

Bears net first-ever volleyball title

Newfound sweeps past Trinity to win Division III championship

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — In the Division III semifinals, the Newfound volleyball team found itself down 2-0, but never panicked.

Up 2-0 in the Division II semifinals five days later, the Bears didn't quite look like themselves.

"We had made some adjustments and changed some things, some positions," said Newfound coach Amy Fairbank, noting there was a little confusion in a few situations. "They responded OK."

"I knew they just had to get back in the game and they'd be fine," the Bear coach said. "Any deficit they've gotten in, I knew they could pull themselves through."

Newfound did just what their coach knew they could do, coming back from a 22-18 deficit in the third game and closing out the school's



The Newfound volleyball team celebrates its first-ever state championship on Saturday night.

JOSHUA SPAULDING

first-ever volleyball championship with a 26-24 win to complete a 3-0 sweep of Trinity on Saturday night.

"I was pretty confident that this was how it was going to be," said a relieved Fairbank as the team celebrated its

win. "I did better than I thought I'd do (emotionally)."

Emalie Ruiter got the Bears on the board to start the night and after Trinity got three points in a row, a block from Malina Bohlmann and a hit from Bailey Fairbank

put the Bears back in front, 5-4. Paulina Huckins had a block for a big point, but Trinity hung around and tied the match at seven. Huckins had another big hit but Trinity came back and tied the game at nine and then took a 10-9 lead.

Newfound came back and tied the match at 10 and then took the lead, a lead they wouldn't relinquish. Bohlmann had a kill and then Shyann Seymour chipped in with a pair of aces to make it 18-11 in favor of the Bears. After a Trinity point, Bohlmann and Fairbank had kills and Newfound pulled away and took the 25-14 win for the 1-0 lead.

Huckins started the second set with a service ace and the Bears went up 3-0 before Trinity came back to tie the set at three. Seymour had a nice serve return and

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Minot-Sleeper Friends offer holiday cookbook for sale

BRISTOL — The Friends of the Minot-Sleeper Library, in Bristol, announce the debut of their Holiday Cookie Buffet Cookbook.

In the past, the Friends have had an annual December cookie sale as a fundraiser. Unfortunately, this year, due to the spread of Covid-19, they are unable to hold this popular event. Instead, they have compiled the most popular cookie recipes in a cookbook for everyone to enjoy. The cookbook, priced at \$20, is for sale at the Minot-Sleeper Library and on the library website. Also, it is being sold at the following businesses in Bristol: Cardigan Mt. Country Store, Crazy Cat Winery, Imagine, Renaissance Florals, Riverview Artisans, Styles by Julie, and Twin Designs. It will remain on sale from now through the end of December.

Go online or call the Minot-Sleeper Library at 744-3352 to reserve your cookbook now. All the proceeds from cookbook sales will help support the library programs and services throughout the coming year. The Friends of the Minot-Sleeper Library is a non-profit organization 501c(3).

Local election results reflect state and national trends

BY BRENDAN BERUBE
EDITOR

REGION — The same story that played out across both the state and the nation last Tuesday held true in the Pemi-Baker and Newfound regions, where demographics played a decisive role in whether local communities leaned toward the left or the right.

In Alexandria, Republican incumbent Donald Trump emerged as the local favorite for President, with 616 votes compared to the 440 cast for Democrat Joe Biden, who was ultimately declared the winner Saturday morning following several days during which election officials in key battleground states struggled to count an unprecedented number of absentee ballots. Libertarian Jo Jorgensen received 24 votes in Alexandria.

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Alexandrians continued to show support for Republican candidates in other key races. Incumbent Gov. Chris Sununu, who cruised to a third term last week, received 775 votes to Democratic challenger Dan Feltes' 267, with Libertarian Darryl Perry trailing at 26 votes. Republican Corky Messner was favored over incumbent Democratic Senator Jeanne Shaheen, who successfully defended her seat, 542-491, with Libertarian Justin O'Donnell a distant third with 37 votes. Steve Negron, who challenged Democratic incumbent and eventual winner Annie Kuster for her seat in the Second Congressional District, was awarded 566 votes to Kuster's 459, while Libertarian Andrew Olding received 39. Republican Joe Kenney, who reclaimed his seat on the Executive Council from Democratic incumbent Mike Cryans was also the favorite in Alexandria, 663-366. Republican incumbent Bob Giuda, who emerged as the even-

tual winner in the state Senate race for District 2, was given 653 votes in Alexandria, while Democrat Bill Bolton received 378. Rounding out Alexandria's ballot, Republicans Ned Gordon and Lex Berezchny, who won election to the state House in Grafton District 9, received 466 and 725 votes, respectively, while Democrats Carolyn Fluehr-Lobban and Catherine Mulholland received 308 and 322, respectively. Democrat Joshua Adjutant, who barely eeked out a victory in Grafton District 17, received 451 votes in Alexandria, while Republican opponent Kendall Hughes was given 571. The remaining races were uncontested.

Ashland voters threw their support behind Biden, granting him 632 votes to Trump's 562, Jorgensen once again trailing with 24. Sununu again outpaced Feltes, 792-382, with Perry a distant third at 19. Shaheen was favored over Messner, 680-492, with O'Donnell trailing at 27, and Kuster was chosen over Negron 631-522, Olding coming in third with 35 votes. Kenney edged out Cryans 606-512, while Giuda handily beat Bolton 619-531. The District 9 race was split in Ashland, with 607 votes going to incumbent Gordon, 516 to Mulholland, 464 to Berezchny, and 456 to Fluehr-Lobban. Adjutant failed to carry his hometown, garnering 523 votes compared to the 647 cast for Hughes.

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Bears come back to shock Tigers in semifinal tilt

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Stomp, stomp, clap. Stomp, stomp, clap.

The Farmington volleyball team was feeling good. Two relatively easy wins over Newfound in the Division III semifinals on Monday, Nov. 2, had the Tigers and their fans doing the well-known rhythm of Queen's "We Will Rock You."

"We will, we will rock you. We will, we will rock you," the Tigers chanted as they took the court with that lead, anticipating the victory that was surely theirs.

However, nobody told the Newfound Bears that the game was over.

Coach Amy Fairbank's team dampened that Tiger excitement by coming all the way back from the 2-0 deficit to pick up a hard-fought

3-2 win on their home court to earn the chance to host the Division III finals.

"We had three strategies coming in," said Fairbank. "Keep away from the net, be tricky with our hitting and keep in back as much as possible."

"And they completely ignored me in the first two games," the Bear coach said. "They came in really prepared, but

they were just doing dumb stuff."

Maybe it was the fact that the Bears started listening to the coach's strategies. Or maybe it was the "We will rock you" chants coming from the other side of the net. Whatever the case may be, the Bears came back. In a big way.

The Bears came out and never let the Tigers get closer than two points in the third set, eventually pulling away for a 25-12 win, the final point coming on the 500th career kill for senior Bailey Fairbank. And the momentum was in the Bears' court.

The fourth set was epic, going all the way out to 32-30 before the Bears won and they then closed things out with the 15-12 win in the fifth and deciding set.

"Once they got their confidence back, I was surprised how quickly Farmington fell apart," the Newfound coach said.

The first game saw

SEE SEMI, PAGE A15



Emalie Ruiter receives a serve in semifinal action last week.

JOSHUA SPAULDING

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Congratulations to the NRHS State Champion Volleyball Team! The first ever State Championship for a Volleyball team at Newfound. A memorable accomplishment and what a lift it must be for the student-athletes and coaches at our school. A bright light in the dimness of 2020!

The Friends of the Minot-Sleeper Library have moved their fall book sale online! View books and movies for sale at: <https://minot-sleeperlibib.com>. Please be sure to select the different categories on the left side of the page to see all titles available.

Because of Covid-19, the Friends of Minot-Sleeper Library will be unable to hold their Cookie Buffet this year. Instead, the dedicated bakers have provided the many cookie recipes for a Holiday Cookie Buffet cookbook! The cookbook will be available at the

library, on the website and at several businesses around town starting the first week in November. Purchases will go toward supporting programs at the library for the coming year.

Visit the library and do the Turkey Trot in the Kids' Room! Throughout the children's room there are seven pictured turkeys that have mini challenges for kids to complete. Complete all seven of the turkey tasks and win a prize to take home!

