



Newfound Landing

THURSDAY, AUGUST 25, 2016

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COMPLIMENTARY

Hill's Old Home Day celebrates a historic year

BY DONNA RHODES
dhrhodes@salmonpress.com

HILL – The year 2016 is a banner year for the Town of Hill, marking the 75th anniversary of its relocation from a flood plain planned for the Pemigewasset River to higher ground in 1941, and at their Old Home Day celebration last Saturday the town's strength, spirit and creativity was evident thanks to a dedicated group of individuals who put it all together.

The theme of this year's celebration was "Hill On the Move." And the honoree was Isaac Hill, a former governor and U.S. Senator who helped found the town.

As the sun rose over the "new" Hill Village last morning, "Isaac Hill bears" of every kind began to crop up on the lawn around the village pond.

Raymond Judd Construction was instrumental in making 75 of the plywood bear cutouts that were then made available to residents, town and civic groups to decorate as they pleased. The results were put on display for

Old Home Day, ranging from pandas and polar bears to a David Ortiz bear, an Irish bear, ballerina bear, and even a bear who fetched farm fresh eggs in a basket. One bear was spotted with fishing gear and a pole along the waterfront while yet another on the opposite shore had a nice rainbow trout in its mouth. There was a 9-11 tribute bear, bears lauding the police, fire and highway departments, local churches, scouts and one from each class at Jenny D. Blake Elementary School. A few residents even included lights or glow-in-the-dark paint on their artistic contributions.

A parade through the village got underway just before 11 a.m., featuring ribbon winning entries from Hill Village Bible Church, the Girl Scouts and a cleverly decorated golf cart that showed Hill on the move. Santa also made an appearance on an ATV and many antique cars, fire and police vehicles joined him. Grand Marshal was Carlene Eaton, a lifelong resident of both Old Hill Village and



Jenny D. Blake School Principal Brian Connelly and Selectman Tom Seymour carried one of the "Isaac Hill" bears to the podium as Hill welcomed people to their 75th "Hill On the Move" Old Home Day celebration. The bear, one of 75 on display for the day, was painted by their parade Grand Marshal Carlene Eaton.

DONNA RHODES

new Hill. As a point of interest it was noted that he and her classmates raised the first Ameri-

can flag over the newly constructed village in 1941 and Eaton and her husband were the first

to be married in the new church 65 years ago. Following the parade was a Welcome Cere-

mony that included a presentation of a 48-star American flag that once

SEE OHD, PAGE A11

Selectmen grant pay increases

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Town employees will be receiving pay increases for the nine final pay periods of the year following a 3-2 vote of the Bristol Board of Selectmen on Aug. 22. The pay increases, with associated benefits, taxes, and retirement contributions, are estimated to cost \$52,700.

The split vote was a procedural disagreement rather than opposition to adopting a new wage scale. All of the selectmen agreed a wage increase was in order, but selectmen Paul Manganiello and J.P. Morrison said that, because the board did not have a completed spreadsheet

showing what the new wage totals would be, it would be premature to approve it at that time.

Police Chief Michael Lewis said he had two lieutenants who were ready to take other jobs the next day if the selectmen did not approve the new wage scale that night.

Selectman Leslie Dion commented, "I don't like being under the gun, but we owe it to our employees to make a decision. We're at the tipping point tonight."

The town has lost several employees in recent years, largely due to the town's wages being lower than surrounding communities offer. The town had conducted a wage study in 2007, but had never fully implemented the recommended pay scale.

Department heads have adjusted the wage scale to incorporate increases in the consumer price index, as well as doing independent studies of the compensation for comparable positions around the state, and determined a range of pay based on those numbers. Many employees' pay was below the lowest on the chart.

The proposal adopted

BY DONNA RHODES
dhrhodes@salmonpress.com

HEBRON — A distance of more than six miles, potential cramps, dehydration and a brisk wind were the least of the challenges faced by swimmer Mike Welsch last Wednesday morning, when he set out to swim the length of Newfound Lake, a feat few others have accomplished over the years. The biggest challenge was that he was doing it as an amputee.

Welsch, a 57-year-old from Shirley, Mass., was a "grunt rifleman" in the U.S. Marine Corps, stationed at Camp Lejeune in 1980, when a night out on the town cost him his military career and altered the rest of his life.

"I was out drinking one night, riding a motorcycle, when I got into an accident and lost my left leg," he said. "It's something I'll pay for the rest of my life and I really want to get the message out there that you shouldn't drink and drive. It can change everything for yourself or someone else."

His life has gone on with the same strength and determination that made him a Marine, however. Welsch said he has been a strong swimmer all his life, both with and without the aid of his left leg, therefore he began to challenge himself several years ago through long distance swimming.

Among his many successful endeavors was a 1990 swim around Manhattan Island in New York, a distance of approximately 31 miles. It was perhaps the quickest way to get around

can flag over the newly constructed village in 1941 and Eaton and her husband were the first

to be married in the new church 65 years ago. Following the parade was a Welcome Cere-

mony that included a presentation of a 48-star American flag that once

Amputee celebrates successful swim across Newfound Lake



DONNA RHODES

Mike Welsch sat triumphantly on the sand at Bristol's Avery-Crouse Beach, catching his breath after a grueling swim down the length of Newfound Lake last week.

Manhattan, he and his friends joked.

He then decided a few years ago that he wanted to swim all the major lakes in New Hampshire and set off to conquer the

distance of Lake Winnepesaukee, Lake Sunapee and Squam Lake.

It was at Squam Lake where he connected with Newfound Lake Region Association's Program

Director Andrew Veilleux and Executive Director Boyd Smith. Together they began to plan Welsch's swim on Newfound Lake.

SEE WELSCH, PAGE A11

INDEX

Volume 3 • Number 25

- Opinion.....A4-A5
- Obituaries.....NONE
- Schools.....NONE
- Towns.....A6
- Churches.....A6,A7
- Arts & Ent.....A12
- Health.....NONE
- Business.....A10
- Sports.....B1-B4 & B8
- Classifieds.....B6-B7

24 pages in 2 sections

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MATTHEW LOMANO

Residents of Bridgewater gathered for the 118th year to pose for their annual group photo during Old Home Day activities last weekend at their historic Town House.

Bridgewater celebrates 118th Old Home Day

BY DONNA RHODES
dhrhodes@salmonpress.com

BRIDGEWATER — The community of Bridgewater held its 118th Old Home Day observance last Saturday at their historic

Town House, where residents and guests enjoyed games for the little ones, craft and bake sales and great foods from the Bridgewater Boy Scouts Troop 50, who manned the grills

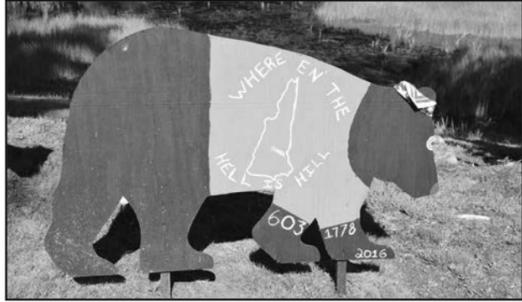
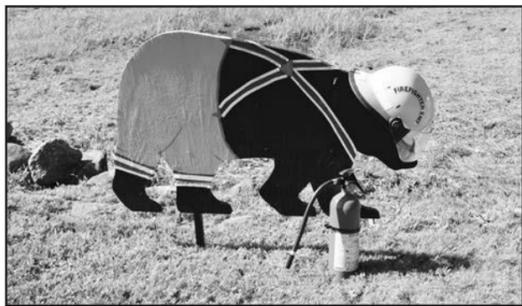
to serve burgers, hot dogs and other summertime favorites.

At noon, residents gathered on the porch of the Town House their long-standing

SEE BRIDGEWATER, PAGE A12

Old Home Day in Hill

ALL PHOTOS BY DONNA RHODES



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 5:45-6:30 Ages 8-13+ Jazz/Hip-hop
 6:30-7:15 Musical Theatre Movement
 7:15-8:00 Zumba/Fitness

TUESDAY:
 9:00-9:30 Ages 2-4 Pre-Ballet
 9:30-10:15 Ages 4-8 Tap & Ballet Combo
 4:00-4:45 Ages 7-13+ Tap & Ballet Combo
 4:45-5:30 Ages 4-8 Tap & Ballet Combo
 5:30-6:15 Ages 7-13+ Tap & Ballet Combo
 6:30-7:30 Adult Jazz
 7:30-8:30 Adult Jazz

WEDNESDAY:
 3:30-5:00 Teen Tap, Ballet and Jazz/Hip-hop
 5:00-5:30 Ages 3-5 Pre-Ballet
 5:30-6:15 Ages 4-8 Tap & Ballet Combo
 6:30-7:15 Adult Stretch & Tone Barre Conditioning

THURSDAY:
 3:30-4:00 Ages 3-5 Pre-Ballet
 4:00-4:45 Ages 4-8 Tap & Ballet Combo
 4:45-5:30 Ages 5-12 Jazz/Hip-hop

FRIDAY:
 9:15-10:00 Ages 4-6 Tap & Ballet Combo
 10:00-10:30 Ages 2-4 Pre-Ballet
 10:30-11:15 Ages 4-6 Tap & Ballet Combo

SATURDAY:
 9:00-9:45 Ages 4-7 Tap & Ballet Combo
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Secondhand marijuana smoke is not benign

BY KAREN M. WILSON, M.D., MPH

The following is excerpted from an editorial recently published in the *Journal of the American Heart Association*, and reprinted with permission. Karen M. Wilson, MD, MPH, is affiliated with *Pediatric Hospital Medicine, Children's Hospital Colorado and the University Of Colorado School Of Medicine*.

Although most people know that secondhand tobacco smoke can be harmful, the perception is that marijuana smoking is less harmful to health, less addictive, and more socially acceptable than tobacco use. In fact, we have heard from parents here in Colorado that they have quit smoking tobacco and now only smoke marijuana because "it's natural." In recent years marijuana has been legalized for medical purposes in 23 states, and 4 states and Washington, D.C. have now legalized marijuana for recreational use. Marijuana use in the preceding 30 days is now higher than cigarette use for U.S. 12th grade students (21.4 percent versus 19.2 percent). States with legal marijuana have typically not allowed marijuana smoking in areas in which tobacco smoking is not allowed, such as restaurants and workplaces, and these regulations usually do not allow marijuana smoking in public outdoor spaces, confining marijuana smokers to their backyards, if they have them, or alternatively, their homes.

The study in this issue of the *Journal of the American Heart Association* by Wang et al, "One minute of marijuana secondhand smoke impairs vascular endothelial

function," is an excellent example of the work that needs to be done to demonstrate the impact of secondhand marijuana smoke (SHMS) on bystanders. This study found that brief (1 minute) exposure to SHMS in rats caused impaired endothelial function for at least 90 minutes; this is even longer than the impairment the team has found caused by tobacco smoke. Interestingly, the components responsible for the impairment are unknown, but it is not due to the tetrahydrocannabinol (THC), nicotine, or combusted rolling paper, as the experimenters controlled for all of these exposures. This effect persisted after the transient vasodilatory effect of the marijuana and occurred even with smoke concentrations low enough that the smoke was not visible in the air.

