

Battle for the ages

DUKETTE’S OT GOAL LIFTS NEWFOUND PAST LITTLETON IN PLAYOFF OPENER

BY JOSHUA SPAULDING
Sports Editor

LITTLETON — When both coaches leave the field feeling like they won, you know it was probably a good game.

Haley Dukette scored with just less than three minutes left in the seven-on-seven overtime, giving the Newfound field hockey team a 1-0 win over the Littleton Crusaders in a hard-fought Division III preliminary round playoff game at Littleton’s Remich Park on Friday, Oct. 23.

“We had way too much time off,” said Newfound coach Kammi Williams, who’s undefeated Bears had only practiced once in the previous week due to a number of different circumstances. “That time off hurt us, it threw



Littleton keeper Emily Tholl kicks the ball away as Newfound’s Tiffany Doan sends a shot on net. Mackenzie Allaire (21) and Alexi Hastings (8) provide defensive help for the Crusaders.

off our timing.”

“I think we were intimidated and scared in our first game against them,” said Littleton coach Kerrey Allaire, speaking of a 9-0 Newfound win early in the season. “I know a lot of girls knew what a great team Newfound was. But all this week we’ve been putting in hard practice preparing for Newfound.”

Tiffany Doan got the game started well for Newfound and the Bears never let their foot off the gas. Doan sent a nice cross into the circle but Nicoria Johnson turned the ball away for Littleton. Newfound had a corner with Dukette just missing Doan in front. Savannah Bradley sent

SEE BATTLE PAGE A6

Expanded evening hours and other updates from the Minot-Sleeper Library

BRISTOL — The Minot-Sleeper Library is open and continues to adapt its services to meet the community’s current needs. Beginning November 1, the library will expand its evening hours with the building open from 1-8 p.m. on Thursdays. The library will also be open Monday, Tuesday, Wednesday, Friday 10am-6pm, and Saturday 10 a.m.-2 p.m. These hours and others may be adjusted in the

coming months based on community feedback and need.

Over the course of five months, the library has reopened in stages to provide service while maintaining a safe environment for staff, those who visit the library, those who utilize curbside service, those who receive home deliveries, while recognizing this has an effect on our greater community. The library’s building is currently

open. All are welcome to visit for 30 minutes, or 1 hour if using a computer. Appointments are no longer necessary. Face coverings are required for all staff and patrons for the duration of their time inside the building.

The library continues to offer many of its regular services, including the loaning of materials, reference help, technology assistance and education, and events

SEE LIBRARY PAGE A6



Malaki Ingram looks downfield before throwing a touchdown pass against Mascoma on Saturday.

Season comes to an end for Newfound football

INGRAM THROWS TOUCHDOWN PASS IN FINAL SECONDS TO CLOSE OUT THE YEAR

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — In a tough game to end a tough season, the Newfound football team found a way to close things out on a positive note on Saturday afternoon on Morrison Field.

Malaki Ingram threw a pass to Mark Pagani, who dodged defenders and found his way to the end zone with time ticking away and Mascoma up 45-0. As the clock hit zero, the Bears then executed a nifty two-point conversion, with Ingram passing to Keith Corriveau in the end zone to finish off the 45-8 final.

The win closed out Newfound’s season and sent Mascoma into the Division IV playoffs.

“It was easy for them to put their heads down and give up, but they didn’t,” said Newfound coach Ray Kershaw.

Mascoma took care of business in the first half,

putting up 32 points before the halftime break and took the 32-0 lead to the halftime break. The second half saw Newfound starting with the ball but a sack on third and 11 forced Newfound to punt the ball away. Mascoma then moved down the field and a 27-yard touchdown pass with 7:21 to go gave the Royals the 38-0 lead.

Newfound again found themselves in trouble on offense, as a pair of sacks forced the Bears to punt the ball away to the Royals. Mascoma broke free for a long run on third and four, getting inside the 20-yard line before the clock ran out on the third quarter.

Mascoma opened the third quarter and moved the ball down the field. A penalty brought back an apparent touchdown run but three plays later, the Royals were able to get in the end zone from

15 yards out and the lead was 45-0.

Newfound took over at the 30-yard line and Pagani, Ingram and Corriveau combined for eight yards and Ingram converted a fourth down. Ingram and Corriveau combined to get another first down for the Bears and with 30 seconds left, Ingram rolled out to his right and found Pagani along the sideline. The Bear receiver dodged the defenders, cut back to the middle and crossed the end zone. Ingram then found Corriveau for the two-point conversion to close out the game.

“I was a little disappointed because I felt up front, against Inter-Lakes, we held them to six points at the half,” Kershaw said. “But we’re extremely young, no seniors, freshmen and sophomores on the offensive line.”

SEE FOOTBALL PAGE A10

Newfound Youth Conservation Corps fights stormwater pollution

BRISTOL — Stormwater runoff accounts for up to 90 percent of pollution in New Hampshire’s waters, leading to serious water quality problems. When storm-

water runs over roofs, roads, and lawns, it picks up everything from fertilizer to dirt and pet waste and carries this pollution into streams, rivers, and lakes. Storm-

water also causes erosion and flooding, damaging personal property and infrastructure.

The Newfound Lake Region Association works to mitigate the threat of stormwater with numerous initiatives, one of which is by partnering with property owners in the watershed to implement buffers and barriers that allow stormwater to be filtered into the ground before it causes property damage or dumps pollution into waterways.

This work is implemented by the Newfound Youth Conservation Corps, a program that provides meaningful summer employment to area’s youth and teaches conservation principles, all while furthering the protection of the Newfound watershed.

NLRA provides stormwater assessments

SEE POLLUTION PAGE A6



Chaplains and the role of spiritual care in healthcare

BY ANNA SWENSON
Pemi-Baker Community Health

PLYMOUTH — In celebration of National Pastoral/Spiritual Care Week, Pemi-Baker Community Health would like to acknowledge and thank Guy Tillson, MDiv, MA for being our Hospice Chaplain, an integral part of our hospice team. This year's theme is 'Collaborative Health Care: Chaplains Complete the Picture.' By collaborating to provide holistic interdisciplinary care, our patients and families directly benefit from his presence and spiritual care services.

What a Home Care Chaplain Does

A home care chaplain is a professionally trained clergy member who supports patients and staff with spiritual and religious concerns. He or she is clinically trained to help navigate the healthcare experience. Chaplains have similar skill sets to social workers, but are specially trained to support belief systems across faiths and cultures. In order to better meet the needs of patients, chaplains receive more than 1,600 hours of training focused specifically in healthcare settings.

Chaplains act not only as spiritual counselors, but as advocates

for patients and staff. Dedicated chaplains influence better decisions about care, improve clinical outcomes, and enhance staff morale. The trust they establish with patients transfers to other members of the care team, leading to better care and better outcomes.

Expert guidance during serious illness (Palliative Care)

A serious illness in your family includes coping with symptoms, stress and uncertainty. The experienced team from PBCH Palliative Care provides guidance and support focused on relieving physical,

emotional and spiritual suffering of the patient as well as their entire family – so patients and families can enjoy life to the fullest despite the illness.

Expert guidance during life's final months (Hospice Care)

The final months of life can be more fulfilling if you or a loved one can focus on goals and wishes. The experienced team from PBCH Hospice Care will guide you with receiving expert medical care, as well as emotional and spiritual support.

Because chaplains are unbiased and part of the care team, they are

valuable in providing a safe harbor and bridging difficult conversations. Guy Tillson, Chaplain at Pemi-Baker Community Health says, "Our most fundamental human condition is when we come face-to-face with our own mortality. As chaplains, we walk into some dark places and help bring in light."

If you have more questions about Palliative Care, Hospice Care or what a home health Chaplain can do for you and your family, please call Pemi-Baker Community Health for more information today.

With over 50 years of experience, serving

clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool.

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Visit our Web site, www.pbhha.org, and like our Facebook Page: @PBCH4.



A fisher at the Squam Lakes Natural Science Center.

