

Bristol goes to the ghouls during Halloween celebration

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – A little rain couldn't dampen the spirits of Trick or Treaters in Bristol last Thursday night, as evidenced by the hundreds of boys and girls who made their way from store to store downtown and enjoyed some of the other holiday fun available that night.

The evening began with the traditional parade along N. Main Street to Central Square, although the misty weather did prevent the marching band from participating this year.

Once everyone arrived, more than a dozen witches gath-



The Witches of Bristol were back this year to entertain crowds in Central Square with one of their special Halloween dances.

DONNA RHODES

costumes, too, so they could be part of the fun.

Four special dinosaurs, each a different color, were also roaming the crowds and children who got a card signed by all of them were entered into a cash prize drawing from Tapply-Thompson Community Center.

TTCC also hosted their annual Haunted Basement and if that wasn't scary enough for anyone, the Masonic Lodge on Pleasant St. had another chilling haunted house for those who dared to enter. Better yet, there were treats available at each of those locations, too.

On the town green, scarecrows of all types and sizes were on display and the Bristol Lions Club was set up behind them, offering free hot chocolate and coffee to all. In addition to that, they had plenty of burgers, hot dogs, french fries and fried dough for sale so Trick

Bicentennial culminates with time capsule burial

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – As the final formal event to wrap up Bristol's Bicentennial Celebration residents and sponsors gathered at the Bristol United Church of Christ where a time capsule was waiting to be filled for residents who will be charged with opening it in 2069 during the town's 250th anniversary.

Rather than purchasing a metal time capsule that many communities use, the 2019 Bicentennial time capsule is also a gift to the town in 50 years. Newfound Area School District Superintendent Stacy Buckley was a member of the Bicentennial Committee and last spring she put out a request to see if any of the students in the district would like to make a time capsule. Middle School wood-working teacher Scott Maxner responded right away with an enthusiastic "Absolutely!" in his message.



Last Sunday afternoon, Bristol Bicentennial Committee chair Janet Cote looked on as Town Moderator Ned Gordon locked the Bicentennial Time Capsule that will remain locked until the town's 250th anniversary in 2069.

DONNA RHODES

Students in his classes were given the dimensions, 24-inches long, 12-inches high and 18-inches wide, then got to work on the project. Maxner said 14 students in all were involved and did it all the planning, design and work themselves.

"They wanted to make it more than just a box though," he said.

Using white pine donated to the school from R.P. Williams & Sons as the exterior of the box, they lined it with cedar to preserve items stored inside. It was then hand sanded and stained, with a gold plated lock on the front to ensure the contents remain safe for the next 50 years.

Committee Chair Janet Cote was excited with their results and after thanking the many volunteers who helped make the Bicentennial celebration so successful

ered around a smoking cauldron in the middle of the street and treated the crowd to a lively dance that set the mood for the night. When their special performance was done, boys and girls headed off to the downtown businesses who not only had candy to hand out but dressed up in

Friends of the Hebron Library to hold book & bake sale

HEBRON – Mark your calendars for Saturday, Nov. 16 from 9 a.m. to 1 p.m. at the Hebron Library as the "Friends" offer a great selection of books, new and previously read, and a great selection of baked goodies, to benefit the Hebron Library.

Donations of "Gently used newer books" will be gratefully accepted up to Saturday, Nov. 9 during normal business hours at the Library. Hours include Monday, 2 to 5 p.m., Wednesday from 1 to 5 p.m. and Saturday 9 a.m. to noon.

For additional information contact the Library at 744-7998.

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Students at New Hampton Community School once again gave a new meaning to their Halloween celebration by collecting non-perishable items for Bristol Community Center's food pantry.

DONNA RHODES

Community School students give food pantry a Halloween treat

BY DONNA RHODES
drhodes@salmonpress.news

NEW HAMPTON – Students, faculty and staff at New Hampton Community School

took part in their annual NHCS Cares campaign last week, which culminated with a parade of Halloween costumes as they cel-

ebrated all the non-perishable food items they gathered for the food pantry at Bristol Community Services.

Principal Annmarie

Holloran said the food drive and Halloween parade is an annual event that everyone looks forward to each

SEE NHCS, PAGE A9

Community stunned by murder of Rumney couple

BY DONNA RHODES
drhodes@salmonpress.news

RUMNEY— A vigil for Rumney residents James and Michelle Butler was held last Saturday evening on the Rumney Town Com-

mon, where neighbors and friends showed love and support for the couple who were reported missing on Oct. 16 from a beach on Padre Island in Kleberg County, Texas. It was a

time family members were awaiting word from Texas officials on their whether or not two bodies found on the island Oct. 26 and 27 were indeed their loved ones.

James Butler was a retired air traffic controller for the U.S. Navy and the couple had been traveling the country in a recreational vehicle since June of 2018. In constant touch with family and friends, they last reported that they would soon be heading to Florida where they had found part time work selling Christmas trees. When the couple could suddenly no longer be reached, they were reported missing to local authorities in Texas. As it turned out, not only was the couple missing, but their truck and RV were nowhere to be found either.

Investigators were soon able to track the couple's Chevy Silverado and camper to the Mexican border where

a male, not Butler, was spotted on camera driving both vehicles through an unnamed border crossing. While a female could be seen sitting in the passenger seat in the surveillance footage, her face was unidentifiable from that photo.

A search for the Butlers continued, and last week, a ping from what was believed to be their cell phone led investigators back to Padre Island where two badly decomposed bodies were found in shallow graves nearby.

An autopsy and records from New Hampshire confirmed over the weekend that the bodies were indeed those of Michelle and James Butler. The manner of death was determined to be homicide, Texas officials told the

family, but the exact cause of their deaths is not being released at this time.

Officials in Texas said on Tuesday that a person of interest, the man who was last seen driving the Butler's vehicle at the Mexican border crossing, has been identified as 33-year-old Adam Curtis Williams of Utah. He is currently wanted for the theft of the Butler's truck and camper, which have still not been found. A warrant has also been issued for his female companion, identified only as Amanda Noverr. The couple is considered armed and dangerous. Anyone with information as to their whereabouts is asked to contact the Kleberg County Sheriff's Department.

PSU's Jean Coffey named American Academy of Nursing Fellow

PLYMOUTH — Jean Coffey, Ph.D., APRN, CPNP, director of the Plymouth State University (PSU) nursing program, was recently inducted as a fellow by the American Academy of Nursing (Academy). Coffey was honored in an Academy ceremony in Washington, D.C., on Saturday, Oct. 26. The newest addition of fellows with this class represents 38 states, the District of Columbia, as well as 17 countries. Coffey is the only nurse leader from New Hampshire to be inducted as a fellow in the 2019 class.

"We at Plymouth State University congratulate Dr. Coffey for this well-deserved recognition," said Donald Birx, President, Plymouth State University. "Her leadership, depth of knowledge, and compassionate care for those around her inspire us all."

The Academy is comprised of 2,600 nurse leaders in education, management, practice, policy, and research. With Coffey's induction, there are now 11 fellows from New Hampshire. They have been recognized for their extraordinary commitment to the promotion of the public's health through evidence and innovation.

"I am incredibly honored and humbled to be named an Academy fellow," said Coffey. "I am excited for the opportunity to advocate for nursing and interests such as maternal-child health at a national level, and to be able to share the



Jean Coffey

information and experiences I gain with students, who are the future of nursing."

Through a competitive and rigorous process, a committee of elected fellows review hundreds of applications. The new fellows, who must be sponsored by two fellows in good standing in the academy, are selected based on their impressive contributions to increase access, reduce cost, and improve quality through nursing theory, practice, and science. Induction into the Academy is a significant milestone in a nurse leader's career through which their accomplishments are honored by those within the nursing discipline.

Coffey joined the PSU nursing program in January 2018 and became director in September 2018. Prior to PSU, Coffey served in various teaching and leadership capacities at the University of Vermont, Columbia University, University of Connecticut, Norwich University, and the Geisel School of Medicine at Dartmouth College. She also served as di-

rector of nursing research/education for Dartmouth-Hitchcock Health, and as a pediatric nurse practitioner at Children's Hospital at Dartmouth-Hitchcock (CHaD), as well as in clinical roles at various institutions in New Hampshire and Vermont.

"I am grateful to our team at PSU, which has been instrumental in creating a top-notch nursing program and has been supportive of me through the Academy fellowship process," said Coffey. "I am also grateful to the nurses who have served as mentors throughout my career, and I aspire to guide my colleagues and students in the same capable way each of them has guided me."

The baccalaureate degree program in nursing at Plymouth State University has been granted Full Approval Status by the New Hampshire Board of Nursing, and has full, 10-year accreditation from the Commission on Collegiate Nursing Education (CCNE).

Coffey holds a Ph.D. in Nursing from the University of Connecticut; a certificate in advanced study pediatric primary care from Northeastern University; a Master of Science in Nursing from the University of Vermont; a Bachelor of Science in Nursing from Norwich University; and an Associates of Science in Nursing from the University of Vermont.

Squam Lakes Association to host guided hike to historic fire tower

HOLDERNESS — Join the Squam Lakes Association (SLA) on Wednesday, Nov. 13 for a fall hike up to the Red Hill historic fire tower. This hike will be a little over four miles and begins at 9 a.m. at the Teedie Trail trailhead (located on a gravel driveway, next to a private tennis court on Bean Road, at the Sandwich and Moultonborough town line). We'll start up Teedie Trail and continue to the Eagle Cliff Trail when they merge at about half a mile in. At that point, we'll continue up Eagle Cliff Trail for one and a half miles until reaching the Red Hill fire tower where we'll take a break to enjoy the view and eat lunch. After lunch, we will head back to the Teedie Trail trailhead and expect to wrap up around 1 p.m.

Hikers should be prepared with cold weather hiking gear (lots of layers and extra socks/shirts/hats/etc.), as well as water, snacks, and a packed lunch.

Although hikers may be familiar with the trails around Squam

Lake during the summer, fall hiking in the region can provide a different perspective, and new appreciation, of the area. As a Squam Rangers hike, this program is aimed at hikers who are interested in completing all of trails in the Squam Lakes network. However, we encourage anyone interested in a more challenging excursion to join us on this guided hike, and get the opportunity to experience the natural beauty of this area during fall.

In addition, there are a number of new and ongoing opportunities for members of the community to get involved in the conservation of the watershed. Participants will get to hear about the conservation work being done around Squam Lake,

and ways that they can get involved in the coming months as they hike up to the summits.

For more information about these scheduled hikes, or to sign up, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Squam Ranger hikes and environmental programs throughout the year. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes region.

Bristol's Logan Rouille completes basic training

SAN ANTONIO, Texas — U.S. Air Force Airman Logan N. Rouille graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic war-

fare principles and skills.

Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Rouille is the son of Eric and Nikole Rouille of Bristol.

He is a 2019 graduate of Newfound Regional High School, Bristol.

