



Newfound Landing

Project Promise keeps the "Lights On" for after-school activities at Newfound

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — Project Promise of the Newfound Area School District hosted their annual "Lights On" event last Thursday, offering lots of fun activities, kid-favorite treats and a whole lot more. Inclement weather unfortunately changed the venue from Kelley Park to the middle school's gymnasium but that didn't dampen any of the fun.

Inside the gym, there was Bobbing for Doughnuts, a three-legged race course, a beanbag toss and other activities.

A Cake Walk to the music of DJ Walter Wright had everyone vying for their favorite desserts and craft tables like the Butterfly Garden and Apple Slice Smiles were busy destinations for all the boys and girls. Another popular stop was the Parachord Bracelet craft booth, overseen by members of the high school's Outing Club.

Making it all possible were not just Outing Club members but other students from Newfound Regional High School who are or have participated in Project Promise's after school programs.

Highlighting the fun was the pie-throwing booth where NRHS Assistant Principal Chris Ulrich and Special Education teacher Stephanie Burge "took one for the team" as children lined up to toss paper plates covered in whipped cream their way. The pair had originally signed up to sit in a dunk tank but when rain enveloped the region that day, the event accommodated the switch to indoor activities.

"The jury's still out on which I would have rather done," laughed Ulrich, his face and clothing covered in whipped cream.

Another bright spot was a visit from Bristol Police Officer Nick Kelly and his partner Arro, the town's newly sworn in K9 officer. Lt. Kris Bean said they had hoped Arro could demonstrate some



NRHS Assistant Principal Chris Ulrich and Special Education teacher Stephanie Burge volunteered to have children who attended the Project Promise "Lights On" event last week take their best shot at them in a pie throwing booth at the middle school.

of his amazing skills out in the park, but having a chance to just meet the boys and girls inside the

school was special, too. "We thought it would be good for both the dog and us to interact with

the kids. Our goal is to get him (Arro) out in the public as much as we can. We're strong be-

lievers that by getting to know the kids in the community, Arro and our officers can then

develop strong, positive relationships with them for the future," Bean said.

To boost those relationships, Bristol Police also donated two new bicycle helmets to go with the bikes that were raffled off by Project Promise.

In a quiet corner outside the gym there was a creepy Halloween-like stop for boys and girls where "Dr. Symonds Laboratory" gave everyone a chill with her touch boxes. Reaching inside to feel a "heart" or other supposed body parts, they soon learned there were simply typical foods inside each of the covered containers. The power of suggestion was what gave everyone a chillingly fun experience though.

There was also free
SEE LIGHTS ON, PAGE A14

Nature preschool benefits young minds

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — "When children are inside, objects become a tug-of-war; but, when they're outside, they make their own toys."

That is but one of the benefits Jenne Walker sees in Heart Centered Multi-Age's Nature Preschool that meets on Tuesdays and Thursdays at the Slim Baker Area for Outdoor Recreation.

The program, which got underway in September, introduces three-year-old children to the natural world,



Nature Preschool students and teachers take part in circle time at the Slim Baker Area for Outdoor Recreation on Oct. 25.

allowing them to explore and learn about the outdoors while also building physical and

social skills. Based on the Montessori method of child-centered SEE PRESCHOOL, PAGE A14

Uncle Steve Band takes the stage to benefit Voices Against Violence

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — October's Domestic Violence Awareness Month initiative ended on a really good note last Saturday evening when the ever-popular Uncle Steve Band performed at the Mill Fudge Factory in Bristol before a sold out crowd. All proceeds from the night were donated to Voices Against Violence, a Plymouth-based nonprofit organization that serves those in the Newfound and Pemi-Baker Regions who have experienced or are experiencing domestic or sexual violence.

Steve Furbish, founder and leader of the band, was pleased to see the Newfound community's



The Uncle Steve Band was prepped and ready to entertain a sell-out crowd at Mill Fudge Factory in Bristol last Saturday night, as the town got into both the spirit of Halloween and the spirit of charitable giving for Voices Against Violence.

response to the cause. "I hosted 'Open Mic' here last night," Furbish said last Saturday, "and people who didn't even have tickets for tonight's concert came up to me and handed me donations (for Voices Against Violence). It brought a tear to

my eye." The Uncle Steve Band has recently found factions of their busy concert tour getting in the way of their even busier lives, so last week's performance was a special night for their fans. The group said SEE VOICES BENEFIT, PAGE A15

Newfound district's maintenance plans conflict with tax cap

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The Newfound Area School District's hopes of implementing a facilities maintenance plan are colliding with the district's tax cap.

In making her preliminary budget presentation to the Newfound Area School Board, Superintendent Stacy Buckley outlined \$1,166,360 in major spending proposals, ranging from \$30,100 for roof repairs at New Hampton Community School to \$800,000 for a new roof at Newfound Regional High School. Overall, her proposed 2017-18 budget of \$22,752,770 is \$1,550,615 higher than the current-year budget.

Business Adminis-

trator Michael Limanni's tax cap calculation shows the district can legally propose a budget of \$21,275,910 next year, so the school board will have to reduce the superintendent's budget by \$1,476,860, erasing all of the money earmarked for facilities improvements, and a little more.

The cap limits the increase in the assessment to the towns of the district to two percent. Spending can increase more than two percent, but those additional costs have to be balanced by increases in revenues.

Next year's spending limit would have been higher if the school board had not

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24 pages in 2 sections
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Don't forget to vote!

Voters throughout the Newfound region will be able to cast their ballots in the Presidential and state general election Tuesday, Nov. 8 in the following locations.

Alexandria: Town Hall, 45 Washburn Rd., 8 a.m.-7 p.m.	Danbury: Town Hall, 23 High St., 8 a.m.-7 p.m.
Bridgewater: Town Hall, 11 a.m.-7 p.m.	Groton: Town House, 754 N. Groton Rd., 8 a.m.-7 p.m.
Bristol: Marian Center, 17 West Shore Rd., 8 a.m.-7 p.m.	Hebron: Community Hall (basement of Union Congregational Church), 16 Church Lane, 11 a.m.-7 p.m.
	Hill: Public Library, 30 Crescent St., 11 a.m.-7 p.m.
	New Hampton: Town House, 86 Town House Rd., 8 a.m.-7 p.m.

Town of Bristol celebrates Halloween



DONNA RHODES

This little "ghoul" was one of many wandering Central Square seeking out for treats on Halloween.



DONNA RHODES

When Spiderman wanted more treats in Bristol, he decided to head for higher places in Central Square where there wasn't as big of a crowd.



DONNA RHODES

This character was certainly bullish on Halloween in Bristol's Central Square Monday night.

It was a great time in Bristol Square on Halloween, beginning with an entry parade of costumed revelers and filled in with music, Zombie Hunts and Haunted Houses. At the end of the night, everyone went home with bags filled full of treats from local businesses, civic groups and residents and lots of smiles. Here's a peek at some of the fun that included not only the boys and girls but parents and business owners as well!



DONNA RHODES

Diane the Turtle of Twin Designs Gift Shop was joined by some of her pals to hand candy out to all the Trick or Treaters in Central Square on Monday.



DONNA RHODES

One of five Zombies was spotted in the crowd on Halloween, part of the Zombie Hunt that awarded cash prizes through a raffle for those who located them all.

National Alzheimer's Disease Month

Everyone forgets things from time to time. Periodically forgetting where you left your keys is likely not indicative of a bad memory. But some people find themselves forgetting things more frequently, a troubling development for those who can't explain their sudden loss of memory.

Memory loss is often considered to go hand-in-hand with aging. As a person ages, conventional wisdom suggests memory will begin to fade. But sometimes memory loss has nothing to do with aging, and a lot to do with a brain that isn't sharp because of an unhealthy lifestyle. The following are a few ways men and women can improve their memory.

* Get some sleep. Men and women who aren't getting enough sleep can almost certainly blame that lack of shut-eye for at least some of their memory loss. When you don't get enough sleep, your brain's ability to think critically, solve problems and even be creative is compromised considerably. In addition, research has shown that memory-enhancing activities occur during the deepest stages of sleep, further highlighting the importance of getting a full night of interrup-



tion-free rest.

* Hit the gym. Exercise is another activity that can improve memory. Daily physical exercise increases the amount of oxygen that gets to your brain while reducing the risk for certain disorders, including diabetes and cardiovascular disease, both of which can lead to memory loss.

* Manage stress effectively. Stress has a host of negative side effects, not the least of which is its impact on your memory. Chronic stress that goes untreated can destroy brain cells and damage the region of

the brain that deals with the formation of new memories as well as the retrieval of older memories. Numerous studies have shown that men and women cite their career as their primary source of stress. Since quitting your job is likely not an option, find ways to manage your stress more effectively. This may mean finding a way to make the most of your time, be it working more efficiently, emphasizing planning ahead or even vowing to stop procrastinating. Other ways to manage stress include making time to relax and rec-

ognizing that you have limits while seeking the help of others.

* Make some dietary changes. Diet can also have an impact on memory. What you eat is fuel for both your body and your brain, and a poor diet can have a negative impact on your memory. Be sure to include omega-3 fatty acids, sources of which include salmon, tuna and other cold water fatty fish, in your diet. Research has shown that omega-3 fatty acids, which can also be found in walnuts, can boost brain power and possibly reduce your risk for Alzheimer's dis-

ease. Foods with antioxidants, including fruits and vegetables, can also protect your brain cells from damage, which can have a positive impact on your memory. Leafy green vegetables like spinach, romaine lettuce and arugula as well as fruits like apricots, mangoes and cantaloupe are good sources of antioxidants.

A diet high in saturated fat, which is found in red meat, whole milk, butter

and cheese, has been found to have a negative impact on memory. Research has shown that such a diet increases a person's risk of developing dementia while impairing an individual's ability to concentrate and remember things.

Loss of memory is often a momentary lapse, but those who find themselves becoming more and more forgetful can take steps to improve their memory and their quality of life.

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First Trunk or Treat event at BES a 'spooktacular' success

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — Trunk or Treat was a big hit with boys and girls who got to take their Halloween costumes for a test drive in the Bristol Elementary School parking lot last Thursday evening. There they found the trunks on several vehicles all open and decked out for the holiday and each had treats in store for all their visitors.

BES Principal Dr. Sarah Rollins said Trunk or Treat was an annual activity when she lived in Arizona and she decided to introduce it to Bristol this year.

“Even though it was raining, it turned out well. It just provides a safe environment for trick or treating and everyone had a lot of fun dressing up. Even the adults,” Rollins said.

Each trunk had a different theme, from the spooky witch setting created by school nurse Lisa Hodsdon and her “good witch” daughter Clarissa Macdonald to the Littlefield family’s Pac Man trunk, a Batman trunk, vampires and more. Even the Bristol Police Department threw open the trunk of their cruiser for a few Halloween surprises and



The car of Bristol Elementary School Nurse Lisa Hodsdon and her “good witch,” daughter Clarissa Macdonald, were a “spooktacular” sight at the school’s first Trunk or Treat night last Thursday.

treats. family and friends and
“It’s been a great night to get out with just have a lot of fun,” said Rollins.

Bristol preps for Bicentennial in 2019

BRISTOL — Bristol has big plans to celebrate its Bicentennial in 2019. The Select Board has appointed a Bicentennial Committee and these volunteers have been busy with idea sharing, brainstorming and organizing four seasons of fun and events in 2019 to celebrate the Town’s 200th Birthday!

To this end the Bicentennial Committee is announcing its meetings will be held the fourth Tuesday of the month at 7 p.m. at the Town Office Meeting Room. All are welcome and encouraged to attend and participate.

Committee Chair Janet Cote states “It is important to start early on an event of this importance and with all the

great community groups and businesses in Bristol, 2019 could be a jammed packed year of events all centered around celebrating Bristol’s Bicentennial!”

In an effort to reach out, gather input and engage the community, committee members are planning a mailing to local businesses and community organizations. Other communications outlets will include the use of social media and development of a Bicentennial Facebook Page.

For more information about the Bicentennial Committee visit the Town of Bristol website at www.townofbristolnh.org or contact the Town Offices, 230 Lake St. in Bristol, at 744-3354.



DONNA RHODES

Two scarecrows on safari, submitted by the LaRoche family, won a prize for creativity in Bristol’s second annual Scarecrow contest.



DONNA RHODES

The “New Sheriff in Town,” created by Lynn Richford for this year’s Scarecrow Contest in Bristol, took home the prize for being the Most Realistic scarecrow in the competition.

Bristol Events Committee announces Scarecrow Contest winners

BY DONNA RHODES
drhodes@salmonpress.com

BRISTOL — The Bristol Events Committee was pleased earlier this week to announce the winners of their second annual Scarecrow Contest, which drew more than 37 official entries but found other scarecrows cropping up around town just for the fun of it all.

The Scariest Scarecrow was announced as that entered by Adelaide McGowan and Rebecca Frame, with the prize for Funniest going to Jeanne Duchesneau, Connie Currier, Lois Greenlaw, Sheila Munroe and Wendy Higgins.

Happiest Scarecrow this year was awarded

to Carolyn Sargent and Shirley Sanborn’s creation. Katie Roche of Dancing Feet Studio’s ballerina scarecrow took home the prize for Most Beautiful and Lynn Richford’s “New Sheriff in Town” scarecrow was judged to be the most realistic entry.

Finally, it was the LaRoche Family, comprised of Ben, Jamie, Hunter and Beck, who won in the Most Creative category with

their four-wheeling safari scarecrows.

The committee would like to thank all who participated in

this year’s fun that also drew many visitors to Central Square where many of the entries were on display.

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WHEN: Saturday, November 12, 2016
TIME: 8 a.m. to 1 p.m.
NEW LOCATION!
Peabody Lodge at Cannon Mtn.
Come sell or buy new and used equipment and clothing:
• Skis • Boots • Snowboards
• Good Condition Clothing
• Helmets • Skates
EQUIPMENT DROP OFF:
Friday, Nov. 11th, from 5 p.m. to 8 p.m.
at Peabody Lodge at Cannon Mtn.
30% of each sale will be donated to the Franconia Ski Club
Any questions call Maria Batten 617-212-6867.



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November is National Child Safety Month

BY DEB TOBINE
Contributor

Families continually strive to find the best ways to raise their children to live happy, healthy, and productive lives. Research has shown the important role parents play in preventing their children from starting to use drugs, especially in a culture of alcohol and drug use. Here are some tips for keeping your child safe.

Communication:

Good communication between parents and children is the foundation of strong family relationships. Developing good communication helps catch problems early, supports positive behavior, and helps keep you aware of what is happening in your child's life.

Encouragement:

Encouragement is key to building confidence and a strong sense of self and helps parents to promote cooperation and reduce conflict. Consistent encouragement helps youth feel good about themselves and gives them confidence to try new activities, tackle difficult tasks, develop new friendships, and explore their creativity.

Negotiation:

Negotiating solutions offers parents a way to work together to solve problems, make changes, promote and improve cooperation, and teaches children and youth how to focus on solutions rather than problems, think through possible outcomes of behavior, and develop good communication skills.

Setting Limits:

By setting limits, parents teach self-con-

trol and responsibility, show caring, and provide safe boundaries for children. It also provides guidelines and teaches kids the importance of following rules. Parents need to set clear, simple, specific rules, make sure their children understand them, have a list of consequences, and be ready to follow through.

Supervision:

Supervision is the centerpiece of effective parenting during childhood and the teen years. When youth begin to spend more and more time away from home, monitoring their behavior and whereabouts can be challenging. Supervision helps parents recognize developing problems, promote safety, and stay involved.

Know Your Children's Friends:

Youth tend to be uncertain about themselves and how they "fit in," and at times they can feel overwhelmed by a need to please and impress their friends. These feelings can leave them open to peer pressure, especially about drug and alcohol use. Knowing your child's friends and peers helps parents improve communication, reduce conflict, and teach responsibility.

As a parent, your attitudes and direction matter enormously. Reiterate that your job as a parent is to keep them safe and healthy, and to provide guidance that will help them get where they want to go in life. Your voice matters – perhaps more than you realize. For more information and conversation starters, visit our Web site at www.cadyinc.org.

PET of the Week Hank



It's a name that just makes you smile when you hear it and say it out loud. A fun name that immediately imbues you with the sense of strength and wellbeing.