Certainly this study raises concerns about the potential for SHMS to impact cardiovascular health in adults and provides a potential etiology for the prior finding that marijuana use increases the risk of heart attack after use. And Wang et al make an important call for further research to be done into the impact of SHMS.

We need to consider the impact of SHMS on children. Studies have demonstrated that exposure to tobacco smoke in childhood is associated with negative health consequences in childhood (including an increased risk for viral infection, asthma, cognitive deficits, and behavioral issues) and also with an increased risk of disease in adulthood. This is particularly true for diseases of the cardiovascular system:

SEE CADY, PAGE A11

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PET of the Week Leia



Leia, aged perhaps one year old is the perfect sized pint sized canine for anyone looking to share their life with a happy, extremely outgoing, super intelligent dog.

She arrived at New Hampshire Humane Society as a stray back in May. Perplexingly not one call from anyone looking for their missing companion meant she was available for adoption after the required time we must hold strays had expired. Leia enjoys regular trips off campus with one of her favorite volunteers. She has shown all of us just how much she wants to please and be with

humans. She looks to those she is with for instruction and is incredibly obedient knowing many commands. Truly though, a solid bond of mutual love and respect will provide years of happiness to the folks who take that special plunge and adopt Leia. Weighing in at a little over 30lbs, with a lustrous sleek short coat, a perky jaunt in her step and a perpetual smile on her face; what's not to love about Leia?

Ideal home: one that provides activity, walks and hikes, opportunity to meet the world - she might prefer to be the only dog in the home.

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Letters to the Editor

More spending on a losing battle

To the Editor:

Wow, take a look over here. The first lady from Michigan, "Social" Conservative Sen. Jeanie Forrester, gubernatorial candidate, stated in an interview with the Monitor that when she gets elected as Governor, that she will consider deploying the New Hampshire National Guard to patrol the New Hampshire borders with Canada and Massachusetts to stop the flow of drugs coming into New Hampshire.

Picture it: Friday afternoon, Checkpoint Charlie, I-93 North, NHNG armored Hummers blocking the interstate violating your 4th Amendment rights with a car to car search looking for illegal drugs through your three month old's diaper bag, and while the back up extends to the Rhode Island border, a Big Pharmacy truck load of "legal," addictive opiate pain killers and Narcan

drives right past on the way to your local Rite-Aid store.

The millions upon millions spent this year by the Big Government in Concord, just like the billions before it fighting the war on drugs, just hasn't had the effect the lunatic fringe was hoping for. So the NHNG, between deployments, will patrol our state's borders, for "free". It's time to put the cork back in that bottle of cheap wine Jeanie, this notion of mobilizing the National Guard for instate heroin interdiction is absurd and insane. I'm sure that the acting Commander of the NHNG might have something to say about this stupid hair-brain idea. This "Fiscal" Conservative Navy Veteran, has much more realistic candidates to choose from in September.

Eric T. Rottenecker
Bristol

Glad to see steps taken to address Bristol's employee retention problem

To the Editor:

In his recent letter to the editor, John Sellers dismissed the idea that Bristol town employees are leaving due to low pay, but instead blamed the mass exodus on poor management by the select board.

John was absent from the meeting on Aug. 22, where all department heads reported to the select board on the range of salaries in their departments. Every department head reported that their salaries were mid level to a third of the salaries of similar towns in New Hampshire. They

also reported that working conditions are stressful when seasoned employees leave and new ones need to be trained.

After respectful discussion, the majority of the select board voted to accept this data, and to budget the funds to improve salaries in all departments.

As a citizen observer, I was impressed with the process and the professionalism of everyone at the meeting.

Nancy Dowey
Bristol



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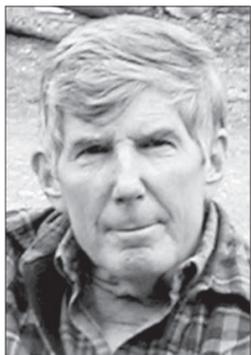
Peace Corps now offers short-term Volunteer assignments overseas for 3 months to 1 year for especially skilled professionals with at least 10 years experience.

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North Country Notebook

Illegal moose and obelisks: Tramping the international line



Anders Morley loves traveling on foot. He's walked the length of New Hampshire, from Fitzwilliam to Pittsburg, he's gone half-way across Canada on cross-country skis, and now, to sort of quote Johnny Cash, he's been walking the line—the U.S.-Canadian line, the longest unfortified border in the world.

Or at least part of it. Anders snagged room and board at the Harrigan Hilton with me a couple of times to stage for his border trek, having sought me out because he heard that I was interested in the border and know a few things about it.

I am, and I do. I know, for instance, that crews are kept busy every year or so keeping a 20-foot swath of the border clear of vegetation, from the St. Lawrence River just northwest of Montreal all the way to New Brunswick and the Bay of Fundy. I know that smuggling, a long-standing tradition, is still going on, involving everything from cigarettes to booze to, yes, drugs and illegal aliens. And I know that Quebec hunters maintain camps, some of them fitted out with all the comforts of home, smack along their side



JOHN HARRIGAN

For Anders, posing at the 45th Parallel sign on Route 3 just north of Stewartstown was only the beginning.

the border in hopes of shooting one of our moose, dragging it to their side of the line, and make it disappear “Somewhere in Chartierville” before a Quebec warden shows up. In this scenario, I imagine a similar scene in “Casablanca,” but in this case, it is not a casino that causes shock, shock do you hear, but a dead moose. “What moose? What blood-trail?”

Anders is not the first such story-chasing writer to stay at my house, which indeed sometimes seems like a hotel. Larry Millman, author of 16 books and perhaps best known for “Last Places,” stayed with me too, and had fascinating tales about life among the High Arctic's people. Anders reminds me of him, more at home alone in the wild than

dealing with sidewalks and scads of people.

Anders had heard about something I'd written a while back about a pin-prick on the map where the boundaries of Maine, New Hampshire and Canada meet, a storied place established by the 1842 Webster-Ashburton Treaty, tweaked by small adjustments from more precise surveying ever since, and finally marked permanently by various obelisks and geodetic brass markers hammered into boulders and bedrock.

Using rod, chain and compass to initially mark the line, the 1843 Ashburton crew fought its way north through



JOHN HARRIGAN

Anders Morley, ready to cross the beaver dam and disappear into the woods.

the elements and thickets, through swamps and over mountains, to ascertain roughly where northern New England and Quebec met.

A bit later on, a surveying crew marking the Maine-New Hampshire line fetched up on the Quebec line, piled up a large cairn of rocks, and carved their names and the date into the trunk of a yellow birch tree. This carving endured for decades, an object of fascination for generations of surveyors and hunters alike.

Anders wanted to do that stretch of the border from Maine to Vermont, and see that spot, and so one bright

morning we piled into my truck and took off for Pittsburg's Boundary Pond, in a high saddle just a stone's throw from the Canadian line.

The tri-border spot is a couple of miles east of the pond, so I took a turn just shy of Boundary, aiming for a beaver pond that sits not far from the pin-prick on the map. There I

dropped Anders, who splashed across the beaver dam, drew a bead on a densely wooded ridge, and with a wave headed straight north.

“I found the border, no problem,” he said later, “and then backtracked a few hundred yards to find the meeting point. There was no fabled yellow birch

SEE NOTEBOOK, PAGE A12

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Alexandria

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Little visitors

A pair of immature hummingbirds are using my door yard as a practice field as they prepare for migration. Together they tour and sample flowers, feeder, fountain and back again. They move so fast it can be hard to follow them. Then they will rest together in the Japanese Maple tree. Tiny little figures in the shade.

Thank you

The yellow double lines at Town Pound Road, Thissell Road, Plummer Hill Road and Bristol Hill Road have made all of my travels more comforting. Clear markings are valuable to all. Thanks to the road crew.

From the town

Selectmen's Meeting Aug. 16 The minutes from Aug. 2 were approved.

Items Reviewed and Signed

- Deed Map 414 Lot 139
- Deed Map 417 Lot 27
- Deed Map 417 Lot 19
- Deed Map 414 Lot 152

Letter: Violation of RSA 236:112 on Map 411 Lot 190

Mike Provost, Health Officer, said that he had contacted NHDES regarding reports of an inspection at this property this year; Mr. Provost said that there has not been an inspection.

There was also discussion regarding when and how violations are acted on; the Selectmen said that they act on complaints received or reports from the Health Officer.

Letter: Violation of RSA 236:112 on Map 404 Lot 26

Timber Tax: 16-005-04-T Map 414 Lot 42, 43

Purchase Order: NE Tire (tires for trucks)

Purchase Order: NE Tire (mower tire)

Purchase Order: Cantara Auto (rust repair 2003 Tahoe)

Purchase Order: Bellemore Catch Basin Cleaners

Morton Salt: bulk deicing salt for season 2016/2017

MS-1 Extension Request

Business

The Selectmen discussed the need to update the Town's Financial Policies.

After discussion re-

garding people not stopping at the stop sign on Fowler River Road at the intersection of North Road, Ken Hall suggested that the Town contact NH DOT regarding painting a white line and "Stop" at the intersection. The Selectmen will talk to the Road Agent to see if he can discuss with NHDOT.

Chadwick McGregor, Northstar Contractors, was present to discuss the status of a building permit for Map 201, Lot 91. The Selectmen said that they would sign the permit when they receive an updated septic approval from NHDES.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

Grange Fair

The leaves have been showing tinges of red for a while now. School is starting next week. It is time for the Danbury Grange and Community Fair.

Plan to have breakfast at the elementary school, create a float for the parade and spend some time chatting with neighbors while being a part of one of our town traditions. The tractor pull will operate just beyond the cemetery with the horseshoes at Independence Park. Bring babies up to three years old to the baby show—no judging but everyone gets something for being part of the day. Dutch auction, food sale, crafters and children's games provide something for everyone. The legion hall has the household treasures sale—full of things you just can't live without! No more items are being taken for the household treasurers for this year.

The supper begins at 4:30 p.m. Cardigan Mt Traditions plays at 7pm with the auction following. The auction already has some neat antique items promised as well as more stuff that you can't live without. The supper folks are looking for pies and salads for the supper. Homemade is a necessity. Please call Lisa at 252-4440 to let her know what you can do to help.

Keep Sept. 10 on your mind—the first Saturday after Labor Day and spend it at the Danbury Grange Fair sponsored by the Blazing Star Grange.

Old Home Day

Sunday, Sept. 11 is old home day. This year, the

church service and activities are held at the at the South Danbury Church.

Groton

Jo O'Connor 217-9002
grotonnews@yahoo.com



COURTESY

Chief Thompson and Select Board members Christina Goodwin, Bob Ferriere, and John Rescigno accept gift from Avan Grid Renewables during the Groton Select Board Meeting on Aug. 16.