HOLDERNESS — Squam Lakes Natural Science Center has been selected by the readers of ParentingNH as a "Family Favorite" award recipient for Favorite Environmental and Educational Center.

The Family Favorite awards, now in its 10th year, is an award program that recognizes family-friendly businesses, services and places in almost 50 cate-

gories – as chosen by the readers of ParentingNH magazine. Categories include Family Restaurant, Pediatrician, Book Store, Indoor Play Place and Entertainment Venue, among many others.

"The Family Favorites award program recognizes those places, people and things that make New Hampshire a great place to raise a family," said Melanie Hitchcock, editor of ParentingNH.

ParentingNH names Science Center "Family Favorite" Award recipient

"Whether it is at child care center, the library or the playground, parents give each other advice on what and who is the best. The Family Favorites contest gives them the opportunity to share that information with a wider public."

"We are honored to be recognized as a Family Favorite," said Amanda Gillen, Marketing Manager at Squam Lakes Natural Science Center. "We are very thankful for the recognition from the readers of ParentingNH."

Family Favorite online voting took place in July and August 2020. The complete results of the reader's poll will appear in the November 2020 digital issue of ParentingNH. The national award-winning ParentingNH is the first and

only statewide publication for parents of children and teens.

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

NHEC sets power and transmission rates for winter

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PLYMOUTH — New Hampshire Electric Co-operative (NHEC) rates for the upcoming winter period will increase 9.5 percent over current summer rates, but are down 1.7 percent from last winter's rate.

The rate changes take effect with bills rendered on or after November 1 and are the result of adjustments to two portions of members' bills: the Co-op Power Charge and the Regional Access Charge. The Co-op Power Charge reflects the cost NHEC pays to purchase electricity for its members from the wholesale

market. The cost of this power is directly passed through to members who do not purchase electricity from a competitive supplier. The Regional Access Charge includes the transmission costs NHEC pays to deliver electricity to its distribution system. As with the Co-op Power Charge, the costs NHEC incurs from transmission companies are passed directly through to members.

For a residential member using 500 kilowatt-hours (kWh) of electricity per month, the winter rate changes will result in an overall

bill increase of \$9.43 (9.5 percent) per month when compared to summer rates. However, the new winter rate is a decrease of \$1.93 (1.7 percent) per month when compared to rates in effect last November. NHEC's Delivery Charge rate and Member Service Charge portions of members' bills are not changing, in line with NHEC's stated goal of not increasing distribution charges in 2020. These two charges pay for NHEC's operations and investments in the Co-op's distribution system.

The increase in the Co-op Power Charge is primarily due to an annual pattern of higher energy costs in winter months in New England. During the winter, the demand for natural gas as a heating fuel increases. Since natural gas is used to generate much of the elec-

tricity in New England, the increased demand for natural gas to heat homes and businesses causes the price of electricity to increase. The increase in the Regional Access Charge is primarily due to continued investment and maintenance of high voltage electrical lines by the transmission companies that own them. The Regional Access Charge also includes a credit from revenue associated with the Regional Greenhouse Gas Initiative.

NHEC's winter rates are in effect from Nov. 1 to May 1. A complete list of NHEC rates and fees is available under the Rates & Tariffs menu at www.nhec.com.

NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 115 New Hampshire communities.

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Community traditions continue in Danbury

DANBURY — A lot of things have changed since Covid-19 has appeared, but a couple of traditions are continuing. Events will be resuming at the historic grange hall located at 15 North Rd. in Danbury. 'Most of our activities went on hold in March and we have really missed the community' says Tricia Taylor, Master of Blazing Star Grange. There have been a few adjustments, and the Winter Farmers Market as well as a community supper are now in the works.

The Winter Farmers Market will be held from 9 a.m. – 1 p.m. on the first Saturday of every month from Nov. 7 through April 3. A variety of locally grown and made products are available along with breakfast and lunch. There will be one-way traffic through the building and social distancing and masks will be required. Some items may also be ordered in advance at HarvestToMarket.com and then picked up on the day of the market.

On Saturday, Nov. 14, the grange will offer their famous Homemade Chicken Pie Supper from 5:00 – 6:30 p.m. Community suppers have been a tradition at the grange for as long as anyone can remember. Although dining in will not be an option, takeout meals will be offered with no reservations required. The meal includes squash, rolls, cranberry sauce and homemade apple crisp. The cost is only \$9 for adults and \$4 for kids under 12.

In spite of masks and social distancing, the sense of community remains strong. The grange hopes to bring people together to support local farmers and vendors and well as to enjoy a delicious home cooked meal. For more information, call 768-5579 or 252-4440.

North Country Notebook

Elephants aren't the answer in this habitat-altering quiz



By JOHN HARRIGAN
COLUMNIST

While a couple of the guys went down to the Boat Trail to see what might be floating on the pond (maybe ducks and geese, beaver sticks, beavers, boats, even people), I tried to decide whether it was colder in the camp or out on the porch. The breeze felt like a straight shot from the tundra of the Far North.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

While Trick or Treating is taking place on Oct. 31st from 5 – 7:30 p.m., there are definitely some changes for Halloween that local people need to be aware of! In an effort to allow trick-or-treating in the safest way possible during the pandemic, the Town of Bristol has posted town-wide Trick-or-Treating Guidelines on its website and Facebook pages – (www.townofbristolnh.org / www.facebook.com/bristolnh). Please take a moment to review the guidelines for the night. In addition to Trick or Treating, the Bristol Community Events Committee has organized a Trunk-or-Treat Event that will take place on North Main Street on the same date/time. To safely accommodate this event, North Main Street and Mayhew Street will be closed to vehicle traffic beginning at 4:00 pm to approximately 7:45 p.m. All persons who plan to attend the Trunk-or-Treat event will be required to wear a cloth face mask – Halloween masks do not count! For the Trunk-or-Treating event, all pedestrian traffic will move in “one-way” lanes and trunk-or-treat vehicles will be appropriately spaced out. Signs and volunteers will be posted to direct all foot traffic and to keep everyone moving in the same direction. Admission timing might be spaced out to allow for smaller groups of people moving through at a time, but with some big prizes on the line you are sure to be “treated” to some creative Halloween decorations and candy delivery systems! Be sure to take a moment to appreciate the work being put in by the Trunk-or-treat hosts!

The “Witches of Bristol” will once again be working their magic and will entertain everyone safely from the tennis courts in Kelley Park. Trunk-or-Treaters will have access to viewing the performance, which will be offered multiple times throughout the evening. The Committee asks you to dress warm, have fun, and bring a little patience, as we work to keep everyone safe!

In addition, the Minot-Sleeper Library and the Masonic Lodge will both be greeting trick-or-treaters at their locations on Pleasant Street, and there may just be a ghost or ghoul hanging out nearby!

I’ve already had snow down at the house, several hundred feet lower and a bit to the south on the map, in the form of eight to 10 inches a couple of Mondays ago. Any day now, more snow. I don’t know why this tends to make people morose and want to bash a guy in the nose, but it does, so I’ve learned to avoid it. Instead of trying to come up with a Weather Greeting, I mumble.

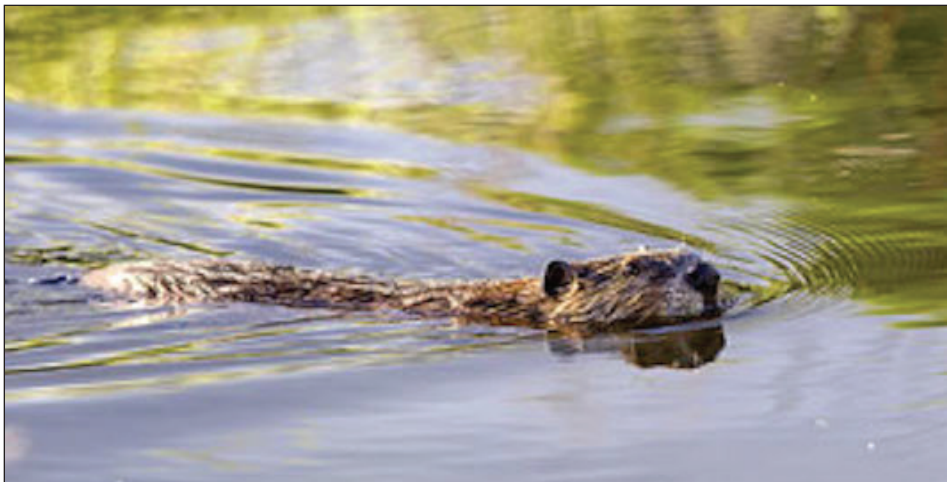
In general, I’d rather have beavers in the pond, not that I have anything to do with it, because they keep the dam at the outlet in good repair, providing the stability that most birds and insects and probably fish too seem to prefer, in a life of so many changes.