Our dog Hank, a sturdy terrier mix, he's just hopping masculine good looks will carry him forward into a new fur-ever home. Hank's incredibly outgoing and energetic, truly folks, in a balanced, active family, we can't imagine why you'd be anything less than thrilled to call this handsome boy



part of your family. Hank is only 9 months old. A family with children who are in the

third grade or higher, will be delighted with this debonair dog. "He might chase cats for fun," says our doggie behaviorist, but he has the propensity to make many friends, both two and four legged alike. Come and see him at New Hampshire Humane Society.

Don't forget to support the Subaru Loves Pets charity campaign. Post an image on social media of your pet being adorable using #SNElovespets as the tag! It'll support New Hampshire Humane Society.

Letters to the Editor

Article on Fr. Michael Duffy contained a few errors

To the Editor:

I was pleased to see your article about Fr. Michael Duffy on the front page of the paper on Oct. 20. However, I must correct a statement made in the first paragraph.

While Food For All in Ashland was inspired by the work of Fr. Duffy in Kensington, the program was established in Ashland as a community meal with the motto "A friendly dinner gathering so that all will eat...And no one will eat alone..." To say that it is targeted at "locals who have fallen on hard times" is terribly misleading! Food For All provides an opportunity for folks from Ashland and neighboring communities to come together and enjoy a social meal. It is a sit-down, served meal that also provides an opportunity for young people to interact with the guests as they

serve.

While Food For All takes place in the Ashland Booster Club building at no cost to the program, it operates independently of the Parks and Recreation Department. It is facilitated by a group of dedicated volunteers from Ashland and surrounding communities and enjoys the support of Hannaford Super Market and Common Man Restaurant as well as a number of individual and other corporate benefactors.

Elena Worrall
New Hampton

Editor's note: It should be noted, for the sake of clarification, that the article Ms. Worrall refers to in her letter came to us as an outside submission, and was not written by our staff.

How bad can Washington get?

To the Editor:

When Bill Clinton was president, he allowed Hillary to assume authority over a health care reform. Even after threats and intimidation, she couldn't even get a vote in a democratic controlled congress. This fiasco cost the American taxpayers about \$13 million in costs for studies, promotion, and other efforts.

Then President Clinton gave Hillary authority over selecting a female attorney general. Her first two selections were Zoe Baird and Kimba Wood – both were forced to withdraw their names from consideration. Next, she chose Janet Reno – husband Bill described her selection as "my worst mistake." Some may not remember that Reno made the decision to gas David Koresh and the Branch Davidian religious sect in Waco, Texas, resulting in dozens of deaths of women and children.

Husband Bill allowed Hillary to make recommendations for the head of the Civil Rights Commission. Lani Guanier was her selection. When a little probing led to the discovery of Ms. Guanier's radical views, her name had to be withdrawn from consideration.

Apparently a slow learner, husband Bill allowed Hillary to make some more recommendations. She chose former law partners Web Hubbel for the Justice Department, Vince Foster for the White House staff, and William Kennedy for the Treasury Department. Her selections went well: Hubbel went to prison, Foster (presumably) committed suicide, and Kennedy was forced to resign.

Many younger votes will have no knowledge of "Travelgate." Hillary wanted to award unfettered travel contracts to Clinton friend Harry Thompson – and the White House Travel Office refused to comply. She managed to have them reported to the FBI and fired. This ruined their reputations, cost them their jobs, and caused a thirty-six month investigation. Only one employee, Billy Dale was charged with a crime, and that of the enormous crime of mixing personal and White House funds. A jury acquitted him of any crime in less than two hours.

Still not convinced of her ineptness, Hillary was allowed to recommend a close Clinton friend, Craig Livingstone, for the position of Director of White House security. When Livingstone was investigat-

ed for the improper access of about 900 FBI files of Clinton enemies (Filegate) and the widespread use of drugs by White House staff, suddenly Hillary and the president denied even knowing Livingstone, and of course, denied knowledge of drug use in the White House. Following this debacle, the FBI closed its White House Liaison Office after more than thirty years of service to seven presidents.

Next, when women started coming forward with allegations of sexual harassment and rape by Bill Clinton, Hillary was put in charge of the "bimbo eruption" and scandal defense. Some of her more notable decisions in the debacle were:

She urged her husband not to settle the Paula Jones lawsuit. After the Starr investigation they settled with Ms. Jones.

She refused to release the Whitewater documents, which led to the appointment of Ken Starr as Special Prosecutor. After \$80 million dollars of taxpayer money was spent, Starr's investigation led to Monica Lewinsky, which led to Bill lying about and later admitting his affairs.

Hillary's devious game plan resulted in Bill losing his license to practice law for lying under oath to a grand jury and then his subsequent impeachment by the House of Representatives.

Hillary avoided indictment for perjury and obstruction of justice during the Starr investigation by repeating, "I do not recall," "I have no recollection," and "I don't know" a total of 56 times while under oath.

After leaving the White House, Hillary was forced to return an estimated \$200,000 in White House furniture, china, and artwork that she had stolen.

What a swell party – ready for another four or eight years of corruption, lies and deception?

Now we are exposed to: the destruction of incriminating emails while Hillary was Secretary of State and the "pay to play" schemes of the Clinton Foundation backed by Mideastern money. Banghazi, open boarders, bad trade deals, Obama care expansion, we have no idea what shoe will fall next but what difference does it make when you've shoveled 40 years of two faced dirty political manipulation for personal gain. It's unfortunate that the media

SEE LETTER, PAGE A5

Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.

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North Country Notebook



By JOHN HARRIGAN
COLUMNIST

On Thursday morning, I got a call from my daughter Karen, who had apparently received a call from someone else, informing me that my horses were loose.

"I don't have any horses," I replied, almost gleefully, and she said "I guess that means it's someone else's problem," and I said (and here I admit the glee part), "Right."

I then quickly called the friends who pasture their horses and cows on my place, just to make sure they had not sneaked their horses back onto my pastures, which they use during the time of green grass,

Some horses were loose, all right, but this time they weren't mine

roughly late May to late October.

And it was late October, and there was still a smidgen of green grass that hadn't quite been chewed down, so I called Linda and Paul to make sure they hadn't slipped their horses back under cover of darkness or something--which they have been known to do--for one last nibble.

So I asked Linda if, by some chance, they had re-installed Stealth Horses on my property without my knowledge. "Nope, no Stealth Horses," she said quickly, meaning that their horses were not loose on South Hill, galloping up and down the road, but were over on West Road right where they belonged, chewing on round-bale hay.

Four of the more dreaded words for anyone dealing with live-

stock are "Your animals are loose," especially at this time of year. It also perhaps bears mentioning that I'm on crutches, which would make chasing livestock around a bit more difficult.

This little episode somehow reminded me of the place in the woods where Bob Vashaw and I sometimes put things that are just best left to rot, slowly, over a very long time. We call it the SEP Pile--Someone Else's Problem. Most of it will gradually melt into the soil, and the rest can just await the next scrap drive.

(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



JOHN HARRIGAN

There's not much green grass left in the pasture across the road, and what's there is capped by snow.

include the writer's town. Write to campguy-include the writer's telephone numbers and hooligan@gmail.com or Box 39, Colebrook, NH 03576.)

From the Capital Steps

Why isn't Social Security on the agenda?

BY SEN. JEANIE FORRESTER
District 2

Social Security is a major factor in New Hampshire's economy and the lives of one-in-five individuals. Almost

300,000 Granite Staters received \$4.5 billion in benefits in 2015, generating a total of \$7.7 billion in economic activity in New Hampshire. Why, then, has this vital program, which faces a looming shortfall that demands urgent action, received such little attention from the candidates seeking the Presidency of the United States?

The problem is well documented. Unless the next President takes a stand and initiates decisive action, the Social Security Trust Fund will be depleted by 2034. At that point, people who receive Social Security will face an almost 25 percent benefit cut -- that's a cut of \$4,000 to \$10,000 for the typical Granite Stater.

This outcome will have significant negative ripple effects. The income derived by Social Security benefits kicks off a cascade of events felt throughout the entire economy. That money is spent on goods and services, which supports businesses and creates jobs. But when an older American takes a cut in their already limited budget, he or she will make rational economic choices, such as deciding against buying a new car or choosing not to eat out. These choices are felt throughout the econ-

omy. According to a new analysis by AARP, Social Security fuels \$1.6 trillion in economic activity in the United States. The cost of doing nothing is estimated to be upwards of \$400 billion in lost economic output. Here in New Hampshire, we'd see a \$2 billion annual loss of economic output, which in turn could cost us around 11,100 jobs.

I am especially concerned about what those cuts would do to smaller New Hampshire communities where Social Security represents a disproportionately large portion of the entire community's economic activity. I have had the honor of serving Senate District 2 for six years. The district is large and

SEE CAPITAL, PAGE A15

Letters to the Editor

I hope to continue serving you in the House

To the Editor:

Serving in the New Hampshire legislature is one way that I can give back to the communities and the state I call home. Since I was first elected to the New Hampshire House in 2008, I have tried to do my best for the people I represent in Plymouth, Hebron and Holderness, and for the state of New Hampshire. My constituents remind me of the challenges they face and educate me about issues important to them. Being part of a citizen legislature, I find these one-on-one conversations most rewarding.

In the New Hampshire House, I have served on the Environment and Agriculture Committee and the Resources, Recreation and Development Committee. While on both of these committees, I quickly became aware that it is not all that difficult to work together across party lines when the committee members care about the issues being worked on--whether it is support for small farmers or how to assure we have clean water whether to drink or to enjoy recreationally.

Other issues divide us on principle--a woman's right to choose her own health care, raising the minimum wage, equal pay for equal work for example. But disagreeing does not mean disagreeable. I pledge (and I don't say this lightly) that I will continue to work at keeping the New Hampshire House of Representatives civil, where

legislators are treated with respect regardless of their beliefs.

I will also continue to work (as I have for six years) to bury all of Northern Pass or bury the project. I will work to improve and increase solar energy projects--large and small. And I wholeheartedly support using more of New Hampshire's RGGI (Regional Greenhouse Gas Initiative) Fund to pay for energy efficiency projects.

I will continue to support the New Hampshire Health Protection Plan (Medicaid Expansion), which provides health

care coverage to over 50,000 Granite staters who would not otherwise have coverage. I will work to assure that this law is made permanent. Presently, 3,500 people in Grafton County (including Plymouth 221, Hebron 27 and Holderness 76) are being helped by this law which also provides support for alcohol and substance abuse treatment and counseling. It is supported not only by hospitals and community health centers, but by the New Hampshire Business and Industry Association.

Serving in the legisla-

ture is challenging, but if I can play a small part in keeping New Hampshire the best place to work, live, and raise a family, I'll take on that challenge. The rewards are worth it. I ask for your vote on Nov. 8 so that I can continue to serve the great state of New Hampshire and the people of Plymouth Hebron and Holderness (Grafton 8).

Suzanne Smith
State Representative
Hebron

P.S.: Vote for 3 in Grafton District 8! Suzanne Smith, Steve Rand, and Travis Bennett.

Ruth Gulick deserves a chance to work for us again

To the Editor:

After having listened to the wild vitriol of some "up ballot" campaigns, we must be thrilled/relieved that Center Harbor and New Hampton have a winner as candidate for Representative to the General Court: Ruth Gulick of New Hampton has filed for another effort to work for you and your neighbors. She has a clear history of looking after others. In the 25 years she practiced law in our town, she never had fewer than three pro bono cases at a given time. She believed and still believes everyone's problems are serious problems and worthy of attention.

During her time in the legislature, she collaborated with numerous

others, holding that good ideas come from all over the political spectrum. Her particular focus was on families and children. She worked very hard to try to establish the training necessary to identify real sex abuse as opposed to mere allegation. She was helpful in re-instating a parental agreement for allocating college costs back into the marital stipulation. She was happy to see that the pre-O'Brian definition of truancy was re-established allowing schools and law enforcement to provide the safety net for kids at risk for delinquency.

Besides the ongoing attention to the opioid crisis and burying Northern Pass, Ruth

would like to facilitate more connection between New Hampshire businesses and our schools. As usual, she would like to find creative painless ways of raising revenue for our state.

Essential when voting Tuesday, Nov. 8, we must vote not only the "up or down" ballot, but the whole ballot. As a practical matter, people at the bottom of the ballot have a more direct impact on citizens' lives than those at the top. Moreover, it's much easier to get the "bottom people's" attention. Please vote for Ruth. She wants to work with you again.

Patricia P. Schlesinger
New Hampton

Letter

FROM PAGE A4

has already decided that Hillary will be the next crowned Queen of America. The coronation will be held in January, the impeachment will start the next day! The rest of the world is laughing at this brand of democracy.

The one thing about this election, it has exposed all of the RINO's

down in D.C. Kelly, if you cant support the Donald, then you support the Queen, you've lost my vote.

This "despicable, will be voting Trump-Pence in November; they may not be the cure, but they are better than the alternative. I've had enough of the bad taste the Clintons have left in my mouth.

Eric T. Rottenecker
Bristol

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Week of 11/4 - 11/10

DOCTOR STRANGE PG-13
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Sun.: 12:45, 3:45 & 6:45 PM
Mon. - Thurs.: 12:45, 3:45 & 6:45 PM

INFERNO PG-13
Fri. & Sat.: 12:30, 3:30, 6:30 & 9:30 PM
Sun.: 12:30, 3:30, 6:30 PM
Mon. - Thurs.: 3:30 & 6:30 PM

TROLLS: PG
Fri.-Sat.: 12:30, 2:45, 5:05, 7:15 & 9:30 PM
Sun.: 12:30, 2:45, 5:05 & 7:15 PM
Mon.-Thurs.: 2:45, 5:05 & 7:15 PM

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Sarah T. Vogler, 82

BRISTOL — Sarah T. Vogler, 82, passed away peacefully on Sunday, Oct. 30, 2016 at Golden View Healthcare Center in Meredith.

She was born on June 23, 1934 in Bangor, Maine to Edward and Elizabeth (Spaulding) Thorpe.

Sally grew up in Nashua. She graduated from Nashua High School in Nashua in 1952. After high school, she attended college for two and a half years at the University of New Hampshire in Durham, where she

pursued a degree in English/History.

Sally married career Air Force officer, Charles Colburn Vogler, in Nashua on Sept. 4, 1954. They were happily married for 46 years, including 23 moves with the Air Force. Sally's passion was the care of her family, but, she always found time to volunteer with charitable Military Assistance Groups (The Officer's Wives Club, the Air Force Base Church Sunday School programs,

and the Hospital Auxiliary Wing) while also serving as a Cub Scout Den Mother, and member of the base Garden Club and Red Hats. She was an active leader of Altrusa International where she served as District Treasurer and 2nd and 1st Governor. She also served as President of P.E.O., a philanthropic organization where women celebrate the advancement of women. She enjoyed Doll Houses, Reading, Travel, Sewing, and Bridge.

Sally was preceded in death by her husband, Lt. Colonel Charles C. Vogler; her brother, Frederick S. Thorpe; and her parents, Edward S. Thorpe and Elizabeth S. Thorpe.

Sally is survived by her son, Donald (Joyce) Vogler of Durham, N.C.; daughter, Betsy Vogler of Bristol; her four grandchildren (Michael and wife Ellen Vogler of Lowell, Mass., Christopher Vogler of Milltown, N.J., William and wife Jessica Stetson of East

Bridgewater, Mass., and Mary and husband Benjamin Colburn of Deerfield; her three great grandchildren, Charlie Stetson, Emily Stetson, and Abigail Colburn; and her brother in law, Roger Vogler of Lebanon ... and ... here faithful dachshund, Marley.

A celebration of life will be held at the Homestead Restaurant, Route 104, Bristol on Sunday, Nov. 6, 2016 from 2 to 4 p.m. A private family burial will take place at a later date in the Wood-

lawn Cemetery, Wellesley, Mass.

In lieu of flowers, the family requests memorial donations be made to Altrusa International, PO Box 760, Meredith, NH 03253.

To leave a message of condolence on Sarah's book of Memories, please visit www.mayhewfuneralhomes.com The Mayhew Funeral Homes & Meredith Bay Crematorium of Meredith and Plymouth, are assisting the family with arrangements.

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

From the town clerk

Voting hours Tuesday, Nov. 8 are 8 a.m. to 7 p.m., Alexandria Town Hall, 45 Washburn Rd.; bring picture ID. You can register at the polls.

Pasquaney Garden Club

Tuesday November 15 monthly meeting. Demonstration of Holiday centerpieces. Bristol Baptist Church hall. 9:30 a.m.

Thanksgiving Day dinner

Alexandria Town hall, 1 p.m. Traditional, sit-down, family-style. Call 744-8104

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The regular Sunday worship and monthly Communion observance at the South Danbury Church will be at 11 a.m. on Sunday, November 6, with refreshments and conversation afterward. All are welcome—and encouraged—to attend.

