THURSDAY, OCTOBER 21, 2021

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**COMPLIMENTARY** 

#### Lighting up Bristol in memory of young Hazel Roy

Jack-o-lantern tribute planned for Halloween



**COURTESY PHOTO** 

Four-year-old Hazel Roy loved Halloween and any opportunity to dress up and have fun. This Halloween her family and friends look to honor her memory through "Hazel's Light," a community-wide jack-o-lantern tribute in downtown Bristol.

BY DONNA RHODES

Contributing Writer BRISTOL — On Tuesday, Aug. 17, four-yearold Hazel Leigh Roy lost her life due to a tragic accident and as her family and loved ones continue to cope with her loss, this Halloween they're

hoping to honor the

beautiful spirit, the joy and the love she brought them all through a jacko-lantern tribute in downtown Bristol.

Hazel's parents, Peter and Charlene Roy, said their oldest daughter possessed a smile and loving soul that lit up any room she entered.

Hazel loved watching the movie, "Frozen," and was a big fan of the carton "Peppa Pig." Mom said she even managed to perfect Peppa's accent and would entertain others with her imitation.

Hazel also loved playing on the swings, fishing with her dad, snuggling with her mom and helping to care for her little sister Elodie. Most of all, she loved to dance, dress up in costumes or party dresses, and just laughing or being silly.

obituary re-Her vealed. "She was beautiful in every way. Hazel was the perfect example of Love, Life & Joy and her death will leave a void in the hearts of all who knew her."

The Roy family moved from Epsom to Bristol just last year and Charlene said they love their new town. As many neighbors and even locals who were strangers reached out to them after Hazel's death, she began to realize what a caring community they had found and wanted to acknowledge that. In lieu of flowers for her funeral, the family instead asked for donations that will be used to help provide some new playground equipment in the Newfound area.

However, on Halloween this year the Roys and their friends want to pay further tribute to Hazel through "Hazel's Light," a campaign to light up pumpkins in honor of their young daughter who would light up the world wherever she went.

Supporters of their campaign are seeking as many pumpkins as possible to be lit up in downtown Bristol on Halloween. Because the family has ties to other communities, there are also drop-off locations

SEE **HAZEL** PAGE A12

#### Operation Warm ready to help local kids

BRISTOL — For the third consecutive year, Bristol Community Services, Bristol Fire Department and the Tapply-Thompson Community Center will be providing brand new coats through their partnership with Operation Warm. They will also have snow pants and boots for youth elementary age and below. Last year they distributed winter wear to more than 100 youth. This year they will be unable to have families come in to try on items due to the current health restrictions. There are order forms available at Bristol Community Services, the TTCC and through the school nurses in the Newfound District. Orders need to be placed by Oct. 28 for Oct. 30 pick up or by Nov. 3 for Nov. 6 pick up and can be e-mailed to bccfun@ metrocast.net, or dropped off at BCS or the TTCC. There will be two distribution dates where items can be picked up at the TTCC. The dates are Saturday, Oct. 30, from 8 a.m. to noon or Saturday, Nov. 6, from 8 a.m. to noon. Pick up times need to be scheduled by contacting the TTCC at 744-2713 or by e-mail.

They are unable to allow returns/exchanges this year but have a sizing chart available on the TTCC web site at www.ttccrec.org. They do have limited inventory so items will be given out until they run out of supplies. They do not have sizes for toddlers or babies.

This program has been partially funded by the Greater Lakes Region Children's Auction. To make a donation to the program, please visit the TTCC web site and use the donation button. Please specify that this donation is for Operation Warm.

#### **Defending** champs beat Panthers to remain undefeated



JOSHUA SPAULDING

Malina Bohlmann of Newfound goes up at the net to try and block a tip from Olivia Tatro of Moultonborough.

BY JOSHUA SPAULDING

Sports Editor

MOULTONBOR-OUGH — The defending Division III volleyball champions from Newfound traveled to Moultonborough on Friday night for a meeting with

the Panthers.

While the Bears dominated the first set, the next two sets were a bit more competitive, though the visitors were able to come through

SEE **VOLLEYBALL** PAGE A12



**COURTESY PHOTO** 

#### Bears of the Week

Newfound Memorial Middle School's Bear of the Week student and staff winners for the week of Oct. 15 are Iris Riel and Olivia Marple. They have been recognized for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing what Respect, Responsibility, Pride, and Integrity are all about. Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater for sponsoring this week's winners.

#### 'owns

#### **Bristol**

Al Blakeley adblakeley0@gmail.com

Minot-Sleeper Library is now offering new monthly newsletters with a listing of new books for adults and families. They are also offering monthly newsletters with reading recommendations. Sign up for these newsletters at:

https://forms.gle/66g2n-8NmXYjT3yF6.

Parent's Night Out for October is the 23rd at the TTCC for ages 4 and up for \$15 per child from 5 to 10 p.m., Middle School Teen Night will be held Tuesdays from 6 to 8 p.m. for a cost of \$20 each month with pre-registration a must, High School Teen Night will be held Thursdays from 5 to 8 p.m. for no cost as no

#### Guided hike on Goose **Pond Trail** today

BRISTOL — The Newfound Lake Region Association invites the public to join Watershed Steward Karen Candia for a guided hike along the Goose Pond Trail at 10 a.m. on Oct. 21. Participants will enjoy a 1.8-mile hike along the perimeter of Goose Pond while learning more about beavers, a keystone species that is critical to the health of wetland ecosystems. Beavers and their dams prove beneficial to surrounding wildlife, however they also present challenges for humans in the area, and participants will learn more about the human-beaver conflict and how to coexist with beaver populations. Perhaps signs of beaver activity will be found as well.

This program is open to all ages, though children must be accompanied by an adult. Goose Pond Trail is a moderate hike, and participants should bring plenty of water and appropriate attire, including waterproof shoes. Bug spray, sunscreen, and snacks are encouraged. Register and learn more at Newfound-Lake.org/events.

