

Walmart gives big for kids and upcoming events at TTCC

BRISTOL — The Tapply-Thompson Community Center would like to send out a huge thank you to the Plymouth Walmart and their Managers, Melissa Clayton and Lawrence Bellucci for their donations of food items for our Every Child is Ours – Weekend Food Supplement Program. Since May of this year the Plymouth Walmart has donated \$1,000 worth of food to our program, with their most recent donation arriving just last week. With their help we have been able to meet the increasing need for food assistance this year; Thank you so much!

In other TTCC news, please check your mailboxes for our 2023-2024 Annual Fund Appeal Letter where we ask for your help in supporting the programs and spe-

SEE TTCC PAGE A5



Fifth and sixth grade students at Jennie D. Blake School in Hill held a public unveiling of their book “Jennie’s Story” last week, a historical fiction written about the namesake of their school, Jennie Dickerson Blake. Among the young authors and illustrators are: Olivia Bell, Lillyann Davis, Avarie Dill, Connor Kulacz, Acelyn Lamos, Marin Rea, Ruby Reise, Kinley Smith, and Mason Sylvestre. (Absent from the photo are classmates Kyla Gallagher and Lily Carter)

Early deadlines for Thanksgiving

With Thanksgiving falling on a Thursday, when the Newfound Landing would ordinarily be published, the submission deadline for any press releases and letters to the Editor intended for publication in next week’s edition has been moved up to Monday, Nov. 20 at 4 p.m.

Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

The staff of the Newfound Landing thanks our readers for their cooperation, and wishes one and all a safe and happy Thanksgiving.

New book by Hill students tells story of school’s namesake

BY DONNA RHODES
Contributing Writer

HILL — Residents the Town of Hill filled the gymnasium at the Jennie D. Blake Elementary School on Nov. 8 for the first public presentation of the book “Jennie’s Story,” written by students who wanted to tell the tale of the woman for whom their school was named.

“This is perhaps the most rewarding time I’ve had here,” said Principal Dr. Brian Connelly. “It’s a culmination and a slice of so many things that have happened here.”

He recalled that the story behind the book began when two women, Carol Snow-Asher and Lucy Natkiel, walked into his office and introduced themselves as members of the Hill Historical Society. Their visit was to request a chance to educate students of Jennie D. Blake School on the history of their town that once sat beside the Pemigewasset River but was moved upland in 1941 when the Army Corps of Engineers built the Franklin Dam to control flooding along the river. It became the only town in New Hampshire history that was moved in its entirety to make way for a dam.

After their talk with Connelly, the women created a plan to make sure children throughout their elementary years learned the history of the town. Beginning in first grade they all receive a binder titled “Our Story- the History of Hill,” and as the historical society gives talks on different aspects of the town history, they add another page to their binder.

“It’s become part of our curriculum here. You can’t help but fall in love with Hill and its unique history,” Connelly said.

It was about two years ago when the concept of writing a book on one facet of the town’s history came to light when Carol Snow-Asher asked the

SEE JENNIE’S STORY PAGE A11

Revenge served

Football Bobcats knock off Sabers to advance to D2 title game

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — On paper, it wasn’t an upset.

But to most everyone on the outside looking in, the second-seeded Plymouth football team’s thrilling 21-20 win over third-seeded Souhegan in the Division II semifinals on Saturday was not the ending they were expecting.

Of course, those on the outside didn’t include Plymouth coach Chris Sanborn, who knew at halftime, with his kids trailing the visiting Sabers by seven points, that they had the game wrapped up.

“We knew (at halftime) that they’d figured out what we’ve been telling them about how to play defense,” Sanborn said. “We had figured it out, we had momentum and all the pressure was on them, none was on us.

“We had nothing to lose,” the Bobcat coach added.

SEE FOOTBALL PAGE A5



Assistant coach Mike Bownes paces in front of the Plymouth bench in the final minutes of the Division II semifinals on Saturday.

JOSHUA SPAULDING

Bristol United Church of Christ Women’s Fellowship announces Christmas Fair

BRISTOL — On Saturday, Dec. 2, the annual Christmas Fair will be held in Fellowship Hall at the Bristol United Church of Christ, 15 Church St., Bristol. There will be free hot mulled cider and donuts to enjoy as shoppers select from the home baked goods table, crafts made by the ladies and gently used Christmas decorations. Balsam wreaths will also be on sale for \$20.

Proceeds from the fair are used to further the mission of the fellowship, to help local nonprofit organizations. The fair hours will be 9 a.m.-noon. For more information, you may contact 603-744-2751.

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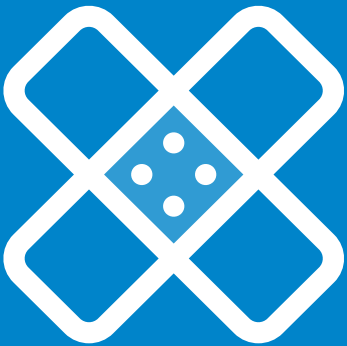
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The Newfound cross country team enjoyed a successful season with many highlights.

COURTESY PHOTOS

Newfound cross country enjoys strong season

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound cross country team enjoyed another successful season and coach Mike LaPlume reflected on the season that is now in the rearview mirror.

“The summer training began hot, and I mean hot,” said LaPlume. “We trained through some of the hottest weather I’ve ever trained in.”

Talk throughout the early season included hydration, pickle juice, submersibles, shoe rotation and even tacos and as the preseason went along, LaPlume said he could see the potential in the team as members worked through the humid summer months.

Runners came into the season in great shape, many showed up for quite a few summer practices and LaPlume said he could see the progress in some of the early season races. New runners joined the team as the season began and they all jumped right in, started working hard and building their bases.

The team also had a trio of dual-sport athletes join up and run with the team in a few practices and races throughout the year.

“As we got into the early part of our season, the heat was still on,” LaPlume stated, noting that the team had to cancel the scheduled Fun Run due to the heat. “Yet, the kids just continued to work on their skills and execute the plan we gave them race after race.”

Through the first few races, the team was still missing some pieces as injuries and illnesses took hold, but there were still plenty of strong performances from the runners during races at Gunstock, Great Glen, Mascenic and the Mills Invitational.

The team really started to get healthy as the Bears headed to Belmont and put together a good day. From there, they moved on to the New Hampshire Marathon in Bristol, where some athletes helped out as volunteers, others signed up for the 10K and Julian Field ran the half-marathon.

“It was fun to see some of our athletes connect and give back to the community while others pushed themselves outside their comfort zones,” LaPlume noted.

Moonlight Madness, a nighttime race at Monadnock, is where things seemingly started to click for the Bears, as LaPlume noted there was great team energy going into the race and virtually everyone ran their best time of the season to date on that night. They continued to bring that energy to Hopkinton, where there were more standout performances on a challenging course, with LaPlume singling out Emerald Briggs and Colin Foster for their performances that day.

Before heading to the postseason, the team had the annual lip sync competition, using the theme of Hollywood to perform “We Go Together” from

Grease and LaPlume notes that there was no doubt that his team had the most fun.

The Capital Invitational at Merrimack Valley was another great race for the Bears on a course that LaPlume loves against a great field of runners.

“Once again, just like in past years, it proved to be a great race for our squad,” the Bear coach

said. “At this point in the season, the kids were really starting to round into shape and we saw our strongest performances we had seen all season.”

After a great week of practice, the annual Se-

nior Sauce team feed, the Friday night dance-off and a little race strategy talk, the team headed to the Division III State Meet in Manchester.

“D3s was not quite the day we wanted it to

SEE XC PAGE A11

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Plymouth Regional High School honor roll

PLYMOUTH — Plymouth Regional High School has released its honor roll for the first quarter of the 2023-2024 school year.

Seniors

High Honors: Mad-dox Allain, Anya Barach, Taylor Bourne, Addison Englund, Ainsley Girouard, Reese Hall, Lily O'Brien, Grady O'Leary, Emma Smith, Kerry Tole, Chance Twomey, Sydney Valenti

Honor Roll: Kailey Aguilar-Burt, Quinn Amsden, Brooke Austin, Dominic Ballou, Samantha Barnsley, Lucie Beauchemin, Lia Bisson, Owen Cahoon, Sabina Casale, Viola Chamberlin, Elizabeth Clark, Janelle Comeau, Jasmine Comeau, Khalil Dakhli, Alex Domenichello, Leo Ebner, Adrianna Elfstrom, Logan Finkle, John Flaherty, Eliza Foote, Andrew Frazier, Aubrie Glidden, Abey Gordon, Carver Grasso, Hailey Guilbert, Molly Harris, Brennan Johnson, Madison Jones, Ekaterina Kambina, Gabriel Kean, Christine Kuan, Carl Levin, Madeleine Levin, Nathan Lorrey, Kelsey Maine, Paul Mason, Elizabeth Means, Kayley Merrifield, Avery Noyes, Charles Peters, Jaden Read, Lilah Rose, Greydon Stebbins, Gavin Thibault, Jyllian Thurston, Violet Towers, Adeline Trevino, Declan Ulricson, Baily Veasey, Dylan Webster, Carolyn Yee

Juniors

High Honors: Iris Adams, Thomas Daigneault, Brooke DiNatale, Nolan Galvin, Nathaniel Gervez, Viviana Goodbout, Sophia Hamnett, Leah Ines, Cillian Kenneally, Ry-lie Langford, Hannah Latulippe, Annaliese McClain, Skyla McNamara, Shelby Montague, Emmitt Nos-saman, Jolene Read, Nicholas Ring, Norman Sackett, Noah Shaw, Reagan Sutherland, Evan Tyler

Honor Roll: Abigail Avery, Leela Bakhshi, Evan Bavis, Anna Boy-

er, Katie Campbell, Aiden Caya, Brianna Chandonnet, Cameron Ciechon, Remington Cormiea, Elijah Crane, Jamie Crowley, Brynn Daigle, Harrison Dixon, Kelina Donnelly, Joanna Doyle, Evan Duchette, Alex Fleury, Morgan Gilpatric, Sophia Giovan, Patrick Gleich, Mason Glew, Heron Hannon, Naya-na Haring, Lillian Jen-kinson, Ryan Killion, Lukas Legacy, Samuel Liebert, Gordon Love, Alexis Lucas, Nathan Lyons, Christopher MacDonald, Grady Marunowski, Clara Mc-Cauley, Nicholas McK-enzie, Carys Mitchell, Vincent Moccio, Natalie Payne, Robert Phipps, Jane Price, Keira Ray, Kate Ricotta, Margaret Roper, Corbin Ross, Ja-cob Sanborn, Julia Sec-or, Evelyn Sidor, Drake Tautenhan, Paige Van-sickle, Nicole Wilcox, Devyn Williams, Tavari Wilms

Sophomores

High Honors: Aman-da Ahern, Jackson Bouchard, Caleb Du-tille, Elizabeth Englund, Yiseul Lee, Darcie Lu-cas, Turner Oldenburg, Margaret Pitman, Courtney Sabato, Isa-bella Son

Honor Roll: Addison Allain, Layla Ansaldi, Dylan Bean, Finnian Bellamy, Isaac Ben-ton, Alyx Boulanger, Ashlyn Brennan, Zoey Brett, Graeme Burtis, Erica Currier, Emily DiCalogero, Jeffrey Doherty, Jr., John Duffy, Sebastian Eisen-barth, Sydney Fullerton, Hailey Garnsey, Sabine Halm, Tate Hay-man, Tegan Hershey, Blaine Hiltz, Lucette Keene, Sophie Kelsey, Jacob Kostelak, Cam-dyn Learned, Logan Libby, Cooper Mack, Eva Marshall, McK-enzi Melanson, Allie Merrill, Emily Nichols, Rachel Pamplin, Ellis Pietroniro, Alexander Shinn, Mia Simpson, Nellie Stanley, Trista Strickland, Anthony Torres, Avery Tut-tle-Wilcox, Nathan Van De Moere

Freshmen

High Honors: Issac Ahearn, Ezra Amsden, Rory Comtois, Benjamin Daigneault, Maggie Demler, Gracie Dube, Niko Furbish, Claire Gervez, Katherine Hancock, Abraham Hankens, Isabella Klofac, Naomi Koren, Yuriy Paul, Daniel Richard, Colby Savage, Addison Shamansky, Isabella Sil-va, Jael Simmons, West Thompson, Mikayla Walker, Amy Watto

Honor Roll: Stori Balazs, Alexander Beaman, Nenah Bil-lin, Olivia Currier, Sydney Dekutoski, Carmen Donis, Gwen-dalyn Donnelly, Ella Duchette, Ryder Fran-cis, Emma Franz, McK-enzie Gardner-Lewis, WilhaSol Hage, Ava Hamnett, Alexis Har-lington, Mackenzie Haungs, Rylee Hinkley, Johnny Hu, Declan Kenneally, Jack Keul, Loki Kulakovich, Jasper Majersky, Leanna Marsh, Shelby McDon-ald, Cullen McNair, Evan O'Leary, Rhianna Pino, Ava Plummer, Gabriel Poehnert, Lily Renkert, Piper Roberts, Brodhi Rousseau, Ab-igail Sanborn, Cavan Sanborn, Isaac Sands, Graham Sevigney, Ma-bel Shuffleton, Wesley Sidor, Matthew Valenti, Grant Vansickle

Your household and carbon monoxide poisoning

REGION — Carbon monoxide (CO) poisoning is a serious public health concern as it is the leading cause of poison-related deaths in the US. Cold temperatures naturally necessitate spending more time indoors and keeping warm with heater systems that burn fuels such as oil, natural gas, propane, kerosene, coal, and wood. These combustible fuels all contain carbon, and if burning is incomplete, CO is produced. Other common culprits that produce CO include automobiles, propane heaters, grills, portable indoor heaters, and gas-fired stoves, ovens, and water heaters.

