

Field hockey Bears pick up a pair of victories



BY JOSHUA SPAULDING
Sports Editor

BRISTOL — A win is a win, no matter the final score and the Newfoundland hockey team got a couple of them last week, winning one in dominating fashion and the other with a last-minute goal.

Newfound took on Littleton to start the week and dominated from start to finish with a 9-0 win.

"We started strong and were clearly the dominant team," said coach Kammi Williams. "We gave zero shots on goal and no corners."

The Bears, for their part, had 21 shots on goal and 16 corners.

Tiffany Doan was the offensive start with

four goals and an assist while Isabelle LaPlume poured in two goals. Savannah Bradley, Haley Dukette and Cassie Zick each chipped in with a goal. Mackenzie Bohlmann, Lindsey Lacasse and Dukette each had an assist while Bradley had two assists.

The week finished up with a hard-fought 3-2 win over Gilford.

The first 20 minutes saw the Bears dominate with shot on goal and corners but they were unable to crack the goal line. The Golden Eagles were able to score on a weird angle shot for the 1-0 lead.

"It always hurts when you dominate and the other team has one shot

SEE **BEARS** PAGE A7

Squam Lakes Natural Science Center installs EV chargers

HOLDERNESS — Squam Lakes Natural Science Center is a long-time proponent of green initiatives. From composting toilets, to energy efficient lighting, and small changes that add up to larger impacts like turning off lights and recycling food waste, the Science Center tries to teach about, support, and implement initiatives that help our planet. The latest project is the installation of EV charging stations for visitors driving electric vehicles.

charging stations are located adjacent to the Welcome Center giving Science Center guests with electric vehicles two dedicated parking spaces and allowing them to charge their vehicle while they visit the trails or attend programs.

The cost of the installation of the chargers was sponsored by the New Hampshire Electric Cooperative through a rebate program. The Electric Vehicle Commercial Charger Rebate allows businesses to cover half of the cost of installa-

tion with a maximum of \$5,000 for two chargers per property. The chargers were donated anonymously.

Randy Brown Excavation prepared the site location and Mauchly Electric completed the electrical work.

The EV chargers are available to Science Center visitors during regular hours, May 1 through November 1, from 9:30 a.m. to 5 p.m. and the same hours for Monday through Friday from November through April.

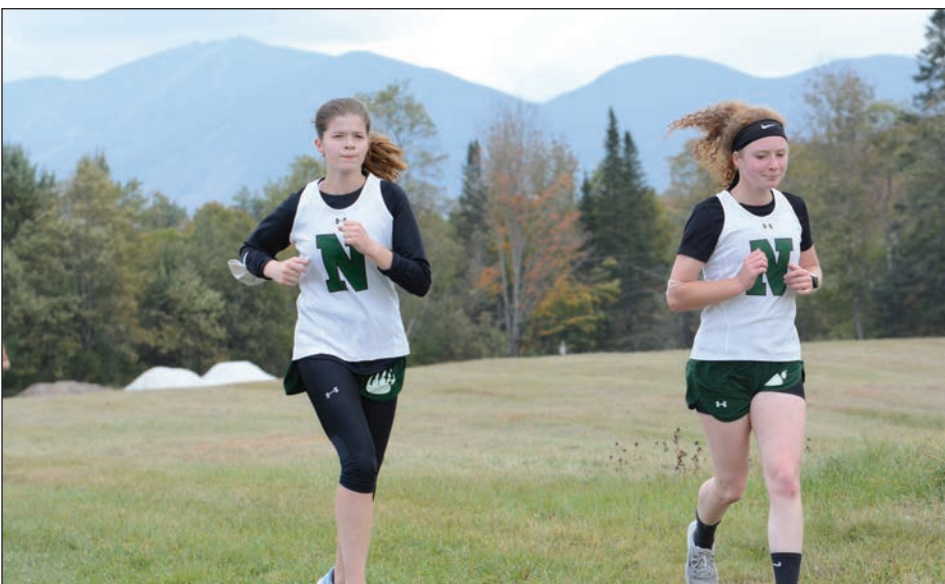
Learn more about
Squam Lakes Natural
Science Center at nhnature.org.

Sullivan, Newfound boys win opening race



JOSHUA SPAULDING

Joe Sullivan leads a pack of Bears including (l to r), Connor Downes, Jeffrey Huckins and Ben LaPlume at the start of last week's race in Bethlehem.



Chloe Jenness and Sarah Buchanan run in their first varsity race at Ski Hearth Farm last week.

BY JOSHUA SPAULDING
Sports Editor

BETHLEHEM — The Newfound cross country boys cruised to victory in the first meet of the season on Wednesday, Sept. 23.

The Bears traveled north on Interstate 93 through Franconia Notch to Ski Hearth Farm in Bethlehem for a meet hosted by the Profile Patriots and also featuring the Lin-Wood Lumberjacks.

The Bear boys placed all five of their scorers in the top six, led by a winning performance from Joe Sullivan, who ran to a time of 20:40 to claim the victory.

Connor Downes was next in, finishing in second place with a time of 20:43 and Ben LaPlume was the third Newfoundland scorer, crossing in a time of 21:30 for fourth place overall.

Jeffrey Huckins finished in fifth place in a time of 21:36 and Ryder Downes rounded out the scoring for the Bears with a time of 21:51 for sixth place overall.

SEE **RACE** PAGE A7

*Halloween
volunteers
needed!*

BRISTOL — The Bristol Community Events Committee is looking for Volunteers to assist with some exciting Halloween Night activities. We need Individuals, Families and Community Groups to jump on board to make this happen!

Activities in the planning stages include:

A “Trunk-or-Treat” walking route! Trunk-Or-Treat Hosts decorate the trunk of your vehicle, back of your van or pick up truck and host our local trick or treaters! You will be responsible for registering and decorating your vehicle, providing candy for trick or treaters (we are also seeking donations to help with the amount of candy) and following all guidelines set for the event.

We will be offering two cash prizes (\$100 each) to the best decorated "trunk" and to the most ingenious candy delivery system! Guidelines will be available soon.

A Haunted Walkway! Grab your family, co-workers or other appropriate group and set up a haunted scene for a Haunted Walkway through Kelley Park. You will be required to provide all materials and manpower for your Halloween scene, to register and to follow all guidelines. We are hopeful we will have enough participation to have two paths – one scarier one for older kids and one not-so-scary for younger kids. We will be offering a \$100 cash prize to the most creative Halloween Scene! Guidelines will be available soon. We will also be looking for tour guides for the Haunted Walkway.

We are working to develop guidelines that will provide both a fun and safe environment for all participants. The Trunk or Treat will be a one-way route allowing for plenty of social distancing between vehicles. The Haunted Walkway will also be a one-way route. All participants will be required to wear cloth facemasks – traditional Halloween masks do not count as face covering!

We will also need extra bodies to help direct parking for trunk or treat vehicles, to direct pedestrian traffic and for general overall assistance.

Candy donations! We are anticipating a lot of interest in this event.
SEE **VOLUNTEERS** PAGE A7

SEE **VOLUNTEERS** PAGE A7

Moultonborough the setting for latest Playhouse production



Teghan Marie Kelly

MEREDITH — So far, the Winnepesaukee Playhouse’s three-play professional season has taken theatregoers all the way to London and then to Memphis, Tenn. The final play of the season is set rather closer to home as Lake Winnepesaukee is practically a

third character in Erica Berman’s “No Wake,” which opens on Sept. 30. The decks of two neighboring houses in Moultonborough is the setting of this new play which, over the course of a summer, illustrates a burgeoning friendship



Ray Dudley

between a cynical local teenager and an irascible snowbird with a penchant for screaming at the jet skiers who disrupt his treasured loons. As the two unlikely friends navigate a gener-

ational divide, they learn that life experiences transcend age. In scenes both humorous and poignant, bonds form over loneliness and loss as both reveal secrets that impact their lives. The play is directed by Samantha Tella who previously helmed hit Playhouse productions of “The Graduate” and “Boeing Boeing.” To add even more local flavor to the production, the cast consists of local professional actors Teghan Marie Kelly and Ray Dudley. Meredith native Kelly was last seen at the Playhouse in “Beauty and the Beast” and “Mamma Mia!” A Gilmanton resident, Ray has won New Hampshire Theatre Awards for his work at the Playhouse including roles in “Of Mice and Men,” “Cat on a Hot Tin Roof,” and “The Graduate.” “No Wake” will be the

first production presented on the Playhouse’s indoor stage since the shutdown in March. The Playhouse has taken steps to ensure patron safety including adding UV lights to the ducts. Social distancing and mask wearing will be strictly enforced as will a one-way traffic pattern through the lobby and auditorium. “No Wake” is sponsored by The Schraeder Family and performance protocols will follow or exceed the CDC and State of New Hampshire guidelines for pandemic precautions. Patrons are encouraged to visit www.winnepesaukee-playhouse.org prior to booking tickets to read the COVID-19 protocols for attending. Tickets can then be purchased by calling the box office at 279-0333.

