

Newfound Landing

THURSDAY, AUGUST 29, 2019

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COMPLIMENTARY

Bristol's Old Home Day reflects on 200 years of history

BY DONNA RHODES
dirhodes@salmonpress.news

BRISTOL – From the first sounds of colonial gun fire in the morning to the roar of a Revolutionary cannon for the closing ceremonies, Bristol's Bicentennial Old Home Day was certainly one for the history books, filled with the music of fife and drums, a Civil War encampment, and presentations on Bristol's early days as well as lots of food and fun for all.

VFW Post 10640, assisted by the young men and women of the Civil Air Patrol, opened the



Eleven-year-old Jake of New Hampton gobbled down the last of his blueberry pie to win \$25 in the Pie Eating contest at Bristol's Bicentennial Old Home Day celebration last weekend.

day with the raising of the flag, followed by a gun salute from the 5th Regiment New Hampshire Volunteers Civil War Reenactors.

Once the day was officially underway, the northern end of Kelley Park gave everyone the



Bristol's Bicentennial Old Home Day activities in Kelley Park concluded on Saturday afternoon with cannon fire from reenactors of the First N.H. Regiment from the Revolutionary War.

opportunity to take a step back in time with many historic exhibits and demonstrations. There were old-world tradesmen demonstrating ev-

erything from stone masonry and ice harvesting to blacksmithing and sap gathering. Civil War soldiers cooked over a fire and explained their life

style and experiences in the mid-1800s, while two large oxen yoked together as they would be to work a farmer's fields, SEE OHD, PAGE A11

Bristol may see full recycling, after all

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — After discussing a return to single-stream recycling at Bristol's solid waste transfer station during an early-August meeting, selectmen on Aug. 19 heard a proposal to go all the way to "source separation" — keeping plastics, cardboard, glass, and aluminum in separate recycle streams.

Doing so could

make recycling a money-maker rather than a budget-buster. Single-stream recycling, which offers convenience that, in turn, encourages more people to recycle, has the disadvantage of costing more than simply tossing everything in the garbage bin, and its environmental benefits are dubious. Because of cross-contamination, between 25 and 40 percent

SEE RECYCLING, PAGE A11

BY DONNA RHODES
dirhodes@salmonpress.news

BRISTOL – Last week, employees of Mid-State Health Center were excited to welcome the N.H. Food Bank's Fresh Food Pantry to their facility on Robie Road in Bristol, bringing fruits and vegetables for all who dropped by to stock up on healthy foods for their home.

Eileen Luponis is the Executive Director of the N.H. Food Bank,

New partnership gives locals access to fresh healthy foods



DONNA RHODES

Pamela Manion and Kristen Czerwonka of Mid-State Health Center assisted Jason Rivers, Garden Coordinator for N.H. Food Bank, to distribute fresh produce to more than 100 people when the Fresh Food Pantry paid a visit to their Bristol offices last week.

and while they have assisted folks through their facility in Manchester, they realized this summer that there was a need in central and northern towns as well and wanted to broaden their outreach.

"We found people at our facility in Manchester coming off the highways and byways to get to us, so we wanted to expand our footprint," Luponis said.

To do that, they began partnering with healthcare agencies, asking them to screen patients for signs of hunger then tell the food bank where there was a need to boost good nutrition. They also partnered with more stores and farmers' cooperatives to get as much food as possible so those items could be brought to locations where there was a real need.

"We're trying to help people be more con-

scious about nutrition but we're also finding that many are eligible for SNAP (food stamp programs) who aren't taking advantage of it," said Luponis.

Seeing the need to expand their services, NHFB asked for and received funding through a Harvard Pilgrim Healthcare grant for this summer. Thanks to that grant, their Food Bank truck hit the road recently to visit towns like Rochester/Epping, Greenfield, Bristol and others who found a need for better nutritional opportunities.

"We'd really like to hit the communities on the third week of the month whenever we can. That's when the food stamps run low and we can help by bringing in a fresh load of produce," she said.

Among the pallets of items unloaded from the truck last week were papaya, mangoes SEE FOOD, PAGE A11



Ned Gordon was pleased to present Carrol Brown (left) and Dan MacLean (right) with the 2019 Community Spirit Awards during last weekend's Bicentennial Old Home Day celebrations.



DONNA RHODES

Carroll Brown, Dan MacLean receive Community Spirit Awards

BY DONNA RHODES
dirhodes@salmonpress.news

BRISTOL – As part

of the Old Home Day activities in Bristol each year, two citizens are

presented with a Community Spirit Award thanking them for their

dedication and commitment to the town, and this year's recipients were Carroll Brown and Dan MacLean.

Brown emceeds the Fourth of July Parade each year and, performing as "The Solitary Man," he also entertains the crowd as they await the start. All who attend that and other town events he performs at always look forward to joining him as he sings his rendition of the song, "Sweet Caroline." Brown is more than a just a talented musician though.

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Bristol celebrates Old Home Day

All photos by Donna Rhodes



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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
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BUSINESS MANAGER
RYAN CORNEAU
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Bristol celebrates Old Home Day

All photos by Donna Rhodes



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CADY Corner

What makes my child want to use drugs or drink, even if they know the dangers?

BY DEB NARO
Contributor

It can be hard to understand why your child tries or continues to use drugs or alcohol when they know the risks of doing so. However, there are a number of risk factors and reasons for drug use that parents can watch out for. Firstly, a family history of drug or alcohol problems can put your child at risk for developing substance use disorder. Of course, genes are not the only factor determining drug and alcohol use. But, if there is addiction in your family, you should let your child know that they are more likely to develop a problem, just as you would for any other illness.

If your child has a mental health issue, or has experienced a trauma they may also be more likely to try, or become addicted to, alcohol or drugs. This is also the case for those with impulse control problems, which make it harder for them to resist the urge to engage in behaviors they know are dangerous.

Beyond these risks factors, however, there are many reasons any young person might decide to use substances. Sometimes, it is because they have seen their family, friends, or people on TV using, and they want to fit in. If you think this might be the case, encourage your teen's friends to come to your house, get to know their parents, and talk to your kid about healthy activities they could take part in.

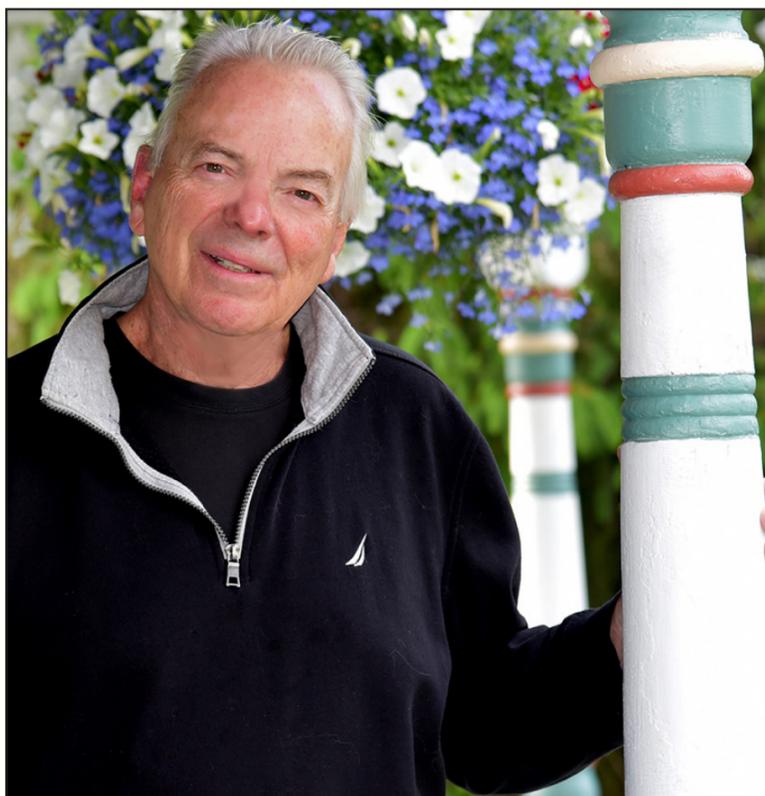
Furthermore, some teens try drugs be-

cause they are bored, unhappy, lack confidence, or are going through a life transition. They may turn to substances as an outlet for their negative feelings, help with socializing or as a form of escapism. If this is the case, fostering communication about their emotions and helping them to develop effective coping mechanisms is key.

As well as understanding why your son or daughter might be using drugs, it is also important to understand the wide range of substances available to them. While many drugs widely-used in the past are still common today, drug culture has changed significantly and there are a number of current drug trends that parents may not be aware of.

If you are concerned that your child is using any of these substances, the most important thing is to spend time with them, communicate and watch out for changes in their behavior (including mood, sleeping patterns, school/work performance). You should also monitor what is happening on your computers at home and not ignore any unexplained software or browsing history.

For more information on prevention strategies, please visit the CADY Web site at cadyinc.org. If you or someone you know struggles with addiction or substance use, please call 2-1-1 or the Doorway at LRG-Healthcare (934-8905) for help.