Why CO is particularly concerning is that it is an odorless and tasteless gas; so, without CO alarms, it is impossible for people to know when they are suffering from CO poisoning. When CO is inhaled, it replaces the oxygen in our bloodstream. Without intervention, this effectively means that victims of CO poisoning begin to suffocate to death. As is often the case with health issues, the most vulnerable to serious effects of CO poisoning are the elderly, young children, people with heart and/or lung conditions, pregnant people, and people who smoke. Common symptoms include breathing difficulty, chest pain, confusion, coma, convulsions, dizziness, drowsiness, fainting, fatigue, general weakness, achiness, headaches, hyperactivity, impaired judgment, irritability, low blood pressure, muscle weakness, rapid or abnormal heartbeat, shock, nausea/vomiting, and unconsciousness. Victims of less severe CO poisoning might think that they have a cold or the flu because of the similarity of symptoms. It also is common for household pets to demonstrate symptoms before humans.

Make sure you follow the recommended maintenance schedule for your heating system including technician in-

spections. Those living in older homes with older heating systems are more likely to have less efficient filtering systems, but all should be cognizant of the risks of CO and take appropriate precautions. Install CO detectors and change alarm batteries regularly—for example, when you change your clocks. Make sure that you have ventilation if you use gas-fired appliances and follow maintenance guidelines. Another major source is automobiles. Don't idle your automobile in a closed garage (even with well-tuned vehicles).

Interestingly, there is some data to suggest that people who think they live in a haunted house may actually be suffering from the hallucinogenic side effects of CO poisoning. The American Lung Association states that the first documented case of this occurred in 1912 and other similar incidents have been recorded since. If you share your home with some unwanted spirits, please consider having your appliances checked!

If you know that you have been exposed to CO, immediately get yourself and everyone in your household to fresh air. Next, call your local emergency services, as well as the Poison Control Center at 1-800-222-1222 for further guidance. Then contact your healthcare provider for medical attention. Carbon monoxide can be life-threatening, so please make sure that your household is taking this seriously.

The Central NH MRC/CERT Unit provides public health education such as CO health risks to communities throughout our region. We welcome volunteers of all professional and academic backgrounds to join our team. If you would like to be a part of our Unit, please contact Angel Ekstrom at aekstrom@midstatehealth.org or (603) 238-3602.

Forest Service Christmas tree permits available for purchase

REGION — White Mountain National Forest officials are welcoming the public to select and cut a Christmas tree on the White Mountain NF (WMNF) with the purchase of a \$5 permit. Permits are available for purchase on-line (an additional \$2.50 service fee applies) or in-person at a WMNF office. Fourth graders with an "Every Kid Outdoors" pass are eligible for a free Christmas tree permit and can apply by entering the pass or voucher number when purchasing a permit.

Permits can be purchased online or in-person at a WMNF office

Only 1 permit issued per household per year. Trees are for personal use only, not for resale. Each family may cut one tree per permit per year.

Use only hand tools to cut Christmas trees. Chainsaws are not permitted.

Make sure you are on National Forest land. Respect the rights of landowners when crossing private property.

Do not cut trees within 100 feet of: campgrounds, picnic areas, trailheads or developed

recreation areas, experimental forests, designated wilderness areas, water bodies, active timber sales.

Do not cut trees within 100 feet of paved roads and 50 feet from dirt roads.

When you purchase the permit ask if there are any known "off limit" areas.

Do not cut trees larger than six inches in diameter at chest height. Pack down limb piles low enough so they are within two feet of the ground.

Cut your tree so remaining stumps will be less than 10 inches in

height.

Be prepared for winter -- dress appropriately in warm clothing and make your day a safe one!

White Mountain National Forest Offices

Pemigewasset Ranger District -- 71 White Mountain Dri., Campton-- 603-536-6100

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XC FROM PAGE A3

be, but it was a great day nonetheless," LaPlume stated.

Briggs, Ceili Irving and Addie Alpers continued to run near the front of the pack while Charlotte Kaempfer and Josie Halle had breakout races to round out the scoring. Soraya Glidden and Reece Cutting stepped up as well and the team finished sixth, one point out of fifth, the second-best finish for the girls' team in the history of the program.

The boys turned in their best performance of the season, with Colin

and Evan Foster leading the way and Kelton Austin, Toby Eckert and Wyatt Towne closing out the scoring with their best races of the season. Field and Jack DiFilippe had gutsy performances as well, with the team finishing 12th overall.

"We put two girls and two boys in the top 20, qualifying them for MOCs," LaPlume said, noting Briggs had the third best finish for a female from Newfound at D3s with her fifth place finish, while Irving was 12th. Colin Foster was 10th and recorded the second-best time for a Newfound freshman at Derryfield ever, while

Evan Foster was 14th and earned his third trip in a row to the Meet of Champions.

At Alvirne for the Meet of Champions, Briggs and Irving executed the plan perfectly by getting out fast and trying to avoid getting caught in the crowd, ran strong, smart races and had personal bests to show for it at the end of the day. Briggs was 29th and Irving was 67th. The Foster brothers also executed the plan to perfection, got into great positions and ran excellent races, with Colin Foster in 29th and Evan Foster in 52nd in a personal best time.

"In closing, this team was the most talented team I have ever coached across the board, while also the youngest team I've had on both sides," LaPlume said. "With the energy, work ethic and raw talent they have, Mike Smith might just be right that they are the future of Division III.

"The only thing they all need to do at this point is keep running and the rest will take care of itself," the Bear coach said.

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

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JOSHUA SPAULDING
Jaxon Rineer goes up for the interception during his team's semifinal win over Souhegan on Saturday.

Football
FROM PAGE A1

The Bobcats had the advantage of playing on their home field, a field where they hadn't lost a playoff game in many, many years, thanks to winning their conference and thus forcing the Sabers, who throttled the Bobcats in Amherst during the regular season, to travel north for the match to earn a trip to the Division II finals.

The Bobcats got the ball to start the game and moved it down the field with Robbie Thorne doing most of the carrying, but a fumble gave the ball to the Sabers and they needed just five plays to reach the end zone, scoring on a two-yard run with 7:19 to go in the first quarter. However, Liam Shannon was able to get in on the extra point attempt and

got the block, a point that proved to be a difference maker as time moved along in the game.

Plymouth was able to eat up the rest of the first quarter clock with a drive that spanned 56 yards by the time it ended early in the second quarter. Ben Valenti did most of the carrying of the ball, with Tristan Patridge and Taylor Rousseau also getting in on the fun. The first quarter ended with Plymouth in a fourth and six situation at the 11-yard line.

Quarterback Luke Diamond fired a strike to Shannon at the one-yard line to get the Bobcats the first down and Thorne carried in from there with 32 seconds gone in the second quarter. Caedon Manseau's extra point gave the Bobcats the 7-6 lead.

The Sabers didn't



JOSHUA SPAULDING
Zack Carter (63) and Will Foisy celebrate Plymouth's semifinal win over Souhegan Saturday afternoon.

let that lead stand very long, as they needed two plays to get to the end zone, with a huge 59-yard run with 10:41 to go and the two-point conversion gave Souhegan a 14-7 lead.

Thorne, Valenti and Patridge got carries to get the ball up the field, but the Sabers made a stop on fourth and one to get the ball back. However, the Bobcat defense came up huge. After an Eli Crane sack, Jaxon Rineer made a leaping interception near the end zone to give Plymouth the ball back.

The Bobcats went three and out on their next possession, but the defense continued to shine. Crane had another sack and then Tyler Medeiros recovered a fumble on the third play of the drive to give Plymouth the ball back. The Bobcat drive was

short-lived, as an interception on the first play of the drive gave Souhegan the ball back. Nathan Lyons made a nice stop in the backfield and then combined with Medeiros for another stop in the backfield. Lyons also broke up a pass on fourth and eight to close out the first half and the Bobcats went to the half trailing 14-7.

The defense was the star of the show again to start the third quarter. Rineer had a good stop in the backfield, as did Medeiros and then a fake punt attempt by the Sabers was stopped by Valenti and Plymouth got the ball back.

Thorne and Valenti carried the ball before Valenti broke free for a 33-yard touchdown run with 6:58 to go in the third quarter. Manseau's extra point tied the game at 14.



JOSHUA SPAULDING
Robbie Thorne rumbles into the end zone for a touchdown during the Division II semifinals on Saturday.

The Bobcat defense forced the Sabers into a first and long on their next drive, but the Saber quarterback found an open receiver who raced 45 yards to the end zone for the touchdown with 4:27 to go. Rineer had a huge block on the extra point to keep the Souhegan lead at 20-14.

Valenti then ate up the rest of the third quarter clock by moving the ball down the field, picking up a trio of first downs as the third quarter finished up with the Sabers holding the 20-14 lead.

A penalty on the first play of the fourth quarter put the Bobcats in a tough situation and they couldn't get another first down, giving the Sabers the ball back. However, Thorne and Zack Carter got in the backfield on Souhegan's ensuing drive and the visitors eventually had to punt the ball away.

Thorne carried the ball six times in a row, picking up three first downs before Valenti took over for a trio of carries to get the ball to the one-yard line. From there, Diamond sneaked into the end zone with 2:35 to go and Manseau's extra point had the Plymouth crowd roaring to life.

From there, it was up to the Plymouth defense, and like Sanborn

mentioned, they had it figured out. Carter and Thorne got in the backfield on the first play and Rineer had a sack as the Sabers struggled to get anything going and a pair of incomplete passes brought Souhegan's season to an end, as Plymouth got the ball back and took a knee to clinch the trip to Nashua for the Division II championship.

"We outplayed them on special teams and I think that's the first time all year we've done that," Sanborn said. "We had the PAT blocks and special teams stopped the fake punt too. The kids were playing hard."

"We played defense with our offense," the Bobcat coach continued. "We had some long drives that we wanted to just tick, tick, tick the clock. That was our plan."

"We had a couple of big stops before halftime and we just knew they'd figured it out," Sanborn added.

The Bobcats advance to face undefeated Pelham in the Division II championship game, which takes place on Saturday, Nov. 18, at 1 p.m. at Stellos Stadium in Nashua.

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

TTCC
FROM PAGE A1

every year. This year, in addition to our mailed Appeal Letter we will be holding a special day of giving, on Nov. 28 known as Giving Tuesday. For a 24-hour period, you can go to our Web site at <https://ttccrec.org/> and help send someone to Summer Camp, attend a Sport Program, or complete one of our Capital Building Projects we currently have underway.

Giving Tuesday is a National Day of Giving that is the last day of the special post-Thanksgiving days, -Black Friday, Small Business Saturday and Cyber Monday. Four days that herald in the season of neighbor-helping neighbor and getting back to the heart of the Holiday's, -being thankful for what you have and giving back when you can. We chose to participate in Giving Tuesday this year in the hopes of reaching more people and to make it as easier for you to make your charitable gift.

If you would like to participate as one of our



COURTESY
Manager Lawrence Bellucci (with hat) and an associate with the donation of food items for the Tapply-Thompson Community Center's Every Child is Ours program.

amazing Match Donors this year, we would love to hear from you, as your match-gift challenge can help inspire others to give. A Match Donation is when you pledge a certain amount, \$1,000 for example, and when that amount is reached or made by another donor, the \$1,000 Match pledge activates to double the donation. If you have any questions or would like to know more

on how to help, we can be reached at (603) 744-2713 or through email at info@ttccrec.org.

We are all geared up for the annual Turkey Trot on November 23rd, and for our One-Stop Shop happening on Nov. 21 and 24. Santa's Village is right around the corner on Dec. 8, 9 and 10 as we still have a few spaces left for our Christmas Craft Fair. Register for the Craft

Fair before Dec. 1 and receive a reduced entry fee, as prices increase after the 1st. The Fair is on a first and received basis, with 6 foot table space offered at \$45 and eight-foot table space at \$60. Checks can be made payable to TTCC and can be dropped off or mailed to TTCC, 30 North Main St., Bristol, NH 03222. We wish everyone a Wonderful holiday season!

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Opinion

'The unity of freedom has never relied on uniformity of opinion.' John Fitzgerald Kennedy

SALMON PRESS, THURSDAY, NOVEMBER 16, 2023

CADY Corner

Talking with your teen about marijuana: Keeping your kids safe

BY DEB NARO
Contributor

It's never too late to start talking with your teen about the risks of marijuana use. As teens age, they make more decisions on their own and face greater temptation and peer pressure. Though it may not seem like it, teens really do hear your concerns. It's important you help them understand what marijuana is, and why they shouldn't use it.