LRCS strengthening families through virtual parent education

LACONIA — The Family Resource Center of Central New Hampshire, 719 No. Main St., Laconia is offering a wide variety of parenting programs this fall via Zoom for parents of children of all ages. Classes are held virtually in the afternoons

and early evenings, and are offered free of charge. Advance registration is required. Online registration can be completed at www.lrsc.org/parentedregistration/. Parenting classes beginning in September/October include: Developing Personal Power & Keeping Kids Safe (7 weeks, Tuesdays beginning Sept. 22 from 2-4 p.m.) which focuses on personal power and making good choices. Attendees will learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy. Positive Discipline Practices & Techniques (six weeks, Thursdays beginning Sept. 24 from 1-3 p.m.) focuses on discipline which is based on respect, empowerment, caring and cooperation. Active Parenting of Teens (six weeks, Thursdays beginning Sept. 24 from 6-8 p.m.) offers parents the guidance and support needed to turn the challenges of raising a teenager into opportunities for growth, covering topics such as respectful discipline, clear, honest communication, preventing risky behavior and bullying. Cooperative Parenting & Divorce (eight weeks, Tuesdays beginning Sept. 29 from 6-8 p.m.) for non-married, separated, or divorced parents and caregivers raising children together from separate households, covering topics such as positive communication, and reducing/resolving conflict. Co-parents do not need to attend together. Nurture Hope (eight weeks, Wednesdays beginning Oct. 7 from 1-3 p.m. or 6-8 p.m.) is a series for

parents with children who have special needs and health challenges, designed to help families explore their hopes & fears, develop effective strategies for facing challenges, and recognize opportunities for celebration. Online registration can be completed at www.lrsc.org/parentedregistration/. For additional information, call Tricia Tousignant, Family Resource Center, at 528-0391, or email tricia.tousignant@lrsc.org or visit our website at www.lrsc.org and review our Schedule of Current Parent Education Programs at the Family Resource Center page. Attendance certificates will be provided at all parenting programs sponsored by Lakes Region Community Services, Family Resource Center of Central New Hampshire. For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New Hampshire, a program of LRCS, offers respectful, non-judgmental education, early intervention, and support to assist families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow because the Family Resource Center believes strong families lead to strong communities. Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS’ work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Bob Leda at 524-8811 or visit www.lrsc.org.

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- Vote on all State Boards and Commissions

- Vote on all State Judicial Appointments
- Vote on all State Civil Commissions
- Work with State, Local, Civic and Non-profits Leaders

Priorities

- Constituent Service
- Work with state office officials to stabilize pandemic and continue to Fight Opioid Crisis
- Support our Law Enforcement and Veterans in our communities

- Stop a broad base tax in NH
- Reduce business regulation to assist small businesses
- Support our Travel and Tourism and Recreational Industry
- Elder Care at Health Care and Senior Centers

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Saturday, October 10th
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Curbside order delivery

We would love to have volunteers to help with Apple Peeling. If you are interested call to set up a time as we will be limiting the number of people working at one time. Masks will be required.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Fowler River Road	N/A	\$36,800	Gaye E. Hodgdon and Adrian J. Robie	Stephen Potter
Alexandria	N/A (Lot 2)	N/A	\$85,000	Anne-Marie E. Sheerman	Jeffery and Helen M. Dunn
Ashland	18 Circle Dr., Unit 47	Condominium	\$157,333	Frederick Gorell	Robert C. and Catherine L. Riess
Ashland	671 NH Route 175	Single-Family Residence	\$304,000	Alan R. Baker	Alicia L. Komaridis and Benjamin D. Proulx
Ashland	N/A (Lot 4)	N/A	\$299,200	Thomas Carbone	David and Susan Saindon
Bridgewater	Ledgewood Terrace	N/A	\$95,000	Brian Lewis and Debra Hart	Greg W. and Patricia F. Woolsey
Bristol	Old Road	N/A	\$360,000	PGW NH Realty RET and Peter W. Walcott	Ian and Jennifer Buell
Bristol	W. Shore Road, Lot 3	N/A	\$55,000	Ralph and Joanne Paoletta	Troy and Diane Kolden
Bristol	N/A (Lot 68)	N/A	\$65,000	Michael A. Bartosiak	Danielle Pepin
Campton	27 Condo Rd., Unit 11	Condominium	\$57,000	Frederick R. Cyr and Lisa J. Haney-Cyr	Samantha M. Cyrs
Campton	166 Hodgeman Hill Rd.	Single-Family Residence	\$330,000	Richard J. and Catalina J. Celentano	Patrick P. and Donna M. Glynn
Campton	Mad River Road	N/A	\$85,933	Ryan A. Kephart and Amelia L. Rowland	Lisa Lace
Campton	25 McLaren Dr.	Single-Family Residence	\$282,000	Thomas G. and Peggy S. Carr	Isaiah Bollinger and Lorena Gjino
Campton	93 Pegwood Rd.	Single-Family Residence	\$305,000	Charles E. and Patricia A. Stevenson	Matthew and Laura Morsch
Campton	N/A	N/A	\$280,000	Maureen Abate LT and Joseph Abate	Kenneth A. and Deborah T. Grass
Campton	N/A (Lot M3)	N/A	\$339,933	Albert A. Donatio LT	William H. Copeland and Lisa Day-Copeland
Dorchester	Route 118	N/A	\$72,533	Stephen M. Labonte	James Boisvert
Dorchester	N/A (Lot 7-350)	N/A	\$69,800	Lawrence T. MacKeil Estate and Haley N. MacKeil	William E. Russell
Groton	94 Beaver Pond Rd.	Single-Family Residence	\$152,933	Stewart Jones	Donald L. and Michelle L. Sharp
Groton	N/A (Lot 5)	N/A	\$500,000	Alan and Mary Barrett	Clarke and Deborah Bayley
Hebron	43 Cooper Rd.	Single-Family Residence	\$160,000	Alison L. Rose	Peter Apicelli
Hebron	Hobart Hill Road	N/A	\$85,000	Kevin W. and Karen K. Lindberg	Ellen M. and John R. Giller
Hebron	Sky View Dr., Lot 5	N/A	\$150,000	Diane Tessier 1986 RET	Janice E. Coughlin RET
Holderness	Route 175	N/A	\$190,000	Stanley Graton	Matthew T. and Esther Daigneault
Holderness	US Route 3, Lot 115	N/A	\$114,933	James P. Koreu and Cecilia S. Rai	Mark and Robin Wilson
New Hampton	27 Forest Pond Rd.	Single-Family Residence	\$355,133	Gordon & Nancy Dubois Fiscal Trust	Seth N. Duda and Mara Miller
New Hampton	N/A (Lot 3)	N/A	\$35,000	Gordon & Nancy Dubois Fiscal Trust	Pamela R. Dorsett and James W. Vien
Plymouth	97 Highland St.	Residential Building	\$215,000	James P. and Lisa M. Gutro	Christopher Y. Hansen
Plymouth	9 Hilltop Dr.	Single-Family Residence	\$275,000	Stephen D. and Stefanie Giunta	Joseph A. and Marie Claude Emidy
Plymouth	Merrill Street	N/A	\$295,000	Denise Kretz Trust	Joseph H. and Patricia T. Lynch
Plymouth	6 Reservoir Heights	Single-Family Residence	\$300,000	Joseph P. Miller	Marney Mayhew
Plymouth	N/A (Lot 5)	N/A	\$15,000	Eric Bouchard	Joseph Miller
Rumney	250 Depot St.	N/A	\$230,000	Lloyd and Anita French	Adama Gordon and Andrew Benson
Rumney	Quincy Road	N/A	\$35,000	Shelby Robinson	Joel D. Brown
Thornton	56 Mountain River Ave., Unit 8	Condominium	\$162,000	Dan and Sinaia B. Nathanson	Natalie Nathanson and David Packer
Thornton	Route 175	N/A	\$24,933	Truxtun E. Brodhead LT	Timothy Saulnier
Thornton	3039 US Route 3	Single-Family Residence	\$385,000	Nathan J. and Felicita E. Blaylock	Kent L. and Maureen E. Tower
Thornton	N/A	N/A	\$15,000	Cynthia A. Silvia	David W. Sanborn
Warren	450 NH Route 118	Single-Family Residence	\$195,000	Daniel J. and Angela R. Clark	Lance and Christine Becker
Waterville Valley	Black Bear Lodge Condo Unit 501d	Condominium	\$130,000	William J. Nerney	John Gramuglia
Waterville Valley	23 Black Bear Rd., Unit 1112a	Condominium	\$84,000	Christopher J. and Mary A. Hughes	Louis P. and Bobbie M. Griffin
Waterville Valley	7 Forest Knoll Way, Unit C3	Condominium	\$320,000	William H. and Carol A. Shupert	Rachel Harrison and Jeffrey M. Pesturo
Waterville Valley	29 Forest Rim Way, Unit 2	Condominium	\$237,000	Vivien L. and Edward P. Sayre	Julie L. Zbehlik
Waterville Valley	Windsor Hill Condo Unit 70	Condominium	\$170,000	Henry J. and Sandy S. Conaty	Gregory J. Naumovich
Waterville Valley	18 Windsor Hill Way, Unit 60	Condominium	\$88,000	Mitchell Waterville Valley and Edward P. Mitchell	Heather F. Cole
Waterville Valley	N/A (Lot 14)	N/A	\$150,000	Donald J. Wajda	Donald P. and Susan C. Lake
Wentworth	39 Bullseye Curve Rd.	Single-Family Residence	\$215,533	Jeffrey M. and Lois L. Smith	Jason J. and Ashley M. Houle

