bible lesson is “Soul and Body” and begins with the quote from 1st Corinthians “...glorify God in your body and in your spirit, which are God’s.”

We'd love to have you join us at our Sunday services which are held at 10 a.m. each week. We hold Sunday school for children and young people up to the age of twenty at the same time. 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-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 short readings from the Bible and from the Christian Science textbook, and also time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our Bible study and prayer. Everyone is very welcome at this meeting.

Both the Sunday and the Wednesday services are available to attend on Zoom and we love to have visitors from near and far. You can visit our church website www.cs-plymouth-nh.org to learn about joining on-line services.

On www.jsh-online.com there are videos, podcasts and articles, including many for children and teens.

On www.christian-science.com you can learn more about Christian Science. It's also possible to link to and read The Bible and the Christian Science textbook “Science and Health with Key to the Scriptures” by Mary Baker Eddy.

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Edward Jones: Financial Focus

Work with life partner to achieve mutual goals

When you and your life partner work together to achieve your important long-term goals, such as a comfortable retirement lifestyle, the experience can be greatly rewarding. However, your success will require commitment and discipline. So, what steps should you take along the way? One key move is to decide early in your relationship how you will handle money. Many couples merge their finances and make joint decisions on major purchases. But some couples like to keep at least part of their finances distinct, perhaps by maintaining separate checking or savings accounts. There's really no one correct solution for everyone, but whatever you decide, you'll want to be assured that all the bills will be paid and that neither one of you feels the pressure of an unfair financial burden.

Here's another suggestion: Try to avoid keeping financial secrets from your partner. That means disclosing your debts, hidden funds or uncommon investments. These types of surprises can lead to difficulties and mistrust. Even if you're entering the relationship carrying something like a heavy student loan, it's best to get it out in the open right away so, together, you can strive to gradually eliminate it. Of course, there's also a practical side to not keeping secrets. Your large student loan could affect your credit rating – an issue that may arise when you and your partner are seeking a mortgage or some other type of loan. Clearly, you both should be aware of this potential stumbling block before you begin the application process. Now, let's consider your investments. You each may have your own

IRA and 401(k) or similar employer-sponsored retirement plan, but you might also share a joint investment account. However, you might not share the same risk tolerance – perhaps one of you tends to be more aggressive, willing to take more risks in exchange for potentially higher returns, while the other is more conservative, preferring to keep down the risk level of a portfolio, even if it means lesser capacity for growth. Again, neither you nor your partner is necessarily “right” or “wrong” in your views on investing – and nobody's feelings about risk should be ignored. But once you've clearly identified your retirement goals and estimated their cost, you may find that compromise is possible. In other words, perhaps the conservative

partner will realize that a too-cautious approach could hinder progress toward the desired retirement goal, while the partner who focuses on maximum growth will learn that a somewhat less aggressive approach can still yield the desired results. This type of compromise may affect the investment choices you make in your individual accounts as well as your joint accounts. And the way you choose your investments may even change over time, especially if your financial goals evolve. Ultimately, communication is the key. As long as you're talking to each other and openly expressing your wishes and concerns, you and your partner can find a way to keep moving toward your mutual goals.

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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.

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Pemi-Baker Hospice & Home Health celebrate!

PLYMOUTH — National Home Care and Hospice Month in November is when we honor all professionals who work in the broad field of home care and hospice work – this includes physicians, nurses, LNAs, social workers, physical therapists, and so many more. Each requires a different skillset and comes with its own emotional and physical demands. The professionals who perform these services are committed to helping patients live, as well as pass away with dignity. This month is for them.

Home Health Care Can Reduce Falls and Hospital Readmissions

If you have had surgery or been hospitalized for a medical illness, you might have safety concerns at home, particularly the risk of falls. The truth is that falls with resulting injuries are quite common in hospitals,

despite efforts to reduce them. There is a growing body of evidence to suggest that an elderly or ill person is less likely to suffer a serious event at home compared to an acute care setting. Home care can also reduce the rate of hospital readmission.

Home Health Care Provides a Medical Level of Care at Home

After hospitalization, most people prefer to heal at home. Similarly, the elderly prefer to stay home rather than go to a skilled nursing facility. Home health care can provide a variety of benefits to support activities of daily living as well as 24/7 nursing care, disease management, ostomy and catheter management, surgical after care/wound care, medication management and care for high risk pregnancies, infants and children. If the only thing keeping a patient in the hospital is the need for intravenous medications, there is

good news: there is now
a way to manage infu-
sion therapy at home.

