



THURSDAY, OCTOBER 13, 2016

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COMPLIMENTARY

Supporters from across central NH gather to support Make-A-Wish Foundation

BY DONNA RHODES
drhodes@salmonpress.com

BRIDGE WATER — Approximately 100 people from all across Central New Hampshire came out to enjoy dinner and live entertainment at the Inn on Newfound Lake in Bridgewater last Sunday as they showed their support for the Make-A-Wish Foundation.

Make-A-Wish is a national nonprofit organization that began in 1980, with a mission to boost the spirits of children with life-threatening illnesses. Children recommended to the organization can have their special wishes granted, whether it be a vacation after weeks and months of treatment and/or chemotherapy, the chance to be a fireman or police officer for a day, or to simply meet their hero. Once that wish is learned, the men and women of Make-A-Wish then set out to make those dreams a reality through the generous donations they receive.

Last Sunday, 18-year-old Padraic Moley of Plaistow stepped forward to thank supporters at the dinner and let them know how much their contributions to the foundation meant to him personally.

As a small boy, Padraic was diagnosed with Langerhan's Cell Histiocytosis, a white blood cell disease. Initial treatments seemed to have done the job of returning him to good health, but by the time he was 12, a tumor had formed that turned his world around.

Padraic spent five months in treatment at Children's Hospital and the Jimmy Fund Clinic.

"When they tell you you have to go to the hospital in Boston, it can be really frightening," he said.

Because he was undergoing chemotherapy his immune system was weakened and he couldn't spend a lot of time around his three younger siblings. They were active in many



Padraic Moley (standing, far right) was a special guest at a fundraiser for New Hampshire Make-A-Wish Foundation last Sunday where he told everyone how much the wish they granted meant in his fight against Langerhan's Cell Histiocytosis. Joining Padraic were his brothers Kaeleb and Brayden, sister Emma, and their parents Michael and Wendy.

DONNA RHODES

Many hands make light work preparing for TTCC Apple Festival

BY DONNA RHODES
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BRISTOL — There is an old saying that many hands make light work, and that was proven true when preparations got underway for the 33rd Annual Apple Festival and Craft Fair at Tapply-Thompson Community Center last weekend, where approximately 40 volunteers took part in the creation of more than 120 apple pies, along with apple crisp, apple brownies, apple sauce and other delicious desserts.

"This was the fastest we ever got everything done; thanks to all the great volunteers who came out this year



Members of the Tapply-Thompson Community Center's Teen Council had a bake sale at this year's Apple Festival and Craft Fair to raise money for some of their programs and activities. From left to right are Tim Bony, Brad Norton, leader Gina Richford, Jules Marchand, Hayleigh Pabst and Dillon Therrien.

DONNA RHODES

Bristol's Space Needs Committee hosting public hearing on Smith lot options

BY DONNA RHODES
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BRISTOL — The Bristol Space Needs Committee will be holding a public meeting at the Minot-Sleeper Library on Tuesday, Oct. 18, at 7 p.m., and they hope many residents and taxpayers will attend to hear the findings of the committee and express their opinions on how the town should move forward with the use of what is currently known as the Smith lot, located beside the Bristol Town Office and Police Department.

Spokesperson for the committee, Barbara Greenwood, said the town's purchase of the adjacent Smith lot was

approved by voters with the idea that the property could be of great value to the town's growing needs, as either a town office or a police department.

The Space Needs Committee was subsequently formed last May to look into various options for

SEE **SPACE**, PAGE A13

Add to your wardrobe with the best deals in town at Bristol Community Services

BY DONNA RHODES
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BRISTOL — Those shopping for new-to-you clothes for themselves, their children or anyone else in their circle of family and friends are invited to stop by the Bristol Community Services Thrift Shop in Bristol, where they will find hundreds of items on sale for as little as 25-cents.

"This is a matter of we have too much of a good thing," said Director Susan Colby. "We hate to turn away donations, so we've been having some great sales on clothing, winter wear and all types of household



DONNA RHODES

The best little clothing boutique in Bristol right now could possibly be the Thrift Shop at Bristol Community Services on Pleasant Street, where shoppers might discover name brands such as Eddie Bauer, J.Jill, Talbots, Coach and other quality goods for as little as \$1 to \$2, or even less.

items to lighten our inventory."

The store, she ex-

plained, is not your typical thrift shop. Each item is examined

for any signs of stains, holes, or wear and tear,

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to help," said Dan MacLean of TTCC.

The work began on Friday morning, when the crews gathered around tables on the lower level of the center to peel 14 bushels of apple, half of which were donated by nearby Cardigan Mountain Orchard. Other volunteers kept busy cutting the apples, rolling out the crusts and assembling all of the pies.

The desserts were then transported to Bristol United Church of Christ, which generously donated the use of their large ovens once again for the baking process.

When the doors opened on Saturday morning, people were greeted by the smell of fresh-baked apples and quickly surrounded the display tables to make their selections.

Other baked treats SEE **APPLE FEST**, PAGE A16

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24 pages in 2 sections
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Space needs will determine approach to Bristol budget

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — A public hearing on Tuesday, Oct. 18, will determine how the town will approach the upcoming budget season. That meeting, scheduled for 7 p.m. at the Minot-Sleeper Library, will give residents their first look at a proposal to address space needs at the Bristol Police Department and other town offices.

Budget planning for 2017 is getting underway and, traditionally, the Bristol Board of Selectmen sets guidelines for the department heads to keep in mind as they develop their spending proposals for the coming year. At their Oct. 6 meeting, however, selectmen put off making a recommendation because they wanted to see what kind of response the building plans get.

The town has hired architect Brackley Shaw to review the work of the town's space needs committee and develop conceptual plans to bring the police department into compliance with safety and security standards, while providing sufficient space for other administrative offices currently housed in the Bristol Municipal Building.

Voters at town meeting agreed to purchase the so-called Smith lot, property that is adjacent to the municipal building, to accommodate future needs of the town.

Implicit in that approval was the idea that the lot could be used for a new office building, allowing the police department to take over the current municipal building, should that prove to be feasible.

Voters also established the space needs committee to review the town's needs and make a recommendation to address them at the 2017 Town Meeting.

The committee has been looking at all department needs and also did an inventory of other properties that might be more suitable for either town offices or the police department. The group concluded that the Smith lot offers the best chance to address the needs of the town offices, while renovations of the existing building should be able to accommodate police needs.

In hiring Shaw, the town has asked the architect to determine whether that recommendation is valid, and to develop a preliminary plan to present to residents at the upcoming public hearing. A formal recommendation would be prepared for town meeting.

Chairman Shaun Lagueux told the other selectmen he is inclined to be "miserly" with the municipal budget until he knows what the recommendation will be for meeting space needs.

"I don't want to see a 10 percent increase," he said.

Paul Manganiello agreed, saying he would like to see a level-funded budget because, in addition to a potential building project, there will be an expense in taking down the existing building on the Smith lot.

Rick Alpers said he also would like to see a flat budget, but he also would like the department heads to submit "needs versus wants" information so the selectmen will be aware of what a spending freeze

would do.

Town Administrator Nik Coates said he would like to have department heads submit a list of anticipated capital expenditures that could be put off if the building plan moves forward, but could be moved up if the plan is not ready for implementation.

Although not discussed at the meeting, another factor the Bristol Budget Committee will consider in reviewing the proposed 2017 budget is the effect of the first full year's implementation of a new wage scale that boosts spending by an estimated \$130,000. Employees have agreed to forego merit pay increases in 2017 to help minimize the impact on the budget.

As for this year, there could be a decrease in the municipal tax rate as a result of the town's reassessment, which has

boosted property values by 1.1 percent. Coates said preliminary figures have most residential property values going down, and many of those directly on the water also saw slight decreases, but properties near the water gained in value, which led to the overall increase in assessed property values.

Following a period when residents could question the new values, the town expected to have finalized assessments by mid-month, and hopes to have the tax rate set by mid-November. Coates noted that the rate cannot be set until the Newfound Area School District submits its figures to the state, and Business Administrator Michael Limanni has said the school district is running behind schedule on completing its financial report.

The county assessment also will affect

the total tax rate for the town.

Earlier in the meeting, selectmen heard from the town's auditors who reported that the town's financial situation was good. Although Bristol, like other towns across the state, now has to report its retirement liabilities, which puts it in a negative position under the Governmental Accounting Standards Board (GASB) guidelines, it received a "clean decision" based on standard accounting procedures.

The town's cash balance is about \$3 million, with a \$2.3 million obligation to the school district. Its unassigned fund balance is \$1,162,014, which is 11.68 percent of its total budget, a buffer that is considered good, according to the auditor.

In other business, selectmen awarded a bid to Superior Fencing Company of Belmont for

a new chain-link fence between Kelley Park and Dead River Company. The Kelley Park Commission had recommended awarding the bid to American Fence Company of Hooksett, whose bid was \$1,500 higher, because the commission believed American Fence could erect it sooner. Subsequently, they learned the timeframe would be about the same, so selectmen chose the lower bidder.

The town had prior experience with Superior Fencing, which did the work at the former mica building lot on Central Street and came in under bid on the project.

The new project will cost around \$15,000 and will provide fencing from North Main Street to the end of the Dead River property, leaving a gap between there and the Shackett property that formerly housed

SEE BUDGET, PAGE A13

School board approves overseas trip

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — After leading students on a trip to Iceland during April vacation this past spring, Laura Hutchins has selected Ireland and Scotland as the destinations for next year's vacation excursion. On Oct. 11, the Newfound Area School Board approved the field trip for the last week of April 2017.

Education First's EF Educational Tours will provide a tour director, along with resources for students to gain information about their destinations before departing from the United States. The company's weShare learning platform provides video tutorials, and students will be able to contact other travelers through social media sites.

The trip, which costs \$3,000 per student, includes round-trip

flights to Dublin, Ireland, where there will be walking and guided tours; and Belfast, with a guided tour and a chance to visit the place The Titanic was built. From there, students will travel to Edinburgh, Scotland, with its famous castle, with both guided and walking tours, and an excursion to Stirling.

Hutchins anticipates between six and 10 students, and two chaperones.

In other business, the school board granted a two-percent raise to Technology Coordinator Paul Ciotti, who assumed the position this summer; and it increased the hourly wage for Fred Robinson, the media technician, to \$25 per hour during the video recording of school board meetings.

The board also approved the nomination of Francesca Rhude as a

new kindergarten teacher.

Changes in the school calendar to account for Scholastic Aptitude Tests for seniors received board approval. The test date was set at April 5, which was to have been a teacher workshop day. Instead, the workshops, which will involve parent-teacher conferences, will take place on April 14, just prior to the April vacation.

The board approved the superintendent's recommendation to hold the annual deliberative session on Saturday, Feb. 4, with the school budget hearing scheduled for Jan. 13.

Superintendent Stacy Buckley provided an update on the work that TD Bank, owner of the building housing the School Administrative Unit 4 offices, is doing. There is new siding and the bank is replacing the heating, ventilation, and air conditioning system.

Much of the discussion at the school board meeting centered around the superintendent's report on First Student, which handles the district's transportation. Like bus companies around the state, First Student has been having trouble attracting drivers, and it recently increased starting wages by \$2, to \$15 per hour, to fill the vacant positions.

Business Administrator Michael Limanni said the drivers are the biggest expense for the bus company, but the district also has been looking at how to save money by adjusting routes. The district was able to eliminate one bus without affecting overall starting or ending times, but some parents were not happy with the changes. Danbury board member Sharon Klapyk said her children now have to leave much earlier and return much

later, making for a long day.

Board Chair Jeff Levesque of Groton said, as they review the bus routes with First Student's new routing software, they may find it makes sense to offer express buses to reach some of the outlying students because of the length of time it takes to get to the middle and high schools. Vincent Paul Migliore of Bridgewater suggested that the central office also look into whether it would make sense to own some smaller buses than to contract with a bus company. Suzanne Cheney of Alexandria also expressed concern about the length of time some students are riding on the buses.

Buckley said First Student has discussed building a maintenance shed in the district so repairs can be made more quickly; making sure the buses are washed at least once a week and that the windows are cleaned before each trip; and they are replacing seat covers and improving communications.

In particular, First Student has replaced cameras so all are now working, and it will be installing rear cameras as well. They will be installing software on home-based computers so videos can be accessed much more quickly; Buckley said that, with some student issues in the past, it has taken more than two weeks to get a video.

Returning to the difficulty of filling driver positions, Levesque noted that bus drivers have to get the same certification as dump truck drivers, plus school bus certification, commenting that "You can drive for any large transport company ... and all of these things pay multiple times more than driving a school bus, and frankly with less aggravation."

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 Sun.: 1:00, 3:45 & 6:30 PM
 Mon.-Thurs.: 3:45 & 6:30 PM

MISS PEREGRINE'S HOME PG-13
 FOR PECULIAR CHILDREN
 Fri.-Sat.: 1:15, 4:00, 6:45 & 9:30 PM
 Sun.: 1:15, 4:00 & 6:45 PM
 Mon.-Thurs.: 4:00 & 6:45 PM

SULLY PG-13
 Fri.-Sat.: 4:15, 7:00 & 9:45 PM
 Sun.: 4:15 & 7:00 PM
 Mon.-Thurs.: 4:15 & 7:00 PM

STORKS PG
 Fri.-Sun.: 1:30 PM

Join us for the advance screening of
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Local painters put finishing touches on Historical Society museum restoration

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — Last week, the staff of JLT Painting finished their work on the 1889 former firehouse in Bristol, which is now home to the Bristol Historical Society Museum, giving a fresh new look to its prominent location at the intersection of South Main Street and New Chester Mountain Road.

Lucille Keegan of the Bristol Historical Society said the work was done through money approved by a war-

rant article presented to the town two years ago. Since that time, the roof has been redone, and new entrance doors were handcrafted by Meryl Phelps of Danbury to replicate the original entryway. The exterior painting and a restoration of the new sign were the final projects on their list to restore the look of the building, which was notably included on the New Hampshire State Register of Historic Places in 2014.