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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news


SPORTS EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

WWW.SALMONPRESS.COM
(603) 279-4516

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LAST CHRISTMAS Fri.-Sun.: 12:30, 2:45, 5:00, 7:15, 9:30 PM Mon.-Thurs: 12:30, 2:45, 5:00, 7:15 PM			

Join us for the advance screening of **FORD V. FERRARI** Thursday 11/14 at 7:00PM

Find us online at: BarnZs.com

PSU receives \$48,000 CVS Health Foundation grant

PLYMOUTH — New Hampshire has the nation's highest percentage of high school students reporting daily use of electronic vapor products (e-cigarettes), according to the Centers for Disease Control and Prevention's (CDC) Youth Risk Behavior Survey. To help address this growing problem, Plymouth State University's (PSU) Health and Physical Education Teacher Certification Program has received a \$48,000 CVS Health Foundation grant to implement "CATCH My Breath," an educational program that provides

middle and high school students with skills to resist peer pressure and other influences. "CATCH," an acronym for Coordinated Approach to Child Health, includes classroom lessons, peer-led activities and social and community support to educate teens about the dangers of e-cigarettes. "As evidenced by the recent outbreak of vaping-related lung illness in the United States, it is clear that the use of these products can have dire consequences, especially for our youth who are susceptible to becoming addicted be-



COURTESY

fore they even realize what the risks are," said Timothy Losee, Ph.D., Assistant Professor of Health and Human Per-

formance, Plymouth State University. "This grant from the CVS Health Foundation puts Plymouth State at the

To help address the growing problem of teen e-cigarette use, Plymouth State University's (PSU) Health and Physical Education Teacher Certification Program has received a \$48,000 CVS Health Foundation grant to implement "CATCH My Breath," an educational program that provides middle and high school students with skills to resist peer pressure and other influences. Students in the PSU Health and Physical Education Teacher Certification program will receive CATCH My Breath training; they will then implement the program in 35 middle and high schools across the state in spring 2020 as part of their student teaching and school health field experiences. Pictured above, students Kyle Morris, Eric Eames, Matt Morin and David Carlson work on a group project during CATCH My Breath Training.

tan College and the Sage Colleges in New York, and Monmouth College in New Jersey to implement the program and collect data on the program's impact on student learning through June 2020. The data will be shared with CVS Health Foundation to quantify the program's impact on e-cigarette use. Student-teaching mentors from the 35 participating schools will also receive training from PSU so they may continue the CATCH My Breath programming once the student-teaching internships and school health field experiences are completed. PSU will also offer training sessions in spring 2020 for health and physical education teachers from other New Hampshire schools. For more information about CATCH My Breath programming at PSU, visit <http://catchmy-breath.plymouthcreate.net/> or contact Dr. Losee at catchmy-breath@plymouth.edu; for more information about Plymouth State University, visit www.plymouth.edu.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The "Plymouth State Learning Model" is organized around seven dynamic, theme-based hubs called "Integrated Clusters," which emphasize open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

"Perfect Spiderman" exhibition opening at Galletly Gallery

NEW HAMPTON — "Perfect Spiderman" by Charlie Smith, New Hampton School Visual Arts faculty, will be on display in the Galletly Gallery from Nov. 8 – Dec. 18. This solo show will feature new sculptural ceramic works made in a combination of hand building and wheel throwing techniques. The works examine a variety of themes through an autobiographical narrative that explores different periods of the artist's life. "Perfect Spiderman" is about reflection, self-discovery, personal history, and the ways in which we deconstruct our past to better understand our present selves.

Smith's name for the exhibition, "Perfect Spiderman," borrows its title from a quote by Jean-Michel Basquiat. In reflecting on an art competition that he entered as a child, Basquiat explained his frustration at coming in second place to another boy who had "drawn a perfect Spiderman." In time, Basquiat came to realize that, despite striving for perfection, his work did not need to be "perfect," but more importantly needed to be true to himself. This revelation freed Basquiat to develop what would become his trademark style. Basquiat's quote has always resonated with Smith in the development of his own aesthetic and techniques as a ceramicist, as well as in his growth as an artist and as a per-



COURTESY

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son: striving for honesty over perfection. The image of Spiderman also serves as a metaphor for the outward projections we show to the world while hiding our real identities. This concept is again symbolized through the architectural forms in the show which represent the literal physical spaces that we inhabit and to which we are inextricably connected and the duality of our outward appearance versus the small windows that we allow people to see through to our true selves. The works in "Perfect Spiderman" serve as vessels to interpret memories of the relationships, places, and events that have shaped the artist's life. The show explores the challenges of friendship, the struggles to maintain connections in a vast world, the influences that impact

and shift our course, and the profound revelations lying in wait within the pleasant simplicities of life, like building a treehouse, hiking a mountain, or listening to a record. Smith studied Ceramics at Skidmore College and The Glasgow School of Art and has shown his ceramic and mixed media work at galleries in New York, Massachusetts, Connecticut, New Hampshire, and Glasgow. He has taught art at summer programs at Hotchkiss School, Deerfield Academy, and Cardigan Mountain School and is in his sixth-year teaching at New Hampton School. The exhibit is free and open to the public. The Galletly Gallery is located on the second

floor of New Hampton School's Moore Center. The gallery is open Monday through Friday from 8 a.m. to 4 p.m. and on Saturdays from 9 a.m. to noon. The gallery is closed during a school break from Nov. 23-30. Founded in 1821, New Hampton School is an independent, co-educational, college preparatory secondary school of 315 students who come from over 28 states and 30 countries. An International Baccalaureate school, New Hampton School cultivates lifelong learners who will serve as active global citizens. Students benefit from an average class size of 11 and a student-faculty ratio of five to one. For more information, please visit www.newhampton.org.



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CADY Corner

How can prescription drug misuse be prevented?

BY DEB NARO
Contributor

Physicians, their patients, and pharmacists all can play a role in identifying and preventing nonmedical use of prescription drugs. More than 80 percent of Americans had contact with a health care professional in the past year, placing doctors in a unique position to identify nonmedical use of prescription drugs and take measures to prevent the escalation of a patient's misuse to a substance use disorder. By asking about all drugs, physicians can help their patients recognize that a problem exists, provide or refer them to appropriate treatment, and set recovery goals. Evidence-based screening tools for nonmedical use of prescription drugs can be incorporated into routine medical visits.

Prescription drug monitoring programs (PDMPs), state-run electronic databases used to track the prescribing and dispensing of controlled prescription drugs to patients, are also important tools for preventing and identifying prescription drug misuse.

Patients can take steps to ensure that they use prescription medications appropriately by following the directions as explained on the label or by the pharmacist. Patients need to be sure they are aware of potential interactions with other drugs as well as alcohol and never use another person's prescription or give their prescription to anyone else.

Anyone can help prevent prescription drug misuse by anonymously disposing of unused, unwanted or expired prescriptions at local permanent Rx Medication Drop Boxes which are available 24/7. Permanent Take Back Boxes are located at Plymouth, Bristol, and Lincoln Police Departments. In October 2019, several additional police departments in the Central Region par-

ticipated in the DEA's National Take Back event where 281.2lbs of prescription drugs were collected for safe disposal.

Pharmacists can help patients understand instructions for taking their medications. In addition, by being watchful for prescription falsifications or alterations, pharmacists can serve as the first line of defense in recognizing problematic patterns in prescription drug use. Some pharmacies have developed hotlines to alert other pharmacies in the region when they detect a fraudulent prescription. Along with physicians, pharmacists can use PDMPs to help track opioid-prescribing patterns in patients.

Manufacturers of prescription drugs continue to work on new formulations of opioid medications, known as abuse-deterrent formulations (ADF), which include technologies designed to prevent people from misusing them by snorting or injection.

The development of effective, non-addicting pain medications is a public health priority. A growing number of older adults and an increasing number of injured military service members add to the urgency of finding new treatments. Researchers are exploring alternative treatment approaches that target other signaling systems in the body such as the endocannabinoid system, which is also involved in pain. More research is also needed to better understand effective chronic pain management, including identifying factors that predispose some patients to substance use disorders and developing measures to prevent the nonmedical use of prescription medications.

If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRG-Healthcare (934-8905) for help.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

A bit of trail-cam history: How come this, and that?

Trail cameras have come far since their first major appearance in the market before the turn of the last century. Prices have held steady, even as cameras have become more compact, with better lenses and a host of bells and whistles.

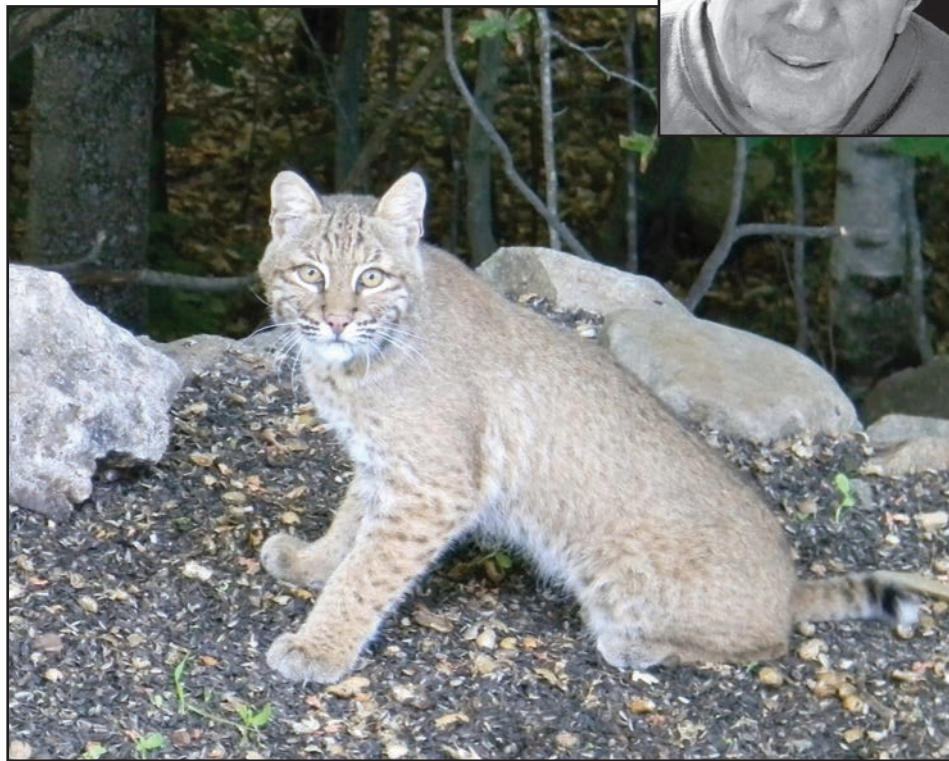
It's still a buyer's market. My trail camera, purchased twenty years ago for around \$90, is a clunker compared to today's models, even though it still works fine and takes decent pictures. I'd have to creep out and set it up in the dead of night, out of sheer embarrassment.

The Sportsman's Guide keeps coming in the mail despite the fact that I haven't bought anything since my last pup-tent in 2010, which nobody even calls a pup-tent any more. What appeared to me to be a decent trail-cam was in this week's on-line catalogue for \$79.99 ("Stealth Cam No Glow IR 12 MP," none of which I understood).

Dick's Sporting Goods, meanwhile, was offering a Browning Dark Ops HD ProX trail camera for \$169.99. This, as it turns out, seems about mid-range in quality and price. (The descriptions of these cameras, the layman observes, contain information that might as well be hieroglyphics. It would take a PhD to run one.)

Readers frequently send me trail-cam photos, made all the better by the accompanying stories. But a couple of key ingredients are too often missing. These are town, and telephone number.

I'll disclose neither in print, of course, without permission. But the town is often a key part of the story. A moose could be remarkable in one part of the state, but humdrum in another. Either way, New Hampshire is still a small enough state that people care. They well may have an Aunt Edna and Uncle Fudd in East Overshoe, or went there once for an



JOHN JONASCH — COURTESY

John Jonasch lives on a little dead-end road in Alton, where all sorts of creatures visit his feeder. This is the only photo I've seen of a bobcat sitting, in profile, its little tail straight out.

unforgettable piece of pie.

Also, I'd appreciate a telephone number. Email is sufficient at the outset, but a telephone number is vital for followup, especially in case of questions. A photo is often pointless without explaining the how, when, and why. It's easier on the phone, and (for me, anyway) a lot more fun.

+++++

Coyotes regularly show up on trail-cam photos, but so far there have been no good images of mountain lions--read that cougars, catamounts, panthers, painters, and a host of other names.

The answer to this paucity, I think, is that photos of cougars have in fact been taken, but people have been reluctant to send them in to media or any other form of what can be thought of as Officialdom. They are protecting "their" mountain lions from anyone who might want to see it, photograph it, shoot it.

Another reason is that people might not want the notoriety that would go along with any good image of a mountain lion captured by camera. The cougar controversy has been going on for a very long time, and is still very much alive. For every person convinced, there are a dozen Doubting Thomases.

And nobody wants to be insulted, dispar-



JOHN JONASCH — COURTESY

Here we have what appears to be a savvy bobcat---No, thank you very much, been down this road before.

aged, or mocked.