Home Health Care Can Provide Physical Therapy and Occupa- tional Therapy

If you've had surgery and you'll be needing physical or occupational therapy, you don't have to go to a rehabilitation facility. Pemi-Baker Hospice & Home Health offer at-home therapy services. Another benefit that at-home therapy provides, is the opportunity to assess the safety and accessibility of the home environment. A therapist's trained eyes can spot fall hazards or bathroom dangers and provide helpful preventive advice.

Hospice Provides Dignity for Many

Home care and hospice workers believe that those at the end of their lives deserve the right to pass peacefully and on their own terms. They elderly often far prefer to stay in the comfort of their homes, where they

feel freer and are at less risk of contracting other illnesses. The existence of hospice makes this level of freedom available to many who otherwise would not have had it. Hospice care offers 24/7 clinical support, medication and pain management, assistance with daily living activities, medical supplies and equipment, volunteer support and companionship, social, spiritual and grief support from social workers and chaplains, for the whole family.

Hospice Month Gives us a Chance to Improve Caregivers' Lives

These family members and/or professionals dedicate physical, emotional, and mental energy to each one of the individuals in their care, and often deal with the emotional fallout when the terminally ill take a turn for the worst or pass away. Pemi-Baker offers advice and support in the home to the families they are caring for and

also offers a Caregiver Support group every first Wednesday of the month at 10 a.m. in person or via ZOOM.

Hospice Proves the Healing Power of the Home and Loved Ones

The elderly who wish to retain the freedom of staying in their home and ending their lives on their own terms experience true psychological benefits. Their comfortable surroundings allow them to end their lives with a sense of dignity, which is incredibly valuable. In fact, home care harkens back to older days, when tending to the terminally ill at home was the standard. There's always the added benefit of being closer to their loved ones in their final days.

If you think you or your loved one would benefit from home health care, palliative care or hospice care we urge you to visit our website to learn more or call to speak directly to a professional who will

guide you.

With over 50 years of experience, serving clients from 28 towns in central and northern New Hampshire, Pemi-Baker Hospice & Home Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and palliative care, and Community Programs including: American Red Cross CPR/AED/FA, Caregiver Support Groups and Grief and Bereavement Support Groups. Providing compassionate care with experienced staff who are trained, certified professionals in the business because of their hearts. In your time of need, we're right where you need us.

Pemi-Baker is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: @PBCH4

FROM PAGE A1

NH, an organization that has been granting life-changing wishes for children with critical illness for 35 years. For more than a decade, restaurants in The Common Man family have sold paper wish stars, dedicated proceeds from an 'Eat a Dish for Make-A-Wish' menu, organized raffles, held spaghetti dinners and formed a Rafting for Wishes team to benefit the non-profit.

“We are grateful to our guests, staff, vendors and partners who always step up to support our Do Good efforts,” said Common Man CEO Vince Vella. “We wouldn’t be able to make such an impact for our non-profit friends without them.”

The goal of Make-A-Wish NH is to allow children fighting a critical illness to have a positive experience they can hold on to throughout their battle and beyond. Make-A-Wish strives to grant the heartfelt wish of every eligible child between the ages of 2.5 and 18 in New Hampshire. Each wish reflects the hopes and dreams of the individual child and fulfillment of that wish offers the excitement of anticipation, fond memories, hope for a better future, and truly delivers a life-changing experience to all involved. Learn more at wish.org/nh.

Celebrating 50 years of hospitality in New Hampshire, The Common Man was founded in 1971 by owner Alex Ray. The hospitality family is made up of 15 restaurants, two Inns, a Spa, Company Store, The Flying Monkey Movie House and Performance Center, The Barn on the Pemi wedding and event center and Common Man Roadside in Hooksett, Plymouth and Manchester. Locations include Common Man-

named restaurants in Lincoln, Ashland, Concord, Claremont, Merrimack and Windham; Common Man Inn & Spa, Foster's Boiler Room,

Italian Farmhouse, The
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Grille, Camp, Lago and Town Docks in Meredith; Route 104 Diner in New Hampton; Tilt'n Diner in Tilton; Airport Diner in Manchester;

and the Co. Store in Ashland. For more information about The Common Man, visit thecman.com, become a fan on Facebook at www.facebook.com/thecman.