ABOUT THE REAL REPORT

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

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

North Country Notebook

Is this the Trash Generation? And drought, and hut “croos”

Every now and then, someone buttonholes me in the middle of the grocery store aisle and says “Why don’t you write an editorial about littering?” My standard reply is that people stupid



By JOHN HARRIGAN
COLUMNIST

enough to throw trash are too stupid to read editorials.

But really, enough is too much. Is it me, or is each generation getting trashier? And I’m not talking about music, eating habits, or wearing pre-torn shirts and jeans. I’m talking trash.

How can anyone just drop stuff on the beach--all kinds of trash? Several news reports over the summer dwelled not on the kind of sea and sand beach-goers found when they got there, but what they left behind. At the end of the day there was trash, everywhere. “We’ve never seen anything like it,” said a veteran caretaker.

“Well, they pay somebody to pick it up, right?” an unidentified beach-goer said, in a tone that this somehow made everything all right.

In Plymouth, campus



COURTESY

This photo was taken when Beaver Brook Falls was at normal flow, but now only a trickle is coming down over the rocks as even northern Coös County falls victim to the statewide drought. (Courtesy newenglandwaterfalls.com)

and local police grappled with how to handle gatherings at favorite spots on the Pemigewasset River. Pandemic risks aside, one of the chief complaints was trash. Down in Merrimack, police and neighbors erected fences to shut down a popular spot where the Souhegan River flows into the Merrimack. They cited trash, and lots of it, in addition to human feces and tissue paper wherever vegetation gave cover.

To be fair, the situation has been aggravated by people being cooped up because of the pandemic, and by a now statewide drought that’s forced beach-goers and swimmers into a finite number of places.

At a roundtable on tourism organized by U.S. Sen. Maggie Hassan, the director of the Androscoggin Valley Chamber of Commerce referred to parts of the North Country crisscrossed by ATV trails. “They are just kind of

trashing the place,” she said.

We’re supposedly beyond the Entitlement Generation, and have moved on to others more hazily defined. The disturbing trend for all seems to be a blithe and blatant disdain for the old axiom about fouling your own nest, and besmirching the land in fact and reputation.

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The drought, which has been a fact of life for much of the state for much of the summer, is now interrupting water supplies in the North Country too, some of which shave not failed in 20, 30, 40 years, or living memory.

Beaver Brook Falls, one of the state’s best-kept secrets, is a falls of 85 to 110 feet in elevation, depending on who’s measuring, about two miles out of Colebrook on Route 145, a.k.a. “the back road to Pittsburg,” although for those who

relish old roads that follow old footpaths and oxcart roads, it’s the only road to Pittsburg.

In normal times, “normal” being a relative term, there’s plenty of water flowing over the falls even in late August. Tourists and locals alike have been known to sit on a broad shelf halfway up and sip a can of beverage while freezing-cold water cascades onto their heads.

Right now there is barely a drizzle coming over the falls. The brooks that feed the falls come from my neighbors’ land, all around. One neighbor is coming to my well for water because his spring has run down to next to nothing,

the first time in 34 years it has failed.

And the not-so-funny thing is, we’ve been getting rain when the rest of the state has not. Some of those storm systems sailing along north of the Adirondacks have been giving us a tickle on the way by. But in the end it seemed all for naught, and when the springs and wells began

going dry it was like a door slamming shut.

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I take a New Hampshireman’s inordinate pride in the White Mountain National Forest, in part because I’ve spent so much of my life tramping around on it, particularly the high country, where during

SEE **NOTEBOOK** PAGE A7




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From the Editor's Desk

Leave the signs where they stand

As the days wind down to the Presidential election, we're seeing more division than ever. Fortunately, in smaller areas such as ours, it's largely business as usual, and people on both sides can still have friendly conversations, in person that is.

The online banter and sign stealing is another story, however. We must note that sign stealing is a crime that comes with a fine of \$1,000. Stealing signs will in no way sway someone to change their vote.

Beware the division that social media can sew and intended to sew all along. If you read something, don't automatically take it as fact. There's been a veer from reality due to social media trolls, with the sole purpose of dividing the country. We are better than that, and intelligent enough to see through it. We've said it before, if you see something you disagree with online, you don't need to jump on it and chime in. Think for yourself and trust your own ability to weed out what's true and what's not. Private conversations are also best. Further, commenting on a stranger's post is absolutely useless, don't even waste your time.

It's not OK to hate another person due to their political views. If someone disagrees on policy with you, that's ok. Maybe you don't want to go to Sunday brunch with that person, but there's no need to hate. It's especially hard when you see some individuals who think that acting mean and condescending is a sign of toughness. It's not. It just means they are simply, mean and condescending.

What's interesting is that the people you see on television shouting rude comments and carrying guns as a way to intimidate, probably don't like it when someone yells back. The second amendment was not intended to be used to intimidate fellow Americans into thinking the same way that we do. We think it's safe to say that those same individuals, prefer when people in their own lives are kind to them. So, what gives? The hate is exhausting.

While this may be easier said than done, if you see a sign that you don't agree with, at least try to appreciate the fact that in America we have the freedom to think differently from one another, and to make it known. For example, if you drive by a sign of a person you would not vote for, just shrug your shoulders and remember the freedom that those different signs represent. A freedom that must be protected.



RC GREENWOOD

Close one

Devon Normandin carries the ball for the Newfound football team during its opening game on Saturday against Franklin. The Bears dropped a 22-20 decision to the Golden Tornadoes. The Bears are off this week and will host Inter-Lakes/Moultonborough on Saturday, Oct. 10.

CADY Corner

What makes some people more vulnerable to addiction?

BY DEB NARO
Contributor

With the human brain continuing to develop well into the mid-twenties, the adolescent and young adult years are critical for establishing healthy behavior and habits. Substance use during these developmental years creates the potential for a variety of long-term negative consequences. Ninety percent of people with addiction started using substances in their teen years. Preventing and delaying substance use for as long as possible, along with addressing any underlying risk factors, are important ways to reduce the likelihood of problem substance use. Fostering your child's coping skills, mental health, and relationships, along with keeping them safe, can serve as protective factors.