+++++

Despite the federal government's declaration that the ancient sub-strain--the Eastern cougar--no longer exists and may never have, does the full protection extended to it under the Endangered Species Act still apply? I'd guess that it would. I recall that the penalty for killing one, except in defense of loved ones or livestock, is a thousand

dollars.

In July of 2011, a cougar from South Dakota made headlines by wandering all the way to the East coast, where it was struck and killed in the road in Greenwich, Conn., about 35 miles north of New York City, having left a subsequently documented trail of DNA all the way.

This animal was seen and reported countless times during the year it spent on its zig-zag trip east. Trail-

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Letters to the Editor

Bristol needs to start recycling again

To the Editor:

Bristol needs to start recycling again.

When China stopped paying for our recycling, Bristol stopped recycling due to loss of income, but there are other important reasons to resume recycling. There are companies in New Hampshire that are willing to work with Bristol to get us started again.

Recycling reduces pollution, saves energy, preserves our natural resources and ultimately saves money. Most importantly, it promotes reuse, rather than creating more landfills. We should be responsible guardians of our environment for our children and grandchildren.

Nancy Dowe
Bristol

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Betsy Tenney Houser Twombly, 94

HEBRON – Betsy Houser Twombly passed away peacefully on November 4, 2019, in the comfort of her home at the age of 94, surrounded by her loving family.

Betsy was born on October 9, 1925 in Arlington MA to Ralph and Faith Houser. Growing up, Betsy developed a profound appreciation for nature and outdoor adventures, spending summers at her beloved Owlshead—an Adirondack-style log cabin built by her father above Newfound Lake in Hebron, NH—where she and her elder sister Hope camped, canoed, swam, played tennis and hiked the White Mountains.

Betsy was a highly-accomplished student during her lifetime, graduating with honors from Belmont Highschool in 1943 and earning a full scholarship to Tufts University, where she graduated with honors in biochemistry. Following her graduation, Betsy became a skilled clinician, serving in the Eye Division of Massachusetts General Hospital as well as the prestigious Histology Department of Harvard Medical School. Later in life, Betsy returned to school to become a medical technologist and subsequently an instructor at the Bryman School for African American Women where she trained, mentored and prepared ladies for employment.

During her lifetime, Betsy became an accomplished skier and avid bicyclist—pursuing both pastimes well into her 80’s, traveling to resorts in the Alps, Colorado, Utah, Idaho, and California to conquer the slopes; as well as bicycling through France, Holland, Denmark, Germany and Austria, in order to see these beautiful countries first-hand. It was through Betsy’s passion for skiing



that she crossed paths with her husband Phil Twombly, who she met on the ski slopes of Woodstock, VT. The two married at Owlshead in 1949, and moved to Bedford, MA where they raised their five children.

A lifelong artist, Betsy was an accomplished painter, sketch artist, seamstress, knitter and potter. She was renowned amongst family and friends for her hand-knit sweaters, mittens, socks and Christmas stockings. Additionally, Betsy’s annual Christmas cards were an institution; friends and family alike delighted in receiving her custom-designed cards, featuring her original art and witty reflections on contemporary issues. Upon retirement, Betsy found a new artistic passion, after attending her first pottery course at the DeCordova Museum, taught by the famous ceramicist: Mikodo Yarbe. Betsy was so taken by the media, she and Phil had a ceramic studio built into their Hebron, NH home when it was constructed in 1990. It was here that Muddy Paws Pottery was born. Over the course of the next 29 years, Betsy would apply her aptitude in chemistry to experiment with glazes, and her talent as a designer to crafting several generations of beautiful mugs, platters and pottery pieces—many of which she sold through the League of NH Craftsmen stores. One of Betsy’s favorite activities was inviting local children and visiting grandchildren into her

studio to “play clay” and create imaginative animals and pots.

Betsy established an endowment in 1994 at Tufts University to fund scholarships for women studying in the field of science and medicine. Betsy’s love of nature and Newfound Lake inspired her to be one of the first members and volunteers of the Newfound Lake Region Association, and saw her establish the Naturally Newfound Fair in order to raise money and public awareness about watershed protection and water quality in the lake. Betsy’s pursuit of knowledge, personal development and adventure were insatiable; she loved life, the beautiful world she lived in, and the people around her. Through her example, she taught all of us: never, ever stop moving.

Betsy is deeply loved by all those she knew, and will be greatly missed. She is survived by her devoted husband Phil Twombly; her children: Stephen Twombly of Roxbury, VT; Martha Twombly of Hebron, NH; Andrew Twombly of Belize; Peter Twombly of Jamestown, RI; and Carol Twombly of Nevada City, CA; her twelve grandchildren; and eight great-grandchildren.

A celebration of Betsy’s life will be scheduled in the near future. She will be interred at the Belmont Cemetery, in Belmont, MA with her parents. Contact with the family may be facilitated through Martha Twombly at marthamosaic@gmail.com. In lieu of flowers, memorial donations may be made to the Pemi-Baker Community Health (pbbha.org), 101 Boulder Point, Suite 3, Plymouth, NH 03264; Comfort Keepers, 12 Yeaton Road, Suite B1, Plymouth, NH 03264, or a charity of your choice.

HEBRON — Douglas “Amoo” Riddle, 92, died Wednesday, Oct. 30, 2019 at home surrounded by loved ones.

He was born in New York City, the son of Allan and Grace (Webb) Riddle. Following graduation from high school, Doug entered the US Army serving during WWII. After his return, he began a career in banking. Working with various institutions and retiring after 40 years with Fleet Bank.

Doug was committed to many organizations over the years, active on the board of civic organizations and his church’s ministries. He was a Past President of the Laconia Chamber of Commerce, a member of Union Lodge #79 F & AM and Sawheginit Chapter #52 OES of Bristol, a life member of the Kiwanis International. As a long-term volunteer at the Bridgewa-



ter-Hebron Village School he earned recognition as the 2007 NH Champion for Children. His church service included teaching Sunday School, serving on various boards, and participation with the Kairos Prison Ministry.

He is survived by his wife of 72 years, Doris Peck Riddle of Hebron; two daughters, Dian West and Derry Riddle and son-in-law Joseph Hogan of Hebron; grandchildren William Douglas West, Eric Edward West and Tanya Debarry, Voss

Riddle Hogan and Lindsay Hogan, Lee Riddle Hogan; great grandchildren Perrin Debarry West, Liam Voss Hogan, Davina Debarry West, Kellan Voss Hogan; sister Jean Piro of Nutley, N.J., numerous nieces and nephews.

He was predeceased by siblings; Kenneth, Allan, and Margaret Riddle; and his son-in-law, Ronald West.

A Celebration of Life will be held Saturday, Nov. 9, 2019 at 1 p.m. at the Union Congregational Church of Hebron. In lieu of flowers, donations may be made in his name to the Union Congregational Church of Hebron, PO Box 67, Hebron, NH 03241 or Newfound Area Nursing Association (NANA), 214 Lake St., Bristol, NH 03222. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Michael David Ray, 66

PLYMOUTH — Michael David Ray, 66, of Plymouth, died Oct. 29, 2019 at Dartmouth-Hitchcock Medical Center, in Lebanon, surrounded by his family.

Born in Plymouth on June 7, 1953, he was the son of Frank Malonson and Adelia May (Eastman) Tarr. He grew up in Rumney and graduated Rumney Schools and attended Plymouth High School. He moved to Ashland in 1966 and then to Bristol in 1974. He had been a resident of Plymouth for over 15 years.

Mike worked for many years as a foreman for the former International Packing Corporation, in Bristol and then spent some time in the logging and construction industries. He worked for the town of Plymouth for over 15 years as the Manager of the Recycling Center and the Sexton of



the Riverside Cemetery.

Mike loved to camp, especially at campgrounds with no cell service. He enjoyed his time camping with his family and friends in Wells Maine and enjoyed his time wintering in Sun City, Az.

Mike was predeceased by his wife of 26 years, Pauline Mae (Tyrrell) Ray, who died in May of this year and his daughter Jenny L. Ray, who died in 2008.

Mike is survived by his daughter, Michelle D. Haddock and her hus-

band Kevin of Belmont; his granddaughters, Emma Rose Haddock and Gracie Mae Haddock; five brothers; seven sisters; his step children, Tracy E. Milton of Campton, Catyela “KK” Gauthier of Plymouth, Busaba Karn-takosol of Bridgewater, Anthony Karntakosol of Campton, Sunisa Karn-takosol of Lincoln, nine step grandchildren and numerous nieces and nephews.

A graveside service will be held in the Riverside Cemetery, Fairgrounds Road, Plymouth, on Saturday, Nov. 9, at 11 a.m. The Rev. Christopher Drew, pastor of the Holderness Community Church, will officiate.

The Mayhew Funeral Homes and Crematorium, in Plymouth and Meredith, are assisting the family their arrangements. www.mayhewfuneralhomes.com

Churches

Ashland Community Church

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

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

Sundays: 10 a.m. Worship – Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

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

Toddler Zone (for infants – five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service.

Our greeters will be glad to direct you to and introduce you to our leaders.

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thursday evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

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

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

You don’t have to dress up. You don’t have to be any particular age. And please don’t feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritu-

al journey. We believe you’ll find what you are looking for here. You’ll learn how to relate to God. You’ll experience a Christian community. And here’s the big thing – you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

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

We look forward to

seeing you soon!

Episcopal Churches: Holy Spirit, Plymouth St. Mark’s, Ashland

Weekly Worship Services
Sundays: 8 a.m. at Griswold Hall, 263 Highland St., Plymouth
9:30 a.m. St. Mark’s Church, 18 Highland St., Ashland
Thursdays, 11 a.m.,

with healing prayers, St Mark’s, Ashland

Fall Series on the Psalms: Faith and Scripture
Praying with the Psalms, a series of hour-long, prayerful encounters with the psalms has begun. We meet Wednesdays from 5:30 to 6:30 p.m. All are welcome to the CLC, the red house at 263 Highland St., in Plymouth. The series runs through Wednesday, November 13. All are welcome, for one session or several!

Faith@Home
The November focus will be on Psalm 23. Please be in touch with Deacon Maryan if you’d like to be a part of our second year of Faith@Home, which will start with an Advent kit. We wait and prepare for Christmas all through December; lighting candles week by week.

Do you know of a household who might be on the “fringes of faith,” who are curious about church, but not yet able or ready to attend a Sunday gathering? Or: Are

SEE **CHURCHES**, PAGE A6

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Edward Jones: Financial Focus				
Millennials May Need to Boost Life Insurance				
<p>If you’re a Millennial – born between 1981 and 1996 – you’re either in the very early or relatively early stages of your career, and as the old song goes, you’ve got a lot of living to do. Still, it’s not too soon to think about a financial issue you may have overlooked: the need for life insurance.</p> <p>Regarding this topic, Millennials need to ask three key questions:</p> <p>When should I purchase insurance? The answer to this question depends somewhat on your stage of Millennialism. If you’re a young Millennial, perhaps just out of college, single, and living in an apartment, your need for life insurance may not be that great. After all, you may well have other, more pressing financial needs, such as paying off your student loans. But if you’re an older Millennial, and you’ve got a mortgage, a spouse and – especially</p> <p>– children, then you unquestionably need insurance, because you’ve got a lot to protect.</p> <p>How much do I need? Millennials who own life insurance have, on average, \$100,000 in coverage, according to New York Life’s 2018 Life Insurance Gap Survey. But that same survey found that Millennials themselves reported they need coverage worth about \$450,000, leaving an insurance deficit of approximately \$350,000. That’s a pretty big gap, but of course, these figures are averages and may not apply to your situation. Still, you should know how much insurance you require. You might have heard that you need life insurance worth about seven or eight times your annual salary. And while this isn’t a terrible estimate, it doesn’t apply to everyone, because everyone’s situation is different. A financial professional can look at various factors – your age, your marital status, number of children, size of mortgage, etc. – to help you arrive at an appropriate level of coverage.</p> <p>Keep in mind, also, that your employer may offer life insurance as an employee benefit. However, it might be insufficient for your needs, especially if you have a family, and it will probably end if you leave your job.</p> <p>What type of life insurance should I get? Many people initially find life insurance to be confusing, but there are basically two types: term and permanent. As its name suggests, term insurance covers a given time period, such as 10 or 15 years, and provides only a death benefit. It’s generally quite affordable, especially when you’re young and healthy. Permanent insurance, on the other hand, offers a death benefit and a savings component that allows you to build cash value. Consequently, the premiums are higher than those of term insurance. Again, a financial professional can help you determine which type of insurance is most appropriate for your needs.</p> <p>Thus far, we’ve only been talking about life insurance. But you may also need other types of protection, such as disability insurance, which can replace part of your income should you become ill or incapacitated. And you may eventually want to explore long-term care insurance, which can help cover you for the enormous costs of an extended nursing home stay.</p> <p>You should at least consider all forms of insurance as part of your overall financial strategy. The future is unknowable – and as a Millennial, you’ve got plenty of future ahead of you.</p>				
<p>Devon Sullivan Financial Advisor 164 NH RTE. 25 Suite 1A Meredith NH 03253 603-279-3284 Fax 844-644-4469 devon.sullivan@edwardjones.com</p>		<p>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.</p>		<p>Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 jacqueline.taylor@edwardjones.com</p>
Member SIPC				

Towns

Alexandria

Mary Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Well, blow ye winds hi ho last weekend! I was hoping the wind would blow all the leaves away, but alas, the ones from higher elevations replaced the ones sent to the low lands! Some leaves are clinging to the oak trees in the yard, but for the most part trees are bare! Get ready because Old Man Winter is about to make his entrance.