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Gift ideas for people who love to cook

Many people know someone who loves spending lots of time in the kitchen. Certain home cooks may enjoy whipping up favorite recipes, while others might get excited about experimenting with new flavors and ingredients.

A love of cooking paves the way for many different gifting opportunities. Food-related gifts also come in a wide variety of price points, making it easy for shoppers to spend as little or as much as they want.

1. Sheet pans: They may not seem like the most sexy or high-tech tools of the kitchen, but sheet pans are among the most versatile. They can be used for cookies, sheet pan cakes, oven-frying cutlets or fries, or even serving as the perfect bases for candy brittles.

2. Air fryer tool set: By now many people have hopped on the air fryer bandwagon, but they may not have all of the accessories to take air frying to the next level. From spatulas to tongs to silicone brushes, an air fryer tool set can make meals even more delicious.

3. Dutch oven: You'd be hard-pressed to find a more hard-working tool in the kitchen than a Dutch oven. These heavy, often enameled cast iron vessels come in various quart sizes. They can be used to cook stews, breads, cakes, and much more.

4. Kitchen compost bin: Home cooks who want to cut down on waste will appreciate a countertop compost bin to gather food scraps.

5. Serving board: The rise in cheese and charcuterie boards means cooks will need something attractive to serve their spreads. Wooden and stone boards are attractive when serving sliced cheeses, crackers, chutneys, and other appetizers.

Stock up on food-related gifts now for those people on your holiday shopping list who love to cook.



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Visit our website to download a copy of our **"Season of Savings"** 8-page Sales Flyer (or pick up one at one of our 9 locations) for great gift ideas, decorations and more! Sale runs Nov 19- Dec 31, 2021.



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NASHUA, NH 603.880.7778	ASHLAND, NH 603.968.7626	WINCHENDON, MA 978.297.1162



Christmas in Wolfeboro Community Event

Christmas in Wolfeboro Parade

Santa's Arrival & Tree Lighting Ceremony
Caroling at the tree leading up to the ceremony.

Saturday, November 27th at 3pm

Family Shopping Days

Businesses will collect your donations to L.I.F.E. Ministries Food Pantry and Wolfeboro Children's Christmas Fund.

Saturday, December 11th • 12- 4pm



Deliver your wishes to Santa's Hut!

**November 27th -
December 24th**

Wolfeboro Area Chamber of Commerce
www.wolfeborochamber.com • 569-2200

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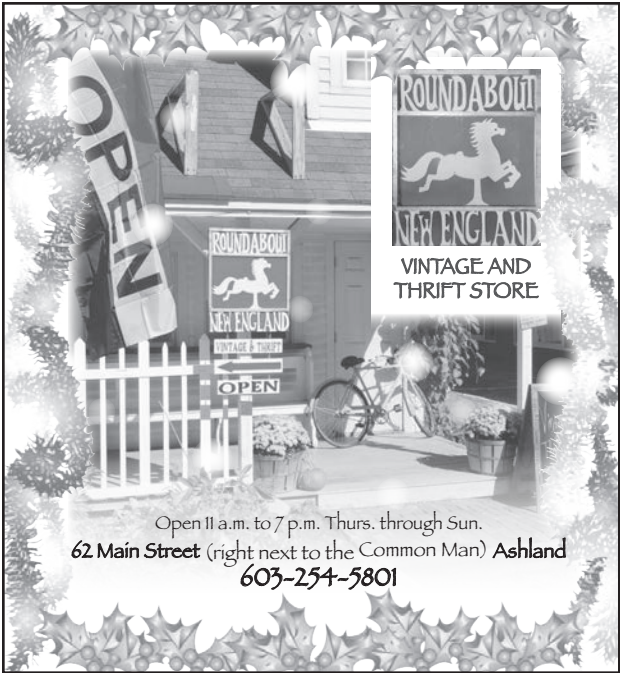
Manna's Place



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Shop locally during Christmas in Wolfeboro

5 ways to support small businesses this holiday shopping season



Small businesses long have been the heart and soul of local communities. There is something to be said about being on a first-name basis with a local restaurateur or another small business owner, as such familiarity often translates into exemplary service.

According to the U.S. Small Business Administration, small businesses account for 99.9 percent of companies in the country, due in large part to the broad definition of small businesses (those with fewer than 500 employees). However, the vast majority of businesses in

the United States have a staff that's smaller than 20 workers, according to the Small Business & Entrepreneurship Council. These firms employ nearly 60 million workers, says the SBA.