If there is a history of addiction in your family, you should discuss it with your child. These conversations can take place in the same way you would discuss a family history of diabetes

or other medical conditions, and should happen early on. Knowledge is prevention power. Both of my parents struggled with depression and addiction so I shared that information with my children in their early teens knowing that heredity can factor into addiction.

Psychiatric conditions like depression, anxiety, conduct disorder or attention deficit hyperactivity disorder (ADHD) create a greater risk for the development of problematic substance use and addiction. These types of conditions can cause difficulty controlling thoughts and emotions. As a parent, it's important to be on the lookout to see if your child may be using substances to self-medicate for these conditions. It's a good idea to talk with health care providers about the connection between psychiatric conditions and substance use. Managing and treating underlying mental health conditions, or understanding how emotional and behavioral problems

can trigger or escalate substance use, is important for reducing risk and preventing co-occurring disorders (when mental health and substance use problems occur at the same time).

Research shows that children who frequently take risks and have difficulty controlling impulses or following rules are at higher risk for substance use problems. While most teens understand the dangers of risk taking, some have particular difficulty resisting impulses to engage in risky behavior: Children who have ACEs (Adverse Childhood Experiences) which involves a history of trauma, such as witnessing or experiencing violence or abuse, have been shown to be at higher risk for substance use problems later in life. It's important for parents and caregivers to recognize the possible impact of trauma on a child and get appropriate help to address the issue.

Substance use or addiction in the family or among peers, easy access to nicotine, alcohol or drugs and more fre-

quent exposure to popular culture references and advertising that encourage substance use, can all contribute to an increased risk. Starting alcohol, nicotine or other substance use at an early age is one of the strongest and most consistent predictors of an increased risk of addiction.

As people move into adulthood, risk factors for substance use and addiction begin to change. At each new stage of life, new and different circumstances can create stress and added pressure, increasing vulnerability to substance use and addiction.

For more information, visit our website at www.cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection, our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

Sustainable Bristol

BY LAUREN THERIAULT

Do you ever feel like you are not doing enough? You know too much and get weighed down by the woes of the world? I recently read the NPR article about the "lie of recycling" and could feel the existential dread about the harsh realities of our world today seeping in. I think this happens to all of us at times on our journeys to being better people who care about the environment and our community. As if the environmental crisis isn't enough, add a global pandemic that makes it scary to leave you home and you've got a bad combination of sorrows. In order to get myself out of the funk I thought of some ways to feel better and wanted to pass them along to you.

Step back and think of the changes you are making or have made that are

so easy and be proud of how far you have come. Not using paper towels was once a challenge for me and now I don't even realize I don't have any.

Add one more (tiny) thing to your list of things to do to be environmentally conscious. Now that the restriction on reusable bags has been lifted, I am going to put them in my car and remind myself to bring them into the store again. It was easy to do in 2019, it can be easy again in 2020 if I just take a small step.

Talk to your friends and neighbors and share how you feel. Maybe they will have advice, maybe they won't, but talking about it will make it less heavy to bear on your own.

Stop yourself before you make a purchase and think about if you really need that item or if it's just a way of seeking comfort. This ap-

plies to food or impulse online shopping which it seems we've all been doing more of thanks to the pandemic. Leave the item in your online cart and see if you still need it in another day. Chances are the excitement will have worn off and you'll realize you don't need that item. Remember things are only on sale if you actually need them.

Assess your values and why you are interested in making changes. Rank them so you can easily pick one over the other if it comes down to that. As an example, my family's safety is more important than my desire to not buy things wrapped in plastic so when my five year old wouldn't wear the masks I had lovingly made him I bought him Superman masks wrapped in plastic. He happily wears those gaudy things and I am not sad that one more

piece of plastic ended up in the trash.

Accept that this is a season of life and it'll get better at some point. Someday the pandemic will end and you won't have to be scared about going to the grocery store. Someday it'll rain again so your well won't be dry.

Write to your select board members, state representatives, governor, senators, and mayors. Tell them what is upsetting you and what you want to change. No one knows unless you speak up.

Go for a walk or sit outside in nature to remind yourself of what you are fighting for and that there is beauty all around us.

Lauren's Green Tip of the Week: Boil water with the lid on the pot, it really does boil faster and saves energy.

THE SALMON PRESS 2020/2021 NEW HAMPSHIRE

WINTER GUIDE



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Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Yup! October is here... guess I missed September somehow! Where did it go? I hope you all can get out and about to see the fabulous colors mother nature has bestowed upon us this year. It is fantastic just about everywhere. We are so blessed to be in NH!

The TTCC Annual Apple Festival and Craft Fair will be very different this year. To carry on such a great tradition, a pre-order form will be coming out soon with information so folks can order apple pies and crisps, home baked beans, bread, rolls and apple sauce. Payment can be made by credit card by calling the TTCC at 744-2713 or by sending a check. Volunteers may not come as a group to do the peeling, prepping and baking at the same time, but may come individually for a time slot on Friday, October 9 if you would like. Call 744-2713 to help.

TTCC Adult Programs will be back in action soon. Some outdoor activities are continuing and the indoor activities will start up this coming week. Badminton will meet on Mondays and Fridays at 7 p.m. at the TTCC, Karate will meet on Wednesdays at 7 p.m. at the TTCC, Volleyball will meet on Tuesdays and Fridays at 7 p.m. at BHVS, and Shape Up Newfound Exercise Class will continue to meet on Tuesdays and Thursdays at 6pm and Saturdays at 8am at Millstream Park or Kelley Park if outside and inside at the Bristol Elementary School. Pickleball enthusiasts will have to check by phone, text or email as the times vary. Each of these groups have group emails/texts that people can be added to for regular updates/

announcements, just call the TTCC if you wish to be added.

Everyone in Bristol is invited to create and display a unique scarecrow! Prizes will be awarded for: top three business entries and top three individual entries. The parameters are: the scarecrow should be four to six feet tall and on a solid frame, entries may begin arriving on Sept. 26, judging will take place during the week of Oct. 5. To be eligible for judging, you must submit an entry form by Oct. 4, you may display your entry on the common in the square, in front of your house, or outside of your business, scarecrows in the square must have a tag with your name.

Entry forms are available in person at the TTCC and Town of Bristol Offices, online at www.townofbristolnh.org or on TTCC site, or by emailing lucilekeegan1@gmail.com or bristolevents@townofbristolnh.org.

It looks like Halloween will be ago in Bristol! The Bristol Events Committee is looking for volunteers to ensure that Halloween activities will happen for the citizens of our town this year.

The committee is working to develop guidelines that will provide both a fun and safe environment for all participants. The TRUNK OR TREAT will be a one-way route allowing for plenty of social distancing between vehicles. The HAUNTED WALKWAY will also be a one-way route. All participants will be required to wear cloth facemarks - traditional Halloween masks do NOT count as face covering. Volunteers will be needed to help direct parking for trunk or treat vehicles, to direct pedestrian traffic and for general overall assistance. A great deal of interest

is anticipated for these events. If you can donate a bag or two of candy to help offset the amount the volunteers will need to provide, please donate to the Candy Stash! All candy must be individually wrapped. Candy can be dropped off at one of the following locations: the Bristol Town Offices, the TTCC and the Bristol Police Department. For more information, please avail yourself of the town websites.

Don't miss the Reading Pumpkin Program brought to you through the Minot-Sleeper Library and Walker Farm. Starting Oct. 1, families can earn a free pumpkin from Walker Farm after earning a completed punch card by reading books from the library. Once a family earns 15 punch holes on their card, they will get their certificate from the library for a free pumpkin. Wagon rides will be available at the farm by making a reservation by calling 254-6349.

On Wednesday, Oct. 7 at 7 p.m., the MSL will host a presentation with Ken Harvey, a well-known photographer. The presentation is Antarctica, the White Continent and will include photos of white and blue icebergs, seals, penguins, whales, dolphins, and albatross. The presentation is free, open to all, and will be held online using Zoom. To attend, please email librarian@townofbristol-nh.org for the Zoom information.

