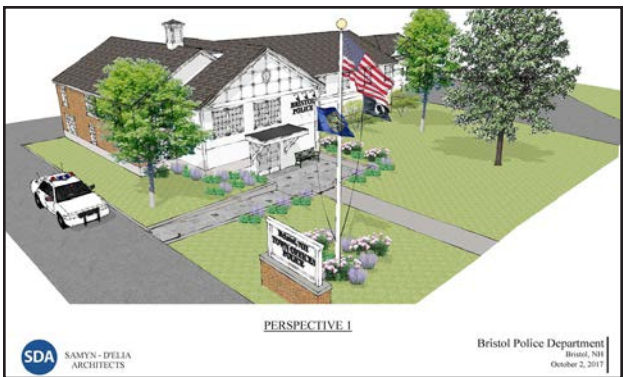




Ned Gordon discusses the proposed renovation of the Bristol Municipal Building and construction of a new town hall at a public forum on Oct. 4. Behind him are committee members Paul Manganiello, Susan Duncan, and Sandra Heaney.



Artist's conception of a new town hall for Bristol.



Artist's conception of what a renovated municipal building would look like if converted to a Bristol Police Station.

Selectmen accept Police Chief's resignation

Changing dynamics may affect Bristol's town building plans

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Police Chief Michael Lewis, whom the Bristol Board of Selectmen placed on administrative leave on Sept. 5,

has resigned, effective Oct. 4. Chairman Rick Alpers made the announcement on Oct. 5, saying the selectmen had accepted the chief's resignation and

that "The Select Board wishes to thank Chief Lewis for his service to the Town of Bristol." Selectmen maintained their silence with regard to the reason they had placed the chief on administrative leave, and provided no details about the resignation.

The statement said, "The Town takes very seriously its obligation to protect the privacy rights of employees and former employees, and as a result, the Select Board will not be commenting further."

Town Administrator Nik Coates denied

a request for a copy of Lewis' resignation, citing the portion of RSA 91-A:5, IV, that pertains to exemptions under the Right-To-Know law for documents relating to internal personnel practices.

The town never learned the details of a similar departure, when former Fire Chief Steven Yannuzzi was on administrative leave for seven months before leaving office.

Coates said Lt. Kris Bean is currently the department's highest ranking officer, and, with Lt. Tim Woodward, is running the

department until the town has a chance to address the hiring of a new police chief.

"Nothing is planned yet for a [succession] process," Coates said, adding, "I'll be sitting down with some board members and staff to put ideas down and begin the process."

Lewis joined the Bristol Police Department in August 2004 and became police chief in November 2010, following the resignation of John Clark, who had served as police chief for three years.

New Police Station?

Prior to being placed on administrative leave, Lewis had been serving on the town's space needs committee, which has been looking at ways to reconfigure the Bristol Municipal Building to better serve the town. The police department currently operates out of the same building as the town clerk/tax collector, town administrator, and other business offices. In addition to tight quarters, some structural problems in the building have raised con-

SEE BOS, PAGE A12

Explosion felt throughout the region traced to detonation of Tannerite

Authorities believe explosive was being set off recreationally

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — At approximately 7:30 p.m. last Saturday evening, two loud explosions not only rocked the Town of Bristol, but were heard and felt from communities all across central New Hampshire, quickly lighting up the phone lines at the 911 dispatch center and local police departments.

"I didn't know what the heck it was, but all my windows and everything in my house shook," said one gentleman named Chris, who lives in downtown Bristol.

It didn't take police long to find the source of the explosions off Morrison Road, though, as it was not the first time blasts at that location have shaken up the normally peaceful area. Similar blasts were also heard over the Fourth of July holiday weekend, and again in August when Bristol celebrated its Old Home Day.

The force behind

all the noise was 150 pounds of Tannerite, an explosive that is set off by a gunshot.

Bristol Police Lt. Kris Bean, who is leading the department in an interim capacity due to the resignation of former chief Michael Lewis, was not available for comment, but did tell television crews inquiring into Saturday's incident that it is not illegal to possess Tannerite. The incident remains under active investigation with the help of state and federal officials, however, and Bean said he expects that there will be charges pending for the adult they have determined to be responsible.

No one was injured by either of the explosions.

All across the region, residents have been voicing their concerns on both the streets and on social

SEE EXPLOSION, PAGE A12

Man convicted in Alexandria boy's murder sentenced to life in prison

BY DONNA RHODES
drhodes@salmonpress.news

ALEXANDRIA — Nearly two years after the death of 11-month-old Shawn (S.J.) Sylvester, Jr. of Alexandria, the man who was convicted of sexually assaulting and then killing the boy was sentenced to life in prison by Judge Lawrence MacLeod of the Grafton County Superior Court.

Before the judge handed down his sentence for Tommy Page, however, he allowed some members of S.J.'s family to be heard and they spoke emotionally of the young child who was



DONNA RHODES

While flowers, toys and other loving tributes surround a cross erected on Fowler River Road in Alexandria in memory of 11-month-old S.J. Sylvester, his family and loved ones had an emotional day in court last week when Tommy Page was sentenced to life in prison for causing his death.

taken from them far too soon.

Helen Gibbs, the boy's great aunt, said

nothing could ever bring back their "happy, bouncing, smiling" and adorable

baby boy.

Having died just a few days before his

SEE TOMMY PAGE, PAGE A12

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24 pages in 2 sections
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TTCC ushers in fall season with Apple Festival

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — The always popular Apple Fest and Craft Fair took place last Saturday at Tapply-Thompson Community Center in Bristol where people loaded up on freshly made baked goods and enjoyed some early holiday shopping with the vendors and craftsmen who filled the gymnasium with their wares.

Jewelry, clothing, pottery, home décor



items, even gourmet pet treats were all available but the table in the center of the room held the most coveted purchases of all- the apple pies, apple

crisps, apple muffins and other treats a dedicated team of 30 volun-

teers had made the day before the festival.

Leslie Dion of TTCC said the pie dough was prepared in advance but at 8:30 a.m. on Friday, it

SEE APPLE FEST, PAGE A16

SEE APPLE FEST, PAGE A16

BY THOMAS P. CALDWELL
Contributing Writer

Charles Mason was a stockholder of the Mason-Perkins Paper Company, established by David Mason, who came to Bristol in 1852 and was engaged in a number of businesses relating to pulp and paper production.

Charles Mason was considered well-off,

He died Nov. 20,
1900, but his wife lived

Cummings' daughter, Mary Elizabeth Nordstrom, says, "My presumption is that my father told him that Bristol didn't need an opera house and by then it would have cost too much."

Upton was a powerful and persuasive attorney for the town, leading the court to conclude, "The amount of money remaining in the residue of said trust estate is wholly inadequate to defray

The court decree added the stipulation, “provided that there shall be one room of suitable size in such building designed as a multiple-purpose room and reserved for public conferences, official hearings or court proceedings, which shall be suitably designated by permanent marker as ‘The Charles E. Mason Room’, which shall be always available to the general public for musical rehearsals and concerts for limited audiences, when not needed for public business.”

With that, the town

Space needs committee member Susan Duncan said after the meeting, "I was completely unaware of the Mason donation to the town until [Town Administrator] Nik [Coates] sent the materials to us recently. Obviously, we will need to appropriately recognize and honor him! Yes, would love to know how that disappeared through the years!"



Mayhew Outreach Worker, Steven Rossmeissl, Mayhew boys, Quentin, Jacob, Keegan, Bryce, Families in Transition President, Maureen Beauregard, Mayhew Outreach Worker, Jim O'Brien, and Mayhew Executive Director, Jim Nute.

Families in Transition provides safe, affordable housing and social services to indi-

Mayhew is a nonprofit program focused on challenging and helping at-risk New Hampshire boys to believe in themselves, work well with

others, and find their best. It pursues its mission through a unique summer program based in Bristol and regular school year mentoring, encouraging the boys to bring Mayhew and the program ideals of responsibility, respect, community and challenge to their lives at home, at school and beyond. Mayhew serves boys from throughout the state for up to eight full years, tuition-free. For more information, please contact the Mayhew office, 744-6131 or monica@mayhew.org.


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Sun.: 12:45, 3:45, 6:45 PM
Mon.-Thurs.: 3:45 & 6:45 PM

BLADE RUNNER 2049 R
Fri.-Sun.: 12:30, 4:00, 7:30 PM
Mon.-Thurs.: 4:00 & 7:30 PM

LEGO NINJAGO MOVIE PG
Fri.-Sun.: 1:15 & 4:15 PM
Mon.-Thurs.: 4:15 PM

IT R
Fri.-Sat.: 7:00 & 9:45 PM
Sun.: 7:00 PM Mon.-Thurs.: 7:00 PM

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Parade of Homes shows unique houses for a good cause

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — Visitors could tour through an array of unique homes across the Lakes Region during the annual Parade of Homes, all benefitting those seeking a career in the building trades.

Throughout Columbus Day Weekend, 11 homes opened their doors for those taking part in the Parade of Homes organized by the Lakes Region Homebuilders and Remodelers Association. Homes were on display in Ashland, Moultonborough, Center Harbor, Meredith, Laconia, Hebron, and Wolfeboro.

Event Co-chair Julie Hayward, co-owner of Hayward and Company with her husband Mike, said the event provides an opportunity for people to see the work of local contractors.

“It provides a great way for the general public to go out and tour these amazing houses that you don’t normally get to see,” Hayward said.

Hayward said most builders have at least one project that was



Mike Pelczar of Inter-Lakes Builders with Rosie and Joe Martin in the house Pelczar built for them. The Martins' home was part of the Parade of Homes

particularly special and this give them a way to show it off. For \$20 people could see every house on the tour.

The tour included a house on Sachem Cove Road in Meredith built by Hayward and Company. A house under construction by Hayward and Company was an unofficial addition to the tour showing the building

process.

Proceeds will be donated to workforce development projects throughout the community. One such project was the tiny house built by students of the Huot Technical Center. Huot students built a life-sized tiny home in their shop with all the construction elements. Hayward said the Huot’s budget would



This condo in Laconia was part of the Parade of Homes.

never have paid for that and the Parade of Homes helped the students get a hands on learning experience.

Hayward says this maintains the building trade workforce. Hayward and Company recently hired two Huot Center graduates.

Rosie and Joe Martin showed their home on Water Street in Meredith. They bought a piece of property that had been a lakeside camp starting in 1938. During the weekend they displayed photos

from when the camp was there.

“My husband’s dream was always to build a house from the ground up,” Rosie said.

They worked with Mike Pelczar of Inter-Lakes Builders, LLC, a fourth generation builder, to create their home.

“We really trusted Mike to work with us,” Rosie said. “We really worked as a team.”

The Martins worked with Pelczar on their vision and they came up with a number of unique features for the home.

Joe Martin said they went to a marine salvage place in West Palm Beach, Florida. There they they found a set of ship doors and a large plank, asking Pelczar if they could be used somewhere in the house. Pelczar made them into closet doors with the doors, including keeping the original signs on them. Combining some beams from Pelczar’s own barn, the plank was turned into a bar.

“We had such a great experience with Mike,” Joe Martin said.

This was the first year the Martins have shown a home in Parade of Homes.

“I have absolutely loved it,” Rosie Martin said. “I have met so many people and they’re so nice.”

She said they got a lot of compliments on the house and people asking for recommendations for accessories. Rosie Martin said it has been a humbling experience to hear how many people like what they put into

the house.

Rosie said they thought it was important for people to see the quality of Pelczar’s work.

“My first year has been a lot of fun,” Pelczar said, saying he had the “perfect homeowners” to work with.

Pelczar said this was a great way for people to see contractors’ work and get an idea of what they might want and they start their considerations early.

In Laconia visitors could tour a single level condo at Meredith Bay with three bedrooms, two and a half baths, and a private garage that is currently for sale. The tour also doubled as an open house for the condo. Michael Robichaud, director of Business Development for Meredith Bay, provided information on the condo for visitors.

“It’s been a great response, we’re really pleased,” Robichaud said.

The condo has gained the attention of some prospective buyers.

“We actually have had some good prospects come through this weekend,” Robichaud said.

Robichaud said the show is great overall, letting people experience the home and the quality of it first hand as well as getting ideas for what they would want in their own homes.

“From a consumer standpoint it’s a great idea for them to find a collection of ideas,” Robichaud said.

Friends of the Hebron Library to sponsor fall fashion show

HEBRON — Mark or calendar for Monday evening, Oct. 23 and plan to join the Friends of the Hebron Library for an evening runway show featuring unique fall wardrobe “must haves” presented by the Imag-

ine Boutique of Bristol. Bring your friends and find new items to spice up your closet for the cooler months ahead.

The fashion show will be held in the Community Room at the Hebron Union Congrega-

tional Church from 7 to 8:30 p.m. Refreshments will be served and admission is free, but reservations are required as space is limited. To reserve your seat, please contact Lin Everett at 744-6136. Husbands and

other men friends are cordially welcome. A good time to find that “Special” gift for the holidays.

Donations are welcome to benefit the Friends of the Hebron Library.

PBVRC welcomes two guest speakers to final dinner of 2017

ASHLAND — We are ending this spaghetti dinner season with a bang! We have two guest speakers for our Oct. 20 dinner at the American Legion Hall, 37 Main St., Ashland. It starts at 5 p.m. and goes to 7 p.m. The meal includes spaghetti, meatballs, Italian sausage, salad, garlic bread, beverages, dessert, and great conversation.

Our first guest will be New Hampshire State Sen. John Reagan. He is serving his third term representing District 17, which is comprised of the towns of Raymond, Nottingham, Northwood, Deerfield, Allentown, Pembroke, Epsom, Pittsfield, Chichester, Strafford and Loudon. He updated us on Article V, which concerns the Convention of States. Senator Reagan is a member of the legislative delegation sent to Phoenix, Az. for the planning of a convention for a balanced budget amendment to the US Constitution.

For the 2017-2018 session, Sen. Reagan is Vice Chairman Fi-



Ray Chadwick
nance, vice-chair of Executive Departments & Administration and is chairman of both Education and the Administrative Rules committees. The senator’s legislative priorities include expanding school choice to improve education and reduce education costs burdening the property taxpayer. He is also the current chairman of the Joint Legislative Committee on Admin-



Sen. John Reagan
istrative Rules (JL-CAR).

Prior to joining the Senate, John served three terms in the New Hampshire House of Representatives where he chaired House/Senate Oversight of the Department of Health & Human Services, the largest department in New Hampshire state government, and was a member of the Executive Department and Administration Com-

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New Hampshire's new marijuana decriminalization law

BY DEB NARO
Contributor

You no doubt have heard and read a lot over the past months about New Hampshire's new Marijuana Decriminalization Law, which went into effect Sept. 16. New Hampshire is the 22nd state in the nation to pass a Marijuana Decriminalization Law and the last state in New England to do so.

Historically, the House has been in favor of decriminalization, and the Senate opposed. Additionally, past Governors have been opposed. Under Gov. Chris Sununu, House Bill 640 was signed, decriminalizing small amounts of marijuana.

As Kate Frey, Vice President of Advocacy for New Futures, said in an interview with NHPR's Peter Biello, "New Futures did not take a position on House Bill 640. In the past, we have opposed the decriminalization of marijuana bills like that. This past year, what we did was really work with stakeholders on what we felt were really important principles to be in the legislation. Our focus had to do with strong prevention and public health measures. We were fortunate that stakeholders who were working on the legislation included things that included strong public health and prevention principles, such as a youth risk assessment for anyone under 18 who is arrested with marijuana, and also making sure that the fines go to prevention programs."

