

# Newfound Landing

THURSDAY, AUGUST 6, 2020

FREE IN PRINT, FREE ON-LINE • WWW.NEWFOUNDLANDING.COM

COMPLIMENTARY

## Antique car parade rolls through Newfound region

BY DONNA RHODES  
dhrhodes@salmonpress.news

REGION — Last Saturday afternoon, people along the shores of Newfound Lake were treated to a special sight as 96 antique and classic cars made not one, but two loops around the lake. They were greeted by throngs of people along the route and even in boats along the ledges where they could enjoy a front row seat to the spectacle. In Hebron Village, many residents even brought a picnic lunch to enjoy in the shade of the town common as they awaited the parade.

For several years, Bridgewater resident Anne Bryan has hosted a popular car show on her property, with proceeds from the event benefiting the New Hampshire Humane Society. Realizing that gatherings of that nature are not feasible this year, she said one

SEE PARADE, PAGE A7



A parade of cars from the 1920s through today drew enthusiastic crowds along their parade around Newfound Lake last Saturday afternoon, including a drive through historic Hebron Village.

DONNA RHODES

## Ash Cottage named to Register of Historic Places

BY DONNA RHODES  
dhrhodes@salmonpress.news

HEBRON — Last week, the New Hampshire Division of

Historical places announced that the State Historical Resources Council added 11 properties to the state's registry and among those

was Ash Cottage in the Town of Hebron.

Hebron was incorporated in 1792, and in 1860 Ash Cottage was

SEE ASH COTTAGE, PAGE A7

## Isaias batters central New Hampshire

BY DONNA RHODES  
dhrhodes@salmonpress.news

REGION — Rain and gusty winds from former hurricane turned tropical storm Isaias tore quickly through New Hampshire late Tuesday afternoon and early evening, leaving First Responders

scrambling to calls of trees and wires down throughout many parts of the state.

At 8:37 p.m., the Town of Alexandria issued an alert that several roads in that community were closed due to fallen trees, and emergency responders from Wentworth to Thornton were busy with downed power lines as well.

In addition to all of those calls, there were several medical emergencies and minor fires to deal with in many of the local communities. At one point in the

late afternoon hours, an area ambulance crew advised Lakes Region Mutual Fire Aid dispatchers that even they were having to re-route their travel to an emergency call due to additional trees across a roadway that hadn't yet been reported. A request for medical transport through DHART also had to be denied to another department due to high winds, which kept the helicopter grounded during the storm.

Utility companies re-

SEE ISAIAS, PAGE A7

## Bristol adds summer concerts to schedule

BRISTOL — Bristol's Kelley Park has certainly been rocking this summer with lots of great music featured at their Thursday night free concerts. The Bristol Community Events Committee is thrilled with the turn out so far with well over 100 people in attendance each week.

"It is so wonderful to be able to offer people some free family fun — especially during this challenging summer. And the concert goers have been really good about social distancing. Kelley Park is so expansive that it's quite easy to do" says Event Committee Chairperson Lucille Keegan. "So far we've only had one cancellation due to weather" says Keegan, "but we are happy to announce that we are trying to reschedule any weather cancellations for another night."

The Bristol Summer

Concert Series is typically held on Thursday nights from 6:30 – 8 p.m. at Kelley Park, but there are already a couple of concerts scheduled for other nights. Following is the updated Bristol concert Schedule.

Thursday, Aug. 6 — Jackie Lee & the Cold Steel Ramblers

Tuesday, Aug. 11 — The Blacklite Band—rescheduled from July 23

Thursday, Aug. 13 — Carroll Brown

Thursday, Aug. 20 — Audrey Drake Trio

Thursday, Aug. 27 — Michael Vincent Band

Saturday, Aug. 29 — Studio Two—Beatles Tribute — added in place of Old Home Day

In order to maintain social distancing, the concerts are being held outdoors only this summer. If the weather does not cooperate for an outdoor concert, the concert will be cancelled.

SEE CONCERTS, PAGE A7



COURTESY

## Hail to the (new) Chief

David Suckling was officially sworn in as Alexandria's new police chief on Monday, Aug. 3, with his family on hand to pin the new badge to his uniform. Suckling has served as an officer in Alexandria for six years and, upon the retirement of Chief Donald Sullivan on July 31, he was appointed by the Board of Selectmen to fill that position. A public ceremony for Chief Suckling's promotion will be held in the near future.



# Mid-State Health Center celebrates National Health Center Week!

PLYMOUTH — Mid-State Health Center will celebrate National Health Center Week this year from Aug. 9 through Aug. 15 and recognize their team as well as all the health clinics around the nation who work tirelessly to keep our communities healthy and safe.

Community Health Centers provide preventive and primary care services to more than 91,400 patients in New Hampshire and have continued to do so while facing a global pandemic. Community Health Centers nationwide are committed to providing care to those in our community who are underserved and lack access to affordable, quality care. While our approach is community-based and local, collectively we are the backbone of the nation's primary care system. Community Health Centers lower health care costs to the tune of \$24 billion a year; reduce rates of chronic diseases, and stimulate local economies.

Robert MacLeod, Mid-State's Chief Executive Officer, highlighted, "Now more than ever, our mission to provide high quality primary care to our community is essential. Mid-State is steadfast in its commitment to ensuring everyone has access to the care they need, when they need it, regardless of their ability to pay."

Mid-State is also committed to help its patients address factors that may contribute to poor health, such as poverty, homelessness, substance use, mental illness, and, lack of nutrition. They continue to serve our communities through both telehealth and in-office visits to ensure their patients can still access the care they need to stay healthy. Despite the challenges of the past year, Mid-State has added more options for local access to healthcare services through the addition of an Imaging Center in its Plymouth office; welcoming the Alpine Clinic to add access to orthopedics with its Visiting Specialist Program; and expansion of its RISE Recovery Services to include an Intensive Outpatient Program.

While the response to COVID-19 continues in our nation, Community Health Centers have stretched themselves to reconfigure services for those in need. The mission of Mid-State and of all Community Health Centers remains crucial today because access to basic care remains a challenge in parts of the United States.

During National Health Center Week, and every day, Mid-State wants to recognize the valuable contribution its entire staff brings

SEE **HEALTH WEEK**, PAGE A7



South Baldface, one of the most majestic and scenic of the 52 With A View peaks, as seen from neighboring Baldface Knob.

## Squam Speaker Series continues with “New Hampshire’s 52 With A View”

HOLDERNESS — Join the Squam Lakes Association on Wednesday, Aug. 19 from 7-8 p.m. for a virtual Squam Speaker Series! This month's speaker is Ken MacGray, the author of "New Hampshire's 52 With a View – A Hiker's Guide" and "The Southern New Hampshire Trail Guide" for the Appalachian Mountain Club.

MacGray is a member of the Appalachian Mountain Club's 4,000 footer club and has completed two rounds of the 52 With A View, among other hiking accomplishments. He has hiked extensively throughout New Hampshire and New England, and can usually be found wandering throughout the hills of the region, exploring new and exciting places both on and off the

beaten path.

Wednesday's discussion will focus on the increasingly-popular "52 With A View" hiking list, which was created to be a complement to the New Hampshire 4,000 Footers. We will explore the origins of the list and how it was created by the Over The Hill Hikers from Sandwich, the appeal of the hikes on the list to both experienced and beginner hikers alike, and a new comprehensive guidebook which contains everything you need to explore these peaks.

The Squam Lakes Association's Squam Speaker Series is held throughout the year on Wednesday evenings. Visit [www.squam lakes.org](http://www.squam lakes.org) or call 968-7336 to register for this Zoom discussion.

## NHEC working to repair damage from Tropical Storm Isaias

PLYMOUTH — New Hampshire Electric Cooperative (NHEC) crews have worked throughout the evening to respond to the widespread damage caused by Tropical Storm Isaias. At the peak last night, over 37,000 NHEC were without power; as NHEC's transmission provider lost

service to several substations throughout the NHEC service territory. Overnight crews were able to restore more than 21,000 NHEC members, despite challenging conditions.

Restoration and assessment efforts are continuing this morning, as NHEC and contractor crews are facing extensive tree damage that has restricted access to many locations. Numerous roads remain closed statewide. Crews will be working throughout the day and NHEC has requested assistance from neighboring utilities.

Restoration estimates are not yet available for all outages. When available, restoration times will be posted on NHEC's live outage map at [www.nhec.com](http://www.nhec.com).

About New Hampshire Electric Cooperative

NHEC is a member-owned electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities. Headquartered in Plymouth, our business is to keep, maintain and service our 5,500 miles of energized line in order to provide our members with the best possible service.