The fall South Danbury Church Speaker Series begins on Friday, Nov. 11, at 7 p.m., when Keegan Farr – a talented singer-songwriter from Vermont – returns to the South Danbury Church for an evening of original works and songs from the '60s to the present, featuring vocals, guitar and harmonica. Come for a toe-tapping time, great refreshments, and wonderful community camaraderie!

On Saturday, Nov. 12, from 10 a.m. to 2 p.m. – the talented bakers of South Danbury are having a sale of delicious homemade pies and gently used cookbooks. For those who don't prefer pie, there will be other baked items for sale, and some holiday items.

Watch for posters or follow "Friends of Danbury" on Facebook for more details. All proceeds benefit the Church Preservation Fund. Donations of cookbooks and homemade pies will be welcome. For information, email southdanburychurch@gmail.com or call 491-3196.

Saturday is Winter Market Day

Saturday, Nov. 5 is opening market day for the 2016-2017 season. The market operates from 9am to 1pm at the grange hall, 15 North Rd. in Dan-

bury. Don't forget that you can get the Danbury Ameriscape ornament at the market in November only. Breakfast sandwiches, coffee, hotdogs and soup will be available for lunch. Shop local. Start your holiday shopping now and avoid the holiday rush. Confirmed November vendors are: The Healthy Porcupine-soap, Margaret Hoyle-woolen socks, Mary Lyn Ray-local author, Deanna Pellegrino- Jewelry, Nimmitra Natural Designs-jewelry & lightswitches, Field Acres Farm-meats & eggs, Nancy's Chocolates-chocolates and chocolate desserts, Margie's Madness-needlecrafts, Stevens Homemade- tin can art, woodwork & needlecrafts, Cutting Farm-honey, eggs & meat, Hibernating Artists-original card designs, Cardigan Mt Soapworks- soap, lotions& teas, Huntoon Farm-bakery, meats, eggs & prepared foods, Huckins Farm-dairy, Nannies Canning Pantry- award winning mustard, jams/preserves and Rocky Meadow Designs-felted crafts. Though not attending in November, Autumn Harvest- lamb, jams, veggies & quilts will be with us at the remaining markets which run every first Saturday, through April.

Market is held at the grange hall, 15 North Rd. in Danbury. For information prior to market day, call 768-5579 or donnaardena@gmail.com.

Grange Chicken Pie Supper

Saturday, Nov. 12 from 5 to 6:30 p.m. is the chicken pot pie supper sponsored by the Blazing Star Grange. Chicken pot pie with a flaky crust, butternut squash from Longview Farm in Plymouth, rolls and apple crisp for dessert. Everything is homemade!

Groton

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

There was a Select Board meeting on Oct. 25. Two opposing candidates running for Grafton County Commissioner were present and spoke to the Board and those in attendance, Bill Bolton and Omer Ahern, Jr. It was interesting to hear them speak one after the other as they seem to have quite different views on the position of Commissioner. Both are Plymouth residents and would be serving the Towns in District 3 which include Alexandria, Ash-

land, Bridgewater, Bristol, Campton, Canaan,

Dorchester, Ellsworth, Grafton, Groton, Hebron, Holderness, Orange, Plymouth, Rumney, Warren, and Wentworth.

Mr. Bolton told us of his qualifications and volunteerism in the District. He was a state employee for 30 years. His strengths are in the area of information technology. He has served as a Selectman, on the Planning Board and Conservation Commission and as a Cemetery Trustee. On the cards he handed out at the meeting, it states that some of his goals should be elected to Grafton County Commissioner would be to promote methodologies to reduce the incidence of heroin and opiate addiction and deaths. He would also like to see an increase in the profitability of the County Nursing Home focusing on geriatric health issues, elderly housing needs, and transportation solutions in response to the overall aging population of Grafton County residents.

Mr. Ahern, who has also been in public and community service for some 36 years talked about cutting back on taxes by taking the County back to sound financial planning. He states in his material that Grafton County families and seniors cannot afford higher property taxes. He had practical suggestions while he was talking to us at the meeting for accomplishing this goal including strong managerial leadership and cutting wastefulness in the County Home and the Correctional Facility and Farm. He believes he is fully capable of serving in this capacity as he has had farm experience, was a former Grafton County Commissioner from 2010 to 2012 and is a past Sullivan County Commissioner. Mr. Ahern currently serves on the Plymouth Zoning Board.

We are very grateful that both of these men could come and speak with us.

Two building permits were issued at the meeting. One for Map 6, Lot 52 on North Groton Road, and the other for Map 2, Lot 69-2, 70 Edgar Albert Rd.

Other items on the agenda were tabled as there needed to be more information from these. A septic design plan was signed for Map 5, Lot 48-1 on Beaver Pond Road.

Announcements:

The 2016 General Election will be held Nov. 8, which I'm sure you know unless you're living under a rock. Groton's polling place is the Town

House at 754 North Groton Road and the polls will be open from 8 a.m. to 7 p.m. Please get out and vote; it is your voice in government.

Upcoming Select Board Meetings – Nov. 15, Nov. 29, 7 p.m. at the Town House

Select Board Work Sessions - Tuesday, Nov. 8, 5 p.m.; Tuesday, Nov. 22, 5 p.m.; Tuesday, Nov. 29, 5 p.m. at the Town House Select Board Office

Conservation Committee Meeting – Thursday, Nov. 10, 7 p.m.

The Select Board Office will be closed Nov. 8 through 18

911 Sign Update

The Hebron Fire Department would like to thank all the Groton Residents who have already had their 911 Red Reflective Sign installed by the Fire Department. As many of you know there is a lot of difference between an Emergency Responder being directed to an address and actually locating that address. It is very important that your address can be seen from the road in an emergency and that it is visible at night as well as during the day.

For your convenience the Fire Department is teaming up with Pam, Supervisor of the Checklist. You will be able to fill out the 911 Reflective Sign Order Forms (which will be located on a table) at the upcoming Presidential Election on Tuesday, Nov. 8 at the Town Hall. Take the completed form, add your \$15 (cash or check) and leave both with Pam at the Supervisor of the Checklist Table. The Fire Department will be happy to install your Red Reflective 911 Sign in the next couple of weeks.

With winter approaching all your Emergency Service Personnel want to thank you in advance for helping with a quicker response time to your unexpected 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.

See you at the polls!

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Community Breakfast

The next Community Breakfast is Saturday, Nov. 5 from 7:30 - 8:45

a.m. For \$4 come and enjoy Eggs, Bacon, Sausage, Hash, Pancakes, French Toast, Pastries, Oatmeal, Fruit, Juice & Coffee in Community Hall at the Union Congregational Church.

Select Board Public Hearing

The Hebron Select Board will be holding a Public Hearing on Thursday, Nov. 3 at 7 p.m. in the Select Board Office, located at 7 School St. The purpose of the hearing is to expend funds from the following Capital Reserve Fund and Trust Funds:

1. "Communications Capital Reserve Fund" for the purchase band radios for the Highway Department.

2. "Cemetery General Maintenance Trust Fund" for the landscape plan and stump grinding on the common.

3. "Town Common – Franklin Fogg – Trust Fund" for tree work on the Hebron Common.

Hebron Select Board Chair Patrick K. Moriarty,

John W. Dunklee, Vice-Chair

Eleanor D. Lonske, Member

911 Sign Update

Many thanks to all you Hebronites who have already had your 911 Red Reflective Sign installed by the Fire Department. As many of you know there is a lot of difference between an Emergency Responder being directed to an address and actually locating that address. It is very important that your address can be seen from the road in an emergency and that it is visible at night as well as during the day.

For those of you who do not yet have their 911 Reflective Sign, order forms will be available at the upcoming Presidential Election on Tuesday, Nov. 8 in the Community Center (basement of the church) from 11 a.m. to 7 p.m. All you need do is fill out the order form, add your \$15 (cash or check) and leave both with Audrey at the Supervisor of the Checklist Table. The Fire Department will be happy to install your Red Reflective 911 Sign in the next couple of weeks.

Hebron Library Book Group

Hebron Library Book Group will meet the second and fourth Monday at 7 p.m., beginning Nov. 14. We are going to read My Sister's Keeper by Jodi Picoult. The books are in so stop by and pick up your copy along with

a discussion guide.

