

Run Your Buns Off race draws virtual support



Kevin and Mary Macaffrie and family were one of the first groups to sign on and complete this year’s virtual Run You Buns Off 4.2 mile run/walk challenge, then have their photos taken with the event’s new Running Bear mascot, created by local artist Charlie Kuzinski (a.k.a. The Cosmic Moose).

BRISTOL – With large gatherings banned this summer, the organizers of the annual 4.2 mile Run Your Buns Off walk/run opted to hold a virtual event this year, asking people to complete the 4.2 miles in a location of their choice, then check back and let the group new their mission was completed.

The year 2020 marks 11 years of fundraising for local charities. Through the Newfound Area Charitable Fund, the race has raised more than \$80,000 for school athletic programs scholarships, Tappley-Thompson Community Center, senior organizations, Newfound Area Nurses Association and local nature and recreation oriented groups.

However, as with everything else in 2020, the Run Your Buns Off Race is different, too, this year.

“This year, it’s our turn to GIVE BACK TO YOU - our community, our loyal racers/walkers, friends and more,” the NACF posted on the Run Your Buns Off Facebook page. “This has been a year filled with change, so your race committee is changing with the times, too. The 11th annual Run Your Buns Off 4.2 Miler will now be a virtual event for everyone to participate in and even better, it is FREE!”

Participants are encouraged sign up to run or walk their 4.2 mile distance anytime between August 1st and September 5th then share their results and pictures on the Run Your Buns Off Facebook Page. In return, each participant will be emailed a

Pasquaney Garden Club provides pleasant morning of live wreath-making

BRISTOL — The careful planning was successful and members and guests of Pasquaney Garden Club gathered to participate in a wreath-making workshop conducted by Master Gardener, Louise Mi-

gliore. Participants met at the Butterfly Garden behind Minot Sleeper Library where the gentle flowing of the river and speckled sun under the trees provided a perfect and relaxing setting. Tables had been placed

to allow cautious distancing and participants wore masks in compliance with the pandemic safety recommendations, but nothing could diminish the pleasantness of the occasion.

SEE GARDEN PAGE A7

Frosty’s adds fantastic food to its menu



Common Man Inn & Spa General Manager Steve Southworth and Assistant Manager Lindsay Alger give Frosty’s Food Truck in Plymouth a thumbs up for the quality food and ice cream they can provide to the public in a relaxing and safe outdoor setting

BY DONNA RHODES

PLYMOUTH – Known for many years as Frosty Scoops, a quaint little roadside stop outside downtown Plymouth has expanded and changed its name to Frosty’s Food Truck, where not only great ice cream but great food can now be found.

Located on the grounds of the Common Man Inn & Spa in Plymouth, the site began getting upgraded last

year with a new look to go along with their new menu.

“We replaced the building with an old food truck (owner Alex Ray) bought and had been using to serve apple cider donuts when crews were building the rest area in Hooksett,” General Manager Steve Southworth said. “It had been in storage since that project was completed, and he decided to bring it here.”

Southworth, who oversees food services

for the Common Man in Plymouth, said that Ray had new siding put on the old truck and outfitted the interior with brand new restaurant equipment. It included two Panini grills, two food service freezers, a sandwich unit, a tall refrigerator and, of course, two ice cream freezers.

“We were able to design it with exactly what we need to run a food and ice cream operation,” he

SEE FROSTY’S PAGE A6

Plumer descendant donates historic chair to state archives

CONCORD — Two-term State Rep. John R. Plumer of Belmont has donated several artifacts of historical importance to the State of New Hampshire, foremost a chair used by an ancestor in the 1857-1858 session of the legislature.

“My great-grandfather, going back five generations, Charles Nathaniel Plumer of Alexandria, used the chair when he served one term in the House, and it has remained in the family ever since. We were told he would bring the chair back and forth from his home to the State House during the session, because there were not enough chairs for all the reps in those days. It was always displayed in our home,” Plumer said.

Plumer family lore appears to be in keeping with State House history. The State House opened in June of 1819, and 40 years later, Representatives Hall was getting crowded. Writing in the 2018 Fall/Winter issue of Historical New Hampshire, authors James and Donna-Belle Garvin write:

“In fact, the space set aside for the House was no longer adequate as early as the mid-1850s. By the 1860s, more than 300 members were seated in a hall that had originally housed 212 representatives. A collection of mismatched chairs was brought into the room to accommodate them...”

“Over time, as the population of the state grew, almost 100 extra chairs had been brought



Secretary of State Bill Gardner, left, accepts a chair used in the 1858 session of the NH Legislature by Rep. Charles Nathaniel Plumer, who represented the Town of Alexandria that year. Making the presentation of the family heirloom is Rep. John Plumer of Belmont, a fifth generation great grandson, currently serving his second term in the House, and his wife, Denise. Mrs. Plumer is hold pictures of Rep. Charles Nathaniel Plumer and his wife.

in to Representatives Hall to seat those who could not fit on the pew-like benches that had been designed to seat a much smaller number of legislators.”

After viewing a photo of the Plumer chair,

Ms. Garvin commented: “This type of heavy, low-backed Windsor chair with scrolled top didn’t become popular until just around 1850. This is in keeping with the date (1858) that appears on

SEE CHAIR PAGE A7

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New pediatrician joins Plymouth Pediatric & Adolescent Medicine

PLYMOUTH — Dr. Brittany Anibal has joined Plymouth Pediatric & Adolescent Medicine at Speare Memorial Hospital.

Recently trained in the most state-of-the-art pediatric care, Dr. Anibal is a great addition to the team at Plymouth Pediatric & Adolescent Medicine.

Dr. Anibal earned her bachelor's degree in medical laboratory sciences at UNH, graduating as a university scholar, magna cum laude. She went on to earn her medical degree at the University of Pikeville Kentucky College of Os-

teopathic Medicine and complete a pediatric residency at East Tennessee State University.

Dr. Anibal values the parent-child relationship, providing individualized care for each child while respecting the family's opinions.

"I treat all my patients as if they are my own children. I went into pediatrics because I love working with children. They make my day so much brighter, and I love watching and helping them grow into amazing adults," says Dr. Anibal.

Dr. Anibal is skilled in the health needs of

adolescents as they transition into adulthood and has a fondness for the care of infants and young children.

She also has a fondness for the granite state. She and her husband went to high school and college together in New Hampshire and are happy to return with their three-year-old son, Brayden.

Dr. Anibal is now accepting new patients in-person or via telehealth. Call 536-3700.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving



Brittany Anibal

Plymouth and the communities of Central New Hampshire. Visit online at www.spearehospital.com and join us on Facebook and Twitter.

Science Center holding Family Nature Challenge



Children see what they can find in a small pond.

COURTESY

HOLDERNESS — Squam Lakes Natural Science Center is holding a Family Nature Challenge for all ages from Aug. 10 through 28.

Participants will become naturalists as they explore the world around them on their own schedule and in their own backyard. Science Center Naturalists will release five nature challenges from Aug. 10-28. Challenges will be released live via Zoom and recorded if participants cannot be at the live Zoom, as Science Center naturalists explain what adventures, explorations, and discoveries

await. Challenge schedule includes:

Monday, Aug. 10 – Challenge #1: Blending In

Wednesday, Aug. 12 – Challenge #2: Water on the Move

Tuesday, Aug. 18 – Challenge #3: Insect Inspection

Friday, Aug. 21 – Challenge #4: Looking Underwater


Wednesday, Aug. 26 – Challenge #5: Life Under Logs

The Family Nature Challenge culminates with a Virtually Wild Live Animal program on Thursday, Aug. 27 at 6:30 p.m. via Zoom where

participants will meet the animals that connect to the challenges completed.

Program cost is \$25/family members; \$30/family non-members. Upon registration participants will receive the private Family Nature Challenge website with Zoom links, videos, and other resources to aid in explorations.

Participants are encouraged to share adventures and discoveries on social media using #nh-naturechallenge. For more information and details, visit nhnature.org.