Despite the prevalence of small businesses, fewer than 80 percent of entrepreneurial small business ventures make it beyond their first year, and only around half make it beyond five years.

Consumers who want to help their favorite small businesses survive can use the holiday season and beyond to set the course for success. Consumers can make a concerted effort to fuel this important cog in their local economic engines.

- Shop local. The concept is simple but effective. Opting to shop in local stores over larger conglomerates and franchises can help small

- businesses take root. Before making holiday shopping lists, visit local stores and base gift ideas on items they have in stock. Chances are those gifts will be one-of-a-kind.
- Purchase gift cards/certificates. All businesses have slow periods, and post-holidays is often a time when sales stagnate. Gift cards may bring new customers into local businesses who might otherwise not have patronized them, potentially creating new repeat customers.
- Cater holiday meals and gatherings. The holiday season is chock-full of entertainment opportunities. Individuals can rely on nearby restaurants and other food and beverage businesses to cater holiday parties. Some businesses also may be willing to discount or donate food for nonprofit group activities, such as

- church holiday bazaars, school holiday concerts or fundraising fairs.
- Mention small businesses on social media. The holiday season breeds excitement. Therefore, when shoppers are in local stores, they can snap pictures of products and overflowing shopping bags and post them online while praising local businesses.
- Think about subscription gifts. Enrollment in a health club or a massage therapy service are gifts that keep on giving for the recipient, but also help ensure consistent incoming cash for the business providing the service.

When shopping this holiday season, consumers can look to the small, local businesses in their communities that help make towns and cities unique.



Plymouth Inn White Mountains

20% off any day

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Use code BW20OFF

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Thanksgiving

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ACCEPTING RESERVATIONS FOR CHRISTMAS/HOLIDAY PARTIES

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Breakfast with Santa

Sunday, December 19
10am – 1pm
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Country Farm Home filled with New Hampshire's handmade items just in time for the Holiday Shopping!!

Open Hours
Friday November 26th 9am-6pm
Saturday November 27th 9am-6pm
Sunday November 28th 10am-4pm

As always MasterCard and Visa are accepted

Featuring: Fresh Holiday arrangements, kissing balls, wreaths, candles, wooden crafts, farmhouse-style signs, various ornaments, primitive Santa's/ snowmen, quilted table runners, Smoked cheese, dog bones/treats, hand scrubs, knitted items and many other items.

There is MUCH MUCH more and something for everyone!

Come start your Holiday shopping in our Country farmhouse!

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Holiday SALE!

20% OFF

ALL IN-STORE ITEMS!



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NOVEMBER 26TH THRU DECEMBER 11TH

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603-539-5971 • www.skehanhomecenter.com • Visit us on Facebook

Coupon must be presented at time of purchase for discount. Some exclusions apply, see store for details.

Give your home a gift for the Holidays!

Major benefits to early holiday shopping

Some people begin their holiday countdowns the day after the festivities have come and gone. With 365 days until the next celebration, it may seem like one has all the time in the world to complete holiday tasks. But before long, holiday crunch time arrives and some people find themselves rushing around to buy gifts and other essentials.

A 2020 Gallup poll found the average holiday shopper planned to spend \$942 on gifts in 2019. The personal finance site Mint.com from Intuit reported roughly \$729 billion was spent during the holidays in 2019 — making it the biggest holiday season to date.

Though the pandemic changed the holiday shopping landscape in 2020, a return to normalcy appears to be on the horizon for the

2021 holiday shopping season. In fact, the adage of “the early bird catches the worm” could help shoppers scoop up gifts and bargains before the holiday shopping rush begins. Individuals who start their holiday shopping early this year may discover there are many benefits to such an approach.

Spread out spending

Those who begin shopping well before the holiday season arrives can spread their spending over several months rather than a short period of time. This can make shopping more affordable for those who may have limited financial leeway. It may be easier to swallow spending an extra \$100 per month throughout the year as opposed to having a \$1,000 bill at year’s end.

Shop sales

A Coresight Research survey found that more than 25 percent of shoppers expected to start holiday shopping earlier than usual in 2020, when retailers offered their promotions earlier than normal to compensate for a decline in brick-and-mortar shopping. While it remains to be seen what retailers will do this year, shopping early means people are not

beholden only to holiday sales promotions; they can take advantage of major sales throughout the year, including Martin Luther King Jr. Day, Memorial Day, Labor Day, back to school season, tax-free weekends (often offered in August), and even retailer-specific sales like Prime Day.