COURTESY

LRRRA offers introduction to pencil drawing classes

Teaching you how to see and draw, is how you greatly improve your drawing skills. This is what highly acclaimed professional artist Thomas Hitchcock's drawing course is all about. This six class course begins Wednesday, Sept. 4, and continues every consecutive Wednesday and Saturday until Sept. 21, from 10 a.m.- noon. Every student gets personal instruction, critiques on their work, and an instruction book on this course from a professional artist. This course is designed for all different ages and levels of artists. His classes

will be held at the Lakes Region Art Association Gallery, Tanger Outlet Mall, Suite 132, 120 Laconia Rd., Tilton. Classes are open to the public and sign-ups accepted on a first come-first served basis. To register, discuss costs and on what materials you'll need, call Tom Hitchcock at 496-6768 or visit the LRAA Art Gallery on Thursday through Sunday, 10 a.m. - 5 p.m.

Letters to the Editor

Day Away needs you

To the Editor:

For readers who don't know 'Day Away,' it is a social program for men and women with early stages of Alzheimer's and related dementias. This program also provides the participant's caregiver several hours, a short respite, to 'catch a breath,' 9 a.m. to 3 p.m. every Thursday. A Registered Nurse and an experienced staff are always on site. The program itself is a social program involving the whole person, mind and body. Inter-active games, creative crafts, challenging quizzes, delightful poems, and old-time sing-alongs are just a small part of the program. Guest speakers, entertainers, musicians, and a friendly therapy Golden Retriever stop by on Thursdays. A wholesome lunch, cooked on the premises, and even snacks are part of Thursdays. Dietary needs of the participant are always considered.

Day Away is a non-denominational program meeting every Thursday from 9 a.m. to 3 p.m. at Our Lady of Grace Chapel in Bristol.

As you read this letter, you can appreciate how im-

portant are the volunteers we have in this program. They are the 'backbone' of Day Away. They bring knowledge, wisdom, life experiences, and all sorts of talent to enhance, not only the lives of the participants, but staff as well. With more participants, there is a greater need for more volunteers. The program needs you now, today! If you can come 'on board' we will help with insight into the disease. The satisfaction you receive will be unlimited.

I personally want to say 'Thank You' to every volunteer in our program for their commitment to the Day Away Program and welcome all those who wish to be part of our program.

The Heart of a Volunteer is not measured in size but by the commitment to make a difference in the lives of others. Together we can make a person's yoke a little easier, a burden a little lighter.

Sandra Coleman RN, BSN
Director
Day Away

An open letter to Bristol's selectmen on recycling and our transfer station

To the Editor:

I attended a public select board meeting on Monday, Aug. 19 where a report was given on recycling waste in Bristol. I have recycled all of my adult life wherever I have lived. Sometimes it was a burden, often there were additional costs to me as a resident or rebates back on my taxes if I did recycle, but always it felt like the right thing to do.

I understand the cost of recycling is going up everywhere and for many reasons. I also know that how and what we recycle is complicated. Because of these issues, I appreciate the efforts of our select board in taking a close look at the best way to bring recycling back to Bristol. We are all smart people! But let us not take too long to look.

Recycling is the responsible thing to do for our community, for our environment, for our future. When I take my garbage to the dump, I am aware of the stuff I am throwing into the trash and it makes me think

about responsible waste. Recycling helps. We cannot get out of the habit.

So, please, step up your efforts. We have a new transfer station that is clean and easy to access. There have been some initial bumps, but I know you are working on improving this. There are options we can look at - recycling cardboard which is increasing in our waste daily, keeping the glass recycling going, restarting single stream, or separating waste. Other towns are also working on these issues - So let's work together and keep recycling.

Every time I am at the dump, I mention recycling and everyone there seems to agree - we need to get back to doing the right thing.

There will be an updated report at the Select Board Meeting on Sept. 5, 6 p.m. at 230 Lake St. in Bristol. We should all attend.

Janet Metcalf
Bristol

Strategies for Living

An honest confession

BY LARRY SCOTT

"I don't want there to be a God," wrote Thomas Nagel in "The Last Word." I admire the honest confession of an atheist philosopher. "It isn't that I don't believe in God and naturally hope that I'm right in my belief. It's that I hope there is no God.... I don't want the universe to be like that."

I appreciate Nagel's honesty for he states, without apology, a sentiment seldom admitted by my friends. Not that they don't believe in God; everyone claims to believe in

God. It is Jesus that is the object of their disbelief.

My friends, almost without exception, know nothing about him. They admit they have never read the New Testament, know nothing of his life or the purpose for which he lived. And they show no interest in checking things out.

I cannot tell you how this saddens me. Jesus' life and ministry has been at the center of my research since my youth. What I have discovered has revolutionized my thinking. I hurt for those

who have chosen to remain ignorant. Few of them are as blatant as Thomas Nagel, but I fear he echoes their sentiment. They don't want to believe in Jesus; a sincere look at his message will demand changes they are not prepared to make.

And with reason. Lee Strobel's journey of faith is a classic case in point.

"Recently I was chatting with a former colleague from my days as an atheist and legal editor at the Chicago Tribune. 'You were the last person I ever thought would

give up your journalism to go tell people about Jesus,' he said. 'You were one of the most skeptical people I knew.'... Ironically, it was my skepticism that ultimately drove me to faith in Jesus.

"That's because my wife Leslie's newfound belief in Christ provoked me to investigate the historical underpinnings of Christianity.... To my dismay, the data of science (from cosmology and physics to biochemistry and human consciousness) convinced me there was a

SEE STRATEGIES, PAGE A12

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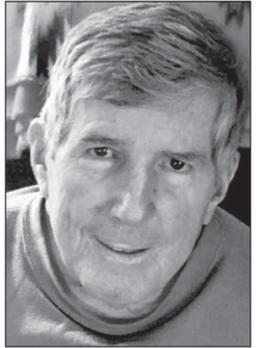
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NORTH COUNTRY NOTEBOOK By JOHN HARRIGAN

Maybe it was just because the guys were, you know, well, like, "Away"



A remark from visitors still throws me for a loop, even after hearing it for all these years. It is that their "bug season" is over, and there are no more biting insects to worry about. But the further north you go, the shorter the summer, and Mother Nature wastes nothing---including time. There is a biting fly for just about every season, including early winter.

I don't have a college degree, but during my years at the New Hampshire Sunday News, I took several night courses at the Merrimack Valley Branch of UNH. It was one of my better moves in life, if only because one of my choices was an entomology course taught by the vaunted Tom Fisher. He was a well-known singer in barbershop quartets, and often broke into song (baritone) to drive home one point or another in class.

Dr. Fisher noted that there are seven biting black fly species in New Hampshire, or put another way, a species for just about every elevation, or even more specifically, one for about every part of the alleged warm months. Black fly "season," indeed.

I retain a graphic example of this. John Lanier and a mutual friend and I were hunting Pittsburg's Desmond Valley one unusually warm year (I think in the mid-1980s), and all of a sudden, in the moments following a snow squall, there was a hatch of black flies. And they were particular to that altitude and climate, because the only time I had seen that variety before was along the Appalachian Trail in the Presidential Range. They had little white puffs just ahead of their wings, on what Dr. Fisher would have called their "third post-oral somite," sort

of like saddlebags.

Ivan Lefebvre shot a big buck that day, and he evidently shouted for help, from somewhere near the uppermost beaver dam, quite a distance from me, and as I've mentioned, it was an unseasonably hot day, far too hot to help drag a deer, any deer, particularly a big buck, just the sort of deer that Ivan, who described himself as "a great big French guy" would seek out, but anyway, I think the wind was wrong, and I couldn't possibly have heard him.

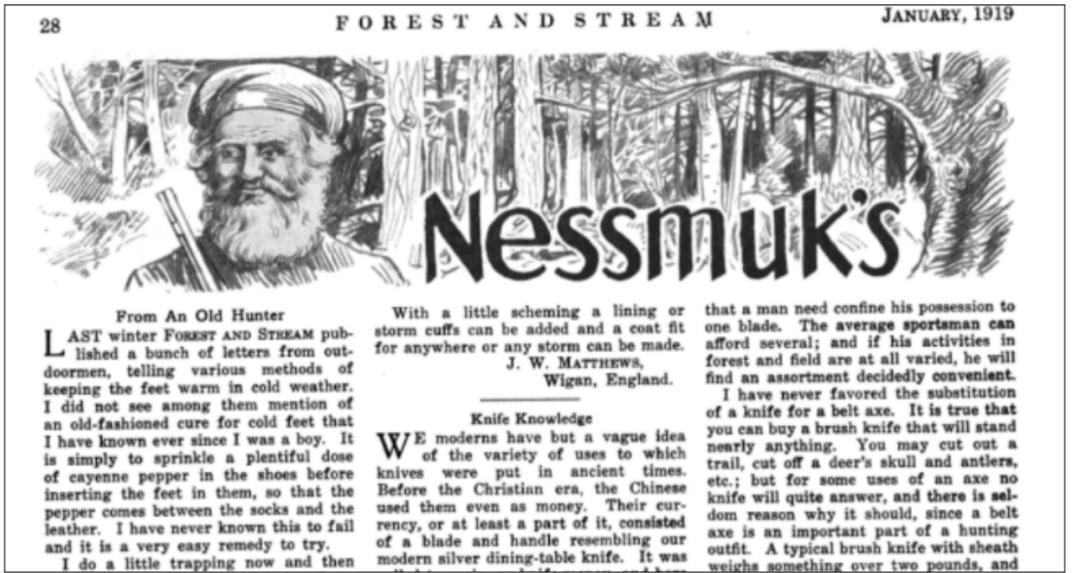
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During my years at the camps at Clarksville Pond, I got to hang out with famed guide Rudy Shatney, the best man I ever walked with in the woods. Back then, insect repellent was called fly dope. Old Woodsman's Fly Dope was the most popular brand among people who fished, farmed, and drove logs down the Connecticut and Androscoggin rivers, men referred to, in the sensitive parlance of the day, as "river hogs."