Teens and young adults use marijuana for many reasons, including curiosity, peer pressure, and wanting to fit in with friends. Some use it to cope with anxiety, stress, and even depression. Ultimately, many things factor into why some people decide to use marijuana, including their environment at home, at school, and in the community. The perception of the dangers of marijuana use is declining and, increasingly, young people today do not consider marijuana use a risky behavior. This is partially due to the changes to some states' policies on the legalization of marijuana and recreational use. Marijuana remains illegal at the federal level, even though many states have legalized its use. Make sure your teen understands that marijuana is addictive. In fact, research shows that one in six youths who start using the drug before the age of 18 are seven times more likely than adults to become addicted.

Marijuana use among teens and young adults can harm brain development and cause other negative impacts such as mental health disorders including anxiety, depression, and suicidal ideation. Additionally, the amount of THC in marijuana has steadily climbed; today's marijuana has three times the concentration of THC compared to 25 years ago, increasing the impact on the brain. Science shows that regular use of high-potency THC, while the adolescent brain is developing, can lead to psychosis and schizophrenia. Make sure you know the risks of marijuana use and are prepared to talk with your teen. There is a Parent Marijuana Talk Kit on our website at cadyinc.org.

Recognizing signs of marijuana use can be difficult if you don't know what to look for. Be aware of any noticeable changes in your teen's behavior, as it might indicate he or she is using marijuana. Common signs include, but are not limited to unusual laughing, coordination issues, forgetfulness, bloodshot eyes or repeated use of eye drops and strange smelling clothes or bedroom.

Another telling sign is the presence of drug paraphernalia—any equipment, product, or material of any kind that is modified for making, using, or concealing a controlled substance. Examples of drug paraphernalia include rolling paper (a specialty paper used for making a marijuana cigarette), a cigar (hollowed out and filled with marijuana to make what is referred to as a "blunt"), pipes (a device to smoke marijuana), a bong (a filtration device to smoke marijuana), roach clip (a metal clip used to hold a marijuana cigarette), electronic cigarette (a device to vape marijuana extracts) and grinders (a tool that breaks marijuana up into smaller bits).

Research suggests that one of the most influential factors when a teen is growing up is a strong, open relationship with a parent or caregiver. If you suspect your child is using marijuana, you will want to act. Check in frequently to see how they are doing. Choose informal times to talk, such as in the car, during dinner, or while watching TV. Be clear and consistent about your expectations regarding marijuana and other drug use. Establish family agreements together for social and extracurricular activities. Let them know you care and are always there for them.

For more information about how to talk to your teen about the harms of marijuana, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at (603-934-8905) for help. To learn about prevention, treatment, and recovery resources in Central New Hampshire, visit FindWell NH at findwellnh.org.



COURTESY

Melissa Elander and Aaron Cockrell hosted a solar house tour at their Easton residence last week as part of the Solarize North Country campaign. The Crosby's will host the next home tour at their Bethlehem residence on Saturday, Nov. 18, from 10 a.m.-2 p.m. Find all upcoming events at www.solarizenorthcountry.com.

Conservation Matters

Making Rumney's rest area more inviting

BY JANICE MULHERIN
RUMNEY CONSERVATION COMMISSION

For those of you that travel Route 25 through Rumney, you might have noticed that the former State Rest Area is looking a little more welcoming these days. This summer, the Town of Rumney became the proud new owner of this beautiful parcel along the banks of the Baker River. The process entailed a collaborative effort between State of New Hampshire, the Rumney Conservation Commission and the Town of Rumney.

The town has begun cleaning up and mowing the site, and the



SEE CONSERVATION PAGE A10

Hebron History Nuggets

BY RON COLLINS
President
Hebron Historical Society

No one should be surprised to learn that that Hebron is the home of the nation's oldest continuously operating summer camps for both boys and girls: Pasquaney for boys and Onaway for girls. What youngster wouldn't want to spend part or all of their summer vaca-

Hebron's Happy Campers

tion in this idyllic place? Both opened when a tourist boom hit the area at the end of the 19th century and drew families who wanted their children to enjoy the area's natural wonders. Camp Pasquaney opened in 1895 in East Hebron, established by Edward Wilson. Soon after, in 1900, Mrs. Oscar Holt founded a sister camp and named it Redcroft. Mabel Hollister purchased the camp

in 1911 and renamed it Camp Onaway.

It was the start of a summer camp boom. Mrs. Holt also was involved in opening Camp Mowglis for boys in 1903. Camp Sagamore for boys was opened in 1916 by Walter Prince, followed by Camp Sagamore for boys in Hebron just below Indian Point. Prince sold the camp to Jacob Milsner in the

SEE HEBRON PAGE A10

Letters to the Editor

Republicans are the only choice for preserving our liberty

To the Editor:

Do you really think socialism and Marxism are wonderful compared to capitalism, freedom and liberty? Socialism and Marxism means we all share alike (equality and inclusion), and what we don't share, the government owns, i.e. all property and businesses. We become happy slaves, a debit card to them; no capitalism, freedom or liberty for us.

The UN, WEF, and many other three letter organizations, along with many countries and powerful people want to take the USA down so we are identical to the rest of the world. Afterall, we with our

hard work are "privileged" and that's a four-letter word to many.

Socialist and Marxist governments are there to control everything, from your kids/grandkids to businesses and property. Anyone aligned with these two groups do not have your interest at heart. Nothing is free in life, nothing. We must stop fishing for the people and start teaching them how to fish. If you don't agree with socialism and Marxism, then your only choice is to vote for real Republicans for all levels of government, including your local school board, select board and library too (yes, these have become political now).

Keep a close eye on your libraries. Most are paid members of the American Library Association, and the leader of that group is a self-proclaimed Marxist.

We are not global citizens, as they keep teaching our kids in schools today; we are USA and New Hampshire citizens. We live in a democratic constitutional republic, not a democracy alone, as the Democrats keep telling you and want desperately.

God bless New Hampshire, Happy Thanksgiving and Merry Christmas. Enjoy family, friends, neighbors and the holidays, and don't forget to give and help those who are truly in need. Better to give than receive!

Thanks,
Rep. John Sellers
Bristol

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



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E-MAIL: brendan@salmonpress.news

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Talk of the Towns

News from our Local Correspondents

Alexandria

Merry Ruggirello 744-5383
merrysunshine51@yahoo.com

Sincerest sympathy goes out to the family of Ken Patten who passed on Nov. 6. Ken was such a kind, gentle soul, and left footprints on the hearts of so many.

Town

Board of Selectmen meeting Tuesday, Nov. 21 at 6 p.m. in the Municipal Building.

Sand is available for use by Alexandria residents. Sand pile is behind the Municipal Building at 47 Washburn Rd. Residents of Alexandria are allowed to fill up five five-gallon buckets of sand for use on their property. The filling up of pickup trucks and other trucks is prohibited as is taking of sand by residents at the Highway Garage on Mundy Road. The fine for violation of this policy is \$100 per incident.

Alexandria UMC

Sunday, Nov. 19, services will begin at 9 a.m. in the Vestry. Sunday School will begin at 10:15 AM in the Vestry.

Great news! There is a yellow with brown trim clothing bin outside AUMC! This service is provided via the Missions Team as a fundraiser. Items can be dropped any time, and can include: clothing, sheets, blankets, towels, shoes, purses, belts. Please, no furniture or other household items. Thank you in advance for your support of this project, so that we may help others. If you have any questions, please leave a message at the church (603)744-8104.

I'm a bit early, but Happy Thanksgiving to

you all! Be safe in your travels, thankful for your blessings and be kind in all you say and do.

Ashland

David Ruell 968-7716
davidruell@gmail.com

Civil War Quilts program

At 6:30 p.m. this evening (Thursday, Nov. 16), Pamela Weeks, quilt expert and author, will give an illustrated talk on "Civil War Soldiers Quilts" in the Booster Clubhouse. She will tell the story of 14 of the very rare soldiers quilts that still survive. These quilts were featured in the book "Civil War Quilts" by the presenter and Don Beld. This free public program is largely funded by New Hampshire Humanities and is hosted by the Friends of the Ashland Town Library, who will also serve refreshments.

Garden Club news (from Elizabeth Greason)

Tickets to the fundraising Fashion Show to be held this Friday, Nov. 17, at the Inspire Cafe have been sold out. All proceeds will benefit the Ashland Garden Club Scholarship Fund. The next meeting of the Garden Club will be on Monday, Nov. 20, at the Holderness Library. Refreshments will start at 6:30 p.m., with the meeting starting at 7 p.m. Club members will be sprucing up their holiday tables or doors by making a holiday swag. The workshop will be led by Club member Linda Pare. This should be fun for sure! Enjoy the rest of Autumn.

Christmas Night meeting

The Christmas Night Committee will meet at 6 p.m. on Monday, Nov. 20, in the Legion Hall to continue its preparations for the holiday event to be held in the afternoon and evening on Friday, Dec. 1. Current plans include a craft fair and chowder supper at the Legion Hall, a cookie walk at the fire station, an evening event for teenagers at the ballpark, food, snacks and a dessert walk at the Community Church; Santa, caroling and the Christmas tree lighting in Memorial Park.

Christmas photos wanted

The Ashland Historical Society will mount a display of Christmas in Ashland photos as part of Christmas Night. If you have any interesting photos, particularly of the public parts of past holiday celebrations, in churches, schools, outdoors, etc., that you would be willing to share, please contact David Ruell, davidruell@gmail.com, or 603-968-7716.

Veterans Day

On a cold and windy but sunny Veterans Day

morning, the Dupuis Cross Post and Auxiliary of the American Legion held a brief ceremony to honor our veterans at the war memorials in front of the Legion Hall on Main Street. Commander Scott Moore welcomed the small audience. Chaplain John Harville said a prayer. Remarks by Commander Moore were followed by a rifle salute. Jeanette Stewart of the Auxiliary also made some remarks.

Historical Society Annual Meeting

The Ashland Historical Society held its annual members meeting last Thursday, Nov. 9. After annual reports were read, Patricia Stewart, Becky Hartley and Asa Ammarin were elected as Directors. At the subsequent Board of Directors meeting, the officers for the coming year were elected, David Ruell as President, Jeanette Stewart as Vice President, Jane Sawyer as Treasurer and Patricia Stewart as Secretary.

Bristol

Al Blakeley

adblakeley0@gmail.com

The Tapply-Thompson Community Center is an official Drop Box Location for this year's 42nd Annual Greater Lakes Region Children's Auction. Items and ideas can range from gift certificates, sporting goods, and tickets for events, to tools, household goods and toys. This year, the auction is happening Dec. 5 through 8, from 9 a.m. to 7 p.m. at the Belknap Marketplace. Call 744-2713 or drop an email to info@ttccrec.org with any questions.

The One-stop Christmas Shop for Kids will take place at the TTCC from 4 - 7 p.m. on Tuesday, Nov. 21, providing a wonderful opportunity for kids to shop for gifts and have them wrapped and tagged. Another opportunity will be on Friday, Nov. 24 from 2 - 5 p.m.

High School Teen Nights will be held at the TTCC on Thursdays from 6-8pm for Newfound students only. The next Parents Nights Out will be held on the following dates: Dec. 16, Jan. 27, March 30, and

May 4 from 5-9 p.m. for ages four and up at just \$25 per child.


For more information on all of the above activities, call 603-744-2713 or use the TTCC Web site, www.ttccrec.org. For more TTCC events and programs, be sure to get a copy of their 2023 Fall/Winter Crusader.

The 42nd Annual Turkey Trot will take place on Nov. 23, starting at 9 a.m., with pre-registration online at www.ttccrec.org, onsite registration at 8 a.m. on race day, with proceeds to benefit Newfound Area children and families in need.

The Bristol Rotary Club will begin Christmas Tree Sales at O'Reilly Auto Parts in Bristol on Nov. 24.

The Annual Tree Lighting with a visit from Santa will take place on Bristol Central Square on Friday, Nov. 24 starting at 5:30 p.m. with music, and Santa will arrive at 6 p.m. to light the tree!