Groton

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

Several bits of news from the Town of Groton. There was a hearing dealing with the Town Garage and a presentation by the Select Board and Bubba

Ellis of the Highway Department. As you remember he was there on Sept. 8 to answer questions of voters as they came in for the Primary. The same display was up for the hearing on Sept. 20. The details of this are on the Town Web Site so you can read or print this off to look at. The next public hearing is scheduled for Nov. 17 at 7 p.m. at the Town House. We would like your input and hope you will attend.

All fire permits Type I and II have been suspended till further notice. Keep checking the web site for updates on this. Conditions are tinderbox dry right now so there is to be no outside burning of any type.

The Town Clerk's office is working on getting set up to take credit and debit cards. At this point it looks like we may have this up and running by the end of October sometime. There will be updates on the Town web

site. This means we will be able to take online payments with credit or debit and also in-house payments. There is a service charge that is passed on to the customer, so please be aware of this. We look forward to providing this added convenience.

The Absentee Ballots are in and will be sent out this week. If you would like to vote via Absentee Ballot you may come to the office, call or email and get an Absentee Ballot Application. These are also available to print off at the Secretary of State's Web Page. Once the clerk receives the application, she will mail the ballot out to you. It is suggested if you are mailing these back to the office that you do that as soon as possible. Absentee Ballots may also be brought to the Clerks office at any time prior to the election and on Election Day before 5 p.m. We had a great turn-out for the State Primary on Sept. 8. It's good to see that so many are

concerned about the direction the Country will go the next four years. Thank you for coming out to vote.

Scheduled Meetings and Closures for the Town of Groton:

Select Board Work Session – Tuesday, Oct. 6 and 20, 6 p.m. at the Town House

Select Board Meeting – Tuesday, Oct. 6 and 20, 7 p.m. at the Town House

Conservation Commission – Thursday, Oct. 8 at 7 p.m.

Planning Board Meeting – Wednesday, Oct. 28 at 7 p.m. at the Town House

Town Offices will be closed Oct. 12 for Columbus Day

Town Clerk's Office will be closed Oct. 15 for a personal day.

Churches

Plymouth Congregational UCC

called the Rev. Sara M. Holland as our pastor and teacher. Rev. Holland's ministry among us will begin on Oct. 7."

~ In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice.

How do I access the church's Facebook Page? You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Date to Remember
Sunday, Oct. 4, World-Wide Communion Sunday

Church Announcement

~ The members of PCUCC are pleased to announce that we have

Feeding Our Children Together

Beginning at the start of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at www.ucplymouth.org.

Letters to the Editor

To the Editor:
As we move forward in this contentious election season, I have to ask, what has happened to our

community leadership in Grafton 17 (Ashland, Alexandria Bridge-water, Bristol Grafton and Enfield)?

It seems as if this current New Hampshire House is asking what the community can do for them and not what they can do for the community. I see unhappy people wherever I go. Worse, I don't see our current State Rep. Josh Adjutant, working hard to help make New Hampshire a better place to live. I don't see him advocating for traditional common-sense New Hampshire values like; empathy for others or encouraging community involvement or volunteerism. I do see people upset with the current incumbent

and have been repeatedly asked what he has been doing for us. This is especially concerning to me as a

lifelong New Hamp-

shire resident who has spent over 20 years volunteering to help improve our

communities. As a volunteer, I have served on the Ashland Board of Selectmen, School Board, Budget

Committee, Housing Standard Board, Heritage Commission, 125th and 150th Celebrations of Ashland,

and the Ashland 4th of July Committee. I also have volunteer for both the Ashland and New Hampton

Fire Departments and the American Red Cross. I walk the talk!

Unfortunately, I view our current state Rep, Josh Adjutant, as not paying attention to his constituency

but kowtowing to his leadership in Concord. Face it; we've all been affected by the pandemic. Now is the

time to unify, communicate, and volunteer; not to hide in Concord. How many times has Mr. Adjutant

reached out to you or your place of work asking what he can do to help? My bet? Zero. I

know because

he has not reached out to ours.

What has Mr. Adjutant done? Astoundingly he's been spending his time advocating for both a NH

Income tax and a NH Sales tax. In fact, he's voted four times for a New Hampshire Income tax, and voted for a New

Hampshire sales tax. He's voted to increase spending by a massive

12 percent, requiring billions in increased

taxes. All these burdensome taxes in the middle of a Pandemic when we should be helping businesses

and survive! He is out of touch with the needs and values of the average Granite Stater.

This guy is out of touch!

His irresponsible behavior; lack of common sense and a warped

notion as to how New Hampshire's

House should manage other people's money clearly demonstrates his ignorance of the needs of everyday New Hampshire citizens. It seems as if he always follows the directions of his party Chair.

Josh Adjutant is out of step with the voters of Grafton District 17 and New Hampshire.

We need proven, inde-

pendent, communicative leadership in Concord. I have a successful track record

through my decades of volunteerism and running a highly successful Business. I know how to communicate with fellow Granite Staters. Send me to Concord this Nov. 3. You'll be glad you did.

Kendall Hughes
Ashland

</

Comfort Keepers

Take a deep breath: stress relief techniques for seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

In many ways, stress is a part of life for all of us. But for seniors, stress can have a larger effect on physical and mental wellness.

Having worries and concerns is natural, but it is more important as we get older to practice stress-reduction techniques to manage these thoughts.

The great news is that stress, and the techniques to manage it, are usually easy for most people to practice. Meditation, breathing exercises, physical movement and other tactics can help seniors continue to live the best quality of life and can even improve overall wellness.

Why is it critical to manage stress?

As we continue to keep our homes and families safe during COVID-19, it's even more important to focus on the mental health needs of our seniors when it comes to stress.

Several studies have shown that stress is linked to mental and physical problems, from anxiety and depression to hypertension and immune system complications. In fact, it's estimated that stress increases the risk of heart disease by 40 percent, heart attack by 25 percent, and stroke by 50 percent. Not to mention the fact that stress can also exacerbate existing conditions – which can be very impactful for those with less efficient immune systems.

What can seniors do to manage their stress in a positive way?

Finding moments

of joy and focusing on activities and hobbies that bring meaning and purpose can help seniors manage their stress. Fortunately, there are many more stress relief techniques that seniors can follow to help improve their own personal well-being. What senior clients use to manage their stress today can help better prepare them for any future stress.

Stress Relief Techniques

Connection can help relieve stress. Seniors can call a friend or family member, have a video chat or spend time with loved ones when possible.

Meditate at the same time every day or whenever feelings of stress or anxiety arise

Practice deep breathing and mindfulness exercises

Reach out to friends

and family to connect and spend time together

Follow a consistent exercise regimen and healthy diet, upon physician approval

Journal or jot down thoughts and feelings at the end of each day – and be sure to take a moment to reflect on all the positive things that happened throughout the day

Find a virtual volunteer opportunity to give back to the community

Put together and execute a to-do list to increase productivity, decrease feelings of restlessness, and combat procrastination

Join a yoga class or practice it at home (with physician approval)

Listen to soothing or relaxing music, especially before bed

Find a way to laugh, whether it's by watching a funny TV show/

movie or listening to a comedy album

Comfort Keepers® Can Help At Comfort Keepers®, we have spent the last twenty years perfecting the art of helping seniors and other adults maintain their peace, happiness, and joy. To us, every moment in a senior's life is a unique opportunity to foster positivity, going beyond daily tasks. Our approach to care is called Interactive Caregiving™, a philosophy centered around four central aspects of life: mind, body, nutrition, and safety.

What's more, our trained caregivers are selected with one specific quality in mind: empathy. Care that is empathetic is care that starts in the heart, and it allows us to meet our clients' exact needs.

Learn more about our unique service offering by contacting a local Comfort Keepers office.

About Comfort Keepers

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

Beatles tribute coming to Lincoln



LINCOLN — BEATLES FOR SALE, a New England Beatles tribute band, has announced they will return to bring their live tribute show to Jean's Playhouse on Saturday, Oct. 11 at 7:30 p.m.

Due to current conditions, the concert will run shorter in length and have limited seating to allow for distancing, so early ordering of tickets is recommended. Tickets are on sale now at <http://jeansplayhouse.com/tickets/> or by calling 745-

2141.

BEATLES FOR SALE is a New England-based Beatles tribute band from Massachusetts that is committed to recreating the sounds of the Beatles live in concert. They are past recipients of regional awards such as Best Tribute Band in New England and have received several other local nominations. They have been performing since 2007.