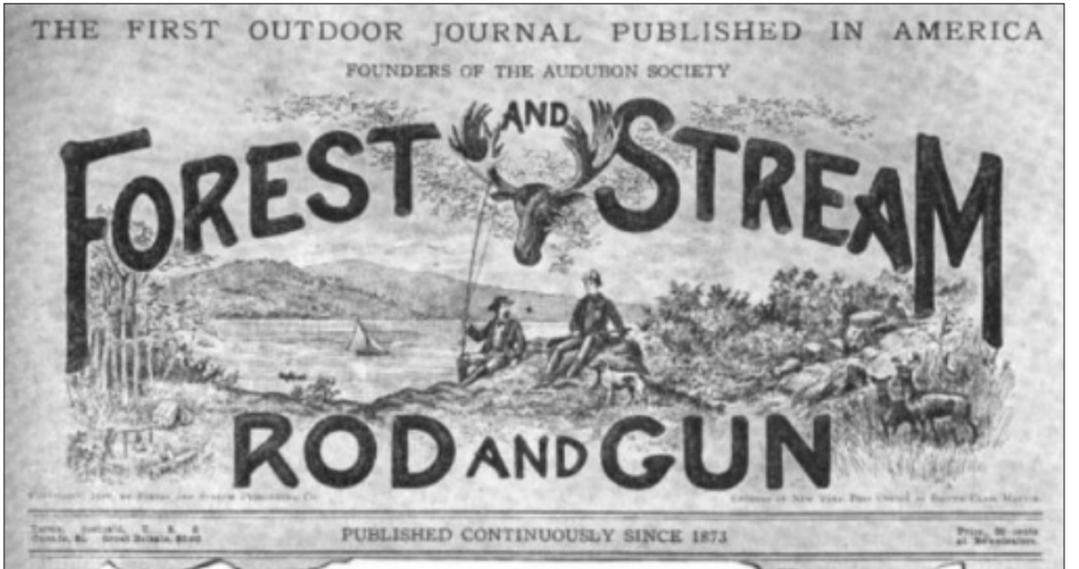
Rudy, as he was wont to do with many things other people paid for, made his own fly dope, and I asked him what he put into it. "Oh, I don't know," he said. "Pine tar, mineral oil, a little citronella, something else." It took me a long time to find out what the "something else" was.

The stuff worked, all right, and there were times when you had to haul it out and put it on, fast. One such time came when we were fishing a stretch of the Connecticut River between First Lake and Lake Francis and ran into a hatch of midges, which we all ways called noseums.

This name is entirely appropriate, and is not used with any intent to denigrate. It is simply



When I start leafing through old outdoor publications that carried columns like this one by "Nessmuk," I just can't quit. This issue is from 1919, when U.S. troops were returning from the First World War, supposed to be the last.



Forest and Stream claimed that it was the first magazine of its kind published in America. Some of its Board members were among founders of the National Audubon Society.

the name used by the people who were here before us, and is totally appropriate. (If your eyesight is really good, by the way, you can in fact see them, tipped butt up, face down as they bite anything exposed--your hands, inner ears, nostrils, face, SEE NOTEBOOK, PAGE A12

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Edward Jones: Financial Focus

Interested in Fixed Annuities? Beware of Common Misconceptions

Between your 401(k) or pension, your IRA and Social Security, you hope to have enough to enjoy a comfortable retirement lifestyle. Yet, you may want, or need, to find other financial resources – one of which might be a fixed annuity, which offers a guaranteed interest rate and can be structured to provide a lifetime income stream. But you may be nervous about investing in annuities because of some negative things you've heard about them. How concerned should you be? To help answer that question, let's consider some common misconceptions about fixed annuities: "I won't be able to touch any of my money if I need some of it before I retire." A fixed annuity is designed to provide you with income during your retirement years. But if you want to withdraw a significant amount of your money before you retire – when your annuity is in what's called the "accumulation phase" – you'll likely face a surrender charge, as well as a 10% federal tax penalty. Withdrawals may also be subject to a market value adjustment. However, to access a small percentage of your allocated funds, you might not encounter any fees. And some annuity contracts allow a 10 percent withdrawal with no penalty. "Annuities cost too much." Many annuities are actually low in cost. Be sure to compare the cost against the value of each additional guarantee, feature, and benefit—and only pay for what you need. "A deferred annuity isn't worth the wait." If you set up a deferred annuity, it's true that you won't immediately start receiving income. You will, however, be able to factor future expected payments into your retirement plan. "When I die, the insurance company keeps my money." If your payout plan includes a beneficiary agreement, your beneficiaries will receive the remaining amount of money in the contract. Read the terms and conditions listed with an annuity, as they will spell out where the remaining money will go after you pass away. Of course, even if the above concerns are simply misconceptions, it doesn't mean there are no issues about which you must be aware when considering fixed annuities. For one thing, the safety of your lifetime income stream and guarantees will depend on the claims-paying ability of the insurer that issued the annuity, so you'll want to choose a company that has demonstrated financial strength and stability. One other concern about fixed annuities: They typically don't carry a cost of living adjustment, such as that found in Social Security. You can find annuities that do offer some inflation protection, but this feature can reduce early payments significantly. If it's appropriate for your situation, a fixed annuity can be a valuable addition to your retirement income. Before purchasing one, though, you'll need to weigh all the potential benefits and issues. But don't be swayed by misconceptions – you'll want to base your decision on facts, rather than fears.

Devon Sullivan
 Financial Advisor
 164 NH RTE 25
 Suite 1 A
 Meredith NH 03253
 603-279-3284
 Fax 844-444-4469
 devon.sullivan@edwardjones.com

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Member SIPC

Jacqueline Taylor
 Financial Advisor
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I hear our neighbor town Bristol had a most successful Old Home Day Saturday. I did make it out to the hearty breakfast put on by Union Lodge #79. Well done gentlemen, a great meal to start a busy day for so many. Glad to have had the chance to visit with Jeff, Marthur and family. Later on in the evening I listened to the roll of fireworks, and their flashes from my side of the mountain hide away. What a grand way to end the day! Bravo Bristol, Happy Bicentennial!

Town

Alexandria Volunteer Firefighters Association Annual Pig Roast will be held Sunday, Sept. 2, beginning at 5 p.m. at the Town Hall. Bring a friend, bring your appetite and have a wonderful evening!

Board of Selectmen Meeting Tuesday, Sept. 3 at 6 p.m. in the Municipal Building.

Alexandria UMC

Sunday, Sept. 1, worship begins at 9 a.m. Communion will be served at an open table.

NAC (Newfound Area Churches) meeting Wednesday, Sept. 4 at 9 a.m. in the Vestry of AUMC. Office Hours and Visitation will follow at 11 a.m. until 6 p.m. Bible Study will begin at 6 p.m.

The Sunday School Staff and Volunteers had a meeting last Sunday to plan Sunday School Classes and Family Nights. More to come on this in the coming weeks. Looks like we are going to have a great year of learning and growing. There was also discussion of a Baptism Class for those who are interested.

Time for me to put together lunch for two delightful young ladies. My sidekick Miss Kayleigh and her best friend for many years, Miss Gracie. The adventure began with them making breakfast of scrambled eggs and sausages as a team. It's been a fun morning of listening to the giggles and exciting stories. Why, I even got a ringside seat at their cheerleading exhibition.

Hope you have a good Labor Day Weekend. May your travels be safe, your words kind and lots of good deeds thrown in.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Sunday services at the South Danbury Church on September 1 will be an informal Table Worship gathering at 11:00 a.m., followed by refreshments and conversation. Save the date— Saturday, Sept. 7 – for the Blazing Star Grange's 105th Annual Danbury Grange &

Community Fair! Watch for the Fair schedule, and watch for the South Danbury Church "float" in the 11 a.m. parade. This year's theme is "Danbury's Got Talent." There'll be a lot of talent (and laughter) to enjoy.

Grange Fair

Saturday, Sept. 7 is the 105th annual Danbury Grange & Community Fair. There will be free games for kids but the adults like them too. Parade at 11am. Bed races at noon. Bring a team to participate. The prize is bragging rights and a ribbon of course! Wildlife encounters runs their exhibit from 10am to 2pm. The Rec committee will host a bubble tent from 12 to 3pm. Lindsey Schust and the Ragged Mt. Band play from 11am to 2pm and will surely sing their Hippy Hill song a time or two. Baked beans and ham supper runs from 4:30-6:30 p.m. The price is \$9 for adults. Cardigan Mt Tradition plays from 7 to around 8:30 p.m. While admission is free, a hat will be passed. The evening auction closes the evening. Throughout the day there will be a silent auction of area gift certificates and prizes. One item up for bids is a season's pass to Ragged Mt, solicited by The Danbury Historical Society and proceeds will be shared with the fair. Volunteers for the day, days leading up to the fair or after the fair would be appreciated.