The Select Board met this past Tuesday. We had some great news brought to us from Iberdrola now known as Avan Grid Renewables. Pam Hamel, as representative of the Company, presented to the Town of Groton Police Department a check in the amount of \$2000 to use for protective vests for the Officers in our Town. This was greatly needed as their other equipment was quite old and needed to be replaced. This will make it so our officers are better protected. Thank you, Avan Grid Renewables, for this wonderful gift.

The Select Board also signed for an extension for the MS-1 which is a Summary Inventory of Valuation usually submitted by Sept. 1. We are in the midst of Town valuation and so are asking for an extension till the end of the month.

Report of Cut on Map 2, Lot 115 and 155-4 and also Intent to Cut at Map 2, Lot 115-5 were both signed.

Slim Spafford brought a good detailed report of his findings when meeting with a solar energy company in regards to having solar panels for the new Town Garage across from the Transfer Station on N. Groton Road. The Select Board will be discussing this further. Thank you, Slim for investigating this for us.

Two resignations were read during the meeting. Kyle Andrews has resigned as Groton Animal Control Officer. Bob Ferriere has resigned from his position as Selectman. These two men will be missed greatly and of course the board is looking for anyone interested and qualified to fill these positions as soon as possible.

Churches

Ashland Episcopal (St. Mark's Church)

August is flying by too fast. The Tea & Treasure Sale was pretty much washed out although some brave people came and enjoyed the nice array of "treasures" for sale and the phenomenal food. The raffle was fun and the filled decorated boxes a great hit. We are grateful to everyone who participated in either preparing for or coming to this event. Unfortunately, the windstorm wrecked the church tent that will have to be replaced. The proceeds of this event will be added to the resources for our outreach programs.

Don't forget our fabulous breakfast on the 27th. Our usual fare of eggs any style, French toast, bacon, sausage, home fries, English muffins, fruit, juice & coffee or tea is served free from 8-9 a.m. Come and join this jolly group for great food and comradeship.

Coming up soon is the Ham & Bean Supper on Saturday, Sept. 10, served in Sherrill Hall starting at 5:30 p.m. Our usual bean bakers are ready to go and all the food will be home made. The winners of the Annual St. Mark's Raffle will be announced at this event. If you haven't bought your tickets yet, they are sold every Sunday at Coffee Hour or by calling Deb Holland at 968-2303 or Jean Murphy at 253-7294. Prizes are \$200 towards a load of wood, tanks of gas, food at Shurfine Mkt. or heating oil. Well worth a \$2 ticket! Proceeds from this raffle will be used for our long list of outreach programs.

Rev. Jane van Zandt will be guest preacher for Sunday August 28. Rev. Randy will be returning from vacation in September. The choir will resume on Aug. 28 under the direction of Ash Morgan and will be singing most Sundays in September. New choir members are always welcome.

Christian Science Society, Plymouth

James wrote, and it is recorded in the book of James in the New Testament, ...the wisdom

that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy... If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

You are very welcome to come to our Sunday service at 10 a.m. and the Wednesday testimony meeting at 6 p.m. We're located at 7 Emerson St. in Plymouth just up the hill from the fire station. For more information about Christian Science Society, Plymouth and/or Christian Science go to our Web site, www.cs-plymouth-nh.org or to www.christianscience.com.

Family Worship Center Ply. Assembly of God

Sunday, Aug. 21, Royal Ranger Cmdr. Willy Gusha planned to show videos and report on the Ranger Camporama in Missouri, also pictures he took of the model replica of Noah's Ark that has been built in Kentucky.

Thursday, Aug. 25, 6:30-7:30 p.m., please join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys elementary through high school; M'pact Club for girls, preschool through high school; and two Adult Bible Studies: one led by Pastor Glen Yunghans and the other by Scott Gusha. Do come for this great time of fellowship and learning.

Friday - Sunday, August 26-28, the Royal Rangers will go to Pow Wow at Camp Bomazeen in Belgrade, Maine.

Sunday, Aug. 28, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10 a.m.: Sunday morning service with Contemporary Music and Biblical Teaching. Nursery for ages newborn to three. There is a children's ministry during the morning service for Preschool, and grades K-4. You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Monday, Sept. 5, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Saturday, Sept. 10, 9 a.m. - 3 p.m., the Church will participate in the Plymouth Town-Wide Yard Sale. You may set up a table in the Church's parking lot or donate your items to help raise funds for church ministries.

There will be a lunch available: hamburgers, hot dogs, sausage, beans, and chili, and the "fixins," and soda, for a charge. The money raised will help to provide funds for the Royal Rangers boys and M'pact girls ministries. The M'pact girls will hold a cookie walk. Donations of food for all of the above are needed. Please contact Willie or Candy Gu-

sha at 254-4651 for information. Help is needed for setup about 7:30 a.m., and to pick up from 2-3 p.m. Please contact Pastor Glen for information and to participate, at 536-1966 or 726-0254.

Ladies: it is time to start planning to attend the Ladies Fall Convention, which is scheduled for Nov. 10-12 at the Attitash Grand Summit Hotel in Bartlett, NH. Please check the bulletin board or Sharon Yunghans for information.

Scott Gusha has accepted the leadership of the Operation Christmas Child project. Boxes of school supplies and other items for children are needed. Scott has a list of needs and do's and don'ts on the table in the hall opposite the sanctuary. Please contact him for information.

Michelle Thayer has a ministry to the residents at Forestview Manor in Meredith.

Part of the Church roof has been repaired, and we are grateful to the company who did the job so well, and for the donations towards this project. The church is now holding a "Raise The Roof" project in an effort to pay this off quickly, so all donations can be made out to Family Worship Center and marked "Roof Project" and are greatly appreciated.

Our Mission Statement is "Transforming lives through God's Word."

Our church is collecting funds for prison ministry, also aluminum cans to support the cost of ministry supplies such as Bibles and printed literature. A collection barrel is at each church entry. Please continue to support this ministry. Money donations may be made to the church marked "prison ministry."

Prayer requests for the bulletin may be given to Candy Gusha at craftmom03264@yahoo.com.

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing fwcag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgod-plymouthnh.org.

Holy Trinity (Roman Catholic)

Weekly Meetings Thursday, Aug. 25
Day Away Program, Simard Hall, 9 a.m.-3 p.m.
~AA meeting Monday-Saturday, St. Matthew Hall 11 a.m.~

Sacrament of the Sick
The Sacrament of the Sick will be administered at Masses on the weekend of Oct. 8 and 9. Stay tuned for more details.

Haven Pregnancy Center
Volunteer Training: We are in need of some new volunteers so we are having a volunteer training. SEE CHUCHES, PAGE A7



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Come join us for the Ninth Annual Circle Triathlon!

ASHLAND —The Ninth Annual Circle Triathlon will take place on the shore of Little Squam Lake at Riveredge Marina near the covered bridge in Ashland on Sept. 4.

With four great races, this is a fabulous fun-filled family event. Choose from the Chocorua Mt. Tri, which is a traditional sprint triathlon – quarter-mile swim, 12 mile hilly

bike, and a nearly 2.7 mile run (begins at 8am). Not a runner? You can choose the Aquabike option. Or if you just want to try the tri, sign up for the Mt. Morgan Tri – 200 yard swim, three mile bike, and half mile run (begins at 10:15 a.m.). Our youngest racers, ages 3-15 can sign up for the Rattlesnake Tri – 50 yard swim, half mile bike, and quarter mile



John and Jamie Marlowe after finishing the 2015 Circle Triathlon.

Participants and volunteers are encouraged

to sign up in advance at www.CircleTriathlon.org. Racer registration will be available at Riveredge Marina on Saturday, Sept. 3 from 4-6 p.m. and from 6-7:30 p.m. on the morning of the race. Racers who have registered online are encouraged to check in and pick up their race bags on Saturday evening.

As always, the Circle Program is generously

sponsored by the Common Man Family of Restaurants, and Alex Ray can usually be seen flipping pancakes at the breakfast provided by the Common Man at the race finish.

The Circle Triathlon benefits the Circle Program, a nonprofit organization providing girls from low-income New Hampshire families with new opportunities to learn

the skills, courage and confidence they need to handle the challenges in their lives. This is done through a unique combination of adult and peer support delivered through year-round mentoring and residential summer camp programs. Questions? Email CircleEvents@CircleProgram.org or call the Circle Program office at 536-4244.

Churches

FROM PAGE A6

ing, Mondays, October 24, 31st and November 7. Attendance is needed on all three days from 10:30 a.m. to 3:30 p.m. Prayer Meeting: We have scheduled a prayer meeting here at Haven on Tuesday, Aug. 16 at 1:30 p.m. If you are able to join us, we would love to see you here to pray with us. Items needed: We are also in need of the following items... Diapers, size 6, toddler clothes in sizes 3 and 4T. Gifts cards to Walmart are always gratefully accepted for baby furniture.

The Joy of Mercy Retreat

The Joy of Mercy retreat will be held on Saturday, September 24th. Please check out the poster, "The Joy of Mercy," at the entrance to the church for more details. Don't miss out on the blessings of these events. Preregistration is requested. Call Mary at 393-4914. If you don't get an answer, please send the text "Joy of Mercy" with your name & number. Mary will return your call. You can also email her at mercyretreats@gmail.com.

Parish Retreat in September

Our parish retreat will be held on Sept. 11 through the 14th. We will once again be welcoming Fr. Jack Rathschmidt as our retreat leader. The retreat will build upon the Holy Year of Mercy. Fr. Jack will introduce the retreat during the weekend Masses on September 10th and 11th. Evening sessions will be held on Sunday through Tuesday evening at St. Matthew Church at 7 p.m. Morning sessions will be held Monday through Wednesday at 9 a.m. at our Lady of Grace Chapel in Bristol. For the past two years, Pope Francis has urged Catholics to accept the mercy of God and remember that being faithful to the Gospel means more than going to church each Sunday and being kind to those around us. Our parish retreat will explore these notions through prayer, reflection and conversation. Come and join us as we seek God's grace to find new ways to announce the Good News of Jesus with power and conviction.

What is your Question? Come to Alpha!

What's the meaning of life? Why are we here? Is there a God? Is this it? When: Tuesdays, Sept. 20 to Dec. 6 (No meeting on Nov. 24) Meetings are 6:00 to 8:00 PM at St. Matthew Hall includes a meal No commitment No cost Everyone wel-

come, Bring family, friends, neighbors! Try a session or two, and come back for more!