The old-timers called

beavers that frequent rivers “bank beavers,” as if they were an entirely different creature than regular old beavers hanging out in brooks and streams. This is a leftover childhood curiosity that I’ve never run down, not that there’s any lack of learned people with the answer. There’s always the Internet, of course, which gives me the chance to use Google as a verb. Sometimes it’s more fun to just ask, but when I bump into people who are steeped in this kind of thing, I always forget about the bank beavers and ask about armadillos or something instead.

+++++

Anyone serious about fishing is not out there trying to catch beavers, but it happens, and has



COURTESY

A beaver doing what it likes to do second best, plowing through some water, the first being gnawing, which it has to do to keep up with its own teeth. (Mikael Makes/Dreamstime)

in fact happened to me, twice. One thing I know from this is that a beaver would not go gently into a good creel, or even a ratty one.

An old log cribwork dam (or is that an old, log-crib dam, or maybe a dammed old log crib?) held back the remains of a mill pond behind our house, a secret world of fish, ducks, herons, bitterns, and of course, beavers. Their canals offered shady places for trout to fan their fins and rest, and on this day I had just thrown my line out when a beaver happened upon the scene, and got tangled up.

Now, Ray Hicks had de-activated the alarm system and let me catch some fat trout in his pond, which old Mr. Fissette guarded with great zeal, popping out of his house like a Jack-in-the-box whenever a kid so much as looked that way, and my grandfather White had taught me the finer points of handling rod and reel, but nobody had ever taught me how

to properly play and net a beaver. Fortunately, the beaver slipped free and headed for Long Island Sound.

Later on, when I was in my teens and casting a lot of line out there while standing up in all types of small watercraft, a pond beaver (perhaps yet another sub-species) swam under my boat and whirled itself into a web of leader and line. Once more I was unsure of my ground. What did the rule-book say?

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Old-time game warden and woodsmen reported finding beaver dams 20 or 30 feet high at time of first contact, when Europeans were sure they were discovering everything. Those claims left me wondering. How could such a dam survive the spring freshet?


When the black flies showed up and the Mayflies were due any day now, many small ponds and backwaters harbored foot-long or so

beaver sticks of poplar and alder, the result of the beavers’ mid-winter snacks. Many a man-made item could not survive all the hydroelectric dams’ penstocks, turbines, and spillways, but a beaver-stick could. I like to think of them creating curiosity as they float by people in Long Island Sound.

To this day, whenever I see a perfectly trimmed stick, bark chiseled off, ends gnawed into perfect cones, I marvel anew at this energetic rodent, which must make the wood-chips fly to keep up with its own teeth.


The crews aboard SkyLab can see the Great Wall of China and the Aswan Dam. Only the beaver can make such great changes to Mother Earth’s terrain.

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



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- 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
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- Support our Travel and Tourism and Recreational Industry
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The Events Committee plans to post a map outlining the main festivities on the Town website and Facebook pages no later than Friday. Some nearby parking will be available at the Newfound Memorial Middle School, Bristol Elementary School, and the Bristol Town Offices. Again, more information can be found at www.townofbristolnh.org / www.facebook.com/bristolnh / www.facebook.com/bristol-communityevents.

Operation Warm Newfound provides warm winter clothing for area children. Coats, snow-pants, boots and a limited amount of hats and mittens are now available. Boots and snow-pants can only be provided to elementary and below ages. Sizes for toddlers and babies are not available. Applications for distribution are available by contacting bccfun@metrocast.net or may be picked up at the TTCC. They can be dropped off at the TTCC or by giving it to your school nurse. Pick up will be on the following days: Saturday, November 7 from 8am until noon by appointment and Saturday, November 14 from 8am until noon also by appointment. Curbside delivery can be arranged by calling 744-2713. The deadline for the program is Nov. 5! Operation Warm is a collaboration of the TTCC, Bristol Community Services and the Bristol Fire Department with assistance from the Santa Fund of the Greater Lakes Region. This program is partially funded by the Greater Lakes Region Children’s Charitable Fund for Children. To donate to Operation Warm, contact ttccrec.org.

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

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

TOWN OF HEBRON
PARTIAL PROCESSING OF ABSENTEE BALLOTS FOR THE NOV. 3 GENERAL ELECTION

Pursuant to a recent change in the New Hampshire Elections Laws of 2020, Chapter

14, absentee ballots received at the Hebron Town Clerk’s office on or before Saturday, October 31, 2020 will be partially processed on:

Date: Saturday, Oct. 31
Time: 1 p.m.

Location: Second Floor Meeting Room, Town Office building, 7 School St., Hebron

Per state law, the process is open to the public.

The Town Moderator, the Town Clerk, the Deputy Town Clerk, and a Supervisor of the Checklist will be conducting the preprocessing as follows:

1. Opening of the outer “return” envelope.
2. Announcing the voter’s name.
3. Allowing an opportunity for a challenge of the ballot.
4. Examining the affidavit on the outside of the inner envelope, and reattaching the absentee ballot application form to said envelope.
5. Making a notation on the official checklist to help facilitate the processing of the ballot on Election Day.
6. Securing the unopened inner envelope until final processing on election day. The INNER ENVELOPE (containing the Absentee Ballot) WILL NOT BE OPENED UNTIL THE ABSENTEE BALLOT PROCESSING TIME ON ELECTION DAY.

If an absentee ballot is rejected during partial processing (i.e. the affidavit is not properly executed, the affidavit is missing or not signed), the Town Clerk will contact the voter to allow the voter an opportunity to cure the defect before or on election day.

Roger Larochelle, Town Moderator and Tracey Steenbergen, Town Clerk

Hebron Veterans Day Ceremony

The 2020 Hebron Veterans Day Ceremony will be held on the Hebron Common at 10:50 a.m., Nov. 11, but will be shortened because of the COVID-19 pandemic. We will have the Flag Ceremony by the VFW Honor Guard, which people can observe from their cars or socially distanced on the common. We will not be having a speaker and there will not be refreshments in the Union Congregational Church afterwards.

The Hebron Historical Society feels it is important to observe this special day, but does not want to put members of our community in danger. Therefore, we appreciate it if attendees would wear a mask.

CADY Corner

Marijuana concentrates

BY DEB NARO
Contributor

Cannabis plants are covered by microscopic, mushroom-shaped, hair-like compounds called trichomes. These outgrowths surround the budding marijuana flower and produce the plant's cannabinoids. Different varieties of trichomes can be collected. The resulting products—collectively called cannabis concentrates—can contain very high levels of tetrahydrocannabinol (THC). These THC-rich marijuana products may be vaporized and inhaled using a vape pen or through a process called dabbing.

How are concentrates made? Marijuana concentrates can be made in a commercial environment with modern equipment or prepared in a home setting. Using flammable solvents is popular because the products have high THC levels, users report longer-lasting effects, and it is a relatively inexpensive and efficient production method. Butane is a commonly used solvent, producing the potent marijuana concentrate butane hash oil (BHO), which can look like a gooey liquid wax (hash oil or honey oil), soft solid with a texture like lip balm (wax or budder) or a hard, amber-colored solid (shatter). Hash oil and waxes can be consumed using vape pens. Solids can also be placed on a heated platform usually made of titanium, quartz, or ceramic, where they are vaporized by high heat and inhaled through a dabbing tool, often called a rig.