The Bristol Rotary Club will be holding their annual Christmas Tree Sale at O'Reilly's Auto Parts on Lake Street in Bristol. Trees will be delivered on 11/24 and will be on sale while supplies last. The trees will be fresh NH grown trees and the cost is \$35 for any tree. All proceeds go back into the local community through both activities, scholarships and donations. For more information, contact Leslie at 744-2713.

The TTCC will be looking for volunteers

for the One-Stop Christmas Shop this November from Nov. 9-20 - call 744-2713 to make arrangements. Volunteers are also needed for Santa's Village in December. Contact Les or Dan at the TTCC to help with these activities.

Please be extra careful while outdoors enjoying this wonderful spurt of great weather as hunting season is in full swing and caution must be taken while out and about. Keep a sharp eye on your pets at this time as well, as they tend to be wandering a bit more with good weather upon us. We must not let our guard down with the tendency of the COVID pandemic on the increase again, either. Protection of each other and the peace of mind of our most vulnerable citizens is very important. Please continue to follow protocol.

Groton

Ruth Millett 603-786-2926
rem1752nh@gmail.com

Potential New Public

Works Building/Highway Garage

The next informational meeting on the potential new Public Works Building/Highway Garage will be held on Tuesday, Nov. 17 at 7 p.m. (at the beginning of the Select Board Meeting). See the Web site for the flyer which has some information about the meeting and costs, the list of probable costs and the updated building plans (4 bays with the offices at the back to save room) for your review. We hope to see you all there!!

A note from the Conservation Commission:

Sharon sent this note over a long time ago for me to share in the Talk of the Town. They had a roadside clean up back in October and they wanted to thank the 10 energetic residents that came out to help clean up roadsides throughout the Town. Some folks who are normally quite busy have adopted Town or State roads near them to keep clean year-round. This is a wonderful thing to do. They will be having another

clean up in the spring. I will try to get that info in here when that time comes. A huge thank you to all who participated this fall.

Holiday Food and Clothing Help:

Several have come forward with offers for food and winter clothing. If you, or someone you know, a neighbor, friend or just someone you are acquainted with is in need this winter, please contact the Town Office and we'll connect you with someone who may be able to help out. Our number 744-8849. Information is also on the Town Web site at www.grotonnh.org.

The Town Clerk will soon be accepting credit cards as a form of payment for auto registrations. There is a convenience fee, so please keep that in mind when using your credit or debit. We are hoping that by the beginning of December this system will be up and running.

Election results for the Town are posted at the Town House. We had

a great turnout. There were 77 absentee ballots sent out, 40 Election Day Registrations and 383 votes cast. That is 83.4 percent of our registered voters who participated. I'd like to see this kind of turn-out for all of our elections. Town Elections and Town Meeting in March will be the next opportunity to let your voice be counted. Thank you to everyone who voted and helped with the polls and counting afterwards.

SCHEDULED MEETINGS AND CLOSURES FOR THE TOWN OF GROTON

Select Board Work Session – Tuesday, Nov. 17 and Dec. 1 - 5 p.m. at the Town House

Select Board Meeting – Tuesday, Nov. 17 and Dec. 1 – 7 p.m. at the Town House

Town Offices will be closed and Nov. 25 and 26 for the Holiday.

The Planning Board will be meeting Wednesday, Nov. 25 at the Town House at 7 p.m.

Churches

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-

generational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT

STARR KING:

Sunday, Nov. 15

Moral Injury and Our UU Legacy

Alex Jenson, Guest Worship Leader
Sarah Dan Jones, Music Director
Tatum Barnes, Director of Religious Education

Moral injury is the signature wound from recent wars in Afghanistan and Iraq, yet Unitarians and Universalists in history have also encountered these moral and spiritual wounds.

What is our Unitarian Universalist legacy with moral injury? How does “moral injury” speak to our times of the coronavirus pandemic? This service explores how UUs can offer a continued legacy in creating peace and healing all who are affected by war.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

www.starrkingfellowship.org
536-8908

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Fall into good habits - Time to clean up, clean out & GET ORANGE!

Wishing you a Happy & Healthy Thanksgiving!

DUMPSTER RENTALS STARTING AT \$410

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Dumpster Depot Bucks limit 1¢ per client on rental or pick-up on any regular dumpster. Not valid on Roofing, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at time of order. Expires 12/1/20.

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Newfound Landing

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ADVERTISE WITH US ADVERTISING EXECUTIVE Tracy Lewis (603) 575-9127 tracy@salmonpress.news	SEND US YOUR NEWS AND PICS news@SalmonPress.news	PRESIDENT & PUBLISHER FRANK G. CHILINSKI (603) 677-9083 frank@salmonpress.news	EDITOR BRENDAN BERUBE (603) 677-9081 brendan@salmonpress.news
TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES: KERRI PETERSON (603) 788-4939 kerri@salmonpress.news	TO FAX THE GRANITE STATE NEWS: CALL 1-888-290-9205	BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 ryan@salmonpress.news	SPORTS EDITOR JOSHUA SPAULDING (603) 941-9155 josh@salmonpress.news
	TO PRINT AN OBITUARY: E-MAIL: brendan@salmonpress.news CALL: 603-677-9084	OPERATIONS DIRECTOR JIM DiNICOLA (508) 764-4325	PRODUCTION MANAGER JULIE CLARKE (603) 677-9092 juliec@salmonpress.news
	TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: brendan@salmonpress.news	DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516	
	TO SUBMIT CALENDAR ITEMS: E-MAIL: brendan@salmonpress.news		

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Salmon press
Media

Mix Cash & Cans prize calendars on sale

REGION — Mix 94.1 FM's 34th annual Cash & Cans Money and Food Drive for the Holidays is set for Dec. 4-11. A unique way to raise money is to purchase a Mix Cash & Cans prize calendar.

"The calendar is filled with over four thousand dollars in cash and prizes, each prize donated to us by area businesses and individuals. And we appreciate each and every one of them," said Fred Caruso, founder of the Cash & Cans program in 1987.

Winners will be selected daily during December and you can win multiple times.

Calendars are ten dollars each and available at Prescott's Florist, Vista Foods and All My Life Jewelers in Laconia; at Franklin Savings Bank offices in Franklin, Tilton, Gilford, Bristol, Tilton and Boscawen; Caleb's Barber Shop, Tilton; Park-N-Go Market, Northfield and The Hair Depot, Franklin. You can also email Caruso at fred@mix941fm.com and calendars will be mailed to you.

Last year, Mix Cash & Cans raised over \$44,000 in cash and thousands of pounds of non-perishable food items. All donations stay local, benefiting the Twin Rivers Interfaith Food Pantry; The Santa Fund of the Greater Lakes Region; the Tilton/Northfield/Sanbornton (TNS) Christmas Fund; Bread & Roses Soup Kitchen; the Franklin Police Toys for Tots program; Santa's 'Lil Helpers through the Belmont Police Department; Every Child Is Ours; the Meredith Emergency Food Pantry and the Northfield/Tilton Congregational Church Food Pantry.

Plymouth's Got Talent voting underway

PLYMOUTH — Talent videos are in and voting is underway. Beginning Nov. 1 and continuing through Nov. 15, please go to the website, Plymouthsgottalent.com and vote for your favorite acts (one dollar per vote). You will be impressed with all of the talent our communities have to offer. View the competition, watch as our performers compete for cash prizes and have some fun.

The Covid pandemic has forced Plymouth Rotary to cancel its traditional Annual Penny Sale in 2020. But, our students and youth still need the support this fundraiser provides. So, for the first time ever, the Club is hosting a virtual alternative, Plymouth's Got Talent.

Our presentation of all the acts was shown on Nov. 7 at 6 p.m. on Pemi Baker TV, Facebook and YouTube. If you missed the presentation, it is still available for viewing through links on the website. Voting ends on Nov. 15 with winners receiving cash prizes for most votes received in the adult, youth and pet categories.

Many thanks to our sponsors, including business leaders, individuals and past supporters of the Penny Sale. All are listed on our website, Plymouthsgottalent.com.