Town

Budget Committee meeting Tuesday, Nov. 12 at 6 p.m. in the Municipal Building.

The Conservation Commission will be meeting on Wednesday, Nov. 13 at 6:30 p.m. in the Municipal Building due to the regular meeting falling on Thanksgiving Eve. Have you sent in your photos for the calendar contest? Deadline is Tuesday, Nov. 12. The theme is “Out and About Alexandria,” and entered photos must be taken in Alexandria. You do not have to be a resident to enter the contest.

A reminder that the Town Offices will be closed on Monday, Nov. 11 in observance of Veteran’s Day.

Alexandria UMC

Sunday, Nov. 10, services will begin at 9 a.m. with Sunday School following at 10:15 a.m. Faith Formation class is at 10:15. Coffee hour will be following services as well. The Administrative Council will meet at 11:30 a.m. Don’t forget to bring your non-perishable food items for Community Services in Bristol.

Thanksgiving Dinner will be served at 1 p.m. on Saturday, Nov. 16. On the menu is roasted turkey, mashed potatoes, peas, gravy, beverages and apple crisp for dessert! Monetary donations will be accepted, but not expected, with proceeds going to the Secret Santa Fund at Community Services. You may make reservations,

not required but helpful, by calling AUMC at 744-8104. Come and join us for a delicious meal for a worthy cause!

Happy November Birthday to Tiffany Reynolds!

Sincerest of condolences and prayers to

Churches

FROM PAGE A5

you a parent or grandparent or neighbor who wants to grow more confident in your own ability to share and talk about following Jesus with the young people in your life? Our Faith@Home packets are a fun and inspiring way to learn and grow as Christians. Contact Deacon Maryan via the church office about being part of Faith@Home.

Sharing at Convention: United Thank Offering & CHIPS

Sharing at Convention: When our delegates go to Diocesan Convention on Nov. 9, we’ll be sharing gifts from our congregation: financial gifts through the United Thank Offering, and supporting the Chips program, which makes it possible for incarcerated parents and grandparents to give their kids gifts at Christmas. Thank you to everyone who has offered your support to the UTO and to CHIPS.

Help for the Holiday Blues

Have you lost someone you have cherished? Made a big move or change in job? Been laid off from your job? Ended a relationship or divorced? Suffered a physical, material, or financial disaster? Been caring for someone whose illness or disability is debilitating?

Pemi-Baker Community Health can help.

They are offering support groups at two convenient times on the following Mondays: Nov. 18 & 25, Dec. 2, 9, 16, 23, & 30, and Jan. 6.

Daytime afternoon group: 12:30-2 p.m., Grady Conference Room, Speare

the family of Doug Riddle, who passed away on Oct. 31. Doug was known and loved by so many, of all ages, and will be greatly missed by all.

Hope you all have a safe and happy week ahead! A huge thank you to our veterans!

Memorial Hospital, 16 Hospital Rd., Plymouth.

Early evening group: 5:30-7:30 p.m., Main Conference Room, Pemi-Baker Community Health, 101 Boulder Point Dr., Suite 3, Plymouth. No fee for attendance. Groups are facilitated by Guy Tillson, MDiv, MA, Bereavement Counselor. Call for more information: 536-2232, ext. 206.

Holy Spirit & St. Mark’s will offer a Sunday evening “Blue Christmas / Longest Night” service in late December in Ashland. Watch for the firm date.

Ashland Community Breakfasts return in January 2020

The Community Breakfast at Sherrill Hall in Ashland takes a break over the holidays; no gathering in November or December. Mark your calendar for Saturday, Jan. 25, 2020 (the fourth Saturday of the month) from 8-9 a.m. Join in the fun, food, and fellowship; bring (or make!) a friend at the table.

Quilters to gather twice in November

The Quilting Group meets again Friday, Nov. 22 in Griswold Hall, 263 Highland St, Plymouth, from 10 a.m. to 2 p.m. Members and non-members of Holy Spirit & St. Mark’s are most welcome to connect with this group, whose work is partially funded by Holy Spirit & St. Mark’s outreach gifts.

On Monday, Nov. 25, the group will gather to distribute finished quilts. Meet at Griswold Hall to carpool, pass out quilts, and then have lunch.

Office Hours at 263 Highland St., Plymouth

Office hours in Plymouth are by appointment. Phone/voicemail: 536-1321. Please email or leave a voicemail and we will return your call. Email: rectorpb@gmail.com

The Rev. Kelly Sundberg Seaman, Rector &

Bristol

Al Blakeley
adblakeley0@gmail.com

Have you ever seen so many acorns?? There are so many on the ground this year they are a hazard to walking in your yard! It’s like walking on marbles. The animals

Vicar

The Rev. Maryan Davis, Deacon

Plymouth Congregational UCC

Save the date

On Sunday, Nov. 10 at 3 p.m., Organist Kristjon Imperio will perform at PCUCC.

Doors open at 2:30 p.m. The recital is free of charge, and donations to support this concert series will be gratefully received. Boston-born Organist Kristjon Imperio will present a program of works by J.S. Bach, Buxtehude, Franck, Howells and Leighton. The organ he will be playing, which dominates the church sanctuary, is a 1985 Austin Organ Opus #2695 which contains 1247 pipes driven from 21 ranks in 3 divisions, 24 stops. Currently the principle organist at the College Church of Seventh-day Adventists in Lancaster, Massachusetts, Mr. Imperio is active throughout New England as a soloist, collaborative pianist, and chamber musician.

A highly sought after conductor, he has served in numerous music festivals as well as serving on the faculty at Anna Maria College in Paxton.

Prayer Requests

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

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

Feeding Our Children Together

We provide 3,000 calories to food insecure chil-

who depend on them won’t be starving this year! There aren’t many left on the oaks and there aren’t many leaves on many of the trees except the oaks after the rain and wind last week. But, you already are very aware of that after spending many hours raking,

I’ll bet. Now to loosen up the shoveling muscles....

The United Church of Christ will hold a pot roast dinner on Saturday, Nov. 9 from 5:30 until 7 p.m. in Fellowship Hall. \$9 - Adults and \$4 - kids

SEE TOWNS, PAGE A9

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

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, social liberal, open and affirming, inclusive and enthused about sharing Christ’s love with the world. If you are new to the community and looking for a church home, we invite you to come and experience God’s love through worship, study and service.

Support Our Church

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

Meals for Many

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

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following: Sunday: 10:30 a.m. Morning Service Monday: First and third Monday of the Month Noon-2 p.m. Helping Hands Food Pantry Friday: Second Friday of the month 6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next arti-

cle. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement: Just One More!

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

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

This week at Starr King: Nov. 10

Faith and Works Rev. Emily Burr; Guest Worship Leader Sarah Dan Jones, Music Director; and Choir

We covenant to affirm and promote our seven Principles. If we truly want to promote our values, we must reach outward with action. Nov. 13 10:30 a.m. to noon

Wise Women in Training invites the public (yes, males and females) to join us for an exploration of an important local nonprofit, Voices Against Violence.

Cindy Spring will be facilitating our group hosting Tina Schumacker; Outreach & Education Coordinator with Voices Against Violence. She has an exciting program planned for us with plenty of time for discussion. This is one meeting where it would seem appropriate to bring a friend or several to enrich the experience. Do you really know the mission, and breadth of services this group offers? Is this an important place to provide financial support or volunteer hours?

For more details, visit our Web site www.starrkingfellowship.org 536-8908

How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers. Obituaries can be sent to: obituaries@salmonpress.com Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format. Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.

BRISTOL UNITED CHURCH OF CHRIST 15 Church Street • Bristol, New Hampshire

Pot Roast Dinner SATURDAY, NOVEMBER 9TH FROM 5:30 – 7 PM

Pot Roast, Mashed Potato, Gravy, Carrots, Garden Salad, Rolls, Beverages and Brownie Sundaes.

PUBLIC WELCOME!

ADULTS: \$9.00 — CHILDREN 12 & UNDER: \$4.00 Take out meals are available. For more information call the Church at 744-8132.

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Physical therapist explains taping

BY MATTHEW SCAGLIARINI, PT,
DPT
Pemi-Baker Community Health

October is National Physical Therapy month and one of the most common questions we here from our patients is ‘what does taping do and can it help my injury?’ There are many kinds of tape used in the world of physical therapy. Some tape is applied to limit motion such as athletic taping but, in physical therapy we use tape to limit motion, increase motion and decrease swelling depending on its application technique. You may have seen tape applied to professional athletes or Olympians

over the years and wondered what does that do? How could it possibly work?

Over the course of years as a physical therapist performing both manual therapy and exercise therapy interventions, it has become apparent to me that a great deal of what I do is targeting the nervous system, whether intended or not! I believe tape placed on a patient’s skin is just that, mostly a neurological input.

For years, I think healthcare practitioners hoped and believed that taping techniques changed the way muscles move by pulling on them through the skin. If



we think about this it really seems unfathomable that tape could create force changes in muscle tissue. So, I often half-jok-

ingly tell my patients that “tape is tape on the brain. It can change your nervous system’s input to the brain about pain,

swelling, muscle or joint position and allow it to respond with improved movement in that area.” I stop short of making claims that tape could actually pull hard enough to physically change a muscles ability to contract or markedly change joint position. One thing I have positively seen with taping (as in the crisscross pattern) is reduction in swelling when applied to the affected area. So much so that visible changes in edema and bruising can be seen easily. In this case, the tape must be lifting the skin enough to allow the lymphatic system to drain more effectively or so it is believed.

The best part about taping is that it can be left on for up to 5 days helping to retain any affect your therapist is trying to achieve, it is inexpensive, it can be applied by the patient at home and very few patients ever

report a negative side effect from its application. Ask your therapist if this could be beneficial to your treatment here at Pemi-Baker Community Health!

With 52 years of experience, serving over 900 clients from 18 towns in central and northern New Hampshire, Pemi-Baker community Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool. PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth, NH. To contact us please call: 603-536-2232 or email: info@pbhha.org Visit our website: www.pbhha.org and like our Facebook Page: @PBCH4.

Comfort Keepers

Elderly home care and depression – Symptoms and prevention tips

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

No matter what age we are, living a life of purpose, connection and joy is critical for our physical and mental wellbeing. For older adults, a variety of obstacles like vision loss, social isolation, mobility problems and memory issues can make enjoying life more difficult.

Why is it important for seniors to focus on their mental health?

- Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation (Forbes).
- The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org).
- Depression in the elderly is associated with increased risk of cardiac diseases and risk of death from illness (WebMD).

Signs of depression in seniors can include change in attitude, self-isolation, weight loss, fatigue or lack of interest in once enjoyable activities.

For older adults that want to improve their quality of life through enhanced mental health, there are a few things they can do to

kick off their healthy habits.

- Exercise – Seniors should always consult with a physician before starting any physical activity or fitness program. Seniors that are able, and approved, to exercise may see increased physical and mental wellness. Exercise has been proven to have a positive effect on the brain.
- Connection – At any age, many people find joy in spending time with family and friends. Social isolation can be a problem for seniors that have mobility issues or aren’t able to drive, or who have loved ones that live far away. However, there are services that can help overcome these issues, including transportation help, in-home care assistance, technology that fosters connection and other outside sources of help.
- Volunteering – Sharing time and talents doing volunteer work can bring a sense of purpose and fulfillment. Many organizations have programs and volunteer opportunities specifically geared to older adults.
- Spending time on joyful activities – Everyone has a different interest or hobby that brings joy, whether that’s music, art, dance, gardening or games.

Seniors should try to spend time doing something that brings them happiness on a daily basis to improve their quality of life.

About Comfort Keepers

Maintaining senior health and wellbeing is a priority for the team at Comfort Keepers®. Our caregivers can assist in provid-

ing seniors with transportation to and from the doctor’s office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.

Artistic Roots is the place to find unique handcrafted gifts. And take a class!

More info at artisticroots.com
73 Main Street • Plymouth, NH
Open 10-5 Daily



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Towns

FROM PAGE A7

under 12.. The Bristol United Church of Christ Women's Fellowship will hold it's annual Christmas Fair on Saturday, Dec. 7, 9 a.m. - noon in Fellowship Hall. There will be decorated 16 inch double-sided balsam wreaths at \$18 each, delicious home baked goods, lovingly made crafts and gently used

Christmas items for sale.

The Minot-Sleeper Library will be closed on Monday, Nov. 11 in observance of Veteran's Day. It will reopen on Tuesday, Nov. 12 at 1 p.m. It will also be closed on Nov. 28-29.

The MSL will hold Poetry Night on Thursday, Nov. 7 at 6:30pm. Bring your own original work, some from another poet or just come to listen. All ages

are welcome. Refreshments will be available provided by Friends of the MSL. On Wednesday, Nov. 13 at 4 p.m., the MSL will host a fun afternoon of making holiday-themed centerpieces and wreaths! There is no cost and all are welcome to attend. Please RSVP by calling the library at 744-3352 or email librarian@townofbristolnh.org. Mike McKinley will present Mark Twain's Mississippi River Stories on the following Thursday, November 14.

Remember that Mondays feature Mah Jong from noon - 2 p.m. and Knot Only Knitters meet from 2:30 - 4:30 p.m. All are welcome to come and enjoy these activities.

Family Programs at MSL include the movie "Toy Story" on Tuesday, Nov. 26 at 4 p.m., and Children's Storytime on Wednesdays and Fridays at 10:45 a.m. with stretching, reading, crafts and a snack!

Another heads up: The 65th Annual Santa's Village will take place this year from Friday, Dec. 13 until Sunday, Dec. 15. A special open house will be held the day prior to the opening, Thursday, December 12 for all contributors that donate money, materials and time to the Village. The Craft Fair will be held on the main floor of TTCC during the hours of the Village featuring over 25 craft booths to help you find that 'special' gift.

The culmination of Bicentennial activities, filling and sealing the Time Capsule took place last weekend at the Bristol United Church of Christ. Many very thoughtful donations were placed in the capsule that should bring smiles, questions and even tears to those who will be opening it in 50 years. One special donation that I would

like to mention was the pocket watch of Nathan Morrison donated by his grandson, JP Morrison, hoping that one of his grandsons might be present to witness the opening of the capsule and the discovery of that watch.

Congratulations to the coaches and participants of the Fall sports programs in the area. So many hours of dedication and hard work that produce so many rewards for all. The Fall season is drawing to a quick close and a new season is about to get underway. Thanks to them and to all who showed up to witness the performances of the athletic teams. A reminder that there are many club and other activities going on almost year round that can hold interest of spectators for activities such as gymnastics, ice skating, indoor soccer and softball, curling, martial arts and the like.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Sunday worship at the South Danbury Church will be at 11 a.m. on Nov. 10. There will be refreshments and conversation afterward. All are welcome!

The South Danbury Church Fall and Winter Speaker Series begins on Friday, Nov. 15, at 7 p.m. The inaugural event features singer-songwriters and multi-talented performers Lynda Nelson and C. Willie, presenting original and traditional country, folk and bluegrass music. There's no charge to attend, but come early for good seats - friends and fans are always ea-

ger to hear them. After the music, there will be time for treats and talk.

The next event is the church's annual Holiday Happy Hour on Friday, Nov. 22, from 3:30 to 6:30 p.m. Donations of homemade food, crafts, or holiday items will be gratefully accepted. Watch for more news soon!

Danbury Winter Market

Saturday, Nov. 16 is the Danbury Winter Harvest Market. The indoor farmers market is held at the grange hall from 9am to 1pm. There will be coffee roasters, jelly makers, kombucha bottlers, cow and goat dairies, meats of all types, soap, baked goods, eggs, bid houses, and clothing. All Locally made or produced.

Shop the local farmers market. Buy locally from the producers and keep your dollars in your community. Remember that all veterans get \$20 in coupons to spend at the market. Vending spaces available for this one time, third Saturday farmers market. For information, call Donna at 768-5579.

Danbury Grange Supper

This Saturday is the chicken pie supper. Lots of local foods are used in this meal celebrating community and harvest. Eat in or take out, the cost is \$9//adults and \$4 for children, under three years is free. Their next supper will be in April.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Hebron Veterans Day Program

The Hebron Historical Society in conjunction with the Town of Hebron will organize

the Veterans Day Ceremony on the Hebron Village green on Monday, Nov. 11 at 10:50 a.m. The guest speaker is Captain William Luti, USN (Retired) and the Bristol VFW will provide the honor guard, taps and rifle salute.

Light refreshments will be served in the downstairs of the Hebron Union Congregational Church.

All are invited to attend."

Bridgewater Turkey Trot Thursday, Nov. 28

Newfound Grocery & Country Store, 408 Mayhew Turnpike, Bridgewater, is the place to be on Thanksgiving Day at 9 a.m. as the Bridgewater Turkey Trot will be starting. You can pre-register starting on November 1st through the morning of the Trot or you can register the day of the Trot starting at 7:30 a.m. This year we will be raising money and or donations for the benefit of families from the Newfound Area. This charity helps provide clothing, gas cards, gift certificates and dinner boxes for local families. If you are interested in being a sponsor for the Trot any donation of \$250 or more your business name or logo will be included on more than 200 Turkey Trot T-shirts. The deadline for that is November 8th. Any/ All donations are accepted. Cash/Check/Gift Certificates or Raffle/Silent Auctions or anything that you can contribute! Please make checks out to Bridgewater Turkey Trot. This columnist did the Trot last year for the first time and had a great time despite the below zero weather and I am planning to do it again this year so hope to see you there!

NHCS

FROM PAGE A1

fall. "This is a tradition we have here to give back to the community by donating to the food pantry. We want to make (Halloween) fun, but purposeful for the students," Holloran said.

The week of Halloween signaled the kick off for the food drive when everyone at the school was asked to bring in any nonperishable items they could. The endeavor was a big hit with the students. Some said they brought in a few

canned goods or boxed foods each day while others brought their contributions in all at once. Miles said he felt good about having the chance to help others and Ethan echoed that sentiment.

"We all brought in food because some people are less fortunate than others," he added.

On Thursday, with all their donations piled high beside the front entrance, they then paraded several times through the school cafeteria to show off their costumes to parents and family.

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First Vice President
Sr. Investment
Management Consultant
Financial Advisor
Morgan Stanley
Colby Athanas
Financial Planning Specialist
Financial Advisor
Morgan Stanley

DATE: Wednesday, November 13th, 2019
TIME: 4:00 p.m. & 6:30 p.m.
PLACE: East Hebron School
33 North Mayhew Turnpike
Hebron, NH 03241
RSVP:
Dawn Zarta
Client Service Associate
603-527-4105
dawn.e.zarta@morganstanley.com

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SALUTING Our Veterans

Remembering our veterans

The men and women who defend the liberties and freedoms of the countries they represent hold a special place in people’s hearts and an eternal spot in their countries’ histories.

Any opportunity is a good time to commemorate the bravery and selfless deeds of military personnel, but certain prominent holidays in November make this an especially important time to thank veterans for their service.

November 11 is Veterans Day in the United States and Remembrance Day in Canada. It’s also known as Armistice Day in other parts of the world. These holidays honor all military veterans who have provided service to their countries, and that each falls on November 11 is no coincidence, as the day commemorates the anniversary of the end of World War I on the 11th hour of the 11th day of the 11th month of 1918.

Many places around the world pause and remember fallen veterans on November 11, but a good majority of Veterans Day and Remembrance Day commemorative events focus on past and current veterans who are still alive. There are many ways to honor the military at home and abroad in time for the November festivities.

The following are just a handful of ways to show appreciation for military men and women.

- When dining out, ask your server if you can pay the tab for a soldier or veteran you see in the restaurant.
- Attend a military parade with your family and explain the significance of the day to children in attendance.
- Draft letters and send care packages to soldiers currently in service far away from home.
- Ask your company if Veterans Day or Remembrance Day can be an observed holiday at your place of business each year to pay homage to servicemen and women.
- Visit a military memorial in a city near you. Your town also may have its own memorial.
- Petition town officials to erect a memorial if your town does not already have one. Such memorials can be a source of inspiration for your community.
- Support a military family in your town who may be missing a loved one stationed elsewhere. Make meals, mow the lawn, help with grocery shopping, or simply provide emotional support.
- Volunteer time at a veterans’ hospital. You may be

able to read with veterans or engage in other activities.

- Get involved with a military support charity that can provide much-needed funds to struggling families or disabled veterans.
 - Have children speak with veterans in your family, including grandparents, uncles and aunts or even their own parents. It can help them gain perspective on the important roles the military plays.
 - Ask a veteran to give a commencement speech at a school or to be the guest of honor at a special function.
 - Drive disabled veterans to doctors’ appointments or to run any errands.
 - Support a local VFW organization.
 - Create a scrapbook for a veteran in your life.
 - Cheer for or thank military personnel each time you see them.
 - Visit the veterans’ portion of a nearby cemetery and place poppies or other flowers on the graves.
 - Always keep the military on your mind and never forget those who have served and didn’t return home.
- Armistice Day, Remembrance Day and Veterans Day are great ways to honor past and current military for their service and sacrifice.



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SALUTING *Our Veterans*

3 unique ways to give back to service members

Military service in the United States was once more common than it is today. According to the Council on Foreign Relations, the draft for military service was ended in 1973, a point in time when 2.2 million men and women made up the country's active military personnel. By 2018, the number had dipped below 1.3 million. Military service in Canada is also somewhat uncommon, as the Department of National Defence reports that active military personnel totaled just 68,000 as of 2018.

The vast majority of people in countries where military service is not compulsory will never serve in the military. But that does not mean non-military personnel do not appreciate the sacrifices service members and their families make. In fact, a recent report conducted for Canada's Department of National Defence found that while many Canadians seem only vaguely aware of what their military does, appreciation for service members was high.



Service members and their families make many sacrifices to protect the lives and freedoms of their fellow citizens. The following are three unique ways to give back to these selfless men and women, who often benefit greatly from even the simplest of gestures.

1. Serve as a driver for veterans.

Unfortunately, many service members return from overseas missions with disabilities, some of which prevent them from driving. Adults who want to help ser-

vice members can serve as drivers for veterans who can't drive themselves. Such a gesture ensures they won't miss any appointments with doctors or physical therapists, helping them get on the road to recovery that much quicker.