Under the new law, those age 18 and over in possession of up to three-quarters of an ounce of marijuana

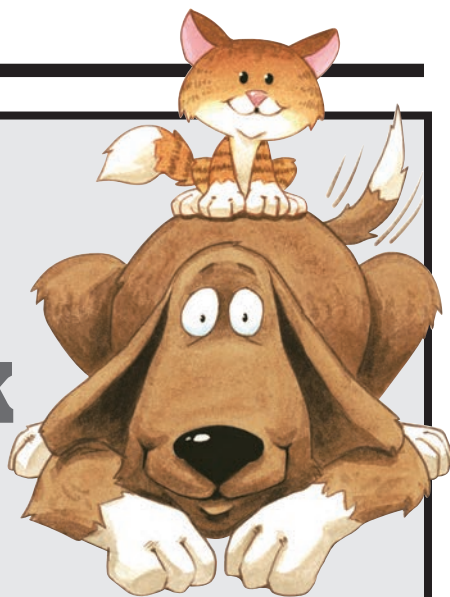
will face a Civil Violation with a maximum fine of \$100 and no incarceration for a first or second offense. A third offense within three years of the first offense will carry a \$300 fine; and an individual with a fourth offense within three years of the first offense may be charged with a Class B Misdemeanor. In all these cases, there will be no arrest or jail time. Those in possession of over three-quarters of an ounce face a Misdemeanor Penalty with a maximum fine of \$350 and a maximum one-year incarceration.

Marijuana poses a risk for youth and young adults under the age of 26, as their brains are still developing. That is why it is important that House Bill 640 included provisions to aid in the prevention of the use and abuse of marijuana. This provides opportunities for more prevention, intervention and treatment efforts among youth and those who suffer with substance use disorders. Research has proven the relationship between perceived risk of harm from drug and alcohol use with the increased rates of drug use. The fact is that today's marijuana is far more potent, as the average THC in marijuana has increased from four to six percent to more than 15 percent and as high as 90 percent in marijuana infused products. The impact on public health is serious.

In addition to the passage of the Decriminalization Law, a bill also went into effect to create a Commission to study the legalization, regulation, and taxation

SEE CADY, PAGE A12

PET of the Week Suzy



It happens quite often at New Hampshire Humane Society; surrender of animals due to their, or their owners advancing years and ill health. In the case of Miss Suzy, she is hardly a geriatric, she is not even in the double digits yet, age-wise, but her owner was suffering serious health problems and could no longer care for this sweet little black cat.

Suzy led the quiet life prior to arriving at the shelter in April, yes she's been waiting far too long for a new home. That sheltered former life has meant residing at our animal welfare agency has been a bit of a shock to the system for such a reserved, quiet little feline, Suzy hides under her blanket, perhaps thinking



the next time she pops her head up, she might find herself home again. Six months really is too long to live in hope, and have your dreams dashed every day, as the adopting public move on past your cage to other, more photogenic cats!

Let not the syn-

drome of her coat colour stand in her way a moment longer, black cats are special, they are physiologically sound, look amazing lounging in sunny spots around the house. Neither do we wish to compartmentalize the ideal home for her, surely a cat lover out there

somewhere will look at Suzy's petite face and fall in love.

Shelter is open Tuesday/Thursday/Friday/Saturday/Sunday.

Plenty of time to visit.

Call 524-3252 to find out more about Suzy or check www.nhhumane.org.

Letters to the Editor

Simard did not consider the daily uptick in Bristol's population

To the Editor:

The Sept. 28th edition of the Newfound Landing contained a letter to the editor submitted by Paul Simard concerning the size of the Bristol Police Department. In that letter, he states that based on a permanent population of 3,054 for Bristol, the police department should have six police officers. This figure is based on research Mr. Simard gathered from a variety of authoritative sources.

I don't question the validity or accuracy of his research; however, I wonder if Mr. Simard has considered the fact that Bristol has a unique additional "daily population" which is considerably higher than 3,054 at various times throughout the year, and the Police (and other safety services) must be prepared to accommodate such influxes.

During the summer months, the "daily population" in Bristol may more than double, especially on holidays and weekends. Such surges in "daily population" require a higher level of police, res-

cue and fire protection.

Also, in the past three decades, the cottage community near Newfound Lake has changed significantly. Summer cottages have steadily been replaced by year round homes and condominiums that are frequently occupied by their owners and guests throughout the year, especially on weekends and winter holidays. These folks increase the "daily population" to some degree year round, and if my neighborhood is an example, very few would be counted as Bristol residents. Out of 17 year round homes in my neighborhood (seven seasonal cottages remain), only two families are Bristol residents.

Unfortunately, it is hard to get exact numbers of the "daily population," but I believe it is significant and requires adequate police, rescue and fire services beyond the six officer measurement based on a resident population of 3054.

Herb D'Arcy
Bristol

Bristol space needs decision should not be rushed

To the Editor:

The select Bristol Space Needs Committee, one with "no preconceived notions," just presented a \$3 million plan that has no chance of approval. I fear there is little chance of coming up with an acceptable revision for the next public hearing in November or a warrant article recommendation on Dec. 1.

I think we have to defer the decision for another year. In that time we should form a new committee made up of volunteers, anyone willing to serve. Meetings should be well

publicized, and public attendance and participation encouraged. There are any number of

alternative concepts out there and each should be considered with the pros and cons noted. Each concept should have an associated cost estimate.

These alternative concepts should be presented to the public at regular intervals in the hope of arriving at a consensus. Only after there is general agreement should we get down to the floor plan stage and realistic cost estimate. In my not so humble opinion, this is how the town should proceed.

David Hill
Bristol

Does Bristol have a management problem?

To the Editor:

Why is Bristol unable to keep a police chief, police recruits, a fire chief and town administration personnel? We trust the Select Board to oversee the selection process for the town's department heads and oversight of the efficient operation of those departments. I don't know about you, but having Bristol's name in the news on an all too frequent basis for a high crime rate or department head placed on administrative leave does not bode well for our image.

As voters, taxpayers, and citizens, we had requested a performance audit of the police department at a previous town meeting to determine if our police department was being operated and managed in our best interest. We were told it was a "witch hunt." Now that our "past" chief has left

under a cloud, it would seem that our request would have been in the best interest of the citizens of the Town of Bristol.

When Bristol is experiencing such a high turnover in department heads you have to ask yourself: is it the person running the department, or is it the people running the Town and choosing the personnel?

Utilizing the 91A to drag information from our town should not be needed; what we should have is more openness and transparency from our Select Board in their dealings with these matters, this would clear up a lot of second guessing or, maybe, we the citizens should make better choices in selecting our Select Board in the future.

Ernie Richards
Bristol

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ESTABLISHED SEPTEMBER 18TH, 2014

Offices at 5 Water Street, P.O. Box 729,
Meredith, New Hampshire 03253

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

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Oh sure, write about your dog, who came down on a moon-beam

They say that when you begin writing about your dog, it's time to hang it up and go do something else. What would that be? Put beans up your nose?

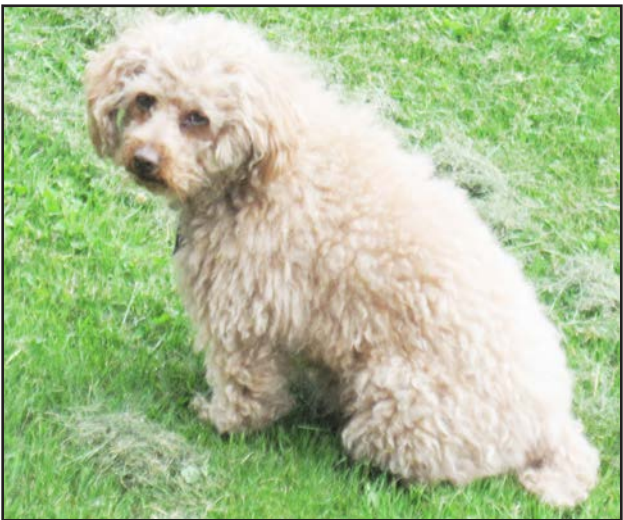
But I can't help it, because I am in possession of a dog, or she is in possession of me, who almost finishes my sentences, which is scary.

There is a certain

NORTH COUNTRY NOTEBOOK
By JOHN HARRIGAN



time in the early morning, just after daylight, when a coyote is less likely to grab her as a snack, that she goes out for an extended walk around the premises. When she comes back, having patrolled the immediate surround-



JOHN HARRIGAN
(Left) Millie the Wonder Dog, in need of a haircut, basking on the front lawn.

ings, she is full of pizzazz, and I toss toys for her, and as my mother

would put it, we growl around.

Did she find anything to growl at? Did she find monsters lurking there at the edge of

SEE **NOTEBOOK** PAGE A12

Letters to the Editor

Settling back in after summer vacation

To the Editor:

This is my 28th periodic report on what is transpiring in the Legislature in Concord. Like a lot of you, we are slowly coming out of summer vacation mode and into the real world. There were a few bills left over from last session that established sub-committees to review and report back to the committee as a whole. I'll go through those and then finish up with our visit to the new Women's Prison.

HB656 is a bill to decriminalize marijuana and, in effect, make it a commercial enterprise that could be sold... and taxed. Taxes are the way I believe the proponents are using to get their nose under the tent. We are told that Massachusetts and Maine are doing it, and so to "keep up with the Joneses," we need to get on the band wagon. It is also reported that use by the youth is very harmful to their brains.

Additionally, New Hampshire already has one of the highest rates of use among minors. Without going into the pros and cons, I believe in the midst of an opioid crisis, the wrong message is conveyed to citizens. There is presently a study committee examining the issue and we should let them do their job.

HB613 addresses prisons, and we decided to clean up the language and require certification by an agency. While they may be doing well now, a few years ago they traded certification money to retain personnel. That has to stop. While most departments pass their rules by the legislature for approval, the prisons do not. Should this department be an exception?

HB287 forms a study committee to examine legalizing sex work and trafficking. It is my opinion that the legislature should vote either yes or no. I will vote against the formation of a study committee as it is a waste of time. The sponsor said she tried

to pass this last term. Since it failed she wants to use a study committee to weasel the legislation through. Child and youth trafficking is wrong for America and New Hampshire. This like the bill above already currently has a study in existence. This bill needs to find the circular file.

Yesterday, I toured

the unfinished Women's Prison. It is located behind the Men's Prison just north of Concord. As prisons go it will be quite an upgrade from the current smaller and sub-standard one in Goffstown, but it is not a country club... nor should it be. The building is well designed and will serve not only incarceration but will serve

to transition the women back into society. The projected date for opening is in December but my guess is it will more likely be January.

If you want to talk to me, I am at 320-9524 or dave@sanbornhall.net. Cheers!

*Dave Testerman
Representative for
Franklin and Hill*

Now is your chance to weigh in on the DOT's Ten-Year Plan

To the Editor:

On Aug. 23, the Department of Transportation presented the Ten Year Highway Improvement Plan to the Governor's Advisory Commission on Intermodal Transportation (GACIT). The GACIT committee is made up of five NH Executive Councilors and the Department of Transportation (DOT) Commissioner.

The Executive Council initially set up 19 public hearings, which has now grown to 24 hearings. In District 1, public hearings have taken place in: Errol, Berlin, Conway, Lebanon, Littleton, Plymouth, Laconia and a joint meeting in Rochester. The only remaining public hearing left in District 1 is in Claremont on Oct. 23. Each Councilor is responsible to preside over each hearing within their District.

The hearings are an opportunity for the Executive Councilors, and the NH DOT to obtain public comment on transportation needs in the region, and specific feedback on the draft 2019-2028 Ten Year Highway Improvement Plan.

Throughout the GACIT public hearings, Peter Stamnas, Director of Project Development, has been making a comprehensive presentation on the Ten Year Highway Improvement Plan to include: GACIT Process Overview, Current State of Infrastructure, Ten Year Highway Improvement Plan Funding Synopsis, Unfunded Needs and Supplement Infor-

mation Review. After each presentation, the Regional Planning Commissions have provided their input and Regional Philosophy on projects.

The Ten Year Highway Improvement Plan was developed back in the 1980s, and it is mandated by State law. The process provides communities, NHDOT and GACIT direction as to what the State's priorities are relative to transportation projects. The process repeats itself every two years and as one cycle ends, the next cycle begins.

Following the public hearings this month, the Department will prepare a revised draft Ten Year Highway Improvement Plan for GACIT to adopt. Once adopted by GACIT, the Ten Year Highway Improvement Plan will be forwarded to the Governor in December for his review and comments and he will forward it to the Legislature in January of 2018. The Legislature will hold additional hearings and enact the Ten Year Highway Improvement Plan into Law by June 2018.

Some general observations during this process are that the NHDOT has more projects than there is funding. The 2019 to 2028 funding (state and federal) is on average \$252 million per year, down from the current

amount of \$270 million per year. The Red List bridges have trended upward over the past seven years, the SB 367 has added funding for I-93, State Aid Bridges and TIFIA loan pledge for paving & bridge work. Debt service for I-93 is \$2 million per year and increases to \$23.4 million per year from 2026 to 2034. Transit funding totals \$324 million for an average of \$32 million per year, with funding primarily coming from the Federal Transit Administration.

The overall strategy of the Ten Year Highway Plan will focus on: pavement preservation and maintenance, Red Listed bridges and preservation, dedicate SB 367 funds for TIFIA loan pledged to rural roads and bridges, completion of I-93 and funding for Exit 4A and heightened financial constraint to increase levels of accountability, predictability and ability to deliver.

Written comments regarding this current Draft Ten Highway Improvement Plan may be submitted through November 6th to NHDOT. The address is NHDOT, 7 Hazen Drive, Concord, NH 03302. Attention: Bill Watson. <https://www.nh.gov/dot/>

*Joseph D. Kenney
Executive Councilor
District 1
Wakefield*



VAL SCARBOROUGH — COURTESY
NYCC crew working on the Nogelo / Scarborough Family waterfront project.

Newfound Youth Conservation Corps – Solving landowner water problems

BY VAL SCARBOROUGH

For years, we had been working on solutions to problems caused by stormwater runoff, starting in 1958, when our Dad Tony Nogelo went to work digging drainage ditches along the driveway, and installing culverts and stone barriers to divert water from the open, sloping lawn. We later expanded on his work, and added crushed stone to the driveway to create a more pervious surface.

It was clear that erosion and flooding remained a problem as deep gullies washed out the sandy beach every spring, and some wash-out took place every time it rained heavily. The beach grew smaller every year with organic material from the woods and lawn encroaching on the sand. As members of the NLRA for many years, we were aware of the negative impact of these issues on the water quality of the Lake. We invited several landscaping companies to provide recommendations, but none gave us a satisfactory solution.

We learned about the Newfound Youth Conservation Corps (NYCC) program in 2016, and invited them to evaluate our place. Two visits that summer and a follow-up technical assistance visit in the spring of 2017 led to a conceptual design with a vegetated buffer on the slope leading to the beach and enhanced driveway infiltration trenches. The NLRA provided a list of materials and their estimated cost, as well as local suppliers. They also

gave us information on what we could expect in terms of long-term maintenance.

A single supplier delivered all the materials, including mulch, crushed stone, and native blueberry bushes. The NYCC crew reported for work—and did they ever work! With guidance from NLRA Program Manager Andrew Veilleux, Site Crew Leader Max Conlon (a PSU student) and his team of Nate Tucker and Hunter Stickney (both from Newfound Regional High School) completed our project more quickly than we thought possible. They created a beautifully natural effect with the vegetated buffer, incorporating stones they uncovered in the process of preparing the slope. The results? Very impressive! After a number of heavy rain storms, the beach hasn't washed out at all. And the NYCC crew followed up with a visit to assess—and improve—the work they had done.

We recommend the NYCC to every property owner who's dealing with stormwater runoff and erosion. Labor is provided at no charge—you only pay for materials. They'll help you take the needed steps to protect your property and Newfound Lake!