Plymouth Rotary is thankful for the continued support of our greater Plymouth community.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	1764 Mount Cardigan Rd.	Single-Family Residence	\$115,000	Tadeusz and Halina Lawski	Stephen J. and Gayle L. McDonald
Alexandria	10 North Rd.	Single-Family Residence	\$314,400	Jane E. Dovidio 2002 Trust and Jane E. White	Barbara A. Wenzel
Alexandria	N/A	N/A	\$99,933	John J. and Souad McGowan	Jezrahiah and Sarah A. Rocap
Ashland	13 Pine Arden Dr., Unit 74	Condominium	\$144,000	Kevin Carter	McChahan Fiscal Trust and Theodore McChahan
Ashland	School Street	N/A	\$175,000	Jane L. MacDonald and Lucinda A. Bilbow	Craig J. and Jennifer A. Bozek
Bridgewater	River Road	N/A	\$78,000	Florence Hanaford	Anne D. and Christopher White
Bridgewater	N/A (Lot 4)	N/A	\$76,000	Paulo and Elia Magazzu	15 Whittemore Sout RET and Melissa Olszak
Bridgewater	N/A (Lot 5)	N/A	\$76,533	Paulo and Elia Magazzu	14 Whittemore Rock Well and Melissa Olszak
Bristol	95 High St.	Single-Family Residence	\$55,000	Todd J. and Richard D. Paiva	Todd A. and Cynthia A. Westfall
Bristol	33 Pasquaney Shores Dr., Unit 33	Condominium	\$465,000	John and Melissa Mullen	Carol Clark Macklis Trust
Bristol	Route 3A	N/A	\$265,000	Harold D. Creamer	Sandra F. Williams RET
Bristol	N/A	N/A	\$1,250,000	Elizabeth M. Clark	George G. and Theresa A. Mills
Campton	Quail Run Sunset Ridge Co. Unit 8,	Condominium	\$85,000	Mountain River Development Association	M&S Mastrullo RT and Michael Mastrullo
Campton	Route 3	N/A	\$132,000	Harald A. Hughen	Simon A. and Emma C. Levett
Campton	104 Spring Hill Rd.	Single-Family Residence	\$280,000	Robert J. Demers	Matthew and Lisa Martel
Campton	Upper Beech Hill Road	N/A	\$130,000	R.C. & Carolyn C. Smith Fiscal Trust and Peggy A. Smith	Kacey E. Watson
Campton	34 Weetamoo Trail, Unit 17	Condominium	\$100,000	Donna L. Foley	Benjamin A. Cobeigh
Campton	N/A	N/A	\$10,000	Thomas S. and Sheila M. Faiella	James Everett
Campton	N/A (Lot 44)	N/A	\$95,000	Kevin J. Moore RET	Douglas B. Staruk and Patricia Delancy-Staruk
Dorchester	N/A	N/A	\$30,000	James Beckwith	Shelly Jensen and Joseph Lucas
Groton	1027 N. Groton Rd.	Single-Family Residence	\$155,000	Paul Cole and Gail Leger	Matthew and Amy Wilton
Holderness	Beebe Road	N/A	\$220,000	Alexander L. Ray 1999 RET	Christopher D. and Chelsea E. Salomon
Holderness	NH Route 113	N/A	\$565,000	40 Route 113 LLC	Ellenwood Investments LLC
Holderness	US Route 3, Lot 16	N/A	\$52,333	Squam Lakeside Farm Inc.	Kenneth and Lori Nobrega
New Hampton	NH Route 132	N/A	\$40,000	RBP Enterprises LLC	Gate City Partners
New Hampton	Route 132	N/A	\$350,000	Jennifer Judkins-Bozak and Jennifer Judkins	Mark B. and Dianne T. Garibotto
New Hampton	Winona Road	N/A	\$60,000	Marie C. Pikiell RET	Joshua D. Crowell and Katie L. White
New Hampton	N/A (Lot 67)	N/A	\$1,246,000	76 Seminole Avenue RT and Joseph J. Tuzzolo	Northeast LLC
Plymouth	Fox Street	N/A	\$120,000	Richard M. Langford, Sr. RET	John H. Lawrence and Elaine M. Bello
Plymouth	Martin Estates Drive	N/A	\$198,000	Pemi Valley Habitat For Humanity	Lindsay Hale
Plymouth	N/A (Lot 3)	N/A	\$45,000	Kathleen R. Young	RTG Enterprises LLC
Plymouth	N/A (Lot 5)	N/A	\$25,000	Tara and Richard Gowen	Andrea A. Charbonneau and Bruce Blackburn
Thornton	Beacon Hill Road	N/A	\$21,000	Theodore J. Casasanta Trust	Dennis and Susan Juniper
Thornton	Clas Hill Road	N/A	\$41,266	Ginger Jimenez	Jonathan R. and Carla M. Demler
Thornton	94 Mountain River East Rd., Unit 39	Condominium	\$95,000	Norman and Michelle Rosenberg	Christine Fiske
Thornton	N/A (Lot 2)	N/A	\$99,000	Richard Giuliano	Robert and Miriam R. Chandler
Thornton	N/A	N/A	\$37,000	Michael D. and Tracy L. Feinauer	Kevin Flynn
Waterville Valley	200 Bbocat Way, Unit 4	Condominium	\$250,000	Forest Rim 4 NT and F. Tenney Lantz	August H. Leary and Shannon Wrigley-Leary
Waterville Valley	88 Cascade Ridge Rd.	Single-Family Residence	\$900,000	Scott J. Martin 2010 Trust	Allan R. and Susan M. Waters
Waterville Valley	3 Chippewa Way, Unit 23	Condominium	\$86,000	Kenneth and Cheryl Rogers	Derek Scheer
Waterville Valley	28 Packards Rd., Unit 300	Condominium	\$135,000	Juno Property Holdings LLC	Charles E. Schaub
Waterville Valley	28 Parkcards Rd., Unit 416	Condominium	\$89,000	Lorien LLC	Michael R. Walsh
Wentworth	Moonshine Road	N/A	\$54,533	John R. Cassidy	Bruce and Cheryl Wright

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

North Country Notebook

A list of things we'd do if we got another chance



By JOHN HARRIGAN
COLUMNIST

A bunch of us get together on a semi-regular basis (we're all busy) and just kick around any topic at all--something in the news, a local problem, whatever's caught our minds.

All of us out here drawing a breath, I think, have a secret wish list--things we wish we'd done, or things we'd do differently. These often come up for discussion.

(Note: The following wish-list is whimsical, and doesn't mention groups and individuals who have offered classes in the past.)

+++++

On my list is the wish that I'd have kept up playing the E-flat tuba. This is not to be confused with the BB-flat Sousaphone, which was created for marching bands (I played that too). The tuba is played sitting down, while held in lap and arm. It's the bass-vi of many a band.

David Killam, our longtime music teacher, was proficient and superlative in a multitude of instruments, from woodwinds to piano to horns of every stripe. Although the E-flat tuba that I played belonged to the school, I'm sure he'd have helped me find a good one, as he did for so many students who, after graduation, wanted to play on.

Mr. Killam schooled me far beyond what high school required, and

we entered a couple of talent shows, in one of which I wound up taking second, and the last of which I won. He wrote a wonderful tuba duet for me and Deanna Howard, which we should have entered too.

Every year, an ensemble of horn-players, "TubaChristmas," stages concerts all around the northern half of the state. If I'd have kept up my tuba, I might qualify to join them; instead, I'm happy to go as a paying customer.

The North Country has always been a musical place, and there is a great deal more music being played and performed outside the school system than within it, which says something about the multi-talented adults we have out there among the variegated mix.

Some musicians are top-notch professionals who could qualify to play for anyone, anywhere. Others learned to play by ear, often under rugged circumstances, but are refining their playing all the time. Whatever the case, we are fortunate to have them in our midst. They are part of the richness we call home.

+++++

A second thing I wish for--and I hear many, many adults say the same--is for a good, locally accented, mid-week evening class in conversational French.

We in the northern end of the North Country are so lucky to live along the border with Quebec and Canada--share so much history, have so many families with close relatives on either side, but above all, have the rich cultural soup that results. Other New Hampshire communities have a Franco-American mix because of the mills.

I so wish I'd grown up

in a bilingual household. Kids who do are a leg up on the rest of us. Even if we take a good, focused, practical course in conversational French, we'll never catch up.

When are you too old to take a course like that? Never, experts reply. I'd take such a course in a heartbeat, even though I speak a little French.

+++++

Although I didn't realize it until later, the genetic package that is me included a basic talent in converting eyesight into some kind of art-form.