## Bristol to hold Family Movie Night in Kelley Park!

BRISTOL — The Bristol Community Events Committee has scheduled a 'Movie on the Park' for Monday, Aug. 17. Seating will open at 7:30 p.m., and the movie will begin around 8:15 p.m. All participants are asked to social distance when setting up their

blankets or chairs.

The movie that will be featured is Disney's "Aladdin." This is the live action movie featuring Will Smith as the Genie, and it is rated PG. While admission is free, the Committee is asking anyone who can to make a donation towards the

cost of the event. A donation jar will be present, and popcorn will also be available!

The movie will be held in Bristol's Kelley Park. In the event of inclement weather the movie will be cancelled, but will be rescheduled for another date. Cancellation and rescheduling information will be posted on the Tapply-Thompson Community Center and Town of Bristol Facebook pages. [www.facebook.com/Bristol-Community-Events](http://www.facebook.com/Bristol-Community-Events) or [www.facebook.com/TTCC](http://www.facebook.com/TTCC). For questions contact the TTCC at 744-2713.

## New Hampton Fire Department to receive federal grant

NEW HAMPTON — The Federal Emergency Management Agency (FEMA) announced recently \$59 million in direct assistance grants to 392 fire departments nationwide through the agency's Fiscal Year (FY) 2019 Assistance to Firefighters Grant (AFG) program. Additional phases will soon be announced.

The Assistance to Firefighters Grant Program includes grants to the following fire departments in New Hampshire:

- Berlin –Federal share of \$167,952 for firefighter breathing apparatus
- Holderness –Federal share of \$145,571 for firefighter breathing apparatus and an air compressor –refill system
- Keene –Federal share of \$369,091 for firefighter breathing apparatus
- New Hampton –Federal share of \$47,619 for vehicle extrication equipment
- Pittsfield –Federal share of \$155,762 for firefighter breathing apparatus

Since 2001, the Assistance to Firefighters Grant (AFG) has helped firefighters and other first responders obtain critically needed equipment, protective gear, emergency vehicles, training and other resources necessary for protecting the public and emergency personnel from fire and related hazards.

This grant is funded through FEMA's Assistance to Firefighters Grant (AFG) program. Eligible applicants include local fire departments, fire districts, nonaffiliated EMS organizations, tribal fire departments and State Fire Training Academies. The grant applications are submitted from each agency directly to FEMA, where the applications are reviewed and scored by fire service personnel from throughout the nation.

FEMA obligates funding for this project directly to the recipient agencies. It is the recipient agency's

SEE **GRANT**, PAGE A7

**CASS INSURANCE INC.**  
**'Nanc' & Michelle**  
PO Box 406 • Newport, Vermont 05855  
**PERSONAL AUTOS, WORKMAN'S COMP.**  
**GENERAL LIABILITY AND EQUIPMENT**  
**HOMEOWNERS, SNOWMOBILES, ATVS**

802.334.6944-Work  
802.334.6934-FAX  
[cassinsurance@myfairpoint.net](mailto:cassinsurance@myfairpoint.net)

**NORTH COUNTRY COINS, LLC**  
BUYING • SELLING • APPRAISALS  
*Est. 1989*  
[WWW.NCCNH.COM](http://WWW.NCCNH.COM)  
TUES • FRI 10 • 5 • SAT 10 • 3

**HIGHEST PRICES PAID**  
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.  
**NORTH COUNTRY COINS.**  
Main St., Plymouth, NH 536-2625.

# Newfound Landing

**ADVERTISE WITH US**  
ADVERTISING EXECUTIVE  
TracyLewis  
(603) 575-9127  
[tracy@salmonpress.news](mailto:tracy@salmonpress.news)

**TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:**  
KERRI PETERSON  
(603) 677-9085  
[kerri@salmonpress.news](mailto:kerri@salmonpress.news)

**SEND US YOUR NEWS AND PICS**  
[news@SalmonPress.news](mailto:news@SalmonPress.news)

**TO FAX THE GRANITE STATE NEWS:**  
CALL (603) 279-3331

**TO PRINT AN OBITUARY:**  
E-MAIL: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)  
CALL: 603-677-9084

**TO SUBMIT A LETTER TO THE EDITOR:**  
E-MAIL: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)

**TO SUBMIT CALENDAR ITEMS:**  
E-MAIL: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)

[WWW.SALMONPRESS.COM](http://WWW.SALMONPRESS.COM)  
(603) 279-4516  
**A SALMON PRESS PUBLICATION**  
**NEWFOUND LANDING STAFF DIRECTORY**

**PRESIDENT & PUBLISHER**  
FRANK G. CHILINSKI  
(603) 677-9083  
[frank@salmonpress.news](mailto:frank@salmonpress.news)

**BUSINESS MANAGER**  
RYAN CORNEAU  
(603) 677-9082  
[ryan@salmonpress.news](mailto:ryan@salmonpress.news)

**OPERATIONS DIRECTOR**  
JIM DiNICOLA  
(508) 764-4325

**DISTRIBUTION MANAGER**  
JIM HINCKLEY  
(603) 279-4516

**EDITOR**  
BRENDAN BERUBE  
(603) 677-9081  
[brendan@salmonpress.news](mailto:brendan@salmonpress.news)

**SPORTS EDITOR**  
JOSHUA SPAULDING  
(603) 941-9155  
[josh@salmonpress.news](mailto:josh@salmonpress.news)

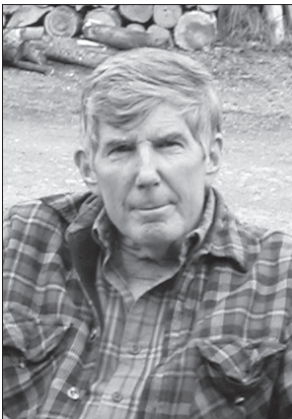
**PRODUCTION MANAGER**  
JULIE CLARKE  
(603) 677-9092  
[julie@salmonpress.news](mailto:julie@salmonpress.news)

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.



North Country Notebook

You just have to slow down, pull over, and read the sign



By JOHN HARRIGAN  
COLUMNIST

What if you had all the time in the world for an extended road trip that would never take you all that far from home?

What if you packed the classic Inexhaustible Picnic—summer sausage, hardboiled eggs, radishes (of course), some bread and cheese, maybe a bottle of wine?

What if you then set forth to learn some New Hampshire history—not through textbooks or classroom lectures, but by reading every single one of New Hampshire’s 267 (count ‘em, 267) roadside Historical Markers?

My bet is that you’d wind up with a pretty good grip on the state’s history, and it would be a whole lot more fun than what you had to sit through back there in the Fourth Grade that what’s her name, Mrs. Hardwick, taught. The one where you got in trouble for a spitball that slid down the blackboard.

That’s when most students get whatever they’re going to get on New Hampshire’s 350 years of post-European history. Usually they’ll remember Mrs. Beasley. They might even remember Mason’s Grants. But they’re not likely to remember a whole lot more.

To be fair, many teachers complain about the lack of good course material. And there’s no way a classroom can compete with a road trip.

+++++

Many of us have never slowed down long enough to have even a glimmer of what’s on a roadside historical marker, let alone read one. Once in a while some of us may have pulled over at a marker offering a nice place to eat lunch.

But if we did stop to read one, here’s what it might say:

“COLLEGE ROAD”

“Governor John Wentworth and the King’s Council voted in the spring of 1771 that a highway be made from the Governor’s estate at Wolfeborough to Dartmouth College. Joseph Senter, David Copp and Samuel Shepard surveyed the 67-mile road which followed this route to Plymouth. Then it passed through Grotton, around Lary’s and Goose ponds, over Moose Mountain to Hanover. Wentworth rode over it to Dartmouth’s first commencement, August 28, 1771.”

My first observation on this marker is that government really rocked during Governor Wentworth’s time. Obviously, nobody took time to put this job out for bids, or do an environmental impact study. But

notice that they got the job done in one year, in time for the Governor to ride to commencement.

“Consumer Alert: Historical Markers declared habit forming, could be hazardous to your health.”

The above warning should be put on the first historical marker a person ever reads. They are like peanuts or popcorn, or even those good cheese puffs, the ones made with real cheese and a good puff of air.

My favorite roadside marker (I think) is this one (See? I couldn’t stop stopping...) in Alton Bay:

ALTON BAY  
TRANSPORTATION  
CENTER  
RAILROAD SQUARE

“This location became a transportation center on August 30, 1851, upon completion of the Coche-co Railroad from Dover to Alton Bay. The first “Mount Washington” steamboat was built here in 1872. For forty years a railroad terminus, here northbound travelers switched to a stage coach or steamboat. On June 17, 1890 the Lake Shore Railroad opened its line from Alton Bay to Lakeport, only to shut down in 1935. On June 17, 1990 this spot regained its historic name, ‘Railroad Square,’ to mark the centennial of the Lake Shore Railroad. At that time, seven of the line’s ten original stations still stood.”