More Library News

Please
~~~ No magazines  
~~~ No books older than five years  
~~~ No dirty or damaged books  
~~~ No textbooks or manuals  
~~~ No encyclopedias

We would love to have newer, 2011-2016 (hard-covered preferred) both fiction and non-fiction, classics, and children's books. Any others are subject to the librarian's discretion.

\*The Friends of the Library meet on Monday, Nov. 7 at 6:30 p.m. at the library. All are welcome.

\*The Friends group is also sponsoring a bake sale during the elections on Tuesday, Nov. 8. Bake sale items are welcome, contact the library 744-7998.

\*Raffle tickets are being sold at the library for two goodie bags, one for adults and another for children. Stop into the library to see what's in them and to grab a few tickets! Drawing will be held on Saturday, Dec. 3.

Thanks for your support!

Robin L Orr  
Hebron Library  
Library Director

### Hebron Historical Society

### Veterans Day Program

Friday, Nov. 11 at 10:45 a.m.

On Friday morning, Nov. 11 at 10:45 a.m., the Hebron Historical Society will sponsor a 30-minute Veterans Day memorial ceremony on the Common in Hebron. The program is open to the public without charge.

The keynote speaker will be Marine Corps Lt. Col. (ret.) Val Scarborough.

Members of a local Girl Scout Troop, veterans from Bristol VFW Post 10604 and honored Hebron veterans will also participate.

Following the ceremony, everyone is invited to enjoy free refreshments in the Hebron Community Hall (basement of the Union Congregational Church) located directly across from the Common and which is fully handicap-accessible.

For additional information, please call 744-3335.

# Churches

## Family Worship Center Ply. Assembly of God

Thursday, Nov. 3

Thursday, Nov. 3, 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; Mpack 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.

Sunday, Nov. 6

Sunday, Nov. 6, 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 a.m.: Sunday morning service. Children's church during the morning service for age 3-K, and grades one through four. 5 p.m.: Prayer meeting. "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, Nov. 7

Monday, Nov. 7, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Tuesday, Nov. 8

Tuesday, Nov. 8, 6:30-7:30 p.m., Youth 4 Truth for grades five through eight at the church.

Looking Ahead

Sunday, Nov. 13

Sunday, Nov. 13, the monthly fellowship luncheon will follow the morning service. Please bring food to share, and join in the fellowship.

## Towns

FROM PAGE A6

### The Cougar returns to the East

Is it possible I just saw a cougar!?

Though you may have called it a mountain lion or a catamount, many of us who spend a lot of time in the forests of New Hampshire have asked ourselves that question.

On Saturday, Nov. 19 at 6:30 p.m. at the Common Man, Plymouth, well-known naturalist, tracker and wildlife photographer, Susan C. Morse, founder of Keeping Track, will address that question. During her talk, richly illustrated by her stunning photography, Sue will present an introduction to cougar biology, ecology, habitat diversity and dispersal. One of the most experienced naturalists in the United States, Sue will present her findings on cougars returning to the East. "We need our apex carnivores in a big way," Morse says. "We need them for the health of our forests." In some areas of the east, the absence of apex predators has led to a surplus of

### Operation Christmas Child

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.

### Other announcements

Michelle Thayer has a ministry to the residents at Forestview Manor in Meredith. Keep her ministry in prayer.

### Our missions statement

Our Mission Statement is "Transforming lives through God's Word."

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 fwacag@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.assemblyofgod-plymouthnh.org.

## Holy Trinity (Roman Catholic)

### Call for Prayers!

The results of the election on Nov. 8 will have an unprecedented impact on the direction our country will take for many years to come. All Americans will feel the impact in one way or another. With this in mind, Fr. Leo and the Holy Trinity Pastoral Council are urging all parishioners to join in prayer for God's grace, wisdom, and guidance as the citizens of the Unit-

ed States go to cast their votes for the President, representatives in Federal and State Legislatures, and for the Governor of New Hampshire. We are calling for all parishioners to pause briefly at 3 p.m. on Monday, Nov. 7 to pray for our country. Also, we invite you to attend 8 a.m. morning Mass at St. Matthew on Monday or Tuesday, or both days for the same intention. Please join in this prayer

### Campus Ministry

Thank you to Pam and Tim White for hosting the bonfire. The meal was delicious, the s'mores were fun to make and tasty, and the bonfire offered warm comfort on a chilly night.

Weekly student meetings of Catholic Campus Ministry are Tuesdays at 7 p.m. in the Reflection & Spiritual Care Center, across from Lamson Library, up the street from the shuttle bus stop. Our next meeting features the "Catholicism" episode on saints by Bishop Robert Barron.

First Sunday Rosary: Join PSU students for a recitation of the Rosary at 11:15 a.m. at St. Matthew Church on Sunday, Nov. 6.

Next monthly prayer service & supper with Fr. Leo for students is Sunday, Nov. 6, 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 prayer services are created by students; the delicious suppers are made by parishioners. Students interested in attending should contact Kathy Tardif at kmardif@plymouth.edu by Friday, Nov. 4, so that we have enough food.

Veterans Day service at PSU will take place on Thursday, Nov. 10, at 12:15 p.m. at the Veterans Common, between Hyde Hall and High Street.

Delivering Thanksgiving baskets: Students

including the recently documented suitability of a substantial amount of wild habitats from Manitoba to Louisiana and Maine to Georgia.

Sue Morse is a nationally recognized naturalist and habitat specialist with forty years of experience tracking and monitoring wildlife uses of habitat throughout North America. When not in the field conducting research, leading training programs or photographing wildlife, Sue can often be found presenting her findings and award-winning images to a wide range of audiences, including the general public, conservation leaders and students of all ages. She has been monitoring wildlife since 1977, with an emphasis on documenting the presence and habitat requirements of bobcat, black bear, Canada lynx and cougar. Sue lives in Jericho, Vt. at the edge of a rich and diverse forest which she has helped conserve and which serves as a living laboratory for her own wildlife research and the training of wildlife monitoring teams.

interested in delivering baskets that PSU provides to the community on Monday, Nov. 21, should contact Kathy Tardif at 535-2673 or kmardif@plymouth.edu by Thursday, Nov. 10. This event is organized by Catholic Campus Ministry and C3: Caring Campus Coalition with the support of the Phi Beta Upsilon alumni group and Sodexo.

### Knights of Columbus spaghetti supper and auction!

The Knights of Columbus Family Council in Plymouth will host their annual Spaghetti Supper and Auction after the 4 p.m. Mass on Saturday, Nov. 19. Come and enjoy a delicious meal and buy some Christmas presents at the fun-filled auction. All proceeds go to the Knights charities as well as their scholarship fund.

Please visit our Web site at kofcplymouthnh.org.

Alzheimer's Disease, Memory Loss and other Dementia: A Medical Panel Discussion

When: Saturday, Nov. 12 Where: Minot Sleeper Library, 35 Pleasant St., Bristol, 1-3 p.m.

There will be a discussion on what Alzheimers, as well as other related dementias are, and talk about coping strategies for those caring for someone with one of these illnesses. There will be a chance to ask questions of the panel at the end of the session. Light refreshments will be served. Call Mary Lapanus at 774-282-0588 for more information.

Need some help this Thanksgiving...or know someone who does?

Sign up for a free, home-delivered Thanksgiving Basket from the faculty, staff, and students at Plymouth State University. To request a basket, call Kathy Tardif at 535-2673 by Thursday, Nov. 10. The project is coordinated by PSU's Catholic Campus Ministry and United Campus Ministry, with support from the Phi Beta Upsilon alumni group and Sodexo.

### Weekly meetings

Sundays Faith tFormation 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. Mat-

thew 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.

## 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, Nov. 6, 9:30 a.m. UU Democracy in Song and Story

Worship Leader and Music Director: Sarah Dan Jones Worship Associate: Betty Ann Trought

Join Director of Music Sarah Dan Jones and the Starr King Singers to explore our fifth UU principle, the right of conscience and the democratic process.

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- The chalice is a special symbol at our church.

Room 2: First-Third grade: In Our Hands- Core Question- What makes a friend?

Room 3: Fourth-Fifth grade: Windows and Mirrors- Core Message- Healthy, compassionate communication takes work

Middle school: Neighboring Faiths- The Neighboring Faiths

class will be continuing their studies of Christianity.

High school: Youth Group- The high school Youth Group meets the second and fourth Sundays of the month from 6-7:30 p.m. in the Youth Room.

### Social Justice Community Outreach - Plymouth Area Community Closet

Once a month Starr King donates the collection taken during the service to a local charity. The Social Justice Outreach for November is Plymouth Area Community Closet. The general mission of PACC is to assist those in need by providing limited emergency funds for food, prescriptions and clothing. In January, Financial Assistance will be able to provide help with fuel thanks to the KTHO program. PACC provides assistance to fourteen communities: Plymouth, Alexandria, Ashland, Bridgewater, Campton, Dorchester, Ellsworth, Groton, Hebron, Holderness, Rumney, Thornton, Warren, Waterville Valley and Wentworth. In order to provide the assistance PACC relies on private donations and the profits from the Thrift Shop. The collection for PACC will be on November 20. Over the years, our Fellowship has been extremely generous to PACC. The folks at PACC are very grateful!

### 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

SEE CHURCHES, PAGE A9



## How to Submit Announcements & Obituaries To Salmon Press Publications

**Obituaries and Announcements** of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

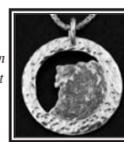
**Obituaries** can be sent to: [obituaries@salmonpress.com](mailto:obituaries@salmonpress.com)

**Wedding, engagement, and anniversary announcements** are welcome at: [weddings@salmonpress.com](mailto:weddings@salmonpress.com)

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

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

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# Squirrel Nut Zippers revived for Hot Tour

PLYMOUTH — The Flying Monkey Performance Center presents Squirrel Nut Zippers on the Plymouth stage on Friday, Nov. 18 at 7:30 p.m. Known for vintage sounding hot jazz and swing music, the Zippers led the swing revival of the '90s. Tickets for this concert start at \$35.

Buoyed by their hit single "Hell," this band of brothers and one sister from Chapel Hill, North Carolina, formed in 1993, played way-retro hot jazz/swing of the 1920s and '30s as well as vintage-sounding original material, and dressed the part. The "Hell" video was unlike anything on MTV at the time, and was followed by the single and video "Put a Lid On It."

Lead singer/guitarist Jimbo Mathus has reformed the band for a tour celebrating the 20th anniversary of Hot's 1996 release, which is being reissued on vinyl

and features a lost track from the era, "The Puffer."

"The anniversary was the impetus, and I decided I wanted to put a Zippers together again that could be around for a while and really showcase the repertoire," Mathus says. "And the people I'm working with now have got me fired up. I'm not trying to re-create something. I'm trying to create a new chapter. And I want to have a fun, multi-generational experience in the concerts."

But Mathus wants to make one thing very clear: that this anniversary jaunt is a revival, not a reunion. He fully anticipates that this incarnation of the Zippers — which features vocalist Ingrid Lucia of the Flying Neutrinos and a crack group of New Orleans players — will have a life beyond the tour.

"I'm just glad I'm in



COURTESY

The Flying Monkey Performance Center presents Squirrel Nut Zippers on the Plymouth stage on Friday, Nov. 18 at 7:30 p.m.

## Local Art Live! Pop up Shop and reception

PLYMOUTH — Local artists are coming together for a local pop up art shop at 91 Main St. in beautiful downtown Plymouth. The shop is called "Local Art Live!

Pop up Sale!" and will be open from Nov. 17-19, from 9 a.m. – 8 p.m. for three days only.

Thursday, there will be face painting in the afternoon, so bring your kids over! There is a make your own craft table and a group painting every day, so come shop local art and have some fun..

There will also be live painting on Friday, from 1-3 p.m. – stop by to see a local artist at work! Then on Friday evening, Nov. 18, there will be a reception from 6-8 p.m., with live music by Holly Furlone, refreshments and many raffles to benefit Voices against Violence. All artists are donating a

portion of their profits to Voices against Violence.

Saturday come on by and get your picture taken with our elf helpers, have some cookie samples and don't miss the raffle pulling at 4 p.m. and the Live auction of the Group Painting! All proceeds to benefit Voices against Violence.

Come by for holiday shopping, to support local artists, have a snack and give back to our local Voices against Violence office. Local artists include:

Wayne King with original and open edition photographs, Michelle Dunn with original artwork and prints,

a position now to not only have the name and the concept of the band which I started and, frankly, I own, through all the trials and tribulations that were thrown at me," he sums up. "I want to reinvigorate the fans and show them one thing: The Zippers are back in town!"

Indeed, the Zippers are coming to town. Be prepared for a wild ride.

Tickets for Squirrel Nut Zippers are \$35, and \$45 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com).

Charlie Kuizinas from Cosmic Moose Art with original art and prints, Carolyn from Cookie Kreations, Madeline McElaney from Clean Bee Soap Works, Jareth Ryan with his incredible metal sculptures, Kyle Browning with local landscaped photos and handmade frames and Sue Decraue with herbal teas and essential oils.

We hope you will join us and see what we are doing – and help us support our local community. A huge thank you to all the Main St. businesses who have donated for the raffle and to help make this event a success – see you there!

## Churches

FROM PAGE A7

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 [cdkriebel@gmail.com](mailto:cdkriebel@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](mailto: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 [battrought@gmail.com](mailto:battrought@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.starrking-fellowship.org](http://www.starrking-fellowship.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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### Guard Against Identity Theft - and Protect Your Finances

Apart from death and taxes, few events in our world are consistently predictable – and investment returns are definitely not one of them. What can you, as an individual investor, do to cope with the ups and downs of the financial markets and make progress toward your long-term goals?

To begin with, you should be aware that the financial markets have fluctuated greatly – daily, monthly and yearly – over the past three decades. Overall, though, the financial markets trended upward, as measured by major indexes such as the Dow Jones Industrial Average and the S & P 500. Of course, as you've no doubt heard, past performance can't guarantee future results.

What was responsible for this long upturn? Most experts cite several factors: sharp declines in inflation and interest rates, vastly improved worker productivity (largely brought on, for at least a few years, by more advanced and efficient information technology), growth in emerging markets and a long run of strong corporate profits.

Can a generally positive investment environment continue in the years ahead? As mentioned above, it's pretty hard to forecast the performance of the financial markets. And you can be fairly certain that the market volatility we've seen – those

large price swings – will not disappear any time soon. So to help position yourself to better withstand these sharp movements, consider the following:

- **Modify your expectations.** Don't count on high or even positive returns throughout all your years of investing. Try to "bake in" reasonable return expectations to your long-term investment strategy. A financial professional may be able to help you with this.
- **Don't make rash moves to "beat the market."** If the market doesn't consistently yield double-digit returns, you might think that you need to take drastic actions, such as investing much more aggressively than your risk tolerance would normally allow. For example, you might be tempted to pursue some "hot" stocks that you heard about through a friend, co-worker, or one of the so-called experts on the cable television shows devoted to investing. But by the time you hear about these stocks, they may not be so "hot" anymore – and they may never have been so hot for you, given your individual needs, goals and risk tolerance. So, instead of ratcheting up the aggressiveness with which you invest, look for other investment techniques

to help yourself advance toward your financial objectives.

- **Boost your investments in your retirement plans.** Contribute as much as you can afford to your 401(k), IRA and other retirement accounts. The earlier you start, the more years you'll be giving your investments to potentially grow.
- **Be open to working longer.** If you like your job, and you're prepared to be flexible, you could gain some key benefits by working just a few more years than you had planned. Specifically, you can keep contributing to your 401(k) and IRA, and you also might be able to delay taking Social Security, thereby earning bigger monthly payments when you do start collecting your benefits.

Investing would be simple if you could always count on earning big returns. However, that's not the case. And if the markets are indeed going to be somewhat unpredictable, then you'll want to take a page out of the Boy Scouts' handbook and "be prepared."

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at 279-3161 or email Jacki at [Jacqueline.Taylor@edwardjones.com](mailto:Jacqueline.Taylor@edwardjones.com).

Her office is located at 14 Main Street, Downtown Meredith.

For more information, see <http://www.edwardjones.com/> or "like" her on Facebook [www.facebook.com/EJAdvisorJacquelineTaylor](http://www.facebook.com/EJAdvisorJacquelineTaylor).



## WRITE IN JAY MERCER CONGRESS NOV. 8

**DEMOCRAT, INDEPENDENT, REPUBLICAN**

Born & raised in NH

BS, MS, Physician's Assistant

**Work:** NHTI Dept Head Emergency Medicine

Rivier Univ Director of Health Services

Vanderbilt Medical Center, Medical Univ SC

Paid consultant in Wash DC Health & Human Serv

Friend & Driver for US Sen Norris Cotton

**Play:** OHRV, NETRA, HUNTER, NATL SKI PATROL, CDL-A

Northern Pass: NO

Planned Parenthood: YES

- I've spent my life seeing patients and training health care providers.

- I've made time to volunteer in homeless shelters, soup kitchens, birth control clinics & prenatal care clinics
- I've visited all 179 towns & cities in "our" congressional district

• Nov. 8th please write in JAY MERCER in the "representative in congress" space

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# VNA of Franklin to hold 23rd Annual "Gathering of Music"

PLYMOUTH—Workshops and classes in November will feature making ornaments, sun catchers, paintings and signs to give to those you love or to decorate your own home for the holidays. The month starts with an Acrylic Painting Class on Nov. 12 from 10 a.m. - 1 p.m. with teacher Jeannette McArthur. This fun class teaches acrylic technique with mediums and palette knives. Students receive a canvas board, acrylic paints and brushes to use with the class. Students will go