From early boyhood on, I had an ability to sketch objects, and for a while I did cartoons of all sorts, creating characters that acted out childhood fantasies or take-offs of things I'd seen in goofy magazines or the Sunday comics.

Jimmy Berry, a son of one of the local game wardens, was my best friend, and I'd been befriended by local Fish and Game biologists Dave Patrick and Carl Carlson. That's how I happened to go along on a search for a fawn orphaned when its mother was killed in the road.

As luck would have it, I found the fawn first and signaled the others, but never forgot the sight of it, curled up there in the tall grass, still scentless to predators, its mother having told it to hide.

My mother, having noticed my scribbles over the years, urged me to draw the fawn, so I did, lightly with a soft pencil, and then with pastels to color it in. It hangs in the newspaper's front office to this day, the sign of a mother's pride that no one seems worried about moving.

If a course in basic sketching, with some tips on portraits and the use of light, especially the use of window-light, and some fundamen-

tals on landscapes--if a course like that was offered, I'd take it.

+++++

I'd bet that a lot of far-flung readers are nodding their heads at all this, or at least some of it, and I'd bet that the general theme rings true for all towns and greater communities, everywhere, from Pittsburg to the Conways to lower Winnepesaukee and beyond.

I know, I know--much of this has been said and tried before, and educators have set up courses, and some succeeded, but too many failed. Topography and demographics work against us. It's a recipe for discouragement.

But often, I think, such courses are poorly visualized, poorly presented, and worst of all, poorly promoted.

First, get local residents' input before de-



COURTESY

A newly orphaned fawn hiding in the grass, as its mother ordered--the moment of discovery frozen in mind.

signing a class. It has to be what people want, not what the establishment wants.

Second, find a place where participants will feel comfortable. It can be a school, or a library, or a coöperative business, or even someone's home.

Third, not a penny should be spent on advertising. If it's for a good cause--meaning not for profit--promo-

tion is free. The media are ready to help out. Tuition often benefits some local cause.

All of the above can and should work--and if my experience is any indication, others hope so too.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)



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CADY Corner

The truth about marijuana withdrawal

BY DEB NARO
Contributor

In the 2019 Monitoring the Future survey, the number of teens saying they vaped marijuana in 2019 increased dramatically from 2018. And while the number of teens saying they smoked marijuana didn't change much in 2019, fewer teens said they believe that using marijuana is generally harmful. The truth is, whether it's smoked or vaped, marijuana use can affect the developing teen brain, just like most other drugs, including alcohol and nicotine.

You can also get addicted to marijuana—especially if it's being used during your teen years. A recent study found that teens and young adults (age 12 to 20) had much higher rates of marijuana use disorder than adults age 21 and older.

A marijuana use disorder can include both dependence and addiction. Being "dependent" on a drug means you need the drug to feel physically okay. However, being dependent doesn't necessarily mean you're addicted. People who are addicted start to think about the drug all the time, and make it more important than other things in their life. They also constantly worry about how to get more drugs. Repeated drug use can change the brain in ways that make it harder to quit. So, people addicted to drugs are unable to stop even though it's causing problems with school, a job, or relationships.

If someone is dependent or addicted, they may experience withdrawal if they stop using the drug all at once. Withdrawal can be very uncomfortable; it's part of what makes it hard for someone to stop using a drug. A study found that marijuana withdrawal is a reality for teens. Among teens who received drug use treatment at an outpatient clinic, 40 percent experienced symptoms of withdrawal when they stopped using marijuana.

You may have a mental image of drug withdrawal based on TV and movies: sweating, shaking, and being curled up in bed with unbearable discomfort and depression. These symptoms do occur in people addicted to drugs like opioids, alcohol, or cocaine. Marijuana withdrawal symptoms aren't as obvious as those for some other drugs, but they're every bit as real.

The main behavioral symptoms of marijuana withdrawal include: being irritable, anxious or worried, depressed and feeling restless. The physical symptoms can include: stomach pain, sweatiness, shakiness, fever, chills, headache, having trouble sleeping at night and feeling tired during the day and having a low appetite or losing weight. People who use marijuana regularly may not realize that their symptoms could actually be part of withdrawal. One in six teens who try marijuana will get addicted to it, and that increases to as many as half of all teens who use it every day.

To learn more about 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 LRGHealthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection, our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



COURTESY

Outdoor learning

With the help and financial support of the local community, the New Hampton Community School recently constructed a new outdoor classroom which students have been able to enjoy thanks to the unseasonably warm weather recently.

Sustainable Bristol

Local Thanksgiving

BY LAUREN THERIAULT

I just finished reading a book called "Animal Vegetable Miracle: A Year of Food Life" by Barbara Kingsolver. The book documents Barbara and her family's journey to eat only locally produced foods for a year. They grow their own garden, source local meats and dairy products, make their own bread and cheese, and raise chickens for eggs and meat. It was quite an inspiring read. My favorite chapter was about Thanksgiving since it has always been my most favorite holiday, who can resist all the best foods and your loving family around the table?

The book inspired me to try to eat more locally grown foods for the holidays. It also made me think of some things I can do, and you too, to make your Thanksgiving more sustainable and local.

First up is traveling.

Due to the virus it is recommended that you stay home or close to home. Skipping the transcontinental flight helps cut down your carbon footprint and keeps you healthy.

Use compostable decorations. Locally grown flowers, pumpkins, corn stalks, gourds, acorns and leaves are all great for tablescapes and mantel decorations.

Skip the paper plates and use real china and silverware. Thanksgiving is the one time a year I bring out my grandmother's silver to use. Plates and silverware are meant to be used not looked at so go for it, use the fancy dishes. You have my permission. While you're at it, skip the disposable aluminum baking pans too.

Consolidate shopping trips. Write one list (on scrap paper), and add to it over a few days to make sure you don't forget anything, then shop once, and don't forget

your reusable bags!

Shop for locally grown or farmed food. Farmers market or smaller grocery stores have lots of locally grown vegetables for you to use. This applies to meat as well. A turkey that lived in New Hampshire and ate off the land is much more sustainable than one that lived in a large scale farm under very depressing conditions. On that note eat less or fewer meats for the holiday. More vegetables and less meat is better for the environment and your waistline.

Grow your own. This obviously can't be done this year if you didn't already do it, but you could use your favorite Thanksgiving foods as a jumping off point for what to grow next year. I have lots of squash on my list for my garden next year. Think you don't have enough room for growing food? A friend of mine used to grow corn in a tub

on her fire escape. Start small and see where it takes you. Plus perusing seed catalogues helps get through the long winter.

Look up recipes for leftovers and don't waste a morsel of that delicious food you spent so long preparing. If you are traveling for the holiday bring your own reusable containers to take some leftovers home in.

If you liked this article you would love the newest video in Sustainable Bristol's monthly series called Locally Produced. This month's video is about Eating Environmentally Friendly. The video can be found on the Sustainable Bristol NH Facebook page or through the Minot Sleeper Library's website. Join us on Nov. 30 for a discussion about this topic.

Lauren's Green Tip of the Week: Save your kitchen scraps and make turkey stock for soups later in the week.

STRATEGIES FOR LIVING

On stormy times

BY LARRY SCOTT

In the New Testament Gospel of Mark, we find Jesus and His disciples crossing the Sea of Galilee when they were hit with a fierce storm. Typical of the squalls that take even veteran sailors by surprise, they feared they were about to sink.

But completely oblivious of the peril He and His disciples were in, Jesus was asleep at the back of the boat. Finally, one of the disciples decided it was about time to awaken the Master. "Teacher," they shout, "wake up! Don't you

care that we are about to drown?" And I can imagine Jesus saying something like, "What's the matter, gentlemen? You guys have a problem? Where's your faith?" Easy for Him to say; He hadn't spent several hours at the oars and bailing a sinking boat!

But not to worry; Jesus "speaks to the wind and the waves." He doesn't pray about it, He speaks to it. And He doesn't call on a higher power; He was the higher power. "Cool it," He says to the storm and within moments there is perfect calm, and they

are sailing on a sea of glass. Unbelievable!

The disciples' fears were not unlike the feeling many of us have regarding the tumultuous days in which we live. As if the Pandemic were not bad enough, we now face a disputed election, smoldering hatred on both sides of the aisle, and a lawless minority looking for an excuse to kill and burn. Add to that deficit spending, high unemployment, and an often-emasculated police force protecting our cities, and you know we are in deep trouble.