To learn more about the NYCC program, and to schedule a site assessment to see how we can help you protect your property, contact Andrew at the NLRA via email (NLRA.Andrew@metrocast.net) or phone (744-8689).

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**REQUEST FOR PROPOSAL
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FOR THORNTON PUBLIC LIBRARY**

The Thornton Public Library is accepting proposals for snow removal and sanding. The contract will be for a period of one year. Inspection of the site can be arranged by calling Library Director Nina Sargent at 603-726-8981 between the hours of 10:00 a.m. and 2:00 p.m., Monday through Friday.

Specifications for work to be performed may be picked up at the library. Proposals must be received by Friday, October 20, 2017, 3:00 p.m.

The Trustees of the Thornton Public Library reserve the right to reject any or all proposals. Mail or deliver proposals to:

**Thornton Public Library
1884 NH Rte 175
Thornton, NH 03285**

Sealed proposals should be marked
"Snow Plowing and Sanding Proposal"
on the outside of the envelope.

**TOWN OF GROTON
PLANNING BOARD PUBLIC HEARING**

Notice is hereby given that the Groton Planning Board will hold a final public hearing on Wednesday, **October 25, 2017 at 7:00pm** at the Groton Town House, 754 North Groton Road, Groton.

This is the final hearing to complete the discussion on the revised Master Plan that started at the Public Hearing on Wednesday, February 22, 2017 and was continued on March 29, 2017, April 26, 2017 and September 27, 2017.

Deborah Johnson, Chairman
Groton Planning Board

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

I have officially become a believer in time flying! I have been diligent in getting columns in early, but this week, Life happened and here I am a day late!

Town

Budget Committee Meeting, Thursday, Oct. 12 at 7 p.m. in the Municipal Building. The Committee will be reviewing the budgets for the Police Department and Transfer Station.

Board of Selectmen meeting Tuesday, Oct. 17 at 6 p.m. in the Municipal Building.

Planning Board meeting Wednesday, Oct. 18 at 6 p.m. in the Municipal Building.

Meetings are open to the public, unless otherwise noted.

Alexandria Volunteer Fire Fighters Association Open House at 158 Washburn Rd. Friday, Oct. 13 from 6 to 8 p.m.

Alexandria United Methodist Church

Christian Music Concert by Tom Ewing on Saturday, Oct. 14 at 6 p.m. at Alexandria United Methodist Church. All are welcome, and there will be light refreshments served after the concert.

If you have an event, or news you'd like to share, please feel free to email me or give me a call. If I'm not here, the answering machine will pick up. That is, unless it goes squirrely, which it has done from time to time. In the meantime, have a wonderful week! Oh, and if you happen to be out and about on a rainy day, and leaves are on the pavement, please be careful as the wet leaves might make for slippery conditions.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

This Saturday, Oct. 14, from 10 a.m. to 2 p.m., the South Danbury Church will hold their Second Annual sale of delicious homemade pies and gently used cookbooks. For those

who don't prefer pie, there will be other baked items for sale, too. This year's sale will also feature crafts and holiday items. All proceeds will benefit the Church Preservation Fund

Donations of pies, baked goods, crafts, and cookbooks will be eagerly welcomed! For more information, call 491-3196 or send an email to southdanburychurch@gmail.com.

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Oct. 15 with the regular 11 a.m. service continuing thereafter. Conversation and refreshments will follow. All are welcome and invited to attend. The new furnace is scheduled to be fired up and ready to go. Church members are looking forward to having some heat to take the nip out of the fall weather. The cool crisp days of autumn most surely must be coming.

Blazing Star Grange

On Oct. 5, the grange held their annual inspection by the State Grange with Deputy Arthur Merrill from Antrim Grange. The Grange voted to sponsor a hole for the Danbury Fire Departments fundraiser, A Round for Ryan to be held on Oct. 21. They also voted to be a sponsor the NH Future Farmers Association for the coming year and to donate 10 scarves to the DCC mitten and scarf tree project.

Community service chairman Lisa Windsor reported on the grange's food drive resulting from the governor's New Hampshire response to help Puerto Rico. From 6-7 p.m. on Monday, Oct. 2, folks brought 28 cases of water, many baby food items and bags and bags of canned goods, cereal and peanut butter. In the grange hall parking lot, the items were boxed, bagged and loaded into her SUV. On Tuesday morning, Lisa drove her car to the state house and was proud to say to the volunteers there that "This is from Danbury."

The Grange's next meeting will be Thursday, Oct. 19 at 7 p.m. The community is invited to attend and hear about the activities be-

ing planned for the upcoming year. There is a lot going on. One project deals with the antique farm equipment that has been donated to the grange. The intact pieces served as landscape ornaments and the new residents have other plans for their yard. Having an appreciation for agriculture history, the owners contacted the grange in the Spring and the grange voted to accept the pieces which will be removed before winter. The next steps of the project will be determined at a later date.

Also on the grange calendar is the addition to the first Saturday farmers market of a third Saturday workshop series and a by order only farmers market. Customers will have the opportunity to order from participating vendors and pickup their orders during this time plus attend workshops and programs that hope to touch a broad spectrum of interests. Refreshments and socializing will follow the program.

Those that wish to be involved in the projects will have an opportunity to sign up and/or add their suggestions to the idea box.

Danbury Winter Farmers' Market

Confirmed vendors for the 2017-18 farmers market season are Field Acres Farm, Margie Gorman, The Healthy Porcupine(not in April), Hibernating Artists, Margaret Hoyle's Socks (not in December), Huntoon Farm, Pleasant View Arts and Mary Lyn Ray (November & December only). Applications continue to roll in with a full hall expected.

Chicken Pie Supper

The second chicken pie supper of the season, which will be held on Saturday, Nov. 11 from 5-6:30 p.m. There will also be a household treasures sale in the main hall during the supper. If you missed the household treasures sale at the fair and the weekend after, drop by and see what good things are waiting there for you to take them home.

Groton

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

The Groton Conservation Commission is looking for your help to tackle roadside clean up. "Operation Clean Sweep" will take place on Saturday, Oct. 14 from 9 a.m.-noon, meeting at the Town House. The bags have been donated by the DOT in Rumney and

there will be vests available and caution signs will be posted. Slim mentioned that he had picked up some "grabbers" for those who may have trouble leaning over and picking up items off the ground. More information is available on the Town Website at www.grotonnh.org. The rain date for this event will be the next day, Oct. 15.

There was a Select Board Meeting on Tuesday. Building permits were issued for Map 5, Lot 135 for a 16-by-24-foot sugarhouse; Map 6, Lot 92 for a 24x40 garage; Map 2, Lot 115-2 for a two-car garage with a great room above, 576 square feet; Map 2, Lot 81-3 for a 12x27 carport; Map 1, Lot 51 for a modular home on Bailey Hill Road, one floor full finished basement. There were also three septic approvals and a report of cut for Map 1, Lots 53-1 through 53, 6.

Trick or Treat hours were set for the Town from 6 to 8 p.m. on Halloween, Oct. 31.

The Town is looking for a Trustee of the Trust Fund to fill the remaining two years of Elizabeth's term. If you are interested please submit you name to the Town Office. We are also looking for someone to serve on the Conservation Commission.

The Groton Police will be offering a class/informational meeting on "Making our Town of Groton a Safe Community" on Oct. 24 from 6 - 7:30 p.m. This meeting is open to the public and refreshments will be served.

Meetings and Closures Coming Up:

Select Board meetings are scheduled for the following Tuesdays, Oct. 17, Nov. 7, and Nov. 21, and all at the Town House in the front meeting area at 7 p.m.

Select Board Work Session at the Town House Tuesday, Oct. 17, Oct. 24, and Nov. 7 at 5 p.m.

Conservation Committee Meeting on Oct. 12, 7 p.m.

Planning Board Meetings (see notice above), Oct. 10, and Oct. 25 at 7 p.m.

The Town Clerk/Tax Collector offices will be closed Oct. 18 -20 for the Tax Collector's Conference.

The Select Board Office will be closed Nov. 15 and 16 for the NHMA Conference.

Warrant Articles should be submitted by Thursday, Jan. 4.

Churches

Ashland Community Church

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

Sundays

9 a.m. — Early Worship Service, followed by coffee/fellowship in the church dining room.

9:25 a.m. — KidZone for K-grade six

Special Needs Ministry-high school-adults

11 a.m. — Contemporary Worship Service

11:15 a.m. — KidZone for K-grade 6

11:15 a.m. — Youth Sunday School

"Toddler Zone" is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

KidZone

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach someone age appropriate lessons in a loving atmosphere.

Axyon Youth Ministry, for grades six through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

Mondays

8 p.m. — Alcoholics Anonymous Group meets in the Church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Web site, ashlandcommunitychurch.com.

We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our dear Lord and Savior. Our vision is to become a church that un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others do the same.

Real church. Real people. Real simple.

We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

Ashland Episcopal (St. Mark's Church)

It is time for the ChIPs program - gifts for the children of in-

carcerated parents. Our October outreach. Gifts for children, babies through teens, are collected by the Episcopal Church for prisoners to choose for the children in their lives. A multitude of gifts that are sorted according to age and sex of child are made available by a volunteer committee for "shopping." Monetary gifts allow the committee in charge to purchase gifts for those ages that have not had enough donations.

There tends to be more donations for young children than teens. The gift the parent chooses is wrapped for them and they are allowed to present that gift in person when the family visits. The child receives tangible proof that this loved one hasn't forgotten him or her. There is a box at the back of the church for your donations. Our delegates to the Diocesan Convention will bring your monetary contributions and your gifts to the Convention on Nov. 4 and they will be taken to St. Paul's School for sorting. Checks should be made out to St. Mark's Church with "ChIPs" in the memory line. Toys, books, etc. must be new.

Choir Rehearsal is at 8:45 a.m., Holy Eucharist and Sunday School is at 9:30 a.m. Sunday Mornings at St. Mark's Church. Everyone is welcome.

Did you know that legend has it that the ladybug was named for the Virgin Mary who assisted farmers once they prayed to her? Keeping fields safe from harm, the ladybug evokes the energy of harmony. A ladybug's life is short. It teaches us to release worries and the enjoy experiences to the fullest. A messenger of promise, when the ladybug appears in our lives it is telling us to "let go and let God." The Ladybug signifies Luck, Happiness and Affection.

Greeters, readers, ushers and coffee hour hosts are always needed. Please do your part. Sign-ups are at the back of the church and at coffee hour. Remember, no hosts, no coffee!

Plymouth Episcopal

The members of Church of the Holy Spirit have been very busy getting ready for their move from the church on Main Street to Griswold Hall which is located at their Highland Street address. Last Thursday, the Episcopal Women's Group spent the morning cleaning and organizing Griswold to become the new worship space for the 8 a.m. service when our Main Street home is officially sold. Until that time we will still be having our 8 a.m. service at our Main Street address.

Venue for our 9:30 Service

Since Sunday, June SEE CHURCHES, PAGE A7

How to Submit Announcements & Obituaries To Salmon Press Publications

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

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

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Churches

FROM PAGE A6

11 we moved our 9:30 a.m. service to our summer location at St. Mark's Church in Ashland. With the selling of our church on Main Street, we will continue our 9:30 a.m. worship at St. Mark's Church in Ashland.

Book Study to begin at Griswold Hall on Oct. 12

If you have read or would like to read Bishop Rob's new book "Without Shame or Fear, From Adam to Christ," this is an opportunity to join with others in a faith-based discussion of his book. Guy Tillson has agreed to lead this weekly study beginning on October 12 from 9:30 -10:45 a.m. Please let Guy or Maryan know if you are interested, so that we can order books in time for participants to read the first few chapters in preparation for our first meeting. Please contact Maryan (maryanee@msn.com) or Guy (nicenhguy@roadrunner.com) with questions.

CHIP Donations

The ChiPs program allows prisoners to choose gifts for the children in their lives from a multitude of toys and games sorted by age and sex of the child. The gift they choose is wrapped for them, and they are allowed to present that gift in person when the family visits. The child receives tangible proof that this loved one hasn't forgotten him/her. The prisoners get to see that their families still care and still need them. Not only does the exchange make Christmas fleetingly brighter for everyone, it also has a lasting effect in fostering the family bond -- a connection so very necessary when the prisoners serve their time and are released. Here's how you can help: you may drop off gifts or monetary donations at Holy Spirit. Our delegates to the Diocesan Convention will bring your monetary contributions and your gifts and to the Convention on Nov. 4, where the gifts will be transported to St. Paul's School for sorting.

United Thank Offering

Do you have your blue boxes ready for the UTO ingathering on Oct. 22? We will be collecting offerings so that delegates can bring them to the Convention on Nov. 4. Remember: "Your change changes lives!"

Holy Spirit Quilters

At the last meeting of the CHS quilters, they organized by color and type all the cloth that had been donated to them. At this time due to the abundance of material they already have, they are not accepting any new material. The CHS quilters will meet on Friday, Oct. 20 at 10 a.m. All are welcome to join them for the morning! If you have

any questions, please contact Lois Grant at lsg@comcast.net.

Restoration Church, Plymouth (formerly Family Worship Center Ply. Assembly of God

Greetings from Restoration Church Plymouth located at 319 Highland St., Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our schedule has changed to the following:

- Sunday: 9:30 a.m. Bagels and Coffee
- 10:30 a.m. Morning Service (currently meeting in the fellowship hall)
- Monday: First third Monday of the Month 10 a.m.-2 p.m. Helping Hands Food Pantry
- Friday: Second Friday of the month 6 p.m. Food, Fun, Fellowship

On Sunday, Aug. 20, the active membership of our church voted to merge with Restoration Church, based out of Dover. We now have a lead Pastor, Rev. Nate Gagne, who is over both the Dover campus and also the Plymouth Campus of Restoration Church. In Plymouth we have a location Pastor as well. His name is Chris Pike, he and his wife will be our local contact. That is the reason for the name change for this article as well. For the next few weeks we will be meeting in the fellowship

hall on Sundays as the church get a well needed make over in some areas including, bathrooms, nursery, teen room, and also the auditorium. For right now the only service we will be having is our Sunday Morning service from 10:30-11:45 a.m. We are excited and anticipating just what the Lord has planned for this church moving forward. We invite everyone to come out on Nov. 5 as we officially launch as Restoration Church Plymouth. There will be more details as this day draws closer.

Upcoming Events: Sunday Oct. 22 and 29: We will be moving our services from the fellowship hall back into the auditorium for what we are calling two preview services.

Wednesday, Nov. 1: We will be having a time of prayer along with worship for the launch of Restoration Church Plymouth on Sunday, Nov. 5. This service starts at 6:30 p.m.

Sunday Nov. 5: During our 10:30 a.m. service, we officially launch as Restoration Church Plymouth. Come on out and see what the Lord is and will be doing.

Our Mission Statement:

Just One More! Everyone is welcome to all of our services. The church is handicap accessible on the east entrance.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairgrounds 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.

Sunday, Oct. 15 - Service 9:30 – 10: 30 a.m. – The Courage to Fail

Rev. Dr. Linda Barnes, Worship Leader

It takes courage to face failure, to admit, even to ourselves that we have fallen short. Can we muster the courage to turn failure into opportunity? Join us as we explore the remarkable power failure has to change our whole lives for the better.

Visit our Web site www.starrkingfellowship.org 536-8908

Registration is open for Religious education classes for children through Grade 6. You may register your children Sunday with Jane Clay, or you may do it electronically on our website.

Grades K-2: World of Wonder-explore the interdependent web of all

existence.

Grades 3-6: Harry and UU-explore how the themes in the Harry Potter stories support our 7 UU principles.

Soul Matters for Snow Birds? – If you're a snowbird interested in being part of a Soul Matters Sharing Circle or if you're inclined to stay home and participate in a Soul Matters group remotely, please contact Rev. Linda at minister@starrkingfellowship.org. A reliable internet connection and a willingness to meet via video conference necessary.