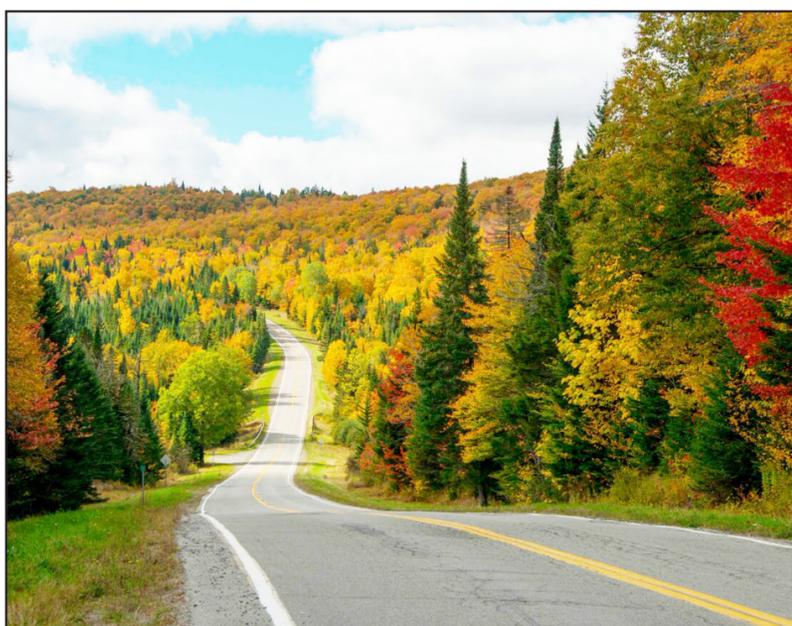
The neighboring Bristol United Church



DONNA RHODES
Dan Inzerillo of JLT Painting in Alexandria puts the finishing touches on the historic 1889 former firehouse located on South Main Street in Bristol last Wednesday, completing an exterior restoration project for the home of the Bristol Historical Society Museum.

of Christ has also enlisted JLT Painting to paint trim of their building and the steeple, which is home of the bell that once rang to alert firefighters of an emergency in the community. Restoration of the Bristol Town Clock, housed in the church steeple, was also approved by taxpayers and that work is currently underway.

The Bristol Historical Society Museum is open to the public by request. Please call 744-2751 to make arrangements for a visit.



COURTESY PHOTO

Blazing fall foliage coinciding with the Columbus Day weekend brought tens of thousands of people to the White Mountains for the annual fiery display.

Fiery fall foliage delights White Mountains visitors from around the world Businesses, attractions report record setting holiday weekend

NORTH WOODSTOCK--Blazing fall foliage coinciding with the Columbus Day weekend put restaurants, lodging facilities and attractions throughout the White Mountains on a recording setting pace, as tens of thousands of people descended on the region for the annual fiery display.

"This year's colors are even more magnificent than last year, and last year's were spectacular," said Jayne O'Connor, president of White Mountains Attractions in North Woodstock. "It goes to show that Mother Nature is predictably unpredictable about her fall foliage and no matter what, visitors from around the world will come to see it."

Overcast skies did not put a damper on activities. At the Conway Scenic Railroad in North Conway, some excursions were sold out.

"The Notch Train (from North Conway to Bretton Woods) has been sold out since last Wednesday," Manager Susan Logan said Sunday. "We had 10 groups today and lots of individual travelers from our far domestic markets and from all over the world."

Added railroad President Russ Seybold, "I expect that, based on the business thus far this weekend, we will be close to last year's remarkable numbers." O'Connor said many businesses with whom she spoke reported a noticeable uptick in the number of international visitors.

"My guests have traveled near and far to enjoy this amazing holiday weekend. I have people here from all over the country - Massachusetts, New York, Idaho and California and from all over the world: Israel, the Netherlands, and

Australia," said Lynne Gruskowski of Green Village Cabins in Lincoln. "The leaves are absolutely beautiful, the weather has been perfect, fall is in the air and it's glorious."

While parts of the White Mountains had peak foliage over the holiday weekend, other areas of the region, like the Mount Washington Valley, will see the strong colors come on over the next few days.

"This is absolutely the best Columbus Day weekend in years," said Jeffrey McIver, president and general manager of Mountain Club on Loon Resort and Spa. "Visitors are totally enjoying themselves."

For information about the White Mountains, the visitors' center is located off exit 32 on Interstate 93 in North Woodstock, visit www.visitwhitemountains.com or call 800-346-3687.

Nancy Bleiler of Cardigan Mountain Orchards to speak at next Garden Club meeting

BRISTOL — It's October, the month of pumpkins, and harvests, and above all, apples.

On Oct. 18 at the Minot Squeener Library, the Pastasney Garden Club is pleased to offer "Celebrating Apples," a talk by Nancy Bleiler,

of Cardigan Mountain Orchards and the Cardigan Mountain Country Store. The orchard grows and sells a number of varieties of apples both modern and antique, and wonderful baked goods. The store provides all of these as well as lo-

cal crafts. If you enjoy apples, autumn, and crafts or just wonder how they do it all, please join us.

The presentation is free and open to the public. There will be a short business meeting, followed at 10:30 a.m. by Bleiler's talk.



COURTESY

Garden of the Month

Rossi's Restaurant on Route 104, New Hampton, was chosen as Garden of the Month for September by the New Hampton Garden Club. The window boxes on the building have been a sight to see all summer for those passing by or stopping in. Margo definitely has a green thumb and made these planters lush and full of pink petunias.

Explore NH's railroad history with New Hampton Historical Society

NEW HAMPTON — The New Hampton Historical Society presents "New Hampshire's Railroad History" Tuesday, Oct. 18 at 7 p.m. at the Gordon-Nash Library, 69 Main St., New Hampton.

Our speaker is a product of the railroad era. During WWII, he traveled home on the New York Central's Rochester-to-Boston Knickerbocker, then to Meredith from North Station. In 2007, he was appointed to the New Hampshire Rail Transit Authority charged with the still ongoing

project of bringing rails back to the Granite State. Tonight's program will try to explain why. Presenter: Tink Taylor

Our programs are free and open to the public. Light refreshments will be served, along with fundraising items for sale.



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Local police departments taking back unwanted prescription drugs Oct. 22

BY DEB TOBINE
Contributor

On Saturday, Oct. 22, from 10 a.m. to 2 p.m., CADY and the Drug Enforcement Administration (DEA) will give the public its 12th opportunity in six years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your pills for disposal to Ashland, Holderness, Lincoln, and Plymouth Police Departments. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked.

Last April, Americans turned in 447 tons (over 893,000 pounds) of prescription drugs at almost 5,400 sites operated by the DEA and more than 4,200 of its state and local law enforcement partners. Overall, in its 11 previous Take Back events, DEA and its partners have taken in over 6.4 million pounds—about 3,200 tons—of pills.

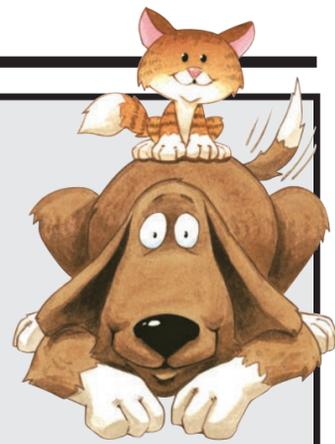
This initiative addresses a vital public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of

prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

Substance abuse prevention requires community action and our collective commitment will help keep our children safe from the harms of substance abuse. Thank you for being part of the solution by helping to limit illicit access by decreasing the supply of unused prescription medications in the home!

For more information about the disposal of prescription drugs or about the Oct. 22 Take Back Day event, go to <https://www.deadiversion.usdoj.gov/> or www.cadyinc.org. You can also contact the CADY office at 536-9793.

PET of the Week Thor



One year old and full of fun, that's Thor, a Texas transplant, now living at New Hampshire Humane Society and hoping for a forever home right here in the Granite State.

Thor is dashing, handsome, very energetic and would just love a young, vibrant family to call his own. He has natural and well tune herding skills, loves the water and still enjoys going for a swim in the lake; he's been off campus



doing just that lately with one of our staff members. Thor is up

for hiking, trial walks, games and if he's been busy all day will happily

cuddle on the sofa with you.

Just look at that Beagle-Pointer-Lab-canine-of-mystery-heritage and see the dedication ready to bestow on humans who will love him always.

Call 524-3252 or check www.nhhumane.org

Share your pet image on social media with the #SNElovesPets

to support New Hampshire Humane Society

Letters to the Editor

School officials' attitude toward senior projects is disheartening

To the Editor:

After reading the article "Newfound showcases approaches to education" in the Oct. 6 Plymouth Record Enterprise, I was dismayed by the comments and opinions offered by Superintendent Buckley and School Board Chair Jeff Levesque.

I witnessed the senior project requirement from its inception in my capacity as a teacher at the high school, and after my retirement, as a judge when projects were presented to the public. I am not saying that this was a perfect tool. Few, if any, are, and I am not saying that every student expended the effort and time that was expected. However, I witnessed a great many students who experienced and were enriched by a valuable learning opportunity that included fulfilling several goals, such as valid research, mentoring by a faculty or community member, and written components. Students had been required, even before my retirement, to choose a topic before senior year, so they could be working on the project during the summer before their senior year. At the helm of this endeavor was Mr. Earl Mills, who

enthusiastically took on this mission, in addition to his teaching duties.

In the article, Superintendent Buckley said that the senior project had been "...a waste of time, and she was thinking of eliminating it." The article also states that Mr. Levesque "thought the senior projects were a waste of effort and money." I was very disappointed by these negative, demeaning comments. I immediately thought of the former students who might be reading this article that denigrates their participation, effort, work and, in some cases, the awards with which they were presented. In addition, these comments disparage the willing efforts displayed by Mr. Mills, community mentors, and faculty.

In an age when public education has fallen prey to so much unwarranted criticism, it is disheartening to observe it publicly coming from a superintendent and a school board chair.

Very truly yours,

Natalie A. Murphy
Bridgewater

Energy — who controls it and why it matters

To the Editor:

When you flip the switch to turn on the lights, what kind of energy is being used to produce that electricity? Depending on where you live and what energy sources are available, that electricity could be produced by a coal-burning plant or a fracked gas power plant. Maybe industrial scale wind turbines, hydro-electric dams, or an industrial solar project. Most likely, a combination of more than one energy source is producing that electricity.

More and more, we are seeing a handful of corporations decide for us what kind of energy is available to us, at what price, and with little regard for the local environmental, economic, or human health impacts. This is unsustainable. Unsustainable energy projects are justified by government and industry claims about "jobs" and "energy independence," or "green" and "renewable" being clean and cheap. Many of these claims are exaggerated or flat-out un-

true.

Regardless of the energy source, when a small number of corporations control what, where, and how that energy is extracted, produced, and distributed, the effects can be devastating to real people and the natural environments they depend upon for survival. Industry decides energy prices, which communities will host their projects, and the method of extracting, producing, and transporting that energy — often against the express wishes of the community.

Federal and state energy policies restrict local energy freedom and sustainability. Communities are routinely refused the choice to create a sustainable energy future. Local governments are prohibited from exercising any authority to decide their own energy policies or to reject unsustainable policies set by others. Corporations and governments have become local energy decision-makers while denying

SEE SANBORN, PAGE A13

Conservation District thanks volunteers and partners, invites public to Annual Meeting

To the Editor:

The Belknap County Conservation District (BCCD) celebrated its 70th year helping landowners, communities and other organizations conserve soil and water resources. We have a lot of folks to thank for our success and also want to invite the public to attend our annual meeting Oct. 15.

2016 accomplishments include:

- >Meeting with Belknap County communities to identify future projects and conservation priorities,
- >Assisting Laconia, and Gilford with Jewett and Gunstock Brooks and Meredith with a wetlands project,
- >Hosting conservation workshops and recent public information meetings on protecting groundwater and aquifers in Alton and Belmont-Tilton-Northfield area,
- >Working with schools on conservation projects, providing soil and water talks, and staff for NH Envirothon,

- >Spring and Fall Conservation Plant and Bulb Sales,

- >Partnering with Small and Beginning Farmers of NH on the Opechee Hayfield and seeking grants to improve a community garden there,

- >Continuing coordination on Belknap County's Seasonal High Tunnel and pollinator garden donated by BCCD,

- >Receiving grant for conservation demonstration projects at Gunstock Recreation Area including forest plan revision and habitat planning, and renewing Wetlands Boardwalk where we hosted three volunteer work days this summer,

- >Drafting conservation grant applications for Barnsted, Belmont, Gilford and Belknap County focused on stream restoration, improving fish and wildlife habitat and pollinators,

- >Expanding countywide NH Gleans and Plant Extra for Hunger Program, harvesting excess local crops for area food pantries. We've surpassed

SEE CONSERVATION DIST., PAGE A13

Newfound Landing

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Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts



North Country Notebook

Granny, Mom and Sis get their guns; and what about I-93's hidden views?



By JOHN HARRIGAN
COLUMNIST

Hawkeye is a monthly hunting, fishing, trapping and outdoor newspaper published in Milford, where before I got into newspapering I took away from the planing machine (which turns rough lumber into planks and boards) and stuck up green lumber at the Lorden Lumber Company.

To say that Hawkeye is chock-full of stuff about people enjoying their fish and game experiences, photos of same, and articles at once interesting, informative, provocative and baffling is a vast understatement.

Among the many things I liked in the October issue was a column called "Gun-toting Grannies" by Elaine Marze. Hawkeye is big on Second Amendment gun-ownership rights, and so am I.

"Grannies" dwelt on the fact that increasing numbers of women are taking firearms courses and arming themselves, not just as "empowerment," as the trendy phrase goes, but in line with the reality that it is foolhardy and in a way self-demeaning to expect somebody else--police or any other person--to be there when the chips are



JOHN HARRIGAN

Bear Notch Road, which is a pleasant and different way to get around North Conway's weekend outlet shopping crunch, offers several pullouts affording great views of Bartlett, the approach to Crawford Notch, and beyond.

down. Can police respond in enough time? Hardly ever.

There are recurring arguments whenever the subject of ever-more gun control arises. "Enforce the present laws" is always an obvious reply, but then there is this:

What are you going to do about the reality that there are always going to be just plain bad guys out there? That is never going to change.

And in a nation where there are more than 200 million handguns in circulation, how can society shame, shun and make life difficult for law-abiding people who have guns, when the bad guys will always be able to get theirs?

The media have been full of dire reports of "statewide

drought." Not so. The northern section of New Hampshire has had more rain than the south and for the most part has been spared ground-water woes.