What are the health effects of concentrates? Marijuana concentrates have very high levels of THC. Solvent-based products tend to be especially potent, with THC levels documented at an average of about 54-69 percent and reported to exceed 80 percent, while non-solvent based extraction methods produce average THC levels between 39-60 percent. In comparison, the THC content in marijuana plant material, which is often used in marijuana cigarettes, is lower—with samples seized by the U.S. Drug Enforcement Agency averaging just over 15 percent. Not only do concentrates have high levels of THC, but dabbers inhale the entire amount all at once—in a single breath. As a result, concentrates can deliver extremely large amounts of THC to the body quickly. The risks of physical dependence and addiction increase with exposure to high concentrations of THC, and higher doses of THC are more likely to produce anxiety, agitation, paranoia, and psychosis.

Additionally, contaminants in concentrate products may be cause for concern. One study noted that 80% of tested concentrate samples were contaminated in some form, not only with pesticides (which is also a concern for dried bud), but also with residual solvents that were not fully purged in the manufacturing process. Users of Butane Hash Oil, for example, likely inhale some butane and other impurities along with the vaporized THC. It is important to note that direct inhalation of concentrated butane among recreational inhalant users carries multiple risks, including reported deaths.

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

Letters to the Editor

Ned Gordon is a leader for tomorrow

To the Editor:
Yes, what about Ned Gordon, that Republican candidate for the House of Representatives?

I met him when he was a high school student in Bristol. Some leadership qualities were budding—as a senior, he'd been elected President of a student group. More has come.

The life paths he's since taken present our state and local communities with rare opportunities through him. He has striven for local control, educational good sense and always considerations for individual rights.

There are yet those among us in politics who bring us together, accomplishing much in one half the time. I offer you Ned Gordon.

PETER BROWN
ALEXANDRIA



COURTESY

LRAA names Artists of the Month

Paintings and a photograph selected by members of the Lakes Region Art Association/Gallery for 'Artists of the Month' awards, and have their artwork on public display during November are, left to right: Photographer Sherwood Frazier-Franklin Savings Bank, Franklin, Artist Duane Hammond-Laconia Library, Paul Foote-Northway Bank, Laconia. Seated L-R: Sally Hibberd-Northway Bank, Meredith, Barbara McClintock-Franklin Savings Bank, Gilford, and Martha AuCoin- Northway Bank, Tilton. The LRAA/Gallery is a non-profit 501 c-3 association of artist dedicated to promoting the visual arts and provide its members a venue to display and sell what they create. The LRAA is located in the Tanger Mall, Tilton, suite 132. Hours are Thursday- Sunday, 10 a.m.- 6 p.m.

Sustainable Bristol

Voting for the environment

BY LAUREN THERIAULT

I recently read that the most important thing you can do for the environment is vote. I was shocked by this statement. Surely recycling, reducing your waste, going vegetarian, or not buying new clothes has a bigger impact? But much to my chagrin, those changes do not impact the environment as much as who you cast your ballot for. On the plus side the other changes take lots of time and energy and can be lifelong modifications, whereas local voting only happens a few times a year, and the presidential election only happens every four years. Depending on how you look at it, that's either a whole lot

of bang for a little effort, or a whole lot of doom for you to hold onto for a quadrennial.

I prefer to look at it somewhere in the middle. I have been doing my research and looking up different candidates' stances on environmental issues. This has also led me to learning a lot more about subsidies, lobbying, and general corruption in our government. Many of the environmental issues I feel strongly about seem like no brainers so why are politicians voting against those issues? Because they are in the pockets of companies that sell oil, plastics, or chemicals. Why would they support regenerative agriculture when they are paid (lobbied) by oil companies that

want food trucked thousands of miles, and chemicals made from their products sprayed on monoculture farms? They wouldn't. And that's why we have to vote these people out.

Historically, trying to get climate change deniers to modify their views has only made those people dig their heels in deeper. Chances are if you have read this far you are behind the science of global climate change and want something to get done to stop and reverse the terrible effects it is having on our planet.

So I implore you to vote in the presidential election this coming Tuesday November 3rd. Vote out people who deny climate change, cut regulations against en-

vironmental protection bills, withdraw from the Paris Climate Agreement, and are supported by companies that benefit from the depletion of our soil, air and water. Vote for candidates who support clean energy and regenerative/restorative measures for our environment. Vote for candidates who will protect Mother Earth and all her people. Vote like your great, great grandchildren's lives depend on it, because they do.

Lauren's Green Tip of the Week: Pass on the "I voted" sticker and just tell everyone you see that you did vote instead.

Letters to the Editor

Much needed help in troubled times

To the Editor:
This is a year unlike any other: COVID-19, masks, social distancing, endless hand washing, virtual meetings, and ZOOM schooling. Elementary, middle school, high school, and college classes have been held in person, online, and in hybrid combinations, but education continues.

Although the cost of college, especially when courses are taken online, is a topic at issue, costs are still part of the post-high school landscape as students prepare for careers. Eliminating costs for room and board, tuition for private colleges and universities in New Hampshire average \$25,543, while public four-year colleges and universities average \$14,273, and community colleges and schools for specialized skills average \$7,064. Books and supplies average \$1,239.

If students choose to take individual courses, the average cost per credit hour is \$340. Out of state costs are even higher. Education beyond high school is an expensive proposition. Fortunately, the students who graduate from Newfound Regional High School have access to some help.

The Blakeley-Mills Scholarship Foundation offers scholarships to students from the eight towns who graduated from NRHS. Applications, available in the Guidance Office at NRHS, may be submitted by graduating seniors as well as by graduates who are already attending college. This scholarship is in its fifth year, supporting Newfound graduates, and its average scholarship award is approximately \$1,000, or about enough to pay for books and supplies. By

applying for this scholarship, which is based on need, each year, alumni from Newfound can benefit by several thousand dollars toward their college career. Since the average graduate from a four-year in-state college leaves with slightly more than \$30,000 in debt, recipients of the Blakeley-Mills Scholarship can see that figure reduced.

The Blakeley-Mills Scholarship Foundation is funded through donations. An important fund-raiser has been the Pay Your Age campaign now going on. Not only is there competition between graduating classes for the honor of having the most donors, but there is also a special challenge. Two anonymous donors have stepped up to guarantee matching funds from donations up to \$10,000! This campaign runs

through the end of 2020, and it will allow the Foundation to offer even more scholarship funds to those who apply in the spring.

To access information about the Blakeley-Mills Scholarship Foundation, please go to newfoundalumni.com, or contact the Guidance Department at Newfound Regional High School at 744-6006 x1503 or at (<https://sites.google.com/a/sau4.org/nrhs-guidance-dept/>). Donations can be mailed to Blakeley-Mills Newfound Regional Scholarship Foundation Inc., P.O. Box 691, Bristol, NH 03222. The members of the scholarship and fundraising committees, as well as the students who benefit greatly, thank the community for its generous support.