Special Message from the Campus Minister

Dear Plymouth State University students: preparing to go to college for the first time; In a few days, you will embark on an exciting new phase of your life. You are probably feeling excited, full of hopes and expectations, but also maybe a little anxious. You have lots of questions: Will I meet new friends? Will I like my roommate(s)? Will I like my classes? Will I do well? Some of you are looking for a fresh start and can't wait to leave Plymouth. Others of you may be wondering how you'll deal with homesickness and being way from family and friends. Others of you may be closer to home and even commuting, and will have to balance a substantial job with classes. Amidst all the change that college entails, remember one thing that never does: God's love for you. No matter what happens, no matter how you feel, God is just a prayer away. If you are away from home, find the local Catholic church and attend Mass regularly. That will probably be the only familiar thing in your life your first few weeks. Seek out the Catholic campus ministry – it might be called the Newman Center – and attend activities there to meet like-minded students who care about having good, clean fun rather than partying. It's an especially good way for commuters to meet people. We will miss you when you leave and look

forward to hearing your stories when you come back for holidays and vacations. We hope you will find a church as welcoming as Holy Trinity is for the students who come to Plymouth State. And as always, we will be praying for you.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigenerational, 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.

Sunday, Aug. 28, 9:30 a.m.

"How to tell a story" Paul Tierney

Our tenth informal Sunday summer presentation and discussion will be led by Paul Tierney, a member of the Fellowship. This presentation was postponed from last week to this Sunday. There is no choir or coffee hour, no RE Program or nursery, though children are always welcome to join us. Visitors are invited to attend the service as well as all programs at the Fellowship. Regular Sunday services will resume on Sunday, Sept. 11.

Children and Youth Religious Education, Meredith Flynn, DRE

Classes for younger children will begin Sunday, Sept. 18. We are very excited to offer five wonderful classes next year for kids of all ages in Religious Education. Please

don't hesitate to contact me over the summer to discuss the upcoming fall classes.

The Youth Group for students in eighth to twelfth grades will meet starting Sept.11 and continue to meet on the second and fourth Sundays of the month from 6-7:30 p.m. In 2016/2017, they will be raising money for, and planning a service trip to Nicaragua. The trip will be in early spring 2017. Bob Clay and Jane Clay are the Youth Group leaders.

Contact Meredith for more information by calling the Fellowship and leaving a message at 536-8908.

Social Justice Community Outreach "GOT LUNCH! PLYMOUTH" program.

Every Monday morning, a group from SKUUF, other local congregations and friends from the Plymouth community gather downstairs to put together bags of food suitable for families that need extra help with a week of nourishing lunches for children. This will help to keep their bodies strong and ready for the next school year. Drivers and navigators then deliver the bags throughout the Plymouth community to families who have signed up for these lunches. Donations can be made at any time to SKUUF with Got Lunch! Plymouth noted on the memo line of a check.

Also items such as small jars of peanut butter, jelly, and canned tuna or chicken can be deposited in the basket in the foyer for the "GOT LUNCH! PLYMOUTH"

program, as well as canned or dry packaged food items in the basket for our local Community Closet collection.

Yard Sale

SKUUF will participate in the Plymouth town-wide yard sales on Saturday, Sept. 10.

Do a dig through your house & bring a box - or two, or ten - to SKUUF with your cast off treasures. Drop off your items any time SKUUF is open, in the designated areas- look for the signs! The downstairs door will be open Tuesday through Thursday mornings and Sunday morning. We don't sell: clothing, computers / monitors / parts, stuff that's broken or has missing parts, sets of encyclopedias or musty books or large appliances.

Questions? Got something big to transport? We have folks who can help! Kathy Hillier, 536-1572, ednkath@gmail.com.

Ongoing activities

Choir will meet again in September on most Thursday evenings, 7-8:30 p.m. in the sanctuary.

1st Friday morning Breakfast Group will meet again in the fall at the PSU dining hall for a casual gathering of SKUUF members and friends for good food and discussion followed by an occasional discovery outing. Contact Deedie at cdkriebel@gmail.com for information.

Starr King Men's Group will not meet during the summer but will resume in September.

Summer hikes, biking

and kayaking/canoeing All are welcome. Check our Web site for information. Contact mitch@newfoundfarm.org or cdkriebel@gmail.com to register and receive updates.

Uncommittee Gatherings will meet again in the fall. Contact Gigi Estes, or Virginia Miller at seabeans@roadrunner.com for information and any changes.

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group. Wise Women regularly meets every second and fourth Wednesday from 10:30 a.m. to noon in the upstairs conference room.

Gentle Yoga meets in the Fellowship Hall on Wednesdays from 5-6 p.m., and Saturdays from 8:30-9:30 a.m. For information, contact Darlene Nadeau at 493-1478.

Bridge players meet on Thursdays in the Conference Room from 12:30-3:30 p.m.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is www.starrkingfellowship.org, where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.

MECHANIC
Town of Tilton, NH

Tilton Board of Selectmen seeks a qualified, experienced Mechanic to perform skilled work in the operations and servicing of all types of heavy equipment including performing field adjustments and emergency repairs. Full time position with excellent benefits. Qualifications: At least three years experience in the maintenance of heavy duty equipment such as front end loaders, heavy trucks of 36,000 GVW or larger, or years of experience which demonstrates possession of the required knowledge, skills and abilities. The position is physically demanding; must be willing to work under adverse weather conditions, as well as nights and weekends when necessary. Possession of valid NH Drivers license required. A valid CDL-B license preferred. Physical examination and background check are a condition of employment. Job description available at www.tiltonnh.org. Submit letter of interest and resume to the Board of Selectmen, 257 Main Street, Tilton, NH 03276.

The Town of Tilton is an EOE employer.

LABORER, LIGHT EQUIPMENT OPERATOR
Town of Tilton, NH

Tilton Board of Selectmen seeks a qualified, experienced Laborer/Light Equipment Operator, to perform a variety of routine manual laboring duties involving the construction, repairing, cleaning and maintaining of town roads, drainage systems, cemeteries, parks and other facilities utilizing hand tools, power tools, mowers or other equipment. Ability to read, write and speak English. High School Diploma or equivalent, and six months experience in the operation of power tools and familiarity with equipment used in maintenance of public roads, or experience which demonstrates the possession of the required knowledge, skills and abilities. The position is physically demanding; must be willing to work under adverse weather conditions, as well as nights and weekends when necessary. Possession of valid NH Drivers license required. A valid CDL-B license preferred. Physical examination and background check are a condition of employment. Job description available at www.tiltonnh.org. Submit letter of interest and resume to the Board of Selectmen, 257 Main Street, Tilton, NH 03276.

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Dancing Feet Studios announces annual open house

BRISTOL — As summer comes to an end, and with the start of a new school year just around the corner, it's the perfect time to visit Dancing Feet Studios for their annual open house at their location in downtown Bristol.

From 4-6:30 p.m. on Tuesday and Wednesday, Sept. 6 and 7, Dancing Feet Studios will be welcoming everyone to their dance studio at 5 Pleasant St. in Bristol, where potential dancers can check out the dance space, meet the director Miss Katie LaRoche, see the new class schedule and even register for a class or two.

"It's always a joy to meet new students and



COURTESY

Dancing Feet Studios is preparing for their annual open house, encouraging people of all ages to come enjoy the art of dance movement in its many forms.

welcome returning students to our studio," said LaRoche.

Dancing Feet Studios offers classes for boys and girls from ages two-and-a half to adult in

tap, ballet, jazz/hip-hop, barre conditioning, musical theatre dance and more. For more information please check out their website at www.dancingfeetstudios.com.



COURTESY

Bridgewater resident receives Boston Post Cane

At this year's 2016 Bridgewater Old Home Day, the selectmen (represented here by board member Skip Jenness, standing) were proud to present the Boston Post Cane to Nancy Ellen Gray (seated, with cane). Gray is the town's oldest living resident, as she was born Nov. 24, 1925, which makes her 90.



COURTESY

One of the biggest annual sporting events in the Newfound Area is the New Hampshire Marathon! The 24th Annual Event is scheduled for Saturday, Oct. 1 at 9 a.m.

NH Marathon returns Oct. 1

BRISTOL — One of the biggest annual sporting events in the Newfound Area is the New Hampshire Marathon! The 24th Annual Event is scheduled for Saturday, Oct. 1 at 9 a.m. We expect more than 600 participants will participate in the 26.2 mile run and its fellow events, including a 13.1 half marathon, 10K road race & health walk. Not only does the field feature many local runners, but also has participants registered from 43 different states and 8 athletes from different countries.

With the help of their generous sponsors, the NH Marathon has raised and donated \$220,750 since 1995 to give to local youth-centered non-profit organizations. They also benefit local economy by bringing in many athletes and families who support local businesses.

Participants in the 10K run and marathon will begin on Lake Street, in front of the Newfound Memorial Middle School while the Half Marathoners start at the Sculptured Rocks in Groton. Downtown Bristol traffic going both ways will be temporarily delayed while

runners start out though North Main Street will remain open as a detour. Those participating in the Half Marathon are reminded that buses will be leaving NMMS at 8 a.m. to take runners over to the starting point. Those running in the event must be checked in before this time.

A big turnout means the need for volunteers is greater than ever with many tasks required to ensure the safety of participants, spectators and drivers. Jobs include helping with registration, parking cars, directing traffic, manning water stops along the route and assisting at the finish line. Many of these positions require only a few hours on the morning of race day; if you would like to be part of this amazing annual event, please call Race Director Dan MacLean at 744-2713 or email race@nhmarathon.com.

In addition to the races, participants and spectators alike can enjoy the annual craft fair held from 9 a.m.-3 p.m. with an assortment of arts, crafts and demonstrations from many local artisans and

vendors. Those seeking additional information can contact Nancy Mills at 744-9488 or camry@metrocast.net.

Also, Carroll Brown, a.k.a. The Solitary Man, will once again light up the festivities with his one-man band at the finish line!

For those interested in participating, registration is open! Entry fees up to the day of the races are \$55 for the Marathon, \$45 for the Half Marathon & \$30 for the 10K Road Race. Health walk registration is just \$5 per individual and \$8 per family. Check in time will be 7-8:45 a.m. on race day in the NMMS cafeteria; pre-registered runners may also check in on Friday, Sept. 30 from 4:30-6:30 p.m. Those interested in the pasta dinner on Friday 9/30 may pre-register for \$8 or at the door for \$10 between 5 and 7:30 p.m.

For more information, call 744-2713 or email race@nhmarathon.com. Maps, lodging and sponsor information, entry form, online registration and more may also be found online at www.nhmarathon.com.



COURTESY

Couple's gift honors Vietnam MIA's and POW's

George and Ginny Gardner recently gifted the town of Bristol "The missing man white table." This memorial honors all Vietnam veterans, MIA's and POW's. In the picture here with Nick Coates, Bristol Town Administrator, are George and Ginny Gardner.