The northern tier gets a lot more rain, thanks to our Canadian neighbors, and has wholly different weather patterns and geological substructure than the southern two-thirds of the state.

+++++

Asinine Signs Department: Dump trucks that carry huge signs on their rears, "Construction Vehicle--Do Not Follow." Obviously, this mes-

sage is meant for situations where trucks have to veer off the road to go into construction sites. Of course.

But the signs should come off or be covered with a tarp when trucks are traveling back and forth to the site, during which the signs make no sense at all.

This kind of thing is why so many people have been conditioned to ignore signs, like "Yield," or maybe "Stop."

+++++

When Interstate 93 was built, its newly cleared right of way

offered incredible new views of the landscape. Now, 40 years later, trees have grown up on both sides, and for the most part the views are gone.

A couple of decades ago, a legislator from the mid-part of the state introduced a bill calling for logging alongside the sides of 93, particularly the eastern side, for the value of the timber and to open up the views.

Does anyone out there remember this

public servant? If he's still around we could use him, or at least his idea.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer's telephone numbers and town. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

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REQUEST FOR PROPOSAL SNOW PLOWING AND SANDING FOR THORNTON PUBLIC LIBRARY

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

Specifications for work to be performed may be picked up at the library.

Proposals must be received by Friday, October 21, 2016, 3:00 p.m.

The Trustees of the Thornton Public Library reserve the right to reject any or all proposals. Mail or deliver proposals to:
Thornton Public Library
1884 NH Rte 175
Thornton, NH 03285

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

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The last bloom

Asters throughout my yard are humming with bees anxious to get their fill of nectar before the frost hits. All the maples and ferns have yellowed, so the woodland edges glow. The crab apples have ripened. Happy Fall.

Pasquaney Garden Club

It's October, the month of pumpkins, and harvests, and above all, apples. On Oct. 18 at the Minot Sleeper Library, the Pasquaney Garden Club is pleased to offer "Celebrating Apples" a talk by Nancy Bleiler, of Cardigan Mountain Orchards and the Cardigan Mountain Country Store. The orchard grows and sells a number of varieties of apples both modern and antique, and wonderful baked goods. The store provides all of these as well as local crafts. If you enjoy apples, autumn, and crafts or just wonder how they do it all, please join us. The presentation is free and open to the public. There will be a short business meeting followed at 10:30 a.m. by Nancy's talk.

From the town

Selectmen's Meeting Minutes Oct. 4
Meeting minutes from Sept. 20 were approved.

Items Reviewed and Signed

Avitar Associates 5 year Assessors Agreement

Permanent Application for Property Tax Credit/Exemptions: Map 418 Lot 210

Mercedes-Benz Financial Services USA lease paperwork for new truck
Deed Map 419 Lot 2

General Election Warrant/notice

Purchase Order: Right Angle Engineering (Knowles Hill Road Bridge)

Purchase Order: Hansen Bridge (temporary bridge rental - Brook Road)

Purchase Order: Northeast Tire (Fire Truck 1 tires)

Purchase Order: Darley Fire (Fire hose tester)

Purchase Order: Ossipee Mountain Electric (Paggers and batteries)

Appointments/ Department Heads

Omer Ahern, candidate for Grafton County Commissioner

District 3, introduced himself and discussed his concerns for Grafton County.

Michael Provost: Mr. Provost and the Selectmen discussed the complaint regarding violation of statutes regarding motor vehicle junkyards at 608 Welton Falls Rd. Mr. Provost would like to proceed with further enforcement action; the Selectmen were in agreement. There was a question regarding whether this fell under Mr. Provost's position as Health Officer; Mr. Provost was appointed by the Selectmen to investigate the concerns regarding unlicensed junkyards.

Business

The Selectmen discussed a concern that a gate had been placed in the road right-of-way at the end of a driveway on Perkins Hill Road (Map 09, lot 24-3); there were concerns that the tractor had been moved and a question as to whether the Town would be selling the tractor. The Selectmen will be looking into whether the Town owns the tractor.

Victoria Dickinson, Granite Group Realty Services, requested information regarding the status of Welton Falls Road and Dicey Road. The Selectmen made the determination that the section of Welton Falls Road from Cream Hill Road and Dicey Road into property shown on tax map 403 Lot 3 are Class VI roads; Mr. Piehler made a motion; Mr. Tuthill seconded; all aye. Documentation will be provide to Ms. Dickinson regarding the determination.

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Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, Oct. 16, with refreshments and conversation afterward. All are welcome.

DCC Fall Fest

The Danbury Community Center will host a fall party at the DCC from 11 a.m.-1 p.m. on Saturday, Oct. 15. The admission charge is \$2/person, \$10/family. The poster says lots of activities—All thing Fall.

The 160th anniversary celebration for Huntoon Farm will be on on Sunday, Oct. 16 from 9 a.m.-noon. The 1856 breakfast menu is codfish cakes, baked beans, johnnycake, griddle cakes, applesauce and breakfast sandwiches for those that do not wish to partake of an old fashioned hearty breakfast which Harvey Huntoon would have had in the early hours of the morning of December 1856 when he bought the northwest facing farmstead with Mt Cardigan in the distance. Also showing will be the slide show of 6 generations of family stewards and the challenges to farm and maintain open space today. The breakfast items are ala carte so you can try or pass on your 1856 offerings.

Winter Market

The Blazing Star Grange's winter farmers market is shaping up well. Several new vendors are joining our regular lineup. The first market is Saturday, Nov. 5. Vendors are welcome to apply, especially farms and those with unique products and those with products that use local agriculture items. There is plenty of space available for non jewelry vendors available for November and December. Please contact Donna at 768-5579 or donnaardena@gmail.com for more information.

Grange Chicken Pie Supper

The popular chicken pie supper sponsored by the Blazing Star Grange will be held on Saturday, Nov. 12 from 5 to 6:30 p.m. at the grange hall. The menu also includes apple crisp, rolls, squash and beverage. There will be a peeling party on Friday morning, Oct. 11 at the grange hall. There is a lot of peeling involved for this supper so they are asking for help. Bring your knives, apple peelers or veggie peelers and enjoy some social time while helping the grange ladies make some tasty vittles.

Groton

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

I've enjoyed the weather this week, and used the beautiful days to get some house cleaning done and hanging laundry out while the nice weather lasts. The garden is almost done, though with all this sunshine and warmth the tomatoes picked up a little steam this week. I'm still picking a few pole beans and believe it or not the zucchini is still coming. I'm sure after the week is done and we get some colder temps that will all come to an

end and then the clean-up begins.

I've been looking through the Groton Historical Calendar again and it prompted me to look on the internet for Mica Mines of New Hampshire. While doing this I ran across a PDF document dated 1942. It was a Geologic Survey done by the United States Department of Interior entitled, "Mica-bearing Pegmatites of New Hampshire." There are several sketched maps and the Palermo Mine and Valencia Mine are two of those included. It's a very interesting read if you have access. I just used my search engine and typed in Mica Mines of New Hampshire and this article came up. There are a couple of months on the Groton Historical Society 2017 calendar which feature buildings related to the Mica industry which was a very important part of Groton's history.

If you are interested in purchasing your own copy of the Groton Historical Society calendar please call Pam Hamel at 744-5747 or Sherry Nelson at 744-9744.

No Select Board Meeting this week but there were several work sessions some of which were closed to

Churches

Family Worship Center Ply. Assembly of God

Thursday, Oct. 13, 6:30-8 p.m., you are invited to join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys, elementary through high school; Mpac Club for girls, preschool through high school; Youth 4 Truth for High School age, and two Adult Bible Study groups. Do come for this great time of fellowship and learning.

Saturday, Oct. 15, 10 a.m. - noon., Sunday School Teachers' meeting.

Sunday, Oct. 16, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10:00: Sunday morning service. Communion will be observed. Children's church during the morning service for age 3-K, and grades one through four. 5:00 p.m: Prayer meeting is held in the sanctuary. "You do not need any experience in order to pray, only faith and trust in Jesus our Lord." You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Monday, Oct. 17, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Tuesday, Oct. 18, 6:30-7:30 p.m., the Youth 4 Truth, for grades five through eight, will meet at the church.

Saturday, Oct. 22: 10 a.m. - noon: Church Winterization project.

the public.

Announcements:

Select Board office will be closed through Oct. 21

Upcoming Select Board Meetings through October and November: Oct. 25, Nov. 15, Nov. 29, 7 p.m. at the Town House

Select Board Work Sessions - Tuesday, Oct. 25, 5 p.m.; Tuesday, Nov. 1, 5 p.m.; Tuesday, Nov. 8, 5 p.m. at the Town House Select Board Office

Conservation Commission Meeting - Thursday, Oct. 13, 7 p.m. at the Town House

Groton Historical Society Annual Meeting - Sunday, Oct. 16, 1 p.m. at the Town House

Zoning Board Meeting - Monday, Oct. 17, 7 p.m., at the Town House

Public Hearing Notices

There will be a Public Hearing/Information Session with the NH Division of Forests and Lands concerning a 27 acre timber harvest on Sculptured Rock Geologic Site in Groton. All are welcome to attend this meeting. If you are unable to attend, but have questions please contact Bob Hardy, the forester in charge at the Central Region Office in Boscawen -

phone 796-2323 or email at Robert.hardy@dred.nh.gov

Planning Board Public Hearing - Wednesday, Oct. 26, 7 p.m. at the Town House - Under consideration is a proposed subdivision of seven lots for Janet Savage, Map 1, Lot 53 on North Groton Road.

Planning Board Meeting - Oct. 26, 7 p.m. at the Town House

911 Road Signs

We still have applications for the bright red 911 house number signs you see all around Town. If you would like your very own, stop by the Town Clerk's office or Hebron Fire Department, or go our out Town web page and get an application. Only \$15 might save your life if the Emergency services are able to find your house more quickly in and emergency.

The Town Highway Department is still looking for laborers and personnel for maintenance and snow plowing and the Town is also looking for a Transfer Station Alternate. If you might be interested in any of these positions, please contact the Select Board office at 744-9919. If no one is there, leave a message with a phone number.

All help will be greatly appreciated to help get our church "snugged up" for the winter. Friday, Oct. 28, 6 - 7:30 p.m. - the annual Hallelujah party, will be held in the fellowship hall, for family games and a Bible life lesson. This is a safe, godly alternative to the dark dangers of Halloween. No costumes please. Every child gets a bag of candy when they leave.

Saturday, Oct. 29, 10 a.m., the monthly men's brunch will be held at the church. Please contact Pastor Glen at 726-0254, or Willy Gusha for information and reservations.

Monday, Oct. 31, 6 p.m., Halloween Prayer Meeting. Scott Gusha has accepted the leadership of the Operation Christmas Child project. Boxes of school supplies and other items for children are needed. Scott has a list of needs and do's and don'ts on the table in the hall opposite the sanctuary. Please contact him for information.

Michelle Thayer has a ministry to the residents at Forestview Manor in Meredith. Our Mission Statement is "Transforming lives through God's Word."

Our church is collecting funds for prison ministry, also aluminum cans to support the cost of ministry supplies such as Bibles and printed literature. A collection barrel is at each church entry. Please continue to support this ministry. Money donations may be made to the church marked "prison ministry."

Prayer requests for the bulletin may be given to Candy Gusha at craftmom03264@yahoo.com.

Please give announcements for the Sunday bulletin to the Church

office by 4:30 p.m. on Tuesdays by e-mailing fwcag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgodplymouthnh.org.

Holy Trinity (Roman Catholic)

Got questions? Come to Alpha! It's not too late for you to try it out! The program runs every Tuesday from now until December 6th from 6 to 8:30 p.m. at St. Matthew Hall in Plymouth and comes with a free meal!

Campus Ministry

It's Apple time! Our annual student meeting featuring apple dessert, apple cider, and Apples to Apples: Bible Edition is Tuesday, 10/11, at 7 PM in the Reflection & Spiritual Care Center, across from Lamson Library, up the street from the shuttle bus stop.

Next monthly prayer service & supper with Fr. Leo for students is Sunday, Oct. 16, at 6 p.m. at Holy Trinity rectory, a large white house with a porch, located behind Belknap Hall, at the corner of Langdon and Highland Streets. The meaningful prayer services are created by students; the delicious suppers are made by parishioners. Students interested in attending should contact Kathy Tardif at kmtardif@SEE CHURCHES, PAGE A7

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Churches

FROM PAGE A6
plymouth.edu by Friday, 10/14, so that we have enough food for everyone.

Hungry for service and a homemade dinner? Come to Meals for Many on Thursdays at the Plymouth Congregational Church on the Common. They are always looking for volunteer servers. Please arrive about 4:45 p.m. After you serve the food, you can have dinner with everyone. It is a great way to meet the local people and show you care about them. Bring empty containers so you can take home leftovers.

Prayer Retreat

Alexandria Methodist Church is offering a Prayer Retreat on Saturday, Oct. 22 from 9 a.m. to 4 p.m. Snacks and lunch will be provided. There is no fee, but donations are graciously accepted. Ginny Arsenault and Pastor Deb Hoffman will be co-leading this event and it will include instruction and experience of Lectio Divina, centering prayer, journaling as prayer, and praying with symbols.

Blood Drive

Simard Hall, Tuesday, Oct. 25, 1-6 p.m. To register, go to www.redcrossblood.org.

The winner of the Day Away quilt raffle is...Monica Hart!! Over \$2,000 was raised for the Day Away program with this raffle. Thank you to all who participated!

Pre-born and Infant Loss Interdenominational Memorial Service Haven Pregnancy Center invites you to join them for a memorial service to honor the lives of babies lost through abortion, miscarriage or infant death. The service will be held on Sunday, Oct. 16 at 2 p.m. at the memorial to the unborn in the parking lot of St. Matthew Church. Deacon Mike and Pastor Dennis

Simmons from Gateway Alliance Church will officiate.

Haven Pregnancy Services

Staff openings, Part-time, paid: RDMS (sonographer) certified in ob/gyn ultrasound. We are willing to work within a qualified applicant's time constraints: four to 20 hours per week – you decide! Volunteers: positions for Mentors, office help, Boutique Manager & Boutique workers needed. Must complete an interview & application and attend a three-day training on Mondays, Oct. 24, 31 and Nov. 7, 10:30 a.m.– 3:30 p.m. We would love to have you join us! Call or email Beth for more information: 536-2111 or havenps@myfairpoint.net.