NANCY MILLS
ALEXANDRIA

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	154 Church Hill Rd.	Single-Family Residence	\$208,000	Peter R. Sederquist	David A. and Nicole M. Lheureux
Alexandria	Matthews Road	N/A	\$80,000	Conley Trust and Frederick J. Conley	Andrew D. and Kelly M. White
Alexandria	11 S. Pace, Unit B	Condominium	\$400,000	Dustin N. and Kristen M. Gauthier	Brendan J. and Allison K. Robinson
Ashland	Collins Street	N/A	\$70,133	David and Janet Sansouci	Marie Rousseau
Ashland	River Street, Lot 35	N/A	\$81,533	NHNY Marina Development LLC	Stephen B. and Roberta Heid
Ashland	River Street, Lot 79	N/A	\$159,933	Bap RT and Frank Mariance	Peter and Kimberly Young
Bridgewater	55 Paradise Lodge Rd., Unit 9	Condominium	\$395,000	Turcotte Fiscal Trust and Nicole M. Nolan	Paul E. Pack and Ellen J. Pack
Bridgewater	30 Lakefield Lane	Single-Family Residence	\$625,000	Christopher J. and Rhonda L. Keith	Norris W. Chochrane and Lesley E. Daigle
Bridgewater	Route 3A	N/A	\$370,000	Anne Bryan	Robert and Anita Cocco
Bristol	Hall Road, Lot 15	N/A	\$42,000	Arthur A. and Debra M. Richert	Daniel J. Rivanis and Linda Blomstedt
Bristol	Hall Road	N/A	\$365,000	Randy S. and Wendy W. Smith	Gary R. Manigian
Bristol	40 Timber Lane	Mobile Home	\$145,000	Ronica Clark	Zachary W. and Ashley Hamm
Bristol	90 Upper Birch Dr.	Single-Famly Residence	\$325,000	Charles Pettitt	Joseph C. Maloney and Ariel Sage-Maloney
Bristol	65 W. Shore Rd.	Single-Family Residence	\$310,000	Patrick Cunan	True Real Estate LLC
Campton	34 Miclon Rd.	Commercial Building	\$135,000	Chalet Properties 3 LLC	Kelsey F. Rayburn
Campton	Mountain View Road	N/A	\$230,000	William H. Feather	Tyler H. and Gary W. Pase
Campton	28 NH Route 49	Single-Family Residence	\$269,000	James L. and Michael Colantuoni	Rebecca E. Heffernan
Campton	8 Streamside Rd., Unit 4	Condominium	\$132,000	Jeffrey A. and Lisa P. Downs	Amanda C. Bruni
Campton	34 Weetamoo Trail, Unit 14	Condominium	\$90,000	Kathleen M. King	Edwin V. and Valerie J. Melin
Campton	34 Weetamoo Trail, Unit 10	Condominium	\$55,000	Stephen D. and Lyn M. Halko	Brian and Denise McAvoy
Campton	N/A	N/A	\$18,000	Linda A. Geisser	Vahagn V. Torosyan
Groton	54 Little Turnpike Rd.	N/A	\$240,000	Andrew M. and Connie C. Gilman	Philip E. and Anne L. Hahn
Groton	Oldfields Road	N/A	\$25,933	Upper Birch Holdings LLC	Eric and Michelle Woodman
Hebron	485 N. Shore Rd.	Single-Family Residence	\$265,000	Anderson Fiscal Trust and Barbara J. Anderson	Kevin E. and Heather L. Ryan
Holderness	Mount Prospect Road	N/A	\$40,000	James B. Merrill	Robert Merrill
New Hampton	N/A (Lot 2a)	N/A	\$84,000	Joyce B. Blythe	Martin Conneally and Nicole Larocco
Plymouth	167 New Hebron Rd.	Mixed Use (Residential/Forestry)	\$344,000	Michael N. McKenna and Margaret m. Lenci	Tristan S. and Jennifer S. Whitman
Plymouth	Route 3A, Lot Tbm6	N/A	\$109,933	Teresa A. Aguirre	Paul H. Francke
Plymouth	24 Ski Lift Lane	N/A	\$47,533	Christina H. Topham	Whitcher Holdings LLC
Rumney	N/A	N/A	\$68,900	Lawrence T. MacKeil Estate and Haley N. Mackeill	Natasha Y. Frank RET
Rumney	N/A (Lot 3)	N/A	\$100,000	Andrew W. McPhee and Heather Bollman	Walter Hodes
Thornton	Mad River Road, Lot 9		\$125,000	Rej Fiscal Trust and Ronald H. Rej	Nicholas A. and Melissa L. Guerin
Thornton	N/A	N/A	\$80,000	Mountain River Development Association	Shawn Quaglietta
Thornton	N/A	N/A	\$137,000	Denise M. Smith	Wayne Hewes
Warren	59 Moses Rd.	Single-Family Residence	\$208,533	Gary W. and Karen L. Grant	Thomas W. and Nancy A. Radomski
Waterville Valley	6 Bear Brook Lane, Unit J2	Condominium	\$220,000	Dov Solomon Zakheim RET	Brian and Dana Hanseth
Waterville Valley	23 Black Bear Rd., Unit 1205a	Condominium	\$99,933	John Gramuglia	Olney S. Quimby
Waterville Valley	23 Black Bear Rd., Unit 507	Condominium	\$93,533	Kathleen A. Doyle and Gregg H. Granchelli	Scott D. and Jacquelyn C. Thomas
Waterville Valley	3 Chippwea Way, Unit 22	Condominium	\$185,000	John W. Fay	Mark D. and Marjorie C. Vincent
Waterville Valley	Forest Rim Condo Unit L2	Condominium	\$475,000	Daniel P. and Barbara T. Bancroft	NBMA Properties LLC
Waterville Valley	11 Mountain Village Rd., Unit 11	Condominium	\$383,800	Brian S. Lash	James and Colleen Sullivan
Waterville Valley	4 Tripyramid Way, Unit 2	Condominium	\$230,000	Kirk A. Smith Fiscal Trust	McCall and Matthew Gosselin
Waterville Valley	Upper Greeley Hill Road	N/A	\$210,000	Ruth E. Dunfey 1994 Trust and Julie A. Dunfey	9 Snows Mountain Road LLC
Waterville Valley	3 Windsor Hill Way, Unit 41	Condominium	\$165,000	James and Colleen Sullivan	H.C. Deepak and Deepthi P. Shastry
Waterville Valley	23 Windsor Hill Way, Unit 71	Condominium	\$75,000	Kathleen M. Kircher	Jennifer L. Cowan
Wentworth	N/A (Lot 3)	N/A	\$70,000	Lewis A. young Estate and Stacey Lembo	Chris and Keri Bassingthwaite

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-

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

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

COVID forces PACC to make adjustments

PLYMOUTH — Like many other local non-profit groups, the Plymouth Area Community Closet (PACC) has been affected by the COVID pandemic, and has had to make difficult decisions.

Due to the lack of adequate volunteers and other complexities of retail sales, the Board of Directors decided to close the Thrift Shop on South Main Street in Plymouth in late March. The former clothing inventory is now at Lad- ders, another thrift shop on South Main Street.

which supports area veterans and the Bridge House. The board is very appreciative of Ladders' accommodating our need to move out our large inventory of clothing on a short notice over the summer! When life returns to "normal," it is hoped that PACC can re-open another Thrift Shop in the area to continue to serve our customers. Boomerang, the small consignment shop that has shared space with PACC, is accepting donations of small household goods and furniture and

sharing a percentage of their profits with PACC – again another wonderful partnership benefiting PACC's programs.

PACC still has office space on South Main St. where fuel assistance and financial aid will be managed only by phone at 536-1101 and only on Tuesdays and Thursday from 9 a.m.-noon Nov. 1 through April 2021. Emergencies will be handled on a case by case basis, as in the past. The Food Pantry, under the direction of Donna Gorton, is open on Tuesdays only from 8-10

a.m. Their phone is 536-9889. Grocery gift cards are now available at the Food Pantry in addition to the regular food items.

The Annual Appeal letter has just been sent out to residents in fifteen towns in the Pemi-Baker region covered by PACC's programs. It is hoped that everyone's usual generosity will help continue its programs and meet its needs to our area citizens during this challenging time. This letter now includes requests for KEEP THE HEAT ON and all PACC programs including the

annual December Food Baskets.

The Holiday Food Basket tradition from PACC is continuing but in a different mode due to covid and lack of a safe space in which to pack up some 300 baskets. The New Hampshire Electric Co-operative Foundation has generously donated funding towards this project and PACC will meet the remaining costs out of its general fund. Requests for receiving a “basket” must be received by November 30. Further public information about

completing an application will be announced in this paper, on social media, and through the Whole Village in Plymouth.