Vespers Services - On second Fridays Starr King UU Fellowship will be offering a Vespers service. Vespers is an evening worship service that offers a peaceful end to a hectic week. We will meet for casual, all generations service that includes music and candles for about 30 minutes and then share a meal (probably pizza). Join us for our first service on Friday, Oct. 13 starting at 6 p.m. Everyone is welcome.

Brown Bag Lunch Bunch – Second and fourth Tuesdays from 9 a.m. – noon. Join us for fun, fellowship and learning as we tackle those little “to-do” projects around our fellowship home. Pack a lunch, roll up your sleeves and prepare to have a great time together! Contact Brian Haskins with any questions.

Time and Talent Inventory - What threads can you contribute to the fabric of our fellowship? Whether it be serving on a committee, teaching RE, Sunday flowers or refreshments or just a one and done activity such as painting a wall or mowing the lawn. Fill out an inventory and see what opportunities await you. There are copies on the table in the foyer and soon you will be able to view it on the website. Please add your completed inventories to the basket. If you have any questions see Mary Crowell.

October Outreach - Genesis is the Outreach SEE CHURCHES, PAGE A16

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Edward Jones: Financial Focus International Investing: Still a Journey to Consider

Columbus Day is observed on October 9. And while it may be true that Leif Erikson and the Vikings beat Columbus to the New World, Columbus Day nonetheless remains important in the public eye, signifying themes such as exploration and discovery. As an investor, you don't have to “cross the ocean blue,” as Columbus did, to find opportunities – but it may be a good idea to put some of your money to work outside the United States.

So, why should you consider investing internationally? The chief reason is diversification. If you only invest in U.S. companies, you might do well when the U.S. markets are soaring, as has happened in recent years. But when the inevitable downturn happens, and you're totally concentrated in U.S. stocks, your portfolio will probably take a hit. At the same time, however, other regions of the world might be doing considerably better than the U.S. markets – and if you had put some of your investment holdings in these regions, you might at least blunt some of the effects of the down market here.

Of course, it's also a good idea to diversify among different asset classes, so, in addition to investing in U.S. and international stocks, you'll want to own bonds, government securities and other investment vehicles. (Keep in mind, though, that while diversification can help reduce the effects of volatility, it can't guarantee a profit or protect against loss.)

International investments, like all investments, will fluctuate in value. But they also have other characteristics and risks to consider, such as these:

•Currency fluctuations – The U.S. dollar rises and falls in relation to the currencies of other coun-

tries. Sometimes, these movements can work in your favor, but sometimes not. A strengthening dollar typically lowers returns from international investments because companies based overseas do business in a foreign currency, and the higher value of the U.S. dollar reduces the prices, measured in dollars, of individual shares of these companies' stocks. The opposite has happened in 2017, when the weaker dollar has helped increase returns from international investments.

•Political risks – When you invest internationally, you're not just investing in foreign companies – you're also essentially investing in the legal and economic systems of countries in which those companies do business. Political instability or changes in laws and regulations can create additional risks – but may also provide potentially positive returns for investors.

•Social and economic risks – It is not always easy for investors to understand all the economic and social factors that influence markets in the U.S. – and it's even more challenging with foreign markets. U.S. markets are now worth less than half of the total world markets, and growth in the rest of the world is likely to keep expanding the number of global opportunities. You can take advantage of that global growth by putting part of your portfolio into international investments, including developed and emerging markets.

In any case, given the more complex nature of international investing, you'll want to consult with a financial professional before taking action. If it turns out that international investments are appropriate for your needs, you should certainly consider going global.

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.



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Keith Britton Financial Advisor 603) 253-3328 Moultonborough, NH

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Artistic Roots welcomes four new artists to the Visiting Artist Program

PLYMOUTH — Artistic Roots Gallery is welcoming four new artists to the Visiting Artists' Program beginning Oct. 1. The artists include: painters, Joan Barnum and Robert Biggs; glass and paper artist, James Frase White, and woodworker, William Ferrullo. Artistic Roots will sponsor a visiting artist reception on Oct. 19 from 5-7 p.m. All are welcome, and refreshments will be served.

Joan Barnum is a self-taught artist who paints still life and landscapes in oils. She finds inspiration in the effect of light on simple objects, and in the woods, fields, and quiet back roads of the Lakes Region of New Hampshire. Whether working from a still life setup in her studio or heading out-



Pictured here from top to bottom and left to right are the works of Rob Biggs, Saco, Maine; Joan Barnam, Holderness; William Ferullo of New Hampshire; and James Frae-White, Vt. Their work is on display at Artistic Roots in Plymouth at 73 Main St.

Haven of Hope quilt auction to benefit Pregnancy Center

PLYMOUTH — The Haven of Hope Quilt Auction sponsored by Haven Pregnancy Services in Plymouth, has more than 30 homemade quilts to offer for bid in an online auction format. All of the quilts, in various sizes and designs, are made by gifted quilters willing to donate their creations to raise funds for Haven Pregnancy Services.

“If you are a quilt lover, collector, or perhaps looking for a wonderful Christmas, birthday or baby gift, you will want to see all of the quilts we have to offer,” suggests Beth Bissonnette, Executive Director of Haven Pregnancy Services. “The level of creative skill demonstrated in these quilts is impressive and we want to thank everyone who donated their beautiful quilts for this fundraiser.”

A live preview of the quilts being offered for online bidding will be held on Saturday, Oct. 28 from 1 to 4 p.m. at the Senior Center on Depot Street in Plymouth. This will provide an opportunity to see the quilts in person when the online auction begins. Bidding



The Haven of Hope Quilt Auction sponsored by Haven Pregnancy Services in Plymouth, has more than 30 homemade quilts to offer for bid in an online auction format.

on the quilts begins on Oct. 28 and ends on Nov. 30. To place your bids, visit the Web site www.quiltauctionnh.com during the auction period.

A queen size quilt will also be offered for raffle. Raffle tickets can be purchased at the quilt viewing on October 28 or by calling Haven Pregnancy Services at 536-2111 or come by the office at 81 Highland St. in Plymouth. The raffle drawing will be held on Nov. 30 at Haven. There is a one in 75 chance of winning and you do not need to be present to win.

ernment funding but is completely supported by various fundraisers and individuals. Their services are provided free of charge including pregnancy testing and ultrasound, as well as pregnancy and parenting classes. Clients can acquire baby items like clothing, blankets, diapers, and layette bags full of newborn items at their on-site Boutique. Haven Pregnancy Services is currently accepting new clients.

Robert Biggs lives and works in Saco, Maine as the Executive Director of Main Street Saco. He does oil only and was taught by his mom who painted extensively prior to having children. His subjects lean toward barns and boats.

“Barns intrigue me

as they are disappearing at an alarming rate and the all have a lot of wonderful stories of the people who worked in them,” commented Biggs. “I either have the building or boat dominate the canvas to show its age and importance or really large skies to emphasize the remoteness of the building.”

James Frase-White is a stain glass artist and paper cutter. He is currently a Board Member of the Northeast Kingdom Artisans Guild and a member of the League of New Hampshire Craftsmen. He has a background in education and worked as a Title I Reading teacher for many years. His artwork shows the joy Jim finds in life and his wonderful use of color.

William Ferullo has been in the carpentry trade for more than 10 years full time. He started working for my father’s construction company even earlier that that. In the years since those early days he have done basically all phases of carpentry from framing to finish work and has worked with some very talented and skilled craftsman over the years.

The work of these artists will be on display in the gallery from Oct. 1 through Jan. 31. Stop by to see their unique styles and views.



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RECENT REAL ESTATE TRANSACTIONS

<i>Town</i>	<i>Address</i>	<i>Type</i>	<i>Price</i>	<i>Seller</i>	<i>Buyer</i>
Ashland	55 Fairway Dr., Unit 2	Condominium	\$137,933	Meryl B. Hazel	Steven R. and Dorothy A. Allen
Ashland	141 Owl Brook Rd.	Single-Family Residential	\$160,000	Douglas C. Forman and Wells Fargo Bank NA	Wells Fargo Bank NA
Ashland	6 Town House Way, Unit 1	Condominium	\$140,000	Brandon J. Hiltz	Kelsey Piper
Bristol	25 Mount Celo Rd.	Single-Family Residential	\$165,000	Elphege A. & M. Beaulieu RET	Robert J. and Joyce D. Cantow
Bristol	N/A	N/A	\$132,933	Bruce E. VanDerVen	Amy L. and James D. Schreib
Campton	27 Condo Rd., Unit 7	Condominium	\$71,000	Mill RT	Jeff and Nicole Hannum
Dorchester	41 Hearse House Rd.	Mobile Home	\$72,000	Robert W. Lees and USA RHS	Chey Properties LLC
Dorchester	2297 NH Route 118	Single-Family Residential	\$12,466	Nancy L. Rich	Frederick K. and Rose Gonyer
Groton	Blanchette Lane	Residential Open Land	\$110,000	Mark and Nancy Watson	Janet G. and Keith D. Umphlett
Hebron	Ledges Newfound Lake, Unit 26m	Condominium	\$317,000	Joseph M. and Kelley A. McGowan	Dale M. and Lucy D. Crane
Hebron	Spectacle Pond Road	Residential Open Land	\$75,000	Margaret E. Decotis RET	Robert L. Casella RET
New Hampton	4 Cottage Lane, Unit 4	Condominium	\$146,533	David M. and Brenda A. Bello	Pemi Lake Properties LLC
New Hampton	4 Maria Jane Rd.	Single-Family Residential	\$224,933	Lori Sharp	David G. Plummer
New Hampton	93 Winona Heights Dr.	Single-Family Residential	\$277,000	Charles L. and Tracy J. Beck	Jeffrey D. and Magdolna Mitchell
Plymouth	221 Cummings Hill Rd.	Single-Family Residential	\$143,000	Roderick C. and Kathleen T. Hull	Kathleen L. and George E. Clark
Plymouth	229 Loon Lake Rd.	Single-Family Residential	\$120,000	Sherri D. and Daniel P. Smith	Mark R. and Denise M. Hutchins
Rumney	3 Depot St.	Single-Family Residential	\$100,000	David Wasilew	Patricia E. Black
Rumney	1998 Stinson Lake Rd.	Single-Family Residential	\$105,000	Robert Welsh	Kenneth P. and Deborah D. Hollis
Thornton	99 Banjo Dr.	Single-Family Residential	\$325,000	Michael J. and Kimberly M. St. Laurent	Diane M. Labonte and Vincent P. Allard
Thornton	6 River View Dr.	Single-Family Residential	\$440,000	Vincent P. and Barbara A. Falso	Joseph F. Burchill
Warren	NH Route 25	Single-Family Respect	\$52,000	Lawrence P. Bixby	Changgan Li and Weting Zhang
Waterville Valley	23 Black Bear Rd., Unit 1219a	Condominium	\$18,200	H. Paul Overstreet	Krystal Pettigrew
Waterville Valley	28 Packards Rd. Unit 220	Condominium	\$113,000	Mary E. Wright	William F. and Dinora N. Cooney
Waterville Valley	4 Sunny Side Way. Unit 3	Condominium	\$152,000	Robert P. and Linda W. Hurley	Steven A. and Marv J. Ciulla

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 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.

Bunch of stuff



BY MARK PATTERSON

It is not uncommon for a potential new client who brings their current investment portfolio into our initial meeting to have multiple accounts with retail mutual funds, stocks and sometimes exchange traded funds. A discussion about diversification is always a part of our meeting. Having multiple mutual funds with different names

often provides comfort to the holder of those investments believing that there must be some kind of plan behind the investment choices.

As I've written in the past, I got into this business 22 years ago as a retail broker. I was fortunate to join a conservative firm with some "old school" brokers that mainly dealt with individual stocks and bonds. There were some mutual funds out there that had very good performance based on the manager's expertise or a sector, such as "banking." There was so much consolidation in the banking industry, that all

you had to do was buy a few local banks and they would get bought out at a premium by bigger banks. Average returns in the equity markets were closer to 18 percent than today's five percent. So, if a mutual fund was charging 7 percent commission and one and a half percent fees, you could still make money. Obviously, commissions have come down and fees are slightly less, however fees are still a much greater percentage of the total return than in the past.

I still see far too many "C" class mutual funds in potential client accounts. See class mu-

tual funds have fees that the client doesn't see unless they know where to look. I have seen "C" class bond funds where the broker and the fund company make more return than the owner of the fund. It is my opinion that selling "C" share classes are not in the client's best interest. The C class mutual funds are often found in brokerage accounts that are commission based whereas the broker added these funds set up an annuity stream of payments for themselves. There are likely "A" class shares that charge an upfront commission and have less internal expense. These fund companies

pay incentives to many brokerage firms who sell them called “revenue-sharing”. You can see how you could end up with a portfolio made up of a bunch of stuff because that stuff benefits the brokerage firm and the broker, not the client. Brokers or a.k.a. financial advisors have not in the past been required to act in the client’s best interest, but some legislation that has been delayed, but I believe still will happen, will hopefully force brokers from a “suitability” standard to a “fiduciary” requirement.

The problem with having a bunch of stuff in your investment portfolio, is that it has

no plan. You could be approaching retirement and need to adjust your portfolio to protect your assets and potentially convert them to steady sustainable income. You may want to use modern portfolio theory to construct a low-cost portfolio of low to non-correlated asset classes that may provide less risk and more return over time. The client must be able to look at their portfolio and understand it's true purpose and objectives.

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



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
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Grafton County, Northern Pass spar over sharing burial changes with landowners

BY GARRY RAYNO
InDepthNH.org

CONCORD — Landowners along the buried section of the Northern Pass Transmission project may not know the final line placement until state transportation officials decide where it may be placed under state roads.

At Monday’s adjudicative hearing on the \$1.6 billion project stretching from Pittsburg to Deerfield, Grafton County Attorney Lara Saffo pressed project officials to reach out to abutting landowners in areas where the layout changed. At this point, 60 of the 192-mile line are supposed to be buried underground, with most of that from Bethlehem to Bridgewater.

Saffo, who represents the Grafton

County Commissioners in the proceedings, asked Eversource Vice President of Engineering Kenneth Bowes to send landowners new survey reports for the state right-of-way road boundaries so they will know if their properties would be impacted by design changes.

Bowes said he would consider her request after the Department of Transportation decides on requests to bury portions of the 1,090 megawatt line under sections of state roadways.

Project developer Eversource needs the exception requests because the state Utility Accommodation Manual forbids burying utility lines under state roads and recommends they be as close to the right-of-way edge as possible.

“Private landowners left a public hearing at Loon Mountain understanding the line would go under the road and not into adjoining land and the application says that,” Saffo said, “and now you do not want to include landowners until a final approval of a different design?”

Bowes replied he would want to know the DOT’s decision and any attached conditions before sending out the information. He also said he does not know the scope and scale of such a mailing, and wants to know that before committing.

“The plans shown at a specific public hearing were current at the time,” Bowes said, “with the best information available.”

Saffo asked if a landowner wants to know

what will happen on his land, should he consider the entire state right-of-way to be fair game for the project.

Bowes urged landowners to reach out to Eversource and officials will show landowners the initial design, the exception request if there is one and the “highly probable design” based on what the DOT has decided to date.

“We want to be able to show them something more concrete than ‘that makes sense, that is where it will go,’” said Samuel Johnson, lead project manager.

But Saffo said if a landowner objects and developers move the line or location, that will impact an adjoining property owner.

“Most property owners are concerned about what happens from their front door to the pavement,” Saffo said. “Their home is their primary asset.”

Bowes said that is true almost everywhere.

“We’re not proposing any taking of property or buildings,” he said, noting the work would be done within the state right-of-way or on property the company already owns.