We need divine in-

tervention, but national sentiment seems to support a course for America that gives little attention to God and the principles of life He has given us. We plan to "go it alone," and many of us fear God may just give us that option. But there will be hell to pay!

Peace of mind during times like these comes to those who know God is with us as we fight our way through the storm. Life is what it is, and God has nowhere promised us a walk in the park. Our faith is no cop-out from the pressures of life for it is, after all, only

within the storm He can demonstrate His power and willingness to bring sunshine out of rain.

As the disciples discovered, there is something special that happens when you have a personal encounter with Jesus Christ. The enthusiasm Christians have for their faith is not partisan; it is personal. The peace of mind He has given us, the sense of His presence we have as we go through difficult times, defies description. Something genuine and life-changing comes to those who have an honest, sincere, and re-

sponsive encounter with Jesus. This is real!

Perhaps it is time, America, to give renewed attention to Jesus and the principles He taught. The one who said, "I am the way, the truth, and the life," offers us a way out with a new sense of direction, a new perspective on life, and a solution to the "pandemic of spirit" that has overwhelmed our people. There is an answer to the fix we are in; it is found in Jesus Christ.

Bears

FROM PAGE A1

Fairbank had a couple of solid plays at the net as the Bears went up 8-6. An ace from Bohlmann stretched that lead to three and after a Trinity p9oint, Fairbank and Huckins got points at the net for Newfound for an 11-7 lead.

Trinity battled back and pulled even at 11 but Huckins answered with a kill. Trinity got the next three points to pull even again at 13 and take the 14-13 lead. However, Bohlmann answered with consecutive kills to put the Bears back in front again and then Mikayla Ulwick came up with a huge block to keep the lead moving forward.

Trinity closed the gap to 17-16 but Newfound didn't let them get any closer, as Faibank found an open spot on the court for a point and then Huckins added a pair of kills and Newfound was able to close out the 25-20 win for the 2-0 lead.

Trinity started strong in the third set, going up 5-1 before Newfound rallied and scored six points in a row to take the 6-5 lead, with Ruiter chipping in with a service ace in that run. The Pioneers were able to go up 9-7, but again the Bears rallied and an ace from Danielle Walker allowed Newfound to pull even. The teams were tied at 10, 11, 12 and then again at 13 on a Huckins kill.

The teams went back

and forth, tying at 15 and after Trinity went up 17-15, Ulwick got a big play at the net for the Bears. Fairbank found an open spot on the back line for a big point for Newfound and then got within 19-18 before the visitors scored three points in a row to take a 22-18 lead.

From there, Huckins took over, getting a couple of huge kills and then a service ace, pulling Newfound even at 23 and again at 24 before the Bears closed out the 26-24 win and the first volleyball championship in school history.

Fairbank praised the work of her team members in making sure they followed all the protocols they needed to in order to make the season happen.

"From the very beginning, I was going to do what it takes to get this season in," Fairbank said, noting that she knew she had a team to make some noise and also knew it was her daughter's final season and she wanted it for her as well.

"Our AD (Alex Sobolov) and our school asked us what we could do to make it safe," the Bear coach said. "And we did everything we were supposed to do and everything we needed to do.

"We became so efficient, we could probably clean a building faster than anyone," she said with a laugh. "They made good choices, this mattered to them and they did it."



Madison Perry goes up at the net to make a block on a Trinity attempt.

Fairbank noted that she has had teams in the past that were contenders, but with this team, she saw the difference, they were emotionally ready to make the run

that was needed to earn a title.

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



The Newfound volleyball team is pumped up after the final point fell the team's way in the Division III championship.



Malina Bohlmann pushes the ball over the net during her team's championship battle with Trinity.



Paulina Huckins returns a Trinity serve during action Saturday night.

Comfort Keepers
Thyroid disease and seniors

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

While there are many great things about getting older, we also become more susceptible to certain health conditions as our bodies age.

One condition seniors have the potential to develop is thyroid disease, which affects the body's metabolic rate. Early detection and proper treatment of either can help limit the effects of the conditions and ensure that older adults continue to live healthy, happy lives.

The two conditions include:

Hypothyroidism is caused by underproduction of thyroid hormones and results in a low metabolic rate.

Hyperthyroidism is caused by increased metabolism when the thyroid produces too many hormones.

Hypothyroidism is more common in older adults but hard to recognize because symptoms generally occur over the

course of many years. The frequency of multiple symptoms decreases with age. Seniors suffering this disease may have only one or two symptoms. Presentation of symptoms depends largely on the deficiency of hormone levels in the body.

Symptoms of hypothyroidism vary depending on how low thyroid hormone levels are, and may include: fatigue; sluggishness; increased sensitivity to cold; constipation; pale, dry skin; a puffy face; hoarseness; high cholesterol levels; brittle hair and nails; unexplained weight gain; muscle aches, tenderness and stiffness; menstrual changes; muscle weakness; pain, stiffness, or swelling in joints; depression.

Risk factors for developing hypothyroidism:

Females over the age of 50 are more susceptible

Have close relatives suffer from autoimmune disease

Radiation treatment in the upper neck and/or

chest area

Previous surgery on the thyroid gland

Iodine deficiency

Hyperthyroidism presents itself in various ways, making it a challenge to diagnose, as some symptoms are indicative of other health conditions. As with hypothyroidism, seniors may present only one or two symptoms of this disease. Medications can cause a few of the same symptoms or even mask the signs of this disease.

Symptoms of hyperthyroidism may include: sudden weight loss; rapid or irregular heartbeat; pounding of the heart; increased appetite; nervousness, anxiety or irritability; tremors in the

hands and / or fingers; sweating; menstrual changes; increased sensitivity to heat; changes in bowel patterns; an enlarged thyroid gland; fatigue; muscle weakness; difficulty sleeping.

Risk factors for developing hyperthyroidism:

Having a close family member with hyperthyroidism

Having Graves or Plummer's disease

Thyroiditis (swelling or pain in the thyroid gland)

Toxic adenoma (nodules on the thyroid gland)

Thyroid disease can be more difficult to diagnose in seniors. However, when diagnosed and properly treated, thyroid disease can be managed,

helping ensure the best quality of life for older adults.

Comfort Keepers® Can Help

If someone is suffering from thyroid disease, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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Protect Your Finances from "Cyberthieves"
You've no doubt heard reports of personal data being stolen and used for financial fraud – anything from online shopping on your credit cards to actual theft from your financial accounts. This problem won't go away anytime soon – but you can take steps to defend yourself. Here are a few suggestions:
• Use multifactor authentication or other extra security options with online accounts. Many of your online accounts offer extra security by giving you the option to prove your identity in different ways. With multifactor authentication, you must provide at least two different factors to prove your identity when you log in to an account. This additional layer of security provides you with much greater protection.
• Be creative with passwords. Create different passwords for work, financial services sites, social media and email – and give each password some length and complexity. Consider passphrases – actual words combined with symbols and numbers (for example, "ThisIsAPassphrase!2468"), for sites that allow them.
• Protect your computer and your key data. Keep your antivirus software updated. And don't install bootleg or unlicensed software, which could infect your computer with a virus. Also, back up your important data.
• Watch out for fake websites or apps. When making financial transactions, be sure you're on the website of your bank or financial institution – and not on a fake site established by hackers. Your financial statements should have the legitimate website, so bookmark it and use it when doing anything with your accounts. Also, be careful when downloading apps – stick with those from established providers such as Google Play or the App Store.
• Avoid "over-sharing" on social media. Cyberthieves constantly stalk social media platforms for information they can use to commit their crimes. You can help stymie them by limiting what you share online. It's a good idea to keep your full name, address and birthday private. You might also avoid discussing your plans for upcoming vacations. And review your privacy settings periodically so that only people you know or approve can see your information.
• Limit use of public Wi-Fi. Hackers often set up their own Wi-Fi networks in public areas, such as the computers found in hotel business centers. Ask an employee for the name of the legitimate network. And even when you use it, log off when you're finished.
• Don't take the bait of "phishers." Cyberthieves go "phishing" for sensitive information – usernames, passwords and account numbers – by sending communications, such as emails, purporting to be from a business or financial institution with which you often do business. They may claim your account was "suspended" or that an "unauthorized transaction" was made, and you'll be asked to click on a link that takes you to what appears to be the company's website. If you go along with this request, you could find malicious software being downloaded on your computer. But legitimate businesses generally won't ask for account numbers or passwords unless you initiate the transaction. Other signs of phishing include threatening language, "urgent" requests, misspelled words or odd word choices. If an email does look suspicious to you, delete it without opening it. This list is not exhaustive, but by putting these steps to work, you can at least reduce the risk of becoming victimized by cybercriminals.
Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

Walter N.J. Connor, PHD, 91

Dr. Walter Nelson Joseph (“Bud”) Connor, 91, passed away on October 30, 2020, following a long and debilitating illness. He died peacefully at his home on Newfound Lake NH, surrounded by his loving family. Born July 9, 1929, in Newton, Massachusetts, he was the eldest of six children born to Walter Joseph and June Elizabeth (Gowell) Connor.