The PACC Board of Directors will continue its mission of meeting clients' needs throughout our region. Covid-19 has upended our lives in many ways but PACC, along with its partners and many other area local non-profit agencies, is committed to helping people's lives stay safe, warm, and food-secure.

For further information, contact 536-1101.

Letters to the Editor

Cast your vote to protect the New Hampshire way

To the Editor:
As an undeclared voter, here are several reasons why I am voting the Republican (red) ticket this year, and I hope I can convince you to do the same.

Like his style or not, Donald Trump gets things done. The wall is being built, and we have boarders again. We're able to say Merry Christmas again. He will not allow 11 million illegal immigrants to become citizens without some form of vetting first. There are many, many, other reasons to vote for Trump, but one last reason is he is draining the swamp from blood sucking creatures like Biden, Shaheen and Kuster that have spent too much time in office. Term limits, sure, I like that idea.

Even though Corky Messner is new to New Hampshire and running for US Senate against Jeanne Shaheen, I will still support him because Shaheen voted against Amy Coney Bar-

rett to become a Supreme Court Justice, making it political, yet Amy has impeccable credentials. I met Messner, and he will stand up for our constitution and amendments. He will support and pass a CARES bill without the fluff to bail out badly run cities and states who have spent their workers' retirement money.

Steve Negron, who is running for US Congress against Ann Kuster, is worth my vote as well as Kuster, who cannot even stand on her own without asking for Pelosi's permission, has been useless to most of New Hampshire's citizens. Steve will protect our gun rights and all the Amendments. Steve is for finding solutions to solve the ever-raising health care costs. Steve Negron is for the people of New Hampshire.

Joe Kenney (Executive Council), Bob Giudice (State Senate), Ned Gordon and Kendall Hughes for (State Representative) are all against mandatory vaccinations, and

income tax and sales tax. All these candidates running are constitutionalist and will protect our freedoms and liberties. We need these candidates to win so we do not lose any more of our liberties.

Vote on Nov. 3 and protect our liberties. Once we lose our liberties, we may never get them back. Vote to Live Free or Die, the New Hampshire way.

JOHN SELLERS
BRISTOL

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Edward Jones: Financial Focus

Vote for a Solid Investment Strategy

Election Day is little more than a week away. As a citizen, you may feel the results will affect many aspects of life in this country. But as an investor, your situation probably won't change after the votes are counted.

No matter who wins, the financial markets may well show some politically driven volatility, but that often happens around elections, and it typically doesn't last long. But what about the longer term? How might changes in policy and new legislation affect your investment outlook?

To begin, keep in mind that many campaign promises remain just that – promises. And even when some of them are enacted, any ultimate legislation may be quite different from what was proposed on the campaign trail. Still, sometime in the future, we could see election-related changes that could affect your investment strategy. For example, over the years, we've seen many adjustments in the

tax rates of capital gains and stock dividends, and it's likely these rates will change again one day. When that happens, you may need to look at the equities portion of your portfolio to see if you want to make some adjustments.

Many other changes, though, are hard to predict. It's possible that future legislation could affect specific industries, either positively or negatively. Such moves could also influence the way you look at certain investments, but if you have a diversified portfolio that contains a broad mix of stocks, bonds and other securities, any actions affecting one particular industry probably won't cause you to significantly adjust holdings invested in other sectors.

In any case, while it may be a good idea to keep an eye open for things like tax rate changes or how new policies may affect different market segments, your main emphasis, in

terms of your investment decisions, should remain on your goals and what you need to do to achieve them.

At least once each year, review your portfolio carefully to make sure your investments are aligned with your goals, whether they are short-term (a new car, a long vacation and so on) or long-term (such as college for your children or a comfortable retirement). Periodically, depending on what's happening in your life and the progress of your investment portfolio, you may need to evaluate your goals to ensure they're prioritized appropriately to help keep you on track toward achieving what's most important to you.

Over time, your goals may change, too.

Perhaps you've decided that instead of retiring early and traveling around the world, you now want to turn your hobby into a business. Changing this goal may require a different investment strategy. Or you might change your mind about where you want to live – instead of staying in your home, as originally planned, you might downsize and move to a different area. Your goals may change in many ways, all of which may warrant updating your investment strategies.

Here's the key point: You're the one electing to make these changes. No matter what happens in this or any other election, be sure to "vote" for the strategies that have the potential for a winning outcome.

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A black and white headshot of Jacqueline Taylor, a woman with shoulder-length hair, smiling at the camera.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

Member SIPC

Battle

FROM PAGE A1
a cross in to Doan but Littleton keeper Emily Tholl turned the ball away.

The Bears had a trio of corners in a row, with Marlyn Valentin making a nice defensive stop for the Crusaders as Littleton was able to clear away all three corners. Mackenzie Bohlmann had a shot for the Bears that Tholl stopped and Doan had another run into the zone.

Newfound had a couple more corners, with Dukette getting a look but Valentin was there to turn the ball away. Dukette sent a cross in front of the net but Alba Perez cleared the ball out for the hosts. Bohlmann had a shot go wide and Dukette and Doan had shots stopped by Tholl as the first quarter ended with no score.

Dukette sent the ball in to Isabelle LaPlume, but Tholl turned the ball away. Alex Hastings made a nice defensive stop on Doan and LaPlume got in close again but Tholl was there to make the save.

The Bears had a couple more corners, with Bohlmann sending the ball wide of the net and

Dukette getting her shot stopped by Tholl. Dukette had another bid stopped by the Littleton keeper and then Sarah Lewis made a nice defensive stop on Newfound's Lindsey Lacasse. Doan got another bid in close but again Tholl was there and Cassie Zick had the final chance of the half, which went wide of the net and the game went to the half with still no score on the board.

Littleton got its first corner of the game early in the second half but Isabelle Horsche's shot was blocked by the Newfound defense. The Bears added a couple more corners, with Dukette ripping a shot on net that Tholl stopped.

Perhaps the best chance for the Bears came on another corner, with the ball getting behind Tholl, but Hastings was able to clear the ball out of the goal mouth before it crossed the line. Zick had a nice cross that LaPlume tipped just wide of the net to close out the third quarter with the game still scoreless.

LaPlume had a shot early in the fourth quarter but Tholl made yet another save. Newfound had a corner that

Dukette sent wide of the net. Perez turned in a good defensive play for the Crusaders and on another Newfound corner, Bohlmann's shot was blocked by Johnson in front of the net.

Doan sent another shot on net that Tholl stopped and LaPlume sent the ball wide of the net. Perez made a run up the field for Littleton but they couldn't get the ball in the net. Lacasse sent a cross that just missed Bradley and Doan had another bid stopped by Tholl. Dukette sent a shot wide of the net on a corner and the Crusaders were able to get back down the field but couldn't get through the Newfound defense.

Bradley tipped a Dukette cross just wide of the net and a long hit from Matti Douville just missed connecting in front of the net for the Bears. Newfound had a late corner, with Dukette getting the ball in front to Lacasse, Zick and Bradley, but the ball went wide and regulation ended with no score.

Newfound had three corners in a row to start the seven-on-seven overtime. On the first, Mackenzie Allaire and Valentin made a great defensive stop and on the second, Hastings was again able to get to the ball behind Tholl before it crossed the goal line. The third didn't connect and the game remained tied.

Dukette sent a couple



Haley Dukette of Newfound tries to push the ball past Sarah Lewis of Littleton in playoff action last Friday.

of shots wide of the net and had another bid that saw Tholl come charging out to kick the ball away.

McKayla Dermako made a great run up the field with the ball for the Crusaders, but pushed the ball just a bit too hard from outside the circle. Newfound keeper Alyssa McDonough stepped aside and let the ball go into the net and since it wasn't touched inside the circle, there was no goal.

Dukette immediately came back the other way and raced down the field with Doan running down the other side. Dukette charged into the circle and slipped the ball between the pads of Tholl, setting off the celebration for Newfound.

"Their goalie had an amazing game, she was awesome," said Williams of Tholl. "We had some

great shots on goal and we were missing left and right.