home with a finished landscape painting. Cost of the class \$25 for members, \$30 for non-members and Mrs. McArthur is offering this class free to veterans. Students can purchase a frame for an additional cost. On Sunday, Nov. 13 from 1 - 3 p.m., Jennifer Alba will offer a class to Make your own Hand-Embroidered Ornament featuring one of Jen's original designs. You will learn some basic stitches and come away with a beautiful ornament for your tree. Cost of the class \$30 for



This is the Acrylic Painting that Jeannette McArthur will be demonstrating at Artistic Roots on Saturday, Nov. 12. Students will come away with a finished painting. Cost of the class is \$25 for members and \$30 for non-members. Mrs. McArthur is offering this class free to veterans.

Cost of the class is \$25 for members and \$30 for non-members. On Saturday, Nov. 26 from 10 a.m. - noon, Suzan Gannett and Judy Detzel will offer an "Ornament Making Class for Kids." Kids will rotate through stations and make an ornament at each station. This workshop is suggested for students five years and up. The cost of the workshop is \$7.50 for members and \$10 for non-members. On Monday, Nov. 26 from 5-7 p.m., Lynn

SEE GATHERING, PAGE A15

**The New Hampshire General Election**  
will be held at the Alexandria Town Hall located at 45 Washburn Road, on Tuesday, November 8th, 2016. Polls open at 8:00 a.m. and close at 7 p.m.

members and \$35 for non-members. On Thursday, Nov. 17 from 5-7 p.m., Stacey Lucas a.k.a. Veggie Girl will be making Barn Board Signs. Bring your favorite quote or design to add to a barn board sign. Consider a holiday theme. This is a start to finish project.

## VNA of Franklin to hold 23rd Annual "Gathering of Music"

BRISTOL — The Visiting Nurse Association of Franklin will present its annual musical concert for the benefit of its Hospice Program on Sunday, Nov. 13. This program, titled the

"Gathering of Music," is held the second Sunday of November every year but the venue changes year-to-year. This year's program is being hosted by the Bristol Baptist Church, 30 Summer

St., Bristol. Rev. Tobias Nyatsambo, coordinator of the event for the VNA, says "November is national Hospice month. The VNA of Franklin's Hospice program, along with Clayton Bushman, on behalf of the Lakes Association of Churches, presents this program every November to support and to honor the Hospice program. Traditionally, Hospice programs have been mostly self-supporting thru fundraising efforts and this is one of those efforts. However, we also honor the Hospice program with this afternoon of music, as Hospice offers such an important means of support to patients and their families who are dealing with a terminal illness." In addition to the musical program, a memorial service will also be held. Rev. Nyatsambo explains, "This gathering also gives us the opportunity for a memorial service to remember our Hospice patients who have died over the past year. We have invited their families to attend and will have a simple but meaningful ceremony to remember their loved ones."

The program begins at 2 p.m. on Sunday, Nov. 13, and runs for about an hour and a half. Refreshments will be served at the end of the program and a free will donation in support of the Hospice program will be taken. "This is a program for the entire community," says Nyatsambo, "and we hope that everyone will come and enjoy an afternoon of fine music provided by the area's talented pool of church musicians. It's a great way to kick off the holiday season." Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested. For more information, call Franklin VNA & Hospice at 934-3454.

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**Sneak Peek Friday, Nov. 11 • 4-8pm**

Dear friends,  
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November 12th & 13th  
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Closed Nov. 7-10 for preparation.  
Will reopen Friday, Nov. 11th  
4:00pm-8:00pm



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**Notice of Annual Meeting  
Board of Directors  
Voices Against Violence**

You are hereby notified that the annual meeting will be held on Tuesday, November 15, 2016 at 5:00pm at The Enterprise Center of Plymouth, NH. This meeting is open to the public.

Deborah McKinnon  
Secretary

Date: 11/4/2016

**WENTWORTH SCHOOL DISTRICT**  
Wentworth Elementary School  
2016-2017 School Year

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Please send letter of interest to:

Joe Sampson, Principal  
Wentworth Elementary School  
PO Box 139  
Wentworth, NH 03282  
jsampson@pemibaker.org

**PUBLIC NOTICE**

The Hebron Select Board will be holding a Public Hearing on Thursday, November 3, 2016 at 7:00 p.m. in the Select Board Office located at 7 School Street. The purpose of the hearing is to expend funds from the following Capital Reserve Fund and Trust Funds:

1. "Communications Capital Reserve Fund" for the purchase of band radios for the Highway Department.
2. "Cemetery General Maintenance Trust Fund" for the landscape plan and stump grinding on the common.
3. "Town Common - Franklin Fogg - Trust Fund" for tree work on the Hebron Common.

**Hebron Select Board:** John W. Dunklee, Vice-Chair  
Patrick K. Moriarty, Chair Eleanor D. Lonske, Member

Town of Bridgewater  
Zoning Board of Adjustment  
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Bridgewater, NH 03222

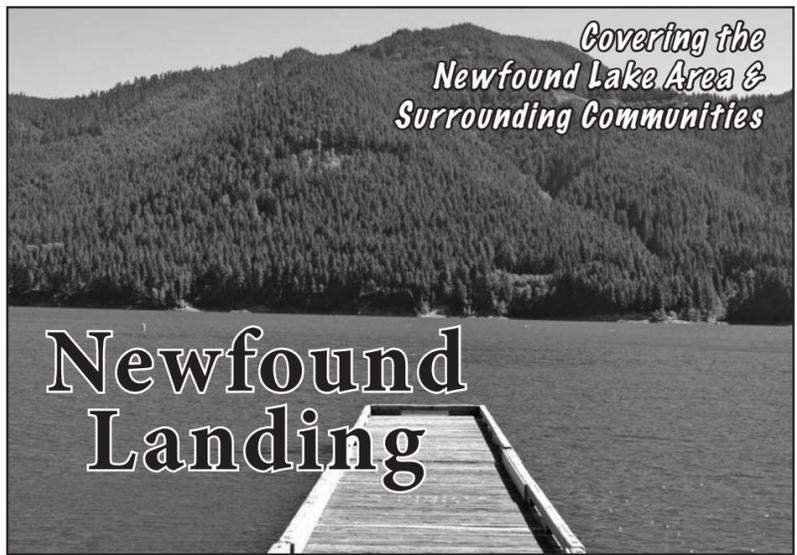
**Notice**

The Town of Bridgewater Zoning Board of Adjustment will meet on November 21, 2016 at 7:30pm.

**Map 405 Lot 12, 1601 Bridgewater Hill Rd.** A variance is requested from article IV section B, of the zoning ordinance to permit the placement of a carport within 35 feet of Bridgewater Hill Rd.

**Map 114 Lot 7, 58 Old Clubhouse Lane.** A variance is requested from article IV section B, of the zoning ordinance to permit the building of a 15x20 garage and 10x14 garden shed within the 35' feet of Old Clubhouse Lane and within 20 feet of the side setbacks.

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# Wheelchairs and walkers and bedrails, Oh my!

*Live Free Home Health Care, offers insider advice about home care equipment*

BY JENNIFER HARVEY, RN, BSN,  
CDP

Clinical Director

Live Free Home Health Care

Whether facing a discharge from the hospital or preparing a home to safely age in place, for family caregivers, it's easy to be blindsided by the unexpected needs that arise. Sometimes basic home care equipment and supplies are not un-

derstood or even thought about until they are needed quickly, and the chaos that ensues can be overwhelming.

There are literally hundreds of types of equipment for frail seniors and physically challenged children or adults that claim to make life safer and easier. But how do you decide what is needed and what

works best?

Here are a few general insider tips on commonly purchased home care equipment items:

**Commode vs. a Raised Toilet Seat or Safety Frame:** A commode can replace both a raised toilet seat and a toilet safety frame and has the additional benefit of being mobile, so can be used independently at

a bedside as well.

**Shower Bench vs. a Shower Board:** A shower bench is helpful for people who feel unsafe when lifting their legs over the side of the tub and greatly reduces the risk of falls when getting into and out of the bathtub. The main benefits of shower benches over shower boards are that they have backrests and

are height adjustable.

Having a taller surface makes getting up from sitting easier and backrests provide more support to people that fatigue easily. Shower boards can also be difficult to fit securely to a tub.

**Rollator Walker vs. a Two-Wheeled Walker:** A rollator, or four-wheeled walker, is often the walker of choice for seniors because it includes brakes, a seat and a basket/bag, and works well both indoors and outdoors. However a standard two-wheeled walker might be more appropriate for someone who is forgetful and may have trouble remembering how to use the hand brakes on a rollator or need the walker to support all of her weight.

**Short Bedrail vs. a Wide Bedrail:** A wide bedrail can make it more difficult to get into bed. Positioned correctly, the bedrail should be placed at the top half of a bed, beside the pillow area. The actual positioning along the bed can vary depending on the person's preference.

Home care recipients and their families can rest assured that through the help of a professional home care agency such as Live Free Home Health Care, equipment recommendations can be made and the ordering and delivery of the equipment can be managed.

A professional home care agency can also assist with:

- Options to pay for equipment

- Equipment training
- Identifying changing needs

For further tips and information on home care equipment, contact Live Free Home Health Care, a local resource for home care services and trusted aging advice.

## About Live Free Home Health Care:

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Locally operated by its founders, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise. For further information, contact 217-0149 or visit [www.LiveFreeHomeHealthCare.com](http://www.LiveFreeHomeHealthCare.com) and follow us on Facebook.

## Benefits and services for the older veteran

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Are you or a loved one missing out on the benefits and services you deserve as a war veteran? As veterans age, the Department of Veterans Affairs (VA) will provide benefits and services that address a variety of issues including the changing health risks they face, as well as financial challenges through VA benefits and health services.

### What is the VA?

The U.S. Department of Veterans Affairs offers a wide range of benefits for veterans, service members, and their families.

### Who Is Eligible

- A veteran
- A veteran's dependent
- A surviving spouse, child, or parent of a deceased veteran

### VA Benefits

Senior veterans may be eligible for a wide-variety of benefits available to all U.S. military veterans.

Click on the benefits below for more infor-

mation from the U.S. Department of Veteran's Affairs.

- Disability Compensation
- Pension
- Education and Training
- Health Care
- Home Loans
- Insurance
- Vocational Rehabilitation and Employment
- Burial

### Benefits Focused On Those 65+

A Pension can be received monthly if a veteran is a wartime veteran and he or she is permanently and totally disabled or at least 65 years old. There is no time limit to apply for Compensation and Pension benefits.

A Death Pension is payable to some surviving spouses and children of deceased wartime veterans.

The benefit is based on financial need.

Aid and Attendance allows for veterans and surviving spouses who

need another person to assist them with eating, bathing,

dressing, undressing, medication dosing, etc., to receive additional monetary benefits. This benefit includes vets who are

cared for at home, in a nursing home, or assisted living facility.

What Is the Difference Between Aid and Attendance and Housebound Pensions? The care-needs and the rates of payment are the main difference. For an Aid and Attendance pension, the veteran must need activities of daily living such as dressing or bathing. For the Housebound pension, the veteran must be substantially confined to his or her immediate premises because of a permanent disability.

See How Comfort Keepers® Can Help. We feel privileged to offer quality in-home care and companionship to veterans who served our nation in times of need. Once you are an approved participant in a VA program, check with your local Comfort Keep-

## Genesis awards local leader and advocate

MEREDITH — Genesis Behavioral Health awarded the winners of the Dr. Pete Harris Community Service Award and the Helen Holbrook Leadership and Service Award on Tuesday, Oct. 25 at their Annual Meeting and Fundraising Dinner celebrating 50 years of service as the Community Mental Health Center for Belknap and southern Grafton Counties.

Each year, Genesis recognizes an individual or organization with the Dr. Pete Harris Community Service Award as a champion who promotes increased awareness, sensitivity, understanding and acceptance of mental health, much as Dr. Harris, the agency's founder, did himself. It is awarded to someone whose actions speak louder than words to promote respect and quality care for the necessary services for those in need.

This year's recipient, Kristen Welch, Director of Advancement at Community Action Partnership of Strafford County and former Director of Development and Communications at Genesis Behavioral Health, was honored for her steadfast efforts to educate the public on issues directly affecting individuals and families living with and recovering from mental illness.

"Her efforts have helped improve commu-



IAN RAYMOND — COURTESY

Left to right Martha Dolben (in yellow), daughter of Dr. Pete Harris; Kristen Welch, Dr. Pete Harris Award recipient; Dr. Kelley White, presenter; and Anne Onion, daughter of Dr. Pete Harris.

nity regard, and township support, for the necessity of timely access to emergency clinical and medical service supports that are often unfunded in service contracts," wrote Marshall Hatch, who nominated Welch. "She has conducted herself tirelessly, with brightness, humor and hopefulness, for the improvement of services and respectful regard within the communities of New Hampshire for all those living with mental illness and emotional distress."

The Helen Holbrook Leadership and Service Award is an annual award presented by Genesis to an individual who leads by example and gives of themselves, much as Genesis's first staff member, Helen Holbrook, did. Helen was a tireless advocate who strengthened the cause of mental health in the Lakes Region and remained active with the organization right up until her passing in September of 2015.

This year's recipient, Jacqui Abikoff, the Executive Director at Horizons Counseling Center, was honored for her service as an advocate, supporter and collaborator toward furthering awareness of mental health issues.

"She has created and expanded services for those with substance use disorders and co-occurring disorders; has been integral in the success of Belknap County's Drug Court; and continues to serve as a resource for other professionals on important topics that include domestic and sexual violence, criminal justice, crisis intervention, and suicide prevention," wrote Maggie Pritchard, Executive Director of Genesis Behavioral Health, in describing Jacqui's service and efforts. "Jacqui has become part of the landscape of the Lakes Region and a leader and a champion for both those with substance use disorders and those with psychiatric and other behavioral dis-

orders. She is an integral part of all our community collaborations and holds hope for a brighter tomorrow."

"It is very special that on our 50th Anniversary we honor former employees of Genesis Behavioral Health who have contributed to and continue to champion the success of behavioral health services," said Pritchard.

Each awardee was presented with a certificate of appreciation and mountain picture from local photographer J. Seccord Photography during the Annual Meeting and 50th Anniversary Celebration of the agency held at Mill Falls at the Lake, Church Landing in Meredith.

SEE GENESIS, PAGE A16

## Wright Museum to present at Golden View

MEREDITH — The public is invited to Golden View Health Care Center on Nov. 3 from 2:30-3:30 p.m. for a free presentation about the Wright Museum by its executive director, Michael Culver, Ph.D.

"The Wright Museum of WWII: Educating Future Generations about the Greatest Generation" will be held in The Terrace assisted living at

Golden View, located at 19 NH Route 104 in Meredith. The presentation focuses on the Wright Museum and its history.

This workshop is sponsored by The Bank of New Hampshire Charitable Fund. Light refreshments will be served. Please RSVP by calling Becky at 279-8111, ext. 4194 or by emailing [info@goldenview.org](mailto:info@goldenview.org), as seating is limited.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town              | Address                          | Type                      | Price      | Seller                                          | Buyer                                      |
|-------------------|----------------------------------|---------------------------|------------|-------------------------------------------------|--------------------------------------------|
| Alexandria        | 43 Mountain View Rd.             | Single-Family Residential | \$192,500  | Page Raymond G. Est. and Janis E. Byrd          | Martin Miville-Dechene and April Shibles   |
| Alexandria        | 350 Plumer Hill Rd.              | Single-Family Residential | \$267,8001 | George H. and Constance F. Morrison             | Thomas A. and Roberta J. Preve             |
| Alexandria        | N/A                              | N/A                       | \$195,000  | John Doherty FT and John Doherty                | Shawn and Amy Moynihan                     |
| Ashland           | 99 Winona Rd.                    | 4-8 Unit Apt.             | \$50,000   | 99 Winona Road LLC                              | Vernon L. and Barbara L. Marion            |
| Bristol           | 111 Deangelo Drive               | Single-Family Residential | \$232,800  | Keith and Emily Hemingway                       | John R. and Jeanne Johnson                 |
| Bristol           | Wicom Road                       | N/A                       | \$43,000   | Camilee M. Mucci                                | Peter D. and Mary L. Miller                |
| Campton           | 104 Champagne Circle             | Single-Family Residential | \$320,000  | Andre Decarie and FNMA                          | FHLM                                       |
| Groton            | Sculptured Rocks Road, Lot 140-1 | N/A                       | \$34,533   | Vintage Lands LLC                               | David R. and Gail M. Jacques               |
| Hebron            | 33 N. Mayhew Turnpike            | Single-Family Residential | \$70,000   | Cludine E. Huckins RET and Douglas L. Robertson | Old School LLC                             |
| Hebron            | 145 S. Mayhew Turnpike           | Single-Family Residential | \$250,000  | Winifred P. Collins RET and Brian J. Collin     | Mark Lighthowler                           |
| Rumney            | Rumney Route 25                  | Residential Open Land     | \$115,000  | Kenneth A. and Esther Ward                      | Wade A. and Veralisa G. Reed               |
| Rumney            | 218 Rumney Route 25              | Single-Family Residential | \$168,000  | Ritchard I. Kelly                               | Joshua A. and Sarah A. Silveira            |
| Rumney            | 125 Stewart Drive                | Single-Family Residential | \$180,000  | Robert M. and Shauna L. Nute                    | Stephen and Cynthia M. Hay                 |
| Rumney            | 147 Stone Hill Rd.               | Single-Family Residential | \$223,000  | Paul and Leanne Bealieu                         | Paul L. and Dawn Picard                    |
| Thornton          | 15 Carey Lane, Unit 10           | Condominium               | \$270,000  | Thomas P. and Christine A. Avallone             | Robert G. Hallett and Joanne M. Donovan    |
| Thornton          | 40 Covered Bridge Rd.            | Single-Family Residential | \$100,000  | Johnson Rossini RT and Mary L. Johnson          | Mary L. Johnson                            |
| Thornton          | NH Route 49                      | Residential Open Land     | \$60,000   | Stephanie Brown-Fehm and Susan A. Brown-Norris  | J. Gifford and Sally S. Kriebel            |
| Thornton          | NH Route 49                      | N/A                       | \$61,333   | J. Gifford and Sally S. Kriebel                 | Arlene M. Creeden LT and Arlene M. Creeden |
| Thornton          | 20 Night Rd.                     | Mobile Home               | \$62,533   | Lidia Sigurjonsson                              | Nicholas J. Burke                          |
| Warren            | 58 Lund Lane                     | Single-Family Residential | \$90,000   | Emily Clark                                     | Melissa J. Weeks                           |
| Warren            | 85 Mountain Meadow Rd.           | Single-Family Residential | \$205,000  | Daniel J. and Colette R. Costa                  | Gary and Lynn Coppola                      |
| Waterville Valley | 16 Avalanche Way, Unit 18        | Condominium               | \$295,000  | Guilbert FT and Robert A. Guilbert              | Peter and Maria Megdal                     |
| Waterville Valley | 28 Packards Rd., Unit 108        | Condominium               | \$70,000   | Kevin M. McGrath                                | Robert J. and Claudette P. Perreault       |
| Waterville Valley | 28 Packards Rd., Unit 428        | Condominium               | \$63,533   | Robert C. and Margaret L. Hilton                | Kevin H. and Meaghan K. Chapman            |

## ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com) or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

# MARK ON THE MARKETS

## Follow the money



BY MARK PATTERSON

'Follow the money' typically means money leading to criminal

activity. In this case, what I mean is that currency valuation related to the US dollar usually drives our equity and debt markets inverse to the direction of the dollar. For instance, as the dollar strengthens interest rates typically rise, bond prices go down.

Usually a stronger dollar will also drive the stock market down because value of the dividend paying stocks are usually hit first. If there is more yield in treasuries money will flow out of riskier assets like stocks and into safer bonds. The Federal Reserve has

been teasing us with a potential 25 basis point rate hike in the Fed funds rate. While I believe there will be a 25 basis point rate hike, there is also mounting evidence that we will fall into recession in the near future and this rate increase could be pulled back.

There is an economic or business cycle that happens and will continue to happen. The low point in this business cycle is known as the trough, the high point is called the peak so you can visualize this as a continuous wave of peaks and troughs. The depth of the trough reflects a deeper longer contraction of our economy. The height and length of the peak can represent an elongated expansive economy. Coming out of the 2008 recession, we have had a very tepid shallow recovery. Some economists will tell you this low growth economy is the new normal. While there is explosive growth in certain sectors of the economy the overall economy is just poking along. The government just announced a 0.3 basis point raise in Social Security benefits, that equates to about four dollars a month for the average Social Security recipient. Last year was zero. Based on these numbers the government is telling us that there is no real inflation therefore no hurry to raise interest rates that may be used to quell inflation. A significant rise in interest rates with tepid earnings for US corporations could send equity markets in to a very corrective action.

The bond markets are likely to follow.

Looking at global interest rates we are still fairly rich with yield in the US. Germany, Switzerland and Japan have near zero yields or even negative yields on their 10 year equivalent bonds. The US 10-year note yields approximately 1.75 percent. Many investors and advisors have been reluctant to use bonds with longer dated maturities. So for years we have been waiting for this rise in interest rates that just has not happened. There are strategies that can be used to structure a bond portfolio to maximize coupon payments and yield while immunizing the portfolio against rising rates. Bond funds, preferred stocks or common stocks that pay a dividend are perpetual. All that means is that there is no maturity date so from my perspective it is more difficult to mitigate interest rate risk.

I invite you to visit my Web site, [MHP-asset.com](http://MHP-asset.com), go to the drop-down titled "tools" and go to risk analysis and take the "Riskalyze" risk management assessment.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

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- 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](http://www.Ready.gov/blackouts)

Who to Call
 Where to Meet
 What to Pack

# The New Hampshire Marathon presents event proceeds!

**BRIDGE WATER** — The 24th season of the NH Marathon concluded with a special reception on Sunday, October 1st. Volunteers and sponsors gathered to celebrate another successful Marathon year. The race this year saw 536 participants finish in the Marathon, Half Marathon, 10K, & Kids Race combined.

Race Director Dan MacLean welcomed the group by thanking everyone for helping with the event. Thanks were given to the many volunteers, sponsors, and hospitality sites for this year's Marathon. Special thanks was given to The Inn on Newfound Lake as well as they have been a continuing major sponsor of the Marathon and hosted the

celebration.

The reception opened with recognition given to a few key organizations that helped with the race, each receiving small donations for their efforts: NACA (Newfound Area Chiefs Association) for the police officers and EMTs from the area towns — EMT's Sue Appleton & Bob Emerson were on hand to accept the donation; CERT (Community Emergency Response Team) for their assistance with parking and road safety and the NRHS (Newfound Regional High School) Band program for playing music at the start including the National Anthem — band member Ethan Pruett was on hand to accept this donation.

The second part

of the reception was the much-anticipated presentation of the proceeds. The NH Marathon donates all funds raised to 3 local non-profit youth-centered organizations — The Mayhew Program For Boys, The Circle Program for Girls & the Tapply-Thompson Community Center. The NH Marathon was proud to present \$6,750 to each program this year! Over the past 24 years, the NH Marathon has proudly awarded \$241,250 to community organizations.

For more information, please check the Web site, [www.nhmarathon.com](http://www.nhmarathon.com). If you would like to volunteer, or have any questions, please call Dan MacLean at 744-2713, or e-mail at [race@nhmarathon.com](mailto:race@nhmarathon.com).



COURTESY

Pictured above are participants & representatives of each of the organizations that received donations from the NH Marathon. TTCC Kids & Staff on the left, Circle Program Girls & Staff in the middle & Mayhew Program Boys & Staff on the right.

## Local Masons celebrate 150th year

**BRISTOL** — Union Lodge No.79 Free & Accepted Masons met Sunday, Oct. 23 in celebration of their 150th year. The festivities started with an enjoyable luncheon for the members of the Lodge and their wives as well as representatives of the Grand Lodge of New Hampshire.

Following the meal, John Gordon, the Most Worshipful Grand Master of Masons in New Hampshire, and his officers performed a re-dedication ceremony for Union Lodge. The Grand Master was also pleased to present Right Worshipful Brother John Matthews a 60 year certificate honoring his time as a Mason. He also had the honor of presenting Worshipful Brother Ken Hall, Jr. with a 50 year medal and remarked that Brother Hall was the presiding Master of the Lodge in 1974 when it first moved into the current building at 61 Pleasant St.

A brief history of Union Lodge was pre-



COURTESY

Union Lodge No.79 Free & Accepted Masons met Sunday, Oct. 23 in celebration of their 150th year. The festivities started with an enjoyable luncheon for the members of the Lodge and their wives as well as representatives of the Grand Lodge of New Hampshire.

sented by the Lodge secretary, Worshipful Brother Paul Fraser, and everyone in attendance received a commemorative coin to mark the occasion.

Right Worshipful Brother Russ Vaiden also shared remembrances of his time with the Lodge and noted he is particularly proud of the community outreach of Union Lodge pointing to the various events that the Lodge holds. Most notably the annual event of a spaghetti supper for the NH Marathon racers which raises money for the community outreach night where proceeds from the sup-

per are given to Tapply-Thompson Community Center, Newfound Area Nursing Association, Boy Scout Troop #50, Pemi Valley Habitat for Humanity, Camp Mayhew and the Bristol Fire Company. He also pointed to the Halloween Haunted House and the Breakfast with Santa events as being a great deal of fun to put on and mentioned that there were so many people in the community that enjoyed them as well. He was pleased that Union Lodge at 150 years continues to be relevant and a positive force for both its members and the community alike.



COURTESY

### Newfound candy table lures students from past and present

Several members of the Newfound Teachers' Union Local #6557 set up a table on the sidewalk in Bristol to hand out candy on Halloween. They saw many past, present and future students.

## Annual Mae Hart Thanksgiving Dinner

**M E R E D I T H** — Thanks to the generosity of the Hart's Turkey Farm Restaurant, the Annual Mae Hart Thanksgiving Dinner will once again be served on Thanksgiving Day, Thursday, Nov. 24, at the Meredith Community Center.

Hart's Turkey Farm Restaurant has partnered with the Meredith Parks and Recreation Department to provide this wonderful meal, which will be served at noon. Doors open at 11:30 a.m. Deliveries will be made to shut ins between 10:45 and 11:30 a.m.

This meal is intended for those in Meredith and surrounding towns who are alone, or simply wish to celebrate this meaningful day with new friends. We will offer meal deliveries to residents of Meredith, Center Harbor, and New Hampton who are housebound and unable to attend the meal at the Meredith Community Center.

Anyone wishing to attend the meal, receive a delivered meal, or volunteer to help serve or deliver meals is asked to contact Terri Thompson at the Meredith Parks and Recreation Department at 279 8197 or [tthompson@meredith-nh.org](mailto:tthompson@meredith-nh.org).

Pre Registration is required by no later than Nov. 21.

This special meal is a long time tradition

thanks to the generosity of Mae Hart, the

Hart family matriarch, who promoted community spirit and believed no one should eat alone on Thanksgiving Day. The very generous Hart family has

continued her tradition since 1988. We would also like to thank a very generous

anonymous donor, who contributes funding each year to help provide delivered

meals to those unable to attend the meal at the Community Center. Thank you

also to the many volunteers who have made this wonderful gathering possible over the years.



DONNA RHODES

### Trick or treat

All sorts of colorful characters could be spotted along the streets in New Hampton Monday evening as boys and girls enjoyed a traditional, fun-filled Halloween with their families and friends.

|                                                                                                                                     |                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <p><b>THE FLYING MONKEY EXPERIENCE</b> DINNER AND A SHOW!</p>                                                                       |                                                                                                   |
| <p>93.3 The Wolf Concert Series<br/><b>EMERSON DRIVE - Fri, Nov 4</b><br/>With Special Guests The Mallott Brothers Band Opening</p> | <p><b>JUSTIN MCKINNEY - Sat, Nov 26</b><br/>New Hampshire Comedy Superstar</p>                    |
| <p>104.9 The Hawk Concert Series<br/><b>STEVE VAI - Sat, Nov 5</b><br/>Passion and Warfare 25th Anniversary Tour</p>                | <p><b>THE ALTERNATE ROOTS &amp; WILL EVANS BAND - Fri, Dec 2</b><br/>Roots Rocker Double Bill</p> |
| <p><b>THE CAPITOL STEPS - Fri, Nov 11</b><br/>They Put the "Mock" in Democracy!</p>                                                 | <p><b>WIZARDS OF WINTER - Sun, Dec 4</b><br/>A Trans-Siberian Orchestra Experience</p>            |
| <p>104.9 The Hawk Concert Series<br/><b>SQUIRREL NUT ZIPPERS - Fri, Nov 13</b><br/>Delta Blues and Gypsy Jazz</p>                   | <p><b>CHRISTMAS WITH THE CELTS - Sat, Dec 10</b><br/>A Celtic Holiday Celebration</p>             |
| <p><b>TAB BENOIT - Sat, Nov 19</b><br/>American Blues Guitarist</p>                                                                 | <p><b>JUDY COLLINS - Sat, Dec 17</b><br/>Holiday &amp; Hits</p>                                   |
| <p><b>WARREN MILLER'S HERE, THERE &amp; EVERYWHERE - Fri, Nov 25</b><br/>FREE Lift Passes! • TWO Shows!</p>                         |                                                                                                   |
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**Films & Looking Ahead**  
 11/9/16 - "For the Love of Spock" (Documentary)  
 11/10/16 - "Her Sister from Paris" (Silent Film)  
 11/12-14 - Film Festival: "Animation Show of Shows"  
 11/16/16 - "The Big Lebowski" (Film)  
 11/17/16 - "Dust Fan Yarn Group"  
 12/31/16 - Adam Ezra Group  
 1/6/17 & 1/17/17 - Recycled Percussion  
 1/19/17 - The Infamous Stringdusters  
 Complete listing at [flyingmonkeynh.com](http://flyingmonkeynh.com)



DONNA RHODES

Brendan of Alexandria joined his cousins, Iris and Danika of New Hampton to enjoy free cotton candy along with music, games and crafts at "Lights On" last Thursday, an annual event sponsored by Newfound Area School District's Project Promise after school program.



DONNA RHODES

Bobbing for Donuts was a tasty competition for all who attended the "Lights On" activities presented by Project Promise at Newfound Memorial Middle School in Bristol last Thursday.

## Lights On

FROM PAGE A1

cotton candy for all and a performance by the high school's A Capella group, one of Project Promise's many after school clubs.

Project Promise Director Jen Dayhoof said she treasure's times such as "Lights On" when the after school community can join together for some fun. She was also pleased with this year's participation and grateful for all the high school students who volunteered, parents and staff members who made it all possible.

"We had lots of staffing here this year including former Project Promise students who have now come full circle with the program," she said. "Joanna Raptis just graduated from NRHS in June and is now on our actual staff at Bris-

tol Elementary School. Maddie DeCormier is also helping this year. Maddie's still at the high school but getting some hands on experience for a future career in early childhood education."

Project Promise serves children in all of the district's schools, providing after school homework assistance, fun activities and special interest clubs, all funded through two grants, like their recently acquired 21st Century Community Learning grant. Those funds, Dayhoof said, allow the program to offer scholarships for income eligible children interested in Project Promise as well as sliding scale fees for other families.

New this year to after school activities will be a Lego STEM Club. Also adding to the excitement will be visits

from Wildlife Encounters every Tuesday from now until winter break. At that time, the wildlife education organization will bring some of their friends from the natural world to Bristol Elementary School where boys and girls can meet and learn about each creature.

"Children who aren't in the program are welcome to join us those days as well. The cost would be the typical \$8/day fee and we'll have buses to bring students to Bristol from Bridgewater-Hebron, Danbury, New Hampton and Hill," said Dayhoof.

For more information on Project Promise, parents can contact their child's school secretary or call Dayhoof and her assistant director Susan Wright at 744-6006, ext. 1519 or 1529.

## Newfound

FROM PAGE A1

voted to return \$957,773 of the year-end unassigned fund balance to the district to reduce taxation this year.

The local tax assessment for 2016-17 is \$12,131,383, so next year's assessment is capped at \$12,374,010. Limanni arrived at the tax-capped budget figure by adding a conservative revenue estimate of \$8,901,899 to that figure. If there are additional revenues, the spending level could be higher.

While eliminating the project proposals would be the easiest way to bring the budget within range of the cap, the school board has been anxious to make up for years of neglecting building maintenance, and it could instead look at other initiatives included in the superintendent's budget.

Buckley wants to eliminate the dual role of the principal who oversees both New Hampton Community School and Danbury Elementary School, creating one position for each school. That would mean a new salary with benefits for the Danbury principal, although Buckley proposes eliminating a secretarial position at the

school and increasing the principal's responsibilities.

She also wants to increase a part-time elementary music position to full-time, while eliminating a fifth-grade teaching position at New Hampton Community School. Another goal is to increase the pay for substitute teachers, and split the duties of the facilities manager among two new positions, a facilities director and a grounds and maintenance person.

Buckley also is proposing to reduce a guidance counselor position from full-time to three days a week, and to add three paraprofessionals for special education students.

Throughout the district, the superintendent's budget includes funds to purchase document cameras and replace computer servers, as well as maintaining or adding security cameras. Several buildings are seeking smartboards, portable public address systems, and Chromebook carts, all of which could become targets for budget reductions.

The "major projects" list, in addition to roof work, includes a \$50,000 transfer to support the food service program; \$80,000 for night lobby repairs; \$143,000 for as-

bestos abatement and tile replacement at Newfound Memorial Middle School; \$25,460 to re-key the middle school; and \$36,800 to replace windows at New Hampton Community School.

In light of those numbers, School Board Chair Jeff Levesque of Groton told representatives of the New Hampton Community School PTO that their request for \$25,000 to improve the playground was coming at a bad time.

"Had the request come a couple months ago, things would have been different, and in another couple months, things may change, as well, should we find some savings or unanticipated revenue," Levesque said, adding that the PTO also could submit a petitioned warrant article or make a motion from the floor at the annual school district meeting to increase the budget. Voters can approve spending beyond the tax cap, but the school board and Newfound Area School District Budget Committee cannot recommend spending that exceeds the cap.

Meanwhile, the PTO is seeking grant funding for the playground.

The school board will be taking up the budget discussion at its next meeting, on Nov. 14.



THOMAS CALDWELL

Kasha Beznoska joins Nature Preschool children at the "welcome back" play area near the Slim Baker Lodge in Bristol on Oct. 25.

## Preschool

FROM PAGE A1

education, the Nature Preschool also addresses what Richard Louv, author of "Last Child in the Woods," termed "nature deficit disorder" — the increasingly

limited amount of time children experience the outdoors.

Nature Preschool offers a "mobile classroom" that has children spending time at an outdoor play area, walking along the trails surrounding the Slim Bak-

er Lodge, and doing art projects that draw upon nature. Older children from the kindergarten class join the younger ones to offer peer guidance and experience the satisfaction of helping the younger ones.

SEE PRESCHOOL, PAGE A15

Plymouth Rotary Presents 66th Annual

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## Preschool

FROM PAGE A14

The teachers lead the classes based on the interests of the children, introducing “pieces of academics” as they fit into the child’s individual progress.

“We emphasize sitting in a group with friends and working together for a well-rounded education,” Walker said.

Jennifer MacDonald, who has operated Heart Centered Multi-Age as a private kindergarten in downtown Bristol since 2011 and added a preschool in 2013, conceived of an outdoors component last January. Walker, whose son was attending kindergarten there, and who was assisting at Squam Lakes Natural Science Center in Holderness, says she loved the idea of an outdoor classroom so much that she went home and wrote up a proposal that night. While MacDonald had been thinking of the class as a future goal, Walker pressed her to start the program this year.

When MacDonald discussed her ideas with the preschool’s board of directors in March, director Dorcas Gordon, who also serves on the board of the Slim Baker Foundation, suggested holding the class at the lodge. When the proposal went before the Slim Baker directors, they applauded the idea. MacDonald and her team fleshed out the plan over the summer, and the first class took place on Sept. 6.

A team of teachers oversees the classes. Joining Walker is Kasha Beznoska, who formerly worked at Red Oak Montessori School in Franklin and operates Growing With Yoga, a program that focuses on children. Deanna Pellegrino, a registered nurse who makes artisan jewelry, focuses on art at the Thursday sessions. Shirley LaRoche, known as “Gram,” is a key player who volunteers to help out wherever needed.

Empathy and self-regulation skills are important, Beznoska said, and she includes a yoga and mindfulness component to the classes.

“It’s a fun program, and I feel I’m learning a lot from them,” Beznoska said.

The children also gain a sense of calm during the circle time, when they sing a welcoming song that recognizes each child by name. They enjoy snacks and exercise together.