Walt graduated from Newton High School and the U.S. Merchant Marine Academy at Kings Point NY. He earned his MS in Theology and his PHD in Psychology at Boston University. From 1955 to 1962, following two years’ service in the U.S. Navy during the Korean conflict, he served as assistant pastor, associate pastor and eventually pastor of the Dorr Memorial Methodist Church in Saugus Massachusetts. In 1962 he joined the faculty of the Merrill Palmer Institute of Human Development and Family Life in Detroit, Michigan, as a clinical psychologist.



Walt was preceded in death by his parents and his brother Paul. He is survived by his beloved wife of 67 years, Janice (Weir) Connor; and his sons, Douglas (Robin), Mark, David, and Paul (Kathleen) Connor; grandchildren, Logan (Hannah), Mae-ghan, Aidan, and Quinn Connor; Colm and Cian Connor; sisters Barbara Langille (Gordon), Joan Farese, Mary Brown (Richard) and Patricia Connor; brother-in-law William Weir (Lucille), and numerous nieces, nephews and cousins.

Walt was passionate for life, family, nature, and the arts. He and Jan bicycled throughout the States

and Europe. Together they enjoyed dancing, climbing, kayaking, tennis, museums, music, and theatre. He was an avid reader, fisherman, and staunch Patriots fan, known to his family as a connoisseur of ice cream, and to his grandchildren as “Buppa”, the master storyteller. His great love for family defined who he was.

Kind and generous, Walt was an empathetic listener, always ready to help family and friends when asked. He viewed life objectively and had a subtle but lively sense of humor. He will be sadly missed by all who knew and loved him.

The family would like to express appreciation to the NANA hospice team for the professional and compassionate assistance provided to Walt and his family.

A private service for family only was held in Hebron NH on Thursday, November 5 at 11 a.m. In lieu of flowers, please donate to your favorite charity.

Letters to the Editor

Thank you for your trust in me

To the Editor:
Election day is behind us, and I want to thank the voters of Plymouth, Holderness and Hebron for voting to return me to Concord for another two-year term. We state legislators are definitely not in it for the money, and I, with other legislators, feel called to serve the people of our communities and do good for the state of New Hampshire.

Whether I am in the majority or the minority,

I work to find common ground with my colleagues to pass good legislation. The Resources, Recreation and Development Committee where I have served since 2013 is a good example of bipartisanship. During my time on the Committee, we have come together to pass laws which protect the state’s drinking water from toxins including arsenic, PFAS, and even road salt. We’ve worked to try to balance the needs of all who use

these waters held in public trust—whether recreational boaters (motorized and non-motorized), property owners, or conservation groups.

The next two years, I will do my best for the people of Hebron, Plymouth, and Holderness and ask that you reach out to me with issues of concern to you or your family. Thank you for the trust you have placed in me.

REP. SUZANNE SMITH
HEBRON

Shoe your Newfound Pride

To the Editor:
My name is Mary Walker Gallagher. I am proud to say I am a native of South Alexandria, the Walker Farm, a 1968 graduate of Newfound High School, married to my husband Ron for 50 years and a 30 year member of the Newfound Regional High School staff.

I want to encourage any alumni of Newfound, especially the Class of

1968, to contribute their age (or any amount) to the Blakeley/Mills scholarship. It is so simple to reach out to help a graduating Senior attend the school of their choice. Show your Newfound pride and send your contribution today to Blakeley-Mills Newfound Regional Scholarship Foundation, Inc. PO Box 691 Bristol, NH or the Web site, www.newfoundalumni.com, select

the Fundraiser tab along the top of the home page, then click on the word Donate which will be processed thru a PayPal. It is so easy to show your Newfound Pride, reach out and help someone today. Thank you! Sincerely,

MARY WALKER GALLAGHER
ALEXANDRIA

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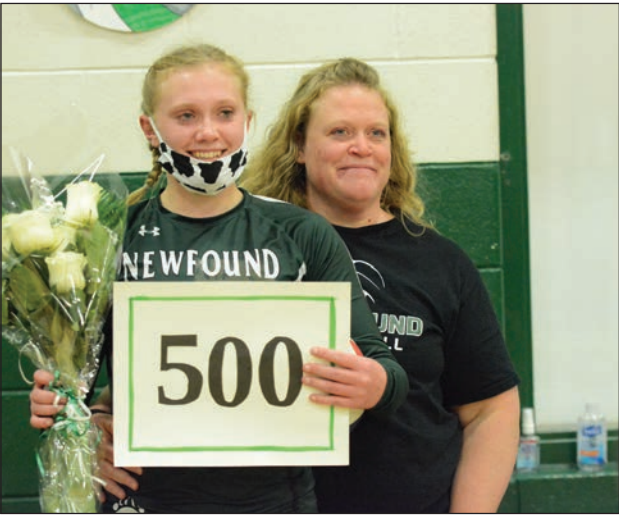


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Semi

FROM PAGE A1

the two teams exchange points early on, with Fairbank and Malina Bohlmann getting key hits while Bohlmann also added a service ace. However, Farmington was able to pull ahead and got out to a 12-5 lead and stretched the lead to 15-7 before Paulina Huckins added a kill for the Bears. The Tigers got up 22-9 before the Bears



JOSHUA SPAULDING

Bailey Fairbank and her mom, coach Amy Fairbank, celebrate after the Newfound senior reached the 500 kill mark for her career.

rallied, with Emalie Ruiter getting a hit and Shyann Seymour added a service ace to cut into the lead. Newfound got a bit closer with a hit from Fairbank but the visitors got the 25-16 win to

start things out.

The second set saw the Tigers get out to a 4-0 lead and after a Bohlmann hit, pushed the lead to 10-1. Bohlmann added another hit and then Ruiter added a pair of service aces, cutting the lead to 10-5. Bohlmann made a nice tip at the net but the Tigers slowly pulled away, eventually finishing out a 25-14 win and the 2-0 lead, which led to the “We will rock you” chants from the Tigers and their fans.

Newfound got out to a 2-0 lead in the third set, with Bohlmann starting things with a hit. She then added a nice tip at the net and a block to get the Bears out to a 4-1 lead. Fairbank had a hit for the Bears but the Tigers came back and got to within one at 7-6. Bohlmann came up with a couple more hits, Ruiter added a hit and Huckins added a service ace to stretch the lead to 14-6. The Bears kept on rolling and a block from Bohlmann stretched the lead to 10 and after Bohlmann added an ace, Fairbank closed out the 25-12 win with her 500th career kill.

The fourth set was an epic battle that seemed like it might go on all night. A great serve receive from Fairbank, hits from Bohlmann and Mikayla Ulwick kept the Bears and Tigers even. Huckins and Bohlmann added hits and the Bears slowly pulled away to go up 12-8. Newfound stretched the lead to 16-10 but the visitors slowly came back and eventually cut the gap to 20-19.

Huckins had a hit but Farmington battled back and the match was tied at 22 before the Tigers went up 24-22. The Bears got the next two points, with Bohlmann tying the game at 24. Farmington went up 25-24 but



Mikayla Ulwick bumps the ball up for a teammate in semifinal action last Monday.

the Bears tied it at 25 and took the lead at 26-25. The Tigers tied things at 26 but Newfound again went up one before the Tigers tied the game at 27. Huckins had a nice block to put Newfound up 29-28 but again the Tigers tied the game. Newfound went up 30-29 but again the Tigers tied the game. However, Newfound got the final two points to secure the 32-30 win and force a fifth and deciding game.