2. Donate your airline miles.

Some disabled veterans receive medical treatments far away from home at facili-

ties that specialize in treating certain types of injuries, which can make it difficult for their families to be there for them during their recoveries. By donating airline miles to military families, ordinary adults can ensure injured servicemen and -women can still see their families during difficult times in their lives. Access to such support systems can be a big help as veterans work

to recover from their injuries.

3. Sponsor a service dog.

A significant percentage of veterans return home with post-traumatic stress disorder, or PTSD. PTSD has been linked to a host of conditions, including depression and anxiety. However, programs such as Companions for Heroes, an organization that places service dogs with veterans, has helped

many veterans successfully cope with PTSD. By sponsoring a service dog through an organization such as Companions for Heroes, adults who want to help service members can provide an invaluable service to men and women fighting to regain their quality of life.

There are many ways for ordinary citizens to show their support for the brave men and women who selflessly serve in the military.

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SALUTING *Our Veterans*

Explore the history of Veteran's Day

Service members make numerous sacrifices in defense of their countries. While the debts to service members may never be the kind that can be repaid in full, paying tribute to veterans, on Veteran's Day and throughout the year, can be a great way to show them just how much their efforts are appreciated.

Veteran's Day begins with Armistice Day
Veteran's Day is a byproduct of the end of World War I, when Germany and the Allied Nations signed the Treaty of Versailles, formally ceasing fighting and establishing terms of peace. On November 11, 1919, the first anniversary of the signing of the treaty, the first Armistice Day events were held. Armistice Day



Gerald Ford signed a new law that returned Veteran's Day to November 11 beginning in 1978. Since then, parades, memorial events, volunteer efforts, and other celebrations revolving around veterans have been held on November 11.

Veterans around the world

Many countries, including the United States, celebrate veterans on or near November 11. America's closest neighbor to the north, Canada, commemorates veterans on Remembrance Day (also November 11), as does the United Kingdom. Britain also has Remembrance Sunday, which is the second Sunday of November. Remembrance Day also is called Poppy Day, when people of the Commonwealth member states wear a red poppy flower in honor of military members who have died in the line of duty.

Paying tribute

There are various ways to honor veterans on Veteran's Day and Remembrance Day. Federal government closings, educational efforts in schools, parades, and visits to military hospitals or cemeteries may take place. In Europe, it is common to observe two minutes of silence at 11 a.m. every November 11. Veteran's Day and its sister holidays mark the honoring of veterans of all wars, with a particular focus on living veterans. It is a day to celebrate the dedication and selflessness of hardworking military men and women.




Paul Despina in 1965 joined the Marines, in 1972 joined the Navy and three years later joined the Army. His family is so proud of him. And loves him

was initially a legal holiday to honor the end of World War I only, states History.com. The United States Congress passed a resolution in 1926 for an annual observance, and November 11 became a national holiday starting in 1938. However, in 1954,

after the country had been embroiled in both World War II and the Korean War, Congress amended the Act of 1938 by renaming the commemoration "Veteran's Day" to honor veterans of all wars.

Veteran's Day in October?

According to Military.com, for a short time, thanks to the Uniform Holiday Bill, which in 1968 established three-day weekends for federal employees by celebrating national holidays on Mondays, Veteran's Day was moved to the fourth Monday of October — the first being October 25, 1971. However, many people did not agree with this decision, continuing to honor the holiday on the original date. In 1975, President




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Boomerang and other participating shops in Plymouth are hosting a Re-Sale Shop Hop on Friday - Sunday, Nov. 8-10. Select shops will be offering a 10% discount to Military active and non active who show a military ID.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	N. Ashland Road	N/A	\$22,000	Deborah Frazie	High Life Building Co. Inc.
Ashland	2 Reed St.	Single-Family Residence	\$145,000	Todd M. Workman	Caitlin D. Foley
Bridgewater	2100 Dick Brown Rd.	Mobile Home	\$105,000	George E. and Susan P. Coffey	Corey J. Davenport
Bristol	Hall Road	N/A	\$36,000	Whitney Dambrosio and Alanna Atonelli	Richard and Krystal Alpers
Bristol	Lake Street	N/A	\$70,000	Elizabeth Bonaccorsi	Reise Fiscal Trust and Jillian M. Reise
Bristol	815 Peaked Hill Rd.	Mobile Home	\$105,000	Stephen R. Methency and Christene R. Metheney	James M. and Mary A. Senner
Bristol	South Main Street	N/A	\$100,000	Christos Stamnas	Stephen J. Kotowski
Bristol	Tristan Lane	Residential Open Land	\$58,000	Kevin D. Barry	Vicki J. Leclair 2017 RET
Bristol	151 W. Shore Rd., Unit 4	Condominium	\$130,000	Mary E. Langan Fiscal Trust	Lisa A. Reynolds and Geoffrey D. Rogers
Bristol	N/A	N/A	\$64,933	Assembly Of God Inc.	Douglas A. Voelbel
Campton	5 Knotts Rd., Unit B3	Condominium	\$75,000	Ana Diaz	Deborah M. Santello
Campton	39 Livermore Rd.	Single-Family Residence	\$115,000	Aletea P. Pickering Estate and Alvin W. Pickering	Cortney C. Prentice
Campton	1294 NH Route 175, Unit 5	Condominium	\$68,000	David E. Chappell and Jeffrey R. Chappell	PM Properties LLC
Campton	10 Timber Trail	Single-Family Residence	\$125,000	Knud Hellested	Lenae A. and Matthew B. Picco
Campton	N/A	N/A	\$12,533	Matthew Messina	Karen M. Young 1997 RET
Dorchester	N/A (Lot 3)	N/A	\$35,333	Robert D. and Donna J. Iwicki	Marsh Fiscal Trust and Deborah Marsh
Holderness	81 Sargent Rd.	Single-Family Residence	\$675,000	Kelley Zogopoulos	Jeffrey W. Morrill
New Hampton	1340 Winona Rd.	Single-Family Residence	\$215,000	Brendan and Rebecca N. Dowd	Toby Nutting and Stacey Abreu
New Hampton	N/A (Lot 1)	N/A	\$265,000	Robert J. Waldman	Stephen R. and Leiann E. Cotton
New Hampton	N/A (Lot 26)	N/A	\$355,000	James D. and Marguerite Allard	Margaret A. Franckhauser Trust
Plymouth	1 Dodge Rd., Unit 1	Condominium	\$195,000	Theresa Tokla	Sanjeev K. Manohar and Sadhana Manojar
Rumney	427 Depot St.	Mobile Home	\$55,000	Barry J. Pierce and Rebecca Walker-Pierce	Charlotte Callahan RET and John J. Callahan
Thornton	135 Lee Brook Rd.	Single-Family Residence	\$255,000	Kenneth H. Little	Victor E. Kasica
Thornton	383 Mill Brook Rd.	Single-Family Residence	\$232,000	John S. and Michele R. Paul-Hilliard	Randi L. MacKay and Katelyn L. Burhoe
Thornton	94 Mountain River East Rd., Unit 32	Condominium	\$123,000	Kiley R. Kapp 2012 Trust	Ellyssia and Michael Whiting
Waterville Valley	18 Forest Knoll Way, Unit M4	Condominium	\$350,000	Joseph H. Wallace and Elizabeth A. Chang	Linda M. Benson RET
Waterville Valley	98 Noon Peak Rd., Unit 1e	Condominium	\$190,000	AY RT and Anthony Yebba	Margaret A. Griesmer Trust and Timothy J. Griesmer
Waterville Valley	103 Snows Brook Rd.	N/A	\$225,000	MG T and Julie R. Bryan	Timothy M. and Gina M. Downs
Wentworth	38 Pond Brook Rd.	Single-Family Residence	\$187,000	Pondbrook RT and Clarke Hill	Jeffrey S. Rogers and Shelby R. Corbeil
Wentworth	Route 254a	N/A	\$39,800	Quentin P. and Joyce A. Mack	Stanyan Hill Holdings LLC
Wentworth	N/A	N/A	\$135,000	L.C. Hill Fiscal Trust and Clark Hill	John M. and Maralyn J. Machett

ABOUT THE REAL REPORT

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

based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the col-

umn “Type”: land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

MARK ON THE MARKETS

Principled investing



BY MARK PATTERSON

I first heard it referred to as “socially responsible” investing, then it became impact investing or green and several other ways that I want to refer to as principled investing. Speaking with many investors gives me insight as to what their objectives are when investing their money. Often times they come

in my office with some mutual funds that are categorized as growth or income, large-cap, small-cap, international, and a bunch more. Eight or nine years ago I had given some presentations regarding socially responsible or impact investing. Many times, these talks attracted people who are environmentally minded. As the word got out that I was designing portfolios of investments specifically based on people’s principles and values, I found that almost everyone wanted to tailor their portfolio and invest in companies that they felt good about and more importantly, avoid those companies or industries they despised.

The “socially responsible” tag was often stuck on those with politically left leanings who did not like companies such as Walmart, Exxon Mobil or a host of other companies whose practices or products they questioned. I have also had clients that sold their mutual funds because they had Internet related companies like Google a.k.a. alphabet, because these clients were concerned about Internet pornography. In the past, I have had clients tell me they did not want GE in their portfolio because the previous CEO was an economic advisor to the past administration in Washington DC and political crony. I believe most peo-

ple do have their opinions, likes and dislikes and principles when it comes to investing their money. As an advisor there are certain companies that I would not invest my own money based on my principles. But my principles are not your principles, you must voice your opinions and principles as to where you want your money invested and where you do not. It’s very difficult to eliminate all companies that you may have an issue with, but identifying beliefs based on your principles that are important to you, and then talking to your advisor about it is a great start. There are plenty of great companies whose eq-

uity (stock) or debt (bonds) you can buy for your portfolio that can fit your criteria. If you choose to plow your money into mutual funds you must understand that you may have an issue with many of these companies in the fund’s portfolio. There are a few “socially responsible” funds but they may not reflect your principles, likes and dislikes at all. There are some great advantages to building your personal portfolio with individual stocks and bonds as opposed to mutual funds. I understand that many may be forced into funds because they’re in

your 401(k) 403B plan, or you may just be getting started and not have enough money to get diversification with individual stocks or bonds. If you have not done so yet go to my Web site, www.MHP-asset.com, go to the risk analysis button to obtain your risk number that you can match up to your current portfolio or see what your risk number portfolio mix may appear. Mark Patterson is an advisor with MHP Asset Management can be reached at 447-1979 or Mark@MHP-asset.com.

Pasquaney Garden Club working to replace arbor

BRISTOL — One of the Iron arbors that graced the entrances to the Butterfly Garden behind Minot Sleeper Library was demolished in the recent wind storm when a large tree branch fell directly on it. Pasquaney Garden Club has been contacted by the business on whose land the tree stands, and it is hoped insurance may contribute to the cost of replacement. Additional fund raising may be necessary and will be assessed at a later date. The arbors were originally purchased by the club and by donations from club members. The garden provides a lovely respite along the bank of the Newfound River and includes many memorial plants for prior members and people who found the garden

a special place to visit. On October 22nd, Club members participated in the final garden workday of the season to clean up the garden and prepare it for winter. The Garden Club and its members are busy with many activities this fall. The new Bristol Town Hall was readied for visitors with cheery fall decorations. Club member Sandy Fisk lead the project with help from other club members. At the October club meeting, members made floral arrangements in pumpkins under the direction of Michelle Nichols, (foreground) owner if Dockside Florist in Meredith. Artist and club member Sally Harris created the club entry for the Bristol Scare

Crow contest. Myrtle, the Halloween Gardener Scarecrow is part of the scarecrow display on the Bristol Town Green....recruiting new members for Pasquaney Garden Club! In November, a special event will be a Fashion Show by Imagine. Sponsored by Friends of the Minot-Sleeper Library and Pasquaney Garden Club, the Fashion Show will be held on Sunday, Nov. 10, 2-4 p.m. at the Historic Town Hall in Bristol. There is no charge for attendance, but donations to benefit the Bristol Community Garden will be gratefully accepted. Come and bring a friend for an afternoon of fun which will also include raffles, coupons, and refreshments. Other upcoming

Garden Club events will include a trip to the Fells in New London to see the holiday house decorations and crafts, and the regular November meeting on Tuesday, Nov. 12. Meeting attendees with make ornaments and decorate a Christmas tree for the Festival of trees to be held on Thanksgiving weekend in Bristol. Information about the Pasquaney Garden Club gardening dates and club activities is available at the desk at Minot Sleeper Library. Members receive a monthly news letter with all the club activity information. Dues are \$15 per year and are used to fund programs. PGC is a 501(c)3 nonprofit organization and includes members from towns in the greater Newfound area.