This marker is my favorite because I’ve read so much about the history of travel in New Hampshire, and our fine tradition of catering to guests from relatively near and fantastically far.

The sons and daughters of sheiks and sultans are enrolled in our schools. Presidents have trod upon the top of Mount Washington. The nation’s most beautiful coin was created at a New Hampshire retreat.

As a result of steeping myself in the history of travel, from plush parlor-car to steamboat to stage coach and shank’s mare, I often succumb to imagining myself as a traveler of yore. I step onto a Pullman car in Boston, change trains in Dover, step onto a steamboat in Alton Bay, step ashore at Center Harbor, and catch a stage coach or even another train (railroads were still evolving) to any of a dozen destinations.

Michael Bruno of Bethlehem gets the whole thing about roadside history markers. Two years ago he published a book on it, *Cruising New Hampshire History, A Guide to New Hampshire’s Roadside Historical Markers*, all about the state’s amazingly varied and revealing roadside signs.

Revealing, for instance, about the famous Underground Railroad that helped slaves flee their bondage and gain their freedom. Several New Hampshire families preserve oral histories about their ancestors’ involvement in this clandestine system, and can point to hideaways still very much in evidence, and recognized lest we forget.



COURTESY

Mike Bruno took this selfie at the site of the Fort William & Mary raid, carried out mainly to secure a crucially important commodity for the nascent Revolutionary War—gunpowder, for which the colonies had only one mill. The event rarely is mentioned in history books, but the sign says it all. (Courtesy Mike Bruno)

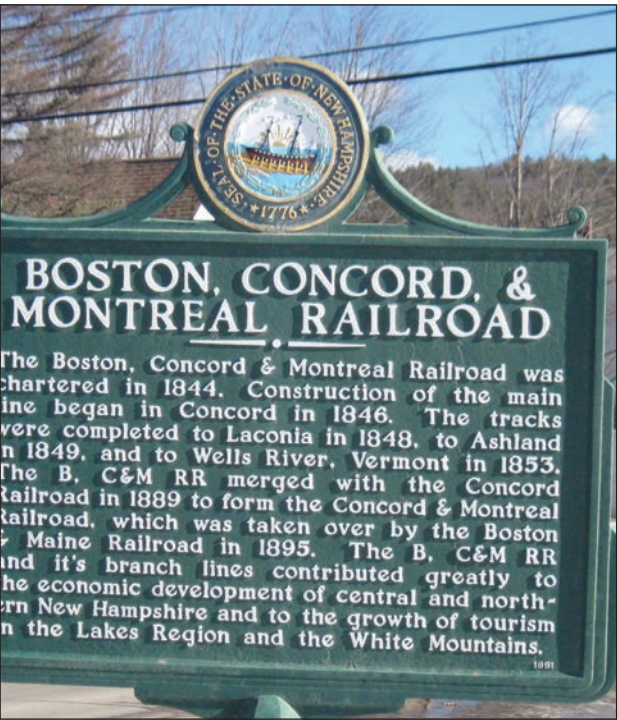
But for the most part, the markers reveal the sheer abundance of history that can come alive in the form of a farm, a waterfall, an old mill, a pond in the middle of town, a boulder, or an old stagecoach stop. A tavern stood here, a meeting house still stands there. The history is all over the place, there for the traveler’s edification and enjoyment.

For there is the sheer joy of most history, or in the discovery of it, as any armchair adventurer will attest. At the turn of a page, you can find out that a house just down the street, one of the tosses on your kid’s paper-route, has a hiding place behind the central chimney. Up goes the marker, and the resource books and the school project come alive.

Mike Bruno’s book offers all the impetus needed to drop everything that seems important at

the moment, and go off in search of roadside markers. It’s almost like planning a hiking trip, but a whole lot more comfortable. All you need in this case are a good fold-out map (or even better, one of De Lorne’s large-format books of state maps), Mike Bruno’s guide-book, and a tankful of gas.

“Venture forth,” says I to ye would-be traveler of old. “Yon highway beckons.”



JOHN HARRIGAN

The historical marker at the Ashland station provides at least a glimpse of what went on there, in a time when travel was considered an adventure. The proof-reading slipped a bit.

Sidebar to historical markers story:

Whence the roadside markers?

This story and sidebar came about because of a two-paragraph little snippet I included in a column of snippets after cleaning off my desktop several months ago, a once-in-a-while column that’s always fun to write. Longtime reader Helen Pike, daughter of woods-lore and logging history writer Robert Pike (Spiked Boots, SEE NOTEBOOK, PAGE A7

**SCHWARTZBERG LAW**  
*Focusing on Family Law & Estate Planning*

Attorney  
Steven C. Gahan

Attorney  
Ora Schwartzberg

Attorney  
John T. Katsirebas, Jr.

**572 Tenney Mountain Hwy • Plymouth, NH 03264**  
**603.536.2700 • www.nhlawyer.net**

**NOW WE ARE THREE!**

**THE SALMON PRESS 2020/2021 NEW HAMPSHIRE**  
**WINTER GUIDE**

**SIZE & PRICING INFORMATION**  
Full page with bleed..... \$785  
(8.5" x 10.5" w/live image area of 7.25" x 9.25")  
FULL PAGE without bleed (7.25" x 9.14") .....\$785  
2/3 PAGE (4.778" x 9.14") .....\$575  
1/2 PAGE vertical(4.778" x 6.954") .....\$435  
1/2 PAGE horizontal (7.25" x 4.5") .....\$435  
1/3 PAGE square (4.778" x 4.5") .....\$310  
1/6 PAGE vertical(2.187" x 4.812").....\$170  
1/6 PAGE horizontal(4.778" x 2.188") .....\$170  
1/12 PAGE square(2.3" x 2.25") .....\$100  
  
**GLOSSY PAGE PRICING** (sizing same as above)  
Full Page..... \$1,500  
Half Page..... \$850

**ALL ADS INCLUDE:**

- Free Layout & Design
- Free Listing in our Advertiser’s Index
- Free Entertainment Listing in our calendar of events

**DISTRIBUTED TO MORE THAN 300 LOCATIONS THROUGHOUT NEW ENGLAND INCLUDING...**  
Massachusetts, Rhode Island  
Connecticut & New Hampshire  
**ON NEWSSTANDS MID-NOVEMBER**

**ADVERTISING DEADLINE**  
**WEDNESDAY,**  
**OCTOBER 2<sup>ND</sup>**  
**AT NOON**  
*Glossy advertising is limited!*

**Lori Lynch at 444-3927 or email: lori@salmonpress.news**



## CADY Corner

*Research sheds light  
on challenges of  
testing for marijuana  
impaired driving*

BY DEB NARO  
Contributor


Driving under the influence of drugs is a major public safety issue, and marijuana is the drug most found in the blood of drivers. According to the CDC, marijuana can slow your reaction time and ability to make decisions, impair coordination, distort perception and lead to memory loss and difficulty with problem solving. There is an ongoing challenge to develop valid tests of driver intoxication with appropriate legal limits for blood concentration of THC, the psychoactive ingredient in marijuana. Due to the chemical profile of THC, its concentration in the blood diminishes rapidly after smoking, but impairment does not diminish as rapidly, rendering THC concentration in blood samples collected after driving often inaccurate regarding the person's level of impairment while driving.

Researchers at the National Institute on Drug Abuse's (NIDA) Intramural Research Program and the University of Iowa tested the blood THC concentrations of adults before, during, and after driving in the National Advanced Driving Simulator, to evaluate how changes in THC concentration may affect the interpretation of toxicology results. Results showed that even though blood THC concentrations while driving were at levels that affected driving ability, the levels had decreased to under commonly used impairment testing thresholds after a few hours. Consumption of alcohol, along with marijuana, did not significantly affect the blood results for marijuana.

The findings show that THC concentrations in blood collected after driving may be much lower than concentrations closer to the time of the actual marijuana use, and thus, may not reflect the resulting impairment. In addition, the wide variability in how THC is metabolized by frequent users versus infrequent users makes accurate testing challenging. Current testing methods do not necessarily accurately reflect impairment. With some states legalizing the recreational use of marijuana, the development of improved methods for assessing cannabis intoxication in real time is important for giving law enforcement officers the tools they need to address drugged driving and will enable legislators to develop more accurate impairment guidelines.

For more information about marijuana impaired driving, visit our Web site at [www.cady-inc.org](http://www.cady-inc.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.