As part of its application, Eversource asks the Site Evaluation Committee to authorize the DOT to review and decide any exception requests for burying the line under town-owned roads along the 8-mile section of new line in Pittsburg and Stewartstown.

Committee member William Oldenburg, who represents the DOT on the panel, said

his agency may not want to take on that responsibility for local roads.

Bowes said resources may be an issue for towns and having the DOT make the decision would provide consistency along the entire route. And he said some provisions would be needed so a town could not delay the project by refusing to act on a request.

He said the agency has put the issue aside until the SEC decides whether to delegate its jurisdiction to the DOT.

Bowes said the developer would be willing to indemnify the state and towns for any additional costs associated with the request.

Committee counsel Michael Iacopino said there are other options that could be considered such as hiring an outside contractor at the company’s expense to oversee the work on town roads or for the SEC to decide and enforce it.

Attorney Robert Baker said he assumes the developers have not submitted the maps to local municipalities for their review, comment or determination, and Bowes said that is correct.

If the SEC determines local boards will need to approve work done to bury the line under town roads, Baker asked, how much longer would that process take than submitting the requests to the DOT?

Bowes said it would add another month to the process. He expects the process to move fairly quickly once the additional surveying

work is done.

The agency wants the developer to do additional work to better define the state right-of-way boundaries in order to determine a number of exception requests, saying in many cases the information submitted by Eversource involved approximations.

The company submitted about 190 exception requests, with 118 currently under discussion including 20 that have been approved with conditions. Agency work on the requests has been suspended until the survey report is done in about five to seven weeks.

The project to bring Hydro-Quebec electricity to New England was first proposed seven years ago. The SEC recently delayed making its final decision for five months pushing its deadline until the end of February, 2018.

The committee added 31 more adjudicative hearings to be held at 49 Donovan St., in Concord from October through the end of the year.

Eversource had hoped to have all federal and state permits by the end of the year with construction to begin next year and the transmission line finished by the end of 2020.

If it receives all its permits, Johnson said Monday that construction could begin in April.

On Tuesday, the committee will visit project sites from Plymouth to Deerfield. Adjudicative hearings resume Friday.

Human rights advocate Filiz Otucu to speak to Plymouth Area Democrats

PLYMOUTH — On Wednesday, Oct. 18, Filiz Otucu, Ph.D., assistant professor of political science at Plymouth State University, will be the featured speaker at the Plymouth Area Democrats’ monthly meeting at the Plymouth Regional Senior Center. She will be talking about the President’s visitor/refugee ban, changes to it over the last eight months, and consequences of the ban.

Doctor Otucu’s focus is on human rights, global issues, and diversity. She has taught such courses as World Politics, Terrorism and Counter-Terrorism, Politics and Conflict in the Middle East, and Model United Nations.



COURTESY PHOTO

Filiz Otucu

Doctor Otucu served on PSU’s Internationalization Task Force as they worked to internationalize the PSU curriculum and campus, developing a list of factors, knowledge, skills, and attitudes that prepare students to participate responsibly in today’s increasing global society.

She has researched ways to assist students, staff, and faculty members in study abroad activities, and identified ways to enhance recruiting of international students and faculty members.

Come early and join us for the for the pot luck and socializing, which will start at 5:30 p.m. This will be followed by a brief business meeting, with Doctor Otucu scheduled to speak at 6:45 p.m. The meeting should wrap up by 7:30 p.m.

Everyone is welcome to attend! For more information, call Joyce Weston at 536-2856.

PSU's Mindful Mile kicks off Oct. 19

PLYMOUTH — Plymouth State University Dining Services and Healthy PSU have teamed up to offer the first ever Mindful Mile event.

The Mindful Mile is a dedicated one mile pathway on the Campus of Plymouth State University. The kick-off event to be held on Thursday, Oct. 19 at 3:30 p.m. is a casual walk of the pathway promoting healthy diet

and exercise. Diahnn Thompkins, Registered Dietitian and Denise Normandin, Director of Healthy PSU, will be leading the walk and offering advice and tips for healthy living. The walk will be followed by a celebration including a healthy food tasting as well as t-shirts and prizes for all participants. Register now at Prospect Hall 8 High St. Plymouth, NH 03264.

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BOS FROM PAGE A1

cerns.

Lewis pointed to previously prepared plans to convert the municipal building into a police station and said that, if Bristol moved the town offices elsewhere, he and his officers would be willing to provide some physical labor in putting those earlier plans into effect, which would help to reduce the cost of the renovations. The committee ultimately recommended reconfiguring the building for the police and building a new town hall for administrative offices on adjacent property that the town had purchased in 2016.

The town hired Samyn-D’Elia Architects of Ashland to review the committee’s recommendations and come up with a proposal that could go before the voters at the 2018 Bristol Town Meeting. Architect Cris Solomon presented preliminary plans during a public forum at the Old Town Hall on Summer Street on Oct 4.

Committee Chair Edward “Ned” Gordon said the architects had first looked at the municipal building to see whether an addition would be able to accommodate both police and town office needs. They ultimately agreed with the committee’s recommendation and put together conceptual drawings for two buildings — a converted police station and a new town hall.

The plans presented to the public received applause for style but speakers said the estimated cost, well in excess of \$2 million, was too high, and they suggested looking at ways to reduce the price tag.

Resident Steve Favorite suggested that the town offices should remain in the municipal building, and that the town instead build a new police station. He showed a drawing that placed the police station on the adjacent

“Smith lot” with parking on a higher level behind the municipal building. Doing so, said, would make it easier to access the holding area through a sallyport which, with the current building, would require a ramp and steps.

At the following night’s selectmen’s meeting, Paul Manganiello, who serves as the selectmen’s representative to the space needs committee, said building a new police station might make more sense than what they had been proposing.

“That’s a conversation we can think about now,” Manganiello said. “It was never on the table before because one of our committee members at the time had the plan for this place.”

Public comment

Resident Carol Huber said during the public hearing that she liked the idea of a new police department, calling the current plan “way out of our league.”

“What is this going to do to our taxes?” she asked.

Gordon said Favorite’s suggestion to put parking on the upper lot is impractical because it would require tearing down a current wall and building a new retaining wall, which he said could add \$300,000 in site work to the project.

“We’ve got to have parking spaces,” he said.

Former selectman Janet Cote said she did not think the current plans sufficiently addressed safety, citing the steps leading to the booking and holding area of the police station.

Solomon said the safety and security of both the police and town office workers had been taken into account, even as they worked to keep the building as small and efficient as possible. Plans include a lift that can be used when taking the stairs is a problem.

He also described the below-ground rain-water storage system that would prevent an increased discharge into the state’s storm-water system.

Bill Dowey pointed out that the proposed town hall is not properly oriented to take advantage of sunlight, pointing out that the Minot-Sleeper Library’s solar array has saved the town \$3,600 a year.

“If it’s turned, you could reduce your power costs to zero,” Dowey said.

John Sellers suggested using steel construction which would eliminate the need for load-bearing walls, which would open up space for future needs. He also advocated increasing the size of the meeting room to accommodate voting. Residents currently vote at the Old Town Hall, which has limited parking and a steep sidewalk.

Gordon said the committee did not think the additional \$200,000 to \$300,000 cost of enlarging the meeting room made sense when voting takes place only once or twice a year.

While some argued that there should be more space, others said there was too much space in the proposed plans, and that scaling them back is necessary.

Gordon said all of the comments will be taken into consideration as they continue to revise the plans, and that another public hearing will take place on Nov. 15.

At the selectmen’s meeting, Chair Rick Alpers commented, “It’s a pipe dream to think that’s it’s coming in under \$1 million,” but he also questioned the cost estimates provided for the project. He suggested having Conneston Construction, Inc., of Laconia, which shaved the costs of the library renovations, to go over the plans and come up with more realistic costs.

Explosion FROM PAGE A1

media. Hundreds said their children and pets were quite frightened by the huge explosions but many adults were as well.

“I live nearby and heard what sounded like machine gun fire, too. After Las Vegas, I didn’t know what to think,” said a woman on Sunday morning, asking not to be identified.

Other fears were

that it could have been a large earthquake, or that a large building had exploded.

“I just couldn’t imagine what else could make a noise like that,” a Sanbornton resident commented.

A few even feared someone was kicking down the door of their home.

Most people agree, though, that if this was done as a joke, it wasn’t funny.

“Just stop it!” one person wrote.

Town Manager Nik Coates kept residents updated about the situation throughout the night on Facebook, and the following afternoon, Bean briefed Bristol selectmen about the incident. They were reported to be quite concerned about the matter.

With the investigation still ongoing, charges had yet to be filed by the time this week’s edition went to press.

Tommy Page FROM PAGE A1

first birthday, Gibbs added, “He will never know the joy of blowing out a birthday candle, as he was taken from this world far too soon; before he could even have his first taste of his birthday cake.”

S.J.’s mother, Danielle Sylvester, spoke of the day she came home to find her son had been beaten by Page when she left him in his care for a short time. She also recalled the nurses who told her his injuries were too severe.

“We are not going to forget having to hold him for the last time and saying goodbye for the last time,” she said.

Page himself had nothing to say out loud during the hearing

though. Reports said he was instead seen shaking his head at times and mouthing profanities as he listened to the proceedings.

Judge MacLeod did not mince his words though. He told Page that the cruelty and depravity of the crime was something he will never understand.

“It is impossible for me to get my head around how this could have come about,” he said.

Besides sentencing the 31-year-old to life in prison, MacLeod also agreed to the prosecutor’s recommendation to add a \$4,000 fine to his sentence for falsifying evidence when he washed the child’s body after assaulting him. That money will come from commissary spending money Page

may receive while incarcerated.

Residents in Alexandria were glad to hear the court’s decision, many saying it felt good to know he will never have the opportunity to harm any other child. Several others also offered their thoughts and prayers for the family as they and the community continue to mourn the loss of little S.J..

On a social media Web site, an Alexandria police officer also weighed in on the matter.

“This closes the book on a very tough time for Alexandria,” he wrote. “I’m glad he received the maximum penalty allowed for this horrible crime. May God bless the soul of this poor innocent child.”

Wellington FROM PAGE A2

New Hampshire’s Public Boat Access Program is funded through boat registration fees and federal Sport Fish

and Wildlife Restoration funds. Fish and Game’s Facilities Construction and Lands Division acquires land for public water access sites, refurbishes existing sites, and builds

new public boat access areas. For more information on boating access locations in New Hampshire, visit www.fishnh.com/access/access-sites.html.

PBVRC FROM PAGE A3

be talking with us. His current focus is on improvements to election law to make the New Hampshire voting system simpler to understand and more resistant to fraud.

Chadwick is an advisor to the Program and Planning Committee of the Moore Center of Manchester, an organization which supports seniors and individuals with disabilities. The Program and Planning Commit-

tee advises the Board of Directors regarding overall direction, recommends project proposals that deal with program development, and develops the yearly plan for the Moore Center.

Chadwick and his wife Kathy reside in Bedford, and have two sons. His hobbies include flying, music and skiing. He has been on the Ski Patrol at Pats Peak Ski Area in Henniker for 12 years.

Here is the rest of the story. Tickets are \$10

at the door for adults, \$5 for children five to 12 years, and four and under are free, with a special family price of \$25. Non-perishable items or cash donations for the Plymouth Food pantry are encouraged. The public is welcome, and reservations are not required. The PBVRC thanks you for your support this year and wishes you all a very happy holiday season.

For more information, call Cindy at 536-3880 or cindy@hdat-ech.com.

CADY FROM PAGE A4

tion of marijuana. The Commission will include representatives from state agencies, lawmakers, and the public. New Futures, a non-profit organization which focuses their efforts on drug addiction prevention, will serve on the Commission.

Former federal drug czar Michael Botticelli said, “Addiction

doesn’t start with prescription drug abuse or heroin use. It starts with alcohol, tobacco and marijuana.” CADY strongly agrees with his statement—addiction is not inevitable—it’s preventable. As New Hampshire changes direction on marijuana, it is more important than ever for parents to understand they are one of the strongest influences on their children’s decision not to use

drugs. Your child is far less likely to use pot if you talk early and often about the risks of drugs and addiction. For more information, visit the CADY Web site at www.cadyinc.org. If you or someone you know is struggling with addiction or substance use, call the New Hampshire State-wide Addiction Crisis Line at 1-844-711-HELP (4357). It is never too late to get help!

Notebook FROM PAGE A5

the woods, and have to bark them back to protect us? Obviously, yes, because we are blissfully bereft of monsters. “Good dog,” I tell her. “Good girl, guarding us against all the bad things that are trying to get us.” And then I get her breakfast, which is what it’s

really all about.

+++++

I was lucky to see two of my favorite birds in one week.

On Monday, while I was driving back from the Stewartstown side, a pileated woodpecker swooped and dipped across the road, its bright red

head sticking out like a traffic light. This is the second-largest in the woodpecker family, second only to the ivory-billed, which I wrote about as having been rediscovered but was upbraided by some readers who said it hadn’t.

Oh, well, so in the interim, until the jury

SEE **NOTEBOOK** PAGE A16

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Breast Cancer Awareness 2017

Exercising after breast cancer

Routine exercise is an essential element of a healthy lifestyle. Exercise can help people maintain healthy weights, reduce stress and lower their risk for various diseases.

After surviving breast cancer, many survivors wonder if it's safe to return to the exercise regimens they followed prior to being diagnosed. Breast cancer survivors can benefit from exercise, but it's important that they prioritize safety when working out. Survivors who have had breast cancer surgery may be at risk of lymphedema, a condition characterized by swelling of the soft tissues of the arm, hand, trunk, or breast. That swelling is sometimes accompanied by discomfort and numbness, and some people dealing with lymphedema also experience infection.

Breastcancer.org, a nonprofit organization dedicated to providing up-to-date information about breast cancer, notes that some exer-



cise may be especially risky for breast cancer survivors. These exercises include:

- swimming laps using strokes with arm movements
- activities that involve the usage of resistance bands
- pull-ups and push-ups
- certain yoga poses, including downward-facing dog and inversions, that put ample weight on the arms
- elliptical/cross-training machines
- cross-country skiing
- tennis

While breast cancer survivors might want to avoid certain types of exercise, it's important to note that the American Cancer Society recommends exercise after breast cancer surgery. But exercise should be approached with safety in mind, and breast cancer survivors should heed the following tips to ensure their exercise regimens do not compromise their recovery.

• Discuss exercise with your physician and surgeon. Before making exercise a part of your post-recovery routine, speak with your physician and surgeon to determine if there are any movements you should avoid. Your doctor and surgeon can tell you how you will

be affected by medications you might be taking as part of your continued recovery.

• Take it slowly. If you were an exercise enthusiast prior to your diagnosis, you must recognize that returning to your pre-cancer regimen may not be possible, or that it's likely to take a while before you feel like your old self again. Take a gradual approach, allowing yourself to build strength and not expecting results to appear overnight.

• Emphasize form. Place a great emphasis on form when exercising after surviving breast cancer. Many breast cancer survivors undergo surgery as part of their treatments, but even those who did not should still prioritize proper form when exercising, even if it means lifting substantially less weight than you might have prior to your diagnosis.

• Don't persist through pain. If you feel any pain upon returning to exercising, stop immediately and speak with your physician and surgeon prior to exercising again.

• Rest between sessions. You likely won't be able to exercise on successive days anytime soon, but build off days into your routine so you can rest and recover.

Exercising after surviving breast cancer can promote recovery, but survivors must be extra careful as they work to get back on track.

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*You may know that **BREAST CANCER** is the most frequently diagnosed cancer in women, but did you know giving blood is a way to support those fighting cancer?*

During BREAST CANCER AWARENESS MONTH in October, the American Red Cross is encouraging the community to give blood for cancer patients and others who depend on transfusions.