NLRA's Watershed Stewards are part of a regional AmeriCorps service program that increases NL-RA's capacity to conserve and protect the Newfound watershed. Along with leading guided watershed exploration twice a month through October, they spend their service term maintaining conservation areas, connecting with the community, and collaborating with other local organizations. The Newfound Lake Region Association's mission is to protect Newfound Lake and its watershed. The Association - through education, programs and collaboration - promotes conservation and preservation of the region's natural, social, and economic resources. For more information about the NLRA, upcoming events, and this above oppression and year's Watershed Stewards, please visit Newfound-Lake.org.

dinner, only snacks are provided, Special Olympics for Young Athletes for ages 2 - 7 starts Saturdays from Oct. 16 until Nov. 20 from 11:15 a.m. until noon.

TTCC programs starting up in the Fall include: Youth field hockey for two divisions (K-2 and 3 - 6) Saturdays, Tuesdays and Thursdays on Kelley Park. The After School Program at the TTCC is full. If you wish to have your child added to the waiting list, use the online contact below.

Adult programs at the TTCC include: Shape Up Newfound on Mondays, Thursdays and Saturdays at the Bristol Elementary School.

Pick-up Sports include badminton, volleyball, basketball, pickleball and pool. Contact the TTCC at

www.ttccrec.org or 603-744-2713 for more information on these and other programs.

Trick-or-Treating in Bristol will be held on Sunday, Oct. 31, from 5 to 7:30 p.m. - rain or shine.

In addition to tradi-Trick-or-Treat, the Community Events Committee will once again be hosting Trunkor-Treat on North Main Street. Those interested in being a "Trunker" will need to register at the TTCC or Bristol Town Hall. There will be cash prizes for best decorated and best candy delivery system. (To accommodate this event, North Main Street will be closed to traffic from 4 to 7:45 p.m. on Oct. 31. Be sure to visit the Haunted House at the Masonic Hall from 5:30 until 7 p.m. at 61 Pleasant Street on Trick-or-Treat night.

For the third consecutive year Bristol Community Services, Bristol Fire Department and the TTCC will be providing brand new coats through their partnership with Operation Warm.

Snow pants, and boots all be available for youth elementary age and below. This year, however, they will be unable to have families come in to try on items due to the current health restrictions. There are order forms available at the Bristol Community Services, the TTCC and through the school nurses in the Newfound District. Orders need to be placed by Oct. 28 for Oct. 30 pick-up or by Nov. 3 for Nov. 6 pick-up and can be e-mailed to bccfun@metrocast.net, or dropped off at BCS or the TTCC. There will be two distribution dates for pick-up at the TTCC. On Saturday, Oct. 30, from 8 a.m. until noon, or Saturday, Nov. 6 from 8 a.m. until noon. Your pick-up times need to be scheduled by contacting the TTCC at 744-2713 or by e-mail. Returns/ exchanges will not be possible this year, but a sizing chart is available on the TTCC website at www.ttccrec.org. There is a limited inventory, so items will be given out until they run out. There are no sizes for toddlers

or babies. This program has been partially funded by the Greater Lakes Region Children's Auction. To make a donation to the program, please visit the TTCC website and use the donation button. Please specify that this donation is for Operation Warm.

The 40th annual Turkey Trot will be held this year on Nov. 25 with a 9 a.m. start time from the Newfound Grocery and Country Store in Bridgewater. Pre-registration will begin starting on Nov. 1 up to and including the day of the race. The \$20 registration includes a T-shirt guarantee as it will be by donation the day of the race. This great event raises much needed funds to support families in need in the Newfound area as well as supporting some of the vital programs offered by the TTCC in Bristol. For more information on the event and COVID precautions, please visit the Newfound Grocery Facebook page at www.Facebook. com/Newfound Country

#### Circle Program announces Beth Dever as new Executive Director

PLYMOUTH — Beth Dever has accepted the position of Executive Director for Circle Program. Dever comes to Circle with 25 years of leadership experience in the non-profit recreation and education fields. She is an established leader in the Lakes Region and Concord areas.

"Over the last two decades I have been privileged to witness the impact Circle Program has had on the girls in New Hampshire," Dever said. "I believe that empowering young girls to become strong and passionate individuals who learn to understand themselves so they rise pettiness and infuse generosity and kindness to rector for the Penacook those less fortunate and those they may not understand is the key to a successful life's journey.

"Through camp, community, connections, and mentorships Circle Program gives all of us a chance to show our young girls how to empower and believe in themselves so the life they create allows them to maneuver through adversity and struggles," she continued. "I can't wait to roll up my sleeves and work alongside all of you as we strengthen Circle Program's mission and make a lasting impact for more girls in New Hampshire."

served as Executive Di-

Community Center; prior to that position, she was Executive Director for Girls At Work in Manchester. In addition to her many years of non-profit administration and management experience, Dever has also volunteered her time as a member of the Bristol Rotary Club, the Bristol Recreation Advisory Council, and CADY (Communities for Alcohol and Drug Free Youth).

"After a comprehensive and rigorous search process by the search committee, comprised of board and staff members, I am thrilled that Beth Dever has taken the Most recently, Dever helm of Circle Program as Executive Director,"

**Plymouth State University** 

introduces block transfer

program

Guaranteed admission for CCSNH business degree graduates

who complete the free

New Hampshire Trans-

said Sarah Crane, board president. "Her compassion, non-profit management knowledge, and passion for youth, especially girl serving organizations, makes her uniquely suited to lead Circle Program."

Circle Program is a non-profit organization based in Plymouth. The organization, mission is to empower, transform, and enrich girls' lives through community, connection, camp, and mentorship, provides a unique combination of year-round mentorship and residential summer camp to financially disadvantaged girls throughout New Hampshire.

#### Plymouth's Got Talent videos due Oct. 27

PLYMOUTH — Plymouth Rotary's second annual Plymouth's Got Talent raffle and talent show is now in progress and looking to be outstanding event again this year. This is a great way to celebrate the community, demonstrate creativity raise funds to support local youth, seniors, non-profit service needs and the Hometown Holiday Celebration. And, everyone can have some great fun in the process.