If you have vegetables, flowers or canned goods, please bring them to the

fire station for judging on Saturday morning around 9 a.m. The items will be judged and ribbons awarded later in the morning. Items need be picked up at 2 p.m.

For questions or to offer your services, call Lisa at 252-4440 or Donna at 768-5579.

Groton

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

From the Select Board Meeting on Aug. 20:

The Owner from 1214 N. Groton Rd. came to speak to the Select Board. She is making every effort to have the property cleaned up. She is unable at this point to remove anything, but has been in touch with the State to see what can be done on her part.

Hardy Country Snowmobile Club was represented at the meeting as well. They will be working on repairing flood damage on Province Road and out that way. They are also working on getting money from FEMA for some of the cost of the repairs. He also asked about using the repeater with their own frequency to be able to communicate when grooming the trails throughout the night. They will be looking into that further.

With the holiday weekend approaching, please remember to keep your aluminum cans separate for recycling at the transfer station. The Town could bring in \$20 a day

that the dump is open, but many aluminum cans are thrown into the compactor. Keep your aluminum cans and we'll have a place to put them. This is one way to help the environment and help your Town in a small but impactful way, so please, remember to save those cans! While you're there take a look at the newly painted building. It looks great guys!

There has been an offer extended for the Police Officer position. At this point, State Troopers are doing a background check on the individual. There are other steps that need to be taken before this man is put into service but things are moving forward.

The Groton Highway Department say they plan on getting Sculptured Rocks and Edgar Albert Rd. back to pre-storm condition before the winter. If all goes well and the weather cooperates they would like to pave a leveling course on Sculptured Rock Rd. too.

The Groton Historical Society has their 2020 calendars. The subject this year is the Historic Mines in Town and surrounding area. If you would like one, they are \$5 and are available from Slim Spafford or any GHS member.

On Sunday, Sept. 8 at 2 p.m., Groton's Historical Society will have a performance at the Town House. Reenactor Evelyn Auger will portray

Mary Baker Eddy, and will be interviewed by "the reporter," played by Linda Salatiello. There will be refreshments following the performance. Also Mary Baker Eddy's home at 29 Hall's Brook Rd. will be open to tour.

It looks to me that the Groton Old Home Days was a great success. There are lots of pictures on the Town's Facebook page. We send a huge thank you to the Old Home Day Committee, John, Gina, Christina and many other, and those who came out in support of the Town. I spoke to Ron this morning and he was pleased with the turn-out even though we had rain. Everything was well-planned and there was lots of fun for all ages. We want to thank AvanGrid for their monetary donation to make day possible. We also want to thank those who have donated toward fireworks. We fully intend to make this a reality next year due to those who have donated.

Scheduled July/August Meetings and Office Closures:

Select Board Work Sessions – Tuesdays, Sept. 3 and 17 at 5 p.m. at the Town House.

Select Board Meetings Tuesdays, Sept. 3 and 17 at 7 p.m. at the Town House

All Town Offices will be closed Sept. 2 for the Labor Day Holiday.

Churches

Ashland Community Church

Real Church. Real People. Real Simple.

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Bob's Shurfine Market). Parking is available next to and behind the church.

Pastor: Ernie Madden
Worship Pastor: Aaron Stout
Phone: 968-9464
Email: accernie@hotmail.com

Website: ashlandcommunitychurch.com

Sundays:

10 a.m. Worship –

Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

Aug. 18 – September 15 Teaching Series: "I Love My Church!"

Toddler Zone (for infants – five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thurs-

day evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for here. You'll learn how to relate to God. You'll experience a Christian community. And here's the big thing – you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

If you have any questions, please don't hesitate to contact our pastor, Ernie Madden, at 968-9464 or accernie@hotmail.com.

We look forward to seeing you soon!

Plymouth Congregational, UCC

Prayer Requests

Rev. Bret Myers receives prayer requests at revbmyers@yahoo.com.

Live-Streamed and More!

Don't miss a thing. Sunday Worship services are live streamed on Facebook every Sunday. "Like" the church Facebook page and you will receive notifications when the weekly service goes live! Missed something? You can find it on the Facebook, "Plymouth Congregational United Church of Christ Plymouth NH." Scroll down to the date of the service or program you missed. It is all there! You will also find current information about upcoming church events and a few posts to make you laugh.

Feeding Our Children Together

We provide 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School during the academic year. Every Friday, grocery bags are delivered to the children so that they will have enough to eat over the weekend. If you would like to find out more on how you can help packing, delivering, or shopping for Feeding Our Children together, email office@uccplymouth.org.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, so-

cial liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. If you are new to the community and looking for a church home, we invite you to come and experience God's love through worship, study and service.

Support Our Church

If you shop at any Hannafords, please purchase a pre-paid grocery card from our Finance Committee. The church receives 5% of each card purchased. Cards are available on Sunday mornings and come in denominations of \$100, \$200 and \$250.

Meals for Many

Please enjoy a free wonderful dinner prepared by Chef Mike on every Thursday between 5-7 p.m. All are welcome!

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our

warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:
Sunday: 10:30 a.m. Morning Service
Monday: First and third Monday of the Month
Noon-2 p.m. Helping Hands Food Pantry
Friday: Second Friday of the month
6 p.m. Food, Fun, Fellowship
On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement:

Just One More!

Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.



How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

Obituaries can be sent to:
obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at:
weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
with any questions regarding the submission process.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	266 Mount Cardigan Rd.	Single-Family Residence	\$11,466	Town of Alexandria	Eleanor Barry
Ashland	47 Highland St.	Single-Family Residence	\$166,000	John and Maureen J. Moriarty	Andrew R. Crowley
Ashland	2 Short St.	Single-Family Residence	\$180,000	Barbara Ann Bigelow	Enedina and David Walsh
Ashland	6 Vista Dr., Unit 93	Condominium	\$187,000	Maria MacTaggart	Brian and Stacey Metivier
Bridgewater	1182 Mayhew Turnpike	Single-Family Residence	\$340,000	Robert W. Lynn, St. Fiscal Trust	Anne Bryan
Bridgewater	238 Pine St. N.	Single-Family Residence	\$347,533	Paul N. and Mary K. Diloreto	Matthew J. Lisa and Leslie Dickey
Bridgewater	136 Shore Dr. N.	Single-Family Residence	\$189,000	Rand Poplar	Keith A. and Patricia A. Curran
Bridgewater	Talcott Road	Acc. Land imp.	\$48,333	William Heron	Cynthia G. Gunn-Stone
Bristol	Adams Drive, Lot 87	N/A	\$36,000	Cynthia Meader	Mark E. Monahan
Bristol	N/A	N/A	\$155,000	Lynne M. Spiegel	Eric and Jennifer L. Chafe
Campton	Moose Run Road (Lot)	Residential Open Land	\$60,000	Michael J. French	Kevin L. French
Campton	5 Saddle Back Circle	Mobile Home	\$90,000	Lisa C. Savage	Jacob R. Tuck and Haley M. Forbes
Campton	N/A	N/A	\$100,000	Beverly Sanborn Fiscal Trust and Susan Cheney	James R. and Patricia A. Sanborn
Campton	N/A	N/A	\$280,000	Michael E. Lecaroz and Rebecca M. Lacaroz	Sean P. and Terri L. Tole
Groton	45 Jewell Hill Rd.	Mobile Home	\$60,000	Lindsay P. Hamel and Jeffrey A. Hollindrake	Claire and Jeremiah Morgan
Holderness	26 Morin St.	Mobile Home	\$10,000	Linda A. Parenteau and Wilfred A. Parenteau	Emily M. Clina
New Hampton	46 Main St.	Single-Family Residence	\$187,000	Joesph Morin	New Hampton School
Plymouth	180 Loon Lake Rd.	Single-Family Residence	\$187,533	Brian S. Dye	Bradley C. Roth and Caitlin R. McAfee
Rumney	1435 Stinson Lake Rd.	Mobile Home	\$55,000	Puffer Trust and Deborah Stuart	Travis S. Puffer
Rumney	N/A	N/A	\$46,000	Gregor A. and Jean E. Andersen	William F. and Karen M. Cameron
Thornton	81 Susie Lane	Single-Family Residence	\$190,000	Pensco Trust Co. LLC	Judy M. Rolfe
Waterville Valley	3 Chippewa Way, Unit 25	Condominium	\$146,000	Alan G. Larsson Trust	Alexander C. and Kristin S. Boal
Waterville Valley	12 King Lane	Single-Family Residence	\$275,000	William C. King 1995 Trust	Mark M. and Deborah K. Whitney
Waterville Valley	28 Packards Rd., Unit 523	Condominium	\$76,533	Howard K. and Terry T. Walker	Kurt M. Anderson
Waterville Valley	48 Tyler Spring Way, Unit 5	Condominium	\$260,000	Peter B. and Karin E. Settel	Adam and Allysa Chadderdon

ABOUT THE REAL REPORT

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

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

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

"Possessed Art" exhibit opens at Galletly Gallery

NEW HAMPTON —The group exhibit "Possessed" will be on display in New Hampton School's Galletly Gallery from Aug. 27 – Oct. 5. The artworks in Possessed reflect and comment on the idea of possessions and obsessions through the artist's personal relationships with things both physical and conceptual. Exhibiting artists include Gail Smuda, Elaine Caikuskas, Adele San-

born, Annette W. Mitchell, Donna Cantanzaro, Susan Huppi, Pat Wild, and Suzanne Pretty. The public is cordially invited to a reception for the artists on Friday, Sept. 27, from 5:30 – 7 p.m.