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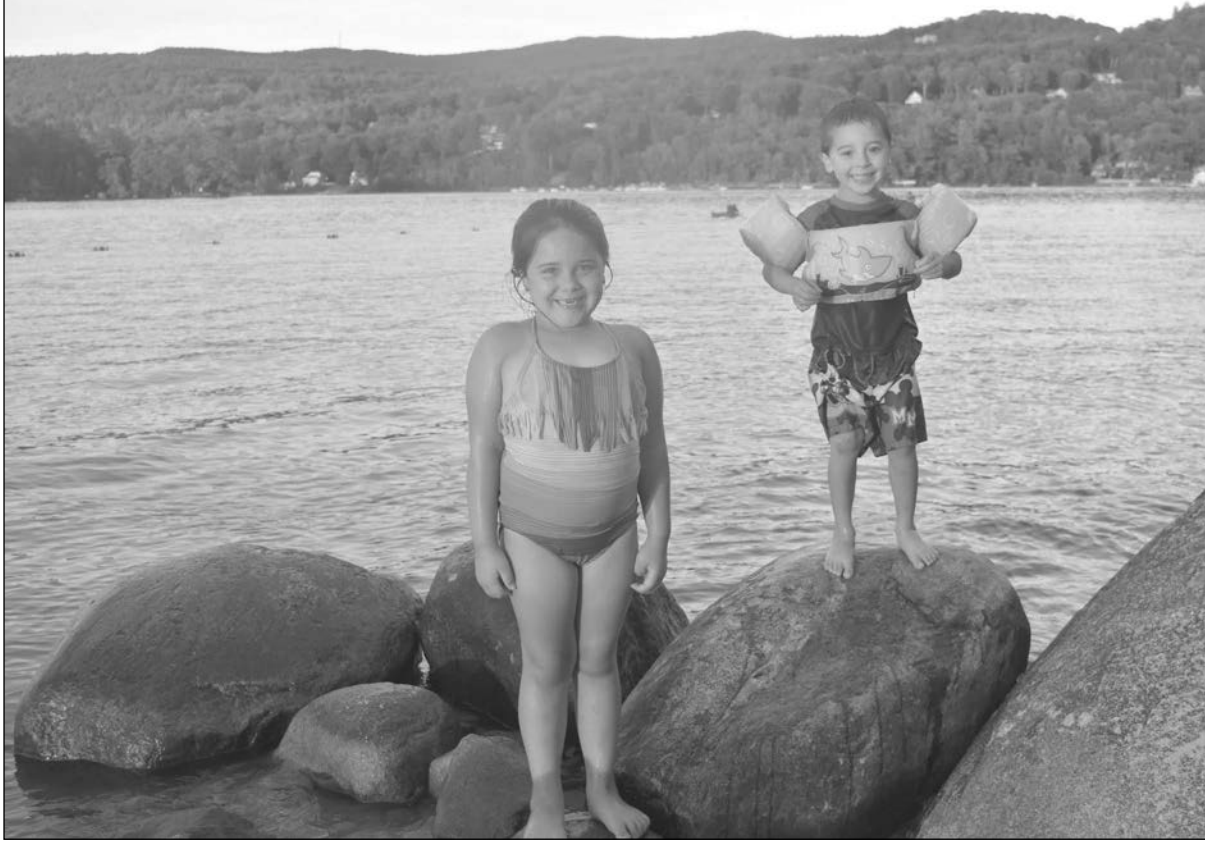
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Photos are also welcome, but must be submitted in jpeg format.

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



A dip to end the day

There's no better way to end a hot and humid day than a sunset dip in Newfound Lake, as Alexandria residents Natalie and Owen discovered this week.

DONNA RHODES

Newfound Landing

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	91 Sanborn Rd.	Single-Family Residence	\$309,400	Susan A. and Iain C. MacLeod	Even M. and Wendy P. Closson
Ashland	US Route 3	N/A	\$349,000	Cabin Time On Squam Lake	Roberta A. and Stephen B. Heid
Ashland	N/A	N/A	\$50,000	Ehfar LLC	Sippican Partners LLC
Bridgewater	Dix Street	N/A	\$50,000	Susan B. Beaman and Carole D. Johnson	Jon G. Wentworth and Kelly Toomey-Wentworth
Bristol	Castle Lane	N/A	\$44,933	Wendy S. Talbot Trust	Benjamin R. and Jennifer M. Longobardi
Bristol	111 Greenwood Path Unit 13	Condominium	\$310,000	Brian Deryniowski	Jacob J. and Gloria A. Hanecak
Campton	161 Hodgeman Hill Rd.	N/A	\$392,733	Tagr Associates LLC	Dawn F. and Thomas p. Lawler
Campton	24 Lower Beech Hill Rd.	N/A	\$289,000	Norma L. Glyas and Cynthia M. Blacksheur	Alexandra Pilar-Piccio and Dominick J. Piccio
Campton	26 Mae St.	Single-Family Residence	\$159,933	Juanita G. Hodgson	Andrew Boilard
Campton	Quarry Road	N/A	\$69,933	Darlene King-Jennings and Pamela King-Maggin	Thomas Twombly
Campton	183 Reservoir Rd.	Single-Family Residence	\$148,000	Michael B. and Carol S. Ginsberg	Kenneth Michaud
Campton	Route 175	N/A	\$33,000	SPR Development LLC	Casey and Kristine L. Blanchard
Campton	Sugarbush Drive	N/A	\$67,000	Juanita RET and Carol J. Magoon	John and Lucy Simas
Campton	Sugarbush Drive	N/A	\$45,000	Carol L. and A. Shawn Magoon	John and Lucy Simas
Campton	34 Summit Dr.	Single-Family Residence	\$178,933	Peter D. Deroeve	Katherine Weglarz
Campton	N/A	N/A	\$194,533	Paul J. and Rita M. Jacobs	MMS RT and Paul Soares
Dorchester	N/A	N/A	\$164,000	Martha E. Romanyshyn and Mark B. Ashley	William E. Russell
Groton	N/A	N/A	\$193,800	Jorge P. and Rosa L. Medeiros	Virginia Parker
Hebron	Valley View Road	N/A	\$120,000	Martin C. Olesen and Susan D. Dover	Campbell Fiscal Trust and Donald R. Campbell
New Hampton	4 Lake View Dr.	Single-Family Residence	\$520,000	Alvin C. & K.E. Firmin RET	Robert W. and Elisa A. Keaveney
New Hampton	Pinnacle Hill Road	N/A	\$490,000	Allen R. and Valerie A. Fraser	Frederic P. and Michele Denker
New Hampton	Route 104, Lot 4	N/A	\$245,000	Arthur J. Ingemudsen	Teresa C. and George F. McCullough
Plymouth	37 Smith St.	Single-Family Residence	\$179,933	Catherine P. McLaughlin	Ross M. Convertino and Stephanie Gray
Rumney	N/A (Lot 15-1-8)	N/A	\$57,000	Edward E. Cote	Lords Of The Land LLC
Thornton	13 Laurel Circle, Unit 7	Condominium	\$133,000	Kevin M. and Helga R. Donovan	Jennifer and Zachary E. Abrams
Thornton	N/A	N/A	\$18,533	Douglas C. and Sarah A. Klein	May Han
Thornton	N/A	N/A	\$175,000	Bradley E. and Cecile A. Trott	Gerald R. and Laura Warren
Thornton	N/A (Lot 5)	N/A	\$229,933	L.C. & Carol E. Szetela RET	Linda R. Danko and Norman F. Stoltenberg
Warren	N/A	N/A	\$50,000	James T. Kirkpatrick and Maryellen M. Kirkpatrick	Dan R. and Jeanne K. Duquette
Waterville Valley	8 Forest Knoll Way, Unit B2	Condominium	\$320,000	Adam B. and Lane E. Cheney	Kaori Ito
Waterville Valley	6 Valley Rd.	Single-Family Residence	\$469,000	Douglas E. and Cristy F. Godshall	James A. Stewart and Tara A. Quinn-Stewart

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

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Anonymous letters, and seeking Maine, while photographing various things



COURTESY

This deer was watching the traffic go by on South Hill Road, so we stopped to visit. It didn't do tricks or anything, but we photographed it anyway, just because it was there. (Courtesy West Milan Sporting Tours)

Anonymous letters just irritate the day-lights out of me. My name is right out there week in and week out, after all, as is my contact information, so the least readers can do, I'd think, is have the courage, de-

cency, and trust to sign letters.