Sunset Room & Whoot's Tavern at Owl's Nest Golf Club

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

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Alexandria	32 Berry Farms Rd.	Single-Family Residential	\$137,000	Douglas G. and Donna L. Finner	Richard W. and Lorraine P. Gashlin
Bridgewater	862 Mayhew Turnpike, Lot 8	Mobile Home	\$17,000	Raymond O. Greenleaf and Maria Florenda-Greenleaf	Rhonda Keenan
Campton	17 Village Rd., Unit 5	Condominium	\$139,933	Richard A. and Jean P. Martinelli	Carol C. Haartz
Ellsworth	247 Ellsworth Pond Rd.	Single-Family Residential	\$199,933	Robert C. Miller	Stefanie J. Pothier and Steven R. Pothier
Holderness	153 Heritage Hill Rd.	Single-Family Residential	\$228,000	Robert F. and Jean A. Bergeron	Ariane Allen-Shuffleton and Timothy J. Shuffleton
Holderness	59 Lane Rd.	Residential Developed Land	\$125,000	Scott D. Hobson RET and Scott D. Hobson	Dean S. Diamond
Plymouth	8 Foster St.	Single-Family Residential	\$75,000	Beneficial NH Inc.	James D. Mchugh
Plymouth	11 Jacques Drive	Single-Family Residential	\$194,000	Nicholas J. Iannone	Ian R. and Tawnia Reinholtz
Plymouth	8 Maple St.	Single-Family Residential	\$152,000	Jay F. Sobetzer T and Jay F. Sobetzer	Robert A. Cushing and Heather M. Manfreid
Plymouth	4 Sam Hall Drive	Single-Family Residential	\$68,266	Deutsche Bank National T Co. Tr.	Peter and Cheryl Bates
Rumney	68 Fletcher Drive	Single-Family Residential	\$375,000	Hall Geraldine M. Est. and William S. Hall	Whitmore B. Kelley and Alyssa V. Kelley
Thornton	10 Blue Ice Drive	Mobile Home	\$15,000	Bruce Rayner and Ellen Freedman	Bryan and Eileen Trefonides
Thornton	121 Holland Trail	Single-Family Residential	\$157,000	G. Michael Koller	Christopher P. Bernardi and Sarah N. Crowley
Thornton	7 Laurel Circle, Unit 5	Condominium	\$138,533	Timothy and Mary E. Demello	Natalie Maclean-Leino
Warren	175 Red Oak Hill Rd.	Single-Family Residential	\$241,400	Rev. M. and Joanne E. Hansen	Thomas K. and Wendy H. Babbit
Waterville Valley	28 Packards Rd., Unit 525	Condominium	\$77,000	George F. and Helena I. Carino	Dewitte T. and Sharon R. Kersh
Wentworth	8 Auguste Rd.	Single-Family Residential	\$182,750	Gregory M. Crowell and US Bank NA	US Bank NA Tr.

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.

MARK ON THE MARKETS

Principled investing



BY MARK PATTERSON

I first heard it referred to as "socially responsible" investing, then it became impact investing or green and a number of other ways that I want to refer to as principled investing. Speaking with many investors gives me insight as to what their objectives are when investing their money. Often times, they come in my office with some mutual funds that are categorized as growth or income, large-cap, small-cap, international, and a bunch more. Eight or nine years ago I had given some presentations regarding socially responsible or impact investing. Often times, these talks attracted

those who lean towards those environmental minded. As the word got out that I was designing portfolios of investments specifically based on people's principles and values, I found that almost everyone wanted to tailor their portfolio and invest in companies that they felt good about and more importantly, avoid those companies or industries they despised.

The "socially responsible" tag was often stuck on those with politically left leanings who did not like companies such as Walmart, Exxon Mobil or a host of other companies whose practices they questioned. I have also had clients that sold their mutual funds because they had Internet related companies like Google a.k.a. alphabet, because these clients were concerned about Internet pornography. I have had clients tell me they do not want GE in their portfolio because

the current CEO is an economic advisor to the current administration in Washington, D.C. and political crony.

I believe most people do have their opinions, likes and dislikes and principles when it comes to investing their money. As an advisor there are certain companies that I would not invest my own money based on my principles. But my principles are not your principles, you must voice your opinions and principles as to where you want your money invested and where you do not. It's very difficult to eliminate all companies that you may have an issue with, but identifying beliefs based on your principles that are important to you and then talking to your advisor about it is a great start. There are plenty of great companies whose equity or debt you can buy for your portfolio that can fit your criteria.

If you choose to plow your money into mutual funds, you must understand that you may have an issue with many of these companies in the fund's portfolio. There are a few "socially responsible" funds but they may not reflect your principles, likes and dislikes at all. There are some great advantages to building your per-

sonal portfolio with individual stocks and bonds as opposed to mutual funds. I understand that many may be forced into funds because they're in your 401(k) 403B plan, or you may just be getting started and not have enough money to get diversification with individual stocks or bonds.

If you have not done so yet go to my website,

www.MHP-asset.com, go to tools and risk analysis to obtain your risk number that you can match up to your current portfolio or see what your risk number portfolio mix may appear.

Mark Patterson is an advisor with MHP Asset Management can be reached at 447-1979 or Mark@MHP-asset.com.

Planning income for retirement? How to navigate the 2016 Social Security changes

PLYMOUTH — Have you heard what recent changes were made to Social Security and what they will mean to you? What are you able to do to strategically maximize your benefits? If you would like to learn the answer to these questions and more, then you need to attend the Sept. 7 presentation at 6:30 p.m., being held at the Enterprise Center in Plymouth.

On Nov. 2, Social Security was reformed and your ability to utilize little known filing strategies to obtain additional money has now been limited. Married couples who have not yet filed for benefits will gain the most from this program. There is a window of opportunity to still qualify for options that have been

eliminated and it's imperative you know about them now!

Join us for a complimentary event designed to help you understand the color of your money and maximize your retirement income. At the event, we will discuss:

- How the recent changes will affect your planning.
- Why maximizing Social Security is as important as your 401(k) and IRA.
- What options does my spouse have and are we choosing the one that will provide the most income?
- How does earning additional income affect my Social Security benefit?
- Up to 85 percent of your Social Security can be taxed, so find out what you can do to lower your taxation.
- How best to fill the income gap between your Social Security benefits and your income needs.
- How to allocate investment assets with appropriate risk/safety.

All attendees will receive a personalized social security maximization analysis. Married couples who have not yet filed for benefits but are planning to will gain the most from this program. Seating is limited, please RSVP at http://bit.ly/SSECP_Sept.

This event on Wednesday, Sept. 7 at 6:30 p.m. is free and open to the public, and is presented by Brandon Archibald, founder of the Registered Investment Advisory Firm The Ivy League Advisory Group, based in Tilton. He is also the author of two books which center on the subject of you keeping more of your money.

This event is at the Enterprise Center at Plymouth, 1 Bridge St., Plymouth, NH 03264. The building is handicap accessible. For parking information, please visit bit.ly/SSParking online.

For information, please call the Ivy League Advisory Group at 866-360-2724.

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MILLION DOLLAR VIEWS: Exquisite Royal Barry Wills designed home with 28 acres and panoramic views of Squam Lake and surrounding mountains. Includes a carriage house with bell and dock tower & large barn. **\$1,695,000**



LAKE WINONA: Cozy and well maintained with sandy beach, dock, swim float and great views. Over an acre of land and 167' of shorefront for great privacy. Good rental history. **\$459,000**



LOCATION: Within walking distance to the town beach on Little Squam and deeded access to launch your canoe or kayak across the street. Year round home with garage and good rental history. **\$199,900**



SQUAM LAKE COTTAGE: Cozy and full of charm with knotty pine throughout. Beautiful sandy beach and gorgeous views with a peaceful setting. Screened porch and fireplace plus a one car garage. **\$969,000**



OHD

FROM PAGE A1

flew over Old Hill and the raising of a new flag by the boys and girls of Jenny D. Blake School, much as Eaton and her classmates did 75 years ago. Branch Sanders of the Hill Historical Society gave a brief history of the town before a prayer was then offered by Pastor Dan. Amazing Grace, played on bagpipes, concluded the ceremony and the afternoon festivities then got underway.

"This is just wonderful. There's something for everyone," said Hill resident Gail Thompson. "You can tell they put an awful lot of work into making it all happen."

On the lawn in the town center, there were several vendor booths with locally made

products. There was a pie-baking competition, Hill Library held a book sale, Girl Scout Troup 20674 sold snow cones and cotton candy as a fundraiser, while raffles and silent auctions benefited the Franklin Animal Shelter and future Old Home Day celebrations.

N.H. Fish and Game had animal pelts on display at a booth offering lots of great outdoor tips and information on the state's wildlife populations. A petting farm across the road was another popular stop with all the children.

The men and women of the 197FA Army National Guard in Plymouth brought their armored Humvees for everyone to explore and a number of antique vehicles lined up for the public to admire and also vote for their favor-

ite entry.

A scavenger hunt for items moved from Old Hill to the new community had people exploring the village history. In between all the activity many purchased hamburgers and hot dogs and stretched out by the pond to just enjoy the summer day or watch the horseshoe tournament.

DJ OZ hosted a karaoke show featuring children 16 and under, and other entertainment included Magic by George, face painting, a performance by the Feileacan Irish Dancers, and musician Katie Rose.

The busy and fun-filled day ended with a BBQ by the Hill Fire Department, lots of ice cream from BB Scoops, a street dance featuring The Cable Guys and fireworks.

Pay Increase

FROM PAGE A1

ed on Aug. 22 makes sure all employees are somewhere on the new scale, with most being midway or below, based on their experience, certifications, and years with the town. A few long-time employees are placed higher the scale.

Town Administrator Nik Coates said, "I'd like to think that we came out with a pretty reasonable proposal."

During a followup interview on Aug. 23, Coates said that, as part of the discussion, employees agreed to forego further pay increases in 2017, and selectmen will not be providing merit increases as they have in recent years. The increases this year will add about \$130,000 to the

wage-and-benefit lines next year, but savings in this year's paving budget and other under-expenditures will cover much of that increase, he said.

The department heads agreed to manage this year's budget to avoid over-expenditure what was allotted at Town Meeting. For some departments, such as the fire department where the chief resigned and has not yet been replaced, and the highway department, which has been operating under-budget, it will be an easy task, while other departments may have a harder time, Coates said.

He noted that, with the new finance officer being on the job only four days, it had not been possible to pull together and verify all of the numbers in time for the selectmen's meeting, but he expected to have those figures ready by the end of the week.

Chair Shaun La-gueux said he disagreed with the sentiment that the board was acting "under the gun" in approving the request.

"We've been working on this for a long time," he said. "It was time to do something."

During the March Town Meeting, voters had rejected an article calling for a new wage study, telling the selectmen to figure it out and do something. Shortly after Town Meeting, selectmen had unanimously voted against adopting the wage study.

What changed, La-gueux said, was that, originally, they had understood the charge as being to develop a proposal for next year's Town Meeting. After reviewing the video and minutes of the meeting, they concluded that the voters wanted them to make the change as soon as possible.

Welsch

FROM PAGE A1

This past July, he "tested the waters" with a swim across the width of the lake, from the ledges on the west side to the Mayhew Turnpike. With that accomplishment under his belt, Welsch decided on a bigger and better challenge—a swim from Hebron to Bristol.

On Aug. 17 he and his friends Tammy Scott and Bruce Benton traveled to Grey Rocks Conservation Area in Hebron where Veilleux and the NLRA's pontoon boat Madelaine awaited them.