**Looking for  
New Customers?**



**FROM THE LAKES REGION  
TO THE GREAT NORTH WOODS.**

•The Baysider	•Record Enterprise
•Meredith News	•Winnisquam Echo
•Berlin Reporter	•Newfound Landing
•Gillford Steamer	•Coös County Democrat
•Granite State News	•Carroll County Independent
•Littleton Courier	

**CALL 603-279-4516  
TO PLACE YOUR  
AD TODAY!**





DONNA RHODES

### Chill seekers

A fun-loving group of “chill seekers” from Riverbrook RV & Camping Resort prepared to beat the heat and humidity last Saturday with a leisurely float down the Baker River in Rumney.

## Sustainable Bristol

BY LAUREN THERRIALT

Sustainable Bristol just got two new members and I am going to introduce you to one today. Jamie Bemis is a New Hampshire native who grew up coming to Bristol with her family to ski and swim. She was recently working and living in Brooklyn, N.Y. and was lucky enough to have the means and options to move to Bristol when the pandemic struck. Jamie has always enjoyed the outdoors and feels it is important to protect and conserve the natural beauty of our area for future generations and for the tourism that helps our area thrive. Since moving back, she

and her two sisters have purchased a 30 acre farm in Danbury called Three Sister Eco Farm. The sisters hope to live, work, grow food and teach workshops at the farm using permaculture methods.

Jamie tries to shop with zero waste in mind and minimize her use of single use items by shopping in bulk and using refillable containers. In Brooklyn she had a lush fire escape garden that she brought with her when she moved, one good thing about container gardens is they are portable. She has been spending her free time gardening at the new farm, doing yard work, kayaking and hik-

ing. We both agreed that there is nowhere else we'd rather be during a global pandemic than in New Hampshire where there are so many possibilities for socially distanced recreation and beauty all around us.

Jamie says her mother practiced sustainable living and was always gardening and composting in her childhood which provided the foundation for her interest and practice now. Jamie brings her compost and recycling home from vacation and has a worm compost system at her home. A child of the 90's, Jamie says that her generation has grown up knowing about and being impact-

ed by the climate crisis which has shaped her goals and values. Jamie is very passionate and wants to help the community make regenerative, sustainable, informed choices.

We are very lucky to have Jamie on the committee and in our area. I can't wait to see what she does with her new farm and hopefully learn to worm compost from her soon.

Jamie's Green Tip of the Week: When you run your dishwasher skip the dry cycle and open the dishwasher a bit to let them dry for 30-plus minutes to save energy.

## The science of addiction

and treatment approaches that reduce the toll substance misuse takes on individuals, families, and communities.

Despite these advances, many people today do not understand why people become dependent on drugs or how these substances change the brain to foster compulsive use. Increased understanding of the basics of addiction will empower people to make informed choices in their own lives, adopt science-based policies and programs that reduce substance misuse and addiction in their communities, and support scientific research that improves the Nation's well-being.

People with addiction lose control over their actions. They crave and seek out drugs, alcohol, or other substances no matter what the cost—even at the risk of damaging friendships, hurting family, or losing jobs. What is it about addiction that makes people behave in such destructive ways? And why is it so hard to quit?

National Institutes of Health (NIH)-funded scientists are working to learn more about the biology of addiction. They've shown that addiction is a long-lasting and complex brain disease, and that current treatments can help people control their addictions. But even for those who've successfully quit, there's always a risk of the addiction returning, which is called relapse.

The biological basis of addic-

tion helps to explain why people need much more than good intentions or willpower to break their addictions.

“A common misperception is that addiction is a choice or moral problem, and all you have to do is stop. But nothing could be further from the truth,” says Dr. George Koob, director of NIH's National Institute on Alcohol Abuse and Alcoholism. “The brain actually changes with addiction, and it takes a good deal of work to get it back to its normal state. The more drugs or alcohol you've taken, the more disruptive it is to the brain.”

Researchers have found that much of addiction's power lies in its ability to hijack and even destroy key brain regions that are meant to help us survive.

A healthy brain rewards healthy behaviors—like exercising, eating, or bonding with loved ones. It does this by switching on brain circuits that make you feel wonderful, which then motivates you to repeat those behaviors. In contrast, when you're in danger, a healthy brain pushes your body to react quickly with fear or alarm, so you'll get out of harm's way. If you're tempted by something questionable—like eating ice cream before dinner or buying things you can't afford—the front regions of your brain can help you decide if the consequences are worth the actions.

But when you're becoming

addicted to a substance, that normal hardwiring of helpful brain processes can begin to work against you. Drugs or alcohol can hijack the pleasure/reward circuits in your brain and hook you into wanting more and more. Addiction can also send your emotional danger-sensing circuits into overdrive, making you feel anxious and stressed when you're not using the drugs or alcohol. At this stage, people often use drugs or alcohol to keep from feeling bad rather than for their pleasurable effects.

Teens are especially vulnerable to possible addiction because their brains are not yet fully developed—particularly the frontal regions that help with impulse control and assessing risk. Pleasure circuits in adolescent brains also operate in overdrive, making drug and alcohol use even more rewarding and enticing.

Although there's much still to learn, we do know that prevention is critical to reducing the harms of addiction.

“Childhood and adolescence are times when parents can get involved and teach their kids about a healthy lifestyle and activities that can protect against the use of drugs,” says Dr. Nora Volkow, director of NIH's National Institute on Drug Abuse. “Physical activity is important, as well as getting engaged in work, science projects, art, or social networks that do not promote use of drugs.”



# Hiking for health

BY LEAH BARON  
RehabFit at Boulder Point

From taking a subdued stroll in a marshland to an arduous climb up a granite bluff, hiking and New Hampshire are a natural pair. While we are quick to bask in the illustrious scenery, we often take advantage of the health benefits that hiking offers.

Hiking nowadays has become much more than just a walk in the woods for so many people. It is looked at as a social activity, a way to promote mental clarity, and en-

gaging in physical exercise. The difference between a “walk” and a “hike” is the energy and the muscle activation hiking requires. As you start hiking your body immediately begins burning calories faster. The intensity of the hike increases your heart rate and breathing, this increased effort is what causes your body to burn more calories at a faster rate, therefore making hiking a better weight loss activity over gentler exercises such as Yoga or Tai Chi.

While hiking, your

body naturally engages in different muscle groups, this is creating an overall greater strength. You are also engaging smaller stabilizing muscles and soft tissues during the hike where you otherwise would not if you were walking on a flat surface.

Increased endurance is also a positive effect of hiking. Endurance is increased with the strengthening of the heart, lungs, airways, and blood vessels. The uneven terrain and inclines help increase endurance and lung capac-

ity making it possible to remain active for longer periods of time and aiding in your body’s recovery.

The constantly changing terrain recruits different muscle fibers in the calves, quads, hamstrings, glutes, core, and even your upper body for more difficult trails. For added difficulty wear a backpack, this will improve your posture while further engaging core muscles. Hiking has shown to improve the health of your bones. The intense weight bearing exercise puts resis-

tance on your whole body which has proven to result in increased bone strength.

Hiking is a good fall prevention activity; testing your balance while also engaging your brain will enhance your stability. Hiking requires more movement than walking due to roots, boulders, holes, and plants, be prepared to dip, crouch, climb, or side step your way through the trail. Your core is forced to be engaged throughout the hike with these movements, which in turn, will increase your bal-

ance and heighten fall prevention.

Hiking has the ability to lower the risk of heart disease. It can lower your bad cholesterol, LDL, while stabilizing your blood sugar, decreasing arterial stiffness, and decreasing any inflammation. Because hiking can help lower blood sugar levels, regular hiking could help prevent and manage Type 2 diabetes. To get the needed amount of energy for hiking, glucose is moved from the bloodstream to the engaged muscles. Due to the duration of this exercise, more sugar is pulled from your blood compared to shorter duration activities, further aiding in lowering blood sugar levels.

Being outside and in nature is refreshing and the sunshine provides full doses of vitamin D. Hiking has the ability to positively affect your mood which is beneficial to your overall mental health. Instead of having tense muscles and an irritable mood, enjoy the wilderness to decrease stress levels, and provide you with a lower heart rate while improving cognitive abilities and healing. Hiking and being stress free has a positive impact on your sleep at night, strengthening your physical and mental health.

Although beneficial, hiking can be a high risk activity and safety should be a concern while on the trails. It is always a good idea to have a hiking buddy or someone aware of your plans. Bring enough water and food to keep up your energy for the entire hike, and be sure to wear appropriate clothes, shoes, sunscreen, and bug spray. Be ready for any weather changes because Mother Nature can be very unpredictable. Be aware of any wildlife, back away slowly if you come across an animal in the woods, don’t run or startle it. After, please report the sighting to a state game warden.