Trust? Yes, trust that if someone asks to remain anonymous and has good reason, I'll honor it.



This young fox, last year's pup, was wandering around a logging road with a sort of dazed demeanor, and it hung around striking poses before trotting off toward Maine. (Courtesy West Milan Sporting Tours)

And I guess that's what irks me, because that kind of fear translates to mistrust--specifically, a lack of faith that I'll honor my end of the bargain.

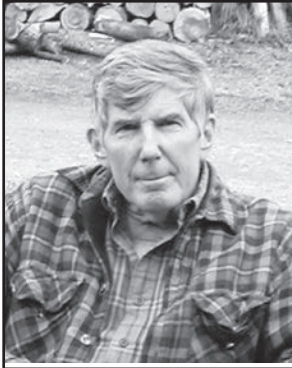
To be clear here, I cannot, and do not, pay much attention to letters that arrive unsigned.

For one thing, I cannot use anything in them, no matter how interesting it might be, because I have utterly no way of determining veracity.

And while I may indeed never reveal the identity of a source, I have to at least be able to demonstrate to an editor (and/or publisher) that I have one and it's legitimate.

Fortunately, I'm not covering the police beat or court beat or even, for that matter, the Fish and Game beat; I might touch on those entities from time to time while following an interesting story, but it's not a steady thing. And I try to do my visiting with Fish and Game in neutral territory, like a hearing room or a camp.

In general, I don't go looking for bad news,



and try to keep things upbeat because I'm an upbeat guy. There's plenty enough gloom and doom in the news without me adding any more. But please--unsigned letters are a waste of my time and yours. Have the forthrightness to sign the letter, and include a phone number--not for publication, but so I can check a fact or ask a question.

And, of course, so I can find out the story be- SEE **NOTEBOOK** PAGE A6

TOWN OF THORNTON



ZONING BOARD of ADJUSTMENT

NOTICE OF MEETING/PUBLIC HEARING

Monday, August 24, 2020

The Zoning Board of Adjustment for the Town of Thornton will hold a Public Meeting on **Monday, August 24, 2020, beginning at 7:00 PM** at the Thornton Town Offices for the purpose of conducting the following business:

REHEARING: APPLICATION/PUBLIC HEARING: Review and Public Hearing on an application filed by property owner Floating Feather, LLC by members Joe Frazer and Anna Gammal for "SPECIAL EXCEPTION" as provided under ARTICLE IV of the Thornton Zoning Ordinance. Their intent is to use the property for the operation of a "Meeting Room, Shop, Office with other approved bldgs." on Judges Road [Tax Map 13, Lot 6-7].

APPLICATION/PUBLIC HEARING: Review and Public Hearing on an application filed by property owner, Family Revocable Living Trust, Mary R. Fraser, Trustee for "VARIANCE" as provided under ARTICLE VI SECTION A.1 of the Thornton Zoning Ordinance. Proposed subdivision Lot 1 to have 85 feet of frontage on Blake Mountain Road [Tax Map 15, Lot 4-13A], rather than the required 100 feet of frontage.

Joseph Monti, Chairman

2020 Salmon Press

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CADY Corner

Helping your child manage a co-occurring disorder during COVID-19

BY DEB NARO
Contributor

Today, while social distancing and quarantine measures are in place to protect our health and physical safety, they are also fueling our loneliness. Many parents are noticing their own child’s feelings of isolation, anxiety, fear, and loss. This is especially true for those who have a child struggling with a substance use disorder, a mental health disorder, or both known as co-occurring conditions. A crisis like this can affect your child’s mood because they don’t have access to the substances they were used to having. For a child who uses drugs or alcohol, suddenly withdrawing them may lead to physical symptoms and worsening of mental health conditions.

If your child or loved one has already been diagnosed with a co-occurring disorder, it can be helpful to keep track of symptoms and their severity. These symptoms can include higher levels of anxiety, insomnia, agitation, inability to focus, etc. Regardless of which disorder is contributing to their symptoms, it’s important to let providers know what your child is experiencing and/or encourage them to do so as well. A next step may be to seek a telehealth appointment, an alternative to in-person care during the pandemic. Telehealth has long been used successfully in mental health and substance misuse treatment, and some clients even prefer distance methods.

In addition to telehealth services, many providers are now prescribing higher quantities of medications to reduce the number of visits to the pharmacy. While this practice can be helpful, it can also create a potentially unsafe situation. Here are some tips for managing medications and taking safety precautions at home: monitor all prescription medications and safely dispose of any unwanted, expired or unused medications at one of the permanent Rx Take Back Boxes located at the Plymouth, Bristol, Lincoln and Thornton Police Departments. To safely dispose of medications at home, CADY is providing free Detertra Drug Deactivation bags. These biodegradable bags render prescription medications inactive and can be thrown away in regular household trash. Lastly, keep naloxone in your home and know how to use it as this can be life-saving in the event of an opioid overdose.

It can be difficult to talk with your child about their mental well-being, but an essential component of addressing your child’s co-occurring disorder is effective communication. In order to begin the dialogue, try finding a time that works for both of you, and approaching the start of your conversation with an open mind. It may be helpful to create a plan together to reduce some of their stress, and be sure to include some positive comments between the constructive ones. Talk with them about building a routine, staying connected socially and establishing healthy activities. You can offer suggestions and reinforce how you can help.

This time is stressful for everyone and self-care is especially vital. It’s natural to feel anxious, confused and scared right now, and it may even feel like you need to be in “panic” or “emergency” mode at all times. But taking a break from the news and engaging in fun and relaxing activities can make you less stressed and anxious, which will benefit both you and your child.

For more information about co-occurring disorders visit our Web site at www.cadyinc.org. If you would like to receive a free Detertra Dug Deactivation Bag to safely dispose of medications at home, contact Emily Shanahan, CADY Outreach Coordinator at eshanahan@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.



DONNA RHODES

Tea time

Young entrepreneurs Dayanee (age 11) and her sister Aubree (age eight) hosted a Hot or Iced Tea stand outside their home in Danbury. Besides offering delicious hot or cold drinks to passersby, broad smiles and friendly customer service helped make their pop-up business a success.

Sustainable Bristol

BY LAUREN THERIAULT

At a recent Sustainable Bristol meeting, the seven members were talking about changes they have made in their lives due to COVID 19 that are more sustainable. One thing that almost everyone mentioned was driving less.

Do you find yourself driving a lot less since the pandemic? With many people working from home and many events and trips canceled it’s no wonder people are driving less. Pre pandemic I saved my errands for the weekends because I thought I needed something to do or somewhere to go on the weekends to keep myself and my small children from going stir crazy at home. Now I find that we are content to spend 3+ days in a row not driving anywhere. Looking for-

ward, to post pandemic times, I want to try to continue to embrace this attitude and drive a lot less. Here are some ideas for how you can cut down on driving.

Combine trips: sounds logical, right? If you have to go three places, do them all in one trip. It might take more mental configuration to plan it out, but that’ll keep your brain in tip top condition.

Shop locally: We love to get our produce at Walker Farm, I buy soap from Cardigan Mountain Soapworks. Think about what you are used to buying and figure out if you can find a local source. You might have to ask around or change your habits a bit but it’ll be worth it.

Vacation or recreate locally: Try to only pick places to go on vacation or to hike, swim, recre-

ate that are half a tank of gas or less away. It shouldn’t be hard since New Hampshire is so beautiful and has so much to offer. If you’re looking for local hikes, try out some of my favorites: Grey Rocks and the new Bristol Falls Pemi Baker Trail. Both of these are very flat.

Walk or ride a bike: Could you walk or ride your bike to do an errand or visit a neighbor instead of driving? We live too far from town to walk there but if I have two or more stops downtown I usually park and then walk between the places I need to go. Returning books to the library, then walk to Community Services, then walk to say hi to Diane the turtle at Twin Designs. This habit was born out of not wanting to put my kids in their car seats a bunch

of times but is also more fun and eco-friendly.

Exercise online: I used to drive to exercise classes, with those canceled I have been streaming classes and enjoying the flexibility and options as well as the commute to the class (I just have to go into the basement). There are tons of free exercise videos on youtube you could use.