Haven Pregnancy Center Volunteer Training

We are in need of some new volunteers so we are having a volunteer training, Mondays, Oct. 24, 31 and Nov. 7. Attendance is needed on all 3 days from 10:30 a.m. to 3:30 p.m.

Pre-born and Infant Loss

Weekly meetings Sundays

Faith Formation Class:
Bristol: Simard Hall, 10:30 a.m. - noon
Boy Scout Meeting, St. Matthew Hall, 5 p.m.

Tuesday, Oct. 11

ALPHA, St. Matthew Hall, 6 - 8:30 p.m. (dinner included)

Wednesday Bible Study:

Bristol, Marian Center, 9 - 10:30 a.m.
Plymouth, St. Matthew Meeting Room, 3:30 – 5 p.m.

Thursday

Day Away, Simard Hall, 9 a.m.

Faith Formation Class:

Boy Scout Meeting, St. Matthew Hall, 5 p.m.

~ AA meeting Monday –Saturday, St. Matthew Hall, 11 a.m.

Plymouth Episcopal (Church of the Holy Spirit)

Can't believe that we are in October already. As the Fall is unfolding, we are busy with our Stewardship campaign and various other activities.

Stewardship Campaign for 2017

Thanks to everyone who has sent in their pledge packets so promptly. We have received several pledges already! We ask that as you consider your pledge for the 2017 giving year, you also think about why you love being a part of CHS. You may use the provided envelope to mail in your pledge, drop it in the offering plate this week, or give it to a member of the Vestry. And remember that all money pledged to CHS for 2017 will provide financial support only for CHS.

Oct. 16 – Meeting with Bishop Rob

Bishop Rob will celebrate the 9:30 service on Oct. 16, which will be held at the Holderness Chapel on the Holderness School campus. Following the 9:30 service, the Bishop will meet with members of both St. Mark's and Church of the Holy Spirit at 10:45 a.m. in the East Wing of Weld Hall next to the chapel. This is a most important opportunity to discuss the future of our church and an Episcopal presence in the Plymouth area.

Quilting Ministry

The quilting group will meet next Wednesday, Oct. 12 from 10 a.m. to 2 p.m. in Griswold Hall. New and returning members are more than welcome! Please contact Lois Grant at 856-7197 with questions.

ChIPS Program 2016

Christmas comes to children of incarcerated parents every year with our help. It is time to donate gifts

and funds to make it happen. There will be a box at the back of the church in which you can deposit an unwrapped gift. All gifts and funds should be given by Nov. 1. All monetary donations for the ChIPS program will be brought to the Diocesan Convention on Nov. 5.

Episcopal Church Women

The ECW group met on Oct. 6 to plan the monthly events for the 2016-17 year. They meet on the first Thursday of the month. Their next meeting will be Nov. 3 and entitled "Time to think about the birds." We will be making bird feeders so please save those onion bags for this project. Everyone is invited, whether or not you are a member of CHS.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship 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.

Sunday, Oct. 16, 9:30 a.m. This is Not What I Ordered: Negative Experience as Gift

Leader: Rev. Linda Barnes
Worship Associate: Kathy Hillier
Music: Elizabeth Danahy
What did not feel like a gift at the time can become the thing that made all the difference.

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is held downstairs concurrently with the service. Join us for coffee and conversation following the service.

Children and Youth Religious Education, Meredith Flynn, DRE

Room 1: Pre

school-Kindergarten: Chalice Children- Core Message- Our church is a place where we care for each other.

Room 2: First-Third grade: In Our Hands- Core Message- Fairness feels good; unfairness feels hurtful.

Room 3: Fourth-Fifth grade: Windows and Mirrors- Core Question- What does forgiveness mean to you?

Middle school: Neighboring Faiths- Class trip

High school: Youth Group- Youth Group meets the 2nd and 4th Sundays of the month from 6-7:30 pm in the upstairs Youth Room.

Social Justice Community Outreach - PAREI

PAREI's mission is to encourage energy efficiency practices and promote the use of renewable energy in homes, businesses and other buildings in the Plymouth region through education, community outreach, partnerships, volunteerism and providing access to resources, grants incentives and professional services.

Also, items such as small jars of peanut butter, jelly, and canned tuna or chicken can be deposited in the basket in the foyer for the "GOT LUNCH! PLYMOUTH" program, as well as canned or dry packaged food items in the basket for our local Community Closet collection.

Ongoing activities

Choir meets on most Thursday evenings, 7-8:30 p.m. in the sanctuary.

Lay Pastoral Care Under the guidance of the Rev. Linda Barnes, the Lay Pastoral Care Associates are here for you. When you have a pastoral care need or know of a need in our Starr King family, please contact Rev. Linda.

See Activities committee on the Web site at www.starrkingfellowship.org, where you can access the up to date calendar of events. 1st Friday morning

Breakfast Group will meet at the PSU dining hall at 8:30 a.m. for a casual gathering of SKUUF members and friends for good food and discussion followed by an occasional discovery outing. Parking has been arranged through PSU security in Commuter Lot #301. Contact Deedie at cd-kriebel@gmail.com for more info and, if needed, a parking permit to place in the front window of your car during these mornings only.

Second Sunday Hike Depart SKUUF rear lot at 11:30 a.m. Refreshments and dinner following the hike if interested. Contact Mitch at mitch@newfoundfarm.org to register and receive updates. Rain cancels.

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group. Wise Women regularly meets every second and fourth Wednesday at 10:30 a.m.

Starr King Men's Group will meet 6-8 p.m., on the first and third Sundays.

Gentle Yoga meets in the Fellowship Hall on Wednesdays from 5-6 p.m., and Saturdays from 8:30-9:30 a.m. For information, contact Darlene Nadeau at 493-1478.

Bridge players meet on Thursdays in the Fellowship Room from 12:30-3:30 p.m.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is www.starrkingfellowship.org, where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.

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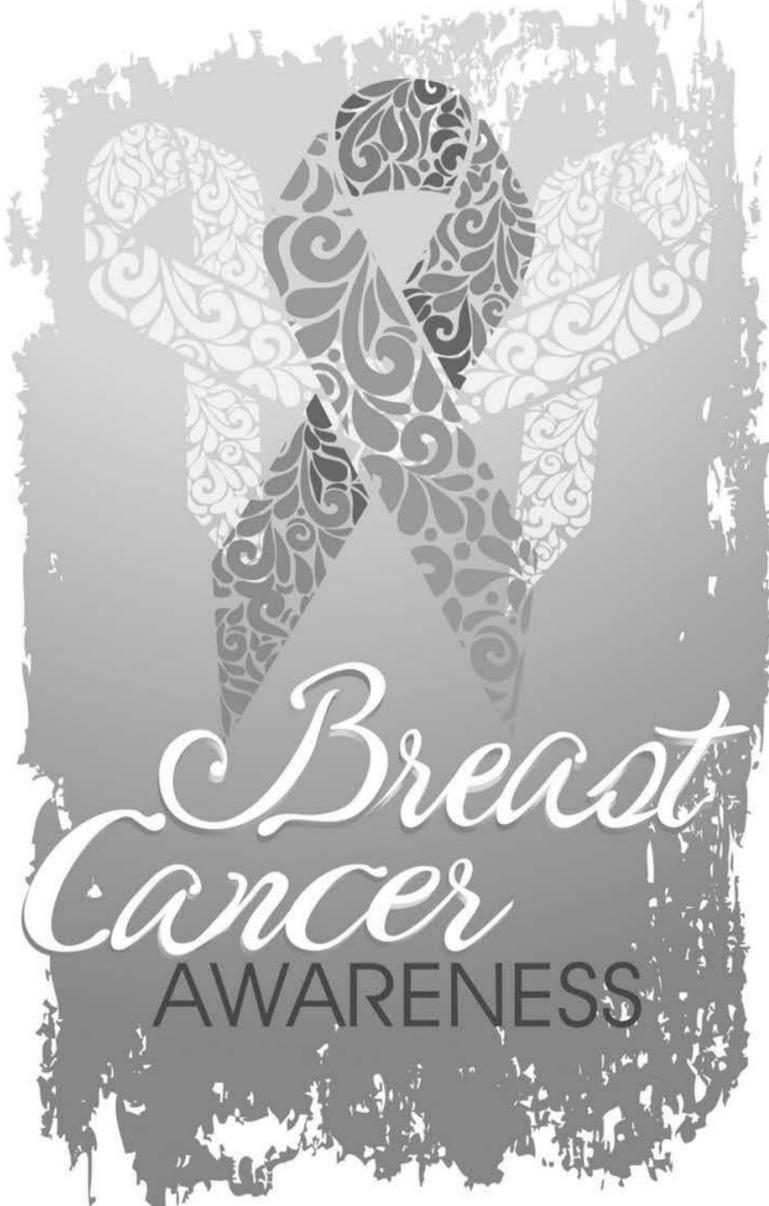
Think Pink

Join these local businesses in supporting breast cancer awareness this October!

Establishing the pink ribbon symbol

The pink ribbon has been synonymous with breast cancer for years. Nowadays, people rarely think twice when they see pink ribbons, having grown accustomed to the pink ribbon and what it symbolizes. Breast Cancer Awareness Month has been celebrated each year since 1985, and many other breast cancer awareness initiatives have been devised since then. While the pink ribbon may seem like it's been in use for just as long, it was actually established only about 20 years ago. Ribbons have long symbolized something important. For decades, yellow ribbons have been used to alert others to soldiers at war or hostages that hadn't yet come home. People often tie yellow ribbons around trees at home until their service men and women came home safely. During the height of HIV/AIDS activism and awareness, red ribbons were worn to symbolize support for those with the disease.

Although the pink ribbon evolved because pink expresses femininity, calm, health, and youth, the first breast cancer ribbon was actually peach. Charlotte Haley is credited with devising the first breast cancer ribbon in 1992. She was a breast cancer survivor and came from a family of women who also fought the disease. She created peach-colored loops at home and then distributed the ribbons at her local grocery stores. Haley encouraged people to wear the ribbons and contact legislators to demand more funding for breast cancer research. An attached note was distributed with the ribbons stating, "The National Cancer Institute annual budget is \$1.8 billion, only 5 percent goes for cancer prevention. Help us wake up our legislators and America by wearing this ribbon." The same year Evelyn Lauder, senior corporate vice president for the Estee Lauder company, and Self magazine editor Alexandra Penney teamed up to produce a pink ribbon. It was distributed at makeup



for breast cancer research. Although Lauder and Haley reached people on different levels, their goals were the same: To educate the public on the lack of funds allotted to breast cancer research. Pink ribbons are now seen all over and have become the unifying force for millions of women who are facing breast cancer or supporting someone with the disease. In 1996, Nancy Nick created a blue-and-pink ribbon to symbolize male breast cancer ribbons in honor of her late father. The ribbons remind others that breast cancer can affect men as well as women. Although you can see waves of pink every October for Breast Cancer Awareness Month, many people don their ribbons year-round. Great strides have been made with respect to breast cancer, but with about 225,000 new cases popping up each year in the United States alone, there is still work to be done.

counters all across the country. The company collected more than

200,000 pink ribbon petitions asking the U.S. government for increased funding



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Did You Know?

Men have a small amount of breast tissue, and that means they can be affected by breast cancer. According to the American Cancer Society, men's breast tissue has ducts, but only few, if any, lobules. That's because men do not have enough female hormones to promote the growth of breast cells. Breast cancer can be separated into several types based on what the cancer cells look like under the microscope. They can be in-situ, meaning non-invasive or pre-invasive. They also may be invasive types that have spread to the ducts in the breast tissue. Breast cancer is about 100 times less common among men than among women. Only about 2,600 new cases of invasive breast cancer will be diagnosed in men this year. But men who feel lumps or other anomalies in the area around the nipple should consult their physicians.



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Kathleen's Cottage welcomes John Carty

BRISTOL — Please join Kathleen's Cottage in Bristol for a wonderful concert featuring the very talented musicians John and Maggie Carty. It is a great treat to welcome them from Ireland and be included in their US tour. We are sure you will enjoy their music and song. Tickets are available in advance, and may also be purchased at the door; please do call ahead if you plan to attend so we may reserve your seats. Kathleen's Cottage is located in Bristol, and can be reached at 744-6336.

John Carty is one of Ireland's finest traditional musicians having been awarded the Irish Television station, TG4's Traditional Musician of the Year in 2003.

Born in London, fiddle and banjo player Carty has established himself among the elite in Irish traditional music and as a staunch supporter of its preservation. He developed his love for fiddle, banjo, and flute, all of which he has mastered, through his multi-instrumentalist father who was a member of the Glenside Ceili Band in London in the 1960's.

Soon after settling in Boyle, Co Roscommon, Carty released his 1994 debut banjo album, "The Cat that Ate the Candle" to positive reviews. This led to his first fiddle album, Last Night's Fun, released on Shanachie Records in 1996, and was closely followed by two further solo fiddle albums, "Yeh, That's All It Is" and "At It Again." These albums have been described as a milestones in recorded fiddle music.

In 1997, he formed At the Racket, a fun, loose, free-spirited dance band named after an old Flanagan Brothers 78 rpm. The group has recorded three highly acclaimed CDs, all on Carty's own label, Racket Records, and continues to tour all the major European festivals. 2005 saw

the launch of "I Will If I Can," Carty's latest solo CD featuring banjo and tenor guitar. Accompanied by Alec Finn, Brian McGrath and Johnny McDonagh, Carty once again shows his plectrum prowess to full affect.

Carty performs regularly with Chieftains

flautist Matt Molloy, exploring the North Connaught tradition they both love. In 2008, they released "Pathway to the Well," a CD of their music accompanied by Arty McGlynn. A new release by the pair is due out in late 2016.

In 2011, Carty released "The Crimson Path,"

collaboration with Sligo poet Ann Joyce, which is a CD of original poetry and music for which John composed all the music. This was quickly followed by the release of At Complete Ease, a duet fiddle album with Brian Rooney from Kiltclogher, "Co Leitrim." This CD has already

been described as one of the all times greats of duet playing. Carty is also a member of super group, Patrick Street, which includes legendary musicians Andy Irvine and Kevin Burke. He has also appeared as a special guest with the Chieftains and De

SEE CARTY, PAGE A13

Deadheads invited to dance to string jam at The Grateful Ball

PLYMOUTH — The Flying Monkey Performance Center presents The Grateful Ball featuring The Traveling McCourys and The Jeff Austin Band on their Plymouth stage on Sunday, Oct. 23 at 6:30 p.m. Tickets for this concert are \$25.