Through the tribulations of this year, maintaining proper health, both mentally and physically is paramount. Hiking in New Hampshire gives you one of the best options for a healthy, safe, challenging, and socially distanced workout. Come see the staff at RehabFit for all the best pointers on how to maximize your hiking routine! Or call to make an appointment, 238-2225.

## TTCC, Slim Baker Foundation fundraise for future improvements

BRISTOL — The Tap- ply - Thompson Community Center (TTCC) and the Slim Baker Foundation for Outdoor Education, Inc. are working together to fundraise for future improvements with direct benefits to the youth and community. The fundraiser will support both organizations capital funds in an effort to build upon current and future improvements. The Slim Baker Foundation, in accordance with its current master plan, is looking to build an outdoor pavilion located on the grounds of the Slim Baker Area for use by all visitors. A covered pavilion would provide a great venue for outdoor programs along with an ideal location for local youth involved in the TTCC summer camp, scouting, and school programs, to expand outdoor learning experiences.

The Newfound Area has greatly benefitted from the legacy of those who came before us and

paved the way for our youth and community. Tim Tap- ply, grandson of Richard “Wink” Tap- ply, co-founder of the TTCC, has written a book titled Bus and Wink: Adventures of Youth, Stories Told Around the Campfire. Several years ago, Tim wrote and published this book, as a gift to the family, to keep his grandfather’s stories alive for generations to come. The Tap- ply family continues to this day to tell these “Bus and Wink” stories at special events, gatherings, and around the campfire on Newfound Lake.

The Tap- ply family has been instrumental in many ways within the community and especially with both TTCC and the Slim Baker Area. Wink was the first Director of the Bristol Community Center, and there are many in the greater Bristol area whose lives have been influenced by Wink and Ruth. To help provide outdoor recreation op-

portunities for people in the greater Bristol community, a limited number of books will be available as a fundraiser, with 100 percent of the proceeds supporting the outdoor missions of both the TTCC and the Slim Baker Foundation for Outdoor Education, Inc.

Wink’s son, Dick Tap- ply, says, “The Tap- ply family is excited to share this book with the community as a way for Dad and Mom to continue to give to the greater Bristol area. Generous local people are covering the cost of publication in order for all proceeds can be dedicated to TTCC and the Slim Baker Area.”

The book is now available for pre-order at \$35, with an expected release date at the end of August 2020. Books can be pre-ordered through the TTCC website at [www.ttcrc.org](http://www.ttcrc.org) or by calling TTCC at 744-2713.

## Habitat for Humanity announces minimum wage increase

PLYMOUTH — At the most recent board meeting for Pemi-Valley Habitat for Humanity, Executive Director Frank McClain was pleased to announce that they have made a change in their nonprofit company’s minimum wage policies that they hope will benefit people who are struggling to make ends meet

in the current economy. Minimum wage in the State of New Hampshire is set at \$7.25 per hour, but effective immediately, McClain said they will offer a minimum-starting wage of \$15/hour for entry level positions. The increase will apply to all self-sufficient employees who are responsible for pay-

ing bills, rents, mortgages or are supporting a family.

“Habitat for Humanity is taking a stance on thoughtful minimum wage for our staff,” said McClain. “We want to set a trend for community responsibility to see that people can make ends meet.”

McClain said Pemi-Valley Habitat for Humanity’s ReStore on Tenney Mountain Highway also has a management position open at the store and qualified people are encouraged to contact them at 536-1333 to apply.

## Mid-State Health Center introduces new name and look for RISE program

PLYMOUTH — RISE Recovery Services, a program of Mid-State Health Center, offers substance use disorder treatment and recovery options for anyone in need. Recognizing that everyone’s recovery path is unique, Mid-State’s RISE Recovery Team works together to create a customized treatment plan for each individual based on their recovery goals.

The program offers a variety of services including a Medication Assisted Treatment Program (MAT), Intensive Outpatient Program (IOP), and recovery support services. The MAT program helps those in recovery by using a combination of medication and counseling in the treatment of addictions to substances. The IOP offers a higher level of outpatient recovery treatment through a 12-week program that meets 3 times each week and offers education, group and individual sessions, as well as specialized programming to help participants meet their individual recovery goals.

RISE Recovery Services brings together all of the services under one, new brand and highlights Mid-State’s highly effective, patient-centered approach. The RISE model of care focuses on treatment of the whole patient while helping individuals develop coping skills to assist them on their path to recovery. People at all levels of recovery in the program are encouraged and supported as they RISE from the grips of their addiction and embrace their new future and recovery journey.

There have been over 300 opioid-related fatalities in New Hampshire in 2019 alone. Mid-State has responded to the crisis by assembling a team of counselors, physicians, and specialists on the RISE Recovery Team. RISE Recovery Services are easily accessed through all Mid-State’s locations including their newest at the Whole Village Family Center that is focused on providing a non-clinical, community-based location for RISE Recovery Services. The entire team at Mid-State is committed to helping anyone who is facing an addiction to seek help.

“Every person is different,” says Chief Executive Officer, Bob MacLeod. “At RISE, our approach is respectful and compassionate, focuses on gaining trust through empathy, guiding with supportive expertise, all with the realization that recovery is hard, but the outcome is always worth the journey. We have already assisted hundreds of individuals regain control of their lives and recognize that success comes when we find the strength within to rise above dependency.”

If you, or someone you know, is experiencing a substance use or addiction-related challenge, call or text the RISE Recovery team at 217-6300 to learn more about how the RISE team can help.

Serving all of New Hampshire for 50 years.



**PORTER**  
ASPHALT PAVING, INC.  
**286-8182**  
[www.porterpaving.com](http://www.porterpaving.com)

Paving & Resurfacing • Driveways & Parking Lots • Line Striping  
Specializing in Residential and Commercial Paving  
Owner Installs Every Job



LOVE WHERE YOU LIVE



**SHOP LOCAL**

LIVE WHERE YOU SHOP



Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

### Edward Jones: Financial Focus

#### How Can You Help Lower Your Longevity Risk?

The investment world contains different types of risk. Your stocks or stock-based mutual funds could lose value during periods of market volatility. The price of your bonds or bond funds could also decline, if new bonds are issued at higher interest rates. But have you ever thought about longevity risk? Insurance companies and pension funds view longevity risk as the risk they incur when their assumptions about life expectancies and mortality rates are incorrect, leading to higher payout levels. But for you, as an individual investor, longevity risk is less technical and more emotional: it's the risk of outliving your money. To assess your own longevity risk, you'll first want to make an educated guess about your life span, based on your health and family history. Plus, you've got some statistics to consider: Women who turned 65 in April of

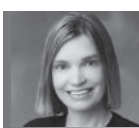
this year can expect to live, on average, until age 86.5; for men, the corresponding figure is 84, according to the Social Security Administration. Once you have a reasonable estimate of the number of years that lie ahead, you'll want to take steps to reduce your longevity risk. For starters, try to build your financial resources as much as possible, because the greater your level of assets, the lower the risk of outliving them. So, during your working years, keep contributing to your IRA and your 401(k) or similar employer-sponsored retirement plan. Then, as you near retirement, you will need to do some planning. Specifically, you will need to compare your essential living expenses – mortgage/rent, utilities, food, clothing, etc. – with the amount of income you'll get from guaranteed sources, such as Social Security or pensions. You do have

some flexibility with this guaranteed income pool. For example, you can file for Social Security benefits as early as 62, but your monthly checks will then be reduced by about 30 percent from what you'd receive if you waited until your full retirement age, which is likely between 66 and 67. You might also consider other investments that can provide you with a steady income stream. A financial professional can help you choose the income-producing investments that are appropriate for your needs and that fit well with the rest of your portfolio. After you've determined that your guaranteed income will be sufficient to meet your essential living expenses, have you eliminated longevity risk? Not necessarily – because “essential” expenses don't include unexpected costs, of which there may be many,

such as costly home maintenance, auto repairs and so on. And during your retirement years, you'll always need to be aware of health care costs. If you have to dip into your guaranteed income sources to pay for these types of bills, you might increase the risk of outliving your money. To avoid this scenario, you may want to establish a separate fund, possibly containing at least a year's worth of living expenses, with the money held in cash or cash equivalents. This money won't grow much, if at all, but it will be there for you when you need it. With careful planning, adequate guaranteed income, a sufficient emergency fund and enough other investments to handle nonessential costs, you'll be doing what you can to reduce your own longevity risk. And that may lead to a more enjoyable retirement.