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DURING

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AFTER

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www.Ready.gov/blackouts

Who to Call

Where to Meet

What to Pack



DONNA RHODES

Bristol Police Officer Nick Kelly's K9 partner Arro got a lot of attention from trick or treaters in Central Square last Thursday who stopped to admire his Halloween costume.



DONNA RHODES

The Braley's of Alexandria were one of many families who donned some creative themed costumes for Halloween activities in downtown Bristol last week.

Halloween

FROM PAGE A1

or Treaters could grab some dinner while they were out enjoying the night.

On duty to make sure it was a safe and fun evening for all was Bristol's K9 Arro, who delighted everyone with his black and white striped prisoner's costume this year, too.

Time Capsule

FROM PAGE A5

ful, she invited three of the students who were present that day to place the first contents inside. She also told them they are all part of the town's history now as there was also a plaque added to the box with the names of everyone who worked

on it for residents to see in the future.

"I hope you're all still around here in 2069," Cote told them.

Buckley joined Vanessa Frasca, Chloe Jenness and Electra Heath as they first added a photo and write-up about how the time capsule was made. They also placed school yearbooks, some Kindness Rocks painted by younger students, and a bit of Newfound Regional High School "swag" into their box.

The score of the Bristol Bicentennial March, written by NRHS music teacher Edward Judd, was also placed in the capsule along with local actress, director and playwright Linda Carmichael's script from her Bicentennial play, "In All Our Born Days."

One by one local sponsors were also called forward to add their own gifts to Bristol's future.



DONNA RHODES

Newfound Memorial Middle School students Vanessa Frasca, Chloe Jenness and Electra Heath were part of a group of 14 students who created Bristol's Bicentennial Time Capsule and were the first to place items from the school district into the box that will be sealed until the year 2069 when the town celebrates its 250th anniversary.

Minot-Sleeper Library brought a 2019 library card, a book and their Strategic Plan to contribute. There were Eagle Scout programs, items from Bristol Rotary, a roster from VFW Post 10640, and a 2019 50th Birthday token from Diane the Turtle and her caretakers at Twin Designs Gift Shop. Taply-Thompson Community Center provided the 2019 Santa's Village Christmas ornament, a brochure of their activities and a N.H. Marathon tee shirt.

A Kelley Park Surrette plan was part of the entries, as were town reports and several proclamations for the Bicentennial. There were also contributions from the town's largest employer, Freudenberg NOK, and several items from the Historical Society, which included labeled photos

of the town as it looks today.

A Central Street property owner added an unusual old brass beer can he found while working on his building. There was a 175th anniversary license plate holder passed on for the 250th anniversary, as well as menus from restaurants, and copies of local newspapers, including Newfound Landing publications that contained stories about special events held over the Bicentennial year.

Finally, memory/story cards that were written by residents and collected over the course of 2019 went into the box along with two other special items. One woman donated a thank you note from Barbara Bush after she and then Vice-President George W. Bush took part in Bristol's Fourth of July parade in

1985 and Selectman JP Morrison asked to have his grandfather's pocket watch placed in the time capsule in hopes that his grandchildren will still be here in 50 years when it's opened.

The box will next be placed in a secure spot in the Old Town Hall until it's time to open it again in 50 years.

In closing, Cote and the Bicentennial Committee expressed their gratitude to all who made 2019 a special time in the town and thanked them for their participation.

"I have great feelings about Bristol and great feelings about the community and all who got involved," she said. "Many people have told me we live in a Hallmark town and I believe it. Congratulations to everyone! This has been a great year," Cote said.

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Newfound Landing Sports

Section **B**
Thursday,

Thursday, November 7, 2019

What's On Tap

Postseason action continues along in the coming week.

The Division II football quarterfinals are Saturday, Nov. 9, at 1 p.m. at the home of the higher seed.

The Division IV football semifinals are Saturday, Nov. 9, at 1 p.m. at the home of the higher seed.

The Division II boys' soccer finals are Saturday, Nov. 9, at Manchester Memorial at 4 p.m.

The Division III boys' soccer finals are Sunday, Nov. 10, at 6:30 p.m. at Laconia High School.

The Division II girls' soccer semifinals are today, Nov. 7, at Bill Ball Stadium at 4 and 6:15 p.m. and the finals are Sunday, Nov. 10, at 1 p.m. at Manchester Memorial High School.

The Division II volleyball finals are Saturday, Nov. 9, at 5 p.m. at Pinkerton Academy.

The Division III volleyball finals are Friday, Nov. 8, at Plymouth State University at 7 p.m.

Bears outlast Timber Wolves, move on to Final Four

BY JOE SOUZA
Contributing Writer

BRISTOL — There was plenty of electricity at Newfound Regional High School on Saturday.

After being forced to push the action back a day because of power issues due to the high winds that whipped through the area, both Prospect Mountain and Newfound Regional brought plenty of firepower into their highly anticipated quarterfinal round tournament contest the following night. The fourth-seeded Bears staved off elimination, rallying from deficits on two occasions in the fourth game and outlasted number five Prospect Mountain in a five-game thriller.

"Oh I knew it would be five games. It went five games the last time we played and you could tell both teams wanted it bad," said Newfound coach Amy Fairbank after her Bears turned back the Timber Wolves 21-25, 25-19, 18-25, 25-20, and 15-7.

Newfound, who topped the Timber Wolves in five during the regular season,



JOE SOUZA
The Newfound volleyball team celebrates a hard-fought win in the quarterfinals.

moved to 15-3 and faced unbeaten top seed Inter-Lakes in the late Division III semifinal contest at Plymouth State on Wednesday.

"It was a tough one but we knew it was going to be coming in," Prospect Mountain coach Kelly Harte said

SEE VOLLEYBALL PAGE B6

JOE SOUZA
(Right) Malina Bohlmann goes up for a hit against the Prospect defense in action on Saturday.



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Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news

Bobcats cruise in season finale, earn playoff berth

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The idea behind Bobcat Nation day, held on the final home game of the season for the Plymouth football team, is to dress all of the younger players who don't normally dress for varsity games, get as many people as possible into the game and in the process, pick up a win.

This year, the win was a bit more important than in many seasons, as the Bobcats needed a victory to get them into the Division II playoffs. They got it, cruising past Hanover by a 35-8 score.

"It's a bummer not getting a home game, but we're in the playoffs," coach Chris Sanborn said. "Finishing 7-2 and the playoffs, that was the goal and then to win the championship.

"And it was Bobcat Nation Day, the kids all got in and we had the (youth football) Huskies here as well," Sanborn said. "It's a good day."

While the Bobcats did come out of Saturday with a win to clinch the playoff berth, they did suffer a couple of losses, as both Trevan Sanborn and Robert Oliver had to leave the game with injuries.

Plymouth got the ball first and ate up almost five minutes of the game clock with the open-



Plymouth seniors pose for a photo following their final home game Saturday. Back row (l to r), Robert Oliver, Tommy Worden, Cale Swanson, JC Gaumer, Caleb Douglas, Joe Thorne, Jacob Duquette and coach Chris Sanborn. Front row (l to r), Pete Wingsted, Joe Cleary, Austin Tallman, Logan Hixon, Carter Wilcox and Andrew Pouliot.



(Right) Austin Tallman (50) and Cole Johnston team up for a tackle as JC Gaumer comes in to help out.

ing drive. JC Gaumer, Joe D'Ambruso, Oliver, Cole Johnston, Joe Cleary and Ian Tryder all carried the ball and Sanborn caught a pass from Cody Bannon as the drive moved down to the one-yard line. On fourth and goal at the one, D'Ambruso barreled into the end zone and Pete Wingsted's extra point made it 7-0 with 7:14 to go in the first quarter.

The visitors were able to pick up a first down thanks to a Plymouth penalty, but they eventually had to punt the ball away.

The Bobcats needed just one play of the next drive to get into the end zone, as D'Ambruso raced 52 yards for the touchdown and the extra point made it 14-0 with 4:30 to go in the first quarter.

Hanover went three and out on the ensuing drive and punted away, giving Plymouth the ball back. Oliver made four consecutive carries, including two for first downs and then a carry from D'Ambruso got Plymouth to the 18-yard line. One play later, Bannon tossed a pass to Kolby Kross in the end zone with 55 second to go in the first quarter and the extra point made it 21-0.

On the second Hanover play of the next drive, Cale Swanson came up with an interception along the Plymouth sideline and Gaumer and D'Ambruso carried the ball to close the first quarter.

Three plays into the

second quarter, D'Ambruso was in the end zone again, this time from 19 yards out and the extra point made it 28-0 just 43 seconds into the second quarter.

Hanover as able to pick up a couple of first downs on the next drive but eventually the Marauders were forced to punt the ball away thanks to Plymouth's stingy defense.

Plymouth gave the ball back to the Hanover just a few minutes later, as they fumbled the ball away and Marauders had the ball in great position, just 16 yards from the end zone. However, a Gaumer sack put the Marauders in a third and long and two incomplete passes later, Plymouth had the ball back. Swanson got a couple of carries on the next drive but the Bobcats also had to punt the ball away and Hanover closed out the quarter with a couple of plays but halftime came with Plymouth up 28-0.

Just three plays into the second half, Johnston stepped in front of a Hanover pass and returned it 25 yards for the touchdown and the 35-0 lead just 1:03 into the second half.

Hanover then put together a drive that ate up most of the third quarter clock, running the ball consistently and eventually carrying in from eight yards out with 1:55 to go. The two-point conversion made it 35-8.

Kurtis Cross took over at quarterback for Plymouth and Anthony Ciotti

and Brock Tanner got carries to close the third quarter. Cross hit Joe Peters with a pass for first down but a fumble two plays later gave Hanover the ball back. However, the Marauders fumbled the ball away on the next play and Brandon Neemann recovered the ball for Plymouth.

Matt Cleary for the bulk of the carries, with Ciotti also carrying the ball as the fourth quarter clicked away and Plymouth closed out the 35-8 win.

Sanborn noted that the injuries obviously came at the wrong time for his team as the playoffs loom.

"Trevan, he's been playing so well this year, he's been getting better and better," the Bobcat coach said. "And Rob has really been coming along strong.

"Going to the playoffs, you need everybody because we're not that deep," Sanborn said.

With the Bobcats set to start the playoffs on the road, Sanborn harkened back to 2016, when the team also won a key playoff game on the road.

"It looks like Pelham and they're playing well, really everyone is playing well," the Bobcat coach said. "But we don't care who it is, we're coming for them and our kids will be ready."

In the postgame huddle, Sanborn also pointed that up.

"We're going some place," he told his troops. "But I'll tell you one thing, someone better be ready for us."

Prior to the game, the Bobcats honored the late Bob Chase, who worked on the chain gang at Plymouth for more than 50 years. Sanborn noted that Chase was on the chain gang when he was playing at high school and when he became head coach, Chase called him after every single game.

The Bobcats will be in action in the opening round of the Division II tournament on Saturday at the home of the higher seed at 1 p.m.

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

2019 SalmonPress

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Thursday, November 21st

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Bears fall in semifinal OT battle

BY JOE SOUZA
Contributing Writer

EXETER — It was everything and a little bit more than you could expect to get in a semifinal clash between two evenly matched 12-2 teams.

Newfound Regional battled hard but in the end could not overcome costly mistakes in dropping a tough 3-2 overtime decision to Bishop Brady in the first of two NHIAA Division III final four contests at Bill Ball Stadium Wednesday.