*When you give **BLOOD**, you give somebody another **BIRTHDAY**, another **DATE**, another **DANCE**, another **LAUGH**, another **HUG** and most importantly, another **CHANCE**.*

The American Red Cross hopes that you will reach out to someone who needs another chance at life by donating blood.

Help Save Lives!

Blood cannot be manufactured. It is the responsibility of the community to make sure that the blood supply is continually replenished in order to assure that physicians and their patients can be confident of a reliable supply. Please don't let them down.

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Breast Cancer Awareness 2017



3D Mammography at Women's Life Imaging Center

Radiologists like myself worried about tomosynthesis, also known as “tomo” or 3D mammography, when it first emerged as a tool to look for breast cancer several years ago. We thought it might be more uncomfortable to women, and worried that the amount of radiation used would be too high. We also wondered if tomo would be less useful than standard mammography in identifying certain signs of breast cancer. However, four years into our experience with tomosynthesis at Women's Life Imaging Center, I can't imagine ever going back to 2D mammography again. Tomosynthesis is really that much better.

Tomosynthesis is an x-ray of the breast, just like a regular 2D mammogram. From the patient's perspective tomo is nearly identical, except that the exam will take a few seconds longer.



breast cancers are found early—before they have spread to other parts of the body—women have a much better chance of surviving. Mammograms are still the best way to screen women for early breast cancers, and I strongly believe that 3D mammography addresses many of the shortcomings of standard mammography. Because there is no better proven way to detect early breast cancers, we recommend annual mammograms beginning at age 40.

ger. Instead of taking one picture at a time the machine moves through a short arc and takes multiple low-dose x-rays; a computer puts these together as a 3D set of images. In a 2D mammogram, the radiologist looks at the complex architecture of breast tissue in one flat image. Overlapping normal breast tissue can appear abnormal on a 2D mammogram, but with a 3D mammogram a radiologist can more confidently see that there is no true abnormality. This prevents “call-backs” for additional mammograms or ultrasound. In fact, multiple scientific studies have shown a significant reduction in the percentage of women asked to return for more testing -- somewhere between 15 and 40%. In addition, these studies have found higher cancer detection rates with tomo. That's because a 3D mammogram provides better visibility of small cancers that could be hiding in breast tissue. A 3D mammogram does use slightly more radiation than a standard 2D mammogram.

However, it's important to note that for any mammogram, the radiation used is significantly less than the amount of background radiation we are exposed to each year from the environment. Every year over 200,000 women in the U.S. are diagnosed with breast cancer. According to 2013 CDC statistics, New Hampshire has the highest incidence of breast cancer for any state. When

Dr. Eva Lizer is a fellowship trained breast imager on staff at Women's Life Imaging Center - a joint venture between Wentworth-Douglass and Frisbie Memorial Hospitals to provide breast imaging and bone densitometry services - located in Somersworth, NH. Women's Life Imaging Center is recognized as a Breast Imaging Center of Excellence by the American College of Radiology. Visit womenslifeimaging.com.



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Apple Fest

FROM PAGE A1

was molded into crusts for the 125 pies and other products they assembled for the sale.

Tables of volunteers all spent the day peeling, slicing and spicing the bushels of apples from Cardigan Mountain Orchard. Once ready in their pans, they were then carted to the nearby United Church of Christ kitchen on South Main Street where their convection oven was ready and waiting to bake them all.

The group also prepared applesauce, apple brownies and anything else apple they could think of, even some gluten-free apple crisps.

During the festival itself, the TTCC Teen Council also held a bake sale of their own. The cookies, cupcakes and



DONNA RHODES

During this year's Apple Festival and Craft Fair at the Tapply-Thompson Community Center, resident Barbara Greenwood raffled off a Madeleine doll and special gift set to benefit the Bristol Police Department's K9 fund.

other desserts they sold helped raise money for their goal to renovate the community center gym.

Yet another benefit fundraiser took place as well that day. Barbara Greenwood enjoys working with dolls and when she heard the Bristol Police Department was trying to purchase a military-strength crate for Arro, their K9, she decid-

ed to "be a doll" and help out.

Greenwood got a Madeleine doll, crafted several outfits for it then added a "Madeleine" book to an elegant gift box, which she raffled off for the police department.

"It's been a great day," said Dion as the all the apple goods were sold and happy shoppers made their way home.

Churches

FROM PAGE A7

organization for October. Celia Gibbs will be speaking on October 15, and the collection will be the same day.

Fall Clean Up - Enjoy the cool crisp fall air,

grab a rake, don your work gloves! It's fall clean up time at Starr King!! Oct. 14 and 21! The fun begins at 9 a.m.!

The next meeting of the Wise Women in Training is Wednesday, Oct. 25 from 10:30 a.m. to noon!

The Activities Committee encourages you to participate in the abundance of interesting events happening in the area. Please visit the Events Page on our Web site, www.starrkingfellowship.org, for further details.

Notebook

FROM PAGE A12

is in, I am well content with the pileated, which is a majestic bird, almost as big as a small crow. According to logger Troy Lambert's sightings and mine, we have three of them soaring and dipping around South Hill. One of them has hammered its brain out making a huge hole in an old maple tree just down the road.

The other bird was a grey jay, or Canada jay, or Camp Robber, or Whisky Jack. These are puffy birds, a little bigger than a bluejay.

They are famous for eating out of your hand, and I've enjoyed this many times, in camps from the Middle Branch of the Dead Di-amond to a thousand miles north in Labrador.

And now I'm wondering what has made these birds come so far south so early, or at least down in altitude (we have them in the high country of New Hampshire year-'round). Something, I think, has interrupted their food supply, and maybe I'll wind up

feeding them by hand.

+++++

While we are on wildlife, there is this:

A New York Times story reported on a deer sterilization project on Staten Island, which is near New York City, and is in fact a burrough, which has nothing to do with woodchucks. The deer population has grown from 24, which purportedly swam over from New Jersey in 2008, to around 2,000 today. Hunting is not permitted, and there are apparently not enough coyotes to make a difference.

So the city's Department of Parks and Recreation is spending \$3.3 million over a three-year period to shoot bucks with tranquilizers and perform vasectomies. Shooter-snippers have performed Shakespeare's unkindest cut of all on 720 of the island's bucks, meaning that there are around 250 very happy bucks roaming the island, but this fall, their time is up too.

+++++

A steer got out of one of my pastures and has been having a fine time clomping all around the landscape, and finally fetched up on a neighbor's place down on the Hollow side, and the neighbor showed up in my barnyard to let me know.

Talk turned to haying. He is haying, and after a lot of years young and old, I'm not. By the by, I am the wrong person to complain about the price of a bale of hay.

"You go out there and make it," I'm apt to say.

But I expressed wistfulness about the neat and satisfying click-clack of the sickle-bar mower on my old '42 Ford tractor, and the "shwoosh" of the cut hay as it passed over the top board, and the sweet smell.

(This column runs in a dozen papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

What's Happening at Plymouth State University

OCTOBER

Join us on Saturday, October 14, for two great sporting events!

WOMEN'S SOCCER
vs Southern Maine
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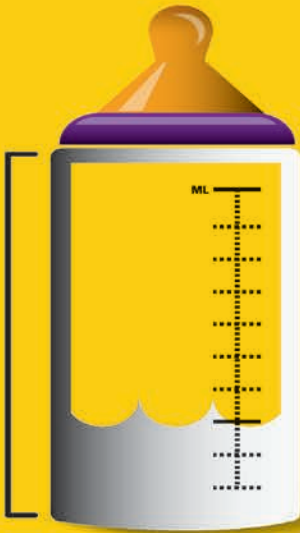


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What's On Tap

The local high school season continues, with postseason action starting to heat up as well.

The Newfound field hockey team will finish up its regular season by hosting White Mountains on Friday, Oct. 13, at 3:30 p.m. on the high school field. The Division III tournament begins on Thursday, Oct. 19, at 3 p.m.

The Newfound soccer boys are scheduled to host Somersworth at 3:30 p.m. on Friday, Oct. 13, and will be hosting Laconia at 3:30 p.m. on Tuesday, Oct. 17.

The Bear cross country team will be running at Plymouth on Friday, Oct. 13, at 4 p.m. and will be running at Merrimack Valley at 4 p.m. on Thursday, Oct. 19.

The Newfound volleyball squad will be at Moultonborough on Monday, Oct. 16, at 6:15 p.m. and will be at Mascoma at 6:15 p.m. on Wednesday, Oct. 18.

The unified soccer Bears will be at Laconia at 3 p.m. on Wednesday, Oct. 18.

The Newfound football team will be at Fall Mountain at 7 p.m. on Saturday, Oct. 14.

At Plymouth, the field hockey team will wrap up the regular season today, Oct. 12, at 4 p.m. against Kingswood. The Division II tournament kicks off on Tuesday, Oct. 17, at 3 p.m.

The Bobcat soccer girls will be at Trinity today, Oct. 12, at 4 p.m., will be at Windham at 4:30 p.m. on Monday, Oct. 16, and will be at Hanover at 4:30 p.m. on Wednesday, Oct. 18.

The Plymouth boys' soccer team will be at Trinity for a 4 p.m. game on Friday, Oct. 13 and will be hosting Merrimack Valley at 4 p.m. on Monday, Oct. 16.

The Bobcat cross country team will be hosting a meet on Friday, Oct. 13, at 4 p.m. and will be at Kingswood for a 4 p.m. meet on Thursday, Oct. 19.

The Plymouth volleyball team will be hosting Fall Mountain on Friday, Oct. 13, at 6 p.m., and will be hosting Laconia at 6 p.m. on Monday, Oct. 16.

Bears best Mountaineers, Golden Eagles

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound field hockey team played two of the traditional Division III powers last week and came home with a pair of wins.

On Oct. 3, the Bears traveled north to take on Berlin and got a 2-1 win in a physical battle with the state's northern-most field hockey program.

"The game moved at a much slower pace due to the field being high and thick," coach Karri Peterson noted.

The Bears, however, scored both of their goals in the first seven minutes of the game.

Julianne Marchand found the back of the net just 1:15 into the game on an assist from Savanna Bony.

Just six minutes later, Caroline Marchand took a cross from Kylee MacDonald and tipped it home for the 2-0 lead.

The Mountaineers were able to capitalize on their first trip down the field, earning a penalty corner and putting the ball home with 19 minutes to go before halftime to cut the lead to 2-1.

"(We) were able to control much of the play throughout the game by the strong defense and midfield play of Savanna Bony, Jasmine Peterson, Hayleigh Letourneau, Katy Drapeau, Mackenzie Ryan and Hannah Eastman," Peterson stated.



Hayleigh Letourneau controls the ball in the face of a Gilford attacker last week at Kelley Park.

RC GREENWOOD

The Bears had a ball sitting on the goal line once with the goalie out of the play in the second half but couldn't convert and then had another potential goal called back by the officials.

The Bears took 22 shots on the game to Berlin's three, while Newfound had 10 corners to the hosts' four.

Newfound returned home to host Gilford at Kelley Park on Thursday, Oct. 5, and didn't get a lot of shots off but still came out with the 1-0 win over the Golden Eagles.

"(We) came out controlling much of the play but didn't take many shots and had very few corner opportunities in the first half," Peterson stated.

Gilford actually had six corner opportunities, one right after another with about five minutes to go in the first half, but the Bears were able to get the ball out and away from the net each time, limiting the number of shots on net.

The Bears got the game's only goal halfway through the first half when Peterson made a

nice cross to MacDonald, who put the ball home for the 1-0 lead.

The Bears stepped up defensively in the second half and didn't allow a single shot or corner to the Golden Eagles. The Bears had six corners of their own and could've been awarded a penalty stroke when the Gilford goalie appeared to be on top of the ball, but with dust flying, the official's view was clouded.

Peterson, Bony and Ryan all earned the coach's praise for their strong games and she also noted that Montana

Bassett saw some good action in front of the cage and did a nice job managing the pressure.

"It was a good game to see exactly where we are at and what we need to work on going to the final week and the postseason," Peterson stated.

Newfound will wrap up the regular season on Friday, Oct. 13, at the high school field against White Mountains at 3:30 p.m.

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

Bears compete in Jeri Blair Invitational

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound cross country team competed in the Jeri Blair Invitational in Belmont on Friday, Oct. 6.

The Newfound boys were led by freshman Hunter Coleman, who ran to 100th place overall in 22:18.

Kyle Rosendahl finished in 22:28 for 102nd overall and Connor Springer was the third Newfound scorer, crossing with a time of 22:33 for 106th place.

Joe Montgomery finished in 114th place in 23:00 and Nicholas



BOB MARTIN - WINNISQUAM ECHO

Wyatt Day charges to the finish line of Friday's race in Belmont.



Comeau was 124th in a time of 23:35 to round out the scoring for Newfound.

Ashlar Dotson finished in 24:13 for 132nd place overall, Wyatt Day was 148th in 25:14 and Jason Liang rounded out the field of Bears with a time of 26:09 for 157th place.

Amy Combs led the Bear girls, finishing in 24:48 for 53rd place overall.

Manon DeGreef was not far behind her teammate, finishing in 56th place in 24:49.

Sophia Pettit finished in 113th place in a time of 29:23 and Ketevan Gabshvili finished in 130th place in 34:40 to round out the field of Bears.

Newfound will be running at the John Sanborn Invitational on Friday, Oct. 13, at 4 p.m.

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

BOB MARTIN - WINNISQUAM ECHO

Manon DeGreef was second for Newfound in Belmont on Friday afternoon.


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JOSHUA SPAULDING
Plymouth's Sam Ebner and Kingswood's Erik Madden head to the ball in action last week.



JOSHUA SPAULDING
James Buhrman goes up to head a ball during his team's game in Wolfeboro last week.

Costa's strikes lift Bobcats past Knights

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — In a physical battle in Wolfeboro on Monday, Oct. 2, the Plymouth boys' soccer team escaped with a 3-1 win over Kingswood.

"The boys did real well," Plymouth coach Jesse Elderkin said. "We knew what we had to do coming in."

"It was a team win, everybody got a shot to play and it was a complete game, which is nice," the Bobcat coach added.

"We pride ourselves on being a working team, a blue collar team and I didn't see a lot of blue collar with us tonight," said Kingswood coach Kempes Corbally. "There were four or five

guys who showed up and compete and the other guys didn't want to be part of that, and without that, you don't have a chance."

Plymouth had the first bid, with Danny Carey sending the ball ahead to Lucas Johnstone, who made a nice cross that just missed James Buhrman. Plymouth had a corner kick that Nick Duntley cleared out. Sam Ebner also headed the ball high on a bid for the Bobcats.

Kingswood had a couple of corner kick chances in a row, with Alex Nangle coming through with good defense on Erik Madden to keep the Bobcats off the board. Plymouth also had a corner go wide and Liam

Morrissey cleared the ball out of the zone for the Knights.

Devlin Costa got in on net for a bid that Kingswood keeper Kolbe Maganzini snagged, but the Knight goaltender was hurt on the play and Chad Leigh came in to take over in the net as Maganzini got checked out. Plymouth had a corner cleared out and Maganzini returned to the net. Johnstone had a bid for Plymouth and at the other end, Madden sent a ball just ahead of Tucker Gosselin.

Carey and Ebner had chances for the Bobcats and Morrissey just missed connecting with Robbie Fuller on a bid.

With 24:10 to go, Costa was able to work his way through the defense and sink the first goal of the game and Plymouth had the 1-0 lead.

That lead doubled less than a minute later when Costa again worked his way through the defense and buried the shot for a 2-0 lead.

Madden came back with a couple of bids for the Knights, with Plymouth keeper Roger Babin making a save on one and the other going wide. Josh Duntley and Charlie Arinello also had shots go wide for the Knights. Carey had a shot denied by Maganzini and Stine Williams got to the rebound that was also denied. Cole Emerson sent a ball in

just ahead of Arinello and then Madden had a shot denied.