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



**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith NH 03253  
603-279-3161  
Fax 866-532-8685  
[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)



# Looking for the Newfound Landing?

*Covering the Newfound Lake Area & Surrounding Communities*



Find it **FREE** Online at:  
**www.NewfoundLanding.com**

Or **FREE** at these  
fine local businesses:

**BRIDGEWATER:**

Newfound Grocery

**BRISTOL:**

Bristol Post Office (Outside Box)

Bristol Town Hall

Bristol Laundry

Cumberland Farms Bristol

Park & Go Bristol

Shacketts

Rite Aid Bristol

Hannaford

Wizard of Wash

**DANBURY:**

Danbury Country Store

**HEBRON:**

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

**HILL:**

Hill Public Library

**NEW HAMPTON:**

Mobil Gas Station

Irving Gas Station

Gordon Nash Library

**PLYMOUTH:**

Tenney Mt. Store

**RUMNEY:**

Common Café

Stinson Lake Store

**PUBLISHED  
EVERY  
THURSDAY!**

*A new publication full of local news, sports & happenings from the following communities:*

Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton



**www.NewfoundLanding.com**

Headquarters: 5 Water Street, P.O. 729 Meredith, New Hampshire • (603) 279-4516



# Roger Williams University announces Spring 2020 Dean's List

BRISTOL, R.I. — Select students have been named to the Spring 2020 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester.

Joselynn Lyford of Ashland  
Kaylan Santamaria of Hebron  
About RWU  
With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strength-

ening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - gradu-

ate with the ability to think critically along with the practical skills that today's employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

## Notebook

FROM PAGE A3

and the companion Tall Trees, Tough Men), had complained about the sorry condition of a roadside marker just south of North Stratford, which tells about log drives.

That put me on the trail of who administers roadside markers, and then I bumped into Mike Bruno's book. The rest, I guess, we can assign to gravity or some mysterious force.

It turns out that New Hampshire's 267 (or so) roadside historical markers represent one of those rare things--a private-public partnership that actually works, and seems to work well.

The program, administered through the Department of Transportation, has been in place for 65 years. That's a long time for any sign to hold up. Yet some of those original markers are still

standing, and amazingly enough, still legible.

Still, the state routinely rejuvenates older markers that are beyond the pale, and even has a system to create entirely new markers, often at some group's or citizen's behest.

Mike Bruno, who wrote a 564-page book about the markers, knows several places he'd like to see a new historical marker where there are none to tell one great story or another: "Cannon Mountain, for starters," he said. "The Tramway was the first in the nation." And then there are the mountain's notoriously tough trails, and their part in training for Olympic and World Championship downhill skiing.

In normal times, if there is such a thing, Mike teaches Junior ROTC at White Mountain Regional High School.

New Hampshire's state government has a refreshingly logical, fast, and easy to use website specifically for roadside markers, at [www.nh.gov/nhculture](http://www.nh.gov/nhculture), and offers all sorts of doors for the visitor to step through. Here is what the site has to say about the 200th roadside marker, requested and sponsored by 84-year-old Eunice Woods, the last person to remember the long-abandoned town of Wildwood:

"In this area of Easton (formerly part of Landaff and before that, Lincoln), the settlement of Wildwood once stood. At the turn of the 20th century Wildwood was a center for the 'slash and run' logging of Mt. Moosilauke. The village included a school, a post office, several sawmills, a boarding house and a few homes.

"West of here was a dam used in the spring

drives that moved logs down the Wild Ammonoosuc River, from the mountains to southern New England mills. The last log drive on the river occurred in 1911. From 1933 to 1937, the first CCC camp authorized in NH was located at Wildwood."

While Pittsburg and Stewartstown have historical markers (the state's very first marker, commemorating the Indian Stream Republic; the gravesite of Metalak, last of the Coashaukees; the 45th Parallel, "half way between the Equator and the North Pole"), Colebrook has none.

This seemed a thing to be remedied, and a couple of markers quickly came to mind (Ed Norton's gold mine, timber baron George Van Dyke's mansions, the three classic glacial pot-holes on fairways 7 and 9 at the Colebrook Country Club), and I made a mental note to apply brain to keyboard.

## Isaias

FROM PAGE A1

ported that more than 55,000 homes were without power at the height of the storm but crews were busy throughout the evening getting everyone back up and running just as soon as possible.

## Concerts

FROM PAGE A1

celled and hopefully rescheduled for another night. Updates and cancellation information will be posted on the Town of Bristol Web site at [www.town-ofbristolnh.org](http://www.town-ofbristolnh.org) and the Events committee

Facebook page at [www.facebook.com/bristol-communityevents](http://www.facebook.com/bristol-communityevents).

The committee is hopeful that those who attend will adhere to the safety guidelines put forth for the summer concerts - practice safe social distancing, and wear masks when

walking through the crowd. Questions regarding the summer concert series can be directed to the Town of Bristol at 744-3354, the Tapply Thompson Community Center at 744-2713.

## Ash Cottage

FROM PAGE A1

built on a 34-acre parcel of property owned at that time by the Crosby family. Originally constructed as a farmhouse on agricultural and wetlands beside Hebron Marsh, it was eventually converted into a summer home by out-of-

state dwellers during a tourism boom in the late 1800s, said Shelly Angers of the New Hampshire Department of Natural and Cultural Resources.

The building, Anger said, is a wonderful example of a New Hampshire farmhouse that continued to evolve to suit the changing needs of its owners for more

than 200 years.

Today, Ash Cottage is part of the Newfound Audubon Center, where people can explore trails and enjoy the flowers, wildlife and other natural features of the lake, fields and marshland. Ash Cottage is located at 50 North Shore Rd. in Hebron, on the northern end of Newfound Lake.

## Parade

FROM PAGE A1

night she dreamt about a parade of antique cars travelling around the lake and her crew of 20 volunteers loved the idea when she shared it with them.

Bryan never realized how special that dream was until the parade got underway, though.

"It blew my mind to see the reception we had around every turn," Bryan said. "This might very well become an annual event."

Spectators along route said they were "blown away" as well as they watched everything from a 1926 Packard and

1927 Pierce Arrow to a 60's era Volkswagen van, classic sports cars and muscle cars motor by.

Joined by an excited crowd on the Hebron Town Common, one gentleman remarked that he, while he was eager to see the vehicles, he didn't think the parade would be as big as it turned out to be.

"This was really nice! I thought there would probably be a dozen or so cars but this was so much more than I expected," he said.

Another young woman called the parade "amazing" as she watched her father pass the Hebron Common in his 1954 military

jeep that was in service during the Vietnam War.

Bryan said car owners were quite receptive to the unique idea of a parade around the lake and she was very pleased with the turnout.

Early registrants for the parade received a bagged lunch from Biederman's Deli in Plymouth as well as hand towels and beverages from Bryan and her crew. Besides sharing her gratitude with the staff of Biederman's for their contribution, Bryan also wanted to publicly thank her "amazing staff of volunteers" who made the event such a success.

## Grant

FROM PAGE A2

responsibility to manage their grant award within federal guidelines with technical assistance and monitoring

provided by FEMA Fire Program Specialists.

Additional information about FEMA's Assistance to Firefighters grant program(s) may be found at <https://www.fema.gov/firegrants>.

## Health Week

FROM PAGE A2

and highlight how the dedication of each and every member of the Mid-State team is what ensures its ability to continue providing high-quality

care accessible to all, regardless of the ability to pay. To schedule an appointment at one of our convenient locations, call us at 536-4000 for our Plymouth Office, or 744-6200 for our Bristol Office.

### HEBRON ZONING BOARD OF ADJUSTMENT MEETING AND HEARING AGENDA AUGUST 11, 2020 6:00 P.M.

#### Meeting to be conducted via ZOOM video conferencing

You are hereby notified that the Hebron Zoning Board of Adjustment (ZBA) will meet via ZOOM video conferencing\* at 6:00 P.M. on Tuesday, August 11, 2020 to address the following:

1. Elect Chairman
2. Minutes and other administrative matters
3. Hearing on the application of appeal by Frederick C. and Barbara S. Kohout for a variance with respect to Article IV, Section H-1 of the Hebron Zoning Ordinance to permit the construction of an addition to their residence located at 26 Brooks Circle (Unit 23 of Hillside Condominiums) (Tax Map 7, Lot 8; Unit 23) within the 25' of the north property line setback and within the 50' setback from an adjoining residential building (Case 281)
4. Any other business that may come before the Board

#### ZONING BOARD OF ADJUSTMENT

DOUGLAS S. MCQUILKIN: CHAIRMAN

#### \*INSTRUCTIONS FOR JOINING THE ZOOM CONFERENCE:

##### Join Zoom Meeting

<https://zoom.us/j/99121774781?pwd=YlITTEduUGJMRDhRU93NFJnQWdTdz09>

Meeting ID: 991 2177 4781

Passcode: 4SUqPa

##### By Phone:

1 929 436 2866

Meeting ID: 991 2177 4781

Passcode: 418307

2020 Salmon Press

# Fall Home Improvement

In Central NH



Distributed in the September 17, 2020 issues of...