This band delivers a fun and energetic performance complete with

original instrumentation and vocal harmonies that are as accurate as possible to the original Beatles recordings.

Jean's Playhouse is a nonprofit performing arts center located at 34 Papermill Dr. in Lincoln. The concert is co-sponsored by Inn Season Resorts – Pollard Brook.

More information on the band can be found at www.beatlesforsale.net.

LRAA evening drawing classes available now

TILTON — On Tuesday, Sept. 29, professional artist and art instructor, Thomas Hitchcock, a member of the Lakes Region Art Association/Gallery, will begin teaching six two-hour weekly drawing sessions at the LRAA/Gallery studio, evenings from 6-8 p.m. The LRAA/Gallery and studio is located in the Tanger Mall Outlet, 120 Laconia Rd., Tilton, suite 132.

Classes are open to anybody regardless of age. His classes will focus on the fundamentals of drawing to include perspective, composition, values, form and techniques.

"Anyone can learn to draw, and with a little help from instructions on how, you'll begin a journey filled with joy and pleasure for life," Says Hitchcock.

To register, call Tom at: 496-6768. The Lakes Region Art Association/Gallery, is a non-profit 501-C-3 organization dedicated to promoting art, providing a venue for its members to display their art and photography, and an opportunity to sell what they've created, directly to the public at wholesale pricing. The LRAA/Gallery is open Thursday-Sunday 11 a.m.- 6 p.m.

MOULTONBOROUGH —Due to the pandemic, Castle in the Clouds has made the difficult decision to cancel Christmas at the Castle for this year only.

"Our Christmas event is one of our largest programs of the year," explains Executive Director, Charles Clark. "It normally features tours of the Lucknow mansion decorated by local businesses and designers, an artisan fair, children's activities, and lunch in the Carriage House. Guidelines and procedures required to keep all guests and staff safe make the feasibility of this offering challenging. We regret the loss of this signature community event but look forward to

next year!"

They are currently investigating alternative community programming to take the place of this event for 2020 and will release details as they become available. Christmas at the Castle is expected to return in November of 2021 with the projected dates of Nov. 20, 21, 26, 27, and 28.

Between now and October 25th you can still visit Castle in the Clouds to take a self-guided Castle tour and a 45-minute guided tour of the basement, and enjoy lunch or ice cream at Café in the Clouds. The Castle Conservation Area hiking trails managed by the Lakes Region Conservation Trust will remain open for the entire year

from dawn until dusk every day as usual. Please visit castleinthecLOUDS.org and follow the Castle on social media for regular updates on winter programming.

Castle in the Clouds was listed to the National Register of Historic Places in 2018. It is operated by the Castle Preservation Society, a 501(c)(3) nonprofit organization, whose mission is to preserve, interpret, and share the buildings and landscape of Castle in the Clouds as a cultural resource for the benefit of the public. For more information or to learn more about upcoming programs and events, call 476-5900 or visit castleinthecLOUDS.org.

Pemigewasset Rainbow Girls hosting annual wreath sale

REGION — Pemigewasset Assembly #28 is once again hosting their annual Christmas Wreath sale. Wreaths are 22 inches, decorated with or without a red bow, and are sold for \$15. Other size options are available, upon request; pricing depends on size. We also have decorated kissing balls for \$35. For those who wish, you can purchase a wreath through the Assembly to be donated to the Blue Star Mothers of NH Wreaths for Boscawen. Each donated wreath will be placed at the Veteran's cemetery in Boscawen by the Blue

Star Mothers of NH. Each year, they work with Wreaths Across America and often do not have enough donated wreaths for each memorial in the cemetery. From our efforts last year, we were able to donate 60 wreaths to their project.

Wreaths and kissing balls can be preordered by contacting Mother Advisor, Beth Nemchick at enemchick@yahoo.com or messaging the Assembly via our Facebook page at facebook.com/pemiassembly28. Orders will be confirmed after money is received and will be available for pick up on Nov.

28, at the Tilton Masonic Temple at 410 W Main St., Tilton, NH 03276.

The International Order of Rainbow for Girls is a service organization for girls age 11 to 20. Girls 6-11 years old are welcome to participate as Pledges. Pemigewasset Assembly #28 meets September through June in Tilton or Franklin. Interested girls and parents are welcome to visit: www.NHRainbow.org, or www.gorainbow.org, or www.facebook.com/pemiassembly28. Rainbow Gets Girls Ready for Life!

Hiring?

Reach More

Local Applicants

Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise **locally**, where you will get qualified, **local** applicants for your **local** job.

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- Winnisquam Echo
- Newfound Landing
- Coös County Democrat
- Carrol County Independent



Email: tracy@salmonpress.news
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Bears

FROM PAGE A1
on goal and they score,” said Williams. “We just had a breakdown. I had

no idea how we would respond.”
Dukette showed her coach exactly how to respond, as she carried

the ball the length of the field and put a shot on goal just a minute later for the tying goal.
Then, just one minute

later, Doan carried the ball into the circle and LaPlume pushed it past the keeper in a scramble in front of the cage, giving Newfound the 2-1 lead heading to halftime.

Keeper Alyssa McDonough had to make a couple of saves early in the second half, as the Golden Eagles came out strong.

“We then turned things around and dominated the next 15,” Williams said.

As time wore down, however, Williams could see her team wilting and making mistakes as a re-

sult and Gilford earned their second corner of the game and capitalized after a scramble in front of the cage.

The Bears pulled themselves together and moved the ball into the attack end and in the final two minutes, earned a corner. Doan passed the ball to Dukette, who pulled right, reverse pulled and did a reverse chip to the right into the upper corner for the win.

“Honestly, the most beautiful goal I’ve seen during my coaching days,” said Williams. “We held on and pulled

away with the victory.
“A big win for us,” she continued. “A big win by all players on the field. Every player did their job. A team win all the way around.”

Newfound is scheduled to host Franklin today, Oct. 1, at 4 p.m., will be hosting Winnisquam at 4 p.m. on Monday, Oct. 5, and will be at Winnisquam on Thursday, Oct. 8, at 4 p.m.

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

Race

FROM PAGE A1

Romeo Dokus ran to eighth place overall with a time of 25:07 and Hunter Pease rounded out the field of Bears with an 11th place finish with a time of 27:36.

On the girls’ side of things, the Bears fin-

ished fourth place finish from Leah Deuso with a time of 29:19.

Julia Huckins was next in for the Bears, finishing in a time of 31:33 for sixth place and Sarah Buchanan finished in 34:36 for seventh place.

Chloe Jenness finished in a time of 34:37 for eighth place over-

for the Bears with a 12th place finish in a time of 42:06.

The Bears will be back in action on Thursday, Oct. 1, as they run at Gilford at 4 p.m.

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

Volunteers

FROM PAGE A1

If you can donate a bag or two of candy to help offset the amount our volunteers will need to provide, Please donate to the Candy Stash! All candy must be individually wrapped. You can drop candy off at one of the following locations: the Bristol Town Offices, Taply-Thompson Community Center, and the ished second to the host Profile Patriots, led by a

Bristol Police Department.

The Bristol Community Events Committee is small but committed. None of these events will be possible if there is not enough interest or participation from the overall community! If you are interested in Volunteering for one or more of the activities listed above, please con-all and Sadira Dukette rounded out the scoring

tact the Town of Bristol Events Committee at at bristolevents@townof-bristolnh.org or contact the TTCC at 744-2713, or email them at bccfun@metrocast.net

Please reach out to one of the above contacts if you have any questions!

Notebook

FROM PAGE A3

a few sweet-spot years I was on almost a first-name basis with most of the Appalachian Mountain Club hut “croos.” There are eight huts at, near, or above timberline, spaced about an easy day’s hike apart.

Now, some people are going to think I’m making this up, but as I’ve long tried to tell kindred spirits in the AMC, there are legions of people down below timberline who have absolutely, utterly, totally no idea that

there’s an entire network of back-country trails up there, with huts offering food and shelter.

As an illustration of this, I once offered to team up with an AMC staffer and go around doing sort of dog-and-pony shows at various upper North Country High schools. We showed slides and maps, and after animated talks we offered free overnight hut-stays to all who signed up for guided hikes.

We might as well have been offering one-

way trips to Mars. Few students signed up, and when the time came around, not one could go.