Logan Hilger got in on a great bid for the Bobcats but Maganzini made a nice save to keep the score at 2-0. Plymouth had a corner kick that was cleared out and at the other end, Morrissey had direct kick that Babin snagged. Madden had a good throw-in that Charlie Carpenter cleared out of the zone. Fuller had a couple of chances, while Madden had a shot that Babin punched over the top of the net. Costa had a bid for Plymouth and then Josh Johnston just missed connecting with Williams and the half came to a close with Plymouth up 2-0.

Less than a minute into the second half, Plymouth upped the lead to 3-0. Carey throw the ball in toward the front of the net. Maganzini was able to get a hand on it but the ball got loose and Williams fired it in the net for the 3-0 lead.

Kingswood answered just more than two minutes later, as Fuller collected the ball and buried it to make it 3-1.

At the other end, Costa just missed connecting with Henry Green on a chance and Green had another chance denied by Maganzini. Brian Winn made a run into the zone that Plymouth keeper Sawyer Wilcox was able to grab. King-

swood had a pair of corners, with Carpenter clearing the ball on the first. Ebner and Costa teamed up on a bid that went high and then William Peterson sent a shot wide of the net for the Knights.

Costa had a good cross that just missed connecting with Johnston and then they missed connections on another bid. Madden had a long shot at the other end that Wilcox grabbed and then Madden and Fuller teamed up for a bid that was denied.

Carey and Morrissey both had long shots at opposite ends, with the respective keepers making the saves. Costa connected with Buhrman for a bid that Maganzini grabbed and both Madden and Carey had good clears as the clock ticked away on the 3-1 win for Plymouth.

Elderkin praised the work of Costa in picking up the first two goals of the game.

"Those are big plays by Devlin," Elderkin said. "A good player puts the game on his shoulders and takes care of it. We've seen that all season."

The Bobcat coach also praised the work of Carey and his defensive partners.

"Defensively, Danny he had a soccer mind," Elderkin said. "He's been doing it all year. And Charlie (Carpen-

ter), Alex (Nangle) and Adam (Means) were good in the back too."

"It was a great win," Elderkin added. "It makes it easy as a coach to see the next kid stepping up."

"If you're going to let them just walk in on goal twice in a minute, you're not going to beat anyone" Corbally stated. "I'm disappointed that the blue color work ethic has been letting us down in the last few games."

"I think a few kids need to take a look at themselves," the Knight coach continued. "I think they let the team down."

The Knights bounced back with a much-needed 3-1 win over Kennett on Wednesday night before closing out a busy week with a 3-2 loss at Merrimack Valley.

Plymouth came back from a 2-0 deficit at Kennett on Friday and got a 3-2 win to finish out the week.

The Knights will be in action on Tuesday, Oct. 17, hosting Trinity at 5:30 p.m. and will be hosting Bow at 5:30 p.m. on Thursday, Oct. 19.

Plymouth will be in action on Friday, Oct. 13, at Trinity at 4 p.m. and will host Merrimack Valley on Monday, Oct. 16, at 4 p.m.

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

*Learn about
3D printing
fly reels Oct. 17*

PLYMOUTH — Michael Hackney, aka The Eclectic Angler, is a reelsmith, angling historian and author who will share his development of 3D modeling and printing fly reels. Hackney enjoys sharing his knowledge and experience with others and giving back to the community. If you have access to a 3D printer and would like to print your own reel, Hackney will make the files available.

Come early to the Pemigewasset Chapter of Trout Unlimited, Oct. 17, meeting at 7 p.m. at the Common Man Inn in Plymouth and meet Hackney and fellow fishermen and share some of your experiences. There will be a raffle with the proceeds going toward sending a lucky boy or girl to the Barry Fishing Camp.

Trout Unlimited is a non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Membership is open to all, meetings are free and open to the public. Visit www.pemigewasset.tu.org and like the group on Facebook.

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Red Sox and Bruins and Patriots, oh my

It's now October, which means it's one of the busiest times of year in the sports world.

In my world, it's just another month, with plenty of games at the local high school level, but at the professional level, this is about as busy as things get.

In fact, as I write this on Thursday, Oct. 5, it is one of the busiest days in the New England sports world in a number of years. The Red Sox are in the playoffs and their first series with the Astros started today, the Bruins were set to kick off their season tonight and then the Patriots were playing their second Thursday night football game of the season.

Add to that mix the fact that the Celtics have opened their preseason play with newcomers Kyrie Irving and Gordon Hayward bringing a new level of excitement to the boys in green this fall.

Looking at the month of October, first and foremost in my mind

SPORTING CHANCE

By JOSHUA SPAULDING

will be the Red Sox, as long as they remain in the postseason hunt. It was pretty safe that the Sox were going to get a tough draw in the first round, be it with Terry Francona's Cleveland Indians or the Houston Astros, who the Sox played in the final four games of the regular season. I think the Astros was probably the better choice given last year's playoff loss to Cleveland, but it's certainly not going to be easy and in fact, the series may even be over by the time this reaches publication.

Nonetheless, I love playoff baseball and when the Red Sox are in the postseason, I will be watching or listening for sure.

The start of the new Bruins season doesn't bring as much excitement as their TD Garden mates in green

and white. But for me, hockey is superior to basketball and I am cautiously optimistic that the Bruins will have some success this season. Of course, an injury to Patrice Bergeron before the first game is even here certainly didn't put my mind at ease, but with a few exciting youngsters, the Bruins may be a fun team to watch this winter. Though I have to say, I will miss the incomparable Dave Goucher on the radio broadcast. He was truly one of the best hockey play by play guys on the radio anywhere and his voice will be missed.

The Patriots have certainly not lived up to the (way too high in my opinion) preseason expectations that many people had for them. While the offense continues to shine, coming through in clutch situations over and over again, the defense has been nothing but a struggle. Four different quarterbacks have had

their way with the New England defense and that's not a good sign. However, it's only four games into the season and I am well aware that a couple of bad games will not a season ruin. While many people have been clamoring to jump off the Tobin Bridge (at least according to the many 'world is ending' Facebook posts), the season is a long one and there are still 12 games to go and plenty of time to make improvements and move forward. We shall see.

Finally, have a great day Fergus Cullen.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 279, Meredith, NH 03253.

Bears bounce back and grab two wins

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound boys' soccer team was able to bounce back from a tough week by coming through with a pair of wins last week.

The Bears hosted White Mountains on Tuesday, Oct. 3, and came through with a 2-0 win over the Spartans.

Ryan Quinn scored both goals for the Bears, with Brad MacDonald and Cian Connor coming up with the assists.

"Coming off a tough week where we lost four in a row and were out-scored 10-0 during that stretch, the team needed to turn things around," coach Jason Hill said. "(It) was an even match with both teams having chances early."

The Bears have been playing without leading scorer Justin Shokal and defender Trevor Robie also left a game the previous week with an injury.

"It has been challenging to pressure defenses up top without (Shokal)



Keeper Mike Doan had nine saves in a shutout of White Mountains last week.

JOSHUA SPAULDING

in the lineup, so it was nice to see Ryan Quinn finish when we needed him," Hill said.

Both goals came in the second half. Newfound

keeper Mike Doan finished with nine saves and Hill praised the work of Quentin Helmers, Ryan Lyford, Matt Costigan and Ethan Prutt on the defensive side of the ball.

On Thursday, Oct. 5, the Bears traveled to Concord and took on Bishop Brady, coming through with a 2-1 win.

The goals both came in the first 10 minutes, with MacDonald getting the first tally on a bullet from deep and then Connor tallying on a header past the keeper into the corner. Tuan Nguyen and Quinn had the assists.

"It was nice to see Brad and Cian step up and score early to estab-

lish momentum," Hill stated. "Though I would have liked to see us finish more of our chances, I was pleased to see us earn the second win in a row."

The Giants employed an offside trap and the Bears were unable to find an answer and got caught off several times in through balls behind a high defensive line, keep-

ing them off the board in the second half.

Newfound will be in action on Friday, Oct. 13, at home against Somersworth and on Tuesday, Oct. 17, at home against Laconia, both at 3:30 p.m.

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



KATHY SUTHERLAND

Khalilah Abdul-Jabbar digs deep for a return in action at Kingswood.

Bobcats sweep Knights and Eagles

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth volleyball team had a close battle in two of the three games with Kingswood on Monday, Oct. 2, but the Bobcats got the 3-0 win.

The first game went all the way to 30-28 before the Bobcats were able to put the Knights away. Plymouth won the second game a bit easier, finishing off a 25-14 win and then the third game was another close one, with Plymouth escaping with a 27-25 win for the 3-0 victory.

Christina Furgal had a good night with three aces and 18 assists.

Hailey Rousseau came through with two blocks and Khalilah Abdul-Jabbar finished with 15 digs. Ciara O'Brien and Bri Custance each had 10 kills in the win.

The Bobcats continued the week with a 3-0 win over Kennett on Wednesday, Oct. 4.

Plymouth will be in action at home on Friday, Oct. 13, against Fall Mountain at 6 p.m. and at home against Laconia on Monday, Oct. 16, at 6 p.m.

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

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Plymouth football team continued its dominating march through Division II, knocking off Gilford-Belmont by a 42-14 score on Saturday, Oct. 7.

The Bobcats wasted little time getting on the board, as Owen Brickley took the opening kickoff back for a touchdown and the Bears finished the first quarter with 21 points and added 21 more points in the second quarter for the 42-0 lead at the break.

After holding the hosts to a three and out on the next drive, the Bobcats needed just five plays to get in the end zone, with Ben Olmstead firing a 12-yard touchdown pass to Wes Lambert.

After another three and out, the Bobcats needed just one play to get in the end zone, as Nolan Farina ran in from 45 yards out for the



BOB MARTIN - GILFORD STEAMER

Logan Hixon makes a stop in action at Gilford-Belmont on Saturday.

21-0 lead.

After the Bobcats missed a 47-yard field goal, they came back and got a 19-yard touchdown pass to Brickley to open the second quarter, upping the lead to 28-0.

Plymouth followed that up with a seven-yard touchdown run by Colby Moore and then a 47-yard touchdown pass from Olmstead to Farina.

The Bobcats kept Gilford-Belmont from getting a first down in the

first quarter and held them to just three first downs in the second quarter.

The Plymouth backups closed out the first half and then played the entire second half and the hosts got two touchdowns in the fourth quarter.

Olmstead finished three-for-four for 78 yards, with all three completed passes going for touchdowns.

The Plymouth defense was led by Steven

Shute, Jackson Polombo and Jake Lamb, who all turned in sacks.

The Bobcats knocked off Merrimack Valley by a 49-6 score the previous week and head to their bye week with a 6-0 record.

The team will return to action on Oct. 20 when they are at Lebanon at 7 p.m.

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Kingswood keeper Sarah Harrigan charges out to grab the ball as Plymouth's Jordan Levesque tries to chase it down.



JOSHUA SPAULDING
Emily Boyd pushes the ball up the field in action at Kingswood last week.

Shamberger nets two as Bobcats blank Knights

BY JOSHUA SPAULDING
Sports Editor
WOLFEBORO — The Plymouth girls' soccer team was in need of a win in order to keep playoff hopes alive and on Monday, Oct. 2, a makeup game at Kingswood got the Bobcats in the win column.

Plymouth got two goals from Taylor Shamberger on the way to the 2-0 win over the Knights on the turf of Alumni Field.

"I like I when they come to play and don't back down from 50/50 challenges," coach Kyle Reed said of the physical battle. "They're not afraid to put themselves out there and play a good game of soccer."

"They kept a cool head and kept their composure," Reed added.

"We asked them for 80 minutes of fight and hustle," said Kingswood coach Rob Kelly. "The fight and spirit they showed tonight was awesome."

"They had two chances on goal and that was the difference," Kelly added.

Out of the gate, Kingswood's Mary Peternel sent in a long direct kick that Plymouth keeper Jenna Flaherty grabbed. Hannah Chatigny and Grace Hanson teamed on a bid for the Knights but Plymouth turned the ball away. Going the other way, Samantha Meier got a bid in the zone that Kingswood keeper Sarah Harrigan snagged.

The Bobcats were able to get on the

board when Shamberger raced down the field and when a ball glanced off of Harrigan's hands, she was able to get her foot on the ball and put it in the net for the 1-0 lead.

Jordan Levesque came back with a bid for the Bobcats and at the other end, Shawna Knowles just missed with a ball ahead to Samantha Dodier and Chatigny. Peternel also just missed connecting with Chatigny, with Flaherty coming out to grab the ball in front of the net. Harrigan came charging out of the net to snag a ball as Levesque raced in on net.

Emily Boyd had a direct kick that went high for the Bobcats and Harrigan sent a long ball up the field that Chatigny picked up and got in on Flaherty, but the Bobcat keeper made the save. Hanson had a shot go wide and then Riley Phillips just missed connecting with Dodier on a bid and then Lily Derosier booted a direct kick for the Bobcats that Harrigan grabbed.

Ellie Barker got in for a bid for the Bobcats but Hanson made a good defensive stop. Sumaj Billin sent a nice ball in to Levesque with Hanson again stepping up on defense. Shamberger also had a shot stopped by Harrigan. At the other end, Knowles sent a ball in to Hanson and Carly Merluzzi was able to turn the ball away.

Harrigan and Barker collided on a bid in the zone and then

Boyd came back with a bid for the Bobcats. Levesque also had a hot cleared away and Derosier's direct kick was punched out by Harrigan. Derosier and Maisy Mure had chances for the Bobcats and the game went to the half with Plymouth up 1-0.

To open the second half, Meier headed a ball wide for the Bobcats, while Mure sent Shamberger in on a bid that Harigan stopped. Meier and Barker both had shots denied as well.

However, with 34:27 to go in the game, the Bobcats were able to get in the zone and the pressure resulted in Shamberger rifling home her second goal of the game for the 2-0 lead.

Kingswood came back with some chances, with Chatigny racing in on net only to have Flaherty come out and grab the ball. Kingswood had a corner that was cleared out and then Merluzzi also had a good defensive clear. Plymouth had a couple of corners, with Tabitha

Lopes sending a shot wide and Lexi Stonis sending a shot over the top of the net.

The teams went back and forth with chances, with Mure getting a couple of chances in the zone for Plymouth and Hanson sending the ball just ahead of Rachel Lambertson. Barker had a nice cross that Levesque tapped just wide while Rachel Fogarty found Levesque for a bid that Harrigan stopped. Lambertson and Eileen McKenna got in on net for a Knight bid and then Lambertson got in on another bid that was stopped. Knowles and Lamberston both had shots that missed the net and Peternel had a direct kick go high.

Plymouth had a corner kick that went wide and at the other end, Hanson had a ball in the zone that Derosier cleared. Derosier also had a direct kick that Harrigan punched out of the net and the game finished up with the 2-0 final.

"We could've had a couple more goals, but we got the W and that's

what matters," Reed said. "We needed that badly."

"We're at the point when the next few games will give us a playoff berth," the Bobcat coach continued. "We've got a few games that should be good battles, hopefully we can get them."

"We were a little light on numbers, so the JV girls were available, we had everybody here today," Kelley stated. "We have a tough schedule this week and we're hurting for numbers."

"They competed all over the field and battled," Kelly continued. "That's what it's going to take in this division to get results."

"I'm a firm believer that you can have the best players but if you don't have a team playing and working hard for each other, you've got nothing," Kelly stated. "It's about playing as a group collectively and working hard."

Plymouth continued its good week with a 2-1 win over Kennett on Oct. 5.

Mure scored in the

fourth minute of the game to give the Bobcats the lead but Kennett tied it up before halftime. Plymouth came out and dominated in the second half and got the second goal on a free kick by Derosier to make it 2-1.