How have you cut down on driving since COVID19? What practices have you adapted to that you can continue doing to drive less or stay closer to home?

Lauren’s Green Tip of the Week: Plant native plants to help the bee population. Native plants might also be considered “weeds” so it saves you from weeding.

Letters to the Editor

To mask or not to mask?

To the Editor:

To Mask — that all depends on who you want to believe. I am unable to recite all I point to, so please take time and become more knowledgeable on this topic.

Recent articles in the NEJM <https://www.nejm.org/doi/full/10.1056/NEJM2006372> along with follow up article for clarity <https://www.nejm.org/doi/full/10.1056/NEJMc2020836> really gives us little clarity at all. The authors stated they really want people to wear masks but then says statements like “We know that wearing a mask outside health care facilities offers little, if any, protection from infection” and “the desire for widespread masking is a reflexive reaction

to anxiety over the pandemic.” Is this clear to you now? Not me!

The Association of American Physicians and Surgeons has data facts in the following link <https://aapsonline.org/mask-facts/> which has a summary at the end. Here is one more article <https://aapsonline.org/covid-chaos-a-prison-without-bars/> states the following “Most reviews conclude that masks do not slow down the spread of the SARS-CoV-2 virus (that causes COVID-19). Studies show non-medical masks do not stop aerosolized droplets less than 2.5 microns. A group of 239 scientists from multiple disciplines from 32 countries have recently agreed that SARS-CoV-2 is spread by such small droplets. They

recommend improving indoor ventilation infection controls as the key protective measure. Handwashing and social distancing—but not masks—were advised.”

Do you understand how small 2.5 microns are? Maybe this will give you an idea — it is like sand going through a chain link fence, and your mask is the fence.

Schools are opening, and our kids are being damaged having to wear masks because of physiological controls put on them and punished if they don’t wear them. Our schools need a good ventilation system, but if that is not possible, then I would suggest opening all outside windows and doors every hour for a few minutes to get clean air in.

Lastly, our towns are

passing ordinances mandating you must wear masks or be fined. For those who have a medical issue and don’t wear a mask, they are now making you prove you have an “approved” medical issue. I guess HIPAA and ADA are thrown out the window.

What’s next, a mark instead of a mask? Read your 2,000-plus-year-old Bible because it is coming. Revelation 13:16 and 17:

“And he caused all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name.”

JOHN SELLERS
BRISTOL

Volinsky will bring leadership and real change

To the Editor:

I am excited about my support of Andru Volinsky, a Democrat, running for governor and who needs your vote in the Sept. 8 Primary. Currently Andru is a member of the Executive Council but is remembered as the “architect” of the Claremont education debacle years ago that attempted to get equitable funding for our NH schools. With his extensive legal and

political skills I know he is the person New Hampshire needs now. Most important to me is he is the ONLY one in this race refusing to take the infamous “pledge” nearly 50 years in its boasting of no new taxes. NH is in dire need of new revenues, not just new fees, to meet our many needs. NH is the fastest aging state in the country and our seniors need increasing help - not their increasing crushing property taxes which

also hurt young families and small business owners. We need a conversation to develop a system that works for all of us, not just the wealthy few at the top.

Andru also has developed a program to combat climate change, he’ll continue fighting for fair and equitable school funding regardless of your ZIP code, he knows workers need \$15 an hour (which Sununu has voted down many times), he wants to set

up a Civilian Oversight Board to tackle racism in NH.....obviously I could go on with the many progressive plans Andru would bring to his new governance for NH!

I hope you will read more about Andru Volinsky but that especially you will join me in voting for him on September 8.

Thank you.
MARTHA RICHARDS
HOLDERNESS

Alexandria

Merry Ruggiello 744-5383
merrysunshine51@yahoo.com

I hope no one has been sending news to sunshine_eyes51@yahoo.com. If you'd like me to add something to this column, please send it to merrysunshine51@yahoo.com because the other one is not being used any longer. I noticed the mistake when I read the paper last week. My apology for any inconvenience.

Town

Budget Committee Meeting Monday, Aug. 17 at 6 p.m. in the Municipal Building.

Board of Selectmen Meeting Tuesday, Aug. 18 at 6 p.m. in the Municipal Building.

Planning Board Meeting Wednesday, Aug. 19 at 6 p.m. in the Municipal Building.

Conservation Commission Meeting Wednesday, Aug. 26 at 6:30 p.m. in the Municipal Building.

NH State Primary Sept. 8 with Polls open from 8 a.m. until 7 p.m. If you are unable to vote in person, please request an Absentee Ballot from the Town Clerk. Absentee Ballot Request can also be obtained by visiting the Town's website at <http://www.alexandrianh.com>. Samples of the Democrat and Republican Ballots are also available for viewing.

Alexandria UMC

Sunday, Aug. 16, services will begin at 9 a.m. We are also continuing with Zoom services at the same time. If you would like more information on how to join in, please call Pastor Faith at 491-4028.

Sunday, Aug. 23, there will be an Ad Council/Church membership meeting at 6:30 p.m. via Zoom. Everyone is welcome to attend as your input is valued and appreciated. Any votes that need to be taken will be roll call of the Ad Council members.

Things are warming up out there and the best place to be is down by the river! Hope you have a fantastic week ahead! Keep cool, drink lots of water, and don't forget the sunscreen!

Bristol

Al Blakeley
Adblakeley0@gmail.com

Getting back to school and college is a very up-front topic right now and I hope that many will be able to do so with all protocols in place for everyone's safety. It has to be an enormous task for educators and health administrators to manage. I hope everyone makes an effort to do the best you can to make this learning year an enjoyable one for the students, staffs and parents. It certainly will be another challenging year.

The Minot-Sleeper Library is offering a new

service that many will be thrilled to take part in. A Mobile Computer Station! While the library is closed, a mobile computer station is available Monday - Friday, 10 a.m. – 6 p.m. in the library's parking lot under a tent canopy. The station offers a laptop computer with computer access for the public to use. A charging station and WiFi is also available. To join the public laptop computer, WiFi, or charger, call the library to make an appointment: 744-3352.

On Monday, Aug. 17 at 10 a.m., the MSL will host the Third Monday Book Group. The discussion will be on the book "Beautiful Ruins" by Jess Walters. To request a copy of the book, call 744-3352 or email minot-sleeperlibrary@gmail.com. The discussion will be held online. To insure a safe environment for the community, the library asks that you now email librarian@townofbristolnh.org or call 744-3352 to request the link, meeting ID and password to join an event. It is recommended you request access at least 48 hours prior to the event.

Don't miss Family Movie Nights in Kelley Park! The next movie will be Walt Disney's "Aladdin."

It will be shown on Monday, Aug. 17. Seating opens at 7:30 p.m., and the movie starts at 8:15 p.m. Bring your own chairs and please practice social distancing. Please consider donating to help offset the cost.

This Thursday, Aug. 13, another Concert in the Park will be held featuring Carroll Brown. Concerts are from 6:30 – 8 p.m. at the Concert Pavilion at Kelley Park. Other groups scheduled for the summer include: Audrey Drake Trio Aug. 20, Michael Vincent Band Aug. 27 and Studio Two-Beatles Tribute Aug. 29. Refreshments will not be available at the park, but you are welcome to bring your own, remembering that no alcoholic beverages are allowed and please carry out your trash. Please respect protocol.

I'm still looking forward to purchasing "Bus and Wink: Adventures of Youth, Stories Told Around the Campfire" by Timothy W. Tapply, Wink Tapply's grandson. I've heard the humor is unmatched and worthy of some attention. Proceeds from these book sales will aid the outdoor missions of the Slim Baker Foundation and the TTCC. Information about the book can be found at: https://ttccrec.org/special_programs/bus-and-wink/.

It sure doesn't feel like August just yet with these high temperatures and high humidity! The tail of the hurricane just past is a quick reminder that it is, though! I'm glad the damage wasn't too severe, but my heart goes out to those who had damage and inconveniences due to the strong winds and rain. I just heard that we are to expect a few more before the month is out. I hope

those predictions are wrong! Enjoy the rest of your summer!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Worship services and other events at the South Danbury Church continue to be canceled.