GRANITE STATE NEWS, CARROLL COUNTY INDEPENDENT, BAYSIDER, MEREDITH NEWS, PLYMOUTH RECORD ENTERPRISE, WINNISQUAM ECHO, GILFORD STEAMER & NEWFOUND LANDING

**Copy Deadline: Wednesday, September 3rd at 3PM**

**To place an ad please contact:**

Tracy at (603) 616-7103  
email: [tracy@salmonpress.news](mailto:tracy@salmonpress.news)

LOCAL FOLKS

Locally owned businesses here to serve you!



Towns

Alexandria

Merry Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

It looks like we are in for some liquid sunshine today, and that is a very good thing for the most part. It will certainly help with the dust control on dirt roads, and reduce the risk of fires.

**Town**  
The Annual Pig Roast sponsored by the Alexandria Volunteer Firefighters Association has been cancelled for 2020, for safety and health reasons, due to the Covid-19. We look forward to seeing you in 2021. This event is usually held on Saturday of Labor Day Weekend.

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.

Transfer Station Siting Committee Meeting Tuesday, Aug. 18 following the Board of Selectmen Meeting.

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

These meetings are open to the public, unless otherwise noted. Everyone is encouraged to attend.

**Alexandria UMC**  
Just a reminder, this Saturday, Aug. 8 would have been the Annual Church Fair. The Fair was cancelled this year to keep everyone safe and healthy! We look forward to seeing you in 2021!

Sunday, Aug. 9, drive-in and Zoom services will begin at 9 a.m. To listen to the service on your vehicle radio, please tune in to 88.5 on your FM band.

Happy August Birthday to Ben Greene, on Aug. 20!

Hi ho and away I go! It's a good day for a bit of baking, so it's to the kitchen I'm heading. Hope you have a wonderful and safe week ahead!

Bristol

Al Blakeley  
adblakeley0@gmail.com

I am now referring to anything that 'goes wrong' as "2020!" Attributing plumbing problems, late mail, stubbed toes, lost items, weather, high prices, etc. as "2020." I feel better for saying it aloud and it seems right. Nothing is 'normal' any more in the year 2020.

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.

On Tuesday, Aug. 11, the Blacklist Band will bring their concert to Kelley Park due to the cancellation last week because of the weather.

This Thursday, Aug. 6, another Concert in the Park will be held featuring Jackie Lee and the Cold Steel Ramblers. Concerts are from 6:30 – 8 p.m. at the Concert Pavilion

at Kelley Park. Other groups scheduled for the summer include: Carroll Brown Aug. 13, 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. Have fun!

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.

I'm really 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/](https://ttccrec.org/special_programs/bus-and-wink/)

I guess the ocean is really warming up this year as family who have gone to the beach have reported that. One family member who hardly ever even gets wet at the lake went in the ocean (York's Long Sands) three times! Of course, a careful eye was used to watch for shark activity... Hmmm...that's "2020!"

Churches

South Danbury Church

The South Danbury Church continues to not hold worship services at their church. If you happen to drive by and see gladiolas on the steps, feel free to take a couple home with you to enjoy. Every summer, Walter W. Walker and his son Rusty grow gladiolus for the South Danbury Church services, to honor their family and forebears. Because there aren't in-person services at South Danbury yet this year, Walter and Rusty are sharing the glads by putting them in front of the church so people can take them home to enjoy. A longstanding tradition of providing glads for the church continues as usual.

**NH Eat Local Month**  
August is NH Eat Local Month. The habit to buy local this month will also transition into a year-round effort. When Granite Staters purchase and eat local food, the benefits ripple throughout the community, helping food producers, fishermen, and small businesses to thrive.

"The current health concerns presented by COVID-19 have certainly been challenging," said Samantha Cave from the NH Food Alliance. "But there is potential for positive growth and

connectivity, too. New Hampshire food producers are still working hard to provide us with fresh, healthy food. We can show our support by buying local food and getting others excited to eat local!"

This Saturday 9 a.m. to noon at the Wilmot Farmers Market, 9 Kearsarge Valley Rd. in Wilmot Flat, you will find three farms from Danbury: Pumphouse Farm, Offabit Farm and Huntoon Farm. If you need an outing ...go pick blueberries at Double Z Ranch. Need more choices? There's Elmwood Farm and Good Enough Farm. Check out the gardens of Danbury Grows. Slurp down some kombucha from Love and Lemons. Danbury has many local food opportunities. Keep them alive and buy local.

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](http://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 shar-

ing Christ's love with the world. Please visit our Web site at [www.uccplymouth.org](http://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. 9  
9:30 a.m.

Sunday Services Continue!

Our Black Lives Matter Task Force will reflect on these difficult times and moving forward as individuals and as a community.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site: [www.starrkingfellowship.org](http://www.starrkingfellowship.org)  
536-8908

DEADLINE NOTICE

CLASSIFIED ADS AND YARD SALES

DEADLINE IS FRIDAY AT 3PM FOR THE FOLLOWING WEEK

NO ADS CAN BE ACCEPTED ON MONDAYS

THANK YOU!

REAL ESTATE

FOR SALE SOLD

Looking for a place to have fun in the sun?

SUMMER IS HERE!

Call us today to find your New Hampshire home!

RE/MAX Bayside

208 Daniel Webster Hwy Meredith, NH 03253 (603) 279-0079  
604 Main Street Laconia, NH 03246 (603) 527-8200  
[www.baysidenh.net](http://www.baysidenh.net)

Camelot Home Center

ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

OPEN HOUSE PRICING! LARGEST INVENTORY EVER!!

DOUBLE WIDE STARTING AT \$59,995

MODULAR CAPES, BUNGALOWS TWO STORY FROM \$99,995

RETIRED HOME \$67,995

Visit us at [WWW.CM-H.COM](http://WWW.CM-H.COM)

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU? Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall WWW.CM-H.COM

FOR SALE FOR SALE




HELP WANTED

Waterville Valley Resort has immediate openings for full-time and part-time positions:

**Kitchen Staff**  
**Banquet/Wedding Servers**

Apply online at [www.waterville.com](http://www.waterville.com). WVR is an "at-will" equal opportunity employer.

 **WATERVILLE VALLEY RESORT**

  
Plymouth State University has the following positions available:

**Building Service Worker (Custodian)**  
First Shift (5:00 AM - 1:30 PM) Monday - Friday  
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday  
Third Shift (11:00 PM - 7:30 AM) Friday - Tuesday

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution

  
A division of Belletetes, Inc.  
**Lumber Counter**

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

Competitive Wages Paid Vacation Paid Holidays Paid Time Off  
Health Insurance Profit Sharing Store Discounts Much More!

 **NEW HAMPTON SCHOOL**

**New Hampton School**  
has openings in  
**Dining Services**  
**& Campus Security**

Full and part time positions available.

Check our website  
for more information.  
[www.newhampton.org/about-us/careers](http://www.newhampton.org/about-us/careers)

 **GOOD PAY FOR HARD WORK**  
**SHORT TERM OR LONG TERM AVAILABLE**

King Forest Industries, Inc. located in Wentworth, NH, is currently accepting applications for full-time work. Lumber handlers and laborers. Must be able to lift 50 pounds.

As a full-time employee you will qualify for health insurance/dental/Vision/401K retirement plan/paid vacation/paid holidays and production bonuses. King Forest is an equal opportunity employer.

If you wish to apply, complete an employment application, which can be downloaded from our website or picked up in person and mailed to PO Box 230 Wentworth, NH 03282 or drop off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

*King Forest is an equal-opportunity employer.*

**53 East Side Road • Wentworth, NH • [www.kingforest.com](http://www.kingforest.com)**

  
Division of BELLETETES, INC.

**Yard Customer Service**

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours required on a rotating schedule.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com). E.O.E.

Competitive Wages Paid Vacation Paid Holidays Paid Time Off  
Health Insurance Profit Sharing Store Discounts Much More!

**FULL TIME FRONT OFFICE HELPER**

*Will train the right person  
Must be computer literate, good telephone skills , ability to multitask  
Mon - Friday position*

**Please no phone calls**  
stop in and apply  
495 Tenney Mnt. Hwy Plymouth  
*Email resume to [kirks@myfairpoint.net](mailto:kirks@myfairpoint.net)*

**CAMPTON ELEMENTARY SCHOOL**  
**Campton, NH 03264**

**2020-2021 School Year**

Part-time 2nd Shift Custodial Position  
5 hours per day  
\$11.56 per hour

Interested candidates please send letter of intent and resume to:

Frank McCann, Facilities Manager  
Campton Elementary School  
1110 NH Rte. 175  
Campton, NH 03223  
[fmccann@pemibaker.org](mailto:fmccann@pemibaker.org)

Position open until filled.