The “welcome-back” play area, where they start the day, is a clearing with a fire pit and stick structure where they are free to run and jump and play games. Beznoska said the children know it’s their space, and they make it their own. Their behavior evolves from playing with a few select children to interacting with everyone in the group.

### History

Heart Centered Multi-Age opened its doors in 2011 on Pleasant Street, and in the fall of 2014, the private

school moved to its current location on Central Square.

While operating the school, MacDonald, a former public school teacher, has continued her professional development, focusing on nature-based and place-based education.

“Through yearly classes and workshops held at Antioch University in Keene, my passion for outdoor education has grown,” MacDonald said. “There is a movement in New Hampshire of educators who feel the best place for children is outside, and current evidence and research supports our beliefs.

“Classroom teachers will tell you that there are more and more children present in their classrooms with emotional and behavioral concerns than ever before. I strongly believe that children must play and learn to regulate their bodies before they can be successful in the modern-day classroom.”

According to MacDonald, nature schools allow children to learn in a stimulating, enriching, and calming environment.

“Watching children balance on boulders, assess risk, and be compassionate for the child playing and exploring next to them strengthens our belief that our Nature Preschool is providing our community’s children with exactly what they need to have future school success and a deep appreciation for the natural world,” she said.

When a child displays anger or sadness, the teacher is there to help cope with those emotions.

“Why are you sad?” she asks, getting the child to articulate the problem, and guiding the child to recognize what’s wrong. “It’s okay to be mad, because everyone gets mad sometimes.”

Then she asks the child to practice the “Peaceful Pause” — taking three breaths in and out, and repeating, “I am calm, I am strong, I am kind, I am a good friend.”

Nature Preschool is a natural extension of the kindergarten program MacDonald established in 2011.

“I wanted to give kids more time in the day to learn through their senses and not be so focused on preparing for the tests,” MacDonald said at the time. “I saw a need. I wanted to provide kids a place where it was a little more calm and they could learn what they’re interested in.”

### Adaptation

The Nature Preschool’s first class in 30-degree weather proved to be a challenge for students and teachers. While the children disembarking from the van on Oct. 25 immediately ran to their play area, and ran back to greet each new child arriving in a parent’s vehicle, the chill wind soon proved to be too much for some of them.

First there was sadness: The mittens were not keeping little hands warm enough.

Then there was a display of jealousy: More than one child wanted to sit with the teacher or be held.

And there was pure unhappiness: The coats and hats were not enough to ward off the chill.

For a while, the teachers were successful in refocusing the children’s attention to exercises that would keep them warm, or on activities like identifying what they had experienced that morning — snowflakes, falling leaves, wind — and talk about things they were going to do — visiting an open field where they would be able to run and play. But, as one child’s crying led another to become unhappy, it was clear a change in plan was necessary. They retreated to the warmth of the lodge to play with paper and markers, and do other activities.

“It’s a growing program, where we adapt to what works best,” said Walker.

They talk a lot about safety and risks during the outdoor sessions. Part of Louv’s criticism of the indoor classroom is that teachers and parents have been striving to eliminate all risks but, in the process, deprived children of imaginative play. The Nature Preschool allows children to use sticks and rocks as imaginary toys, but the teachers keep a close eye on them as they play.

“There’s a lot of education of the little brain,” Walker said. “We emphasize that they always have to be able to see us, and we have to see them. We teach them that there are bad clothing choices, not bad weather.”

“It will be interesting to watch these same children negotiate winter in February,” MacDonald commented. “The right gear makes all the difference!”

A volunteer has knit mittens for those who have forgotten theirs, and the teachers encourage parents to send along additional layers of clothing to keep the students warm.

Along with the natural items the woods provide for inspiration, the preschool places books and markers outside for the children’s creative use.

It’s not all free play. The school plans activities to develop their cognitive skills, with a focus on literacy, numeracy, and problem-solving. They help the children develop physical skills through fine and gross motor play and building with their hands.

There also is a spiritual focus, developing a sense of unity between themselves and the natural world.

Pellegrino said simply being outside accomplishes a lot.

“It’s a simple idea,” she said, “but it’s important to use your imagination and get lost in play.”

It also promotes spatial awareness, Pellegrino said.

“They need to move their bodies in order to grow their minds,” Walker agreed.

## Voices Benefit

FROM PAGE A1

they will be cutting back on their performances in the future but assured everyone they are not finished as a band. On Dec. 17, they will hold a final concert performance at Mill Fudge Factory then reserve their schedule to select venues for awhile, such as local gazebo concerts and other outdoor events in the summer months.

“We’re not going to be done, we’re just going to cut back on our schedule,” said Josh Furbish.

The band, made up of many talented family members and friends, has been together for a little over a decade now. During that time they have entertained crowds for the Kelley Park concert series in Bristol, Plymouth’s summer concerts on the Town Common, the Hartwell Memorial Concert se-

ries in Tilton-Northfield, performances at Little Church Theater in Holderness, and countless other events.

Many of those performances also benefited organizations and causes in central New Hampshire.

“We’ve follow this band for years and think it’s just wonderful what they do,” said Russ Walberg and his wife Diane as they awaited the start of last Saturday’s show.

## Capital

FROM PAGE A5

consists of 27 cities and towns, most of which are very small. Consider the town of Bridgewater. Almost 20 percent of its residents receive Social Security retirement benefits today and nearly 50 percent of residents are nearing retirement age. Or consider tiny Ellsworth, with its population of 83, 30 percent of whom receive Social Security retirement benefits. What happens to these places if a major

source of their economic activity is slashed by 25 percent? I hope we never find out.

AARP has urged the candidates for President to take a stand and explain their plans for the long-term solvency of Social Security. The campaign had considerable success in the primary, encouraging candidates from both parties to release plans to fix the program. Unfortunately during the General Election, reasoned discourse on issues that ought to transcend party lines

has given way to increasingly nasty personal attacks.

Social Security affects the life of every Granite Stater. We mustn’t allow the politicians to dodge the issue any longer. The closing weeks of the General Election should include an extended and detailed dialogue about the future of this vital program. The media play an important role in this exercise. The most important role, though, is played by we the people. We must hold the candidates accountable.

## Gathering

FROM PAGE A10

Haust will offer Holiday Sun catchers. Students will design glass pieces that are then fused in the kiln. She is also offering making night lights using the same skills. If you wish to make a night light there is an additional cost of \$5. Cost for the class is \$25 for members and \$30 for non-members.

On Tuesday, Nov. 29 from 5-7 p.m., Irene Marocco will offer a class is making Star Ornaments. This is a sixteen-point star made with ribbons. The star can be used as an ornament or as a decoration for a special package. Cost of the class is \$15 for members and \$20 for non-members.

Each month Artistic Roots also offers an open class in Knitting held

weekly on Sundays from 2-4 p.m., sponsored by fiber artist, Polly Bartlett. This class is free and all are welcome to attend.

Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is on 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

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A16

## Genesis

FROM PAGE A11

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# Newfound Landing Sports

Section **B**  
Thursday,

Thursday, November 3, 2016

## Late tally sends Eagles past Newfound in semis

BY JEFF LAJOIE  
jlajoie@salmonpress.com

EXETER – After splitting two regular season meetings, both games decided by one goal, it was a given that the Gilford-Newfound rubber match with a spot in the NHIAA Division III state championship game up for grabs was going to come down to the wire. But with overtime looming and a wild finish on the horizon, Gilford sophomore Brianna Salanitro took matters into her own hands.

The red-hot forward, who scored three goals in a quarterfinal win over Hopkinton, took a lead

pass from Kellie Ryan and willed it through the pads of Newfound goalkeeper Montana Bassett for the game-winning goal with 7:07 remaining to lift the second-seeded Eagles to a 2-1 win over the third-seeded Bears in a semifinal matchup under the lights at Eustis Field on the campus of Exeter High School on Oct. 26.

“This is definitely the best I’ve been playing all year,” said a smiling Salanitro afterwards. “I’m understanding my role and what the team needs from me.”

It was a back and forth affair, with Lakes Region powers trading scoring opportunities up and down the field. With the contest even at 1-1, the game-winner came as Ryan picked up a loose ball in the mid-field and took off for the Newfound goal. She played a lead pass right to the stick of a sprinting Salanitro, who hauled in possession in stride and charged at the goal area. Her initial shot was saved by Bassett, but she stuck with the rebound and managed to poke it into the back of the net with 7:07 to play.

“We had our offensive players helping out on defense and that led to a transition game, which we scored on there,” said Gilford head

coach Dave Rogacki. “Brianna’s been playing well. We wanted to use her speed.”

Gilford got off to just the start it needed in this one, as Salanitro scored the first of two goals on the night when she buried a goal with an assist from freshman Laurel Gingrich just 2:22 into the first half for a 1-0 lead.

“To start the game, you could see the nerves on our part,” Newfound coach Karri Peterson said. “It took us a few minutes to get settled down and unfortunately that put us down 1-0.”

“It was nice to see us get an early goal,” admitted Rogacki. “We’ve always struggled to score here (in Exeter) so to get a quick lead was nice.”

“But the girls fought back,” Peterson noted.

Newfound (13-2-1) responded quickly however, tilting the field and putting pressure on the Gilford goal. Junior Julianne Marchand sent a cross into traffic, and freshman Caroline Marchand one-timed a shot that went off the post and trickled in, tying the game 1-1 just 4:29 after the Eagles tallied.

From there, Newfound put the pressure on Gilford freshman goalkeeper Jenna Delucca. Junior Savanna



JEFF LAJOIE – GILFORD STEAMER

Savanna Bony battles for the ball in semifinal action against Gilford on Wednesday in Exeter.



JEFF LAJOIE – GILFORD STEAMER

Hayleigh LeTourneau moves the ball up the field in action against Gilford last week in Exeter.

### What's On Tap

The new month features only a handful of playoff games left on the schedule.

The Division II and Division III football playoffs begin on Saturday, Nov. 5, at the home of the higher seed at 1 p.m.

The Division II and Division III boys' soccer finals are Saturday, Nov. 5, at Southern New Hampshire University. Division III is at 1:45 p.m. and Division II is at 4 p.m.

The Division II and Division III girls' soccer finals are on Sunday, Nov. 6, with Division II at Bill Ball Stadium at noon and Division III at Laconia High School at 4 p.m.

The unified soccer semifinals are today, Nov. 3, at the home of the higher seed and the finals are Sunday, Nov. 6, at 2:15 p.m. at Laconia High School.

The Division II volleyball semifinals are tonight, Nov. 3, at 5 and 7 p.m. at Pinkerton Academy and the finals are Saturday, Nov. 5, at 7 p.m. at Pinkerton. The Division III volleyball finals are Friday, Nov. 4, at 7 p.m. at Plymouth State University.

The cross country Meet of Champions takes place at Nashua South High School on Saturday, Nov. 5, with the girls running at 2:30 p.m. and the boys at 3:20 p.m.

### 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 pcofr@sau4.org or 744-6006, x1507.

## Bears fall to Gilford in rainy playoff battle

BY JOSHUA SPAULDING

Sports Editor

GILFORD — It was bound to be a battle for the Newfound boys' soccer team in the second round of the Division III tournament.

After earning a bye in the first round, the 14th-seeded Bears had to travel to Gilford to face the perennial title contender Golden Eagles on Thursday, Oct. 27.

Add into the mix a cold and dreary day with plenty of rain and wind, and nothing about the day was going to be easy.

But coach Jesse Mitchell's kids showed that they were there to play and that they weren't going down without a fight.

While Gilford got early goals in both halves and took the 2-0 win, the Bears showed no quit and didn't back down from the challenge in front of them.

“It's tough trying to play against them, especially in weather like this,” said Mitchell. “We were trying to play



JOSHUA SPAULDING

Jarrod Fairbank controls the ball during his team's playoff game in Gilford last week.

the way we needed to against them.”

Mitchell said the plan was to control the ball as much as possible and send it over the top for bids in the offensive zone. However, Gilford's relentless defense kept

the Bears from executing the game plan the way the coach was hoping.

Gilford had a couple of early chances but the Newfound defense held tight, led by Matt Mickewicz in front of

keeper Mike Doan. Jarrod Fairbank had the early run into the zone but couldn't get past the defense.

The Golden Eagles were able to get the game's first goal with 5:25 gone in the first half and forced Newfound to play from behind.

The Bears were unable to get much in past the Gilford defense, as every run the Bears made seemed to be shut down before it reached the box. Fairbank sent a ball in just ahead of Ryan Quinn and Brad MacDonald, while Doan made a save at the other end and Gilford had wide shots go high and wide of the net. MacDonald

made a run down the sideline but his attempt to get the ball in to the box was shut down by the defense. Cian Connor had a nice block of a Gilford shot at the other end and Doan came out to make an aggressive save on a Gilford bid.

Quinn came back with a nice cross into the box for the Bears but the ball was cleared away. Gilford came back with a corner at the other end and the Bears were able to keep them from getting a shot on net. Mickewicz came through with a good clear for the Bears and Connor got in the zone but could not convert. Devon Krae

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# Panthers power past Bears in opening round

BY JOE SOUZA

Contributing Writer

**MOULTONBOROUGH** — The Moultonborough Academy volleyball team has compiled one of the top records in Division III with a balanced attack.

Despite a lackluster effort, that attack has been on display in the Division III tournament. Alexa Price put down 20 kills, frustrating No. 12 Newfound in a three-game sweep in the opening round of the tournament on Thursday, Oct. 27. The Panthers won 25-16, 25-23, and 25-15.

Moultonborough went on to top Route 25 rival and No. 4 Inter-Lakes, 3-1, in the quarterfinal round on Saturday (see separate story). The Panthers (14-4) faced No. 9 Campbell in the second of two semifinal contests at Plymouth State University on Wednesday evening.

Against Newfound, a team MA swept twice during the regular season, the Panthers were not firing on all cylinders but had more than enough firepower to top the Bears (7-10) in three for the third time this fall.

“We were kind of flat tonight,” MA coach Cori Schult said. “I don’t know if it was the long wait from our last game until tonight or what, but it took us a little bit to get going.”

That may have been aided by the fact that the Bears never got in gear either, struggling to recover on defense as well as at the service line.

“We just didn’t come to play. We had a lot of errors,” Newfound coach Amy Fairbank pointed out. “Defensively, covering was an issue. We weren’t reading the ball very well when they were tipping.”

“Our service game was an issue as well, and I’ve never had a team struggle before,” added Fairbank. “We had 29 service errors. We threw away 29 points right there.”

Moultonborough Academy setter Jessica Lear ran the Panthers attack, finishing with 33

assists. Price was on the receiving end of many of those, putting down 20 kills in a number of different ways — hammering a number down while also using the tip when holes opened up. Megan Duddy finished with two blocks, while Madison Perrotti recorded four of MA’s 10 aces on the night.

Defensively, the Panthers were led by Carlee Morgan who finished with 10 digs.

For Newfound, sophomore Ashlee Dukette finished with six kills and five aces. Despite Newfound’s struggles at the service line, Alyssa Shaw was perfect serving.

The Bears came out strong, taking a 5-1 lead in the opening game. Dukette went on a four-point service run for the lead, including an ace and a kill by Shaw. MA would climb back into the contest, eventually taking the lead for good at 12-11 on a Perrotti ace. Perrotti would serve for five points, giving the hosts a 14-11 edge. Brianna Lear put the Panthers in control with a five-point service run, giving MA a 20-12 lead. Price had three kills in the spurt en route to a 25-16 decision.

In the second game, the Panthers grabbed an early 3-1 edge, but it would go back-and-forth throughout. It would be tied 14 times, with the lead exchanging hands four times. A miscue gave MA side-out and a 19-18 lead. Jessica Lear served for three points, which included a big kill by Price, for a 22-18 lead. Newfound would hang around though, pulling within 24-23 with a Becky Norton service point, but MA would get game point moments later.

“It was helpful that we played them before,” Schult said. “We knew their strengths and weaknesses.”

“We were aggressive,” added Schult. “We mixed it up with the tips. Price exploited them. She sees the floor well and finds those holes.”

Newfound took a 4-1



Alyssa Shaw hits the ball in action against Moultonborough on Oct. 27.

JOE SOUZA

lead in the third game on an ace by Dukette, but the Panthers would claw their way back into the game. From there, the Panthers would gradually pull away.

“We ran a new offense. I think they un-

derstood it, but there was some confusion out there,” Fairbank said. “I think we were timid and didn’t really hit the ball. We didn’t use our number one hitter enough. Ashlee had six kills.”

“We just didn’t play

well,” concluded Fairbank.

The veteran coach was pleased with the performance of Dukette and Kasey Basford, two promising sophomores. “Ashlee served amazing tonight,” praised Fair-

bank. “She did a good job covering. Kasey Basford is another one who wants to play.”

“We have a lot of girls coming up so hopefully we’ll be back (in the tournament),” added Fairbank.

# Bobcats edge Spartans in regular season finale

BY JOSHUA SPAULDING

Sports Editor

**MILFORD** — The radio announcers on the Patriots pregame show on Sunday talked about the team’s defense “bending but not breaking.”

That same thing could easily be applied (and was by coach Chris Sanborn) to the Plymouth defense on Friday night in Milford.

The Spartans were able to move the ball up the field fairly easily, but getting it in the end zone was a whole other issue.

Milford was able to score right before the half to take a 6-0 lead



JOSHUA SPAULDING

Quarterback Brandon Roy and the Plymouth Bobcats will be in the playoffs this Saturday afternoon.

to the break and after Plymouth scored, got in the end zone for another touchdown, but the Bobcats answered and came away from their trip south for the regular season finale with a 14-12 win over the Spartans.