Please think this as an opportunity for personal reflection and renewal, as people of faith have done in stressful times throughout history. "A rebirth out of spiritual adversity causes us to become new creatures." (James A. Faust)

Some of our current Missions activities are supporting the Danbury Community Center's services and Danbury Food Pantry, Listen Community Services programs, and NH Wish List of the Kearsarge area. The South Danbury Church, located at 1411 U.S. Route 4 in South Danbury, NH 03230, is listed in the National Register of Historic Places.

NH Eat Local Month continues

While it's important to support local farms year round, August is Eat Local Month. This month is a good time to take time to take a look at the foods available in your back yard. In fact if every NH person spent just \$5 more of their grocery dollars at a local farm, the local economy would increase by \$338 million dollars. What is even more important is that those dollars will keep local businesses alive, ready and able to feed our communities during a food shortage such as recently experienced during the Covid outbreak.

This week, check out Danbury's newest farm stand, Tilton Hill Goat Farm at 11 US Route 4, just before the Grafton town line. Noreen and Dave Rollins raise goats for meat and fiber. Drop by to peruse their goat meat, alpaca and cashmere fiber, goat milk soap, dryer balls, hats and socks. They are open Sunday, Monday, Wednesday and Friday from 10am to 4pm or by appointment by calling 738-5133.

At the end of the month, on August 30th beginning at 4pm, Huntoon Farm will celebrate eat local month with a farm to fork meal. Served in the farm yard, the main entrée is their own farm roasted turkey plus carrot soup, potatoes, vegetable, bread and desserts. Seating is limited and outdoors. Covid distancing is being followed. The cost will be \$20.25 which is based on \$18.56, in honor of the year the farm

was established plus NH rooms and meals tax. In case of rain, the meal will be packaged to take home. Reservations required by calling 768-5579.

Grange and Community 2020 Celebration

The replacement for the 106th annual grange fair will be held the first Saturday after Labor Day. This year, that's Sept. 12. As many of the traditional fair activities have been cancelled due to concerns about community safety, the Grange has switched the parade over to yard displays or floats. Make your float or display in your yard. The theme is "Show us Your Grange Fair". Registering in advance will allow your address to be put on a map which will be handed out free on celebration day. On each map will be a voting slip that viewers will return. Returning the slip also gives them a chance to win one of 4 cash prizes. The winning displays will receive a \$25 cash prize in the following categories: Funniest, Best Presentation of Theme, Grangiest and People's Choice (the display receiving the most votes overall). Put on your thinking caps and plan a yard float. Displays should be ready for viewing from 9 a.m.-2 p.m. on Grange Day—Sept. 12.

Groton

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

We have the new dump stickers and the ordered ones are in the mail. If you don't see the ones you ordered within a week, please come to or call the office and we'll take care of it. Stickers should be placed at the top driver's side of the windshield inside the glass. The current green or yellow stickers will be good through July of 2022. The plan is to change the color at that time.

Groton representative for the Newfound School District Budget Committee

The Groton resident that was written in as the Groton representative for the Newfound Area School Budget Committee was unable to commit. Therefore, there is a vacancy for this position. The vacancy is a one-year term. If you are interested in filling this vacancy, please contact the Select Board office at 744-9190.

An appraiser from DRA will be visiting properties over the next few weeks. They have sent post cards to property owners and are doing exterior only visits due to COVID19. If the homeowners are home, they will stand at a safe distance and ask questions

about the interior if the owner wants to. He will be driving a 2016 White Chevy Trax which will have the State emblem on both sides of the car that say "Dept. of Revenue Administration."

Information from the Hebron Library

Hebron Library is happy to announce that we will be offering zero personal contact porch side pickup each Wednesday!

Pickups will be every Wednesday afternoon. Requests can be made at any time during the week. Requests received by Wednesday at noon will be ready for pickup in the afternoon. We will call you when your materials are ready for pickup. Requests made after noon will be available for pick up the following Wednesday. Available titles can be found on our website catalog, hebronlibrary.org, or patrons can give general directions for us to choose for them. Requests may be submitted either by email or by leaving a message on the library phone.

By email: hebronlibrary@metrocast.net

Please leave your first and last name and phone number so we can call you for pickup.

Include the call number, title, and author for each selection.

DVDs are available by title.

By phone: 744-7998

Please leave your first and last name and phone number so we can call you for pickup.

Include the call number, title, and author for each selection.

DVDs are available by title.

Patrons are encouraged to return materials promptly. When materials are returned, they will be wiped down with disinfectant and held in quarantine for one week before being checked in and made available for checkout. If you currently have library materials checked out, you may return them. Any person in the library will wear a mask and wear gloves

or use hand sanitizer between each patron's order whenever handling books or DVDs. If you do not have a library card and you live in Hebron or Groton please call or email us your name and number and someone will get back to you and get you enrolled. We will check your ID when you pick up your selections. Please be patient as we are not in the library every day.

Let's get reading! Check out the library website! Tracey put the info about porch side pickup on. Please help spread the word by sending this attachment (I made some changes) to the Friends' mailing list. We're going to need some disinfectant wipes and hand sanitizer if you know of any extra available. I'm very excited we can do this and I hope people will use it. Thanks!

Scheduled Meetings and Closures for the Town of Groton

Select Board Work Session – Tuesday, Aug. 18 & Sept. 1, 6 p.m. at the Town House

Select Board Meeting – Tuesday, Aug. 18 & Sept. 1, 7 p.m. at the Town House

Conservation Commission will be meeting at the Town House Aug. 13 at 7 p.m.

Select Board Office will be closed Aug. 12 and Aug. 17

Town Clerk, Tax Collector Office will be closed Aug. 10-14. We will be open Aug. 17, 9 a.m. to 5 p.m.

Due to COVID-19, the Governors Emergency Order 23 relieves the Planning Board of meeting and accepting, hearing and acting on applications. Generally, the Planning Board will only cancel its regularly scheduled meeting if

SEE TOWNS PAGE A6 there is no public busi-

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Edward Jones: Financial Focus

When Facing Illness, Take Control of Finances

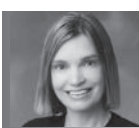
In light of the coronavirus pandemic, virtually all of us have considered health-related issues. But for people facing a serious, chronic illness, such as Parkinson's disease, multiple sclerosis, diabetes or cancer, health concerns are an everyday matter. If you're fortunate, you may never be afflicted with such maladies, but the future is unpredictable. Of course, going through these health challenges bring physical and emotional concerns – but also financial ones. How can you prepare for them?

Essentially, you'll need to consider four key areas: investments, insurance, legal arrangements and taxes. Let's take a quick look at each of them:

- Investments – You'll likely need to draw on your investments for at least some of the expenses associated with your illness. So, within your portfolio, you may want to establish a special fund devoted entirely to these costs, whether they be health care, modifications to your home, transportation and so on. A financial professional can help you choose investments for this fund, as well as make recommendations for your overall investment strategy, including techniques for boosting your income, such as adding investments that can provide an income stream that kicks in when you think your costs will rise.
- Insurance – Depending on your health status, you may be able to collect Medicare earlier than the traditional starting point at age 65. Even so, you'll likely need to supplement it with additional coverage. But you may also want to look beyond health insurance. For example, you might be able to purchase a "chronic illness rider" that allows you to tap into life insurance benefits while you're still alive. Or you might consider adding a "long-term care rider" to a life insurance policy; this rider offers financial benefits if you ever require daily care that you can't provide for yourself. And some foundations, states and drug companies offer programs that can help pay for some costs that your insurance won't cover.
- Legal arrangements – If you haven't already done so, you may want to establish the legal documents most appropriate for your situation, such as a durable power of attorney for finances, which gives someone the authority to manage your financial affairs if you become temporarily incapacitated, possibly due to flare-ups of your chronic disease. Once you've recovered, you regain control of your financial decisions. You might also want to consider a health care proxy, which appoints an individual to make medical decisions for you if you can't. In creating or revising these documents, you'll need to consult with your legal professional.

• Taxes – You might qualify for Social Security disability payments, which, like other Social Security benefits, are taxable, so you'll need to be aware of what you might owe. But you might also be eligible for some tax breaks related to your condition. If you still itemize tax deductions, you may be able to deduct some medical expenses, as well as certain home improvements, such as wheelchair ramps, bathtub grab bars, motorized stairlifts and so on. Your tax advisor may have suggestions appropriate for your situation.