Please visit Plymouthsgottalent.com for detailed instructions about how to submit talent acts, ideas for acts, registration forms, timelines, voting instructions, sponsorship opportunities and raffle items. Talent act videos must be in by Oct. 27 to be eligible for voting. New for 2021 will be



A Mount Prospect Academy student works on one of the grand prizes in the Plymouth's Got Talent raffle, a pair of Adirondack chairs, Mount Prospect's donation to the raffle.

the chance to win one of many valuable raffle prizes that will be listed on the web site. Winners will be drawn on Nov. 14. Raffle tickets can be purchased online or from Plymouth Rotarians on Main Street.

Sponsorship opportunities are still available and provide a great

way to advertise your individual or business support for many of the good things that make the Plymouth community so special. This year, one sponsorship donation makes possible both Plymouth's Got Talent and the Hometown Holiday Celebration.

lor of Science in Busiprogram for all business graduates from any of the Community College System of New Hampshire (CCSNH) institutions. Starting in fall 2022, students who have received an associate degree in business from any of the 11 CCSNH locations can enroll in PSU's business administration program and complete years three and four of the program

online or as residential

students. All students

PLYMOUTH — Plym-

outh State University

#### fer Connections applica-(PSU) is guaranteeing tion will be guaranteed admission to its Bacheenrollment in the pro-Administration gram. This block transfer

program is the first and only program of its kind in New Hampshire, and highlights PSU's commitment to providing accessible and affordable transfer pathways for students from the state's community college system. In following this pathway, a student's associate degree will be credited as years one and two of their undergraduate coursework. When students enroll at PSU for year three, they will be taking classes alongside PSU's fouryear business administration students. Upon graduation from the program, transfer students will receive a certificate in Transformative Innovation & Design Entrepreneurship, in addition to a Bachelor of Science

"We wanted to create an easy pathway for students who have completed an associate degree to continue their education. We designed this program with a student-centric approach to transfers admissions," said Matt Wallace, Director of Admissions at PSU. "Too often, transfer credits are treated on a course-by-course basis and students tend to lose credits for courses they have already completed and paid for. Our program acknowledges all the work students have done to achieve an associate degree."

Students who are interested in the transfer program should follow the admissions deadline outlined at www.plymouth.edu/transfer the semester in which they plan to enroll.

For more information about the transfer program, visit go.plymouth.edu/transferagreements.

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degree.

#### Turkey Trot is back, registration opens on Nov. 1

BRIDGEWATER — The Newfound Grocery and Country Store Thanksgiving Day Turkey Trot is back. Actually, it never really went anywhere, last year, turkey trotters ran the 3.5mile Whittemore Point loop on their own but this year the 40th annual

Newfound area tradition will be held in person, starting at 9 a.m. at the Newfound Grocery and Country Store.

Pre-registration will begin starting on Nov. 1 via Facebook at www. Facebook.com/NewfoundCountryStore, or runners can register in

person at the Newfound Grocery and Country Store starting on Nov. 1 up to and including the day of the race. Registration fees are \$20 for pre-registration (t-shirt guaranteed) and by donation day of the race.

The Newfound Grocery and Country Store Turkey Trot is a great event and raises much needed funds to support families in need in the Newfound area as well as supporting some of the vital programs offered by the Tapply Thompson Community Center (TTCC) in Bristol.

Many families need assistance during these unprecedented times. Whether it's help with groceries or a scholarship to an afterschool program at the TTCC, everything helps.

The Newfound Grocery and Country Store Turkey Trot is a great opportunity to help the community, have some fun, win some raffle prizes and burn some calories to make room for Thanksgiving dinner. Whether you're starting a new holiday tradition or you're like many Turkey Trotters and carrying on a long-standing family tradition of trotting they're excited to see you there.

For more information on the event and the COVID-19 precautions being taken, please visit the Newfound Grocery and Country Store Facebook page at www.Facebook.com/Newfound-CountryStore.

#### **Dressers Unlimited** fundraiser benefiting cancer research

PLYMOUTH — Dressers Unlimited, a local boutique featuring clothing, antiques and gifts, will donate a portion of all sales made throughout November to The Friends of Norris Cotton Cancer Center to benefit cancer research and patient support services at Dartmouth and Dartmouth-Hitchcock's Norris Cotton Cancer Center.

"Cancer is personal - it impacts everyone in our community in many difficult ways," said Carol Dunn, owner of Dressers Unlimited. "The boutique is full of unique fashions, gifts, décor, accessories, and furnishing. This is a great opportunity to start your holiday shopping while supporting cancer patients, their families, researchers and clinicians at our local Cancer Center."

"We are so appreciative of Dressers Unlimited for their support and fundraising efforts," shared Jaclynn Rodriguez, executive director of the Friends of Norris Cotton Cancer Center. "Funds raised will supground-breaking cancer research and important patient support services, and will bring hope to patients and their families in our community."

Located at 77 Main St. in Plymouth, Dressers Unlimited will have specials each week in November and will feature music, models, giveaways, and a special drawing at the end of the month with prizes.

If you would like to make a donation to this fundraiser, visit http:// getinvolved.dartmouthhitchcock.org/goto/ DressersUnlimited.



The Turkey Trot returns to the Newfound Grocery and Country Store on Thanksgiving Day.

#### Hebron Public Library announces publication of poetry book

HEBRON — The Hebron Public Library is thrilled to announce the publication of Poetry on the Common, a book of poems written by local participants in its 2021 Summer Poetry series and edited by Jennifer Larochelle. The series was made possible by a grant from the State of New Hampshire and the American Relief Plan

The 2021 Hebron Library Summer Poetry series consisted of four very successful workshops held during the month of August: Women's Poetry, Children's Poetry, Drop-In Poetry, and Men's Poetry.

During each threehour workshop, partic-

ipants received instruction and inspiration by talented facilitators from the region, and wrote poems, which are now collected in Poetry on the Common. The Hebron library thanks its board of trustees for the organization and delivery of the workshop series, and hopes that the poetry workshop series becomes an annual event.