The Festival of Trees
SEE TOWNS PAGE A8

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Edward Jones: Financial Focus				
Do your investments match your goals?				
As you go through life, you'll have various financial goals — and to achieve them, you'll need to invest. But just recognizing the need to invest is not as useful as matching specific types of accounts or investments with specific goals. How can you make these connections?				
Let's look at some common goals and how they could possibly be met with appropriate accounts and investments:				
<ul style="list-style-type: none">• <i>Saving for a down payment on a house</i> — When you're saving for a down payment, you want a certain amount of money available at a certain time — so, for this goal, you won't want to take too much risk. Consequently, you might consider investing in certificates of deposit (CDs), which will pay you regular interest payments and return your principal when the CDs mature. CDs are issued in a range of maturities, from one month to 10 years. Other vehicles you might consider are money market accounts or other cash equivalents.• <i>Saving for a child's education</i> — If you have children, and you'd like to help them pay for some form of higher education, you may want to consider a 529 education savings plan. Any earnings growth in a 529 plan is federally tax free, provided the withdrawals are used for qualified education expenses, and you may also receive state tax benefits. A 529 plan can be used for college, approved trade school programs, student loan repayments and some K-12 costs. And if the child you've named as a beneficiary chooses not to continue their education, and doesn't need the money in a 529 plan, you can generally switch beneficiaries to another immediate family member.• <i>Saving for retirement</i> — This is the one goal that will remain consistent throughout your working years — after all, you could spend two or even three decades in retirement, so you'll need to accumulate as many financial resources as you can to pay for those years. Fortunately, you likely have access to several good retirement-savings vehicles. If you work for a business, you might have a 401(k) plan, which offers you the chance to put away money on a tax-deferred basis. (If you have a Roth option in your 401(k), your withdrawals can be tax free, although, unlike a traditional 401(k), your contributions won't lower your taxable income.) If you work for a public school or a non-profit organization, you may be able to participate in a 403(b) plan, which is quite similar to a 401(k), and the same is true if you work for a state or local government, where you might have a 457(b) plan. And even if you invest in any of these plans, you can probably also contribute to an IRA, which gives you another chance to invest on a tax-deferred basis (or tax-free basis, if you're eligible for a Roth IRA). Try to take full advantage of whatever retirement plans are available to you.				
Here's one final point to keep in mind: While some investments and accounts are appropriate for certain goals, they may not necessarily be suitable for your individual situation — so keep all your options in mind and take the steps that are right for you.				
				Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meriden, NH 03253 603-279-3161 Fax: 866-532-8685 jacqueline.taylor@edwardjones.com





REMINDER: WE WILL BE CLOSED ALL DAY FOR THANKSGIVING

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Towns

FROM PAGE A8

will also begin on Nov. 24 at 4 – 8 p.m. at the Bristol Historic Town Hall and continue on Saturday from 10 a.m. – 7 p.m., sponsored by Friends of Newfound Drama.

A reminder that the Holiday Cookie Sale will end on Thursday, Nov. 30 and the cookies will be available for pick up at the Minot-Sleeper Library on Dec. 8 from 3 – 6 p.m. All purchases will help fund all museum passes available to MSL patrons throughout the year.

The Minot-Sleeper Library will be closed on Nov. 23 and 24 for Thanksgiving.

Insurance Open-Enrollment Assistance will be provided at the MSL on Wednesday, Nov. 15 from 1 – 3 p.m. by Lisa Shute, Certified Marketplace Application Counselor with Mid-State Health Center trained to help customers as they look for health coverage options through the Marketplace, Medicare, and Medicaid. This includes answering questions and helping complete eligibility enrollment forms. Consumers do not have to be patients of Mid-State Health Center.

New Hampshire on Skis, a lecture presented by John B. Allen sponsored by the Bristol Historical Society and through a New Hampshire Humanities Grant will be held on Nov. 28 at 6:30 p.m. at the MSL.

Family Craft Time will be held on Wednesday, Nov. 22 from 3:30 - 4:30 p.m. in the meeting room of MSL featuring Seasonal Mini Wreaths. Refreshments will be

provided. Space is limited, so please sign up at the circulation desk or call 744-3352.

On Tuesday, Nov. 21 at 6:30 p.m., members of the Bristol Energy Committee will be reviewing and discussing the Community Power Coalition of New Hampshire at the Minot-Sleeper Library. Come learn how Bristol residents can develop control over their energy supply, lower energy costs with clean renewable energy, and improve the resistance and innovation of our electrical energy.

The Women’s Fellowship of The Bristol United Church of Christ is holding their Christmas Fair on Saturday, Dec. 2 from 9 a.m. until noon. Crafts, baked goods, and gently used Christmas items will all be on display for sale.

Campton-Thornton

Joël Freeman 398-4368
bearfootfarm@aol.com

Temporary Bridge Closures in Campton

Blair Bridge will be temporarily closed all day on Thursday, Nov. 16 and Friday, Nov. 17 for maintenance and cleaning. Bumps Bridge will be temporarily closed all day on Friday, Nov. 17 for cleaning. Should you have any questions, please feel free to contact the Campton Selectmen’s Office.

Fall Craft Fair & Bake Sale

The Campton Baptist Church is holding a Fall Craft Fair and Bake Sale on Saturday, Nov. 18 from 9 a.m. to 3 p.m. Come shop for the holidays, Thanksgiving decor, baked goods and lots of items to buy for Christmas. There will be a Raffle & Door Prize! Free Parking available.

If you are interest in being a Vendor or for more information contact Bette Ann Coy at 603-246-0332.

Light Up Thornton

Spread some cheer around Thornton and decorate you house this holiday season! Sign up online at the Thornton NH Events Facebook page by Dec. 1 to add your house to the list. Voting will take place Dec. 3-17. Details of the Dec. 3 kick off event will be announced soon. There will be music from Fiddlehead Field Kids Orchestra!

Holiday Concert and Cookie Swap

Please join the Campton Historical Society for some fun and camaraderie on Sunday, Dec. 3 from 4-6 p.m. This year’s Community Concert promises to create a blend of musical offerings that will satisfy anyone’s thirst for a good time. Dust off your vocal cords and get ready to join in the singing of Christmas Carols as we all get in the spirit of the season. This year’s emcee, AJ Coppola, will lead the way with special guests from Campton Elementary School. William Gunn will be returning with special guests from Plymouth Regional High School, and the Fiddlehead Field Youth Orchestra and other local musicians will be leading a flute ensemble. After the musical performance and sing-a-long you can enjoy the annual cookie fest. Bring along a dozen or so of your cookies and you can swap them for other delightful treats. Even if you don’t bring cookies, you can still join in and enjoy a good cookie, or more, and some hot cocoa.

Conservation in Campton

Please join Campton Historical Society for our monthly program, Monday, Nov. 20 at 7 p.m. for “Conservation in Campton” by Jane Kellogg. The Campton

Conservation Commission will talk about the basics of land conservation, and how it is in evidence and practiced in Campton. The three town-owned properties and their histories will be featured as examples. The longest serving Conservation member, Jane Kellogg, will lead the discussion. Jane has been a member of the Campton Conservation Commission since its inception in 1999. She is retired from teaching elementary school, having taught fourth grade at Holderness Central School. The New Hampshire Moose license plate was a classroom brainstorm idea her students started in fourth grade and followed until legislation passed years later. New Hampshire geography and history became of great interest to her when she began teaching those social studies topics after moving to New Hampshire from Pennsylvania in 1987. She has been involved in the town’s acquisitions of the conservation properties and will describe their unique histories, natural aspects, and public interest.

Holderness

Fran Taylor 968-3846

Central School will hold a Holiday Fair, silent auction and book fair on Saturday, Dec. 2 from 10 a.m. to 1 p.m. as a fundraiser for the eighth graders. If interested in renting a table contact HCS at 603-536-2538.

Have you seen a big gray trailer on the Squam Lakes Association property? That will be their office for the near future as they make renovations at their main building. Some changes include an improved Great Room with more meeting space, a high-tech water quality lab for on-site testing, and an educational programming room for public and summer camper events

You may have read the Op-Ed in the Union Leader last Monday penned by our own NH Rep. Sallie Fellows concerning the military during the Trump administration. Rep Fellows served in the US Army for four years as well as having been a systems analyst in the New Hampshire Department of Education for several years.

Congratulations to Holderness School student Samanth Zhang ‘25 who has been nominated for Best Young Filmmaker at Indie Short Fest. For 12 years she lived in Inner Mongolia and when she and her family relocated to Beijing for middle school her friends had many questions about her early life. This inspired her to take time last summer to create a video to explain to others the life in this remote area of the world.

For those who love being on the ice, hope you are checking out the activities at the PSU Ice Arena. Special activities include Sunday Family Skate, Hockey Hour for all ages, Adult Open Hockey, Freestyle Session, Friday Night House Party for teens. There are small charges for each of these activities. Check at plymouth.edu/arena.

Note that Walter’s has moved to winter hours. Lunch only on Friday - Sunday. Monday - Thursday now 3 - 9 p.m.

At a recent talk about the moose population in the state, the topic of tree stands came up. It seems that there have been a number of accidents with improperly mounted stands on the tree causing the hunter to be injured in a fall. Hope if anyone locally has one, they use proper care!

A state plan is being drafted for how the towns and state DOT could be making our roads more bicycle and pedestrian friendly. Holderness, by its membership on the Lakes Region Transportation Com-

mittee, is being asked the same questions: can the fog line be moved inward, the shoulders be paved, improvement of sidewalks, sustain winter maintenance, etc. More to come as the plan is being edited.

Have you all noticed the new signage on Route 113 and 3/25? There will be a day when those metal signs will be outmoded. Many cars already have the capability to help us on our way. Since the state is so slow to remove outmoded or unneeded signs they may remain for years to come.

During the 1976 Bicentennial, the Ashland American Bicentennial Commission felt the need to write a history of New Holderness during the Revolution. If you’re interested in that era there’s a copy of it at our Library. Note the importance of our Squire Livermore and several familiar family names.

Warren/Wentworth

Gary Jesseman 707-7129
garyj@together.net

Greetings everyone. Hope you are all having a good week! I must say I don’t like it getting dark by 5 p.m.!

WARREN NEWS

There will be a Penny Social on Nov. 18 (Saturday) at the Town Hall. Benefit is for the Warren/Wentworth Food Pantry. Doors open at 1 p.m., and drawings start at 2 p.m. For more information contact Donna at 603-470-3263.

WENTWORTH NEWS

Mark your calendars for the annual Christmas on the Common, which will be held this year on Saturday, Nov. 25. More information as it becomes available.

Have a good week, and remember to count your blessings!

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PETS OF THE WEEK

Ralph

Meet Ralph! This goofball is such a sweetheart and brings so much joy to the staff and volunteers here at the facility. He loves meeting new people and is always curious of other doggos. Ralph does have an autoimmune disease that requires treatment by daily medication and will require routine veterinary check ups (Check with your vet! You will find the monthly cost is not high!). During his

down time, between eating treats and playing fetch, Ralph loves to cuddle up for nap time and would be a great addition to a home looking for a little extra love.

Recently, members of our Volunteer Program, have been able to give Ralph some extra time out of the shelter! Through these outings we have learned - Ralph loves water and hiking. He enjoys getting to spend time outdoors and making new friends along the way.

Gismo

Meet Gismo! With the softest coat and cutest face, she wants to be the center of all your attention and will provide adorable meows of approval. Submit an application to learn more about this cutie!

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THE STORY PAGE... building community one story at a time

PEACE

Here we are in the season of greatest darkness when the days shorten to their briefest hour while we prepare for a season of light and joy, singing songs of “Peace on Earth, good will toward men” and women. We thank this month’s contributors who have shared their thoughts on peace in a time of great unrest for many. May we each live our best peace every day and have a season of peace ahead.

Happy Thanksgiving everyone, and thank you as always for visiting the Story Page where we believe that in this brief, magical life...every story counts!

PEACE submitted Nov 12, 2023, from Zakopane Poland

A STORY PAGE SUBMISSION

As always, we encourage writers and artists of any age or stage in life to submit poem, short story, essay, reflection, artwork or photography to the storypagenh@gmail.com by the 30th of each month for the following themes.

Theme:..... Due the 30th of:
GOODWILL..... November 2023
DREAMS December 2023
WISHES..... January 2024
MEMORY February 2024
HEAVEN March 2024
WILD April 2024



Peace

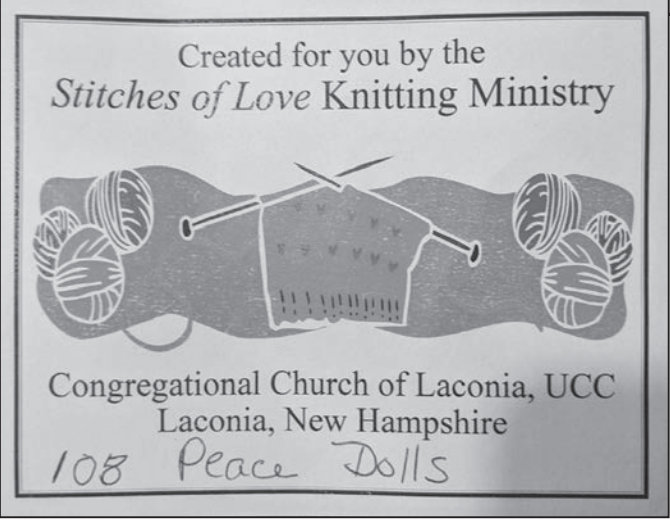
Peace is something
I yearned for
When I was a little girl.
Though then I didn't know what it meant.
We heard the planes coming,
Rushing into a bomb shelter.
And we heard the bombs exploding.

Then: It Was Peace.
I felt the happiness of the adults.
My body and spirit opened
To receive the joys
Of roaming outdoors without fear.

I am grateful for having lived
In peace times since then.
My heart bleeds
Whenever there are Sisters and Brothers
On our Mother Earth,
Who experience the horrors of war.

LET THERE BE PEACE

Gisela B. Estes, Plymouth



Finding Peace

When the world seems much aflame
and peace seems lost amidst all blame
I seek to calm my inner core
rely on faith to pray still more
control my anger, its release
let peace be forgiveness
forgiveness, peace

-Susan B. Miller, Plymouth

A Peaceful Heart

A peaceful heart
requires Art.