“Tough one,” said Newfound head coach Kammi Williams after her Bears had their season come to a disappointing end.

“They are a great team,” Williams continued. “We are a young team. They capitalized on their chances. In overtime, we made a mistake and they took advantage of it. We had some opportunities and we just couldn’t capitalize on them.”

After storming back from a two-goal deficit, the Giants carried that momentum into the extra 10-minute period of 7 vs. 7 and put the pressure right on Newfound.

Brady’s Ashlyn Toupin collected an errant Newfound clear, quickly moved it up to Libbey Hicks, who slid it over to Hallie Laramie. Newfound’s Maggie Bednaz got a stick on Laramie’s shot. A determined Laramie, on one knee, was able to get the ball back and fire it past Newfound goalie Hayleigh Pabst for the game-winner just 1:11 into the extra frame.

“Laramie is so strong,” Williams pointed out. “But we made a mistake. We should’ve cleared it to the outside. It was a 50-50 game. It could have gone either way. In games like this it usually comes down to a mistake and a team taking advantage of it.”

It was clearly an evenly matched contest as both teams made rushes through the first 15 plus minutes, with each enjoying cracks at the goal. The Giants had the best opportunity when they were awarded a penalty stroke. Pabst though came up with a big blocker save to deny Toupin and Brady with 6:37 remaining in the opening half.

Pabst’s stop swung the momentum Newfound’s way and the Bears would strike. After working the ball into the offensive circle, junior Tiffany Doan slid a pass in front to a wide open Hayse Broome, who fired it into the open cage to give Newfound a 1-0 edge with 4:15 on the first half clock.

The Bears (13-3)



JOE SOUZA
(Left) Newfound junior Tiffany Doan (9) and Bishop Brady's Raelyn Roberts collide as they chase down a long clear during Wednesday's Division III semifinal clash in Exeter. The Bears fell in overtime, 3-2.

Following an initial offensive charge by Newfound, Bishop Brady went on the attack.

Rebecca Murphy controlled the ball just outside the circle and moved it over to Hicks, who flicked a shot into the back of the goal to make it a 2-1 game with 22:40 remaining.

“Bishop Brady poured it on after we scored that second goal,” Williams said. “We tend to take breaks after we get up on teams. We’ve been working on it. We’ve been talking about not taking breaks after we score. Usually after a goal, the other team pours it on and you need to have the ability to counter it.”

The Giants certainly didn’t let down after connecting, keeping the pressure on Newfound and getting the equalizer just after the Bears went down a player. Toupin collected the clear into Newfound’s territory, crossing it in front where Laramie drove it home to even the score with 15:56 remaining.



JOE SOUZA
Newfound midfielder Hayse Broome (11) celebrates with teammate Caroline Marchand (hidden behind Bishop Brady's Michaela Savary after Broome opened the scoring during Wednesday's Division III semifinal contest in Exeter.



JOE SOUZA
Newfound senior captain Caroline Marchand makes a move in the offensive end during Wednesday's Division III semifinal contest against Bishop Brady. Marchand, the Bears' leading scoring, connected in the contest but Newfound fell 3-2 in overtime.

grabbed a 2-0 lead early in the second half and appeared poised to punch their ticket to the title game. Caroline Marchand, Newfound’s leading scorer, worked the ball along the end line and fired a shot just inside the circle for the two-goal advantage.

That tally though woke up the Giants.

SPNHF to address Trout Unlimited

PLYMOUTH — Tom Howe of Society for the Protection of New Hampshire Forest will speak about their effort to buy property on the Ammonoosuc River. The SPNHF has an opportunity to conserve an exceptional 1.8-mile stretch of the river in Bethlehem. The Ammo (with its headwater in the Lake of the Clouds on Mt. Washington) is a beautiful river and still harbors wild brook trout as well as some browns and rainbows. Howe serves as Senior Director of Land Conservation at the SPNHF, where he has worked since 1996.

The Pemigewasset Chapter of Trout Un-



COURTESY PHOTO
The SPNHF is working to conserve a stretch of the Ammonoosuc River.

limited will meet on Nov. 19, at 7 p.m. at the Common Man Inn in Plymouth. Come early and meet Howe and fellow anglers. There will be a raffle to support sending a lucky boy or

girl to the Barry Fish Camp at the meeting. Meetings are free and open to the public.

Trout Unlimited is a non-profit organization with a mission dedicated to con-

serve, protect and restore North America’s cold-water fisheries and their watersheds. Visit www.pemigewasset.tu.org and like the group on Facebook.





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Volleyball

FROM PAGE B1

after her team finished their season at 14-4. “We went five games in the regular season, and they are a great team.

“We knew it was going to be a tough one,” added Harte. “We just didn’t execute when we needed to.”

And that was all the Bears needed to pull out the victory in the tight back-and-forth match.

Prospect Mountain though had its chances.

After splitting the first two games, the Timber Wolves moved into position to take home the victory and a spot in the Final Four. Prospect Mountain senior Gwendolyn West, who served for 10 points in the third game, picked up where she left off and served for the first three points of the fourth game. The Bears erased that early deficit and the two teams exchanged points for a while.

Prospect Mountain senior Jordan Ingoldsby served for four points, including two aces, to push the visitors out to a 13-8 lead.

The Bears thought would erase that deficit as well. Newfound senior Maura Geldermann came up with a big block to end Prospect’s run and recorded a service point. After the teams exchanged a point, Newfound’s Malina Bohlmann served for three points including an ace to tie the game at 14-14.

It went back-and-forth until Bailey Fairbank stepped to the service line for the Bears with her team clinging to a 19-18 edge. The fiery junior ran off four points to put Newfound in control at 23-18. Bohlmann put down two kills in the run and Fairbank had an ace. Moments later, Geldermann put down a kill for side out to make it 24-20 before serving for the game point, which was a tip kill by Bohlmann.

With the momentum, the Bears surged ahead after the teams exchanged for half of the deciding fifth game. Two Fairbank service points, including an ace, gave Newfound the slim edge it needed at 9-6. A Prospect Mountain service error gave it back to Newfound with the hosts up 10-7. Geldermann served for the final five points, including an ace. Paulina Huckins had two kills in the final push, with a Bohlmann kill sending the Bears on to the Final Four.

“Some of my players have pretty good energy, and that really helped us in the fifth game,” said coach Fairbank. “I prepared them to go more than three games.

“I told them that this is the smartest game you have to play,” the veteran coach added. “You have 15 points to make something happen and that they are this good. I kept pushing them in the game and once they took



JOE SOUZA

Maura Geldermann hits the ball at the net during her team’s quarterfinal game.

that two-point lead, you could see that they knew that was enough.”

While the effort was there, the Timber Wolves couldn’t match Newfound’s intensity down the stretch.

“We only had one match all year that went five games, We were good for three or four games,” Harte pointed out. “It’s hard to simulate that in practice.”

The Bears came up big against Prospect Mountain’s hard hitters, Ingoldsby and Leavitt.

Bohlmann led Newfound at the net, putting down 14 kills. Fairbank had 13 and Huckins hammered down 12. The Bears also got three from both Riley Pierce and Emalie Ruiter, and one from Geldermann and Jamie Norton.

Geldermann had 17 blocks, five for points, while Bohlman had 12 (four points) and Huckins finished with eight (two points).

Defensively, Bohlman recorded 38 digs and Fairbank came up with 35.

The difference may have been at the service line where the Bears made just two errors in the five games.

“I always tell them that serves matter,” pointed out coach Fairbank. “They all did what we had to do to pull this out.

“They have some strong hitters in Julia (Leavitt) and Jordan (Ingoldsby),” she added. “I have four girls I depend on, We had to match them. In some games, we didn’t and some we did.”

Leavitt led the Timber Wolves at the net, putting down 15 kills. West had 12 kills and two blocks, while Ingoldsby finished with 11 kills and Sophie Bean recorded nine kills and a block.

Junior Allie Stockman recorded 21 service points, including three aces. Also contributing at the service line were Ingoldsby (seven points, two aces), Leavitt (7, 3), West (6, 1), Ava Misiaszek (4, 2), Lindsey McCullough (one), and Sophia Sarno (one).

Harte was pleased with the play of her

entire squad.

“All over the court,” she said. “West was huge in the middle for us, and my two outsides (Leavitt and Ingoldsby) performed very well. Ava is our senior captain and she quietly gets the job done. My libero (McCullough), besides that last game, was mentally tough all night.

“They all performed well, but we did have our fair share of mistakes,” added Harte.

The Timber Wolves took the first game, battling back from a 14-9 deficit. Leavitt put down a kill for sideout, trimming the Newfound lead to 14-10. Stockman served for the next six points to put the Timber Wolves up 16-14. The junior had two aces in the run. Prospect maintained that edge en route to the 25-21 win.

Game two went back-and-forth until Huckins went to the service line for the second time in the game, and served for four points to help the Bears open a 15-9 lead. Huckins had as ace, while Geldermann had two block kills. A Huckins ace end the game for the Bears (25-19).

In game three, the Timber Wolves jumped out to an early lead behind the serving of Stockman and never gave it up. Tied at 1-1, Stockman would serve for five points for a 6-1 lead. The junior would serve for five more points later on to make it 17-8 Prospect. The Bears would chip away at the Timber Wolves lead but an ace by Misiaszek would put the visitors up 2-1 with a 25-18 win.

Playoffs, tech week and more

The high school playoffs are a busy time of year. When you factor in the fact that I had a show opening this past week at the Village Players, it was a very busy couple of weeks.

I was able to get to the Division III golf championships a few weeks ago, the first postseason action of the year. The Division II tournament was cancelled just two days later due to rain, so my next postseason action came in the opening round of the Division II field hockey tournament, with Kingswood at Merrimack Valley. That also fell prior to the start of tech week for our show. However, the next round of the tournament, which had Kennett opening against the aforementioned Merrimack Valley, was scheduled to take place on Sunday afternoon. Because tech week started on Sunday, I had lined up someone to go and cover the game for me, but he was off the hook when Mother Nature brought a ton of rain that caused the game to be moved back a day.

So, I left the office early last Monday and made the trip to North Conway for the Kennett game, which saw the Pride knock off the Eagles in an upset before turning south and heading to rehearsal to continue tech week.

Surprisingly, the playoff schedule had no games for me on Tuesday but it was

SPORTING CHANCE

By JOSHUA SPAULDING



back at it on Wednesday, when I made the trip to Alton to see the Prospect Mountain soccer boys take on Sanborn. The Timber Wolves came through with a win to move on and then it was off to rehearsal again. Kathy Sutherland made the trip to Alton later in the evening to cover Prospect volleyball in their opening round tournament game. Joe Souza made the trip to Exeter to cover the Newfound field hockey team in the Division III semifinals. We missed the Newfound volleyball game and the Plymouth boys’ soccer team’s game in Hollis.

On Thursday, I was hoping to travel to Milford to see the Plymouth girls’ soccer team in its first round game, but again it was Mother Nature having the final say, as the game was postponed until Friday. Because we didn’t have rehearsal on Thursday, I made the trip south on Route 16 to Dover to see the Kingswood volleyball team in the Division II tournament opening round contest.

Friday was opening night for the show so I was unable to make it to any of the games on the docket. Joe Souza and Kathy Sutherland were at the

Carroll County Championship but the Newfound-Prospect Mountain volleyball game that night was postponed until Saturday.

I made the trip to Plymouth on Saturday for the final regular season football game and then Joe Souza was able to get to the Prospect and Newfound volleyball game on Saturday night while I was onstage for the second performance. The game we were unable to get to on Saturday was the Plymouth volleyball team at Oyster River.

As the week begins, the Newfound volleyball team, Plymouth volleyball team, Plymouth football team and Kennett football team are all still alive in the postseason with a few games on the docket this week in addition to another weekend of shows coming up on Friday, Saturday and Sunday.

Finally, have a great day Dan and Lynette Place.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Mercedith 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 729, Meredith, NH 03253.



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