"They were a little fatigued from taking a week off," the Bear coach continued. "It's hard to maintain that base with that much time off.

"It's always tough playing on the road," Williams added, noting that Dukette and Douville both had strong games to help the Bears to the win.

"We had the luck of the number one draw, which was exciting in our eyes," said Allaire. "We knew it would be an advantage with home field.

"We knew they had some good dribbling, speed and skills," the Littleton coach said of the Bears. "So, our goal today was five goals or less. And at the half, the goal was to get a corner and

we did."

The Crusader coach was impressed by her team's defense and Tholl, who by the coaching staff's count had 35 saves in the net.

"I felt we gave them a good competition," Allaire continued. "For us as coaches, to come out like that, I was so impressed. We knew we were the underdog, we knew we had nothing to lose.

"I feel like we got a win out here today," she added, thanking all the fans that showed up to support the team in the playoff battle.

Newfound moved on to play Berlin on Sunday and dropped a 2-1 decision in overtime.

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

2020 SalmonPress

Holiday Gift Guide

Guide Published
Thursday, November 19th

in the Record Enterprise, Newfound Landing,
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Library

FROM PAGE A1

– now online – including monthly book and movie group discussions, poetry night, monthly conversations on living sustainably, and more.

The dedicated and innovative library staff have created new opportunities based on community needs, including a scavenger hunt in the children's room for families to complete as they visit, an online listing of used books for sale with proceeds benefitting the Friends of the Library, and a workstation in the library's meeting room that provides space, a computer, and an internet connection for those

needing to conduct business or coursework for longer than one hour.

The library is pleased to announce two new ways of engaging with the community beginning in November and into next year. The first comes from the Friends of the Minot-Sleeper Library, who will be publishing a special Friends' Cookie Cookbook with recipes of their much sought-after cookies, many holiday-themed. The sale of these cookbooks will serve as a fundraiser for the Friends in place of their annual cookie sale. Cookbooks will be on sale beginning in November and available at the library.

The project following,

at the start of the new year, invites community members to submit a book recommendation – children's picture books up through adult fiction and nonfiction – to Library Director Brittny Overton with a note about why they found the book enjoyable or meaningful. After reading a recommendation, Brittny will send a note to that person who made the recommendation with what she took away. This is a year-long project that aims to connect the library with the community in a new way during a time many are feeling isolated. To submit a recommendation, email librarian@townofbristol-nh.org, call 744-3352, or

complete the online form at <https://forms.gle/NUUjxMcyxKfNUnhEA>.


Contact the Minot-Sleeper Library at 744-3352, email librarian@townofbristol-nh.org, or visit the library at 35 Pleasant St. in Bristol.

Pollution

FROM PAGE A1
and the YCC crew provides installation of stormwater solutions to property owners, within the watershed, free of charge. Property owners need only pay for materials. This year, the YCC installed 13 stormwater solutions on eight properties. From rain bars and terraced gardens to driveway trenches, these projects will keep an estimated 360 pounds of sediment and nutrient pollution from entering Newfound's waterways every year.

While the YCC season has ended for this year, NLRA is still conducting stormwater assessments and lining up projects for next summer's YCC crew. If you have concerns about stormwater or erosion on your property in the Newfound watershed, email Program Manager Andrew Veilleux at Andrew@NewfoundLake.org or call 744-8689.

You can read the full report of the 2020 YCC season and watch a summary video made by YCC crew members Lauren Bolton and Luke Gordon at www.NewfoundLake.org/ycc. The Newfound Lake Region Association works to protect Newfound Lake and its watershed through education, programs and collaboration that promote conservation and preservation of the region's natural, social, and economic resources.



+ VOTE +

Ned Gordon

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Ashland resident makes the run of her life



Casey McCabe and her faithful companion, Faelan.

BY LEIGH SHARPS
CONTRIBUTING WRITER

ASHLAND — Casey McCabe, of Ashland, was looking for a way to memorialize some very special milestones in her life.

As the trees began their colorful Autumn dance on a recent Saturday, McCabe completed the goal she had decided to mark her triumphs: a 26.2 mile run in the Squam Lakes area. It was all the more satisfying to her as she ran alone with just one companion: her dog Faelan, a five year old rescue dog with both taking few rest stops along the way.

Her family and close friends gathered to cheer the duo on their journey and they joined her at the finish line (Little Squam Lake Covered Bridge) to congratulate them for an extraordinary accomplishment.

McCabe became a serious runner just a year and a half ago. She had signed up to run her first marathon in Burlington, Vt. in May, but that was postponed due to the COVID-19 pandemic, was rescheduled to October, then canceled. She started thinking of combining two landmarks in her life to celebrate on the same day with a long run.

“I finally got around to the idea that I could attempt to run this by myself without an organized race. As I started considering this, I realized I could do this on Sept. 26th which would be my 1,000th day being alcohol-free and my 37th birthday. I thought this would be special to mark both of those goals,” she said.

McCabe started running seriously after she “removed alcohol from my life in January 2018. For a long time alcohol had become my way to handle emotions—the good, bad and in-between. So I decided to see what one year of my life would be like without alcohol. I picked up running as a way to clear my head, process my emotions and bring clarity to my life.”

The next step was to establish a route.

“If I wanted to run a true marathon, I knew I had to create a route that covered 26.2 miles,” she said. “I wanted to run it in and around my hometown of Ashland and because that was where

I was doing most of my training runs. I drew the route through Ashland, Holderness and Bridgewater.”

She and her husband, Andre Dean (they run the mobile Wicked Eats van together in the area), have two rescue dogs, Faelan and Stanley from New Hampshire-based dog rescue organization Peace And Paws based in Hillsborough. The owners, Melissa and Bo Hannon, “are incredible people,” stated McCabe.

“Their mission is to match the world’s best dogs with the world’s best people, and they accomplish all this through a foster-based volunteer community,” she explained. “When I decided to run with Faelan I knew I wanted to give back to that non-profit that made it possible to have Faelan and Stanley in our lives. It was my way of honoring Faelan and where he came from. It was a small way to thank the Hannons and their volunteers.”

A week prior to her marathon, she also created a birthday fundraiser on-line for her non-profit of choice: Peace And Paws.

“The support was incredible. I wanted to raise \$262 to represent the 26.2 miles in the run. In less than 40 minutes we had exceeded that goal,” she recalled.

When the fundraiser ended, \$1,500 was realized from 36 donors.

Faithful dog Faelan has an incredible energy level said McCabe.

“We think he has some Australian Shepherd in him,” she said. “He can go, go, go. In training on short runs he instantly fell in step with me. It was almost like he was looking for something to do, something to work at, and running seemed to be it! He is so incredibly smart and I loved seeing him put all his smarts and energy into accomplishing something every time we set out to run. He came with me on every training run and he was super each time. Then I knew for a fact that we would run this, our first, marathon together.”

McCabe acknowledges she won’t be able to take Faelan in any future organized race (she is signed up for the Vermont City Marathon in May 2021) so having him in her self-motivated one

this year was distinctive to her.

“Running another marathon by myself with Faelan is definitely not out of the question, but it was incredibly special to do this with him right now,” she said.

McCabe and Faelan had unsurpassed support. “My brother was my road crew. He helped create stops along the way so Faelan and I could drink water. It would not have run so smoothly without him. I had many friends and family reach out the day before and the day of the race who sent me messages of encouragement and support. It was very humbling.” Other family members she recognizes are her husband, Andre, her parents Barry and Denise McCabe, Matt and Erin McCabe, Daryl Dean and Georgia Hanchett-Dean who traveled to watch and support the race. During the race she also thanks Ashley MacKinnon and Rob Brown, Cindy Bennett and Jeanette Nogales, Kara O’Leary and the Squam Lake Farmstand and Gabby Goodwin and Kelsey Donnelly.

“It was wonderful to see all the people cheering me on as I ran, and seeing all the signs of support along the way. That helped us push through, especially on the last few miles. All those who traveled to spend the day here and gathered at the finish line meant the absolute world to me,” she confirmed.