Dealing with a chronic illness is never easy. But by considering how your illness will affect all aspects of your life, getting the help you need, and taking the right steps, you may be able to reduce the financial stress on you and your loved ones.



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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

Frosty's

FROM PAGE A1

said. "We went from a small hut to state-of-the-art food service."

Last year, with the leadership of Assistant Manager Lindsay Alger, the food truck ran a variety of special items on their sample menu to poll the public on what they wanted to see from a food truck and the result was a menu that includes something for everyone. From Lobster or Shrimp rolls to burgers, wraps, Panini and several great salads, all tastes and preferences are addressed. Cooks Tim and Ben have been a perfect fit for the truck, Alger and Southworth added, serving up food that is a great combination of a dairy bar, food truck and a top-notch Common Man restaurant.

"The Steak Panini is one of our best sellers, along with the Falafel Wrap (a big vegetarian favorite) and the Alex Smash Burger, which some of our customers say is the best burger they've ever had," Southworth said.

Alger said their onion rings and fries were put to the test through a number of recipes last summer until they found the one their customers raved over.

"We took a lot of time

to try them out until we came up with a recipe that people absolutely loved," she said.

Frosty's Food Truck has become even more desirable this year, allowing people a chance to order quality takeout food or safely enjoy their meal at one of the outdoor seating areas on the premises.

"We understand that some people aren't ready to come indoors to eat (due to the viral outbreak) so we've put the quality of food in Foster's Boiler Room into Frosty's Food Truck. It's not the same menu, but it's all really great food that people love," said Southworth.

Besides picnic tables located beneath a beautiful pergola beside the food truck, there is additional table seating on the hillside out back, providing welcome shade on a hot summer day.

Alger said families especially love coming to Frosty's because in addition to the food and ice cream, there is also a play area where children can slide down two age-appropriate tubes or spend time playing in a sandbox fashioned from an old canoe. For "older kids" there is a cornhole game in place, along with a ping-pong table, and on hot summer days a light sprinkler can cool

everyone down, too. Adding to the ambiance of the venue are gardens, stonework, and some nostalgic 50's music, befitting the era of the antique food truck.

"There is a lot of space here for people to spread out and just enjoy the outdoors in a kid-friendly, relaxing environment," said Alger.

And whether the visit is for lunch, dinner or just dessert, there is always the delicious homemade Common Man ice cream, sundaes and frappes, all available in the many flavors that made Frosty's famous from the beginning.

"A really great treat is a root beer float, made with not only Common Man ice cream, but our own Common Man soda, too," said Southworth.

Frosty's Food Truck is located at 231 Main St., just outside downtown Plymouth, and is open from 12 noon until 9 p.m., seven days a week from now through Labor Day, with future hours to be announced as the summer turns to fall. Take-out orders can also be placed by calling them at 398-2400.

"We have plans to keep growing and adding to all of this," Southworth said. "As long as people are happy, that's what we're shooting for!"



A picturesque pergola beside Frosty's Food Truck in Plymouth is one of a few seating areas on the premises where people can enjoy not only great food but great ice cream, too.



Picnic tables, Adirondack chairs and a children's play area are just a few of the many features that make Frosty's Food Truck in Plymouth a great stop for lunch, dinner or dessert in a fun outdoor environment.

Notebook

FROM PAGE A3

hind the story, and what moves a person to seek anonymity.

+++++

A friend and I went on a truck-tour last weekend, our Maine mission being to locate the Maine border. As we suspected, it was right where we left it the last time, although the shrubbery had grown up some.

Readers will want to know whether we found the border, meaning more than just a haphazard bunch of blazes, and will be heartened by the answer, which is "Yes." However, once again we were disappointed to find out that it's not a series of dashes, like this, --- but is a solid line, like this: _____. And you have to guess on the lakes and streams, because the paint never gets a chance to dry.

We always see wildlife of one sort or another, and on this trip, we happened onto a deer almost right away, in fact only a couple of miles from home.

This deer stayed around for a while, right on the side of the road, long enough that we accused it of posing for animal crackers, as coach (and later in life, fishing and cribbage cohort) Dick Moulton used to say. He and I played fierce cribbage in between fishing forays at Trio Ponds. In pegging he was good at ambush, but I had some pretty good teachers too, in the likes of Erwin Bennett and Rudy Shatney.

Cribbage is played in camps throughout northern New England, in general wherever loggers and logging followed the first of what were called the Big Cuts. This was the felling of old-growth forest, the leading edge that drew

and formed the famed Bangor Tigers and successive waves of men and expertise ever westward, starting in Maine and sweeping through New Hampshire, Vermont, New York and the Great Lakes region before logging the Rockies and the Sierra, and winding up on the Pacific shore in Oregon and Washington.

Cribbage legend and lore is that the game was introduced by Scandinavians, who came here to seek whatever the new continent could offer and were good at building camps, keeping tools sharp and cutting wood.

I don't get to play much cribbage now, on account of partners dying off, an impossible thing to fix. So I am thinking of putting a want ad in the paper, something like "Old dub seeks one of the same to play some pretty fast cribbage on a steady basis." A dog and the ten-

dency to laugh at life's foibles would be icing on the cake.

+++++

Where were we? Oh yes, the deer.

What is it about the sight of a deer—or any wild creature, for that matter—that makes us automatically reach for a camera?

There is utterly nothing unusual about seeing a deer, after all. It wasn't always that way. There was a time, perhaps six or seven generations ago, when seeing a deer was about as unusual as seeing moose was back in the 1950s.

I remember a bull moose that came across the golf course, was allowed to play through, hit a nice seven-iron, and ran through several shared back yards, picking up a swing-set along the way. It galloped into Beaver Brook swamp,

the unofficial name for the jungles that I routinely disappeared into for much of my boyhood. We used to build cedar-log rafts to pole around in there, and once found a turtle that Edgar Bennett and Robert Shaw carved their initials onto a half-century before.

Anyway, this moose on the loose was a sensation, and by the time it disappeared into the embrace of the swamp, it was being pursued by various people armed with everything from guns to hatchets, as well as the usual passel of dogs, and people on horseback. Jim Berry, the game warden, shot it with a tranquilizer dart so the swing-set could be untangled from its rack and it could run away, which it was happy to do, disappearing in the general direction of Creampoke.

So we took a photograph of the deer, and

later in the day did the same thing with a young fox, last year's pup, which was wandering around on a logging road in the wild woodlands, seeming confused about what it was supposed to be doing. "You're supposed to be acting like a wild animal," we told it, more or less in unison, and it ran away.

(Full disclosure: Upon encountering the fox, we did what any good red-blooded Merkan would do—reached for a camera, which in this case, of course, was an iPhone, which was good for nothing else at the moment because there was no such thing as a cell tower in the territory.)

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

Towns

FROM PAGE A5

ness. The determination to cancel will be made on a month-to-month basis. Should you have a question, concern or need please contact the Planning Board at planning-board@grotonnh.org.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Hebron Church Book Sale!

Saturday, Aug. 15, 9 a.m.-3 p.m. on the Hebron Church Lawn. Hope to see you there!

THE FRIENDS OF THE HEBRON LIBRARY

As a gift to our town, please join us and enjoy

A Concert on the Common

by David Lockwood

Wednesday, Aug. 19 from 5:30-7:30 p.m.

Churches

Plymouth Congregational UCC

YOU ARE INVITED to join Pastor Mike Carrier for worship at 9:30 a.m. via our Facebook Page when we will be livestreaming our morning service. The Sunday Bulletin for this service as well as videos and Bulletins from past services can be found on our church's Web site at www.uccplymouth.org.

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

How do I access the

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

Feeding Our Children Together

From the start of this school year, we have been providing 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School so that they will have enough to eat over the weekend. We are currently working with

our partners to support the needs of these children while the schools are closed.

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

Starr King Unitarian Universalist Fellowship

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

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

THIS WEEK AT STARR KING:

Sunday, Aug. 16 9:30 a.m.

Sunday Services Continue!

Dealing with New Beginnings

(The Other half of the "Transitions Discussion")

Come with a story about how you began a new chapter in your

life, or maybe just a new paragraph...