A peaceful mind
responds in Kind.

A thoughtful word,
a gentle touch

A stranger smiles at us –
and thus,

We bear the weight
of this weary old world.

-Gretchen Draper, New Hampton

October Leaves

Across the stream's rain- swollen bed
I tread wet leaves of crimson red
where they clutch secrets in the rain
as if sheltering hidden pain

Though threatening clouds seem far away
October's peace is pierced this day
As the clouds become war-torn
wind-tossed trees drop leaves forlorn

Leaves rustle, whisper in the cold
I sense the secret that they hold
Now in October once so mild
each leaf hides a crying child

-Susan Miller, Plymouth

For That Which Divides Us

Peace,
it shouldn't be
that hard.

Allah, Yahweh, God
cells of the one body,
each membrane semi-permeable.

May we be those
molecules of peace who
pass through the separate
to understand
that that which divides us
is thin.

May we be those beacons of Light
that guide us to all the
Thin Places.

Peace, it shouldn't be that hard.
For that which divides us
is thin

-Ruth Harlow, Bristol



SLACK TIDE

And so, when you wake up, remember a calm day in September
On the Schoodic Peninsula listening to the soft
sounds of waves at slack tide
You're caught off guard by a sea at rest

You sit, offered by chance, to feel enthralled by the
lack of tide's sights and sounds
And not feeling rushed into hoping for the next
high tide
Relishing calmness of all that surrounds the se-
rene sounds of this shoreline

Sea fog is like a magic curtain opening and closing
obeying the whims of an unknown controller
First revealing an island 100 yards offshore only
to disappear again and as
Sea fog lifts briefly a seal, pops its head out of the
calm waters then quickly disappears

Stealth colored plovers align on scared shore bould-
ers
Not noticed until their quick witted movements
catching insects, betray their presence
Finding nourishment and warmth ready for a fall
migration then
They settle into a pensive stillness sleep comple-
menting slack tide

A cormorant dives into the deepest bay waters along
the fog line
Reappearing closer to shore with a wiggling fish
in its mouth
Pausing for a moment to eat then quickly plunges
again into the depths of the bay

Seagulls of all persuasions fly by on silent stroking
wings hoping for food
Heads mechanically turning left and right as
Their bodies seem to brush against the fogs
boundaries

You realize the ocean's healing time slots-
Finding joy and acceptance when life is balanced be-
tween high and low tides
With a slack tide.

tom keegan, Bristol

Peace

Where can we find peace with a world at war and
division looming?
As Man's self-will promulgates evildoings, we
watch in despair.
Their walk in the flesh causes them to commit
atrocities.
Meanwhile, we remain steadfast in the Holy Spir-
it to feel peace during such disparity.
We pray for the persecuted and pursue righteous-
ness to become one mind with God. Our hearts fill
with His love, freeing us from anxiety and fear.
When we meditate on the Fruits of the Spirit, they
multiply and bring peace into the chaos.

Suzanne Thistle, Hebron

THE HORN OF PLENTY

Trips to the store
Choosing from a bazaar of needed “fruits of their la-
bors”.
Pondering the best, not always the price for
Just the right items to fit satisfyingly, comfortably
on a plate.
Thinking, planning of the bounty
To have resurrected on the welcoming table.
Somehow we hear, “Please pass the peas”. “I'll have
more turkey” that
Draws you back to younger times.
A fleeting moment to share, cherish, indulge in
Precious personal moments.
It's the clean up that allows us to consider,
Reconsider that daily reality.
It's the putting away that cements
The shortness of the day.
Later a reflection, a satisfaction, a peaceful slumber
Bordering on something not quite deserved.
That bothersome thought outside these walls
To act upon sharing our “horn of plenty”.

Thanksgiving Day 2022
Tom Keegan
Bristol

THE REAL REPORT

Town	Address	Type	Price	Seller	Buyer
Alexandria	151 Smith River Rd.	Mixed Use (Commercial/Other)	\$375,000	R B L Enterprises LLC	David M. Dyer
Ashland	8 Thompson St.	Single-Family Residence	\$240,000	Sheri McQueen	Mykhaylo and Catherine P. Panchishak
Ashland	N/A	N/A	\$410,000	John C. Latvis RET and Charles P. Latvis	Charles S. and Diane M. Carey
Bridgewater	River Road	Chp61 Forest	\$225,000	Stephen R. and Michelle C. Vanasse	West Street Development LLC
Bridgewater	1788 River Rd.	Single-Family Residence	\$254,400	George C. and Ellen W. Faran	Charlotte Crane Trust
Bristol	471 Wulamat Rd.	Single-Family Residence	\$1,810,000	Monica A. Hart Trust and Richard N. Hart III	471 Wulamat LLC
Campton	7 Sisters Circle	Residential Open Land	\$45,000	Roger, Jr. and Kelly Westgate	Ronald Cavese
Campton	58 Whitehouse Circle	Single-Family Residence	\$455,000	Heiko W. and Joan Luehrs	Daniel T. and Daniel P. Mayott
Campton	N/A	N/A	\$250,000	Harry and Natalie Kouyoumjian	Inna and Yana Amirian
Groton	Dodge Road	N/A	\$297,533	Luminous Living LLC	Rosa A. and William F. Moore
Hebron	102 S. Mayhew Turnpike	Single-Family Residence	\$3,000,000	Frances C. Denesiuk RET	J.T. 2013 RET and Julie A. Taub
Holderness	18 Fairway Dr., Unit 9	Condominium	\$320,000	Sally M. Daigneault RET	Whitney Bacon
Holderness	45 Paugus Rd.	Single-Family Residence	\$7,900,000	Andrew L. Webster and Katherine M. Grealish	Nexterah Investments LLC
New Hampton	Old Bristol Road	Residential Open Land	\$125,000	Leah J. & J.E. Wolczko RET	Ripple Realty LLC
Plymouth	33 Main St.	Retail Store	\$440,000	7 Eleven Inc.	Anaya RT and Palakben Patel
Plymouth	New Hebron Road	Residential Developed Land	\$550,000	David Gerlach	Barbara A. and John J. McCarthy
Plymouth	Old Hebron Road	N/A	\$158,533	Wassett Investment Fund LLC	Peter H. Fauver
Plymouth	497 Tenney Mountain Highway Warehouse		\$2,100,000	Purpose Storage LLC Plymouth	Purpose Storage Plymouth and Afam Enterprises
Plymouth	497 Tenney Mountain Highway Warehouse		\$600,000	Afam Enterprises L P	Purpose Storage Plymouth
Rumney	1120 Rumney Route 25	Mixed Use (Commercial/Industrial)	\$350,000	Baker River Holdings LLC	Riverbrook RV LLC
Rumney	1120 Rumney Route 25	Mixed Use (Commercial/Industrial)	\$1,600,000	Manogaran & Co. Inc.	Riverbrook RV LLC
Waterville Valley	7 Devereaux Way, Unit 7	Condominium	\$1,199,933	James F. and Joyce A. O'Leary	Pamela L. Jones and Felicia A. Smith
Waterville Valley	N/A	N/A	\$206,933	Christopher and Melanie M. Coogan	Yeshi Dorjee

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. 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



Break out of the same monotonous routine and find an exciting new job. See the classifieds today!

Conservation

FROM PAGE A1

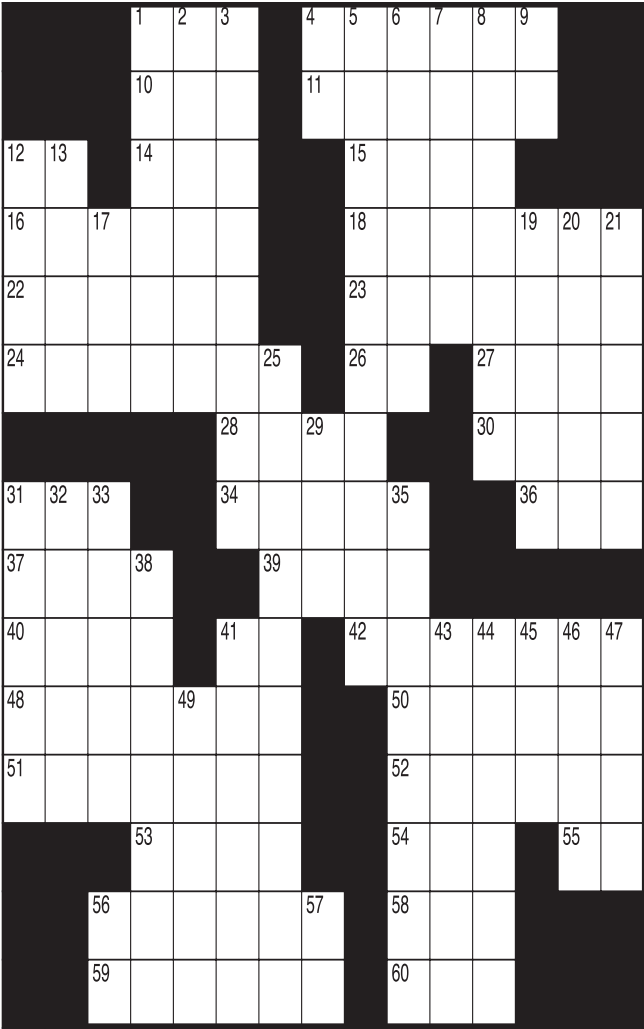
hard work to return the area to its former splendor is about to begin! In past years, the iconic building provided bathroom facilities, information on local businesses and “things to do”. Many passersby have fond memories of having picnics in the shady area and a dip in the river; it has also been a favorite spot to launch canoes, kayaks and tubes for gentle floats downstream. And the Rest Area has provided a great spot for parking to access NH Snowmobile Trail #8. Although the years of neglect are evident, the building and grounds brim with untapped potential for Rumney residents and visitors, alike. The eight acres along the Baker River not only provide river access, but with a renovated facility the town of Rumney can expand the site’s use, seasonally and recreationally.

Access points to the Baker River are limited, so with this purchase, the town of Rumney has now secured a waterfront property for its residents to enjoy year round. Moreover, this portion of the riverfront is now protected from further outside development.

As part of strategic planning for the property, the town has formed a committee to brainstorm possibilities for the development of the site, such as offering concession rentals, creating an opportunity for community displays within the building, or..... The Conservation Commission is looking forward to working with these folks to develop a plan that meets the community’s needs while protecting the river corridor and the wetland ecosystem. Please join us and participate in the process. Your suggestions can be sent to the Town Office.



TAKE A BREAK



ACROSS

- Beats per minute
- Hindu deity
- Polynesian garland of flowers
- Not chained to
- Metric ton
- Tall, rounded vase
- Musical composition
- St. Francis of ____
- Discover the location of
- Compact group of mountains
- Mend
- Not current
- Atomic #64
- Young hawk
- Or ____

DOWN

- South Dakota
- Snow sport
- The products of human creativity
- Change mind
- Born of
- Similar to the color of a clear unclouded sky
- Former name of Iran
- Made smaller
- Type of meter
- Revolt
- Killed with rocks
- Gregory __, US dancer
- Nullifies
- Home to the Flyers
- Female parent
- Pre-1917 Russian emperor
- Outsourcing (abbr.)
- Regal
- Line
- Hermann __, author of “Siddhartha”
- Clearing up
- No seats available
- Leaves of an Arabian shrub
- Groove in organ or tissue
- Not of this world
- Cooking device
- Forget
- Operational flight
- Actress Danes
- Poke holes in
- A way to discolor
- Shouts of welcome or farewell
- Pharrell’s group
- Red fluorescent dye
- Jr.’s dad
- Electronics firm

VEGAN LINGO WORD SEARCH

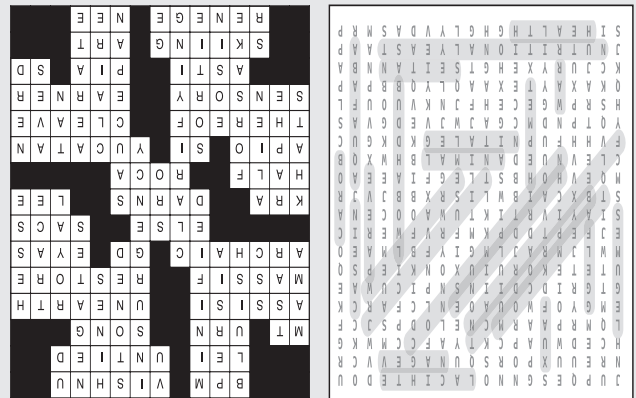
J U P Q E S G N N O L A C I H T E D O U
N R E U U X P O R S Q U N A G E V V C R
H C E D W U A P C K T Y A F C C M W K G
L Q M R P A A R M C N E L O D P S J C F
E M G Y O F W O U A O E N L C F A R C K
G T G R I D C D I I N S N P I C U W A E
U T E T E K O R U I U X O N K I E P S Q
M W L J M R A J L M G I Y F B L M A E O
E J F E P T D D P K M F R V F W E R I C
S I A Y I V R T I K T U S W A O O C E N A
S T B X C A I B W L I S R X B B J V J R
M Q E V H O H B S T L E G F I A E E A O
C L E V N U E D A N I M A L B H W X Q B
F V H H F U P N I T A L E G K D K G U C
Y Q T P N D M C G A J W J V E D G V A S
H S R P W G E C E H F J N K V U O U F L
Q K A X A Y T E X A A Q L Y Q B B P A P
K C J U R Y X E H G T S E I T A N N B A
J N U T R I T I O N A L Y E A S T A A P
S I H E A L T H G H G L Y V D A S M R P

Find the words hidden vertically, horizontally, diagonally, and backwards.