Each of the eight participating New Hampshire artists engages with the idea through the lens of their personal experience and their own choice of media. Some of us are obsessed by thoughts or

memories. Others by objects. The artists ask, Do we possess the objects in our life, or do they possess us? Objects in our environments tell stories. Which objects are precious, and why? Some use paint to document the stories. Others use words and mixed media.

Artist Gail Smuda writes "There is comfort in the memories we possess and objects can be a touchstone for

those memories. With the passage of time, we often can't tell the difference between our actual memories and the stories those around us have repeatedly told us. Is your childhood memory real, or is it the story you were told so many times you count it as your memory? Can you tell the difference? Does it matter?"

Hailing from central and southern New Hampshire, these eight

artists' core connection is through the collaborative community of Women's Caucus for Art, New Hampshire chapter (WCA-NH). Many have created and exhibited their work together over many years, through the WCA as well as other venues.

The exhibit is free and open to the public. The Galletly Gallery is located on the second floor of New Hampton School's Moore Center. The gallery is open Monday through Friday from 8 a.m. to 4 p.m. and on Saturdays from 9 a.m. to

noon.

Founded in 1821, New Hampton School is an independent, co-educational, college preparatory secondary school of 315 students who come from over 28 states and 30 countries. An International Baccalaureate school, New Hampton School cultivates lifelong learners who will serve as active global citizens. Students benefit from an average class size of 11 and a student-faculty ratio of five to one. For more information, please visit www.newhampton.org.

MARK ON THE MARKETS



BY MARK PATTERSON

Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates "cash drag" that adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client's accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes.

I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client's accounts where appropriate, and this is a tactic within a strategy that gains reve-

Productive cash

nue for the account, because I'm selling premium and collecting money. The other reason that I do it is to build positions of stocks or ETF's using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sitting there unproductive, but if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available.

As I've stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time, you will enhance the yield and mit-

igate the risk with this method. Studies have also shown that the average investor will buy near the top and sell near the bottom. Having cash in the account allows us to scale into asset classes that are undervalued and scale out or rebalance those asset classes where we are over invested.

A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market it stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average.

Your portfolio should reflect goals, objectives and risk tolerance that pertains to you. It is my opinion you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/mitigate risk and have low fees.

Please visit my web site, MHP-Asset.com, and go to tools and then risk analysis. You are welcome to take the Riskalyze profile to measure

your risk tolerance using real dollars as an example.

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

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NEWFOUND REGIONAL HIGH SCHOOL FALL SPORTS PAGES

*Scrimmage

Schedule is subject to change



FOOTBALL

Day	Date	Opponent	H/A	Time	Depart
Saturday	8/24	*Hanover Jamboree	A	3:00	12:30
Tuesday	8/27	*Kingswood Jamboree	A	7:00	4:45
Saturday	9/7	Bishop Brady	A	7:00	4:15
Saturday	9/14	Raymond	H	1:00	
Monday	9/16	Raymond JV	A	TBD	TBD
Saturday	9/21	Winnisquam	H	7:00	
Monday	9/23	Winnisquam JV	A	4:30	3:00
Saturday	9/28	Mascoma Valley	A	2:00	11:30
Monday	9/30	Mascoma Valley JV	H	TBD	TBD
Saturday	10/5	Farmington	H	2:00	
Saturday	10/19	Franklin	H	2:00	
Monday	10/21	Franklin JV	A	TBD	TBD
Friday	10/25	Fall Mountain	A	7:00	3:00

BOYS' SOCCER

Day	Date	Opponent	H/A	Time	Depart
Sunday	8/18	*Alumni Game	H	5:00	
Saturday	8/24	*Laconia	A	2:00	12:30
Thursday	8/29	*Franklin	H	4:00	
Tuesday	9/3	Sanborn	A	V-4:00	1:30
				JV-5:30	
Friday	9/6	Conant	H	V-4:00	
				JV-5:30	
Tuesday	9/10	Belmont	A	V-4:00	
				JV-5:30	2:30
Friday	9/13	Mascoma	H	V-4:00	
				JV-5:30	
Tuesday	9/17	Hillsboro-Deering	H	V-4:00	
				JV-5:30	
Thursday	9/19	Berlin	H	V-4:00	
				JV-5:30	
Tuesday	9/24	Gilford	A	V-4:00	
				JV-5:30	2:30
Friday	9/27	Prospect Mountain	H	4/4	
Tuesday	10/1	White Mountains	A	V-4:00	
				JV-5:30	1:45
Thursday	10/3	Mascoma Valley	A	V-4:00	
				JV-5:30	2:00
Tuesday	10/8	Laconia	H	4/4	
Wednesday	10/9	Derryfield	H	V-4:00	
				JV-5:30	
Tuesday	10/15	Trinity	H	3:30/3:30	
Friday	10/18	Bishop Brady	A	V-3:30	
				JV-5:00	2:00
Tuesday	10/22	Winnisquam	A	V-3:30	
				JV-5:00	2:00
Friday	10/24	Inter-Lakes	A	V-3:30	
		V-Turf, JV- Prescottt		JV-3:30	2:15



FIELD HOCKEY

Day	Date	Opponent	H/A	Time	Depart
Saturday	8/24	*Dover Jamboree	A	12:00	8:00
Tuesday	8/27	*Plymouth	A	4:00	2:45
Thursday	8/29	*Newport	A	5:00	3:00
Wednesday	9/4	St. Thomas	A	4:30	2:00
Friday	9/6	Franklin	H	4:00	
Tuesday	9/10	Littleton	H	4:00	
Friday	9/13	Mascoma Valley	H	4:00	
Monday	9/16	White Mountains	A	4:00	2:15
Friday	9/20	Bishop Brady	H	4 & 5:30 (1/2)	
Wednesday	9/25	Berlin	A	V-4:00	
				JV-5:30	1:00
Friday	9/27	Laconia	A	V-4:00	
				JV-5:30	2:30
Tuesday	10/1	Gilford	A	V-4:00	
				JV-5:30	2:30
Friday	10/4	Lebanon	A	V-4:00	
				JV-5:30	2:00
Tuesday	10/8	Littleton	A	4:00	2:15
Wednesday	10/9	Berlin	H	V-3:30	
				JV-5:00	
Tuesday	10/15	Winnisquam	H	V-3:30	
				JV-5:00	
Thursday	10/17	White Mountains	H	V-3:30	
				JV-5:00	

CROSS COUNTRY

Day	Date	Opponent	H/A	Time	Depart
Thursday	9/5	"Early Bird" Gilford	A	4:00	2:15
Thursday	9/12	Newfound Fun Run	H	4:30	
		*Berlin, Lin-Wood			
Saturday	9/14	Laconia	A	10:00	8:00
Thursday	9/19	Newfound Invitational	H	4:30	
		*Berlin, Bishop Brady, Gilford, Lin-Wood, Mascoma Valley, Moultonborough, Newport, Kearsarge, Hillsboro-Deering			
Saturday	9/21	Manchester	A	TBA	TBA
Thursday	9/26	Moultonborough	A	4:00	2:30
Friday	10/4	Belmont	A	4:00	2:15
Friday	10/11	Lakes Region	A	4:00	2:15
		@ Gilford			
Thursday	10/17	Capital Area	A	4:00	2:15
		@ Merrimack Valley			
Saturday	10/26	Divisional Meet	A	TBA	TBA
		@ Derryfield Park			
Saturday	11/2	Meet of Champions	A	TBA	TBA

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NEWFOUND REGIONAL HIGH SCHOOL FALL SPORTS PAGES

*Scrimmage

Schedule is subject to change



VOLLEYBALL

Day	Date	Opponent	H/A	Time	Depart
Saturday	8/24	*PSU Jamboree	A	9:00	7:45
Thursday	8/29	*Gilford Jamboree	A	4:00	2:45
Saturday	8/31	*Winnisquam Jamboree	A	TBD	TBD
Friday	9/6	Inter-Lakes	A	JV-4:30	
				V-5:45	3:30
Friday	9/13	Mascenic	A	JV-5:00	
				V-6:15	2:30
Wednesday	9/18	Epping	H	JV-5:00	
				V-6:15	3:00
Friday	9/20	Portsmouth Christian	H	JV-5:00	
				V-6:15	
Wednesday	9/25	Winnisquam	A	JV-5:00	
				V-6:15	4:00
Saturday	9/28	Kennett	A	JV-11:00	
				V-12:15	9:00
Tuesday	10/1	Belmont	H	JV-5:00	
				V-6:15	
Monday	10/7	Moultonborough	H	JV-5:00	
				V-6:15	
Wednesday	10/9	Prospect Mountain	H	JV-5:00	
				V-6:15	
Friday	10/11	Mascenic	H	JV-5:00	
				V-6:15	
Tuesday	10/15	Moultonborough	A	JV-4:30	
				V-5:45	3:15
Wednesday	10/16	Sunapee	H	JV-5:00	
				V-6:15	
Friday	10/18	Mascoma Valley	H	JV-5:00	
				V-6:15	
Monday	10/21	Franklin	A	JV-5:00	
				V-6:15	4:00
Wednesday	10/23	Farmington	A	JV-5:00	
				V-6:15	3:00
Friday	10/25	Campbell	A	JV-5:00	
				V-6:15	3:00