Would things be different now? With so many teachers with hiking experience, and so much new blood and outreach, I’d hope and think so.

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



This view has nothing to do with anything at all, really, and is here mainly because I like the photo. It shows (I hope) Mount Baker, in the Snoqualmie National Forest in the state of Washington, which at 1,724,229 acres is about three times the size of the White Mountain National Forest. It also claims to be the most-visited National Forest in the country, but doesn’t the WMNF have bragging rights on that? (Courtesy 4nadia/iStock)

October Breast Cancer Awareness Month

Advertise in our special page dedicated to Breast Cancer awareness, treatment, screening health advances, etc., will be in the **October 1st, 8th, 15th 22nd & 29th** of the **Newfound Landing**, the **Plymouth Record**, the **Gilford Steamer**, the **Baysider**, the **Meredith News**, the **Granite State News**, the **Winnisquam Echo**, & the **Carrol County Independent!**

Deadline: Friday of each week
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We Support Breast Cancer Research

Artistic Roots announces October classes

PLYMOUTH — Artistic Roots would like to thank the Plymouth Rotary for their generous donation of \$500. During these unusual time, we greatly appreciate this donation and the others that we have received to keep us able to serve the public.

This month Artistic Roots will offer three free courses to students. Suzan Gannett will lead all three classes and anyone interested in attending should sign up by emailing her at suzangannett@gmail.com. On Oct. 17, she will offer an Autumn Tree Class from 3:30 to 4:30 p.m. Students will need construction paper, scissors and a glue stick. On Oct. 24 from 3:30 to 4:30 p.m., she will offer a leaf critter class. Students will need construction paper, leaves, scissors, markers and a glue stick. On Oct. 31 from 1:30 to 2:30 p.m., she will offer a Halloween Hand Puppet class. Students will need construction paper, glue stick, scissors, markers and crayons.

Jeweler, Pam Miller continues to offer her jewelry metalsmithing class at her studio in New Boston. The class is four two-hour sessions. Students will learn the basics of wirework and stone setting. Students will complete three or four projects of their choosing. Cost of the class is \$150 for members and \$175 for non-members.

Annette Mitchell and Suzan Gannett’s October Creative Expression classes are both filled. In November and December, they will offer Ink Drawing on Mondays, Nov. 23, and 30 and Dec. 7 and 14 from 1 to 3 p.m. Cost of the class is \$100 for members and \$125 for non-members. You can sign up for this course on our Web site, www.artisticroots.com.

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Holiday Gift Guide

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MARK ON THE MARKETS

Black swans



By Mark Patterson

I suppose we have all heard the phrase “black swan event,” which is a metaphor to describe an event that comes as a surprise and has a major effect. Black Swan is derived from the Latin expression coined in the 16th-century when the thinking was that there were no black swans, only white. But in 1697 Dutch explorers first saw a black swan in western Australia. The sighting

opened the door to the theories of statistical outliers happening when it was thought they could not. We tend to remember black Swan events as surprises that are typically negative such as the attacks on the World Trade Center’s twin towers in 2001. While this is certainly a black swan event, so is the discovery of the Internet which I think, most people would perceive as very positive.

So how does all this relate to the management of your assets and investments? You cannot manage or should not manage for black Swan events, but your portfolio of investments should be managed per modern portfolio theory.

Harry Markowitz wrote an essay in 1952 on modern portfolio theory. Markowitz, an economist, wrote about mean-variance analysis. These phrases are straight out of the statistics textbook and I’m sure many of you are familiar with. But it is how they are applied regarding your investment portfolio what makes them significant and extremely relevant. In the event of a black swan event you will likely see world debt and equity markets react in an extreme manner. In 1987, black Monday saw the Dow Jones industrials lose significant

amounts of value. Those who were using margin or sold near the bottom did not recover. But if you remember the bell curve, as things move away from the statistical mean or average they will in fact revert to the average.

Markowitz believed having a variety of non-correlated assets you would enhance the yield of your portfolio and reduce the risk. This is very true today if you can obtain real asset diversification.

Unfortunately, what I see all too often, are mutual funds with different names which would you lead you to believe that they are diversified but often have very similar holdings in very similar asset classes. I personally have not seen an occasion where one family of mutual funds can provide true asset diversification.

In a truly diversified

asset mix, not all your investments will be doing great at the same time and conversely, they will not all do poorly at the same. Bull markets in the equities markets (stocks) often give us a false sense of security and tend to make us chase the winners and shun the laggards. Things change and go through their various cycles. Rebalancing a diverse portfolio is necessary otherwise you no longer have properly diversified asset mix. Risk and your portfolios objective will also determine the asset mix. Is growth your objective? Income? Capital preservation? All these objectives can be managed in a properly diversified mix of low fee, high value investments.

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

HIGH SCHOOL SLATE

Thursday, Oct. 1

NEWFOUND
Boys’ Soccer at Franklin; 4
Cross Country at Gilford; 4
Field Hockey vs. Franklin; 4
Girls’ Soccer vs. Kennett; 4
Volleyball at Franklin; 6:15
PLYMOUTH
Cross Country Home Meet; 4
Field Hockey at Kingswood; 6:30
Golf at Owl’s Nest Resort; 3:30

Friday, Oct. 2

PLYMOUTH
Boys’ Soccer at Kingswood; 5:30
Girls’ Soccer vs. Kingswood; 4
Volleyball at Coe-Brown; 5:30

Saturday, Oct. 3

NEWFOUND
Boys’ Soccer vs. Lin-Wood; 11
PLYMOUTH
Cross Country at Kennett; 2
Field Hockey vs. Kingswood; 11
Football at Kennett; 6

Monday, Oct. 5

NEWFOUND
Boys’ Soccer at Winnisquam; 4
Field Hockey vs. Winnisquam; 4
Girls’ Soccer vs. Moultonborough; 4
Volleyball at Winnisquam; 6:15
PLYMOUTH
Boys’ Soccer vs. Laconia; 4
Girls’ Soccer at Laconia; 4
Volleyball vs. Laconia; 6

Tuesday, Oct. 6

PLYMOUTH
Field Hockey at Laconia; 4

Wednesday, Oct. 7

PLYMOUTH
Girls’ Soccer vs. Inter-Lakes; 4

Thursday, Oct. 8

NEWFOUND
Boys’ Soccer vs. Winnisquam; 4
Field Hockey at Winnisquam; 4

Girls’ Soccer at Moultonborough; 4
Volleyball vs. Winnisquam; 6:15

PLYMOUTH

Boys’ Soccer at Laconia; 4
Field Hockey vs. Laconia; 4
Girls’ Soccer vs. Laconia; 4
Volleyball at Laconia; 6

Friday, Oct. 9

NEWFOUND
Cross Country at Gilford; 4
PLYMOUTH
Cross Country Home Meet; 4
Volleyball vs. Coe-Brown; 6:30

Saturday, Oct. 10

NEWFOUND
Football vs. Inter-Lakes; 2
PLYMOUTH
Football vs. Lebanon; 2

Tuesday, Oct. 13

NEWFOUND
Field Hockey at Laconia; 4
PLYMOUTH
Boys’ Soccer at Winnisquam; 4
Field Hockey vs. Winnisquam; 4
Girls’ Soccer vs. Moultonborough; 4
Volleyball at Winnisquam; 6

Wednesday, Oct. 14

NEWFOUND
Cross Country Home Meet; 4
Girls’ Soccer at Plymouth; 4
PLYMOUTH
Girls’ Soccer vs. Newfound; 4

Thursday, Oct. 15

NEWFOUND
Boys’ Soccer vs. Franklin; 4
Field Hockey vs. Laconia; 4
Volleyball vs. Franklin; 6:15
PLYMOUTH
Boys’ Soccer vs. Winnisquam; 4
Field Hockey at Winnisquam; 4
Girls’ Soccer at Moultonborough; 4
Volleyball vs. Winnisquam; 6

PSU Soccer teams recognized by United Soccer Coaches

PLYMOUTH — The Plymouth State University men’s and women’s soccer teams were both honored by United Soccer Coaches (USC) when the organization announced the recipients of the 2019-20 Team Academic Award on Thursday.