A stiff wind that morning was in his favor. He observed that the direction could possibly help him along on his journey and so he began to prepare for an estimated six hours of swimming.

"I'll start out swimming for about 45 minutes then I'll stop for a break and to hydrate," Welsch explained. "After that I'll stop after every 30 minutes for fluids and nutrition so I don't hit a wall."

His bag was packed with not only drinks and sandwiches but some pharmaceutical supplies as well. He said stretching his muscles during his breaks was important to going the distance but he also had ibuprofen and potassium to deal with any aches or cramps that can occur during any long-distance swim.

"Other than that, it's just one stroke at a time," he said.

With water and air temperatures both in the low-70's, he tugged on his swim cap, unfastened his prosthetic leg then slid quietly into the water off Sleepy Hollow Beach just before 8:30 a.m. that morning.

Veilleux was positioned at the controls of the pontoon boat, keeping it on pace with Welsch while Benton and Scott kept a close eye on his progress.

At times that seemingly simple task became difficult though as huge white caps surged on the open lake, reaching nearly three-feet in height at times.

"He's going to need to wear a fluorescent cap in the future because his white swim cap kept blending in with the waves out there," Scott later said.

Everything else went Welsch's way though.



DONNA RHODES



Amputee/swimmer Mike Welsch set out from Hebron to swim the length of Newfound Lake last Wednesday morning. Providing support was friends and Newfound Lake Region Association's Program Director Andrew Veilleux who piloted their boat The Madelaine along the course.



DONNA RHODES

Friends and supporters celebrated with swimmer Mike Welsch after he successfully swam the length of Newfound Lake with just one leg. From left to right are Boyd Smith of Newfound Lake Region Association, Bruce Benton, Welsch, Andrew Veilleux of NLRA and Tammy Scott.

With no major issues and a good push from the winds, he surprised even himself when he swam up to Avery-Crouse Beach in just four hours and 42 seconds, two hours ahead of his expected arrival.

"This is a great lake but really all the credit goes to these guys (Veilleux and Smith) at NLRA for making it all happen," Welsch said as he sat on the sandy shoreline and caught his breath.

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The waves, he added, were amazing at times, reminding him of past ocean swims. But, he pushed on with the breaststroke and some freestyle swimming, riding those waves when he could and keeping his focus on the finish.

"I saw this red boat here as we got toward the end and I just kept watching it get closer. That helped a lot," he said.

Looking back out across the lake toward the pass between Pike's Point and Mayhew Island, he shook his head, saying it was hard to imagine that just a short time earlier he had been swimming through there. His friend agreed.

"If I hadn't seen it, I wouldn't have believed it," Benton said as he congratulated him once again.

Welsch had no future swims in mind after conquering Newfound Lake last week, but with more big lakes in the state still to be crossed off his list, other opportunities await when he's ready for his next challenge.

"All I can say right now is that the worst part of today was getting in the water this morning, and the best part was climbing up on this beach this afternoon. As for anything else, we'll wait and see," he said with a grin.

CADY

FROM PAGE A4

secondhand tobacco smoke increases risk of both heart disease and stroke in adulthood and also promotes physiological changes associated with heart disease, such as metabolic syndrome and increased intima media thickness. The fact that marijuana smoke exposure also has a measurable impact on endothelial function is a strong indicator that this exposure may be dangerous to children and may have a long term impact on their cardiovascular health. Parents may not see smoking marijuana around their children as dangerous; this has

certainly been my experience clinically, but we need studies of parent's attitudes and behaviors to know for sure.

As Dr. Wang and his colleagues point out, we must continue to study the impact of secondhand smoke on both children and adults. This study reminds us that we have no reason to suspect that secondhand marijuana smoke will be benign; vulnerable populations, including elderly, pregnant women, and children, need to be protected.

For facts and science-based information about marijuana, please visit our Web site at www.cadyinc.org.

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Silent film classic "The Freshman" on Thursday, Sept. 22 at Flying Monkey in Plymouth

Celebrate football season with Harold Lloyd's comic masterpiece about college life, with live music

PLYMOUTH—What happens when a first-year student's dreams of college collide with the realities of campus life?

The result is Harold Lloyd in "The Freshman" (1925), one of the most popular comedies of the silent film era. Filled with classic scenes and a great story, "The Freshman" endures as one of Lloyd's most crowd-pleasing movies.

See for yourself with a screening of "The Freshman" (1925) on Thursday, Sept. 22 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth.

The program will be shown with live music by Jeff Rapsis, a New Hampshire-based silent film accompanist. General admission is \$10 per person.

The program is the latest in the Flying Monkey's popular silent film series, which offers audiences a chance to experience silent film as it was intended: on the big screen, with live music, and in a theater with an audience.

"Put the whole experience back together, and you can see why people first fell in love with the movies," Rapsis said.

"The Freshman," the most successful film of Lloyd's career, was an enormous box office smash. Its release sparked a craze for college films that lasted well beyond the 1920s, and even a popular hit song, the collegiate fox trot "Freshie."

The story follows Lloyd, small town newbie, to Tate College, where he hopes to achieve fame as Big Man on Campus. Instead, his quest to win popularity becomes a humiliating college-wide joke, with Harold getting tricked by upperclassmen into hosting the school's annual "Fall Frolic" at his own expense.

Realizing he's an outcast, Lloyd decides he can make his mark on the college football team, where he holds the lowly position of waterboy and serves as tackling dummy. On the day of the Big Game, can the bespectacled "freshie" somehow save the day and bring gridiron glory to dear old Tate?

For football fans, the film's climactic game sequence was shot on the field at the actual Rose Bowl in 1924. The crowd scenes were shot at halftime at California Memorial Stadium during the November 1924 "Big Game" be-



Harold Lloyd and Jobyna Ralson co-star in "The Freshman" (1925), a genre-defining comedy about college life in the 1920s. Regarded as Lloyd's masterpiece, "The Freshman" will be shown on Thursday, Sept. 22 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth, N.H. General admission \$10 per person. For more information, visit www.flyingmonkeynh.com or call 536-2551.

tween UC Berkeley and Stanford University. Other exterior scenes were filmed near the USC campus in Los Angeles.

Beyond its comic appeal, "The Freshman" today has acquired an additional layer of interest in its depiction

of college life in the 1920s—a time of raccoon coats, ukeleles, and many other long-gone fads and fashions.

"It was long before television, the Internet, cellphones, or Facebook," said Rapsis. "To us today, it looks like college on another planet, which I think adds to the appeal of a film like 'The Freshman.' But at its core, 'The Freshman' is still a great story about people, and that's why it remains such an en-

tertaining experience today, especially when shown as Lloyd intended it."

In 1990, "The Freshman" was selected for preservation in the U.S. National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant," named in only the second year of voting and one of the first 50 films to receive such an honor.

Lloyd, along with Charlie Chaplin and

Buster Keaton, is recognized as one of the silent screen's three great clowns. Lloyd's character, a young go-getter ready to struggle to win the day, proved hugely popular in the 1920s. While Chaplin and Keaton were always critical favorites, Lloyd's films reigned as the top-grossing comedies throughout the period.

However, Lloyd's public image faded after his retirement in the 1930s, when he turned his energies to charitable causes such as the Shriners. He retained control over his films, refusing to release them for television and only rarely allowing them to be screened at revivals, fearing modern audiences wouldn't know how to respond to his work or to silent films in general. He died in 1971.

In recent years, Lloyd's family has taken steps to restore Harold's reputation and public image. They've released his work on DVD, and arranged for more frequent screenings of his films in the environment for which they were made: in theaters with live music and a large audience.

Despite the passage of time, audiences continue to respond just as strongly as when the films were new, with features such as "The Freshman" embraced as timeless achievements from the golden era of silent film comedy.

Bridgewater

FROM PAGE A1

tradition of taking a town photo over Old Home Day. Photos of the residents through the years are then kept on display inside the Town House.

Following the photo shoot, attention turned to the pavilion where the Bridgewater's famed "Bean Crew," Glen C. Lucas, Jon Martin, Corey Huckins, Glen J. Lucas, Paige Morrill Travis Torsey, Sr., and Ryan Willey, were ready to serve the crowds with the equally traditional bean hole beans that had been simmering underground all night long.

Bean Hole beans harken back to Civil War times when support groups never knew when a unit would arrive back at camp for a meal, so they dug holes in the ground, filled them with hot coals and bean pots, then covered the pots with ferns and soil so they would be hot and ready for returning soldiers. Bridgewater has also been preparing beans for Old Home Day in honor of that practice for decades.

"Bread, Condiments



DONNA RHODES

Paige Morrill and Glen C. Lucas served up a portion of Bridgewater's famous bean hole beans, which were carefully prepared by the renowned Bean Crew for the town's traditional Old Home Day celebration last Saturday afternoon.

and All the Fixin's" for the noontime meal were also provided by Dave and Cindy Blake, along with Alycia and Whatleigh Torsey, who offered their pickles to the menu.

"This is a great day and these are really fantastic beans," commented Charlie Chandler, candidate for New Hampshire State Senate District 2 who dropped by to join in on the celebration.

Many gathered beneath the shade of sprawling maple and oak trees to enjoy their meal or visit with neighbors and friends, while the historical society also provided volumes of photos from Bridgewater through the years that many enjoyed pe-

rusing throughout the day.

An official welcome was delivered inside the Town House by Old Home Day President Dale Gray as afternoon programming began, followed by patriotic hymns. Tom Curren then presented his featured program, "Robert Frost and the Spirit of Bridgewater Old Home Day."

Respects were also paid to former friends and residents who passed away in the last year and the town welcomed new births in the community as well.

Wrapping up the annual festivities was a square dance held later that evening with Sue Hunt and Friends serving as callers.

Notebook

FROM PAGE A5

any more, but there was a nice little granite obelisk, and the Maine line was newly marked with yellow diamonds tacked to trees."

With that, he headed west, bound for the Pittsburg-Chartierville border station, and ultimately the Vermont

state line. And he made it all right, after spending two nights out, one of them on a Quebec moose-hunter's platform.

(Anders is writing about his border hike for an upcoming issue of New Hampshire Magazine.)

(This column runs

in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer's telephone numbers and town. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

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Please feel free to stay for a light lunch after the programs.

What's On Tap

The fall sports season officially gets under way in the coming week.

At Newfound, the boys' soccer team will open at home on Friday, Aug. 26, at 4 p.m. against Newport and will then host Gilford at 3 p.m. on Tuesday, Aug. 30.

The Newfound field hockey team will be at Mascoma for the first game of the season on Tuesday, Aug. 30, at 4 p.m.

The Plymouth and Newfound cross country teams will both be competing at Gilford on Thursday, Sept. 1, at 4 p.m. The Bobcats will also be competing at Great Glen on Saturday, Aug. 27, at 10 a.m.

The Plymouth soccer girls will open the new season at home against Pembroke on Friday, Aug. 26, at 4 p.m. and will be at Kearsarge on Tuesday, Aug. 30, at 5:30 p.m.