Reed praised the play of Flaherty in net, as the Bobcat keeper made a save on a Kennett penalty kick. He also singled out Mure, Barker and Derosier for their strong games.

The Knights played at Merrimack Valley on Thursday and dropped an 8-0 decision.

The Bobcats will be at Trinity today, Oct. 12, at 4 p.m., at Windham on Monday, Oct. 16, at 4 p.m. and at Hanover on Wednesday, Oct. 18, at 4:30 p.m.

The Knights will be in action on Tuesday, Oct. 17, at home against Trinity at 4 p.m. and will be hosting Bow at 7 p.m. on Thursday, Oct. 19.

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

Field hockey Bobcats on a good run

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth field hockey team came through with a number of wins in the last few weeks.

On Sept. 14, the Bobcats traveled to Derryfield and dropped a 3-1 game to the Cougars.

Kelsey Johnston got the tally on a feed from Grace Comeau to gut a 2-0 lead to 2-1 but Derryfield took the 3-1 lead before the half.

Molly Edmark had a good night in goal, making 13 saves as Derryfield had 19 offensive corners.

Coach Ashley Laufenberg praised the work of the defense in front of Edmark, including Tristan Keller, Lexi Brunt and Hailey Patridge, while Johnston was strong on the offensive side.

On Monday, Sept. 18, the Bobcats traveled to Dover and defeated St. Thomas by a 4-0 score.

Olivia Eastman led the way for the Bobcats with three goals, with Marisa Barach and Kate Ogden getting assists and then Ogden added the other tally on a feed from Eastman.

During Homecoming on Wednesday, Sept. 20, the Bobcats got a 3-2 win over Hanover.

The Marauders got out to a 1-0 lead at halftime, but the Bobcats came back and scored off two corners. Emma Campbell got the first one on an assist from Eastman and then Mariah Luscher got the second on an assist from Keller.

The visitors tied the game but Ogden scored the winning goal on an assist from Johnston for the 3-2 win.

The Bobcats traveled to Lebanon for a makeup game on Sept. 22 and got a 5-4 win.

Goals from Luscher and Eastman (on an assist from Elsa Lauriat)

got the Bobcats out to a 2-0 lead at halftime but the Raiders came charging back and tied the score at two.

Eastman scored to give her team the 3-2 lead and Johnston netted a tally on a penalty stroke to make it 4-2. However, Lebanon fought back and tied the game with three minutes to go.

Plymouth was able to walk off with the win when Luscher finished off a feed from Johnston with less than two minutes to play.

Plymouth dropped a 1-0 decision to Derryfield on Friday, Sept. 29, in a game played mostly in the midfield. Derryfield had seven corners and Plymouth only had one. The Cougars scored in the first six minutes of the second half.

The defense held strong and Johnston, Luscher and Jackie Gaumer earned the

coach's praise for their solid play.

On Oct. 3, the Bobcats hosted Con-Val and took a 4-0 win. Plymouth scored three goals in the first half and dominated the game offensively with 18 corners.

Eastman scored off a corner on an assist from Johnston for the first goal and then Barach then scored on an assist from Johnston on another corner.

Ogden scored on an assist from Aubrey King to round out the first-half scoring and then Eastman added the final goal in the second half.

The Bobcats will wrap up the season today, Oct. 12, at 4 p.m. at home against Kingswood.

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

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HIGHWAY DEPARTMENT EMPLOYEE
The Rumney Highway Department is accepting applications for a full-time employee. The candidate will have experience with heavy and light construction equipment and have a history of safe operation of this equipment. Knowledge of maintaining town streets, culverts and other public works project is preferred. A clean driving record and current CDL-B endorsement is required. The Town of Rumney is an Equal Opportunity Employer and offers a competitive benefit package. A completed Town of Rumney Employment Application must be submitted to the Office of the Selectmen no later than 2:00 p.m. October 16, 2017.

Applications are available at Rumney Town Office, 79 Depot Street, Rumney and on the Town of Rumney website.

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

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

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TOWN OF ALEXANDRIA

HELP WANTED
The Town of Alexandria is accepting applications for the position of
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This position performs work involving operating plow trucks, dump trucks, loaders, backhoes, and other moderately complex equipment for the construction, repairing, cleaning and maintenance of Town roads. Also responsible for manual labor tasks incidental to the operation of assigned equipment, such as loading and unloading materials. This position involves plowing snow in the winter and overtime is a requirement. Valid New Hampshire Class (B) Commercial Driver's License required or ability to obtain class B CDL within 6 months of date of hire. This is a full-time, year round position. The Town of Alexandria offers health insurance, dental insurance and more. Must pass all background checks including criminal and motor vehicle and drug and alcohol testing.

Applications accepted until position is filled and are available in the Selectmen's Office, 47 Washburn Road, Alexandria, NH. For more information contact the Selectmen's Office at 603-744-3220.

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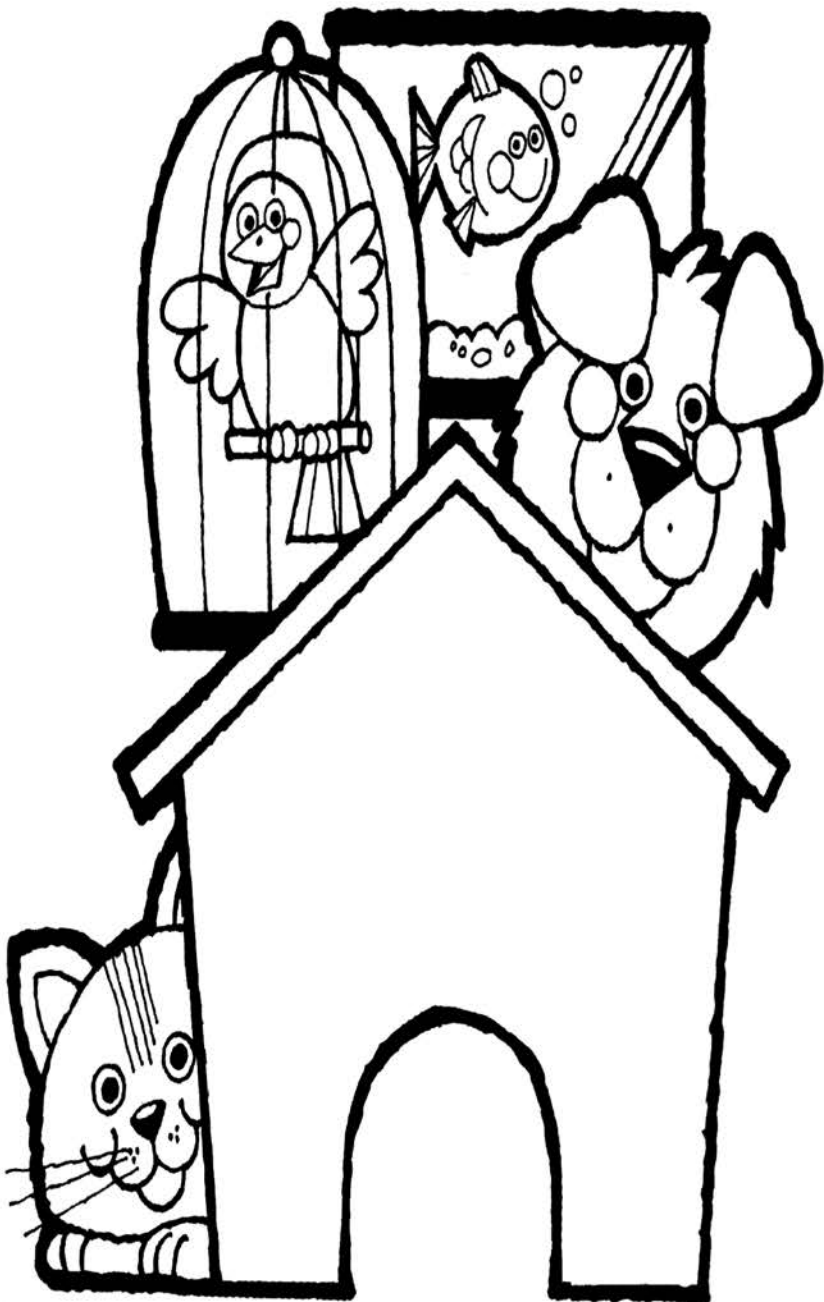
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HISTORY

- 1871: THE GREAT CHICAGO FIRE BEGINS.
- 1939: GERMANY ANNEXES WESTERN POLAND DURING WORLD WAR II.
- 1956: DON LARSEN OF THE NEW YORK YANKEES PITCHES THE FIRST AND THUS FAR ONLY PERFECT GAME IN WORLD SERIES HISTORY.

New Word

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breathe with short, quick breaths

How they SAY that in...

- ENGLISH: Mouse
- SPANISH: Ratón
- ITALIAN: Topo
- FRENCH: Souris
- GERMAN: Maus

Did you know?

EVEN IF EXOTIC PETS ARE LEGAL WHERE YOU LIVE, THAT DOESN'T MEAN THAT SUCH ANIMALS MAKE GOOD PETS.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: DOG

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to kitchens and baths.
Each number corresponds to a letter.
(Hint: 22 = e)

A. 23 3 10 9

Clue: Wash area

B. 25 17 18 14 22 24

Clue: Where water dispenses

C. 21 22 10 15 4 17 24 22

Clue: Change up

D. 24 3 11 22

Clue: Ceramic squares

Answers: A. sink B. faucet C. renovate D. tile

SUDOKU

	1	4			6			
						6	3	2
				9	7	4	5	
1		7		3	5		2	
	2	8	6	7	4			
		3	2			8	7	
	4	1				3	6	9
			1					
2		6		4		1		

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

5	8	1	3	4	6	9	7	2
7	4	2	8	9	1	6	3	5
9	9	3	2	5	7	4	1	8
9	7	8	6	1	2	3	5	4
3	1	5	4	7	6	8	2	9
4	2	6	5	3	8	7	9	1
1	5	4	7	6	3	2	8	9
2	3	9	1	8	4	5	6	7
8	9	7	6	2	5	4	1	3

ANSWER:

Bears falter against Lakes Region foes

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — It was a tough week for the Newfound volleyball team, going up against a pair of Lakes Region powerhouses but closed out the week with a win to get back on track.

On Friday, Sept. 29, the Bears took on Inter-Lakes in Meredith and dropped a 3-0 decision.

The Lakers won 25-6, 25-19, 25-19.

“Fifteen team kills can not win matches,” coach Amy Fairbank

noted.

The coach did praise Madi Timmins for her great defensive game.

On Wednesday, Oct. 4, the Bears hosted the Winnisquam Bears and dropped a 3-0 decision.

The blue and white Bears beat the green and white Bears by scores of 25-18, 25-18, 25-21.

“Serve receive was a problem tonight,” Fairbank stated.

The kills ticked upward for the Bears in this game, as they had 28 for the match. Ash-



RC GREENWOOD
(Right) Madi Timmins (left) and Bailey Fairbank go low to return a hit during action against Winnisquam last week.

lee Dukette led the way with 11 kills and Bailey Fairbank added nine.

The Bears ended the week with a 3-1 win over Sunapee.

“I have faith my team will come back and put some wins up,” Fairbank stated. “We know what we need to do, just got to get it done.”

The Bears will be at Moultonborough on Monday, Oct. 16, and at Mascoma on Wednesday, Oct. 18, both at 6:15 p.m.

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

Mogul championships coming to Waterville Valley

PARK CITY, Utah — The nation’s best freestyle skiers will compete for national titles this spring at the 2018 U.S. Freestyle Championships. Aerials competitions will take place at the Utah Olympic Park followed by moguls at Waterville Valley Resort.

The Utah Olympic Park, home to the Spence Eccles Olympic Freestyle Pool and the 2002 Olympic ski jumping and nordic combined sites, hosts a myriad of aerials events each season, including pre-season camps and NorAm competitions. The aerials U.S. championships is scheduled for March 9-11. The reigning aerials champions are Kiley McKinnon (Madison, Conn.) and Mac Bohannon (Madison, Conn.).

The moguls U.S. championships will be returning to the East Coast for the first time since 2012. Competition is scheduled for March 20-24 and will feature moguls and dual moguls. Morgan Schild (Rochester, N.Y.) and Jaelin Kauf (Alta, Wyo.) are the reigning women’s moguls and dual moguls champions. Hunter Bailey (Vail, Colo.) will be looking to defend both the men’s moguls and dual moguls titles.

“Designed by Olympian Tom Corcoran, Waterville Valley Resort is an event mountain,” said President and General Manager, Tim Smith. “As the birthplace of freestyle skiing, we have a long standing history and dedication to events and athletes of this caliber and are excited to continue our support through this partnership.”

“We are proud to have the Utah Olympic Park and Waterville Valley Resort on board to host the freestyle community this spring,” said Todd Schirman, U.S. Ski and Snowboard Freestyle Program Director. “Both sites are committed to putting on world class events for our athletes and we are looking forward to bringing moguls nationals back east.”

Additional details on the 2018 U.S. Freestyle Championships can be found at freestyle.usskiteam.com.

Bobcat boys and girls take fifth at Kennett



JOSHUA SPAULDING
Alex Dunstan gives a thumbs up while running at Kennett on Saturday afternoon.



JOSHUA SPAULDING
Griffin Smith led the way for the Plymouth cross country team on Saturday in Conway.

in 29th place in 25:11.

Alex Dunstan ran to 31st place overall in a time of 26:21 and Isabella Philbin rounded out the scoring for Plymouth with a time of 26:41 for 32nd place.

Lauren Appleby finished out the field of Bobcats in the varsity race with a 33rd place finish in a time of 27:16.

The varsity boys were led by Griffin Smith, who finished in a time of 19:13 for 24th place overall, leading a trio of Bobcats finishing in order.

Randall Scroggins was 25th in 19:17 and Sam Ebner finished out that trio in 26th place in 19:23.

Michael Kulig finished in 28th place in 19:42 and Cam Donnell rounded out the field of Bobcats in the varsity race with a time of 19:46.

Ethan Whitman finished in 20:42 for 36th place overall and Hunter McLeod finished in 20:47 for 37th place to finish out the field of Bobcats in the varsity race.

For the JV girls Yaxi Stapp was tops for the Bobcats with a time of 27:40 for 36th place, followed closely by Emma Tryder in 27th in 27:47. Megan Ebner crossed in 29:04 and Calie McLeod finished in 29:05.

Liam Crowley led the way for the JV boys, finishing in 14th place in 20:46, with Shane Johnston not far behind in 16th place in 20:53. Odin Bickford was 31st in 22:25, James Philbin crossed in 35th in 22:46, Shawn Breen placed 41st in 23:53 and Billy Barrette was 42nd in 24:07. Ian Kim placed 48th in 26:13, Matt Reynolds was 49th in 26:44, Robbie VanLaarhoven was 50th in 26:46, Sam Smith was 52nd in 27:11 and Kyle Dimick was 53rd in 28:06.

The Bobcats will be hosting the John Sanborn Invitational on Friday, Oct. 13, at 4 p.m.

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

Unified Bears pick up first win

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound unified soccer team picked up a win in the final home game of the season on Tuesday, Oct. 3.

The game began with the Bears honoring the seniors on both their team and the visiting Winnisquam squad.

The star of the day for the

Bears in the 8-7 win over Winnisquam was senior Molly Croxon, who scored three goals in her final home game of the season.

Sophomore Jake Judkins scored two goals and junior Cole Frye added a tally, his first of the season. Zeke Richardson put in a goal and freshman Kori Wilkins scored her first goal of the season.

The team celebrated its win by dousing coach Stephanie Burge with the contents of the water cooler.

Newfound will be at Laconia for a 3 p.m. game on Wednesday, Oct. 18.

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

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