UNIFED SOCCER

Day	Date	Opponent	H/A	Time	Depart
Monday	9/9	Winnisquam	A	3:30	2:30
Monday	9/16	Gilford	H	3:30	
Monday	9/23	Gilford	A	3:30	2:15
Monday	10/1	Prospect Mountain	H	3:30	
Monday	10/7	Keene	H	3:30	
Wednesday	10/16	Laconia	A	3:30	2:30

JV GIRLS SOCCER

Day	Date	Opponent	H/A	Time	Depart
Friday	8/23	*Berlin	A	12:00	9:30
Monday	8/26	*Lin-Wood (Varsity)	A	5:30	4:15
Tuesday	9/3	Plymouth	H	4:00	
Thursday	9/5	Belmont	A	4:00	2:30
Tuesday	9/12	Inter-Lakes	A	4:30	3:05
Wednesday	9/18	Prospect Mountain	H	4:00	
Thursday	10/3	Bishop Brady	H	4:30	
Wednesday	10/9	Laconia (Turf)	A	5:30	4:00
Tuesday	10/15	Laconia (Robbie Mills)	A	5:30	4:00
Friday	10/18	Inter-Lakes	H	4:30	
Friday	10/25	Berlin	H	4:00	

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Online: www.lancasterfair.com

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August 30 to September 2, 2019

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Online: www.hsfair.org

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September 12 to 22, 2019

72 Lafayette St., Rochester, NH 03867

Tickets: \$9 general admin., children under 8 are free

Online: www.rochesterfair.com

Hillsborough County Agricultural Fair

September 6 to 8, 2019

Location: 15 Hill Dale Lane, New Boston

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Online: www.hcafair.com

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Deerfield Fairgrounds

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OHD

FROM PAGE A1

strolled the grounds. Gen. Ulysses S. Grant, his wife, daughter Nellie and his aide Maj. Payne sat atop their horses as they chatted with people about their life in the 1800's while members of the Mic Mac drum group Grand Mother's Tears sang and danced to their traditional Native American music.

Hilda Bruno of both the Events Committee and the Bristol Historical Society orchestrated the live historic presentations and was pleased with how they were received by the public.

"This has been a dream of mine for a long time and today was the perfect opportunity to finally do it," Bruno said.

Those interested in the more personal history of the Town of Bristol in this, its 200th year, had plenty to see and do as well. Booths lining the eastern edge of the park had experts ready to share their knowledge and photos on a variety of topics. People could learn more about the old mills, the Northern Railroad that brought commerce and visitors to the town, the Old Bristol Movie Theater, and even the Indians who once inhabited the area before the town was built. The Bristol Historical Society also had old yearbooks to browse through, photos

to enjoy and books about the town available for purchase.

There were special activities all day at a tented seating area in the center of the park as well. Among them was a performance by Hutchinson Heritage Singers and some lively ukulele music from the group Joyful Noise.

Vendors, local information booths, and food concessions lined the west side of the lawn and children's games, including a challenging rope course provided by Troop 50 and Pack 50 scouts. As children took part in the games they could collect tickets that were then redeemable for popcorn, Snocones or cotton candy.

Bristol Fire Department opened up a fire engine for people to explore and for lunch members of Bristol Police Department served up grilled sausage sandwiches and free ice cream. Officers also held their first ever Junior Police Academy obstacle course for children to maneuver to see how fast they could complete the challenge.

At 2:30 p.m., Officer Nick Kelly and his K9 partner Arro took center stage in the park as Arro demonstrated his skills. The duo then had the honor of drawing the winning ticket for a special American Girl doll and accessories package created by Barbara Greenwood. The

raffle, won by Susan Harrington, raised more than \$500 for Arro's veterinary expenses and day-to-day care.

At 3 p.m., all eyes and ears were back on the north end of the park once more as the First N.H. Regiment Revolutionary War Reenactors fired their cannon to signal the end of the afternoon's festivities.

The festivities didn't actually end there though. At 5:30 the annual Tapply-Thompson Community Center Lobster/Chicken Dinner was held by the pavilion, with musical entertainment provided by "Solitary Man," also known as Carroll Brown. Earlier in the day Brown and TTCC Assistant Director Dan MacLean were each presented with the prestigious Community Spirit Award for 2019.

Finally, everyone moved to the foot of Newfound Lake where they enjoyed a large fireworks display before heading home from a busy but fun-filled day.

Janet Cote of the Bicentennial Committee was very pleased with the success of this year's Old Home Day.

"This was fantastic-everything ran so smoothly," Cote said. "There was a really big crowd here today, and we're so happy that so many people came out to celebrate Bristol's Bicentennial and have some fun!"

Food

FROM PAGE A1

and other fresh local fruits, along with salad greens, carrots, potatoes, kale and even herbs to spice up any dish.

"We're very grateful to all the donors who made this possible," said Luponis.

Wendy Williams of Mid-State said they were excited to learn the truck would make a stop in Bristol and the long lines showed it was being well-received by the community.

"We see encourage our patients to eat healthy but see the challenges in gap-coverage. This will help a lot to keep people eating well and taking care of themselves," Williams said.

There was no ID required, no questionnaires on employment, income eligibility or residency to fill out. People only had to come to Mid-State last Wednesday afternoon with their own bags for the groceries.

"There was no stigma involved in getting this food and that was a real win for us," said Williams.

Several members of the Mid-State staff were on hand to help ready the tables and keep them stocked with produce as people lined up to make their selections. Also pitching in that day were State Representatives Vincent Migliore and Ned Gordon.

Migliore said that when he learned about the event he was compelled to come help his constituents get the

food they need, while Gordon said signed up to assist with the distribution because it was a great project that would help many people.

Well over 100 people attended the first ever visit from the NHFB truck and all were grateful for what they received.

"I'm pregnant with my first baby so this is great, to be able to eat more good foods," said one woman while another senior citizen said it as just what he needed to get through the month.

"This is just wonderful. I hope they can come by here more often like this," he said.

Luponis said NHFB hopes that once they completed their first rounds to healthcare agencies they've partnered with, they will be

Recycling

FROM PAGE A1

of the material going into single-stream recycling ends up in the landfill, anyway, according to Susan Collins, director of the Container Recycling Institute. The remaining 60 percent still has to be sorted, adding to the expense, and the market for many recyclables is small to non-existent.

Faced with costs for single-stream recycling that were double the cost of simply throwing everything away, selectmen last year suspended the town's recycling program except for asking residents to separate the glass. When they met earlier this month, the selectmen reached a consensus that they should return to single-stream recycling because "it's the right thing to do for the environment."

Hall Road resident Janet Metcalf urged the selectmen make a decision soon. She acknowledged the complexity of the issue, but said she has recycled all her life, despite the inconvenience, because it is important.

Source separation was the goal for the new transfer station, but despite years of planning, the final design did not pro-

vide enough space to handle full recycling, which led the selectmen to reconsider the single-stream option. Public Works Superintendent Mark Bucklin on Aug. 19 offered a way around it: By moving the demolition materials bin to a lower level on the site, there would be room to accommodate recycling bins.

"We could free up space up top for recycling," he said.

Selectman Don Milbrand agreed that it makes sense to create a different tier for demolition material if it would allow for full recycling, but it requires additional excavation and the building of another block wall — something Bucklin said could not happen "overnight".

Selectman Rick Alpers commented, "Whether or not we move the Dumpsters, it's a volume problem. We need to come up with a process to have another Dumpster available because of the capacity issue."

The new transfer station has seen a much-larger volume of traffic and, combined with throwing everything together, the bins have filled much more quickly, requiring the town to shut down the trans-

fer station a few times. To place an additional bin also would require the equipment to move the full bins out of the way — another cost to the town.

"I'm willing to take the loss on the budget to put recycling back into play," Alpers said.

The discussion moved to other ways of curbing the amount of material being placed in the solid waste bins, including limiting the amount of demolition material or creating a fee structure based on the size of the truck or trailer. They also touched on the possibility of having the attendants accept payment for dumping permits, although the idea was quickly shot down because of the hectic atmosphere, especially on Saturdays.

Chair Les Dion brought the discussion back around, saying, "Let's get through one thing at a time."

She asked for updated figures on what it would cost to go to single-stream recycling, and Bucklin said he would look into the cost of a used truck capable of moving the loaded bins so they could swap them out when full.