VEGAN LINGO WORD SEARCH

ANIMAL, AQUAFABA, BUDDHA BOWL, BYPRODUCT, CAROB, CASEIN, CONSUMPTION, ETHICAL, FAUX, FLEGG, FLEXITARIAN, GELATIN, HARDLINE, HEALTH, JACKFRUIT, LEGUMES, MOCKMEAT, NUTRITIONAL YEAST, PAREVE, RAW, SEITAN, TEMPEH, VEGAN, WELFARE

This Week’s Answers



Jennie’s Story

FROM PAGE A6

historical fiction about their school’s namesake. The idea was met with enthusiasm and “Jennie’s Story” slowly came to life through their words, illustrations and knowledge of the town’s history.

In brief, Jennie Dickerson, who later became Jennie D. Blake following her marriage to Bert Blake, was born in Brockton, Mass. on July 16, 1878. When she was a young girl her parents decided to move to a small town called Hill, and it was there her legacy began.

At the age of 17, Blake successfully tested to become a teacher and in time she was made the teaching principal at Academy Hall in Hill. She was known throughout the town as the first and only woman to ride a bicycle as she journeyed to school every day. In honor of that, a bicycle from that era was on display at the book presentation last week.

As for the rest of the story, the students encourage everyone to buy the book.

Each year, the one room schoolhouse where Jennie first taught (Dickerson Schoolhouse) is the destination of an annual field trip for students graduating from what is now known as Jennie D. Blake School in New Hill Village. Also on the school’s trip list is the Lynch Farm where Jennie grew up once her family moved to Hill and visits to historic Old Hill Village behind their school.

When asked how and why they added their own creative pieces into the history of their school’s namesake, Marin Rea explained that while she and her classmates had the recorded facts about Jenny’s life, they didn’t know much about her personal side. They knew she married Bert Blake, had a child and a dog, but not much more. So to make it more fun for readers, they decided to fill in some blanks with their knowledge of



DONNA RHODES

At a public introduction of the book “Jennie’s Story” last week, Connor Kulacz of Jennie D. Blake School in Hill presented Carol Asher-Snow of the Hill Historical Society with a framed piece of art created by he and his classmates in gratitude for her historical lessons about the town and encouragement for them to write a book about their school’s namesake.

life in Hill at the turn of the century and their own imaginations, thus creating an interesting historical fiction.

Ten of the 12 students who worked on the book were on hand last week where they presented a brief slide show of their work, answered questions from the audience and signed their book as people lined up to purchase a copy.

Also on hand were the adults, teachers and local historians who supported them throughout the process.

Besides guidance from Carol Asher-Snow and Lucy Natkiel of the Hill Historical Society, the students were directed in the massive undertaking by teachers Alicia Schaefer (fourth and fifth grade teacher) and Megan Kwapiszeski (fifth and sixth grade teacher). Connolly also brought in Kim Valpey, a retired art teacher from the Gilford School District who instructed them on illustrations by use of a technique developed by artist Earl Karl. The team of students contributed a drawing of each scene they agreed upon for an illustration. Those pieces were then

carefully cut out with an X-acto knife and pieced together to create the final picture. The end result was a picture that almost seemed to jump out from the page.

Publisher of “Jennie’s Story” was Catherine Waldron of Give a Salute publishing company who guided the students and staff on how to put the book together for presentation for sale to the public.

For educating the students on the history of Hill and inspiring them to write the book, Carol Snow-Asher was also presented with a gift from the fifth and sixth grade students last week. The picture, also done in the style of Eric Karl, depicts Jennie sitting at her desk with a classic chalkboard and American flag behind her.

Copies of “Jennie’s Story” are now on sale for \$15 and proceeds will benefit both the Jennie D. Blake School’s Student Activity account as well as the Hill Historical Society. Books can be purchased through the Historical Society, Town Hall or at the Jennie D. Blake School office.

As a sneak peek into

the future, Principal Connolly hinted at the end of the night that a

theatrical rendition of the students’ book “just might” be coming to Hill

in the near future. Stay tuned.

Hebron

FROM PAGE A6

early 1920s and changed the name to Camp Wah-Kee-Nah. At the end of the 1930s, this camp was sold once again to a religious group and the name was changed to today’s Camp Berea. Also in the 1920s, across from what is now Camp Berea, Anna Rothman built a girls camp and named it WiCoSuTa – where campers have included Sasha and Malia Obama, daughters of President Barack Obama.

At nearly the same time near Indian Point, a Miss Lillard built another girls camp that she sold in 1929 to Mr. and

Mrs. Lawrence Derby. This camp is now gone.

Other camps, now gone, originated in the 1920s. There was Journeys End, next to the marina in Hebron, and Camp Greyrock for girls, started by Mrs. Clinton McLane. These last few camps lasted into the 1930s, but the Depression forced them to close.

We all owe a debt to the founders of these camps, for they kept large areas of shoreline and surrounding land in natural condition – just as it was when they first discovered our town.

Look for more Hebron history nuggets in this space.



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We will be closed on Thursday, November 23rd.
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Concerto
Nature’s Choice
Song Maker
Ultra Clean Black Oil
Sunflower Seeds

25-lb bag

Sunflower Chips

40-lb bag

Ultra Clean Black Oil
Sunflower Seeds

50-lb bag

Sunflower Chips

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Sale runs November 18 - 25, 2023

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ASHLAND
20 West Street

603-968-7626

CHURCHES

Christian Science Society, Plymouth

Everyone is welcome to our Sunday services, which we hold each week at 10 a.m. in our Emerson Street building. The the Bible lesson sermon we'll be hearing this this coming Sunday includes this verse from Psalms: "...the Lord will command his lovingkindness in the daytime, and in the night his song shall be with me." This lesson, which can be studied during the week, including in our Reading Room study area, will be read in churches around the world this coming Sunday.

Students and teachers are enjoying our lovely new Sunday School space. We offer classes for children and teens, and it's held at the same time as the church services. Students learn how the truths and lessons in the Bible can help them with their everyday lives. It's held at the same time as the church service.

We also have a Wednesday meetings at 6 p.m. each week. It begins with short readings from the Bible and from the Christian Science textbook with thoughts to help meet personal and world

needs. Then there is time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our spiritual study and prayer. We'd love to have you join us.

Please visit our Web site at www.cs-plymouth-nh.org if you would like to join in our services by zoom.

The Reading Room in our church building is open Monday noon to 2 p.m. There is a comfortable quiet space to sit and read in the new downstairs area. We welcome you to come in to browse, borrow books and resources and enjoy the study area, or just to pop in and see our space.

At jsh-online.com you'll find a wealth of articles and audio offerings which are new each week. This week's podcast "God is always center stage" is an interview with Peter Daniel, an artist and educator, who shares how prayer and the study of Christian Science opened wide his career in the arts and helped his students discover their own artist within.

Holy Trinity (Roman Catholic)

You can now register online at Holy Trin-

ity Parish at holytrinityparish/@flocknote.com/register. We will send you all parish information and weekly emails and the online bulletin.

Check Holy Trinity news and information on Facebook

There will be a Mass on Thanksgiving Day, Nov. 23, at 10 a.m. at St. Matthew Church.

Our regular weekend Mass schedule is: Saturday at 4 p.m. at St. Matthew Church in Plymouth. Sunday at 7:30 a.m. at St. Matthew, 9:30 a.m. at Our Lady of Grace, and 11:30 a.m. at St. Matthew in Plymouth.

Join us Saturday, Nov. 18 at Pope Francis Hall at 5 p.m. (next to St. Matthew) for the Knights of Columbus Council 7073 Spaghetti Supper and Auction. Great food and great fun and start your Christmas shopping!

On Sunday, Nov. 19, we will have our Monthly Potluck Luncheon after the 11:30 a.m. Mass at Pope Francis Hall. Please bring a dish to share!

Eucharistic Adoration is on Mondays from 8 a.m. to 3 p.m. at St. Matthew Church, and 8:30 to 10 a.m. at the chapel at the Marian Center in Bristol. We now have a monthly Eucharistic Holy Hour at St. Matthew on Mondays from 7 – 8 p.m.

Wentworth Congregational

Here is our list of upcoming speakers:

Our services are now at 10 a.m., except for the first Sunday Communion

Service in West Rumney, which is at 9 a.m.

Nov. 19—Joy Moody

Nov. 26—Rev. Lynn Morrison

Dec. 3—Communion Service 9 a.m. (First Sunday of Advent)

Dec. 10—Rev. Cindy Petrie

Dec. 17—Annual Christmas Cantata and holiday pot luck

Dec. 24—Rev. Lynn Morrison

Dec. 31—Joy Moody

MEET OUR SPEAKERS

LYNN MORRISON: (first Sunday Communion and 4th Sunday in Wentworth)

Lynn J. Morrison grew up in Wyoming and was ordained by the Christian Church (Disciples of Christ) in 1982. She holds an MDiv from Phillips Theological Seminary, and served chaplaincies and small churches in Oklahoma before coming to New Hampshire in 1994. Lynn was pastor of West Rumney Community Church for 10 years, and also worked at Innisfree Bookshop in Meredith

for two decades until her retirement in 2019. She is currently a member of Plymouth Congregational Church, UCC.

CYNTHIA B. PETRIE, M. DIV: (second Sunday-Wentworth) Cindy lives in Freedom, NH with her husband Russell. She earned her Master of Divinity from Gordon Conwell Theological Seminary while simultaneously completing her studies in the National Association of Congregational Christian Churches, Congregational Foundation of Theological Studies, after which she was ordained. She served as Associate Pastor of the Campton Congregational Church with her husband Russell for 11 years.

She is celebrating her seventh year and continues to serve as the Pastor of The Chapel of St. John of the Mountains in Ellsworth, NH and is honored to serve as pulpit supply for churches in NH and Maine when invited. Bringing Christ centered Biblical messages is her life-long dream and is thankful and honored to be with all of you in Wentworth! God Bless You!

Cindy leads Bible Study after the morning service.

JOY MOODY: (third Sunday-Wentworth)

Joy was born and raised in New Hampshire. She is currently a seminary student at Christian Leaders Institute. She has been pulpit supplying in numerous churches over the last 4 years. She has been working towards ordination in the Congregational Church. When she is not working towards her Bachelor's Degree in Divinity, she is a Certified Recovery Support Worker at Archways Community Resource Center. At the Resource Center she helps give a hand up to others to help find recovery. Blessings!

Rev. Ruth A. Martz (fifth Sunday-Wentworth) Ruth is an ordained UCC pastor who retired two years ago from active pastoral ministry. She served for nine years as the solo pastor of the Sanbornton Congregational Church, UCC (NH). Ruth loves to tell biblical and multi-cultural stories, along with linking Scripture with art, music and everyday life. She offers meditative walks and workshops on her canvas labyrinth. Ruth lives in Sanbornton with her husband, Steve Majeski, and their dog Maggie. She enjoys skiing and playing the Celtic harp.



ALEXANDRIA

Alexandria United Methodist

12 Washburn Rd.
Alexandria Village, Alexandria
9 a.m. Sunday Worship Service
Pastor Mark Lamprey • 603-744-8104
Methodist Church
April 16th Easter Worship @ 9a.m.

ASHLAND

Ashland United Methodist

18 Washington St., Ashland
9:30 Sunday morning Worship Service
Visit our Website:
<https://ashlandumc.faithlifesites.com/>
for more information and recordings of the Services.
Pastor Roger Kleinpeter
1-603-254-7796

Ashland Community Church

55 Main Street - Ashland
(across from Shurline Market)
10:00 a.m. Worship
August 18 – September 15 Teaching Series: "I Love My Church!"
Toddler Zone (infants – five years old) led by Kara Hamill and Kid Zone (for K-6th grade) led by Debbie Madden.
Small groups: We offer adult small groups that meet on Sunday, Tuesday, Wednesday, and Thursday evenings.
New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.
Pastor Ernie Madden
(603) 968-9464
accernie@hotmail.com

Emmanuel Episcopal Church

18 Highland Street, Ashland
(603) 968-7640
9:30 am Sunday School and Worship
Rev. Stephen Rugg

BRISTOL

Bristol Baptist Church

30 Summer Street, Bristol, NH 03222
(603) 744-3885
SUNDAY
• Worship service with music as well as the Scriptural message and time of fellowship. 10:00 a.m.
• We also do "live streaming" of this service. Sermons/message of each week can be found on our website (bristolbaptistchurch.org)

Bristol United Church of Christ

15 Church St., Bristol
9 a.m. Bible Study • 10 a.m. Sunday School
10 a.m. Worship Service • Child Care Available • 744-8132
Our Lady of Grace
(part of Holy Trinity Parish)
2 West Shore Rd Bristol, NH 03222
Mass Schedule: 9:30 AM on Sundays (this is

the only Mass on Sundays year round now).
Daily Masses: Tuesdays and Thursdays at 8 AM.
Eucharistic Adoration every Thursday after Mass until 10:00 AM.
Parish office for both locations:
11 School St, Plymouth, NH 03264,
Phone: (603) 536-4700.