As flannel season rolls into New Hampshire, Plymouth gets ready to welcome a dose of fresh Americana and progressive bluegrass. Both the Jeff Austin Band and Travelin' McCourys will each play a set of original music, followed by a set of Grateful Dead tunes.

Former Yonder Mountain String Band mandolinist and frontman Jeff Austin will perform with his own namesake band as part of The Grateful Ball, also featuring The Travelin' McCourys. When it comes to dynamics and structure, Austin taps the variety of sounds and styles he's absorbed from theater, jamming, nearly 20 years of performance, and his love of experiencing live music as a fan. It's that inner concert enthusi-



COURTESY PHOTO

The Traveling McCourys

ast that binds him to his own audience and a powerful exchange between the stage and the crowd.

No other band today has the same credentials for playing traditional and progressive music as The Travelin' McCourys. As the sons of bluegrass legend Del McCoury, Ronnie McCoury on mandolin and Rob McCoury on banjo continue their father's work—a lifelong dedication to the power of bluegrass music to bring joy into people's lives. These Bluegrass boys do not stand still. They are on the road—and online—entertaining audiences

with live shows that include some of the best musicians and singers from all genres. It's always different, always exciting, and always great music.



COURTESY PHOTO

Jeff Austin

Jeff Austin was recently asked about that connection to the crowd, and says, "I hope they take with them exactly what I hope they leave with us. And that's inspiration."

Tickets for The Grateful Ball are \$25 for all seats. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

Bonding Through Music

Children's Chorus Festival set for Oct. 15 in Plymouth

PLYMOUTH — Sixty fourth, fifth and sixth graders will gather in Plymouth on Saturday, Oct. 15, for a day of making choral music together.

It's the fifth year of the New Hampshire Master Chorale Children's Chorus Festival, a unique event that gives young singers the chance to learn, rehearse and perform high-quality music — all while having fun and making new friends.

Participants are nominated for the workshop by their local music teachers. They'll converge on Plymouth Regional High School from towns across New Hampshire — including Manchester, Rumney, Wentworth, Hampton,



COURTESY

Sixty fourth, fifth and sixth graders will gather in Plymouth on Saturday, Oct. 15, for a day of making choral music together.

Holderness, Piermont, and Waterville Valley.

They'll sing music that ranges from a percussive African-American party song based on a 19th-century dance reel to settings of poetry by Emily Dickinson, Robert Louis Stevenson, Amy Lowell and Christina Rossetti.

"For children it's an amazing way to bond," says Lisa Cooper, a music educator at Lawrence Academy in Groton, Mass., who will lead this year's festival. "It changes your mind, and makes you more connected with other people. A school that sings together

SEE CHORUS, PAGE A13

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Guard Against Identity Theft - and Protect Your Finances

In 2015 alone, more than 13 million Americans were victimized by identity theft, according to the U.S. Department of Justice. What can you do to guard your identity and protect yourself from potential financial losses? Here are some ideas to consider:

- **Review your statements.** Closely review the monthly statements from your checking and other financial accounts. If you find any unfamiliar charges, contact your bank or other financial services provider immediately.
- **Order your credit reports.** The three credit reporting agencies — TransUnion, Equifax and Experian — are each required by law to provide you one free credit report a year. Make sure your name, address and other information are correct on your credit report, and if you find old or inaccurate information, have it removed.
- **Place a fraud alert.** If you suspect you have become a victim of Identity theft, place a "fraud alert" on your credit reports by contacting any of the three credit reporting agencies. You can choose a short-term or long-term alert. And if you're an active member of the military, you can request a special, one-year alert.

- **Feed your shredder.** Shred all old bank and investment statements, applications for new credit cards and any other documents that contain personal information.
- **Destroy digital data.** If you have a variety of financial accounts, you're not just creating a paper trail — you're also establishing a digital "footprint." So, when you sell or otherwise dispose of a computer system or hard drive, you may want to take steps to destroy personal data. You might think that simply deleting it would be sufficient, but tech-savvy identity thieves can "undelete" files or recover information from a formatted drive. However, products are available that allow you to completely wipe out data on hard drives.
- **Change passwords.** It's a good idea to change your Internet passwords every so often — especially those passwords that provide access to financial accounts.
- **Leave your Social Security card home.** Snagging someone's Social Security number is a real "catch" for identity thieves, so do everything you can to thwart them. And you can start by leaving your Social Security card safely at home — after all, there's probably

never a good reason to bring it out, anyway. In fact, be wary of anyone, or any business, that asks for your Social Security number, either in person or online. Except for a few obvious exceptions, such as your tax preparer, most reputable businesses don't need to know anything about your Social Security information.

- **Watch for "phishers."** If you've ever gotten an e-mail, supposedly from your bank, advising you that your account will be "frozen" unless you provide personal details about your account, it's a good bet that someone is "phishing" for this information — and they're using the "freezing" threat as bait. What's particularly alarming is that these "phishers" have gotten quite good at duplicating logos and using official-sounding language. However, a legitimate bank would never threaten you this way with an e-mail, so, if you get such a message, contact the bank's fraud department.

You can go a long way toward protecting yourself against identity theft by following these suggestions — so put them to work soon.

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Local artist to showcase work at Fig Tree Gallery

ASHLAND — With Halloween just around the corner, Jeffrey LeBlanc's art show at Fig Tree Gallery is a pro pos for this chilling season. Featuring a series of paintings entitled Pareidolia, his bold works exhibit a sense of haunting mystery, opening Oct. 14.

"I have been painting for just under three years," says LeBlanc, who is also known for his tattoo designs and drawings. "The style that I've fallen into kind of happened as a creepy little accident one day, since then I've tried daily to create pieces that emote some type of visceral reaction, Whether that be a positive or negative, I

will always take some reaction over none at all when it comes to art."

Those recations might be across the board when taking in LeBlanc's works: many faces of different emotions, some haunted, some happy. Much like a series of imaginative costumes, they are debuting at the perfect time of year.

"I find inspiration in interacting with other artists who have their own styles and feel no obligation to try to be the next 'this guy or that guy,' but want to paint their own path," LeBlanc continues. "Two major influences of mine are the 'Master of Dark Art' Chet Zar and the amazing artist Chris



With Halloween just around the corner, Jeffrey LeBlanc's art show at Fig Tree Gallery is a pro pos for this chilling season. Featuring a series of paintings entitled Pareidolia, his bold works exhibit a sense of haunting mystery, opening Oct. 14.

Dingwell, who encouraged me to go even further off the rails."

This being LeBlanc's first solo show, he has a fresh body of work that is inspiring him to do more creative things in the community. His hope is that the gathering at Fig Tree Gallery will encourage other avant garde artists to gather for future group shows.

"I'm excited to work with Stacey Lucas (owner of Fig Tree Gallery) for this show and reception," continues LeBlanc. "She has the wonderful ability to see the vision of the artists and translate that into a unique showing."

This unique showing is sure to not disappoint with an artist meet and greet, live music, refreshments, raffles, tarot card readings and surprises. Running from 6-9 p.m. on Friday, Oct. 14, all are welcome to come enjoy LeBlanc's show, the gallery, and gardens.

Fig Tree Gallery is located in Ashland, off of exit 24 (previously Veggie Art Girl in Holderness). LeBlanc's show will be shown through Nov. 5, with the gallery being open weekends only through the fall. For more info, visit www.figtreeNH.com, find Fig Tree Gallery on Facebook or Artwork by Jeffrey LeBlanc on Facebook.

Sokeo Ros' Artist Residency

PLYMOUTH--Choreographer, hip hop dancer and teaching artist Sokeo Ros is the Arts Alliance of Northern New Hampshire's artist in residence, Oct. 17-21. Sokeo will offer dance and theater workshops throughout the region, including several programs at Plymouth State University. His week-long residency concludes with the performance of his show "From Refugee Camp to Project" in North Conway.

Ros is the director of the Hip Hop Program at Everett: Company, Stage and School in Providence, R.I. "From Refugee Camp to Project"

tells his personal story; he was born in a Cambodian refugee camp in Thailand and raised in Providence, R.I., where he lived in a low-income neighborhood filled with gangs, poverty and violence. Through hip-hop dance, traditional Khmer dance, theater and story telling, he shares experiences from his life, showing how he has learned to stay away from the negative aspects found within his environments and to create art that connects with audiences of all kinds. The NY Times noted, "It's not often that a show welcomes its audience with a shower of rose petals. And if that

alone were not reason enough to check out Sokeo Ros' endearing performance piece, there are plenty of others."

Sokeo's public performance takes place at 7:30 p.m. on Friday, Oct. 21, at Loynd Auditorium, Kennett High School, 409 Eagles Way, North Conway. Tickets are available in advance at www.aannh.org or at the door, and cost \$10 each, \$8 for AANNH members. Everyone is welcome, regardless of ability to pay. The show is recommended for middle schoolers through adults.

The Friday-evening performance will incorporate young dancers from around the region

who will rehearse with Sokeo during the week. High-school dancers who would like to participate are invited to a rehearsal/audition on Monday, October 17, from 6:30 to 8 p.m. at Jeanne Limmer Dance Center, Reporter Court, North Conway. Call the Arts Alliance at (603) 323-7302 or email programs@aannh.org for additional information.

Sokeo will be offering programs at Plymouth State University, local schools and community sites, including a hip-hop class for experi-

enced dancers at 6 p.m. on Tuesday, Oct. 18, at Jeanne Limmer Dance Center. An introductory hip-hop class will also be offered. Visit www.aannh.org for a full listing of programs and to order advance tickets for the Friday evening performance.

Sokeo's residency is presented by the Arts Alliance of Northern New Hampshire. "The Arts Alliance is committed to bringing timely programming to our region's schools and communities, whenever

SEE SOKEO ROS, PAGE A16

Let Pemi-Baker Community Health help you manage your pain through physical therapy

PLYMOUTH — October is National Physical Therapy Month with the American Physical Therapy Association. National Physical Therapy Month 2016 highlights on APTA's national public awareness campaign, #ChoosePT. This campaign lets consumers know about the risks of opioid use and that physical therapy is a safe, non-opioid alternative for managing pain.

No one wants to live in pain. But no one should put their health at risk in an effort to be pain free. Since 1999, Americans have increasingly been prescribed opioids—painkillers like Vicodin, OxyContin, Opana, and Methadone, and combination drugs like Percocet.

In some situations, dosed appropriately, prescription opioids are an appropriate part of medical treatment. However, opioid risks include depression, overdose, and addiction, plus withdrawal symptoms when stopping use. People addicted to pre-

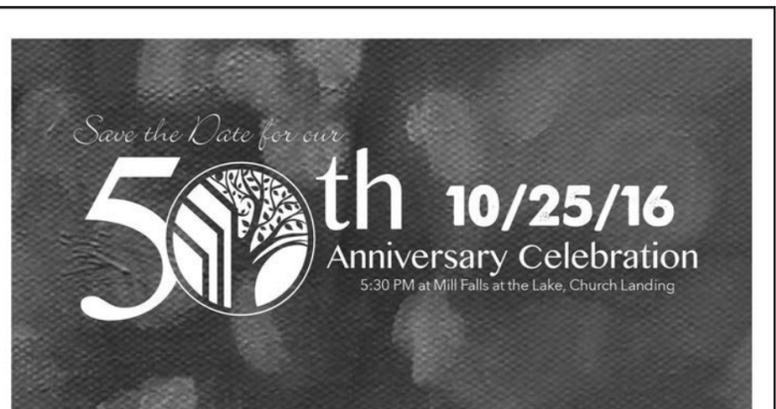
scription opioids are 40 times more likely to become addicted to heroin. The Centers for Disease Control and Prevention (CDC) is urging health care providers to reduce the use of opioids in favor of safe alternatives like physical therapy.

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Pemi-Baker Community Health is a 49-year old nonprofit home health agency serving over 900 clients and their families annually from 12 member towns in central

New Hampshire. Services include at-home healthcare, hospice and palliative care, on-site physical and occupational rehab therapy and fitness memberships including fitness classes in our 90-degree therapy pool and fitness gym. Please visit our Web site: www.pbhha.org or like us on Facebook: Pemi Baker Community Health.



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Pneumonia in seniors: Causes, treatments, and prevention

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Pneumonia is an infection that affects one or both lungs. The disease can range from mild to severe, and can be fatal. It is typically caused when

bacteria, fungi, or viruses enter the lungs and cause inflammation within air sacs in the lungs called alveoli. This inflammation may cause the alveoli to fill with fluid, resulting in difficulty breathing and fever. Common causes

of pneumonia include the bacteria Streptococcus pneumoniae, and viruses such as the flu.

Why Pneumonia is More Common in Seniors

There are several

primary reasons why seniors are more susceptible to contracting pneumonia:

- **Frailty.** Frailer than younger people, seniors can't clear secretions as well from

their lungs.

Those secretions can go down into bronchial tubes, causing the infection.

- **Weakened Immune Systems.** Due to having weaker immune systems, seniors often cannot fight off an infection. A suppressed immune system may also be due to an organ or bone marrow transplant, chemotherapy (treatment for cancer), or long-term steroid use.

- **Senior Health Conditions.** Diabetes, Parkinson's disease, chemotherapy, and HIV put seniors at a higher risk for pneumonia, as well as cystic fibrosis, asthma, COPD (chronic obstructive pulmonary disease), and bronchiectasis.

- **Surgery.** Seniors who have surgery are susceptible. Seniors experiencing pain or taking pain medication may take shallower breaths, which results in mucus gathering in the lungs.

Signs of pneumonia to look for include coughing, fever, chills, shortness of breath, chest pain, green or yellow sputum that comes up during coughing, feeling lethargic, and the sudden worsening of a cold or the flu.

Pneumonia Treatments

Chest X-rays and a blood test are how doctors can determine if a senior has pneumonia. If it is bacterial pneumonia, it is usually treated with antibiotics. If the infection is viral, an anti-viral medicine may be prescribed. Patients may begin to feel better before finishing their medicine, but should continue taking it as prescribed. If they stop too soon, the pneumonia may return. Doctors may give the patient fluids if he or she is dehydrated, oxygen if there is a breathing problem, along with pain relief and medical support. Milder cases of pneumonia can be cared for at home, but with severe cases or if there are other underlying health conditions hospitalization may be required.