Avoid delays

Continued pressure on shipping companies as on-

line shopping has become so prevalent inadvertently leads to delays. Couple this with supply chain disruptions due to the pandemic, and certain items may be out of stock or on back order.

“With potential product shortages continuing, if you see something you know you want, go ahead and buy it,” said Karl Haller, retail industry ex-

pert at IBM Global Business Services.

Shopping early also assists those who have to ship gifts domestically or internationally. Shopping early ensures those presents get to their recipients on time.

Getting a head start on holiday shopping is advantageous to shoppers who want to budget, save and ensure items are available.

Gifts to applaud about:
2022 First Call Ticket Pairs
2022 First Call Subscriptions

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Cooking CenterStage: recipes from the heart

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Information and Order Online 24/7

Loon Center Holiday Sale

Small Business Saturday, Nov 27 | 9am-5pm
10% off **IN STORE** at The Loon Center
*excludes sale and clearance items

Fri, Nov 26 - Mon, Nov 29
10% off ALL ITEMS
Daily FLASH Sales
ONLINE at www.loon.org/shop

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Winter Hours: Thu - Sat, 9am-5pm
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Artistic Roots is the place to find unique handcrafted gifts by NH artists. 40 juried artists in wood, glass, fiber, paint, paper, photography, ceramics, metals, embroidery, & more.

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NEW HAMPSHIRE Electric Co-op

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- ☐ Install Solar PV (25% Tax Credit if in service by 12/31/2022) to provide clean renewable electricity to my home
- ☐ Buy a Plug-In Hybrid Electric Vehicle (\$600 Rebate) to spend less time at the gas pump
- ☐ Buy a Battery Electric Vehicle (\$1,000 Rebate) to skip the gas pump for good
- ☐ Install an EV Charger (\$300 Rebate) to charge my EV off-peak and save
- ☐ Install a Battery Backup for my home rather than a gas or diesel generator
- ☐ Consider buying an electric or battery operated lawnmower rather than a gas model (you may get an end of season deal)
- ☐ Consider buying an electric or battery operated snow blower rather than a gas model (you may get a pre-season deal)
- ☐ Install a Sense home energy monitor (\$75 discount from Sense, \$75 NHEC Rebate) to better understand your electric use

Visit www.nhec.com for complete program details

OPEN ENROLLMENT

SATURDAY, NOVEMBER 20, 2021

10:00 AM - 2:00 PM

Greater Tilton Family Resource Center
5 Prospect Street, Tilton, NH

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Is Medicare or Medicaid an option?
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Cold Turkey Plunge Nov. 27 in Waterville Valley