CAMPTON

Campton Baptist Church

1345 Main Street, Campton (603) 726-4662
Sunday 10 a.m. Worship Service followed by Time of Fellowship
Monday 4 p.m. Bible Study
Wednesday 7 p.m. Prayer
Friday 5:30 p.m. Dinner & Movie (free)
Women's Gathering 2nd Tuesdays 10 a.m.
Men's Breakfast 2nd Saturdays 7 a.m.
"Digging Deeper" Service 3rd Sundays 7 p.m.
Food Pantry by Appointment
All are Welcome • Handicapped Accessible
Pastor Chuck Green

Campton Congregational

#495 Rt. 175, Campton
9:30 a.m. Sunday Worship Service
Nursery and Child Care Available
10:30 a.m. Tue. Bible Study for Youth & Adults
Rev. Jeffery Robie • 536-2536
Member NACCC

New Light Chapel

Southmayd Plaza (off I-93 Exit 28)
24 Southmayd Road, Campton
(Across Route 49 from Campton Mobil)
10:00 a.m. Sunday Worship Service
Childcare and Children's Ministry available
Pastor Steven Veinotte
www.newlightchapel.com

DANBURY

Danbury Christian Church

High St., Danbury
9:30 a.m. Sunday School
11 a.m. Morning Worship
Tuesdays 6:30 p.m. AWANA
Thursday, 7:00 p.m. Prayer Group/Bible Study

United Church of Danbury

"All Are Welcome"
Rt. 104 — Near Center of Town
9:30 a.m. Sunday Worship Service
9:30 a.m. Sunday School
Contact: Sylvia Hill, Deacon at 768-3936
danburypastor@myfairpoint.net

HANOVER

Our Savior Lutheran Church

5 Summer Street, Hanover • 643-3703
10:30 a.m. Sunday Service of Holy Communion and Children's Church
9:15 a.m. Adult Education Hour

HEBRON

Union Congregational Church

Union Congregational Church
15 Church Lane, Hebron
603-744-5883
We welcome all persons

The Rev. Ralph S. English
Worship Service - Sunday 10am
Communion is celebrated on the first Sunday of each month
A Coffee Hour following worship
Recorded Services on website
www.hebronchurchnh.org

HILL

Hill Village Bible Church

9 a.m. - Sunday School
10 a.m. - Morning Worship
11 a.m. - Coffee Fellowship
11:30 a.m. - Bible Hour
6:30p.m. - Wed. Prayer & Bible Hour
Teen/Childrens' Ministries
Nursery provided at all services
Pastor: Rev. Daniel Boyce
Youth Pastor: Nathan Pelletier
www.hillvillagebiblechurch.com
Look for us on Facebook

HOLDERNESS

Holderness Community Church

919 US Route 3 – P.O. Box 613
Holderness, NH 03245
Worship Service – Sunday 10 a.m.
Rev. Chris Drew – 968-3219
www.holdernesscommunitychurch.org

NEW HAMPTON

New Hampton Community Church

• 744-8252
A Christian Church w/ a family friendly atmosphere • Main St. New Hampton
10 a.m. Sunday Worship
Nursery care, Children & Youth ed.
Small groups throughout the week in area homes

PLYMOUTH

Calvary Independent Baptist • 536-3024

115 Yeaton Rd., West Plymouth
8:45 a.m. Sunday Morning Service
10:30 a.m. Sunday School
6:30 p.m. Sun. Evening Service–Tilton
7:00 p.m. Tuesday Evening Service
Dr. Chester W. Kulus, Pastor

Christian Science Society

7 Emerson St., Plymouth
10-11 a.m.–Sun. Service/Sun. School
Wed. 6:00-7:00–Testimonial Meeting
www.cs-plymouth-nh.org

Church of Jesus Christ of Latter-Day Saints

354 Fairgrounds Rd., Plymouth
10:00a.m. Worship Service
11:10a.m. Sunday School
Kevin Simpson • 536-3664

Gateway Alliance Church

9 Fairgrounds Road, Plymouth • 536-3043
Sunday School and Adult Education
9:45 a.m.
Worship Service 11:00 a.m.
(Nursery Care is available)
Dennis Simmons, Pastor
gatewayalliancechurch.org

Grace Baptist Church

Meeting temporarily at the

Baker River Bible Church
at 259 Route 25, Wentworth, NH
1:30 p.m. - Sunday School for all ages
2:30 p.m. - Sunday Worship Service
Thursday, 6:30 p.m. - Teen and Adult Bible Study
Thursday, 6:30 p.m. - Kids "Patch the Pirate" Club
(from September - May)
Fall Meetings with Morris Gleiser, October 18-22.
Sunday, 1:30 and 2:30 PM; Monday - Thursday at 7:00 PM.
Visit www.gbcsnh.org for sermons and more information.

Holy Trinity Parish (Roman Catholic)

Our Lady of Grace Chapel
2 West Shore Rd, Bristol
St. Matthew Church
11 School St in Plymouth NH.
Parish Office: 11 School St in Plymouth
(603) 536-4700.
Office email: holytrinitynh@gmail.com
Communications coordinator:
Christine Chiasson email:
chrischiasson@holytrinityparishnh.org.
Pastor: Fr. Mark Dollard.
Instagram: [holyTrinityNH](https://www.instagram.com/holyTrinityNH).
FB page is Holy Trinity News and Info.

Plymouth Congregational United Church of Christ

Sunday Worship 9:30 AM on Facebook Live
Virtual Sunday School 9:30 AM
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Global and Local Missions. Fully Accessible
Pastor, Rev. Sara M. Holland
Ashley Paine, Organist/Accompanist
David Williams, Director of Music
536-2626 • www.uccplymouth.org

Plymouth United Methodist Church

334 Fairgrounds Road
(603)536-1941
Sunday Morning Worship 9:30 am weekly

Restoration Church

319 Highland Street, Plymouth NH
10:30 am morning service
We Care Food Pantry
Open every Monday from 10-2

Starr King Unitarian Universalist Fellowship

101 Fairgrounds Rd., Plymouth
536-8908
9:30 a.m. Sunday Service and Church School & Nursery Care
Rev. Linda Barnes
www.starringfellowship.org

RUMNEY

Rumney Baptist Church

Rumney Baptist Church
Rev. Seth Powers, Pastor
375 Main Street • 786-9918
rumneybaptist.org
office@rumneybaptist.org
Like us on Facebook
Sundays: 10:00 a.m. Sunday Worship Service
Livestreaming on YouTube
Blended, worshipful music
Relevant Bible teaching
Children's ministry

6:30 p.m. Mondays: Teen Worship Service
Small group Bible studies throughout the week

West Rumney Community Church

United Church of Christ

1218 Old Route 25, West Rumney
Sun. Worship 9 a.m., All are welcome.

THORNTON

Thornton United Methodist

22 Church St., Thornton
Off Cross Road between Rts 3 & 175
Call 603-726-3774 for more information or to leave a message.

WARREN

Warren United Methodist Church

On the Common, Warren, NH
Sunday Worship 1:30 p.m.
Sunday School 10 a.m.
Rev. Dr. David Palmer • 787-6887

WENTWORTH

Baker River Bible Church

259 Mooslake Hwy., Wentworth
* Sunday School - 9:45 a.m.
* Morning Worship Service 11:00 a.m.
* Potluck Lunch - 12:00 noon
* Afternoon Service 1:30 p.m.
* Wednesday Prayer Meeting, Patch the Pirate Club for grades 1-6, and Teen Youth Group 7:00 p.m.
Rev. Bruce Michaud, Pastor
764-9406 or 786-9550

Wentworth Baptist Church

Independent, Fundamental, K.J.V.

260 Cape Moonshine Rd., Wentworth
9:30 a.m. Sunday School
10:30 a.m. Sunday Service
1 p.m. Sunday Afternoon Service
7 p.m. Wednesday Evening Service
764-9800 www.wbcnh.org

Wentworth Congregational Church

Wentworth Village Road (Common)
wentworthcongregationalchurch.org
Sunday services: 10:15 a.m., Sept.thru May.
9:00 a.m., May thru August
764-9081

WOODSTOCK

Pemi Valley Church

1091 Rte 3 South Woodstock, • 745-6241
ALL ARE WELCOME
Wednesday - 6:30 p.m. Bible Study and Prayer Group.
Sunday 9-10 a.m. Worship Service and Children's Sunday School. 10-10:30 a.m. Refreshments.
Reverend John Muehlke Jr.

Mid-State Health welcomes Alyssa Constantino to its team

LINCOLN — Mid-State Health is thrilled to announce the addition of Alyssa Constantino, Physician Assistant (PA), to its dedicated team of healthcare providers. Constantino is now practicing at the Mid-State Lincoln office and is available to see patients of all ages. Mid-State remains steadfast in its commitment to delivering exceptional primary care services for patients in the region.

Alyssa Constantino, PA, is a highly skilled and compassionate primary care provider who is dedicated to helping patients maintain and improve their health. Bringing a wealth of knowledge and expertise to her role, she is committed to fostering strong patient-provider relationships. Her clinical approach empha-

sizes preventive care, patient education, and open communication to ensure that her patients receive the highest level of care.

Constantino graduated from the University of Massachusetts with her Bachelor of Science in Biology and went on to receive her Master of Science in Physician Assistant Studies from Arcadia University in Pennsylvania. As a compassionate caregiver and board-certified Physician Assistant, she is focused on ensuring all her patients receive the care they need for their journey to optimal health.

"We are delighted to welcome Alyssa Constantino to our team, as her expertise and compassionate approach align perfectly with our commitment to provid-



Alyssa Constantino

ing quality primary care to patients of all ages," stated Bob MacLeod, CEO at Mid-State Health Center.

Patients seeking primary care services in the Lincoln area can now schedule appointments with Alyssa Constantino, PA. Whether it's a routine check-up, ongoing health management, or addressing specific healthcare concerns, she is dedicated to

delivering personalized care that caters to each patient's unique needs.

Constantino is currently accepting new patients! To schedule an appointment, please call 603-536-4000 or visit mid-statehealth.org to learn more.

About Mid-State Health Center

Mid-State Health Center delivers primary care and supportive services at locations in Bristol, Plymouth, and Lincoln, offering medical services, dental services, behavioral health counseling, imaging, recovery, and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all, regardless of the ability to pay.

Healey named PSU Female Athlete of the Month

PLYMOUTH — Senior Taylor Healey (Campton) was selected as the Plymouth State University Female Athlete of the Month, sponsored by the New Hampshire Army National Guard, for her impressive close to her season in the month of October.

Healey totaled 16 goals and five assists for 37 points in nine games to help Plymouth State to a 5-4 record during that stretch. She tallied 72 shots, with 54 of them being on goal, and recorded a remarkable .805 shot on goal percentage while scoring the game winner in three of the team's five wins.

Healey scored in each of the first three games with an assist, but her biggest outing came when the Panthers blew past the University of Maine Farmington, 11-1, when she scored four goals – just one shy of her career best. After PSU went up 1-0, Healey added the second and would later punch in two more goals within minutes of each other in the second quarter. She capitalized for the final time to put the Panthers ahead 8-0 before running away with the final result.

After nabbing a goal and an assist in a 3-2, overtime loss to Southern Maine, she had a pair of two-goal games, the first coming in a 4-3 overtime win against Framingham State. Healey pulled the Panthers ahead after the teams were deadlocked at 1-1. The visitors tied it back up and forced overtime, but

Healey put the nail in the coffin when she went one-on-one with the opposing goalie and sniped a low shot to the back of the cage for the 4-3 win. She laid down another two goals with two assists in a 4-0 shut-out versus UMass Dartmouth.

In the regular season finale against Eastern Connecticut State, Healey snagged the lone two goals of the game in the 2-0 victory. She launched her first score past the goaltender less than five minutes into the opening frame. Healey then doubled the lead off a feed to close out the game.

Healey aided the Panthers to open the Little East Conference Tournament with a 4-0 win over West-Conn with another pair of goals and an assist in the final game of October. The Panthers would fall in the semifinal round at Keene State in a 3-2 battle.

Healey ended the season in the top-three of multiple stat categories in the conference with 119 shots, 86 shots on goal, 25 goals, nine assists and 59 points. Her 59 points on the year were just one shy of her program record of 60, achieved last fall.

The Panthers ended the season with a 12-6 overall record while going 4-2 in the LEC, and advanced to the LEC Tournament semifinal round for the first time since the 2017 season.

Pemi-Baker Hospice & Home Health Advocates for “Courageous Conversations”

BY ANNA SWANSON
Pemi-Baker Hospice & Home Health

PLYMOUTH — November is National Home Health, Hospice and Palliative Care Month, and Pemi-Baker Hospice & Home Health is joining the nationwide effort to raise awareness and promote "Courageous Conversations" about end-of-life care. This year's theme emphasizes the importance of initiating open dialogues within your inner circle of friends, family, and care providers about your healthcare preferences and choices. These conversations can be a powerful way to ensure that your wishes are respected and honored.