**EYE SPY!**



**Advertising success.  
Call 603-279-4516  
[salmonpress.com](http://salmonpress.com)**

**HELP WANTED**  
**Waitstaff**  
**Wedding Coordinator**



**Newfound Lake Inn**  
1030 Mayhew Tpke.  
Bridgewater, NH 03222  
(603) 744-9111  
[www.newfoundlake.com](http://www.newfoundlake.com)

 **Precision Lumber Inc.**

**IMMEDIATE OPENINGS**  
**SAWMILL AND PLANER MILL WORKERS**

**DAYTIME SHIFT**  
**BENEFITS INCLUDE**  
VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

**Apply in Person**  
or email [precisionlumber@lumbemh.com](mailto:precisionlumber@lumbemh.com)  
to request us to email an application

 **Precision Lumber Inc.**  
576 BUFFALO ROAD, WENTWORTH NH 03282  
[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)

  
Division of BELLETETES, INC.  
**Delivery Driver**

Ashland Lumber has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

You may apply in person or download a driver application from our website. All applications should be submitted to:

Dan Uhlman, Manager  
Ashland Lumber, 20 West St. Ashland, NH 03217  
or email at [duhlman@belletetes.com](mailto:duhlman@belletetes.com) E.O.E.


Competitive Wages Paid Vacation Paid Holidays Paid Time Off  
Health Insurance Profit Sharing Store Discounts Much More!

**Steel Erectors,  
Metal Roof & Siding Installers  
Foreman, Leadmen  
And Laborer Positions**

Will Train. Valid Driver's License required.  
Application available at:

**CONSTRUX, INC.** 630 Daniel Webster Hwy.  
Plymouth, NH 03264  
(603) 536-3533

Leading Pre Engineered Metal Building Co.



**PERMANENT PART TIME  
PLANNING BOARD AND ZONING BOARD OF ADJUSTMENT  
ASSISTANT**


The Town of Thornton is seeking candidates for an immediate opening for a permanent part-time Planning Board and Zoning Board of Adjustment Assistant. The applicant will be responsible for performing administrative work and preparing minutes for the Planning Board and Zoning Board of Adjustment. This part-time position is budgeted to work 8 hours per week and may include evening hours. This position is a Labor Grade 5 with an hourly pay range of \$14.56/hr. to \$20.55/hr. A full job description and application packet is available at the Town of Thornton Town Office and on the town's website at [www.townofthornton.org](http://www.townofthornton.org). Applications for this position will be accepted until the position is filled.

Please submit applications to:

Town of Thornton  
Attn: Debra Shepard, Town Administrator  
16 Merrill Access Road  
Thornton, NH 03285

Re: Part-Time Planning Board/ZBA Assistant

**Every 8 minutes, we respond to a disaster.**

 **American Red Cross**

**HELP NOW ▶**





# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	34 Blueberry Lane	Single-Family Residence	\$111,933	Sharon V. Henn-Kanai	Adrian Stites
Alexandria	103 Karl Gordon Rd.	Single-Family Residence	\$115,000	Jeannette L. Hatch Estate and Brenda L. Haynes	Douglas M. Hatch
Bristol	165 Bristol Hill Rd.	Single-Family Residence	\$115,933	Edward A. and Donna A. Sweet	William and Jennifer Vesey
Campton	127 Bell Valley Rd.	Single-Family Residence	\$232,000	Andrew D. and Judith M. Bostrom	Kenneth P. and Mary Ierardi
Campton	Mad River Road	N/A	\$180,000	James R. and Patricia A. Sanborn	Route 49 LLC
Campton	7 Parker Rd.	Single-Family Residence	\$231,000	Saunders Estates LLC	Charles E. and Catherine T. Goodhue
Campton	42 Sutters Circle	Single-Family Residence	\$225,000	Shawn and Gary McNally	Robert A. and Dawn L. Polmatier
Campton	N/A	N/A	\$329,933	Ross L. and Lauren R. Scribner	Freebird 3 RT and Mary Kelleher
Dorchester	N/A (Lot 5)	N/A	\$365,000	37 Shaver LLC	Shauna Gillies-Smith and Byron Holt
Groton	37 N. Groton Rd.	Single-Family Residence	\$60,500	Bank of New York Mellon Trust	John F. and David W. Peterson
Groton	Oldfield Road	N/A	\$20,000	Upper Birch Holdings LLC	David F. and Elizabeth M. Ross
Groton	N/A (Lot 1)	N/A	\$170,000	Michael and Jacqueline Brogna	Nicholas S. Wilson
Holderness	US Route 3, Lot 118	N/A	\$120,000	James and Melissa Gaffney	Kevin R. McCarthy
Holderness	N/A (Lot 2)	N/A	\$250,066	John F. Foley	Now Voyager LLC
Plymouth	Route 3a	N/A	\$286,000	Richard R. and Pamela J. Hadley	Jessica and Eric Grande
Rumney	15 Hawthorne Way, Unit C5	Condominium	\$155,000	Kretz Rentals LLC	Richard E. and Maria A. Harrison
Thornton	111 Sugar Run	Single-Family Residence	\$249,933	Brian P. and Tanya K. Joyce	Edward White
Thornton	71 Waterville Acres Rd., Unit 8	Condominium	\$112,000	Jackson D. Gateman	Martha M. Martel and Brooks D. Wilkie
Thornton	N/A	N/A	\$135,000	Jeffrey S. and Anne M. Craddock	James R. and Natalina Serpa
Thornton	N/A (Lot 17)	N/A	\$18,733	David C. Scott	Ashley Valme and Nicolai Vanek
Waterville Valley	3 Chippewa Way, Unit 25	Condominium	\$152,000	Alexander C. and Kristin S. Boal	John D. Hybi and Tracy L. Hybi
Waterville Valley	16 Davos Way, Unit 12	Condominium	\$188,533	Mic INT and Philip B. Boisvert	Kristin and Alex Boal
Waterville Valley	Route 49, Lot 5	N/A	\$253,000	Patricia A. Rezza	Northface Karakai RT and Kirkland J. Curley

HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS

NO HIDDEN FEES  
NO FUEL SURCHARGES  
NO TRICKY LONG-TERM CONTRACTS TO SIGN



# DISPOSAL DONE RIGHT

## FOR YOUR HOME OR BUSINESS.

CALL TODAY FOR PRICING!





 Like us on Facebook.

# THE DUMPSTER DEPOT®

Waste Recycling Services

TOLL FREE **1-866-56-DEPOT**  
LOCAL **603-783-8050**  
**WWW.DUMPSTERDEPOT.COM**

COMMERCIAL & INDUSTRIAL BUSINESS SERVICE • ROLL-OFF OPEN TOP CONTAINERS • COMPACT UNITS

### ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://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](http://www.thewarrengroup.com)



# BRAKE FOR MOOSE

## IT COULD SAVE YOUR LIFE

## HUNDREDS OF COLLISIONS

### ANYONE, ANYTIME CAN ASK FOR HELP

For anyone looking for help with addiction, recovery is real, it's great, it's available...TODAY.

**@ANYONE. @ANYTIME.**  
NEW HAMPSHIRE  
Can experience addiction • Can ask for help  
Can recover • Can save a life  
[www.anyoneanytimenh.org](http://www.anyoneanytimenh.org)

NH STATEWIDE ADDICTION CRISIS LINE  
If you or someone you know is experiencing a substance use or an addiction-related crisis  
1.844.711.HELP (4357)

FOR INFORMATION VISIT:  
**NH Alcohol and Drug TREATMENT LOCATOR**  
[www.nhtreatment.org](http://www.nhtreatment.org)

FOR INFORMATION CALL:  
**24H**  
Get Connected. Get Answers.

AnyoneAnytimeNH® is an initiative of the New Hampshire Department of Health and Human Services



## Thanks to Our Loyal Subscribers

Fetching you the local stories and developments that matter most is what we do best, and we couldn't do it without your valued readership. Thank you for your support!

- The Baysider
- Granite State News
- Newfound Landing

- Meredith News
- Littleton Courier
- Coös County Democrat

- Berlin Reporter
- Record Enterprise
- Carrol County Independent

- Gilford Steamer
- Winnisquam Echo



Call **877-766-6891** or go online **[www.SalmonPress.com](http://www.SalmonPress.com)** to activate your Subscription today