A total of 889 college teams (333 men, 556 women) qualified for the Team Academic Award. Plymouth State was one of 172 schools to have both their men’s and women’s programs recognized.

College Team Academic Award recipients must be active members of the USC College Services Program with a composite grade point average (GPA) of 3.0 or better on a 4.0 scale for all players on the roster for the 2019-20 academic year. The women’s team notched an impressive 3.67 GPA, while the men finished at 3.17.

The men’s program has now earned the honor for the sixth straight year, while the women were recipients in four of the last five years.

Local student named to Dean’s List at Northern Vermont University

LYNDONVILLE, Vt. — Catherine Roman of Alexandria was named to the President’s List for the spring 2020 semester at Northern Vermont University. Students who achieve a 4.00 semester average are placed on the President’s List.

Northern Vermont University is a two-campus institution of higher education with campuses in Johnson and Lyndonville, Vermont as well as an online division that combines the best of our campuses’ nationally recognized liberal arts and professional programs. At Northern Vermont University, our goal is to guide curious, motivated, and engaged students on their paths to success and their places in the world. Learn more at NorthernVermont.edu.



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Wolves continue strong play in September

LACONIA — The New England Wolves hockey teams continued their strong play in the last weekend of September with strong performances at all levels. Starting with the U14 team, the Wolves advanced to the finals in the White Mountain Shootout in Waterville Valley before losing in the finals to nationally-ranked East Coast Wizards. Paolo Vazquez was strong in nets. The EHL team recorded its first victory of the season on Sunday, winning 10-4 over the Valley Junior Warriors on home ice in Laconia. Tennessee native Zach Giblin notched four goals in the effort. Josh Tree recorded the win in nets. The Wolves U18 split season team, coached by Kingswood coach Mike Potenza, won both of its GSL games (5-1 and 8-2), and the U16 full season team won its only game of the weekend, 6-0 against the East Coast Spartans. Gage LaMontagne recorded the shut-out in nets.

The Wolves EHL team, coached by Tim Kunes, remains undefeated. Recording victories against the Valley Junior Warriors (5-2 Saturday) and Connecticut Chiefs (3-0 Sunday), the Wolves Eastern Hockey League team pushed its record to 3-0 on the 2020-21 season. Kyle Penton and LJ Newell have been solid in nets and Donnie Feldman and Gabriel Jodoin have pushed the offense. The Wolves have observed moments of silence for all the victims of COVID-19 at each of their home games. They have dedicated their season to teammate Colin Larson, who is currently undergoing surgery later this month. The Wolves offer a thank you to all who have supported them in 2020, fans, friends, teammates, supporters, sponsors, staff and much more. For more information, visit www.ne-wolveshockey.com.



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October is Breast Cancer Awareness Month

Community for a Cure

We Stand Together in the Fight Against Breast Cancer!

Medical experts agree that early detection is a woman's best defense in overcoming breast cancer. In fact, the National Breast Cancer Foundation reports that when breast cancer is detected in the early, localized stage, the five-year survival rate is 98 percent. The organization encourages every woman to develop an early detection plan consisting of breast self-exams, clinical breast exams and mammograms based on age and health history. To learn how to perform a monthly breast self-exam, go to

www.nationalbreastcancer.org or ask your healthcare professional. A family physician or gynecologist should perform a clinical breast exam as part of an annual visit, and can advise women on the frequency of mammography scheduling.

We salute our local business community's commitment to a cure! In honor of National Breast Cancer Awareness Month, Salmon Press would like to present these advertisers in the hope that women everywhere can look forward to a healthy future.



During October, National Breast Cancer Awareness Month, we remember the mothers, daughters, friends, sisters and wives who have lost their lives to breast cancer. We also salute the survivors whose successful fight against breast cancer gives us hope for the future and a cure.



Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.
- Change in appearance

of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is

turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women's chances of surviving this disease.

Educating young women about breast cancer

At the age of 12 to 15, many young women are experiencing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls.

The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy.

Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health.

Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl Scout leader who was diagnosed with breast cancer herself, began conducting workshops for Girl Scouts in 2007. The idea isn't to scare girls into believing they have the disease, but rather to increase their awareness of changes in their bodies that may or may not be normal.

Some parents worry that educating children about breast cancer may cause them to worry unnecessarily, especially considering a young girl's risk of developing breast cancer is so minimal. Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alcohol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.



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2020 Castle Car Show set for Oct. 3



MOULTONBOROUGH — For the first time, the annual Car Show at Castle in the Clouds will be held amidst the changing foliage of the Ossipee Mountains, taking place on Saturday, Oct. 3 from 10 a.m. to 3 p.m. It is one of the Castle’s biggest events of the year, fea-

turing automobiles from across generations; the oldest vehicle currently expected to attend is a 1929 Ford panel van. Past shows have included from 200 to 250 vehicles. This year, face coverings are required to be worn by all in attendance, both as spectators and show participants,

and social distancing is encouraged. Attendees may vote for their favorite exhibitions, and prizes will be awarded for pre-war vehicles (1920s and 30s) - this year’s featured category - and non-pre-war vehicles. Lunch will be available for purchase in the field from Café in the Clouds,

which serves wraps, flatbreads, Gifford’s ice cream, and more, and at local food trucks including Hart’s Turkey Farm. The event will take place in the field by Shannon Pond, with free spectator parking and a \$5 cash admission fee. Vehicle registration for the show costs \$25 per

vehicle, and includes and one driver and one passenger admission to the Car Show, and coupons for one free admission and one discounted admission to tour the Castle. Registration is offered online at castleintheclouds.org, over the phone at 476-5900, and on site the day of the event. Registered autos may enter the grounds from 8:30 to 9:30 a.m. through the scenic road (front gate) entrance and as early at 8am through the 586 Ossipee Park Road entrance. The first 100 people to register their vehicle will receive a commemorative dash plaque and a goody bag. Spectators receive a \$5 discount on regular Castle tour admission by showing their Car Show admittance sticker and likewise, show admission is included in the price of regular Castle admission. All spectators should en-

ter the grounds via the 586 Ossipee Park Road entrance. Castle tours will be offered as normal throughout the day according to COVID-19 guidelines – please be sure to review the Castle’s updated tour procedures prior to your visit. This year’s Castle Car Show is generously sponsored by TMS Architects. Castle in the Clouds was listed to the National Register of Historic Places in 2018. It is operated by the Castle Preservation Society, a 501(c)(3) nonprofit organization, whose mission is to preserve, interpret, and share the buildings and landscape of Castle in the Clouds as a cultural resource for the benefit of the public. For more information or to learn more about upcoming programs and events, call 476-5900 or visit castleintheclouds.org.

Nitrogen ice cream store comes to Ashland

ASHLAND — Sub Zero Nitrogen Ice Cream recently opened a new store in the greater Lakes Region. The Ashland store opened Aug. 10, at 25 Main St. “The one-of-a-kind experience at Sub Zero, appealing to both customers taste buds and their eyes, will be the perfect addition to the Ashland community at the end of summer when everyone

is in need of a sweet pick-me-up,” said Christine Cherry, who will operate the location with her daughter Maya Duarte. “We’re excited to bring a new and refreshing concept to Ashland that not only offers quality ice cream, but also provides a fun atmosphere for the whole family to enjoy.” Cherry has a background in teaching, starting her career in

Utah, then moving to Costa Rica to operate and teach at her own bilingual school. Transitioning back to the U.S., Cherry returned to her home state of New Hampshire and reignited her career in marketing. Offering customers a unique, science-based ice cream adventure featuring a two-minute transformation from liq-

uid cream to frozen treat using liquid nitrogen, Sub Zero’s patented process produces a sensory snack experience. “We really hit the sweet spot with Christine and Maya, as their strong connection to the Ashland community and love for ice cream will pair nicely with the values at Sub Zero,” said Jerry Hancock, president and co-founder of Sub Zero. “The mother-daughter duo will bring an inviting attitude to the new location and their sense of community will be beneficial when introducing the unique concept to a new audience.” Sub Zero’s method of creating ice cream, which has been featured on Shark Tank, is a safe culinary process, as the liquid nitrogen is completely evaporated by



point-of-sale to customer and never touches the customer’s container as an added safety measure. Sub Zero employees undergo extensive training

on how to prepare the ice cream. For more information about Sub Zero, visit subzeroicecream.com.

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