Print copies of the book can be borrowed from the Hebron Public Library beginning in November.

This month at the library, join in for a scavenger hunt. Pick up a list of clues on Wednesday, Oct. 20, or Saturday, Oct. 22, and complete by 12 p.m. on Saturday. Patrons can

participate individually or in teams. All completed entries will be entered into a raffle for prizes. Refreshments and prizes will be given out at noon on Saturday.

The Hebron Public Library is open for browsing on Mondays and Wednesdays, 1 to 4 p.m., and Saturdays, 9 a.m. to 12 p.m. Books can still be requested for curbside borrowing. Please log in to the library catalog, https://hebronlibrarynh. booksys.net/, with your library account or e-mail hebronnhlibrary@metrocast.net with your requests. Follow them on Facebook at Facebook. com/HebronLibrary.

#### PSU to host community-wide Choose Love event Sunday

PLYMOUTH — Plymouth State University (PSU) will host a community-wide event to promote collective wellbeing on Sunday, Oct. 24, from 10:30 a.m. to 3 p.m., as part of the "Choose Love" New Hampshire Tour. PSU's Office of Community Impact will welcome Jesse Lewis Choose Love Movement founder Scarlett Lewis to campus and invites the public to Hanaway Theatre at 10:30 a.m. for an opening presentation followed by an afternoon of family-friendly activi-

ties on Alumni Green. The event will feature a special performance by PSU's TIGER theatre program, New Hampshire's Kid Governor and mental health advocate, Charlie Olsen, various speakers, and fun, family-friendly activities. Local organizations such as Communities for Alcohol and Drug Free Youth (CADY), Pemi Youth Center and reach 1 teach 1 love 1 will be on-hand to provide information and resources.

PSU is an affiliate of the Jesse Lewis Choose Love Movement, which was founded by Scarlett Lewis after her six-yearold son, Jesse, lost his life during the Sandy Hook Elementary School mass shooting in 2012. In the aftermath, Lewis found that love, connection and belonging are

universal wants and needs that connect all humans. She went on to create Next-Generation Character Social Emotional Development programs to create a safer, more loving world. The programs have been adnesses and individuals in all 50 states and in 111 countries. New Hampshire was the first state to make the adoption of the Jesse Lewis Choose Love curriculum a statewide initiative to promote Character Social **Emotional Development.** 

"We are honored to be an affiliate of the Jesse Lewis Choose Love Movement, and we are thrilled to welcome Scarlett to Plymouth and to offer our community an opportunity to come together to have fun and relax – especially after the strain of the past 17 months," said Jessica Dutille, Plymouth State University Director of Community Impact. "What I know for sure is that love heals, love is what binds us and love is exactly what we need. We have to embody it and reach out to one another and embrace our connections as a community."

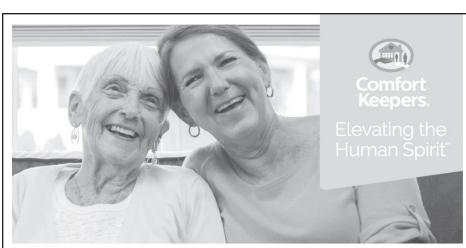
The tour comes in response to the rise in stress, anxiety, isolation and fatigue in children and adults due to COVID-19. It aims to sup-

port the mental health needs of educators, students, families and the community-at-large through the principles of the Choose Love Formula<sup>™</sup> and Post-Traumatic Growth strategies that promote healing and opted by schools, busi- growth during difficult

> Lewis' research resulted in the following formula, which serves as the foundation of the Choose Love movement: Courage + Gratitude + Forgiveness + Compassion (in action) = Choosing Love.

> "Action is the opposite of anxiety. We want to help bring hope by giving each person something they can do to make themselves feel better. We want to help everyone in the community recover, rejuvenate their spirits, reconnect with one another and most importantly, realize that we all have the choice to thoughtfully respond to things beyond our control," said Lewis.

> PSU is one of several Choose Love stops New Hampshire throughout October and November. The event is free and open to the public. For more information visit www.chooseloveonthemove.org e-mail psu-communityimpact@plymouth.edu.



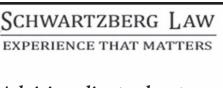
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#### CADY Corner

#### Clean out your medicine cabinet

Prescription Drug Take-Back Day is this Saturday

BY DEB NARO

You can help prevent prescription drug diversion and misuse as well as accidental poisonings by monitoring and properly disposing of your unused, unwanted or expired medications on Saturday, Oct. 23. The DEA is holding its 21th National Prescription Drug Take-Back Day this Saturday and many local police departments are participating in the collection effort.

In April 2021, Americans nationwide did their part to reduce the opioid crisis by bringing the DEA and its more than 4,425 law enforcement partners a record-setting 839,543 pounds - 420 tons - of potentially dangerous expired, unused and unwanted prescription drugs for disposal at more than 5,000 collection sites. These numbers bring the total amount of prescription drugs collected by the DEA since the fall of 2010 to 14,524,391 pounds, or 7,262 tons.

Medicines that linger in home cabinets are susceptible to diversion and misuse. Rates of prescription drug misuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that most misused prescription drugs are obtained from family and friends, too often from the home medicine cabinet. In addition, Americans are advised that their usual methods for disposing of unused medicines flushing them down the toilet or throwing them in the trash - pose potential safety and environmental health hazards.

Substance misuse prevention requires community action and our collective commitment will help preserve bright futures for our children. Thank you for being part of the solution by helping to prevent the diversion of unused prescription medications.

Please consider bringing your unused or expired medications (just pills or liquids - no pressurized canisters or needles) to the following local police stations this Saturday, Oct. 23, between 10 a.m. and 2 p.m. Disposal is free, convenient, confidential, and safe.

Ashland Police Department, 137 Main St., Ashland

Bristol Police Department, 230 Lake St., Bristol Lincoln Police Department 148 Main St., Lincoln Plymouth Police Department 334 Main St., Plym-

Thornton Police Department, 16 Merrill Access Road, Thornton

Warren Police Department, 8 Water St, Warren Waterville Valley Police Department, 14 Tac Lane, Waterville Valley.