Reducing the Risk of Pneumonia in Seniors

Flu predisposes older people to pneumonia, so the number of cases tends to spike during flu season, but

the illness can occur at any time of the year.

To help reduce the risk of pneumonia:

- **Get vaccinated.** All people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a one-time shot that protects against the pneumococcus, or pneumonia bacteria. Discuss this with the doctor first.

- **Practice good hygiene.** Wash hands regularly or use an alcohol-based hand sanitizer.

- **No smoking.** It damages the lungs' natural defenses against respiratory infections.

- **Keep the immune system strong.** Get enough sleep, exercise regularly, and eat a healthy diet.

The Center for Disease Control (CDC) recommends that anyone who has prolonged contact with seniors should also get vaccinated. Children in the senior's family should get vaccinated, and caregivers should be vaccinated, too, to avoid getting sick themselves and passing the illness to clients and older members of their own families.

Comfort Keepers® can help. Our caregivers can assist seniors even those who may be recovering after a serious illness at home, or hospitalization. Caregivers can help seniors around the house, and support wellness through proper diet, and by making sure that clients take medications, and get enough sleep and exercise. Call your local office today!

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Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

MARK ON THE MARKETS

Post-election markets



BY MARK PATTERSON

Recently, I've read a few articles that predict how the markets will react after the November presidential elections. Now we all know that nobody knows, so I'm in a throw my guess into the pool prognostication.

March 9, 2009 was the capitulation day when the equity markets bounced off their lows and started their upward journey. The average time between major equity market corrections is seven and a half years. Go back seven and a half years from now, and you will land right around March 2009. This is simply an average; it does not guarantee they were going to have a major market

correction anytime soon. But if you go back eight years pre-2008 elections and map out until March 2009, would lead me to take pause and look at the downside risk in the equity markets versus the potential upside.

I certainly have my preferences in this election, however I believe the markets are going to have some adjustments no matter who wins the presidency. Typically, the Democrats are more dovish regarding the Federal Reserve Bank that is supposed to be independent but certainly is influenced by the White House. So if the Democratic nominee is in the White House, I believe it is less likely that Janet Yellen, Federal Reserve Chairman, will feel pressure to raise interest rates. The equity markets like low interest rates. Conversely if the Republicans when the White House you are likely to see more hawkish activity from potentially a new Fed chairman that would

temporarily disrupt the markets. Democrats typically have a more Keynesian view economically which involves more government activity to stimulate markets. Republicans typically rely on free market supply side economics to stimulate economic growth and more tax revenue. Partisan politics determines which economic theory we believe in.

I believe our equity markets will have some real volatility in the upcoming months based on the uncertainty of the elections, the results of the elections, the fact that we are due for market correction just based on time or any other potential shock to the markets.

So as an investor we need to reevaluate our portfolio positions and look at market risk, credit risk, interest rate risk, negative sequence of returns risk and maybe the most overlooked risk, longevity risk. As we reach that five-year window prior to retirement we must be more

vigilant with how our money is positioned. You must evaluate your risk tolerance and potential income into retirement and make the adjustments now. If your money for retirement is currently tied up in a 401(k) plan or 403B plan that has limited choices for investment you must consider a change in strategies. During most of your working life you are in and accumulation mode for assets. Approximately five years from retirement preservation, mitigation of market risk and safe growth are paramount. Once retired, distribution of those assets as income are necessary to maintain the retiree's lifestyle. This income must be steady, predictable and sustainable. Regarding the elections, prepare for the worst and hope for the best.

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

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Space

FROM PAGE A1

the property and make recommendations to the town.

"In doing so, we met with all departments in the town and even included the school district to get their concerns about growth of the area," Greenwood said.

The committee has since come up with four possibilities for the property and would like to hear public opinions on their findings.

"The needs of the Town Office and the Police Department have been identified, and our next move is to resolve them in the best way possible for both the taxpayers and the town," she said.

The first option the committee came up with would be to use the Smith lot, located at 230 Lake Street, for a new town office. The building on that property has been cleaned out and would simply need to be razed for new construction. That would leave the town's current 230 Lake Street location available for the police department, allowing them ample space for offices, juvenile and other interrogational and detention needs, as well as a Sally Port, storage and evidence rooms.

Option 2 would be to construct a new police station on the Smith lot and rehabilitate the 230 Lake St. property as a town office only facility.

The third option the committee determined would be to use both lots to expand the current facility for continued use by the combined town and police department, while the last option identified was to continue the search for an entirely new location for the two departments.

"Now we have to take those findings and come to some kind of conclusion," said Greenwood. "That's where we want the public's thoughts on the options we came up with concerning the use of the Smith lot."

The committee hopes that many will attend the meeting to learn more about each option and express their opinions on which, if any, they would prefer.

Budget

FROM PAGE A2

fer has complained that improvements John and Krista Larsen made to their property have led to encroachment within the town's right of way on the Class V road, making it dangerous for vehicles meeting at a curve in the road. Selectmen allowed both parties to state their cases and said they would make a decision at their next meeting, on Oct. 20.

Manganiello reported on the recent Northern Pass abutters' meeting, saying, "No one would argue that green power is needed; it was all about whether it should be above ground or below ground."

Northern Pass is the Eversource project in

partnership with Hydro-Quebec that would bring a direct-current power line from northern New Hampshire to Franklin, where electricity would be converted to alternating current and run to a substation in Deerfield and then into the New England power grid. Eversource wants to run most of the line overhead, while most of the affected towns are seeking an underground corridor, and some parties are trying to halt the project completely.

Bristol has filed as an intervenor in the state review process, hoping to keep the power line from interfering with the environmental, historic, and scenic assets of the town.

interfere with the rights of nature, communities and ecosystems. Sustainable energy development can be achieved only when the people affected by energy governing decisions are the ones who make them.

Communities have organized from New Hampshire to Pennsylvania, and from Colorado to Oregon, to draft Community Bills of Rights laws that prohibit unsustainable energy development. These Bills of Rights go a step beyond prohibitions, to establish the right of

BCS

FROM PAGE A1

one bag," she said.

They also offer a selection of gently worn shoes and boots for people of all sizes and have even had desirable items like Coach bags and accessories for sale at times.

While there is a great sales room filled with clothing and footwear for men, women and children, the Thrift Shop offers much more than just that.

Household goods such as decorative items, holiday ornamentation, curtains, fabric, glassware, dishes and even small working appliances like crockpots and coffee makers are also available in the front room. In addition to all of that, the shop has shelves filled with books, movies, baby needs and toys on sale at a low, low price every day.

"We even have Halloween decorations, costumes and accessories right now at a price that can't be beat," Colby said.

Around the corner from the shop is their annex building on North Main Street, where furniture items can also be purchased. While that shop is generally only open on Saturdays, from 9 a.m. until noon, Colby said people can access their inventory of couches, tables, chairs, beds,

shelving units and more whenever Bristol Community Services is open.

"All they have to do is stop by our main building and someone will let them inside," she said.

Proceeds from all sales benefit the Newfound community with food and financial assistance.

As for donations, Colby and the Board of Directors ask that people drop them off during normal operating hours.

"We've had some nice things left on our steps when we're closed, and they either disappear or get ruined by the weather, so we really want to ask that people drop by with those items when we're here," she said.

Bristol Community Services also maintains a currently well-stocked food pantry to help Grafton County residents of the Newfound Area with nutritional and emergency needs.

The store and outreach program is located at 24 Pleasant Street, across from Cumberland Farms in downtown Bristol. Their normal hours of operation are Monday, Wednesday and Friday from 9 a.m. until 2 p.m. and Saturdays from nine until noon.

For inquiries, emergencies or special drop-off times, they can be reached at 744-2222.

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Conservation Dist.

FROM PAGE A4

donation of one ton of fresh fruit and vegetables already. If you have excess produce, contact Russ Bailey, our NH Gleans Coordinator at 387-5690 or belknapgleans11@gmail.com.

All of these BCCD efforts rely heavily on volunteers and cooperation with local communities, landowners, Belknap County and partnering with other organizations. So whether you helped pack shrubs for the plant sale, helped on a Wetlands Walk work day, participated in a meeting or workshop, planted seeds for Pumpkin Fest, donated produce from your garden or contributed funds to our Annual Campaign, we just want to express our thanks

ing BCCD at 527-5880 or lisa.morin@nh.nacdnet.net or for Carroll County, joan.richardson@nh.nacdnet.net or call 447-2771 Checks need to reach BCCD at 64 Court St., Laconia, NH 03246 by noon Oct. 14.

We invite anyone who is interested in natural resource conservation to participate in our programs and to learn more about what we do. Our Web site is at www.belknapccd.org/.

Belknap County Conservation District Board of Supervisors
 Donna Hepp, Chair – Belmont
 Dean Anson – Laconia
 Ken Kettering – New Hampton
 Earl Chase – Barnstead
 Aaron Litchfield – Alton – Associate Supervisor
 John Hodsdon – Meredith

Carty

FROM PAGE A10

on accordion and vocals, and Donal Lunny on bouzouki and guitar. In 2013 they launched the album, Leitrim Equation 3, which includes many Leitrim guests they met during the residency.

More recently, Carty has performed in two feature films Jimmy's Hall and Brooklyn, for which he also arranged all the traditional music pieces. In addition John is a tutor on the BA course at the Irish World Academy of Music and Dance in Limerick and with such experience is a highly sought tutor for workshops and summer schools.

He will shortly release "Settle Out of Court," a duet album with his daughter, Maggie.

Chorus

FROM PAGE A10

tow Distinguished Professor and director of choral music at Plymouth State University.

The New Hampshire Music Festival and The Publow Fund for Music are co-sponsor's of the Children's Chorus Festival. Just Ry's Bakery in North Woodstock will donate baked goods for snacking.

At the end of the day-
 SEE CHORUS, PAGE A16

Sanborn

FROM PAGE A4

interfere with the rights of nature, communities and ecosystems. Sustainable energy development can be achieved only when the people affected by energy governing decisions are the ones who make them.

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Michelle Sanborn
 CELDF NH Community Organizer
 NHCRN Coordinator
 Alexandria

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Think Pink

Join these local businesses in supporting breast cancer awareness this October!

State-of-the-Art 3D Screening Mammography is now at Speare

Thanks to generous donors, Speare was able to raise enough money to purchase Genius™ 3D Mammography™, a breakthrough in the early detection of breast cancer.

"It was stunning to see how swiftly the community rallied around Speare to raise the needed funds," says Dr. Rebecca Zuurbier, MD, Director of Breast Imaging at Speare and Dartmouth-Hitchcock Medical Center. "The strong community support was impressive. They got the technology up and running with great speed."

Early breast cancer detection saves lives for women screened annually, beginning at age 40.

"Advanced 3-D tomosynthesis mammography, like that now available at Speare, is a significant technological leap forward in the screening process because important breast cancers can be found even earlier. This saves lives while helping women avoid disfiguring surgeries and debilitating chemotherapy treatments."

Compared to traditional 2D mammography, the Genius™ 3D

Mammography™ detects 41% more invasive breast cancers. It also results in fewer callbacks for additional views, as Meredith had to go through, in an attempt to see through dense and fatty layers of tissue.

The results are remarkable. Speare already has a 45% reduction in callbacks.

"It is such an advantage not to worry women needlessly," says Linda Nestor, Director of Radiology at Speare.

In conventional 2D mammography, the overlapping tissue is a leading reason why small breast cancers may be missed, and normal tissue may

appear abnormal, leading to unnecessary callbacks. A Genius™ exam at Speare includes a three-dimensional method of imaging that can significantly reduce the tissue overlap effect.

Speare's mammograms now include both 2D images and 3D tomosynthesis scans. During the tomosynthesis dimensional portion of the exam, an X-ray arm sweeps in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing Dr. Zuurbier to review the breast tissue one layer at a time. The exam requires no



Even women who are a picture of health can develop breast cancer, highlighting the importance women must place on recognizing and detecting the symptoms of this often curable disease.

additional compression and takes just a few seconds longer than a conventional 2D breast cancer screening exam.

"Women have been pleased that there is less pressure with this new technology, making the exam more comfortable," says Lynda Stearns, mammography tech at Speare.

Speare Memorial Hospital has a dedicated and experienced team of mammography staff. Appointments can be made from 8 am to 4 pm Monday through Friday. Late afternoon appointments are also available.

October is Breast Cancer Awareness Month!

Mid-State Health Center, Bristol & Plymouth, NH

October is Breast Cancer Awareness Month and reminds us that we should be thinking of breast health all year long! Sometimes breast cells become abnormal and grow faster than normal cells. These extra cells form a mass called a tumor. Some tumors are "benign," or not cancerous. Other tumors are "malignant," meaning they are cancerous and have the ability to spread to other parts of the breast

and body and disrupt normal functions in those areas.

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. All women need to be informed by their health care provider about the best screening options for them. When you are told about the benefits and risks and decide with your health care provider what screening test, if any, is right for you, this is called informed and shared

decision-making.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

A mammogram is an X-ray of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Early detection can lower the risk of dying from breast cancer.

The United States Preventive Services Task Force recommends that average-risk women who are 50 to 74 years old should have a screening mammogram every two years. Average-risk women who are 40 to 49 years old should talk to their doctor about when to start and how often to get a screening mammogram.

It is very important to have regular breast cancer screenings. When breast cancer starts out, it is too small to feel and does not cause signs and

symptoms. As the tumor grows, however, breast cancer can cause changes in how the breast looks or feels. Different people have different warning signs for breast cancer. Some people do not have any signs or symptoms at all. A person may find out they have breast cancer after a routine mammogram. Some warning signs of breast cancer might include: a new lump in the breast or underarm (armpit); thickening or swelling of part of the breast; irritation or dimpling of breast skin; redness or flaky skin in the nipple area or the breast; pulling in of the nipple or pain in the nipple area; nipple discharge other than breast milk, including blood; any change in the size or the shape of the breast; or pain in any area of the breast. Keep in mind that some of these warning signs can happen with other conditions that are not cancer. If you have any of these symptoms, talk to a health care professional. They may be caused by something other than cancer, but the only way to know is to see a health care professional.