Newfound took the 6-1 lead to start the fifth set, with Bohlman getting a kill and Danielle Walker adding a service ace. Farmington came back and tied the match at six. Newfound went up 10-7 when Fairbank found an open spot in the back corner and Bohlmann added a service ace, but the Tigers came back

and tied things up at 10 and eventually took an 11-10 lead. Huckins tied things at 11 with a hit and after being tied at 12, the Bears finished off the Tigers with a great tip at the net from Ulwick and a great dig from Fairbank for the 15-12 win and the trip to the finals.

“They pulled their composure together and made it happen,” coach Fairbank noted. “I’m so proud of them.

“I’ve had teams that have had that ability, but they couldn’t pull it together,” the Newfound coach continued. “This team picks each other up and keeps going.”

We will rock you, indeed.

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



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Election

FROM PAGE A1

In Bristol, Trump was once again favored in the Presidential race, 994-842, with Jorgensen garnering 29 votes. Sununu was the overwhelming favorite for governor, 1,317-495, O'Donnell bringing up the rear at 49. Negron was given 965 votes to Kuster's 819, Olding trailing at 52, while Kenney handily beat Cryans, 1,063-692. Giuda outpaced Bolton 1,096-698. Gordon was awarded 1,207 votes, Berezhny 706, Mulholland 619, and Fluehr-Lobban 537. Hughes once again edged out Adjutant, 1,000-765.

A smaller population made the margins a bit tighter in Dorchester, where Trump received 124 votes to Biden's 105, Jorgensen bringing up the rear at 4. Sununu was favored over Feltes 153-71, while Perry had 5. Messner edged out Shaheen 115-111, with O'Donnell placing third at 7 votes. Negron bested Kuster by just one vote in Dorchester, 111-110, with Olding coming in third at 9, while Kenney outpaced Cryans 126-96 and Giuda Beat Bolton 141-91. In the House race for Grafton District 11, Republican frontrunner Beth Folsom received 131 votes to Democrat Timothy Josephson's 96, and in District 16, Republican Jeffrey Greeson, who ultimately led district-wide, garnered 121 votes Democrat Francesca Diggs' 105.

Ellsworth joined in on the trend of supporting Trump for the presidency, granting him 45 votes

to Biden's 32, while Jorgensen earned a single vote. Sununu was once again favored over Feltes, 43-32, with Perry coming in third with one vote. Shaheen topped Messner, 45-27, O'Donnell placing third with four. Kuster received 43 votes to Negron's 32, Olding bringing up the rear at two votes, while Bolton outpaced Giuda 41-32. In the House race for Grafton County District 6, Democratic incumbent Kevin Maes received 39 votes to Republican and eventual victor Gail Sanborn's 32, while in District 16, Diggs garnered 41 votes to Greeson's 29.

Voters in Groton supported Trump 232-142, awarding Jorgensen six votes. Sununu outpaced Feltes 277-90, with Perry placing third at eight votes. Messner was favored over Shaheen 204-158, O'Donnell trailing with seven. Negron topped Kuster 209-147, Olding coming in a distant third place with 10, while Kenney beat out Cryans 235-121 and Giuda won out over Bolton 245-119. Sanborn received 233 votes to Maes' 125, and Greeson was favored over Diggs 221-131.

The Presidential race was much closer in Hebron, where Trump just barely edged out Biden 267-239, Jorgensen trailing at 14. By contrast, the gubernatorial contest was a runaway, Sununu receiving 390 votes to Feltes' 122, Perry again a distant third with four. Shaheen edged out Messner by a mere two votes, 257-255, with O'Donnell bringing up the rear at 10. Negron was favored over Kuster 278-227, Old-

ing trailing behind with eight, while Kenney left Cryans far behind, 315-177 and Giuda bested Bolton 326-181. Hebron split its vote for House District 8, choosing Republicans Mike McLaughlin (267), George Kirk (265), and Democrat Suzanne Smith (242), while Republican Steven Benedetto brought in 241 votes and Democrats Sallie Fellows and Joyce Weston had 198 and 195, respectively. The three Democrats were ultimately elected.

In Hill, which reported a 74 percent turnout, voters showed their support for Trump over Biden, 403-224 (Jorgensen finishing with 8). Sununu bested Feltes 485-133 (Perry placing third with 13), while Messner outpaced Shaheen 338-262 (O'Donnell bringing up the rear with 18); Negron finished ahead of Kuster, 359-242 (Olding bringing in 14); Kenney outran Cryans 400-184; and Giuda bested Bolton 399-201.

Biden was the overwhelming favorite in Holderness, 890-569, with Jorgensen again placing third with 22 votes. Sununu again bested Feltes 843-618, Perry bringing up the rear with 14, while Shaheen far outpaced Messner 907-553, with O'Donnell at 23. Kuster outran Negron 867-579, Olding a distant third with 19, while Cryans saw one of his few local victories over Kenney, 781-641 and Bolton handily beat Giuda, 795-655. Smith (803), Fellows (807), and Weston (776) were heavily favored in Holderness over their Republican opponents Kirk (529), McLaughlin (599),

and Benedetto (504).

New Hampton voters, who cast their ballots in Belknap County House District 1, threw their support behind Republican victor Tom Ploszaj over Democrat Robert Joseph, Jr. in that race, 876-589. They were also the only local community to vote in the heated First Congressional District race, favoring Republican Matt Mowers over Democratic incumbent Chris Pappas 795-668, with Libertarian Zachary Dumont placing third with 39. In the Presidential race, they favored Trump over Biden 810-697 (Jorgensen again trailing with 27), while Sununu was again the unquestionable favorite for governor, 1,065-440, Perry garnering 18 votes. Shaheen narrowly beat Messner in New Hampton, 763-721, O'Donnell bringing up the rear with 36. Kenney bested Cryans 885-584, and Giuda once again finished ahead of Bolton 886-608.

The Democratic ticket was heavily favored in Plymouth, with Biden outrunning Trump 2,214-1,123 (and 78 votes for Jorgensen); Shaheen besting Messner 2,251-938, while O'Donnell saw his best performance with 145 votes; Kuster finishing ahead of Negron 2,140-1,039, with Olding also posting his best performance, garnering 127 votes; Cryans seeing another victory over Kenney, 1,957-1,230; and Bolton outpacing Giuda 2,018-1,225. Democrats Smith (1,944), Fellows (1,847), and Weston (1,817) were also favored in the House race, followed by McLaughlin (1,158), Kirk

(1,039), and Benedetto (979). The lone Republican to claim a victory at the polls in Plymouth was Sununu, who bested Feltes 1,690-1,530, while Perry posted a personal best for the day with 94 votes.

Voters in Rumney supported Trump over Biden 527-410, with Jorgensen placing a distant third with 19 votes, while Sununu again outpaced Feltes 644-281 (Perry garnering 18). Messner edged out Shaheen in Rumney, 489-434 (and 20 for O'Donnell); Negron finished ahead of Kuster 513-404 (with 20 votes going to Olding); Kenney topped Cryans 536-359; Giuda beat out Bolton 553-365; Sanborn bested Maes in the District 6 race, 520-394; and Greeson bested Diggs in District 16, 503-405.

Biden was back on top in Thornton, 958-737 (with Jorgensen getting 36 votes), while Sununu nearly doubled Feltes' numbers, 1,087-573 (Perry placing third with 29); Shaheen outpaced Messner 1,006-660 (with 47 for O'Donnell); and Kuster beat out Negron 951-696 (Olding finishing with 53). Kenney edged out Cryans 839-800; Sanborn bested Maes 853-804; and Diggs topped Greeson 851-785. In the state Senate race for District 1, Republican Erin Hennessey, the ultimate victor, finished ahead of Democrat Sue Ford, 846-821.

The Republicans ruled the day in Warren, with Trump besting Biden 275-189 (Jorgensen finishing with 14); Sununu beating Feltes 339-123 (with Perry garnering 14 votes); Negron outpacing Kuster

226-220 (Olding finishing third with 17); Kenney topping Cryans 269-173; and Giuda outrunning Bolton 319-148. The lone top of the ticket Democrat to perform well in Warren was Shaheen, who edged out Messner 230-215 (O'Donnell placing a distant third with 23).

Waterville Valley's voters leaned Democratic, supporting Biden over Trump 238-127 (and 4 for Jorgensen); Shaheen over Messner 239-129 (with four for O'Donnell); Kuster over Negron 222-144 (with four for Olding); Cryans over Kenney 199-157; and Theresa Swanick over incumbent Jeb Bradley in the state Senate race (which Bradley would ultimately win). The sole Republican to come out ahead in Waterville Valley was former Resort owner Sununu, who outpaced Feltes 222-142, with Perry earning four votes.