Looking to safely dispose of your prescription medications at home? CADY is offering free Deterra drug deactivation bags, which are a safe, easy, and an environmentally friendly way to dispose of unused or expired medications at home. Once the prescription drugs are placed in the pouch, warm water is then added and activated carbon is released, then allowing disposal in regular household trash. For more information about the safe disposal of prescription drugs or to get your free Deterra drug deactivation bag visit cadyinc.org or contact the CADY office at 536-9793.

If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



RC GREENWOOD

#### **Bears battle**

Rylee Barney pushes the ball up the field during her team's game in Gilford. The Bears dropped a 5-1 decision to the Golden Eagles. The Bears finished up the regular season after deadline on Wednesday. The Division III tournament starts on Wednesday, Oct. 27.

### ~ Comfort Keepers ~

#### Diabetes prevention and care

BY MARTHA SWATS

Comfort Keepers

The American Diabetes Association has stated that 25 percent of seniors have some form of diabetes, and that number is expected to increase as the population of adults 60 and over grows.

Diabetes is a condition that prevents someone's body from properly processing sugars, leading to elevated blood sugar levels and negative health effects as a result. While diabetes has its own signs and symptoms, it can also make other conditions worse – conditions like heart and kidney disease.

Diabetes can be effectively managed, but it's often important for older adults to seek help from their care team, including their family, physician, nutritionist and caregiver. Here are some strategies for people

dealing with diabetes: Education - It is important for seniors to understand their Diabetes diagnosis treatment regimen. Depending on the physician's recommendation, changes may need to be made to a senior's diet, exercise, medication and treatment plan. There are also new symptoms, risk factors and medical needs that a person may have. It's important for older adults to learn everything they can about their diabetes and how to treat it.

Diet - Diet plays a huge part in diabetes management. A nutritious diet that is low in sugar is important for reducing symptoms and complications from the disease. Sugar from fruit needs to be considered too, along with saturated

fats. Diabetes educators can help seniors plan meals that will successfully help them maintain their health.

Exercise and activity - Seeking advice from a health care professional is the best first step for seniors that want to create an activity or exercise plan. While the American Diabetes Association recommends 30 minutes of exercise per day, five days per week, that level of activity isn't always possible for some. However, shorter periods of activity, done throughout the day, can be just as helpful when managing diabetes. Seniors should always speak to their physician before starting any exercise program.

Prescribed medication is critical – Missing a dose of medication can have negative effects on diabetes sufferers. Seniors that have a hard time keeping track can set up a system of reminders, whether that's a pill box, an alarm, a checklist, or a caregiver that can prompt them to take medications. In addition to prescribed medications, vaccines can also be a useful tool in diabetes management - for example, complications that are caused by the flu can be more severe for those with diabetes.

Checking glucose and other levels - Most seniors with diabetes will need to keep an eye on their glucose levels. A physician will provide instructions on how often someone should be checking, and what to watch out for. Blood pressure and cholesterol levels can also indicate a

problem - those should

also be checked on a regular basis by a healthcare professional.

Comfort Keepers can

Diabetes can be difficult to manage, and the trusted care team at Comfort Keepers can help. Our caregivers can remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today

Comfort Keepers is a leader in providing inhome care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance,

nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our web site at nhcomfortkeepers.com for more information.

References

Endocrine Web. "9 Ways Older People Can Manage Their Diabetes to Stay Healthier." Web. 2015.

National Council for Aging Care. "Seniors and Diabetes: A Complete Guide." Web.

Diabetes Forecast. "5 Ways to Help Seniors With Diabetes." Web. 2014.

American Diabetes Association. "Older Adults." Web.

#### Newfound seeking coaches for winter season

BRISTOL — Newfound Area School District is looking to fill some coaching positions for the 2021-2022 school year.

At Newfound Regional High School, they are seeking at varsity girls' skiing coach and at Newfound Memorial Middle School they are looking for coaches for middle school boys' basketball, middle school girls' basketball B team and middle school skiing.

If interested, please send a letter of intent, resume, and names and phone numbers of 3 references to Pierre Couture - Superintendent, Newfound Area School District, 20 North Main St., Bristol, NH 03222.

Questions should be directed to Alex Sobolov, Athletic Director at asobolov@sau4.org or 744-6006 x1507.

#### NORTH COUNTRY NOTEBOOK

#### By JOHN HARRIGAN

#### A journey from source to sea on the river of the Coashaukee



GEORGE T. MCCONNELL II – COURTESY PHOTO

GEORGE MCCONNELL waded into the water early one morning to get this photograph of sunrise over First Connecticut Lake. "Morning coffee," his note said, "the sense of beauty."

How did the bottleneck of unloaded container ships on the West Coast "sneak up" (to quote one reporter) on an entire nation? How did a shortage of truck drivers, and the shortage of labor in general, catch the nation's leaders by surprise?

Why has nobody even bothered to ask these questions? How could such vital links in the chain of goods and services escape the notice of career senior officials who are paid to notice these things?

Surely someone noticed the months-long buildup of those giant ships out there, visible from shore, waiting to be unloaded. Don't we have federal departments of Commerce, Labor, and Transportation, whose senior officials are supposed to know what's going on?

All this, as the cartoon captions say, is just

too much. People are fed up with being cooped up and want out. Businesses that have struggled to stay open need some semblance of normalcy. If there's one thing everyone doesn't want, it's another surprise.

And now this - scores of unloaded ships, riding at anchor. Obviously, heads should roll. But in an age when we seem to have lost so much, we can add "accountability" to the list.

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Last week's mail brought a letter about a hunter distressed by the increasing amount of posted land. For babes in the woods, this means signs every 50 feet (or so) saying "No Trespassing," or "No Hunting," or variations of same.