“The defense played well,” Sanborn said. “We gave up some yards, we bent but we didn’t break.”

Neither team scored for most of the first half before the Spartans were able to take the ball into the end zone in the final minute of the half to take a 6-0 lead. The hosts went for two and the Plymouth defense was able to stop them to keep it a 6-0 game at the half.

Colby Moore got Plymouth’s first touchdown and Danny Carey’s extra point gave Plymouth a 7-6 lead.

However, the Spartans came back and scored again to go on top 12-7. Without a kicker, the Spartans opted to go for two again and once again, the Plymouth defense came through with the stop.

Plymouth then got a

50-yard touchdown run from Garrett Macomber and Sanborn elected to go for the extra point and Plymouth had a 14-12 lead, which they held on to for the win.

“It was a tight one, but we got the win and we’ll take it,” Sanborn said.

The Bobcats actually had a couple of early chances to get in the end zone but the ball was fumbled away on back-to-back possessions. The Bobcats also dropped a wide open pass that could’ve led to more points.

“We had two fumbles in the first half, which really killed us,” Sanborn said. “It was not a great first half for the offense, but the defense did well.”

The Bobcats didn’t need to use Macomber much on the day either, as the bruising junior back had just six carries on the afternoon. However, Sanborn noted it may have been the best day of blocking in the backfield that Macomber has ever had.

The win solidified Plymouth’s hold on a

playoff spot and helped the Bobcats achieve a couple of their goals from the beginning of the season.

“We wanted to be in the playoffs and we wanted to be hosting a game,” Sanborn said. “The way things fell this weekend, we’re in the playoffs and we have a home game.”

While the brackets weren’t official as of deadline on Sunday night, Sanborn said the best he had figured was that his team will be the fourth seed in Division II and will be hosting St. Thomas on Saturday. If they were to win that game, they’d get top-ranked Windham in the next round.

“We’re going to have our hands full,” Sanborn said.

Game time on Saturday is tentatively scheduled for 1 p.m. Check our Facebook page (Salmon Press Sports – Wolfeboro) for official bracket information.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

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# Bears fall in season finale, already looking forward to next season

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — While the season ended with a loss for the Newfound football team, there was still optimism to be found around the program as the team reads to move forward.

"I was very happy with what we accomplished, from where we were last year to where we ended up this year," said first-year head coach Ray Kershaw. "Things are going in the right direction."

The Bears welcomed defending Division III champion Newport to town on Saturday, Oct. 29, for the final game of the regular season and the Tigers came away with a 48-30 win over the Bears.

"Newport was stronger than us up front," Kershaw said. "That's one of the things the kids have to work on this offseason is getting in the weight room."

Ben Morrill, Ricky DeLuca, Scott Sargent and Tiellar Mitchell all got touchdowns on the afternoon, while Mitchell, Tyler Haskell and

DeLuca each carried in two-point conversions for the Bears.

Kershaw was especially effusive about the game played by Morrill.

"He had a great game," Kershaw said. "He ran his heart out and had some great tackles on defense."

"It was one of his best games," the Bear coach added.

And while he noted that it's easy for him to see the improvement the team has made over the course of the season, he also believes that the team sees it as well.

"They've seen the improvement from the first game to the last," Kershaw said. "And now they all know how important the offseason workout program is. They can all taste it."

Kershaw pointed out that his staff is all looking forward to returning next year and he anticipates his underclassmen will all be back in the fold as well, helping to move the program forward.



Ricky DeLuca carries the ball in action on Saturday against Newport.

RC GREENWOOD

"The first year is always the hardest year," the Bear mentor stated. "They all believe in what I'm saying and what the other coaches are saying and what we are doing."

For a team that has

had five coaches in the last five seasons, stability in the coaching ranks should be a positive moving forward for the Bears.

"Everyone is on board for next year, so that should make

things better," Kershaw said. "We're not going anywhere."

"I'm really looking forward to next year," the Bear coach added.

Newfound finished the season at 2-6, picking up wins over Masco-

ma and Fall Mountain, the first consecutive wins for the team since the 2013 season.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

# Hiltz qualifies for Meet of Champions

## Libby Van DeMoere leads the way for Plymouth girls

BY JOSHUA SPAULDING

Sports Editor

MANCHESTER — One member of the Plymouth cross country team was able to extend the season for another week following Saturday's Division II State Meet at Derryfield Park in Manchester.

Senior Garrison Hiltz earned a 24th place finish among all Division II runners, crossing the line in 17:25 and will get the chance to compete with the best runners from across all divisions at the Meet of Champions this coming weekend.

"It was awesome," said coach Craig Willey of Hiltz qualifying for the Meet of Champions and extending his Plymouth career by another week. "Garrison had a great race."

Overall, the Plymouth boys finished in 16th place, with Coe-Brown and Oyster River taking the top two spots. The Plymouth girls finished in 12th place, with Souhegan and Coe-Brown taking top honors.

After Hiltz, the second Plymouth scorer was Philip Green, who finished in 44th place in 18:00, wrapping up what his coach called a fantastic season.

"Philip Green was kind of a phenom all year," Willey said. "He kind of came out of nowhere for us."

Fellow senior Nick Kulig finished as the third scorer, crossing in 71st place in 18:39.

Karnar Ueland raced to 108th place in a time of 19:29 to finish as the fourth scorer and Jack Lyons rounded out the scoring with a time of 20:08 for 125th place



JOSHUA SPAULDING

Garrison Hiltz runs with the pack in Saturday's Division II State Meet. He qualified for the Meet of Champions with a 24th place finish.



JOSHUA SPAULDING

Ashley Ulricson had a strong day for Plymouth on Saturday, finishing as the third Plymouth runner.

overall.

Michael Kulig finished in 128th place in 20:19 and Randall Scroggins rounded out the

field of Bobcats with a time of 21:02 for 139th place overall.

The boys were running without Griffin

Smith, who emerged as one of the top runners on the team but was injured and couldn't race.

"But, they had a great day," Willey continued. "A lot of kids PR'd."

In the girls' race, sophomore Libby Van DeMoere led the way for Plymouth, as she raced to a 49th place finish in a time of 21:52.

Freshman Ainsley Towers was next for the Bobcats, finishing in 53rd place in 21:56 and sophomore Ashley Ulricson finished in 68th place in 22:23 to score as the third Plymouth runner.

Junior Sam Van DeMoere finished in 77th place in 22:55 and freshman Brianna Therrien rounded out the scoring with a time of 23:15 for 85th place overall.

Junior Hailey Botelho finished in 127th place in 25:47 and Bella Wingsted, the lone senior runner for the Bobcat girls on Saturday, finished in 129th place in 25:54 to round out the field of Plymouth girls.

Willey noted he was exceptionally excited



JOSHUA SPAULDING

Libby Van DeMoere led the way for the Plymouth girls as the Division II State Meet.

that the majority of his girls' team will be back in the fold for another season after making a lot of progress this year.

"Our top five are all back and we are only losing one senior from the top group," the second-year head coach said.

"Division II is really strong this year," Willey continued. "Our girls ran really well. This is one of the best girls'

teams we've had in a long time."

Hiltz will now move on to the Meet of Champions, which will take place at Nashua South High School on Saturday, Nov. 5. The girls will race at 2:30 p.m. and the boys will follow at 3:20 p.m.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).



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# Planned trip to New York means missing a big game

I don't like to miss big moments for the local high school sports teams. I hated missing the Kingswood Nordic ski team's Division II championship back in 2014, but the fact that I was at the Olympics made it at least somewhat excusable.

It happened again last Wednesday, when the Kingswood boys' soccer team made its first playoff appearance in my many years on the job. However, I was out of town and unable to be at the game, which turned out to be quite the battle, with the Knights taking second-seeded Pembroke to penalty kicks before finally dropping a 2-1 decision to the Spartans.

Photographer Kathy Sutherland and Kingswood Athletics Director Aaron House kept

## SPORTING CHANCE

By JOSHUA SPAULDING



me updated with text messages but I was on a pre-planned trip to New York City for yet another Survivor event. Having purchased the tickets in advance, the plans were in place so I had to miss the playoff game.

These trips to New York City have become a semi-annual event. Former Survivor Rob Cesternino hosts his live Rob Has a Podcast Know It Alls show once every Survivor season and I always try to make the trip down to the city for the event.

I've gotten the travel part down over the last few years (this was the fifth trip to New York



JOSH WIGLER - COURTESY PHOTO

I GOT A PICTURE with fellow New Hampshire native and Survivor 32 cast member Aubry Bracco on Wednesday in New York.

City for one of these events). I get out of bed pretty early and go to the bus station in Dover and from there, take the bus in to South Station in Boston for the 8:15 a.m. train to New York.

The train gets me in

to the city just after noon and gives me some time to see a few different things each time. Last time, I made the trip up the Empire State Building. This time I decided to do another trip to the top of a building, this

time going to the Top of the Rock, at the top of Rockefeller Center, the building where shows like the Tonight Show and Saturday Night Live are filmed (after a quick lunch at Shake Shack). I spent some time walking around the bottom of Rockefeller Center (the skating rink was there but the tree was not there yet) before heading up on the elevator to get a great view of the city. The three-tiered roof offered some great views of the city, from Central Park on one side to the Empire State Building and lower Manhattan on the other side.

A group of Rob Has a Podcast fans met up for dinner at Hell's Kitchen and then headed over to Carolines on Broadway for the live show. We watched what was a fantastic episode of Survivor with both Adam and Zeke from this season, both of whom had great episodes. In addition to Rob and co-host Stephen Fisbach, other former Survivors in attendance included Aubry Bracco, Eliza Orlins, Michele Fitzgerald, Liz Markham, Anna Khait and Francesca Hogi. It's

always great when the episode we watch is a good one and last week's episode did not disappoint. After watching the episode, Rob and Stephen hosted their show and then we headed over to a post-show function a few blocks off of Times Square.

And as is my tradition, I was able to catch the 2:40 a.m. train back to Boston. The train actually got in 10 minutes early so I was able to catch an earlier bus and made it back to the office before noon and was out on the field in the rain for a playoff soccer game a few hours later, back to the grind of the work life.

Finally, have a great day Kempes and Elizabeth Corbally.

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, Wolfeboro Falls, NH 03896.

## Field Hockey

FROM PAGE B1

Bony was the lynchpin, moving the Bears up in transition and sending the ball into dangerous spots on the field. Bony's cross with 12:32 left in the first half was nearly swept in by Caroline Marchand on the back post, but the ball deflected just over her stick. Newfound also had a dangerous penalty corner with 55 seconds left, but the Gilford senior duo of Kaitlyn VanBennekum and Hannah Sullivan teamed to clear the zone, and the squads went into halftime still even at 1-1.

"These two teams know each other so much from playing over the years," explained Rogacki. "(Newfound) attacks so well that you have to weather their storm from time to time."

After Salanitro's second half goal put the Eagles on the brink of a state final appearance, the Bears pressed forward for the equalizer. They won back-to-back penalty corners with two minutes to play, leading to a near-goal with 1:30 remaining. Amanda Johnston's shot at point blank range was somehow blocked by a sprawling Delucca, and the ensuing scramble in traffic



JEFF LAJOIE - GILFORD STEAMER

Amanda Johnston knocks the ball away from a Gilford player in action in Exeter last Wednesday.

was finally cleared before Newfound could force OT. Peterson noted that the ball was on the goal line but couldn't get it across.

"We just couldn't get the ball a few inches to tie up the game," Peterson said. "The girls fought to the end and never gave up and I am proud of what they accomplished this year."

"The first two games against (Newfound) were similar so we al-

ways expect a tight game," Rogacki said.

The Bears, which were looking to return to the state championship game for the first time since 2009 when it won its third Class M-S title in four years, graduate just three seniors in Johnston, Lauren Boisvert, and Hailie Clark.

Peterson noted she was pleased with the season, a season that saw the Bears improve from 8-6 last year to 12-1

1 this season.

"The girls had a fantastic season," Peterson said. "I really wanted to get to the championship game with this group of young ladies."

"They were driven, dedicated and worked well together," the veteran Newfound coach continued. "It was a fun season."

Sports Editor Joshua Spaulding contributed to this report.

# Salmon Sunday set for Nov. 13

TUFTONBORO — Bring the kids and explore the life cycle of landlocked salmon, fish prized by anglers on New Hampshire's big lakes, at the New Hampshire Fish and Game Department's annual "Salmon Sunday" event on Sunday, Nov. 13, from noon to 2 p.m. at Pope Dam in Melvin Village. Pope Dam is nine miles north of Wolfeboro on Route 109 in the town of Tuftonboro.

During the event, fisheries biologists will be busy harvesting, or "stripping," eggs and milt from adult salmon. Standing knee-deep in the cold water of the Melvin River, scientists expertly relieve the colorful adult female salmon of their eggs by stroking their stomachs. Milt from the male fish is obtained in the same way, and mixed with the gold-colored eggs to fertilize them.

This activity is all part of the work the New Hampshire Fish and Game Department carries out each year, with support from the Federal Aid in Sport Fish Restoration Program, to maintain the landlocked salmon population in New Hampshire's big lakes.

Salmon used for the stripping demonstration are netted from Lake Winnepesaukee during October and early November. They are returned to the lake after their eggs and milt have been collected. The fertilized eggs are taken to Powder Mill Hatchery in New Durham, where they will hatch in three to four months. The salmon are raised in the hatchery for about 18 months, then stocked into Lake Winnepesaukee and other New Hampshire lakes.

Fish and Game staff will be on hand to answer questions about salmon, the egg-stripping process and the stocking program that ensures these beautiful fish continue to be available in the lakes for anglers to catch. Salmon Sunday is a "rain or shine" event. Dress warmly. If you have questions about Salmon Sunday, call 744-5470.

Learn more about fisheries management in New Hampshire, which is funded in part by the federal Sport Fish Registration Program (financed by your purchases of fishing equipment and motorboat fuel) at [www.fishnh.com/fishing/fisheries-mgt.html](http://www.fishnh.com/fishing/fisheries-mgt.html).

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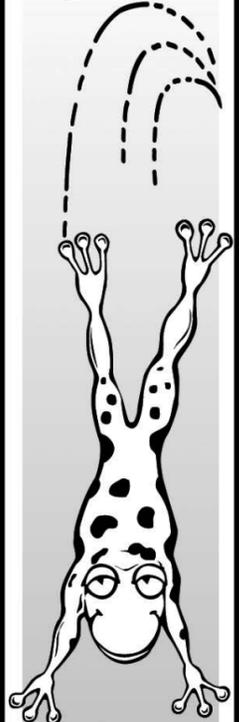


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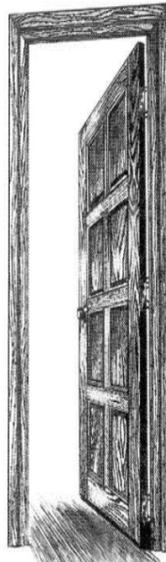
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# Bear runners wrap up the season

## Schilling and Rosendahl lead Newfound at Division III State Meet

BY JOSHUA SPAULDING

**MANCHESTER** — The Newfound cross country team finished off the season at the Division III State Meet on Saturday, Oct. 29, at Derryfield Park in Manchester.

The Bear boys finished in 22nd place overall, while the Bear girls only had three racers so did not place as a team. Monadnock defeated Kearsarge for the Division III boys' title and Campbell beat White Mountains for the Division III girls' title.

The Bear boys were led on the day by freshman Kyle Rosendahl, who finished in 108th place overall in a time of 20:15.

Junior James Shokal was the second finisher for Newfound, crossing in 124th place in 20:40, with Joe Montgomery in 128th place in 20:50 to finish as the third scorer.

James Moore was fourth for the Bears, finishing in 21:21 and Nick Crosby rounded out the scoring for Newfound with a time of 21:51 for 142nd place overall.

Tyler Austin rounded out the field of Bears in the race, as he placed 150th in a time of 22:34.

On the girls' side, Molly Schilling was the top finisher for Newfound, as she placed 35th overall in 22:33.

Amy Combs was the second finisher for Newfound, crossing in a time of 23:57 for 63rd place.

Evelyn Cutting rounded out the trio of Bears, as she placed 121st in a time of 27:16.

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



JOSHUA SPAULDING  
Molly Schilling runs in the Division III State Meet on Saturday.



JOSHUA SPAULDING  
Joe Montgomery (left) and James Shokal run in the Division III State Meet in Manchester.



JOSHUA SPAULDING  
Nick Crosby heads for the finish line on Saturday in Manchester.



JOSHUA SPAULDING  
Evelyn Cutting heads up the final hill at the State Meet on Saturday.

## Soccer

FROM PAGE B1



JOSHUA SPAULDING  
Cian Connor races into the zone with the ball in action last week in Gilford.



JOSHUA SPAULDING  
Brad MacDonald runs down the sideline with the ball in action in Gilford last week.

mer-Roberts also had a nice clear for the Bears and Doan came through with another save. Mickewicz and Justin Shokal also teamed up to keep the ball from getting in the net. Doan made a save on a Gilford corner and a Newfound direct kick was cleared out of the zone. Doan closed out the half with a point-blank save on a Gilford shot and the game went to the break with the hosts up 1-0.

MacDonald turned in good defense to start the second half for Newfound and he got help from Mickewicz and Quentin Helmers.

However, Gilford was able to double the lead with just less than five minutes gone in the half, as Gilford blasted a shot from near the top of the box and in for a 2-0 lead.

The Bears tried to push the ball forward

but the Gilford defense didn't allow much. Connor had a direct kick cleared out of the way and then had another bid in close cleared away by the defense. Doan made a couple of saves in the Newfound net as well.

Newfound's best chance to score came with 21:40 to go when the Bears were given a penalty kick after a collision in the box. Connor stepped to the line and drilled a shot that went just over the top of the net. Connor came back with a direct kick that was cleared and Doan came through with two more saves.

Connor cleared away a Gilford corner kick and Kraemer-Roberts and Shokal again played strong defense in front of Doan. Doan made a couple more saves late but the offense was unable to get him any help and

Gilford took the 2-0 win.

"It could've been a blowout with this type of team," Mitchell said. "But I was very happy with the way we played."

"We were a little physical," Mitchell continued. "I think this was a great step forward for our program."

"I was interested to see what we could do in a game like this," Mitchell noted. "Hopefully it's a good foothold moving forward."

The Bears also earned the kudos of one of the game officials, who made a note of stopping to tell Mitchell he was impressed with the fight the Bears showed and the improvements made throughout the season.

The Bears finished the regular season at 6-8-2 and were the 14th seed in the tournament in Mitchell's first year at the helm.

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