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site: www.starrkingfellowship.org 536-8908

Buckle Up!

Seatbelts save lives.

Garden

FROM PAGE A1

Louise carefully guided the wreath-makers through the process of creating these lovely pieces which are intended to be placed or hung outside. For the base, a metal frame is covered with sphagnum moss previously soaked in water. Louise provided an array of small pots of begonias, impatiens and green and white polkadot plants. A mix of flowering and foliage plants are inserted into the moss and thin wire is wrapped around the moss and plants secures everything without impeding growth. It was a fun workshop and ev-

eryone especially appreciated the information and assistance Louise provided.

During June and July, there have been several workdays to carry out summer maintenance of the Butterfly Garden. The club is very grateful to Morrison Construction for the wood chips donated to cover the garden path which were then spread by volunteers from AmeriCorp in cooperation with the Newfound Lake Region Association. Hats off and many thanks to all those who help to preserve our special green spaces.

Pasquaney Garden

Club will hold a meeting at the Butterfly Garden (behind Minot Sleepeer Library, Bristol) on Aug. 18 at 9:30 a.m., and the next garden workday will be held on Aug. 25 from 9-11 a.m. We encourage anyone who would like something relaxing to do, within the confines of safety and social distancing, to attend and/or help in the garden. Efforts will continue to provide in person activities as possible.

Best wishes to gardeners and plant lovers everywhere.

Pasquaney Garden Club is a 501(c)3 nonprofit organization



COURTESY

Master Gardener Louise Migliore working on a living wreath with Pasquaney Garden Club President Jane White.

Chair

FROM PAGE A1

the front of the top rail.” The current Rep. Plumer comes from a long line of family members who have served in business and politics in the Granite State. Charles Nathaniel Plumer operated a country store in Alexandria for many years, and was prominent in the Grange. His son, David Bowdoin Plumer, served the town in the House five terms, 1927-1937, and John’s uncle, Bowdoin

Plumer, while publisher of the weekly Bristol Enterprise, had the time to serve no less than 10 terms in the House, ending in 1968. John recently confirmed his lineage includes Governor and US Sen. William Plumer of Epping (1759-1850), a lawyer, Baptist lay preacher, and first president of the NH Historical Society. This Plumer wore many political hats as a NH State Senator, senate president, served numerous terms in the House, including as speaker,

and authored William Plumer’s Memorandum of the Proceedings of the United States Senate, 1803-1807, Edited by Everett Somerville Brown (Macmillan, 1923). A large-than-life mural of William Plumer hangs in the research room at the state archives. As Governor, William Plumer presided over the building of the State House, laying the cornerstone on Sept. 4, 1816 after choosing the site on Concord’s Main Street. “As an ancestor of Gov. Plumer, who the

state has honored with a magnificent mural, due to his efforts over two hundred years ago to preserve for posterity official state papers, we thought donating this family heirloom to the state archives was most fitting,” Rep. Plumer said. Plumer explains throughout the generations, some branches of the family have chosen to use the original surname spelling with the single m, while others the more common double m.

John also learned he can claim, yet another ancestor of note, and perhaps the most colorful of them all. Joseph Plummer (with two mms), 1774-1862, “The Hermit of Meredith Hill,” of whom Hermit Lake is named, is John’s seventh generation great uncle. The Plumer family has operated a country store in Alexandria from the 1840s to 1952. A leather-bound ledger from the store, dating from 1840 to 1858, has also been donated to the

archives, with the original deed to the Plumer family homestead, dating to February, 1778, as well as a family rocking chair used by the wife of Charles N. Plumer. Secretary of State Bill Gardner expressed appreciation in accepting the gifts on behalf of the state, advising a suitable place will be prepared for public display of the chair in the archives building at 9 Ratification Way, Concord.

SLA to host birdwatching guided paddle

HOLDERNESS — Join the Squam Lakes Association on a guided kayak tour of Little Squam and Owl Brook on Friday, Aug. 21 from 9-11 a.m. On the paddle through Owl Brook you will see many of New Hampshire’s native birds and hear their calls and songs. On Little Squam, there is a chance that you might see New Hampshire waterfowl, including the common loon! Lakes Region Conservation Corps member Rachel Coughlin will lead the guided paddle and share tips on how to identify birds by their sounds as well as information on the habitats where they are found.

New Hampshire’s lakes region is home to many exciting and cool bird species. The presence of specific species can indicate the level of health an ecosystem has at any given time. Birdwatching can be both a relaxing and valuable activity in which you may learn about our different winged friends and have fun while doing it!

For more information, or to sign up for this Adventure Ecology program, visit the SLA website (squamlakes.org) or contact SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at SLA who perform important conservation work in support of the association’s mission.

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

Run

FROM PAGE A1

completion certificate that will entitle them to one of Newfound Lake’s famous Basic Ingredients sticky buns, a treat normally presented at

the finish line of each year’s event. While there is no entry fee this time, the NACF is seeking donations this year for the N.H. Mobile Food Pantry and donations of any amount are greatly appreciated.

To take part in this year’s virtual version of Run Your Buns Off, please visit <https://runsignup.com/Races> the stop by the Facebook page where donations and pictures of happy runners and walkers are also encouraged.

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Harold Lloyd stars in “Why Worry?” at Flying Monkey



PLYMOUTH—He was the bespectacled young man next door whose road to success was often paved with perilous detours.

COURTESY

Harold Lloyd has big shoes to fill in “Why Worry?” (1923), to be screened with live music on Wednesday, Aug. 26 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person. For more information, visit www.flyingmonkeynh.com or call 536-2551.

He was Harold Lloyd, whose fast-paced comedies made him the most popular movie star of Hollywood’s silent film era.

See for yourself why Lloyd was the top box office attraction of the 1920s in a revival of “Why Worry?” (1923), one of his zaniest comedies.

“Why Worry?” will be screened with live music on Wednesday, Aug. 26 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person.

The screening will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating scores for silent films.

Lloyd’s go-getter character proved immensely popular throughout the 1920s, with fans following him from one adventure to the next.

In the political satire “Why Worry?” Harold plays a wealthy hypochondriac traveling abroad who gets caught up in a local uprising.

Thrown into prison, Harold is forced to use his wits to escape and rescue his nurse from the clutches of an evil Revolutionary.

Regarded as one of Lloyd’s most surreal movies, “Why Worry?” features a cast that includes an actual real-life giant—eight-foot-tall John Aasen, discovered in Minnesota during a national talent search.

Rapsis will improvise a musical score for “Why Worry?” as the film screens. In creating accompaniment for the Lloyd movies and other vintage classics, Rapsis tries to bridge the gap between silent film and modern audiences.

“Creating the music on the spot is a bit of a high-wire act, but it contributes a level of energy that’s really crucial to the silent film experience,” Rapsis said.

At the reopened Flying Monkey, accommodations will be made to keep patrons safe in the Covid-19 era.

Face-coverings are required to enter the theater, and should remain on at all times until movie-goers take their seats. Capacity will be limited to 50 percent; audience members are asked to observe social distancing in choosing seats.

“These comedies were designed to be seen with an audience, and it’s totally safe to do so,” said Rapsis. “Plus, we need all the laughs we can get, which makes a film titled ‘Why Worry?’ particularly timely.”

“Why Worry?” continues a monthly series of silent film programs at the Flying Monkey that include comedy, plus drama, horror, and an unusual Russian documentary. On the schedule:

- Wednesday, Sept. 30 at 6:30 p.m.: “Man With A Movie Camera” (1928). Russian director Dziga Vertov’s celebration of daily life in the Soviet Union. Experimental documentary with no story and no actors, but filled with eye-popping visuals that anticipate later music/image films such as “Koyaanisqatsi.”

- Wednesday, Oct. 28 at 6:30 p.m.: The original “Nosferatu” (1922). Celebrate Halloween by experiencing the original silent film adaptation of Bram Stoker’s famous “Dracula” story. Still scary after all these years—in fact, some critics believe this version is the best ever done, and has become creepier with the passage of time.

- Wednesday, Nov. 18 at 6:30 p.m.: “Broken Blossoms” (1919). Can two outcasts in Edwardian London find peace and happiness in a cruel world? Will Lillian Gish overcome her abusive father? Can Richard Barthelmess find love in a forbidden relationship? Great D.W. Griffith drama, with stellar performance from iconic silent actress Gish.