There are many aspects to this issue, a good many not so obvious, and over the years I've described the line be-

tween a lot of posted land (down below the notches) and not much (north of same) as "creeping north," and in general, it used to be a pretty slow creep. For this hunter, it seemed to be more like a gallop, and in too short a time there was no open

But instead of just complaining, he took the direct and personal approach, and visited the landowners to ascertain the situation. They were happy to let him hunt the land. His wife was proud of him and wrote to tell me the story.

There's a lesson here, not the least of which is that the best approach is often the simplest one.

++++

land.

Various state and federal wildlife agencies refer to highway accidents as "bear strikes" and "moose strikes." News media, however, keep right on reporting such

incidents in layman's terms.

Meanwhile, in the Language Mangling Department, verbs are becoming nouns. A town budget request for a new plow truck, in the new parlance, becomes "an ask."

And a project to put up a new hospital wing becomes "a build." Ergo, we can expect to see such a sentence as "Town officials will have an ask this year for a donation toward the hospital build."

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Clearing your desktop (literally) can turn up some interest stuff, and the computer cleanup isn't too shabby either.

My notes from Belknap's History of New Hampshire hark back to books in my upstairs library, in which little pieces of paper mark scores of interesting passages.

First contact between aboriginal people and European explorers intrigues me no end, and such stuff tends to lodge in my thick French-Irish skull, sometimes in diminishing detail.

The Connecticut River is about 410 miles long, from its source at Fourth Lake in Pittsburg to its debouch at Old Saybrook, Conn., in the Long Island Sound. It was and is an amazing river, and the farther north one goes, the less is known about its history.

For instance, the Jesuits sent missionaries down to the upper parts of major rivers in the East shortly after France's colonies took root along the St. Law-

Planning awareness: Don't fall victim to these common myths

rence---the St. John's, the Penobscot, the Kennebek, the Piscataqua, and of course, the Hudson.

Wouldn't it have been logical to do the same with the Connecticut? Yet I've found only one mention of it, and I can't remember where.

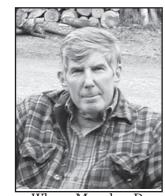
It's well known that Rogers' Rangers had an alternate retreat route to use after their 1759 raid on the St. Francis Indians. This route was laid out in the event that their bateaux, used to get them to the north end of Lake Champlain, were discovered by the French and Indians, which indeed they were.

The backup route included a little fort on the Connecticut River called Fort Wentworth, at either Wells River or much farther upriver in Northumberland (Groveton).

And here is the intriguing part of what I'm carrying around in my head: Fort Wentworth, which Rogers himself may well have built, was said to have been constructed on the site of an old mission, and even using some of its materials.

Now, to follow this thread a bit further, one would have to visit the Jesuits' New World base in Quebec City and/or Montreal, with someone whose French is a lot better than mine. Surely their annual reports (known as the Relations) would have a good deal to say about a mission near the headwaters of one of the East's major rivers. And wouldn't that be a nice piece of work.

+++++



When Murphy Dam was completed in 1939, it flooded the Connecticut River valley almost to its primary source at First Connecticut Lake, obliterating 17 farms and buildings, two schoolhouses, and a couple of cemeteries. All the buildings were razed, and the cemetery remains moved to new sites.

Some foundations and bridge abutments can be seen in times of low water, which has certainly been the case this summer. Old photographs offer bucolic scenes—the interspersion of farmlands, woodlands and mountains, taken from the old road that wound up the valley.

The Lake Francis project was part of Franklin Roosevelt's post-Depression New Deal and was promoted as a means of preventing seasonal floods downriver. Reports at the time said many farmers were eager to sell their land.

The study of anadromous fish (migratory sea-run species) was a sidelight to the Lake Francis project. New information augmented previously collected history. The study concluded that before dams far downriver put an end to spring spawning runs, Atlantic salmon made it upriver at least as far as First Connecticut Lake.

Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.

#### **Point of Law**



COURTESY PHOTO Attorney Ora Schwartzberg of Plymouth.

BY ORA SCHWARTZBERG

This article is geared toward helping you better understand common estate planning myths. Left unaddressed, these myths can create serious trouble for your loved ones, often leading to intrafamily conflict, permanently damaged relationships, and lengthy and expensive court battles.

Myth one: I did my estate plan a couple of years ago. I'm good.

Life moves quickly, and even a couple of years can make a significant impact on the effectiveness of your estate plan.

- Children can get married and have children of their own.
  - Your relation-

ships with your chosen fiduciaries or beneficiaries can change or be-

• Your beneficiaries can develop harmful addictions, marry financially exploitative spouses, or run into financial difficulties of their own.

come complicated.

- Your spouse could die or you could get divorced.
- The amount and types of property that you own can change.
- Changes in the law can cause your estate plan to have unintended tax or other consequences.

Beyond the considerations above, a well-rounded estate plan requires that certain issues be periodically be addressed.

• If you have a trust, have you funded it? Funding your trust means you have coordinated the ownership and beneficiary designations of your accounts and property to work with the trust. For real estate, a deed must have been recorded in the registry of deeds in the county where the property is lo-

cated. Bank and brokerage accounts will only be controlled by your trust if they are either titled in the name of the trust or if the trust is named as a beneficiary.

• Have you checked the beneficiary designations on your retirement accounts and insurance policies to make sure they name the correct people or your trust? Are you aware of the tax ramifications associated with your choice of beneficiaries?

Myth two: Avoiding taxes is the only reason to create an estate plan.

Most Americans do not need to worry about estate taxes. However, tax avoidance is only one of many goals of estate

planning, and it is often not the most important goal. For example, planning for the orderly passing of your treasured heirlooms to avoid family discord may be far more important than tax planning in the long run. Alternatively, you may have children who are struggling financially or with substance abuse challenges, are in a rocky marriage, or work in high-liability professions. As a result, it may be crucial for you to ensure that whatever inheritance is left to those children is protected from loss to lawsuits, creditors, or divorcing spouses.

Myth three: A will avoids probate.