Sununu also put up a strong showing in Wentworth, where he easily bested Feltes 444-155 (plus 14 votes for Perry). Wentworth voters also showed their support for Trump over Biden 323-280 (and 13 for Jorgensen); Messner over Shaheen 327-265 (O'Donnell finishing third with 19); Negron over Kuster 346-239 (Olding bringing up the rear with 22); Kenney over Cryans 379-209; and Giuda over Bolton, 390-221.

Editor's note: Results from Bridgewater and Campton were not available as of our press deadline for this week's edition.

AUCTION

Three Land Parcels
3.3, 4.8 & 3.9 Acres
Salisbury, New Hampshire
Wednesday, November 18th
at 3:00 p.m.



All three parcels are located along Raccoon Hill Road and will be offered separately. The lots are in current use.

- 463 Raccoon Hill Road Tax Map: 235, **Lot 8** is 3.3 acres with 599' of frontage.
- 0 Raccoon Hill Road Tax Map: 235, **Lot 16.1** is 3.9 acres with 300' of frontage.
- 0 Raccoon Hill Road Tax Map: 235, **Lot 11** is 4.80 acres with 320' of frontage and has a barn on the property.

INSPECTION: One hour prior to auction, if permitted.

The sale of Lots 8 and 16.1 will take place on Lot 8 and the sale of Lot 11 will take place on Lot 11. Buyer(s) will be responsible for any current use tax penalty incurred from the sale.

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Not present:
Kevin Sullivan
Ron Talon
and
Russ Poirier



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MARK ON THE MARKETS

Low rates good and bad



BY MARK PATTERSON

So far, since the beginning of this year, the 10-year Treasury note yield has dropped below 1 percent, creating a lowering of mortgage rates and loan rates in general. So that would be good, right? Well, if you are buying or refinancing a

home or even getting a car loan this is good. But if you are attempting to find a good safe yield in a CD or Bond, you can put that on the back burner until who knows when. As I have discussed before, the low rate policy engineered by the Federal Reserve Bank has created a scenario that is going to be difficult to rectify. You see, the US Government is running a \$24 trillion debt that we are paying interest towards continually. So we must keep these rates down so we can pay less interest to the bond holders and of course take on more debt. Because there is no yield in “safe” vehicles like CD’s or bonds, many are

forced to look for income and yield from “riskier” investments like, dividend paying stocks, Real Estate Investment Trust, Alternative investments like equipment leasing or financing lawsuits against “evil “corporations. Some of this stuff sounds far-fetched, but I get calls all the time from companies selling these “investments.” Many of these “investments” are legitimate, but may not have any liquidity to them, or in other words, you may not be able to sell and get your money out if you do not like the investment or need the money for something else. Another way that

these low interest rates are hurting the investor is not so obvious but I will explain it in the best way I can. Equity-indexed annuities have had a great place for a portion of someone’s investment portfolio that wanted guaranteed income or a place to potentially grow their money with no downside market risks. These annuities credit a portion of interest that is based on a growth in an index, most commonly S+P 500. But the insurance company is actually taking your premium and investing it in bonds, usually corporates. Then they buy an option contract on the underlying index to give you the potential market

growth connected to the crediting strategy that you chose. When interest rates get as low as they are, the yield from the corporate bonds to the insurance company is less than when rates are higher, which puts pressure on their operating margins, which in turn reduces the “caps” or potential upside they can provide to the investor. These Equity –indexed annuities can still be a super alternative for the right person with certain goals for that portion of their investments, they have just become leaner. Indexed annuities bought in the last few years may have a “Market Value adjustment” or MVA attached.

If so, this could make your annuity more valuable because of the lower rates of today. If you have this feature with your current Indexed annuity, you should explore your options for taking advantage of this feature. Call my office if you want more info regarding these MVA’s! Risk vs. reward should always be considered when investing money. But you must first realize and mitigate the risk involved with every investment you make. Mark Patterson is an advisor and portfolio manager with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.

HELP WANTED

Town Clerk/Tax Collectors Office
Town of Campton, NH

The Town of Campton seeks a qualified applicant for the position of Part Time Assistant to the Town Clerk & Tax Collector. Candidate must be highly organized, flexible, reliable, and detail oriented. Ability to process transactions efficiently and accurately and preform a wide range of customer service, research, clerical, and administrative support services to the fast-paced Town Clerk/Tax Collector’s Office. Offsite training and travel are required. This position receives direct supervision from the Town Clerk/Tax Collector. Prior municipal/business background and computer skills are desired. Please submit a cover letter and resume no later than November 13, 2020 at 3 pm to:

Hannah B. Joyce
Town Clerk/Tax Collector
Town of Campton
10 Gearty Way
Campton, NH 03223

Plymouth State UNIVERSITY

Plymouth State University has the following positions available:

Plumber/Pipefitter – Two Positions
Recycling Coordinator

Building Service Worker (Custodian)
First Shift (5:00 AM - 1:30 PM) Monday - Friday
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday
Third Shift (11:00 PM - 7:30 AM) Friday – Tuesday

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.

HIRING FAIR
Saturday – 11/14/2020
10:00am-2:00pm
Waterville Valley Ski Resort Base Lodge
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HELP WANTED

LINCOLN-WOODSTOCK SOLID WASTE FACILITY

The Town of Lincoln is hiring a full-time, Solid Waste Facility Supervisor to manage all aspects of the town’s recycling and waste disposal programs. This includes full responsibility to implement, administer, promote, and monitor the recyclable materials and solid waste collection and disposal program for the Town; performs all other related work as required. The Solid Waste Supervisor is responsible for maintaining and improving upon the efficiency and effectiveness of all areas under his/her direction.

The candidate must possess a valid NH driver’s license; have or be able to obtain Solid Waste Certification; have a high school diploma or GED equivalent, be able to lift 60 lbs. and operate light equipment. This is a full-time, fully benefited position that will require weekend work.

Application and job description may be found at WWW.LincolnNH.org or picked up at the Lincoln-Woodstock Solid Waste Facility, 63 Recycle Road, Lincoln and will be accepted until the position is filled. All interested candidates, please submit a letter of interest:

Town of Lincoln
ATTN: DPW Director, Nate Hadaway
P.O. Box 25 – 148 Main Street
Lincoln, NH 03251

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PUBLIC NOTICE

The Hebron Select Board will be holding a public hearing on Thursday, November 19, 2020 at 7:00 p.m. in the Town Office Building located at 7 School Street. The purpose of the hearing is to expend funds from the Non-Capital Reserve Fund entitled “Emergency Contingency Fund”.

Hebron Select Board,
Paul S. Hazelton, Chair
Patrick K. Moriarty, Vice-Chair
Richard A. James, Selectman

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

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

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Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

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

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

▶ Competitive Wages	▶ Paid Vacation	▶ Paid Holidays	▶ Paid Time Off
▶ Health Insurance	▶ Profit Sharing	▶ Store Discounts	▶ 401k

Ice Castles returning with new design, COVID-19 safety measures

NORTH WOOD-STOCK — A winter wonderland in New Hampshire will return this season with new features designed with safety in mind. Ice Castles will offer New England families the same fun experience this year with ice slides, crawl spaces, caves, and fountains illuminated at night, but the design will be enhanced and slightly different.

This season to promote social distancing. All tunnels and crawl spaces will be clearly marked as one-way features to limit face-to-face exposure with other guests. In accordance with New Hampshire mandates, all staff and guests will be required to wear a mask or face covering. Additionally, Ice Castles in New Hampshire will be introducing new features including a quarter-mile-long winter light walk in the forest and a sledding hill to enhance the experience while encouraging physical distance among guests.

“We are thrilled to welcome families back to Ice Castles this winter,” CEO Kyle Standifird said. “The safety of our guests and staff has always been our top priority, and the new features and guidelines we have in place this season are designed to create a safe and magical environment for everyone.”

If weather permits, ice artisans will begin growing and harvesting up to 10,000 icicles each day beginning in late-November to construct the frozen attraction. The winter playground is projected to open in early January 2021.

This season, the Utah-based company will have four locations across North America. Other locations include Colorado, Wisconsin, and Utah.

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