Mammograms are covered by most health insurance programs. You can get a screening mammogram without any out-of-pocket costs. If you are worried about the cost or don't have health insurance, CDC offers free or low-cost mammograms and education about breast cancer.

Where can I find

a free or low-cost mammogram? If you are a woman age 18-64, have a low income, do not have insurance or have insurance that does not pay for screening tests, you may be eligible to receive a free cancer screening through the "Let No Woman Be Overlooked Breast and Cervical Cancer Program" in New Hampshire; to learn more and determine your eligibility call 1-800-852-3345 Ext. 4931 today. For information about National programs call 1-800-CDC-INFO or visit www.cdc.gov/cancer/nbccedp.

For more information about breast cancer you can contact the Centers for Disease Control and Prevention: 1-800-CDC-INFO or visit www.cdc.gov; the National Cancer Institute: 1-800-4-CANCER or visit www.cancer.gov; or the American Cancer Society: 1-800-ACS-2345 or www.cancer.org. This article was adapted from the Centers for Disease Control and Prevention: Breast Cancer page. It can be found in its entirety by visiting: <http://www.cdc.gov/cancer/breast/index.htm>

The information in this article is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition.





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Speare’s 3D mammography is a breakthrough in the early detection of breast cancer.

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Speare Memorial Hospital has a dedicated and experienced team of mammography staff. Appointments can be made from 8am to 4pm Monday through Friday. Late afternoon appointments are also available.

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Make A Wish

FROM PAGE A1

sports and school activities as well, and that meant that either mom Wendy or dad Michael would have to be home with the younger children while the other saw Padraic through his medical appointments and treatments.

"When Make A Wish contacted us and asked what my wish would be, I told them I just wanted to be with my family again. I wanted something that brought us back to feeling that love we all used to share together," said Padraic.

That wish was granted when the foundation shipped Padraic, Kaleb, Brayden, Emma and their parents off to Disney World, Universal Studios and Sea World for the vacation of a lifetime.

"That trip was amazing," Padraic recalled. "We stayed in a special village there with other kids who were facing serious illnesses, too, so I didn't feel different for once."

More than just that though, it was a place where he felt the love and togetherness his family had enjoyed before he became ill.

"You should see the pictures. We're all just smiling. The whole trip was incredible and it brought us all so much closer together," he said.

Best of all, that fami-



DONNA RHODES

Recording artists Batson Haines performed for a Make-A-Wish Foundation fundraiser at the Inn on Newfound Lake last weekend where they also debuted their latest tribute song titled simply "Make A Wish."

ly togetherness is something that continues on in his life.

"I feel like I'm so lucky because with everything we get to do together now, my wish just keeps coming true," Padraic said to thunderous applause.

Gilford resident Julie Baron is the president and CEO of New Hampshire Make-A-Wish and was pleased to see so much support at the latest fundraiser.

In the past year, she said they have been able to grant 87 of the 112 wishes they have received. Almost a quarter of those children, she added, come from Central New Hampshire.

"We've come so far over the years, granting more and more wishes, but we're not there until

we can grant every single one of them," Baron said. "This is all much more than doing something nice for a sick child. It's doing something that gives them strength, hope for the future and so much joy. That's what we want people to know about Make-A-Wish."

Tilton Police Chief Robert Cormier is one of the volunteers for the state's Make-A-Wish Foundation. Through the New Hampshire Chiefs of Police Association he coordinates police escorts for children heading out on vacations, among other added extras for each wish.

For last weekend's fundraiser, he also made arrangements for the use of the Inn on Newfound Lake through its owner Larry Delangis and

his support to the day. After leading the crowd in a final sing-a-long of "You Are My Sunshine," he closed by encouraging everyone to remember Padraic's words and support other children who deserve a wish.

Rounding out the night were Nashville Country artists Jeff Batson and Eric Haines, who perform under the group name Batson Haines. The two released a tribute song for the victims of the Boston Marathon bombing and on Sunday they debuted a new tribute to the Make-A-Wish Foundation, titled simply, "Make A Wish."

The duo also had their latest CD and hats on sale during the performance and 50-percent of the proceeds from items purchased that night were donated to the orga-

nization.

Enjoying the food and entertainment were many local businesses who filled the large event room in support of the foundation. Among them were employees, representatives, friends and families from Inn on Newfound Lake, Highland Lake Inn, Tilton AutoServ, Plymouth General Dentistry, Bank of New Hampshire, Franklin Savings Bank and Camaro Heaven.

Also in attendance was State Sen. Jeanie Forrester and representatives of Kelly Ayotte's office, who expressed her support to both the foundation and the children it serves.

For more information on New Hampshire Make-A-Wish, visit their Web site, www.nh.wish.org.

Chorus

FROM PAGE A13

long workshop, the Children's Festival Chorus will perform with the New Hampshire Master Chorale and hear selections performed by the Plymouth High School Chamber Choir, which includes alumni of prior years' Children's Chorus Festivals. The performance by these 3 organizations will take place at Plymouth Regional High School at 5:00pm and admittance to the concert is by donation as able.

"It's the whole choral continuum, fostering the idea of lifelong musicianship," says AJ Coppola, a Campton music teacher and Master Chorale member who helped found the Children's Chorus Festival. "The kids are hyper-focusing

on choral music the entire day and they get the added experience of singing with the Master Chorale. And when they hear the high school students sing, they can see their future selves." Coppola points out that much of the time the only group activities schoolchildren do is competitive sports. "Which is fine," he says, "but music involves a different kind of teamwork. The larger goal of the Children's Chorus Festival is to create a community through music."

Several hundred youngsters have participated in the Children's Chorus Festival since its founding in 2011.

Cooper says the Festival is an antidote to the fragile place of music in school curricula.

"There are individu-

al music programs that are thriving, but it feels like everybody's fighting to make sure this is an important part of the curriculum that's seen as essential," she says. "If we continue to cut the arts, our culture will be pop music and not much else." Cooper says making music is a way of connecting the dots across all aspects of schooling.

"One of my favorite things about being a music teacher," she says, "is that I get to teach every subject - math through rhythm, literature and history through poetry that's set to music, how to read into words and understand meanings. Even biology and physical education, by teaching healthy singing and understanding what your body's really doing."

helped bring in some special entertainment.

Bucky Lewis of Lacoconia was the first to perform, bringing not only his Yankee humor but



DONNA RHODES

Volunteers filled the lower level of Tapply-Thompson Community Center last Friday, peeling and preparing apples for the 33rd annual Apple Festival and Craft Fair.



DONNA RHODES

Samantha Dolloff manned one of the many craft tables at the 2016 Apple Festival and Craft Fair in Bristol last weekend, showcasing some of her fiance's Ben Lamos's artistic horseshoe creations from his farrer business, BDL Horseshoeing in Alexandria.

Apple Fest

FROM PAGE A1

were also available for this year's Apple Festival, courtesy of the TTCC Teen Council Bake Sale. Local teens that take part in activities at the community center made their own treats for the event, many of which were popular with young visitors who stopped by.

Cupcakes, marshmallow pops, brownies, Monster Cookie kits and Halloween goody bags flew off the table, helping the group raise money for several purposes.

"All the money we make will go toward purchasing new equip-

ment for teen dances we hold every month and to help with other things, like sponsoring athletic teams for kids," said group leader Gina Richford. "It's just one of many fundraisers we do all year that even helped us sponsor one of the soccer teams this fall."

Surrounding all the apple goods were local crafters, offering fall home decorations, handmade scarves, kitchen towels, jewelry, up-cycled and other handmade clothing items for women and children, and even some treats for the family dog.

A number of raffles were also available.

Among the many items up for bid were a beautiful doll quilt, tickets to Whale's Tale Waterpark for the 2017 season, holiday décor items and a New England Patriots football, autographed by wide receiver Danny Amendola.

Besides food and craft items to take home, many took time out to relax at the center and enjoy a hot dog, apple cider and slices of hot apple pie with ice cream for lunch, too.

"This was a really big success once again with a great crowd coming out in support of TTCC," said one of the board members after the event.

Sokeo Ros

FROM PAGE A11

possible addressing contemporary issues and engaging students with art forms and cultures they might otherwise not be exposed to," said Executive Director Frumie Selchen. "In this residency, we are able to reach many of these goals with a single artist: As a dancer, Sokeo offers the arts discipline most underrepresented in our schools. He excels at an urban art form that rural students generally encounter only through digital media. And his personal and artistic story is that of



COURTESY PHOTO

a refugee whose family fled genocide in Cambodia, survived in a refugee camp and made their way to America to start a new life."

The residency is supported in part by the New England States Touring Program of the New En-

gland Foundation for the Arts, made possible with funding from the National Endowment for the Arts Regional Touring Program and the six New England state arts agencies, including the New Hampshire State Council on the Arts.

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What's On Tap

The field hockey regular season comes to an end in the coming week with play-offs following.

The Division III field hockey tournament begins on Wednesday, Oct. 19, at the home of the higher seed at 3 p.m. and the Division II field hockey tournament begins on Thursday, Oct. 20, at 3 p.m. at the home of the higher seed.

The Newfound field hockey team wraps up its regular season on Friday, Oct. 14, at White Mountains Regional at 3:30 p.m.

The Newfound soccer boys will be at Somersworth on Friday, Oct. 14, at 3:30 p.m. and will be at Laconia on Tuesday, Oct. 18, at 3:30 p.m.

The Newfound cross country team will run at Plymouth on Friday, Oct. 14, at 4 p.m. and at Merrimack Valley on Thursday, Oct. 20, at 4 p.m.

The Bear football team will be in action on Saturday, Oct. 15, hosting Fall Mountain at 2 p.m.

The Newfound unified soccer team will be hosting Laconia on Wednesday, Oct. 19, at 3:30 p.m.

The volleyball Bears will be hosting Moultonborough on Monday, Oct. 17, and Mascoma on Wednesday, Oct. 19, both at 6:15 p.m.

The Plymouth field hockey team will be at Kingswood for the regular season finale tonight, Oct. 13, at 5:30 p.m.

The Bobcat soccer girls will be hosting Trinity at 4 p.m. today, Oct. 13, then hosts Windham on Monday, Oct. 17, at 4 p.m. and Hanover at 3:30 p.m. on Wednesday, Oct. 19.

The Plymouth boys' soccer team will be hosting Trinity at 4 p.m. on Friday, Oct. 14, and will visit Merrimack Valley on Monday, Oct. 17, for a 5:30 p.m. game.

The cross country Bobcats will be hosting their home meet on Friday, Oct. 14, at 4 p.m. and then travels to Kingswood on Thursday, Oct. 20, for a 4 p.m. meet.

The Bobcat volleyball girls will be at Fall Mountain on Friday, Oct. 14, at 6:30 p.m. and at Laconia at 5:30 p.m. on Monday, Oct. 17, before returning home to host Hanover at 6 p.m. on Wednesday, Oct. 19.

The Plymouth football team will be at John Stark at 1:30 p.m. on Saturday, Oct. 15.

Bears shake Mountaineer monkey away Gilford hands Newfound field hockey first loss

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Back in 2012, the Newfound field hockey team ended the regular season with a huge 3-2 overtime win against Berlin, a win that sent them into the playoffs on a high and the Bears advanced to the semifinals.

Since then, the Mountaineers have been a thorn in the side of Karri Peterson's squad, defeating them in every meeting in 2013, 2014 and 2015. Entering the game on Wednesday, Oct. 5, the Mountaineers had provided the only blemish on Newfound's record, a 1-1 tie on Sept. 14.

Thanks to another overtime thriller, the Bears got the Mountaineer monkey off their back, as Kylee MacDonald scored in overtime to lift the Bears past the Mountaineers by a 2-1 score.

Out of the gate, the Mountaineers got in the zone quickly but Savanna Bony turned things around the other way, sending Caroline Marchand in on net but the connection just missed. Bony sent another shot wide but Berlin came back with a chance. MacDonald and Marchand helped clear the ball from the zone but Montana Bassett was able to turn away a couple of Berlin chances. MacDonald answered for the Bears, sending one shot wide and having another shot stopped by the Berlin keeper.

The Mountaineers came through with another chance through the crease and then Bassett turned another shot away. Berlin got the game's first corner but Newfound's defense was solid in front of Bassett, with Mackenzie Ryan leading the way. MacDonald helped to clear away another Berlin corner.

The Bears earned their first corner and capitalized, as Hayleigh



Caroline Marchand (left) and Kylee MacDonald pressure the Berlin goal in action on Oct. 5.

JOSHUA SPAULDING



Amanda Johnston controls the ball in the corner against Berlin on Oct. 5.

JOSHUA SPAULDING

LeTourneau sent the ball in from outside the circle, where Julianne Marchand got a stick on it and Amanda Johnston was able to redirect the ball past the Berlin keeper and in the net for a 1-0 lead with 17:23 to go in the first half.

The two teams continued to pressure at both ends, with Hannah Eastman providing good defense and Julianne

Marchand sending in MacDonald for a good look in the offensive zone. Bassett came back with a save and Berlin got another corner but could not get a shot on net thanks to Newfound's smothering defense.

Julianne Marchand had another chance in the offensive zone but was denied by Berlin's defense and Newfound had another corner chance but the Mountaineers cleared the ball away and the game went to the half with the Bears up by a 1-0 score.

Berlin came charging back in the second half and picked up the tying goal with just 4:55 left in the game and the teams eventually went to overtime, where MacDonald's tally shook the Mountaineer mon-

key away. MacDonald scored on a corner, putting home a shot by LeTourneau just 1:30 into the seven-on-seven extra session.

"The defense held strong most of the game and Savanna Bony played well in the midfield," said Peterson. "Julianne Marchands played strong and brought the ball up the field, giving (us) opportunities to score."

Bassett had 10 saves in goal on the day.

The Bears were held scoreless for the first time all season on Friday, Oct. 7, and Gilford got a little revenge in overtime, capitalizing on a defensive miscue and took the 1-0 win.

"We just didn't capitalize on the crosses and didn't get any shots to cage on the 12 offensive

corners we were able to create," Peterson said. "We had the ball in their circle a lot and received the calls to create the corners."

"We just couldn't execute cleanly on our corners, which kept us from being able to scramble in front of the cage," the veteran coach added.

Gilford controlled the tempo for most of the first half and Newfound's defense held tough, allowing the Bears to keep the Golden Eagles off the board.