#### **NOTICE**

Lakes Region Mental Health Center, Inc. will be holding its Annual Meeting via Zoom on Tuesday, October 26, 2021 starting at 5:15PM. If anyone wishes to attend, please contact Ann at anichols@lrmhc.org for the Zoom link.

This is simply not true. For a will to be effective after your death, it must be submitted to the court to prove its validity and for the court to approve the distribution of your money and property. Only after

the probate process has been completed, can the executor distribute your assets. People often confuse the benefits of a will with those of a trust. Trusts can avoid probate, if drafted and funded correctly.

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#### Local resident receives "Brush With Kindness"

Pemi-Valley Habitat for Humanity and Common Man come together for good cause



PLYMOUTH — The local Pemi-Valley Habitat for Humanity's "Brush With Kindness" program teamed up with Alex Ray of the Common Man to help Scott Woodbury of Route 3 in Plymouth clear away his deteriorating garage. Frank McClain, executive director of the local Habitat for Humanity, board member Susan Mathison, Ray, Steve Rand, and the Common Man's Ben Russin held a work day the weekend of Oct. 2 to raze the garage and clean up the yard area for Woodbury. According to Woodbury's son, "my dad was so excited about this help...it's all he could talk about." Ray also selected Habitat's Brush with Kindness program as the beneficiary of proceeds from the Common Man's food tent at the Sandwich Fair. Pemi Valley Habitat for Humanity helped staff the food tent to help raise funds for the Woodbury clean-up and other upcoming Brush with Kindness events. Many visitors to the food tent shared that they had volunteered with Habitat for Humanity in other locales, the work they do, and put extra donations into the till.

Many thanks go out to Habitat's fair crew, especially Frank, Griffin, Chandler and Alice as well as Russin, who assisted with the Woodbury clean-up. McClain shared, "We've got two build projects happening in Franklin, one of which is for a veteran, and we're on the second of three houses being built off of Cummings Hill Road in Plymouth. We've got a lot going on and can take all the help we can get." To learn more about the Pemi-Valley Habitat for Humanity, to volunteer or

to make a donation, visit pemivalleyhabitat.org or visit the ReStore on Tenney Mountain Highway



Before, during and after the Woodbury clean up by Pemi Valley Habitat for Humanity and the Common Man, and the Common Man food tent at the Sandwich Fair staffed by Habitat to raise funds for Habitat's Brush with Kindness program.



# Strong Upper Valley squads blank Bobcats

BY JOSHUA SPAULDING

PLYMOUTH — The Plymouth field hockey team wrapped up the regular season with a couple of games against strong teams from the Upper Valley.

The week began with a home game against Hanover on Tuesday, Oct. 12, where seniors Rylei Keefe, Olivia Homer, Maya Duarte, Audrey Fields, Tori Whitcher and manager Anna Parsons were honored for their service to the field hockey program.

Hanover scored quickly in the first couple of min-

utes and added another soon after.

"We were able to settle in though and much of the rest of the action in the first half was between the 25s," said coach Ashley Laufenberg.

The Bobcats had more offensive shots and corners than Hanover in the second half, as the defensive unit of Whitcher, Madison Hershey, Maya Wingsted and Fields shut down the powerful Hanover offense. "Hanover was undefeated going into this game

and I don't think they thought the battle would be quite so close," said Laufenberg. "We dug ourselves a hole going down by two so quickly, but we had our chances to score and couldn't finish.

"Every girl on Plymouth stepped up with a big play at some point, which is good to see that they still have fight in them," the Bobcat coach added.

The Bobcats traveled to Lebanon on Thursday afternoon and dropped a 5-0 decision to the Raiders.

The first goal was a tough one for the Bobcats to swallow, as the ball was kicked into the net and still counted.

"That took the wind out of the sails a bit to begin with," said Laufenberg. "We had a handful of offensive chances and were able to hold them in the midfield, but they took advantage of their chances on net."

The Bobcat coach said that the Bobcats got good play from Whitcher, Hershey and Chloe Bouchard in

Laufenberg noted that her calculations had the loss and Merrimack Valley's win keeping the Bobcats out of the playoffs. The Division II tournament was scheduled to begin after deadline Tuesday.

Sports Editor Joshua Spaulding can be reached at





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#### Bobcats run against top teams from around the state

BY JOSHUA SPAULDING

Sports Editor

NORTHWOOD — The Plymouth cross country team competed at the Black Bear Invitational on Saturday afternoon. The Bobcats were joined by some of the top teams in the state, including Division II powers Oyster River and the host Bears and Division I stalwarts Dover, Bishop Guertin, Pinkerton and Concord, among others.

In the varsity girls' race, the Plymouth girls finished in 13th place and the boys finished in 17th place.

Addison Englund led the way for Plymouth's girls with a time of 22:33 for 41st place overall.

Reagan Sutherland ran to 63rd place overall with a time of 24:28 and Ella Ronci was 68th over-

all in a time of 24:43. Kelsey Maine finished in 72nd place overall with a time of 25:03 for 72nd place and Leah scoring for the Bobcats with a time of 26:15 for 85th place.

Violet Towers finished in 96th place in 27:53 and Lydia Marunowski finished in 97th place with a time of 27:58.

Leo Ebner paced the Plymouth boys with a time of 18:47 for 45th place overall.

Augustus Dixon finished in 102nd place overall in a time of 21:44 and Mason Glew finished in 104th place in a time of 21:50.

Next in for Plymouth was Paul Mason, who finished in 116th place in a time of 25:31 and Ethan Girouard was the final scorer with a time of 28:11 for 119th place.

Garrett Dion finished in 120th in 28:12 to round out the field of Bobcats in the varsity race.

In the JV race for girls, Megan Metivier

finished in seventh place

overall in 24:11, Corinna

Ines rounded out the Flynn finished in 27:14 Dixon finished in 30:41 for 24th place, Jyllian Thurston was 49th in 31:44, Liana Francis was 50th in 32:03 and Leah Anderson finished in 34:05 for 54th place.

> In the JV boys' race, Gordon Love was 88th in 27:43, Ethan Savage was 93rd in 29:32, Harry

for 93rd place, Declan Ulricson finished in 96th place in 30:43 and Brogan Dixon was 97th overall in a time of 30:43.