- Wednesday, Dec. 30 at 6:30 p.m.: Planes, Trains and Monty Banks. Rediscover forgotten silent comedian Monty Banks, born «Mario Bianchi» in Italy. In “Flying Luck” (1927), hapless aviator joins the U.S. Army Air Corps, with hilarious results. Preceded by an excerpt from “Play Safe” (1927), a hair-raising chase sequence set aboard an out-of-control freight train.

“Why Worry?” will be shown with live music on Wednesday, Aug. 26 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person. For more info, visit www.flyingmonkeynh.com or call 536-2551.

For more info on the music, visit www.jeffrapsis.com.

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The benefits of dark skies



BY DAN REIDY
Squam Lakes Association

HOLDERNESS — Looking up at the night sky in the Squam Lakes Region is always a treat, compared to the light-polluted skies of urban areas. On the night of Aug. 15 from 9-10 p.m., the viewing will be even better during the “Night with the Stars” event. Sponsored by three partner environmental organizations the Squam Lakes Conservation Society, Squam Lakes Association, and the Squam Lakes Natural Science Center, the goal is to celebrate the beauty and conservation of this region while being “in community.”

If you have ever compared night sky viewing

between urban areas and our fair region of New Hampshire, you are familiar with this. That being said, there has been a noticeable uptick in light pollution in our area over the last few decades. Light pollution is caused by lights that reflect off moisture and other small particles suspended in the atmosphere, technically known as aerosols.

A simple fix is to use less lighting and to point lighting fixtures towards the ground. Timers and motion sensors can also cut down on wasted lighting. By installing lighting fixtures with shields that direct the light to the ground, we can use lighting of lesser wattage to get the job done, and with today’s LED

technology, we can save even more energy to do a better job of lighting. For more information about light pollution and what can be done about it, visit the International Dark-Sky Association at <https://www.darksky.org/> for more details.

Before joining in the “Lights Out” event on the night of Aug. 15, try to get a sense of the amount of light pollution that exists in your area. If you have the ability, take some photos of bright spots on the horizon before and during the event to observe the difference. Spread the word to neighbors, family and businesses in the area about this event. The greater the participation, the better the results will be.

If the evening of the 15th is cloudy, all is not lost in regards to the intended impact of the event. If the cloud deck is low enough, you can see the undersides of clouds lit up over areas of greater light pollution.

If the skies are clear enough for star and planet gazing, there will be several objects of interest to be on the lookout for: Jupiter and Saturn will be in the south at about 9:00 pm. Jupiter will be easy to spot since it will be the brightest object in the sky. Saturn will be just to its left, a dimmer, golden-hued object that is still brighter than most other objects around it. A pair of modest binoculars will show the four large Galilean Moons of Jupiter (Io, Europa, Callisto and Ganymede) as

bright dots strung out in a straight line on either side of Jupiter. If you can’t make out four dots, chances are one or more of the moons are either right in front of Jupiter or behind it, hiding the moon(s) from sight. A low power telescope will give you a better view of the moons and will show you stripes in Jupiter’s atmosphere. Later in the evening, Mars is available for viewing as well in the Southeast - a bright reddish-orange site! The Perseids Meteor Shower will still be on, though its peak was the night of Aug. 12.

The Milky Way will be visible as a whitish hazy, wide stripe of stars, stretching from one end of the sky to the other, almost directly overhead. Being able to observe the Milky Way is a fair test of how dark your skies are. Even a slight bit of light pollution will be enough to keep it from view. About 90 percent of humanity lives under light-polluted skies that prevent the viewing of the Milky Way. If you can see it, you’re in the lucky ten percent. If you’d like to look towards the center of our Milky Way Galaxy, the late summer/early autumn months are the time to

do it. Go back to look at Jupiter. To its left is Saturn and to the right is an asterism known as the “Teapot.” An asterism is a collection of a subset of stars within a constellation that make a recognizable pattern, often much more recognizable than the constellation itself. A famous example of an asterism is the Big Dipper. It is only a portion of the constellation of Ursa Major (the big bear). The Teapot is in the constellation of Sagittarius. The stars in the Teapot are not at the center of the galaxy. The center lies far behind the Teapot and is blocked from our view by intervening clouds of gas and dust from which stars and planets may someday form.

Satellites may also still be viewed orbiting overhead at 9 p.m. on the 15th. Look for “stars” on the move. To differentiate an airplane from a satellite, note that airplanes will have blinking lights, satellites won’t. Satellites will also enter the Earth’s shadow in space at some point and seem to disappear. We only see them due to reflected sunlight.

If you are interested in learning more about astronomy and connecting with a community

of amateur astronomers, check out the New Hampshire Astronomical Society’s (NHAS) Web site at <http://www.nhastro.com/>, where, among other things, you can learn about what public libraries around the state, nation and world, you can check out an easy-to-use telescope to observe the skies with! (FYI, this extremely successful Library Telescope Program was developed by the NHAS and has spread around the world from here!)

Be sure to participate in turning out your lights at 9 p.m. on Saturday, Aug. 15, and take the time to view the wonders of the night sky with friends and family (while observing Covid-19 safety precautions, of course!). Getting outside to look up at the wonders of the heavens is never a wasted opportunity. Cutting back on light pollution not only saves money and reduces greenhouse gases; it benefits the health and well-being of plants and animals while enabling more people to see the wonders of our night sky. For more information, go to foreversquam.org, squamlakes.org, or nhnature.org.

Science Center offers experience with native wildlife in outdoor setting



HOLDERNESS — Public visitors and members are happily and safely seeing and learning about native New Hampshire wildlife exhibited at Squam Lakes Natural Science Center, since it reopened on June 15. The live animal exhibit trail meanders through forest and field providing an educational natural experience in a comfortable outdoor setting.

Before visiting and for a smooth experience, all public visitors and members alike must reserve tickets in advance at the Science Center’s Web site, nhnature.org. This ensures each family group has adequate room to stay physically distant from others by limiting the number of people on the trail at any

one time. With a fewer tickets available each day, visitors may be sure there is room for their group by reserving tickets ahead of time at nhnature.org.

Guests and members may reserve tickets for a particular time slot, with a 30-minute window to enter. Science Center members do not need to pay for tickets, but still must register in advance, following the same process as non-members. All guests are asked health-screening questions upon arrival.

Some exhibits are closed for the 2020 season, including the Gordon Children’s Center. The picnic area and pavilion are closed and there is no food service or water fountains on site. Visitors must bring their own water or purchase it on site. There are a small number of picnic tables in the parking lot for the guests to use before or after their visit. The Raptor Exhibit and Celebrate Birds Exhibit are also closed due to construction and renovations, planned for opening in 2021.

New for 2020, visitors will come across Pop Up Animal Encounters along the live animal exhibit trail, where naturalists or volunteer docents are stationed throughout the day with

a live animal or artifact to share.

Hand sanitizer is in place at exhibits along the trail and guests ages 3 and up are required to wear face masks per CDC guidelines. Staff members sanitize restrooms and surfaces throughout the campus every two hours during the day and every morning before opening. All safety guidelines may be found at nhnature.org/reopen.

Trail admission is \$15 for adults and seniors, and \$10 for youth ages three to 15. Children two and under and members are free. Hours are 9:30 a.m. to 4 p.m., with the last admission at 3 p.m. every day. To minimize exchanges of items between guest and staff, other vouchers, coupons, and discounts will not be honored at this time.

Squam Lake Cruises have also resumed operations, although at reduced capacity. Tickets must be reserved online in advance. Discover Squam cruises are offered daily at 11 a.m. and 1 p.m. Passengers learn about the natural history of Squam Lake, look for majestic Bald Eagles, and listen for the haunting call of Common Loons. The Loon Cruise runs every Friday at 3 p.m. Guests observe Common Loons with a Loon Preservation Committee (LPC) biologist and Science Center naturalist and learn about the latest news about loon conservation, biology, and monitoring.

Please check the Web site at nhnature.org/reopen for the most up to date information and to purchase tickets. For questions, visit nhnature.org or call 968-7194

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