The race took just over five hours. She knew how long a half-marathon race took but was unsure about a marathon with a dog along.

“First and foremost, I wanted to ensure both Faelan and I ran the race safely but I wasn’t sure how long it would take with the dog,” she said. “So it didn’t really matter how long it was going to take; it was still something I wanted to accomplish no matter what. I was euphoric over finishing it in five hours. It was a triumph for us.”

When she crossed the finish line, set up by supporters with ribbons, balloons, signs and medals, just over the Ashland Covered bridge, she said “I was over-

whelmed with emotion. Running has become a way of redefining my life. I set goals and challenges I never thought possible. A few years ago I remember telling someone I would love to run a marathon. It was a dream of mine but I couldn’t string more than two miles together. It felt like it was a dream that would never come true. Giving up alcohol allowed me to make my dream become a reality. I often say about being alcohol-free ‘not every day is easy but every day is worth it.’ Crossing the finish line was the culmination of the ‘not easy’ part...it being absolutely, 100 percent, worth it.

As to her strongest supporter, husband Andre, McCabe says she is unable to find the perfect words to “capture everything I want to say about Andre. We’ve been together over 19 years now and not a day goes by that I don’t count myself lucky to have him in my life. His support through all this has been immeasurable. His hug at the end was everything I could have ever wanted or needed at

that moment.” She was also surprised to receive hand-created medals for herself and Faelan that were draped around their necks by family members.

So Sept. 26 is a day McCabe will always remember in a unique and personal way.

“I ran this race for myself, to prove to myself that I could do it. But it was only as special as it was because I was able to share it with so many people I love,” she concluded with a triumphant smile.

McCabe recognizes (besides her friends and family) Nicole Sifuentes, her training coach who created a specialized program for her which had her running up to five days a week. Of course, she thanks her husband, Andre most of all...and Faelan.

For more info. on Peace And Paws (to donate or adopt): Box 1155, Hillsborough, N.H., 03244; peaceandpaws29@yahoo.com.



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October is

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Life after breast cancer

The moment a person receives a breast cancer diagnosis, his or her life changes immeasurably. The roller coaster of emotions begins, and suddenly this person is thrust into a schedule of doctor's appointments, treatments and visits from friends and family.

The World Cancer Research Fund International says breast cancer is the second most common cancer in women and men and is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide. Despite that prevalence, the five-

year relative survival rate for women diagnosed with localized breast cancer (cancer that has not spread to the lymph nodes or outside the breast) is 98.5 percent, says the American Cancer Society. Survival odds increase as more is learned about breast cancer and more people take preventative measures, including routine screenings. Today, there are nearly three million breast cancer survivors living in the United States.

Breast cancer treatments may last anywhere from six months to a year. Adjusting after treatment may not come so easily at first. But

adjustments are easier with time, and many cancer survivors continue to live life to the fullest in much the same way they did prior to their diagnosis.

When treatment ends, patients often still have fears about the cancer, wondering if all of the cancerous cells have been destroyed and worrying about recurrence. But focusing on the present and all of the things you now can do with health on your side is a great way to put your fears behind you.

Many cancer survivors must still visit their doctors after treatments end. Doctors still want to monitor patients closely, so be sure to go to all follow-up appointments and discuss any symptoms or feelings you may be having. Side effects may continue long after radiation or chemotherapy has ended. Your doctor may have suggestions for coping with certain side effects or will be able to prescribe medications to offset these

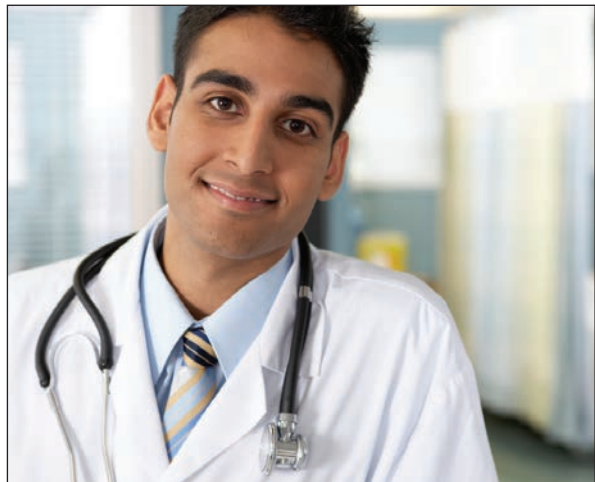


effects. Follow-up appointments should gradually decrease the longer you have been cancer-free.

It's not uncommon to feel differently after cancer treatment, as your body has been through quite a lot. Many women still experience fatigue, and sleep or normal rest doesn't seem to make it abate. Realize this is normal, and how long it will

last differs from person to person. It can take months or years for you to experience your "new normal." Things do not happen overnight. While your hair may grow back quickly, it may take some time for you to feel like yourself again. Exercise routines or other lifestyle changes may help you overcome fatigue or make it more manageable.

Speaking with others who have survived breast cancer can help. Join a support group or reach out to others through social media. Getting a first-hand account of what can be expected the first year after treatment can assuage anxiety.



The vital role of a cancer support network



The moment a person is diagnosed with cancer can elicit a variety of emotions. Fear of what's to come is a common reaction to such a diagnosis, and some people may feel alone upon learning they have cancer. But no cancer patient should face their diagnosis and treatment alone. In fact, a strong support network can be vital to patients' recoveries.

According to Weill Cornell Medicine, recent changes in the healthcare industry have shifted the burden of care from the hospital to the home. That underscores the importance of a strong support network. Many of the challenges cancer patients face in the months after diagnosis will be new, and patients can expect a range of emotions. According to Breast Cancer Now, a charitable organization that funds one-third of breast cancer research in the United Kingdom, women may

experience emotions such as shock, anger, disbelief, anxiety, and sadness after being diagnosed with breast cancer. Having loved ones there to help them make sense of those emotions and stay positive as they navigate their way through the treatment process is essential.

In addition to providing emotional support, loved ones of breast cancer patients may need to take on additional roles as they help their friends or family members face the challenges that lay ahead. Because of the industry changes noted by Weill Cornell Medicine, cancer caregivers and sup-

port networks may need to prepare themselves to take on the following roles, each of which is vital to cancer patients' survival.

- **Administer medication:** Breast cancer patients may be too overwhelmed to handle their own medications, so support networks can take over this important responsibility for them.
- **Assist with personal care:** Some patients may experience fatigue after treatment. In such instances, support

networks can help patients maintain their personal hygiene. Support networks can be vital to helping cancer patients overcome their disease and navigate their way through successful treatment regimens.

Thankfully, most of these side effects can be treated. In addition, Breastcancer.org notes that most side effects ease up after treatment is completed. In the meantime, support networks may need to help patients manage those symptoms, performing a host of tasks to make their loved ones' lives easier. For example, patients experiencing shortness of breath may be incapable of performing chores around the house. In such instances, members of a support network can tackle those chores until their loved one bounces back.

- **Monitor the disease:** Support networks may need to keep track of how their loved ones' disease is progressing and if there are any complications from treatment.
- **Manage symptoms:** Breastcancer.org notes that treatment causes severe side effects in many women. Such side effects may include nausea/vomiting, diarrhea, constipation, pain, arm swelling, shortness of breath, and skin irritation.

networks can help patients maintain their personal hygiene. Support networks can be vital to helping cancer

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While things didn't go quite the way the Bears would've liked this season, Kershaw said they were happy they got to play, something that was certainly not a given a few months ago.

"We knew what we were up against, but we wanted to play," Kershaw said, noting there was a meeting at the beginning of the year where the roadmap was laid out for what was

ahead and how the team would move forward.

"Huge shoutout to Alex Sobolov (Newfound's AD)," Kershaw said. "He's had to deal with a lot and he's dealt with it all and stayed positive and made sure we could play, that's huge."

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

Quinten Shaw (78) and Billy Murray (70) combine to make a tackle in action against Mascoma on Saturday afternoon.



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