The Bobcat soccer boys will open the season with two road games, traveling to Pembroke on Friday, Aug. 26, for a 4 p.m. game and will be at Kearsarge for a 5:30 p.m. game on Tuesday, Aug. 30.

The Plymouth field hockey team will be opening the season on Monday, Aug. 29, at 4 p.m. at home against Derryfield.

Former Bear takes helm of soccer squad

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — While there is a new coach at the helm of the Newfound boys' soccer team this fall, he is a familiar face to any fans of the Newfound program.

Newfound graduate Jesse Mitchell, who played for four years under longtime coach Jason Hill and also returned to coach the junior varsity team for the 2014 season, is assuming the helm of the varsity team this fall.

"I am beyond excited to take over this successful soccer program here at Newfound and hopefully take this team to great things this season," Mitchell said.

After leading the JV team in 2014, Mitchell moved on to help coordinate the youth soccer program with Assistant Director Dan Maclean at the Taply Thompson Community Center in Bristol.

Mitchell has some returning faces on the team, with 11 players returning to the varsity team for the new



Goaltender Mike Doan returns to the net for the Newfound soccer team this fall.

JOSHUA SPAULDING

season.

They will be led by senior captain Jarrod Fairbank, returns to the field to fill a big role for the Bears.

Mitchell is also happy to welcome back the team's goaltender, as Mike Doan returns between the pipes for the Bears.

Sophomores Justin Shokal and Cian Connor will also be expected to make big contributions in the middle of the field in their second season on the pitch for the Bears.

Mitchell also expects that senior newcomer Devon Kraemer-Roberts will provide a physical presence on the back line for the team this fall.

"This year's team is a young, physical team," Mitchell said. "(They) are very athletic and hard working."

Last year the Bears earned a playoff spot and then pulled off an upset in the first round of the playoffs, beating Winnisquam by a 2-0 score to advance in the playoffs. Mitchell said the goal is to get back in the playoffs again.

"The one goal for our team this year is to return to the playoffs and then hopefully make a run," the first-year head coach said.

The Bears will be seeing a relatively familiar schedule this fall, with traditional Lakes Region rivals Gilford, Prospect Mountain, Franklin, Winnisquam, Belmont

SEE BEARS PAGE B6



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Left to right: Attorneys Joe Driscoll, Lissa Mascio, Kristin Fields and David Osman

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Time away can do the body (and mind) a lot of good

People who know me know that I don't take vacations. The last time I took extended time off was a number of years ago when my mother and I went to Utah to see my brother for Thanksgiving.

So it should come as a surprise that I was not in the office at all from Aug. 9 to Aug. 16. Once again, my mother and I made a trip to visit my brother, Jared, this time in Wyoming, where he now lives.

This was a present for my mother from my brother and I. She had been out to visit him once since he moved there but I hadn't, so it was about time.

Like any trip, this one wasn't without incidents, but the incidents came at the end of the trip, the time spent in Wyoming was truly a blast.

I booked an early flight out of Logan on Tuesday morning and bought bus tickets from Dover to the airport so we wouldn't have to drive to Boston. However, the bus left Dover at 2:30 a.m., which meant leaving my house just before 1 a.m. We had a pretty uneventful pair of flights out,

SPORTING CHANCE

By JOSHUA SPAULDING



with a short layover at O'Hare. We got to Denver before noon mountain time and after finding the luggage, got the shuttle to the rental car buildings. We picked up the car and set off on what is approximately a six-hour drive to the town where my brother lives in Wyoming.

However, I realized that I had forgotten my sunglasses (I always do that when I leave early in the morning and am not wearing them), so we made a quick stop for water and sunglasses and then made a stop for lunch outside Denver.

One of the things that's different about traveling with my mother instead of by myself is that we need to stop. Often. She has to get out and walk every hour or so, so it was not a quick trip from Denver to Lander, but eventually we made it, pulling into the hotel at about 8 p.m. on Tuesday.

Jared had some plans

for the time we were there and we spent the first day near Lander, visiting Sinks Canyon State Park and taking a long drive through the mountains. I was pretty sure we would end up in Nevada by the time the dirt road ended, but no, Jared knew where we were going and we safely returned to town. We had a great cookout with a number of his friends and got to hear some great stories on Wednesday night before packing up our bags on Thursday morning and hitting the road.

We traveled from Lander up toward Yellowstone and Grand Teton National Parks, stopping for a while in the town of Dubois, where a sign at the local high school announcing football and volleyball practices were starting, reminded me that I'm never very far from work.

One of the most breathtaking moments came as we rounded a corner and Jared noted that the Tetons would be visible in a moment. We came around the corner, and despite the haze, you could see these magnificent peaks poking up into the sky. We stopped and took a lot of pictures before continuing on to Moran, where we had a room for a couple of nights.

Friday morning we headed to Grand Teton National Park, with a quick stop for a horseback ride. That was an interesting experience for sure. I, appropriately enough, got a horse named Big John. He was massive, though I assume that's because they saw that he'd have



JOSHUA SPAULDING

THE OBLIGATORY family picture with my mother and my brother high above Sinks Canyon State Park outside Lander, Wyo.

to carry my large carcass for an hour. I imagine the horse got the rest of the day off after that journey.

We drove up through Grand Teton, stopping to take pictures along the way and then stopping at the visitor center at the far end of the park. We then headed into Jackson, driving by the famous Jackson Hole Ski Resort before heading back to the hotel. I spent some time on Friday night listening to the Red Sox game (thanks Sirius XM app and great wifi), watching the Olympics and preparing pages to be sent for the papers.

Saturday morning had us heading into Yellowstone, where we made a few stops, perhaps the most impressive being at the geyser basins on the shores of Yellowstone Lake, where geysers bubbled out of the ground, creating quite a scene.

Our return trip to Lander took us through Cody and Riverton before eventually ending up back at the same hotel we stayed in the first two nights. I was able to finish up pages that were due on Monday morning so our paginators had everything they needed despite me being across the country. We did a lot of walking around Lander on Sunday, seeing the sights before we had to

head out on Monday.

With a 4 p.m. flight on Monday, my goal was to leave Lander by 7 a.m. and we were able to do that after a short visit with Jared. The rental car was due at 2 p.m. and we pulled into the facility at exactly 2 p.m. We cut it pretty close at the gate as well, but we made the flight and headed to Charlotte.

That's where the fun really began. We arrived in Charlotte with an expected hour layover. However, when we got to the gate, we found our flight delayed, so instead of taking off at 10:15 p.m. it was looking like 10:40 p.m. And that eventually became 10:55 p.m. and then 11:15 p.m. We finally boarded at close to 11:30 p.m. and then promptly sat on the runway for an hour.

That's all well and good, but my plan had been to be back in Boston by 12:30 a.m. to catch the last bus north at 1:10 a.m. Since we didn't take off until 12:30 a.m., that wasn't happening, so when we landed in Boston, we had to hang around waiting for the first bus of the day, which came at 3:45 a.m.

The last time I had major flight delays, I was flying Southwest and they were incredibly nice. They gave us vouchers to travel again and apologized profusely for the delays. This time, flying American,

I could barely get an apology out of anyone, just along the lines of "we can't control the weather." A friend recently had a delay of his Jet Blue flight and they brought in pizza for the passengers during the delay. My choice in airlines will likely not include American next time. Not because of the delay, those happen, but because they did nothing to help or show the passengers that they care, even a little bit.

I made it to my apartment at 6:15 a.m. and promptly left for work, since I knew I had thousands of e-mails to delete (more than 11,000 to be precise) and had a deadline to meet that afternoon.

The ending to the trip was a mess, but all told, it was a great way to spend a week. It was a blast to see my brother and the place that he calls home. It struck me how different things are out west. We could drive for hours without seeing a sign of civilization. And sometimes, that's just what one needs to try and get the mind focused. It was a beautiful part of the country, one that I will definitely visit again. I'm not sure when, but there will be a return trip.

Finally, have a great day, Anna Haegel, and thanks for the hospitality.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfboro Falls, NH 03896.

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Consider All Aspects of College Savings Options

It's almost back-to-school time. If you have young children going to public schools, your biggest expenditures may be on pens, pencils and notebooks. But if you want those same kids to go to college someday, you'll eventually face considerably larger costs – so you may want to start preparing soon.

College is costly. For the 2015-16 school year, the average expense (including tuition, fees room and board) was nearly \$20,000 at a public, four-year school, and more than twice that amount at a four-year private school, according to the College Board. Of course, cheaper alternatives are available – your children could go to a local community college for two years at a very reasonable cost, and then transfer to a four-year school.

Still, if your child does go on to get a bachelor's degree, those big bills will eventually arrive. As you consider how you can best deal with these costs, ask yourself these questions:

• How much can I afford to contribute? As much as you'd like to help your children pay for college, you also have to think about your own needs – specifically your

retirement. Think very carefully before reducing contributions to your retirement plans, such as your IRA and 401(k), to help fund a college savings plan. After all, your children may be able to get scholarships and grants, and even if they have to take out loans, they'll have many years in which to repay them – but you can't postpone saving for retirement without jeopardizing your ability to enjoy a comfortable lifestyle. When it comes to prioritizing your financial goals, putting yourself first is not necessarily a selfish act.

• What college savings plan should you consider? A number of college savings options are available. For example, you could contribute to a 529 plan which offers potential tax advantages and high contribution limits. You might also consider a custodial account, such as an UGMA or UTMA, although when your children reach the age of majority, they are free to do whatever they want with the money – and their plans may not include college.

• What will be the effect of a college savings

plan on financial aid? When colleges determine financial aid packages, they will evaluate your child's assets differently than your assets. Your child typically would be expected to contribute 20 percent of his or her assets, while you are only expected to contribute up to 5.6 percent of your assets. Consequently, you may be better off saving for college in your name, rather than your children's. Under the federal financial aid guidelines, an UTMA/UGMA account is classified as a student asset, while 529 plans are counted as parental assets if parents are the account owners. (The rules on financial aid are not always so clear-cut, however, so it might be worth your while to contact a financial aid officer at a local college or university to ensure that your chosen method of saving will still allow for the greatest possible assistance.)

As you can see, you've got several factors to think about when it comes to helping your kids meet their higher education goals. Study up on these options, so you can find the right answers for your family's needs.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at **279-3161** or email Jacki at Jacqueline.Taylor@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or "like" her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.