Selectmen will be taking up the issue again at their meeting on Thursday, Sept. 5.

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Artistic Roots congratulates Lynn Haust for receiving Stevens Glass Award

PLYMOUTH—Lynn Haust received the Stevens Award for Glass at the League of New Hampshire Craftsmen's Fair this August for her piece entitled,

"Faded." Haust is an active member of Artistic Roots and will be teaching a Fused Glass on Sept. 19, 5-7 p.m. Cost for members is \$25 and for non-mem-

bers \$35. Her work is available at the gallery. Suzan Gannett will offer several classes during September. She will teach a Zen Doodle Tree class on

Sept. 10 from 3-5 p.m. Cost of the class is \$25 for members and \$30 for non-members. On Sept. 17, she will offer a watercolor class with the subject of ap-



COURTESY

This is Lynn Haust's piece, "Faded" which won the Stevens Glass Award at the League of New Hampshire Craftsmen's Fair. Lynn's work can be seen at Artistic Roots in Plymouth. She will be teaching a fused glass class on Sept. 19 from 5-7 p.m. Read the article or check out our Web site for the other classes offered in September. The Web site is www.artisticroots.com.

Awards

FROM PAGE A1

After graduating from Bridgewater State College with a degree in biology, Brown served as Bristol's Water Treatment Plant Operator from 1978 until 1980. He was then lured to a career as a professional musician for a time, but continued to serve the Newfound Region during the day by driving a school bus and a van that delivered lunches to the district's smaller elementary schools.

In 1989, he went back to use his college degree by working for the New Hampshire Department of Environmental Services where he became the state's Coastal Oil Spill Response Coordinator for 16 years, retiring in 2018.

In addition, Brown was a Boy Scout Leader for Troop 50 for five years and is currently a member of the Bristol

Conservation Commission where he works to preserve the natural beauty of the town.

As Ned Gordon presented him with the Community Spirit Award, Brown said he was honored to be recognized in such a special manner.

"It's an honor to receive any award of this nature when what you're doing is really just part of your nature. Looking around here today I can pick out 15 more people who are also deserving of this," he said.

MacLean was the other recipient of the 2019 Community Spirit Award. Today he is the Assistant Director of Tapply-Thompson Community Center where he oversees youth sports programs and is the center's communications and marketing specialist. MacLean also helps with the N.H. Marathon each year and served as the Race

Director for five years.

His roots at TTCC go back to his youth though when, at age 16, he became a camp counselor for what was then called the Bristol Community Center. He continued in that capacity for a time until he was made a director of the camps.

After high school MacLean attended the University of New Hampshire where he earned a degree in physical education. He was also presented with the N.H. Parks & Recreation Department's Don Heyliger Young Professional Award.

When he married his wife Stacy May, he left TTCC and moved to Virginia, where she was serving in the U.S. Air Force. Four years later, fate brought them back to Bristol however when the Assistant Director's position opened up at TTCC and MacLean was offered the job. Since then, his

mentoring, coaching skills and ability to have fun have led many local youth to state that MacLean helped change their lives for the better.

Reading from the commendation he was awarded, Gordon said, "The Tapply-Thompson Community Center is a much better place with Dan's leadership...The Newfound Community is so very lucky to have this individual in a position to interact and impact so many of our youth."

MacLean told the crowd that he was "truly humbled" to be a recipient of the Community Spirit Award. While he prefers to remain quietly behind the scenes as he goes about his job, he added that he is also honored to work for the community and thanked everyone for the special recognition.

"I love the Town of Bristol. It's a wealthy town with all that we have," he said.

Strategies

FROM PAGE A4

supernatural Creator, while the evidence from history satisfied me that Jesus of Nazareth was resurrected from the dead, confirming his identity as the unique Son of God. The inexorable conclusion that Christianity is true prompted me to put my trust in Christ. (Lee Strobel, "The Case for Miracles," p. 23).

All truth, the foundation of all reality, begins with Jesus Christ. Those who, like Thomas Nagel, believe the here and now is all

there is to our existence, need to evaluate the Gospel record. The meaning and purpose of life, the strength to live responsibly, and the state of our life after death, all find their fulfillment in our Lord.

I am not writing here about a new faith; I am heralding a new relationship. Review the Gospels; note what God did for those who accepted Jesus as their Lord. One cannot encounter Jesus Christ and remain unchanged. In the words of the Apostle Paul, "What things were gain to me, those

I counted loss for Christ. Yea, doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord."

I know that, along with what the Apostle Paul has to say, we come across as fanatics, out of touch with reality. But there is reason behind our commitment. He has changed everything. We cannot imagine what our lives — past, present, and future — would be like were it not for Jesus Christ.

For more thoughts like these, follow me at indefenseoftruth.net.

Notebook

FROM PAGE A5

and eyelids, and you had better be damned fast about any personal business ashore.)

+++++

You could find the same time-honored version of Old Woodsman's up until a few years ago (at least it seems like only a few), so just for the fun of it I went looking for it on the Net. It's there, all right, but under the name "Ole Time Woodsman," a little too cute for me but perhaps it avoids patent problems.

In the long list of sim-

ilar-sounding products I also came across a reference to a fly-dope recipe contained in a clipping from a 1919 issue of Forest and Stream magazine. As article after article is this growing publication noted, the boys were coming back from the war to end all wars, and were hot to get back to hunting and fishing.

The magazine carried a column called "Nessmuk's," collections of short pieces on life in community, countryside and camp. This particular issue (January of 1919) offered the recipe for "a good dope advocated by one of your correspondents," which he

conveyed as "the three Cs":

- 2 parts oil of citronella
- 2 parts spirit of camphor
- 1 part oil of cedar

This seemed to cover Rudy's "something else"—the camphor. The other thing he failed to mention but I heard later in life was the old saw that whenever sales of Old Woodsman's went up, the birth-rate went down.

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Newfound Landing Sports

Section **B**
Thursday,

Thursday, August 29, 2019

What's On Tap

The high school sports season is officially getting under way for students at Newfound and Plymouth.

At Newfound, the boys' soccer team is the first team to start play, opening the season on Tuesday, Sept. 3, at Sanborn at 4 p.m.

The Bear field hockey team will be opening at St. Thomas on Wednesday, Sept. 4, at 4:30 p.m.

The Plymouth and Newfound cross country teams will be competing at Gilford at 4 p.m. on Thursday, Sept. 5. The Plymouth team is also slated to be at Merrimack Valley on Tuesday, Sept. 3.

The Plymouth soccer teams will kick off the season on Friday, Aug. 30, with the boys hosting Kennett and the girls at Pembroke, both at 4 p.m. The Bobcat boys will host Stevens on Tuesday, Sept. 3, at 4 p.m. and will visit Milford at 4:30 p.m. on Thursday, Sept. 5, while the Plymouth girls will be hosting John Stark at 4 p.m. on Wednesday, Sept. 4.

The Plymouth field hockey team will be at Pembroke for a 4 p.m. game on Tuesday, Sept. 3.

Bobcats return strong contingent to links

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — After a solid 16-5 season in 2018, the Plymouth golf team returns to the Division III ranks this year with a number of solid returning players leading the way under head coach Jeff Park.

“(We) are looking to build on the momentum of a successful 2018 season,” said Park. “We are once again incredibly lucky to call the Owl’s Nest our home course and are looking forward to kicking off the season with a home match at the Nest on Wednesday, Sept. 28.”

While the Bobcats graduated a number of talented golfers, the team also returns plenty of talent to the links.

Marcus Morel returns for his senior year after two strong years for the Bobcats. He came through with a top 10 performance at the Division III individual championship last year to help solidify himself as one of the top golfers in the division.



JOSHUA SPAULDING
(Left) Marcus Morel will be a key contributor to the Plymouth golf team.

“Marcus has been the model of consistency since he broke out as a sophomore,” Park stated. “With a cool, calm demeanor and balanced approach to the game, Marcus is a great team leader and serves as a mentor to younger teammates.”

Ben Spence had a strong freshman campaign and is back in the fold as a sophomore and Park notes that he has continued to work hard and improve his ball striking and his short game and has put together some solid early preseason rounds.

Sophomore Parker Keeney is also back with a height of six feet, four inches that enables him great extension in his golf swing, which translates to effortless distance. Park notes his game has become more refined during the off-season.

Zach Puga also had a strong freshman campaign and Park is convinced that like the other two sophomores, they haven’t seen his best golf yet. He has an ability to scramble and make par from anywhere make him exciting to watch.

Park notes that fellow returners senior Jared King and junior Griffin Charland are looking to build on previous experience and are looking good in the preseason. The team also has six new freshmen and several hungry sophomores looking to get more playing time, which Park says creates plenty of healthy competition on the team. Rookie junior Justin Collins and sophomore Brady Chichon are also players to watch this season.

Park is also excited to welcome Gavin Brickley as an assistant coach. Brickley is a former Bobcat standout who played

SEE GOLF PAGE B6

Large numbers for Plymouth girls' soccer

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The numbers are there for the Plymouth girls' soccer team, as coach Kyle Reed saw 42 girls out for the JV and varsity teams.