"We definitely got outplayed in the first 15-20 minutes," Peterson said. "We were slow to move to balls. We were holding back and not winning the 50-50 balls. Our intensity level was low and Gilford took advantage."

SEE BEARS PAGE B2

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Bears play to tie with Spartans

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound soccer boys traveled north to Whitefield on Monday, Oct. 3, and came away with a hard-fought tie against the Spartans of White Mountains Regional.

The two teams were scoreless for just about 60 minutes of the game, but it was Newfound who got on the board first, as Justin Shokal scored from the side of the field midway through the second half to get the Bears a 1-0 lead.

That lead held until the final minutes of the game when the Spartans were able to tie the game and force two 10-minute overtime periods. Neither team was able to score in the extra session and the two squads settled for the 1-1 tie.

“Playing away in White Mountains is always a rough game to play,” coach Jesse Mitchell said. “The long drive is always hard for the team.”

He noted that the drive probably had an impact on the way the game started for the Bears.

“We had a tough time in the beginning of the game connecting on our passes,” the first-year head coach continued. “It seemed to me that we were a step slow to start.”

However, Mitchell was happy that the team began to round into shape as the game went on and started playing



Cian Connor keeps his eye on the ball during his team's game at White Mountains on Oct. 3.

TARA GILES – COOSE COUNTY DEMOCRAT

their own game.

“It was a very good game from both teams,” Mitchell said. “I’m excited to play them again at home.”

Newfound closed the week with a tough 4-1 loss to Bishop Brady at home on Friday, Oct. 7.

The Bears will be in action on Friday, Oct. 14, at Somersworth at 3:30 p.m. and will be at Laco- nia for a 3:30 p.m. game on Tuesday, Oct. 18.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Meier's hat trick lifts Bobcats to win

BY JOSHUA SPAULDING

Sports Editor

NORTH CONWAY — The Plymouth soccer girls were aware that the Kennett girls were coming off an eight-goal explosion just a few days earlier.

But that didn't seem to bother Jordan Meier and the Bobcats, as Meier's three goals were more than enough to lift Plymouth to a 3-1 win on Friday, Oct. 7, spoiling Kennett's Homecoming.

“How we came out was not how we wanted to play,” said coach Chris Inman. “The goals saved us, honestly.”

“I'll always take it, but it's about how much better we'll be for next time,” the Bobcat coach continued. “Certain things progressed, but as a whole, I don't know.”

Both teams had chances early on, as the Bobcats got in the zone and Carly Merluzzi was able to turn away a Kennett run into the zone.

Margaret Gocha had a shot cleared by the Kennett defense and Meier had a shot go wide of the net. Meier had another bid in the zone and the Kennett defense cleared the way, while Lily Derosier was able to turn away a Kennett run into the zone. Meier then had a shot go wide of the net as she got in alone.

Meier was able to get the Bobcats on the board just about 17 minutes into the game, as she fired a shot past the Eagle keeper for the 1-0 lead.

Kennett came back with a corner and Merluzzi was able to help clear the ball and keeper Jenna Flaherty, in her first varsity start, turned away the rebound. Kennett had another corner kick cleared by the Bobcats as well, as Derosier turned the ball the other way.

The Bobcats upped the lead to 2-0 when Meier again got in and fired a shot to the far post

for her second goal of the game with about 15 minutes to go in the first half.

Kennett came back with a corner kick but could not convert and then had a couple of chances that Flaherty was able to hang on to for saves. Meier had another shot go wide of the net and Appalachia Kunz had a bid go wide on a Plymouth corner in the final few minutes of the first half.

The Bobcats were able to get a little insurance in the final minute of the first half, as Meier was able to send the ball over the Kennett keeper's head for a 3-0 lead heading to the break.

Kennett had a bid on a direct kick early but Flaherty made the save while at the other end, Plymouth had one shot go wide while Lilly Friedman's bid was held on to by the Kennett keeper. Flaherty had another save in the Plymouth net and Meier had one scoring bid go wide of the net and another stopped by the Eagle goalie.

Midway through the half, Kennett was able to get on the board on a long shot that found the twine to cut the lead to 3-1.

Flaherty came out to make a nice grab on a Kennett bid and Emily Body had a shot on net for the Bobcats that was stopped by the Eagles. Gocha also had a run into the zone that came up empty. Maisy Mure and Savannah Thompson had bids for the Bobcats that the defenders were able to turn away while Gocha had a shot go wide of the net. Meier also had a shot go wide and Gocha had a

bid stopped by the Eagle goaltender.

Plymouth had a pair of corners but could not get the ball in the net and Kennett had a couple of late chances that Flaherty stopped to finish up the 3-1 win.

Inman noted that the goaltender job was up in the air even heading into the start of the game, when he made a call to his team's new goalie coach and asked for a recommendation on which of the three kids to give the start to. Flaherty was the choice.

“She did a nice job,” Inman said. “She did a good job positioning, came out to balls she should have.”

The veteran coach also expressed how important that third goal was heading to halftime.

“A two-goal lead is never comfortable,” Inman said. So that third goal was kind of important going to the second half.”

Inman also noted that the type of game Kennett played was familiar to him in numerous ways.

“A lot of what Kennett is trying to do is what I tried to do my first year,” Inman said. “They're playing a possessive style, but sometimes you're going to take your hits.”

The Bobcats will finish off the regular season with three home games. Today, Oct. 13, the Bobcats host Trinity at 4 p.m., on Monday, Oct. 17, they host Windham at 4 p.m. and on Wednesday, Oct. 19, they host Hanover at 3:30 p.m.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

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BEARS FROM PAGE B1

After a good drive into the offensive zone, the Bears came up empty and Gilford came back with a drive. The ball went toward the circle and a collision in the defensive zone allowed Gilford to pick up the ball and put it into the net 2:30 into the extra frame.

The Bears will be wrapping up the regular season at White Mountains Regional on Friday, Oct. 14, at 3:30 p.m. The Division III tournament begins on Oct. 19, at 3 p.m. at the home of *the higher seed*.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.



Amy Combs led the way for the Newfound girls on Friday in Belmont. JEFF LAJOIE - WINNISQUAM ECHO



Pat O'Neill runs during the Jeri Blair Invitational in Belmont on Friday. JEFF LAJOIE - WINNISQUAM ECHO

Bears run in Belmont

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Newfound cross country team hit the road to Belmont on Friday, Oct. 7,

for the annual Jeri Blair Invitational.

The Newfound boys finished in 21st place overall while the Bears only had two girls racing

and couldn't score as a team.

Kyle Rosendahl led the way for the Newfound boys in Belmont, as he finished in 137th

place overall in a time of 22:48.

Tyler Austin was next for Newfound, finishing in a time of 24:11 for 168th place and Pat O'Neill fin-

ished as the third scorer for the Bears with a time of 24:28 for 172nd place overall.

Ashler Dotson finished in 186th place as the fourth Newfound scorer in a time of 27:00 and Nick Green rounded out the scoring for Newfound with a time of 33:54 for 207th place overall.

For the girls, Amy Combs led the way for Newfound with a time of 25:40 for 57th place over-

all and Evelyn Cutting finished in a time of 27:26 for 87th place.

Newfound will be back in action on Friday, Oct. 14, at the John Sanborn Invitational in Plymouth for a 4 p.m. start and will be at Merimack Valley at 4 p.m. on Thursday, Oct. 20.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

PSU graduate student to address Trout Unlimited meeting

PLYMOUTH — Tyson Morrill, a graduate student at Plymouth State University, will talk about Eastern Brook Trout in the Beebe River watershed at the Pemigewasset Chapter of Trout Unlimited Oct. 18, meeting at 7 p.m. at the Common Man Inn, Plymouth.

The Beebe River watershed (Campton and Sandwich) is home to

a robust population of wild Eastern Brook trout. Morrill has begun a long-term study of trout in the river and selected tributaries. He is studying the population impacts that may have resulted from impediments to migration (culverts) and will be studying population changes following planned removal of the impediments.

Plymouth State University became involved in this project in 2016 to track changes in brook trout abundance, genetics and movement across the Beebe River watershed. Five road crossings over headwater tributaries are slated for replacement in 2017. These tributaries drain into the main stem, and culverts at

each will be replaced with bridges.

The October meeting is also the chapters annual business meeting when future plans will be discussed along with election of officers.

All are welcome. Visit www.pemigewasset.tu.org and like the group on Facebook.

Newfound searching for alpine coach

BRISTOL — Newfound Regional High School has an opening for a varsity boys' alpine skiing coach. Please send letter of intent, resume and names and phone numbers of three references to Superintendent

Stacy Buckley, SAU4, 20 North Main St., Bristol, NH. 03222. Questions should be directed to Peter Cofran, Athletic Director at pcofran@sau4.org or 744-6006, x1507.

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Resumes accepted no later than 4:00 pm, October 14, 2016. Please direct a cover letter, resume, salary history and requirements and at least five references to: Julie Atwell, Town Administrator, Town of Jackson, P.O. Box 268, Jackson, NH 03846 or Email: townadmin@jackson-nh.org

LITTLETON REGIONAL HEALTHCARE

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Littleton Regional Healthcare is seeking a full time Assistant Nurse Manager to join our team.

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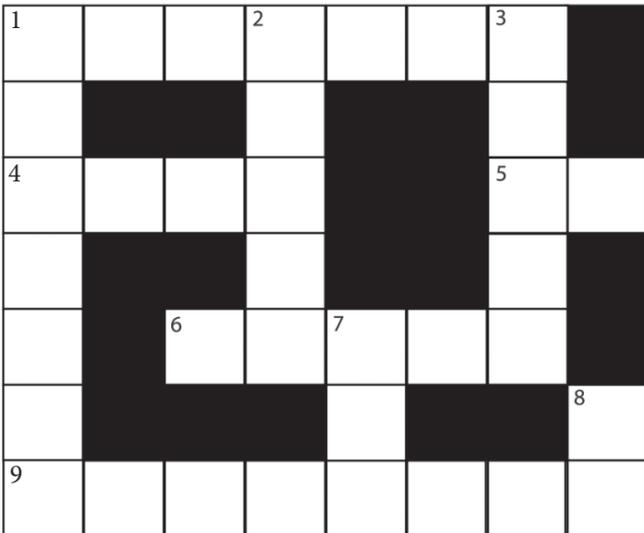
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KIDS' CORNER

Crossword Puzzle



ACROSS

- 1. "All ___ Eve"
- 4. Person who operates a thing
- 5. Artificial intelligence
- 6. Sweet treats
- 9. Mischevious

DOWN

- 1. Frequented by ghosts
- 2. Worm-like insect stage
- 3. Frightening
- 7. Zero
- 8. Exclamation

Answers:
 Across
 1. Hallow's 4. User 5. AI 6. Candy 9. Devilish
 10. Vision
 Down
 1. Haunted 2. Larva 3. Scary 7. Nil 8. Oh

THIS DAY IN...



HISTORY

- **1792:** THE CORNERSTONE OF THE WHITE HOUSE IS LAID
- **1943:** ITALY DECLARES WAS ON GERMANY DURING WORLD WAR II
- **1958:** PADDINGTON BEAR MAKES HIS DEBUT

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word

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How they SAY that in...

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- SPANISH:** Anaranjado
- ITALIAN:** Arancione
- FRENCH:** Orange
- GERMAN:** Orange

From bad to good, the weekend of improvement

Thursday was a long day in many regards, as I spent the day at the Division II golf State Meet at Beaver Meadow in Concord. It was fun to watch Kingswood's Sam Barton capture a portion of the lead with an impressive 73.

From there, I hit the road north to Conway, where the Kennett Invitational was taking place at Kennett Middle School. The Columbus Day weekend traffic made for a bit of a tough final stretch, but I was able to make it before the girls' race started, just as the boys were finishing up.

But if that wasn't enough, Thursday night also brought the start of the Major League Baseball playoffs for the Red Sox and the 8 p.m. start time found me in the office, finishing up sorting pictures from the all-day excursion at the golf course and the cross country meet.

And as mentioned in the past, my DVR was busy recording numerous Thursday night shows so I kept the game on the radio on my iPad in the office and got a bunch of work done as I

SPORTING CHANCE

By JOSHUA SPAULDING

listened. However, that was a complete and total disappointment, as Rick Porcello gave up three homers in an inning and the Sox couldn't recover. Needless to say, I went home a bit disappointed on Thursday night.

Friday was Homecoming at Kennett and as I drove north from Ossipee, I tuned in to the pregame show for game two in Cleveland (I love Mike Mutnansky as the pregame host, he's fantastic). I had to cover the Kingswood-Kennett field hockey game and the Kennett-Plymouth girls' soccer game, both at 4 p.m. so I was busy covering the games and didn't get to listen when the multi-million dollar "ace" of the pitching staff gave up a three-run homer. By the time I got to my car after the game, it was 4-0 in favor of Cleveland and by the time I got out of my car for the football game it was 5-0 and the Indians were well on the way to



KURT CONNER - COURTESY PHOTO

I GOT A CHANCE to meet Survivor winner Bob Crowley on Saturday afternoon.

the 6-0 win.

So really, not a great start to the weekend, at least in terms of the local professional sports teams.

Saturday, I headed south to take part in the second annual Rodney Bowl, hosted by Survivor contestant Rodney Lavoie in Malden, Mass. This was the second year

that I joined a group of fans in purchasing a VIP package for the event. Last year we bowled with Tina Wesson, this year we bowled with Survivors LJ McCanas and Trish Hegarty, both Boston-area residents. We also got Big Brother contestant Victor from the most recent season (I don't watch Big Broth-



JOSHUA SPAULDING

THE MOST RECENT Survivor winner Michele Fitzgerald took a moment for a photo on Saturday night.

er, but he seemed like a great guy) in our lane.

It was a great time again and I got to meet a few new Survivor contestants, including winners Bob Crowley and Michele Fitzgerald, plus Val Collins, Julia Sokolowski, Denise Martin and Russell Swan. I also spent more time with some contestants I'd met previously, including Jeremy Collins, Billy Garcia and Andrea Boehlke.

By the time Sunday afternoon rolled around, it was time for the return of Tom Brady, which helped to turn around the fortunes of the local pro sports franchises. And Mother Nature gave the Red Sox season a reprieve of a

day, thanks to the rain, moving the game to Monday, where the Sox were hoping to stave off elimination. While the answer is clear as this is being read, at the time it's written, there's no guarantees.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfboro Falls, NH 03896.

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