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09/02	Monadnock	A	6:30 pm
09/06	Monadnock - JV	H	4:30 pm
09/10	Epping/Newmarket	H	2:00 pm
09/12	Epping/Newmarket - JV	A	4:30 pm
09/16	Stevens	A	7:00 pm
09/19	Stevens - JV	H	4:30 pm
09/24	Kearsarge	A	6:30 pm
09/26	Kearsarge - JV	H	4:30 pm
10/01	Mascoma	H	7:00 pm
10/03	Mascoma - JV	A	4:30 pm
10/15	Fall Mt.	H	2:00 pm
10/17	Fall Mt. - JV	A	3:30 pm
10/22	Inter - Lakes	A	12:00 pm
10/24	Inter - Lakes - JV	H	3:30 pm
10/29	Newport	H	2:00 pm

FIELD HOCKEY

08/30	Mascoma	A	5:30 pm
09/02	Winnisquam	A	5:30 pm
09/07	White Mt.	H	5:30 pm
09/09	Gilford	H	5:30 pm
09/14	Berlin	A	5:30 pm
09/16	Pembroke	A	5:30 pm
09/20	Mascenic	H	4:00 pm
09/24	Laconia	A	9:00 pm
09/27	Kearsarge	H	5:30 pm
09/29	Mascoma	H	5:30 pm
10/05	Berlin	H	5:30 pm
10/07	Gilford	A	5:30 pm
10/11	Winnisquam	H	5:00 pm
10/14	White Mt.	A	5:00 pm

CROSS COUNTRY

09/01	Gilford	A	4:00 pm
09/08	Newfound	H	4:30 pm
09/17	Laconia	A	10:00 am
09/24	Waterville	A	10:00 am
09/29	Newfound	H	4:30 pm
10/07	Belmont	A	4:00 pm
10/14	Plymouth	A	4:00 pm
10/20	Merrimack Valley	A	4:00 pm
10/29	Derryfield Park	A	TBA
11/05	Meet of Champions	A	TBA

SOCCER

08/26	Newport	H	5:30 pm
08/30	Gilford	H	4:30 pm
09/06	Mascoma	A	5:30 pm
09/09	Stevens	H	5:30 pm
09/14	Berlin	H	6:00 pm
09/16	Prospect Mt.	A	4:00 pm
09/20	Franklin	A	5:30 pm
09/23	Winnisquam	A	4:00 pm
09/27	Belmont	H	5:30 pm
09/30	Inter-Lakes	H	5:30 pm
10/03	White Mt.	A	5:00 pm
10/07	Brady	H	5:30 pm
10/12	Inter-Lakes	A	5:00 pm
10/14	Somersworth	A	5:00 pm
10/18	Laconia	A	5:00 pm
10/21	White Mt.	H	5:00 pm

VOLLEYBALL

09/02	Inter-Lakes	A	6:15 pm
09/08	Hillsboro-Deering	H	6:15 pm
09/12	Prospect Mountain	H	6:15 pm
09/16	Winnisquam	A	6:15 pm
09/19	Moultonborough	A	6:15 pm
09/21	Sunapee	H	6:15 pm
09/23	Franklin	A	6:15 pm
09/26	Mascoma	A	6:15 pm
09/30	Inter-Lakes	H	6:15 pm
10/05	Winnisquam	H	6:15 pm
10/07	Sunapee	A	6:15 pm
10/12	Belmont	A	6:15 pm
10/14	Wilton	H	6:15 pm
10/17	Moultonborough	H	6:15 pm
10/19	Mascoma	H	6:15 pm
10/20	Pittsfield	A	6:15 pm

UNIFIED SOCCER

09/14	Gilford	H	3:00 pm
09/26	Inter-Lakes	A	3:30 pm
10/04	Winnisquam	A	3:30 pm
10/91	Laconia	H	3:30 pm



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Is looking for Physical Therapist or Physical Therapist Assistant to join a rapidly growing practice in Errol, NH. TheraCare North is a small farm based Therapy Clinic founded on "individual care principles", treating in a slower pace environment with full focus on patient care. We are looking for an individual who can combine exercise based principles with a focus on hands on care. Qualifications: Education: Graduate from accredited PT or PTA program required. Appropriate State PT/PTA License required. This position is Part Time or Per Diem. Apply via email to: Rebecca@theracarept.net

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Call Gary 603-315-5173.

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Willing to clean your condo or town house. Have lots of cleaning experience and excellent references. I work alone and for myself.
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Real Estate



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777
For The Washington DC area, please call HUD at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

Rentals

Office space for rent in town Plymouth, Plymouth Professional Place. 4 rooms including large waiting area. Recently remodeled with plenty of parking, close to down town Plymouth. \$600 per month. Call Russ 536-1422

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Salmon Press MEDIA

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**PEMI-BAKER REGIONAL SCHOOL DISTRICT
Plymouth Regional High School**

TECHNOLOGY ASSISTANT

Plymouth Regional High School is currently seeking a Technology Assistant. The position supports first line technology hardware, software and services for students, faculty and staff at the Plymouth Regional High School.

A complete job description along with experience criteria is available upon request.

Plymouth Regional High School offers a competitive salary and benefit package.

Please send letter of intent, resume, and references to:

Ryan Potter, Technology Coordinator
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, NH 03264
rpotter@pemibaker.org

NO PHONE CALLS PLEASE
THANK YOU.

**HOLDERNESS
SCHOOL DISTRICT**

The Holderness School Board has a vacant position due to the resignation of a board member. The Board will appoint a citizen to serve until the next election in March.

Interested citizens should send a letter explaining the reasons for their interest and a brief background to:

Dr. Joseph Casey, Board Chairperson
c/o SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264

**PERSONAL CARE ATTENDANTS
ARE NEEDED IN YOUR AREA NOW!**



If you are caring & dependable and would like to assist people with disabilities and/or seniors with (showers, grooming, dressing, toileting, transfers, meals, errands, etc.) to continue to live in their own homes.

WE ARE LOOKING FOR YOU!

\$10.25 hr. Criminal check req'd.
Flexible hours available.

If you would like to make a difference in Someone's Life, call Vickie (GSIL) at 603-410-6562 for info.

**SCHOOL ADMINISTRATIVE UNIT #48
2016-2017 School Year**

**SPECIAL EDUCATION AIDES
(Must be Highly Qualified)**

Please send letter of intent, resume, and recommendations to:

Lynn Davis, Human Resources Assistant
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
ldavis@pemibaker.org

**When Placing Your
Classified Ad:**

Please give a full description of what you are selling & don't abbreviate your words. Always remember to include an asking price for the item you're selling.

Place your ad early in the week (Tues.-Fri.). The Monday Morning 11 AM deadline is for the papers of that week.

Keep in mind we are a weekly publication and for best results you should run your ad more than once.

Read your ad carefully the first time it appears in the paper. If it contains any errors, or if you wish to make a change, call us immediately. Errors will only be credited after the first run date.



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LABOR DAY HOLIDAY ADVERTISING DEADLINES

Section A — Main News, Real Estate, Help Wanted
Noon on Friday, Sept. 2nd

Section B — Sports, Legals
2:30 pm on Thursday, Sept. 1st



Magic Blades entering 20th season

TILTON — Magic Blades figure skating club began in 1997 and will be entering its 20th season this year. Magic Blades is a non-profit, volunteer-run, community organization that has promoted the fun and benefits of skating as part of US Figure Skating's Basic Skills Program, now known as Learn to Skate USA.

Monday nights at the Tilton School Ice

Arena, you will find Barbara Adams and her USFS and PSA registered staff coaching everyone from beginners to experts, from age three to 300.

Two local "experts" include Tilton sophomore Maggie DeVoy and Bishop Brady freshman Ila Bartenstein. Both girls have been with the club since early elementary school and have taken their skating careers seriously, skating year-round several times a week and have brought that expertise and passion to

young skaters at Magic Blades, training as coaches under senior staff to not only perfect their skating, but their teaching as well.

Skating begins Monday, Sept. 12, at the Tilton School Ice Arena. Beginner lessons start at 6 p.m. Tuition is \$80 for six weeks, and there are family discounts available. Tilton School does not have rentals so bring your own skates. There are some skates available in the community to swap, so contact the club to see if your size is available.

Register in person or online at www.magicblades.org. Click the registration link and follow the instructions. For questions contact club president Rose Marie Marinace at rmmarinace@magicblades.org.

Bears
FROM PAGE B1

Inter-Lakes and Laconia all on the schedule. In addition regular foes Berlin, White Mountains, Mascoma and Bishop Brady are back on the schedule. New teams on the schedule this year include Somersworth, Newport and Stevens. The only teams the Bears will see twice this year are White Mountains and Inter-Lakes.

The season will kick off with a pair of home games. Newport visits Bristol on Friday, Aug. 26, for a 4 p.m. game and Gilford will be in town on Tuesday, Aug. 30, for a 3 p.m. contest.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

What are you waiting for? Stop in this week and see why Taylor is known as an active, fun and friendly retirement community.

OPEN HOUSE!



Just announced

New options with entrance fees starting as low as \$49,500. Limited time savings of up to \$50,000. Call or come to an open house to find out more.

Main campus in Laconia Wednesdays 1:00-4:00pm
Back Bay in Wolfeboro Thursdays 1:00-4:00pm

If you've never toured Taylor Communities or haven't toured lately, you're in for a surprise. Come see what some have referred to as "One of the Lakes Region's best kept secrets."

- Tour the model cottages and campus
- Pick up complete information packet
- Get answers to all your questions
- Refreshments served



Enjoy a stress-free, maintenance free lifestyle! No property taxes, no headaches, no hassles. No homeowners insurance. No indoor or outdoor maintenance.

Taylor is a continuing care retirement community offering active independent living as well as a full continuum of care should it be needed in the future to include assisted living, nursing care and memory care.

Can't make the Open House? Call for free information and to schedule a visit the day and time of your choosing.

603-524-5600 • www.TaylorCommunity.org

Main Campus - 435 Union Avenue, Laconia, NH 03246 • Back Bay Campus - 69 Taylor Drive (off Bay Street), Wolfeboro, NH 03894
A not-for-profit 501(c)(3) organization

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Welcome

The Providers and Staff of New Hampton Family Practice and Belknap Family Health-Meredith are pleased to welcome Dr. Kyle Baron to their practices!

Dr. Baron will be seeing patients at both locations and is now accepting patients!

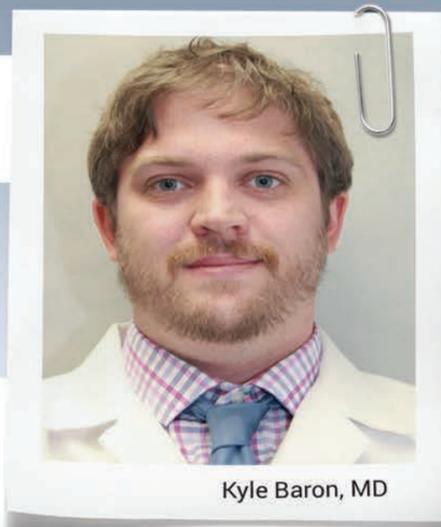
New Hampton Family Practice 744-5377
Belknap Family Health-Meredith 279-7433

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lrgh.org

New Hampton Family Practice ~ 245 NH Route 104 New Hampton, NH 03256
Belknap Family Health-Meredith ~ 238 Daniel Webster Highway Meredith, NH 03253

Dept's of Lakes Region General Hospital



Kyle Baron, MD

Family Practice physicians are doctors who provide comprehensive and continuing healthcare for individuals and families. These providers care for men, women, and children of all ages, and the scope of their care covers all systems of the body and diseases or conditions.

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