“This year we have great numbers,” said Reed. “Largest numbers we’ve had in the program in a long time.”

“We have 15 returning varsity players from last year’s squad and were really excited about our new additions,” Reed added.

Reed noted that he has seen a number of players step up in the preseason and is excited about what they are bringing to the table.

He noted that seniors Lily Derosier, Maisy Mure and Taylor Shamberger and juniors Sumaj Billin, Sam Meier and Jordan Levesque have all been strong in the preseason as returning players.

Among the newcomers, seniors Sophia Untersee and Johanna Dauphinee and juniors Riley Flaherty and Kelly Daugherty have worked hard to earn their varsity spots this year.

Additionally, freshmen Maggie Boyd and Rory Sutherland have also earned spots in the varsity squad in their first year.

“I’m excited about



JOSHUA SPAULDING
Maisy Mure is one of a number of seniors for the Plymouth girls' soccer team.

how well this team is meshing together and their work ethic,” Reed said. “They are really pushing each other to become better players and ultimately a better team.”

The Bobcats missed the playoffs last year by just one game and Reed points out that this year’s team is driven not to repeat that.

The Bobcats will SEE SOCCER PAGE B6

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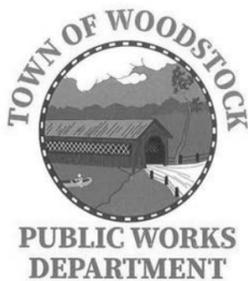
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Black Bear Half Marathon this weekend

WATERVILLE VALLEY — The Black Bear Half Marathon will return to Waterville Valley this Labor Day weekend in support of the Waterville Valley Elementary School (WVES) PTA. The race will travel the Valley's scenic roads and trails and competitors will enjoy the gorgeous White Mountain National Forest.

The schedule includes a full lineup of races throughout the morning for everyone in the family to enjoy. Athletes will be challenged in the forested half marathon, cruise through the dirt packed 5K, or find their pace in the one-mile fun run. While racers are chasing down the finish line, spectators will find plenty of fun

and games with vendors and activities all around Town Square.

The race organizers also welcome businesses and groups to join in the event as sponsors, vendors, or to otherwise support the cause. Contributing supporters will, among other benefits, be gratefully recognized prior to and at the event around Town Square during a

packed holiday weekend. Organizers are excited to include WV BBTS, NH Electric Coop, C2 Systems, The Coyote Grill, and La Hacienda among their early supporters.

Athletes and families can sign up for the races at www.runreg.com/black-bear-half-marathon and find more info by visiting our Facebook page at

www.facebook.com/blackbearhalf.

The WVES PTA strives to connect their school community with those in the surrounding White Mountain area, while empowering their students in exploration and adventure. Your

contribution will help provide scholarships and services for families in need, support the school's annual out-of-state educational trip, and engage students in community events essential to greater civic involvement.

Downhill mountain biking launches Sept. 7 at Loon

LINCOLN — Loon Mountain Resort is excited to announce the grand opening of its new downhill mountain biking trail network on Saturday, Sept. 7, at 10 a.m.

On opening day, riders will enjoy three miles of lift-served downhill mountain biking on three trails, two green circle freeride trails and one green circle technical trail. Lift service will be offered via the Seven Brothers Triple from 10 a.m. to 4:40 p.m. Opening day lift tickets are \$29 online and \$32 if purchased at the resort ticket window; mountain biking season passes are \$75. Guests can save 28 percent on tickets during the downhill mountain biking launch sale through Sunday, Aug. 25. Tickets and season passes also include access to more than six miles of cross-country trails, plus non-biking access to the resort's scenic Gondola Skyride, summit activities, and Loon Peak disc golf course.

"We're ecstatic to offer downhill mountain biking to our guests," said Jay Scambio, Loon's president and general manager. "These trails are built to cutting-edge standards, and they're the first step toward our goal of making Loon a major mountain biking destination for

riders of all ages and abilities."

Designed and built in conjunction with Highland Trails LLC, of the industry-leading Highland Mountain Bike Park, the new trails are the first stage in a multi-phase project to build more than 15 miles of downhill mountain biking trails at Loon. In subsequent phases of construction, the resort will build freeride and technical trails for more advanced riders — and add bike rentals and lessons, a bike shop, a learn-to-ride area, and lift service via the Kancamagus Express Quad. Once all phases of construction are complete, Loon will offer more than 21 miles of downhill and cross-country biking trails, the largest combined network in the White Mountains.

Lift-served downhill mountain biking will be offered at Loon on weekends and holidays through Oct. 14, except Sept. 20-22. Rental equipment or bikes will not be available during the 2019 season, so riders must bring their own. Full-suspension bikes, pads, and other protective equipment are recommended; helmets are required.

For more details on downhill mountain biking at Loon, please visit Loonmtn.com/MTB.

TangerFIT 5K set for Sept. 22

TILTON — Tanger Outlets in Tilton in conjunction with Mix 94.1FM, Northeast Communications, Belknap Landscape Company, Gunstock Mountain Resort, Laconia Daily Sun and AutoServ, will host the 11th annual TangerFIT 5K Run/Walk to benefit breast cancer patients in the Lakes Region. The first 1,000 registrants to check-in at the race will receive an exclusive

race t-shirt and all finishers will receive a commemorative participant medal. Prizes will be awarded to top three male and female winners. There is a discount to register prior to the race.

Businesses and group organizations interested in forming teams of 10 or more can receive a discounted entry rate. For a discounted team rate, contact Tanger Outlets

General Manager Eric Proulx at Eric.Proulx@TangerOutlets.com. Team prizes will be awarded for the following categories: Largest team, most spirited and best team t-shirt.

The race takes place Sunday, Sept. 22, at 8:30 a.m. at Tanger Outlets Tilton, 120 Laconia Road, Tilton.

For more information or to register, visit www.tangeroutlets.com/race.

And we're off and running for another year

Ready or not, here it comes.

After a summer that saw plenty of weekend action, tournaments and road races, the high school sports season has officially arrived with the start of practices early last week and now with the start of the regular season games.

It seems like just last week that the final spring games were in the books and I was relieved to have a little time off as the summer months approached. But indeed, the summer months are now drawing to a close and with that the end of the "easy" time of year in my world.

I've learned over the many years of doing this job that it's best to take whatever time I want to take off during the summer months, since it is the time when I have the least amount of things going on. I was able to take advantage of that this summer, with a trip out west to see my brother wrapping up

SPORTING CHANCE



By JOSHUA SPAULDING

a fairly busy summer that didn't always involve work. I got to the Granite Kid Triathlon and the Granite Man Triathlon along with a number of different Cal Ripken tournaments, plus other events, but I also took a little time to myself.

However, that's all in the rearview mirror now. The first games of the fall season kicked off after this was printed, with a couple of golf teams out on the courses to start the season. Soccer follows for a number of schools with games on Friday.

Truthfully, I am not at all ready for the fall season. I realized just last week that the season was approaching and finally got all my schedules together. I usually get things going a bit earlier, but it

is what it is. Thanks to the athletic directors and the secretaries at the local schools, I got the schedules from the five schools I cover, plus a couple of the north country schools that I'm dealing with on an editing basis.

My scheduling process involves taking each school's schedule and typing in the games by day into my master schedules. I have two master schedules, one for the east side of the Lakes Region, which includes Kingswood, Kennett and Prospect Mountain and the other is for the teams on the other side of the lake, Plymouth and Newfound. I type in each day's schedule into a master so I can print out the weekly schedule each week.

I spent much of last Tuesday typing in the schedules and getting everything situated for the start of the season. My plan was to be at a golf match on Wednesday and I am hoping that I will be

seeing two of my teams kicking off the soccer season on Friday against each other.

That being said, I am not ready. But I think that's probably the case every year and every year I survive the busy fall season without much of an issue. Here's hoping that's the case again.

Finally, have a great day Scott Barrows.

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 josh@salmonpress.com, news at 279-4516, or PO Box 729, Meredith, NH 03253.

Golf

FROM PAGE B1

collegiate golf and continues to play competitively in amateur events around the state.

"His experience and golf knowledge are a great asset to the team," Park said.

The Bobcat coach also thanked Superintendent Mark Hallo-

ran, Principal Bruce Parsons and Athletic Director Jim Carey for their continued support and also offered thanks to the Owl's Nest and the Plymouth community in general for their support of the team.

The Bobcats have a home match scheduled for Sept. 16 after opening the season after deadline on Wednes-

day at home. Additionally, the team will play at Country Club of New Hampshire, Pheasant Ridge, Campbell's Scottish Highlands, Candia Woods, Angus Lea Golf Course, The Oaks and Canterbury Woods.

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

Soccer

FROM PAGE B1

have two games with Kennett and one game each with Pembroke, John Stark, Hollis-Brookline, Kingswood, Pelham, Sanborn, Lebanon,

Con-Val, Souhegan, Coe-Brown, Bow, Milford, Hanover and Merrimack Valley.

The Bobcat girls will be opening the season at Pembroke on Friday, Aug. 30, at 4 p.m. and will be hosting John Stark

at 4 p.m. on Wednesday, Sept. 4, at 4 p.m. The JV team will be at Newfound on Tuesday, Sept. 3.

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

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