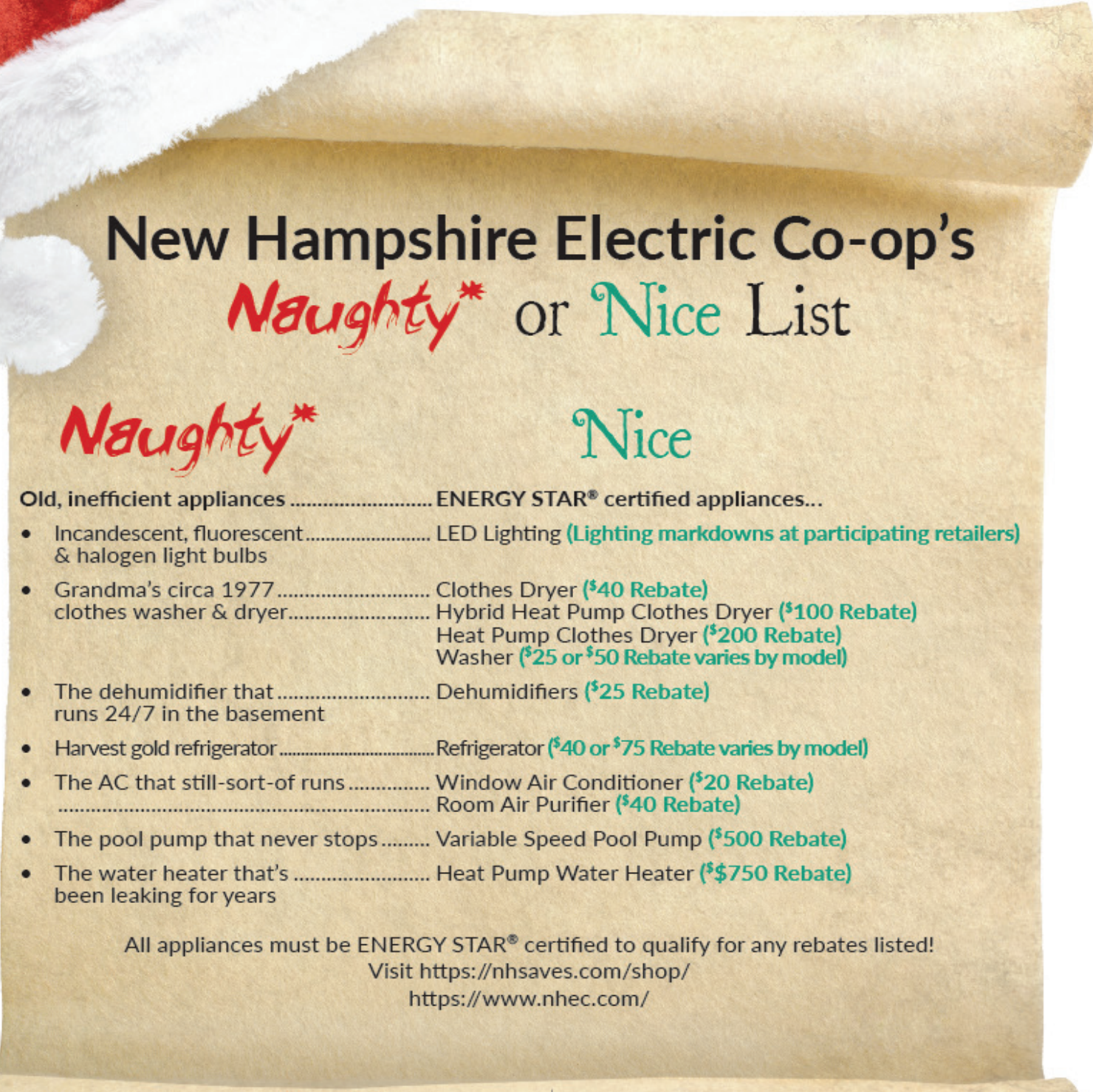

WATERVILLE VALLEY — On Saturday Nov. 27, the Waterville Adaptive Sports Program will kick off the holiday season with the ninth annual “Cold Turkey Plunge” into the icy mountain waters of Corcoran Pond in the heart of Waterville Valley. The Plunge is a fundraiser to support the programs efforts to provide athletic activities for persons with cognitive and physical disabilities. Over the last eight years the Plunge has raised more than \$275,000. This year that support has let Waterville Valley Adaptive Sports contribute to a lift that will make all three floors of the base lodge handicap accessible. Plus, the program has acquired the use of a state-of-the-art Tetra-ski that allows paralyzed athletes to control the ski with their breath. Waterville Valley Adaptive Sports is one of a select few programs in the country to have this piece of equipment.

Participants are asked to raise a minimum of \$50 in donations. For their efforts they will receive an official “Cold Turkey Plunge” long sleeve t-shirt and a tasty cold turkey sandwich courtesy of Chef Sean Stout from the Coyote Grille. Additionally, prizes will be awarded to the “Grand Gobblers” in various categories; individual with the most donations, team with the most donations and best costume (costumes are encouraged but optional).

The Greater Waterville Valley Community has embraced the event. Teams are already being formed, challenges are being made. Ski at Waterville Valley in the morning, take the Plunge at 1 p.m., then linger in the Town Square and enjoy some Holiday shopping and dining. All the shops and restaurants will be decked out for the season.

For more information and to register go to www.watervilleadaptive.com.





New Hampshire Electric Co-op's *Naughty** or *Nice* List

*Naughty**

Old, inefficient appliances

- Incandescent, fluorescent..... & halogen light bulbs
- Grandma's circa 1977 clothes washer & dryer
- The dehumidifier that runs 24/7 in the basement
- Harvest gold refrigerator
- The AC that still-sort-of runs
- The pool pump that never stops
- The water heater that's been leaking for years

Nice

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- Dehumidifiers (**\$25 Rebate**)
- Refrigerator (**\$40 or \$75 Rebate varies by model**)
- Window Air Conditioner (**\$20 Rebate**)
- Room Air Purifier (**\$40 Rebate**)
- Variable Speed Pool Pump (**\$500 Rebate**)
- Heat Pump Water Heater (**\$750 Rebate**)

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