In a world that often shies away from discussing topics related to mortality and end-of-life decisions, "Courageous Conversations" encourage individuals to break the silence and engage in meaningful discussions. Pemi-Baker Hospice & Home Health believes that starting these conversations is an act of love and compassion, benefiting both you and your loved ones in the long run.

Initiating such discussions can be daunting, but it is an essential step toward ensuring that your values and preferences are understood and respected. Here are some suggestions for starting "Courageous Conversations":

- "I know this isn't a concern for us now, but I was thinking..." - This gentle approach allows you to express your thoughts without making it an immediate issue, giving your loved ones time to process and respond.
- "Remember when our (name of friend or family member) was sick/in the hospital? I'm wonder-



ing what you would have wanted if it were you." - Relating your question to a shared experience can help open the conversation and make it feel less intimidating.

3. Review and Update Advance Directives - Ensure your healthcare directives accurately reflect your current wishes and values. It's crucial to keep these documents up-to-date, especially if there have been changes in your life circumstances or health status.
4. The 5 D's: Recognize that certain life events, such as Divorce, Death, Diagnosis, Decline, or Decade (significant milestone birthdays), can trigger the need to revisit your healthcare decisions. Use these events as reminders to update your preferences and inform your loved ones.

Having clarity about what is important to you in terms of your medical care can significantly ease the burden on those who may need to make decisions on your behalf. It provides them with the reassurance that they are acting in accordance with your wishes.

Pemi-Baker Hospice & Home Health offers support and guidance for those who want to initiate "Courageous Conversations" with their loved ones. Our team

of healthcare professionals is available to provide information, resources, and advice on advance care planning and end-of-life decisions.

This National Hospice and Palliative Care Month, we encourage everyone to take the first step in having "Courageous Conversations" about their healthcare preferences. By doing so, we can ensure that each individual's dignity and choices are respected, providing peace of mind for both patients and their families.

For questions about advance directives or hospice call 603-536-2232 or visit us at one of our Ask A Pemi-Baker Nurse drop in days at your local senior center. For days and times please check our website calendar: www.pbhha.org. Bottom of Form

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 32 towns in central and northern New Hampshire since 1967. Expert services include at-home healthcare and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local senior centers. Providing compassionate care with experienced staff who are trained, certified professionals and also your neighbors. In your time of need, we're right where you need us.

Pemi-Baker is located at 101 Boulder Point Dr., Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: [@pemibakerhospicehomehealth](https://www.facebook.com/pemibakerhospicehomehealth).

Thornton Central School honor roll

THORNTON — Thornton Central School has released its honor roll for the first quarter of the 2023-2024 school year.

Fifth Grade

High Honors: John Donis, Mackenzie Smith

Honors: Dominic Demler, Tyler Gibbs, Aurora Glover, Lily Kelly, Torsten Kroupa, Caitlyn Manseau, Liam Nelson, Taylor Superchi

Sixth Grade

High Honors: Ellory Avery, Shea Daigle, Michael Dinger, Aurora Fischler, Collin Gallagher, Ryan Truchon

Honors: Enzo Cella, Ethan Cowles, Lilly Dolan, Ayden Harrington, Savannah Hesser, Gavin McNair, Brynlee Sanborn, Nolan Sanborn, Ryan Shuffleton, Blake Testut, Taryn Thibault, Matthew Wallace

Seventh Grade

High Honors: Camryn Cawley, Christie Colman, Sofia Donis, Lilah Hadaway, Phoebe Rose

Honors: Eva DeLaCruz, Kayley Gannett, Kelly Patten, Jessica Schley, Jake Smith, Ava Thompson, Ewan Wilkie

Eighth Grade

High Honors: Harper Hesser, Alexa Joyce, Shayleigh McCann, Kaden Prall, Lucia White

Honors: Mason Brown, Makenna Jones, George Perry

Plymouth State softball announces winter softball clinics

PLYMOUTH — The Plymouth State University softball program has announced additional dates in its series of off-season clinics, head coach Mike Bernier announced on Friday.

The program will be running an Advanced Pitching Clinic in January, as well as three Winter Softball Clinics (not position-specific), in February.

Online registration is required for all Plymouth State Athletics camps and clinics and is available at athletics.plymouth.edu/camps.

Plymouth State Softball Advanced Pitching Clinic

Hosted at the ALLWell North building, this one-day advanced pitching clinic will take place on Sunday, Jan. 28 (11 a.m. – 1 p.m.). The clinic is facilitated by former NCAA Division I Merrimack College pitching coach Harold Sachs, along with members of the PSU softball coaching staff and pitching staff and is open to high school athletes (grades nine-12). The registration fee is \$100 per person. Athletes are asked to bring their own gloves, sneakers, and water, and to provide their own catcher.

Plymouth State Winter Softball Clinics

Hosted at the ALLWell North building, this series of clinics run by PSU softball coaches and players will cover throwing, fielding, hitting and baserunning. The clinics are offered on Feb. 4, 10, and 18, from 11 a.m. – 2:30 p.m. each day. The clinics are open to athletes in grades six-12. The cost to attend a single clinic is \$80, with discounted rates for two sessions (\$140), and all three sessions (\$200). Athletes are asked to bring their own gloves, bats, sneakers, and water.

Guided birding with the NLRA at Grey Rocks!

HEBRON — Join NLRA and local birders for late autumn birding at Grey Rocks Conservation Area, Wednesday, Nov. 29, 8:30-10:30 a.m. As we progress further into fall, the local bird population centers around winter residents, some of which blend in with brown leaves and gray skies. During guided birding at Grey Rocks, participants will explore the trails using their eyes and ears to locate and identify the birds that share the cold months with us. This event is geared toward all people with an interest in exploring the natural world. Registration is required for this event- register and find more information including other upcoming events at NewfoundLake.org/events or call 603-744-8689.

NLRA works to protect the high-quality waters of Newfound Lake and its watershed, maintaining a healthy and diverse ecosystem. Along with educational programming like guided walks and paddles, NLRA monitors water quality, conserves land, manages stormwater pollution, and monitors for invasive species. For more than 50 years NLRA has been protecting Newfound Lake, and the results of that conservation are as clear as Newfound's water. You can learn more about NLRA's initiatives at NewfoundLake.org.

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MLS# 4976896

3BR/3BA, 2,188 sf. cape in the gated community Long Bay on Lake Winnepesaukee. This versatile residence offers the potential for 4 bedrooms, a 2 car garage, and open concept layout with a seamless flow. Deck off the back of the house overlooks meticulously landscaped lawn get for entertaining.



\$369,000

MLS# 4976685

2BR/2BA, 1,680 sf. townhouse perfect for an income property, year round residence or just a great getaway retreat in Waukegan Village with many recent updates including the kitchen, fresh paint, new water heater, new ceiling fans, lighting and more. Just a short distance from the town beach.



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Live and work at the same great location with Lake Winnepesaukee water views in this 3BR/3BA, 1,780 sf. ranch. Previously an auto repair shop for 20+ years and is suitable for many business types. There is also a heated pre-fab garage on the property. Some rehab needed, property is being sold as is.



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MLS# 4939101

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Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cbldmill.com

Coldwell Banker Residential Brokerage www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services: www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com



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2. Assisting residents and commercial users in the appropriate placement of refuse and recyclables.
3. Assist the Recycling Manager in all matters related to the operation of a solid waste/recycling facility.

Additional requirements are a good working ethic, positive attitude, hard worker and a team player. Applicant must be able to obtain a NH Solid Waste Operators License within one year of hire and applicant must have a valid driver's license.

Interested candidates should complete an application and submit to: Plymouth Recycling Manager, James Conn, 6 Post Office Square, Plymouth, NH 03264 or email at recyclingmanager@plymouth-nh.org.

An application may be found at www.plymouth-nh.org or at the Town Office 6 Post Office Square, Plymouth, NH 03264.

The Town of Plymouth is an Equal Opportunity Employer.

For additional information related to the position contact James Conn at 603-348-5247 directly.

Applications will be accepted until position is filled.

Town of Plymouth Job Opening Highway Department

The town of Plymouth Highway Department is currently accepting applications for the position of Highway worker. If you are hardworking, team player, with a positive attitude and willingness to learn, you may be the person we are looking for. Candidates need no previous experience; however, candidates need a valid driver's license with CDL-B endorsement. This position performs duties in all areas of construction and other assigned projects to include summer and winter maintenance of roadways. Duties include but are not limited to, operating heavy machinery necessary for road maintenance, maintaining municipal equipment and plowing roadways for winter operations, and other road maintenance tasks. Successful candidate will be required to be on-call for a week at a time on a rotating schedule.

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Applications are available at the Plymouth Town Hall (603-536-1731), the Towns Website www.plymouth-nh.org or at the Plymouth Highway Department (603-536-1623) from 8am to 4pm, Monday through Friday. Applications will be accepted until a suitable candidate is appointed.

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Holiday Gift Guide



Safety first when buying toys for children this holiday season



December is a special time of year for children, millions of whom await the arrival of Santa Claus and the bounty of toys he delivers each year. When buying holiday gifts for youngsters, adults must consider safety. According to the Alliance for Children and Families, approximate-

ly 217,000 children are treated at hospital emergency rooms for toy-related injuries each year. Holiday shoppers are urged to stick to age-related recommendations on product packaging and avoid toys that do not contain the ATSM (American Society for Testing and Materials) label.



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Holiday Gift Guide



Age-based guidelines for buying toys and gifts

The holiday season involves making holiday gift lists and checking them twice, or even more frequently to ensure that gift-givers find the best fit for recipients. While age may only be a number in certain instances, when it comes to gifting, age should be a consideration — particularly when kids are involved.

The Consumer Product Safety Commission reports that an estimated 86,000 children treated for toy-related injuries each year are younger than five. Toy-related injuries are preventable, and prevention often comes down to choosing age-appropriate toys for kids.



Toys can be choking hazards when small toys or those with small pieces are given to children who are too

young to use them safely. Kids are curious and often put items in their mouths. Choking is the fourth-leading cause of unintentional death in children under age five, indicates The Emergency Center. Falls, eye injuries, drowning, and motor accidents are leading causes of gift-re-

lated injuries. Here's how to select age-appropriate gifts.

- Read the packaging carefully. Most toys and other children's products will come with an age range recommendation. While some kids may be mature beyond their years, it's best to choose gifts that fall

within the recommended range. This is particularly the case for infants, toddlers and any child under the age of five.

- Avoid fad gifts. Children often want the latest and greatest gadgets and toys for gifts even if they are not the smartest choices for their ages. Resist the urge to buy something just to be the "cool parent or grandparent," especially if it isn't age-appropriate. Mermaid tails became popular in recent years, and likely will see increased presence thanks to the home-viewing release of a popular live-action mermaid movie. However, they limit movement and can make swimming more difficult, potentially increasing risk of drowning.

- Provide safety gear. As children age, they may be more interested in gifts that appeal to hobbies and abilities. Scooters, bicycles, skates, and other items are popular among older children. These gifts

should only be purchased for those with proven ability, and even then, accompanied with the appropriate safety gear. This can include helmets, knee pads and eye protection.

- Consider waiting before gifting certain electronics. Although children may be able to use devices safely, there are many who advocate for waiting to give young children smartphones and tablets due to the consequences of excessive screen time. The American Academy of Child and Adolescent Psychiatry says children ages two to five should limit non-educational screen time to about one hour per weekday and three hours on weekend days. Children should be encouraged to pursue healthy habits that limit use of screens, so gift-givers can look for gifts that help to this end.

Age-appropriate gifts ensure safety for the youngest people on holiday gift lists.

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Holiday Gift Guide



Craft an entire day around tree shopping

Though retailers may begin playing holiday tunes shortly after Halloween, for many people, no date on the calendar marks the beginning of the holiday season better than the day they pick up their Christmas tree.

There are many different ways to acquire a Christmas tree. Some people prefer artificial Christmas trees that can be stored and taken out each year. Others make a yearly expedition to a tree lot or a Christmas tree farm to find the perfect fir or spruce. Historians believe a man named W.V. McGallard planted 25,000 Norway spruce seedlings at his Mercer County, New Jersey farm in 1901, essentially establishing the first commercial Christmas tree farm. By 1908, customers could visit the farm and choose trees for \$1 each. McGallard helped create an entirely new industry that now accounts for 350 million trees being grown and sold in the United States every year.

Selecting a Christmas tree may not take more than an hour or two, but there are ways for families and other tree shoppers to maximize their time spent looking for a tree.

- Bring refreshments. Couple Christmas tree shopping with picnicking if the weather is amenable. Pack some foldable chairs into the vehicle (sitting on the ground on a blanket may be too cold) and bring along thermoses of coffee or hot cocoa.
- Pair tree shopping with a trip to see lighting displays. Find the tree lot or tree farm and then scope out potentially scenic spots to view holiday lighting displays nearby. Neighborhood Facebook or other social media groups often tout homes that put up eye-catching displays. Ask around for addresses and plan your own tours.

Make a day of selecting and putting up the Christmas tree each year. Doing so can enhance the holidays and make for an entertaining way to spend time together as a couple or family.

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