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

#### HIGH SCHOOL SLATE

Thursday, Oct. 21

**NEWFOUND** Cross Country at Merrimack Valley; 4 Girls' Soccer vs. Monadnock; 3:30

Friday, Oct. 22

**NEWFOUND** Boys' Soccer vs. Mascoma; 4 Volleyball at Raymond; 6:15 **PLYMOUTH** 

Boys' Soccer vs. Milford; 3:30 Girls' Soccer at Milford; 5 Volleyball at St. Thomas; 6

Saturday, Oct. 23 NEWFOUND Football at Epping-Newmarket; 2 PLYMOUTH Football at Gilford-Belmont; 2

All schedules are subject to change.

Girls' Tennis vs. Gilford; 4

#### Puga paces Bobcats at Division III championship



Zach Puga putts for the Plymouth Bobcats during the Division III tournament last week.

BY JOSHUA SPAULDING

LACONIA — The Plymouth golf team wrapped up the season with a trip to Laconia for the Division III championships on Tuesday, Oct. 12.

The Division III tournament was held in conjunction with the Division IV tournament, with golfers playing 18 holes at Laconia Country Club.



JOSHUA SPAULDING Parker Keeney was second for Plymouth during last week's Division III tournament.

Zach Puga led the way for the Plymouth squad, finishing with a score of 80 for eighth place overall.

Parker Keeney was the second Bobcat, finishing with a score of 86 and John Flarherty was the third Bobcat, putting up a score of 90.

Ben Spence rounded out the scoring for Plymouth, finishing with a 95 over-



(OSHUA SPAULDING John Flaherty putts on hole 17 at Laconia

Country Club last week.

Bri Caston finished with a 96 and Brady Ciechon finished with a 99 to round out the field of Plymouth golf-

Overall, Plymouth finished in sixth place, with Bow taking top honors and Pelham finishing in second place. Derryfield, Hopkinton and Lebanon rounded out the top five.

Puga's score qualified him for the



JOSHUA SPAULDING

Ben Spence putts during last week's Division III tournament at Laconia Country Club.

individual tournament, which took place at Beaver Meadow on Saturday. He shot an 83 to finish with a combined 163, which placed him seventh overall in Division III.

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

#### Bobcat boys grab hard-fought win over Pelham

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth boys' soccer team kicked off the penultimate week of the season with a hard-fought 3-0 win over Pelham on Tuesday, Oct. 12.

"We needed that," said coach Jesse Elder-"Continuity has been our problem all year long. It was nice to go out and have it all come together."

Mamush Tighe had a couple of early chances for the Bobcats, but his chances were turned away by the Pelham keeper and defense.

The Bobcats were able to get on the board with 14:11 gone in the game, as Anton Smith delivered a top-shelf shot for the 1-0 lead. Tighe continued to pressure on offense, just missing connecting with Colin Roper and Jack Sullivan and Chance Twomey had good crosses in front that were cleared. Smith connected with Noah Dutile on a chance that was also turned away by the defense.

Pelham had a direct kick that was cleared out by Cole Ahern and then Will Fogarty and Tighe teamed up on a chance that was turned away by the defense. Pelham also had a corner kick that missed the mark. Fogarty sent a shot wide at the other end and Tighe had a bid that was stopped by the Pelham keeper.

Plymouth had a corner kick that didn't connect and Pelham had a shot that was stopped by keepr Bayden Stratton. Tighe sent the ball through the bod and Smith just missed connecting with Dylan Webster on a chance. Twomey also had a bid stopped

by Pelham's keeper. The Bobcats were able to get the second goal of the game in the final two minutes of the first half, as Smith sent a shot on net that was stopped, but the rebound redirected out to a charging Twomey, who fired it into the net for the 2-0 lead at the halftime break.

Tighe, Twomey, Henry Shaw and Maxwell Levin all had bids for the Bobcats in the opening minutes of the second half and Fogarty also had a chance that stopped by the Python defense. Plymouth had a corner kick that was cleared out of the zone. Stratton made a couple of big saves on Pelham chances and Tighe made a nice centering pass at the other end into Levin and Twomey, but it was cleared out of the zone.

Smith and Tighe had chances that missed the mark and Webster sent a shot on net that was stopped. Sullivan had another chance that was stopped and Pelham came back with a couple of chances that were denied by Stratton. Ben Means had a good defen-

sive stop for the Bobcats and Tighe and Sullivan had offensive bids.

Pelham continued to pressure with chances, but Dutile and Webster came back with bids for Plymouth. Twomey had a chance stopped as well.

The Bobcats were able to add a little insurance with 5:45 to go in the game, as Sullivan delivered a shot on net that was stopped, but he followed up the shot and put the rebound in for the 3-0 lead.

Both teams had late chances, but the Pythons could not connect and Stratton kept his shutout in tact with the 3-0 win.

"We've struggled with our finesse game in the offensive third, we have to be a little more efficient," Elderkin said. "Every team has an identity that they want to find and our is a blue collar work ethic. When we do that for 80 minutes, good things happen."

The Bobcats continue to gear up for the Division II tournament.

"There's a really good chance we're going to be in, so what we need to focus on is every step we have, we have to make sure that we are getting better," Elderkin said. "We see the best team in

the last game." The Bobcats finish the regular season with a home game against Milford on Friday, Oct. 22. The Division II tournament kicks off on



Bayden Stratton makes a save during his team's game with Pelham last week.

Tuesday, Oct. 26, at the home of the higher seed.

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

lori@salmonpress.news



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October 29th at noon



) JOSHUA SPAULDING

Anton Smith charges through a pair of Pelham defenders in action last week.

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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 www.thewarrengroup.com



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Sanders – 1st shift
Pay starts at \$14.50 plus shift \$.75 differential for 2nd
& \$1.50 shift different for 3rd.

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Starting pay depends on experience

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Sanders 1<sup>st</sup> Shift - Starting Pay \$14.50

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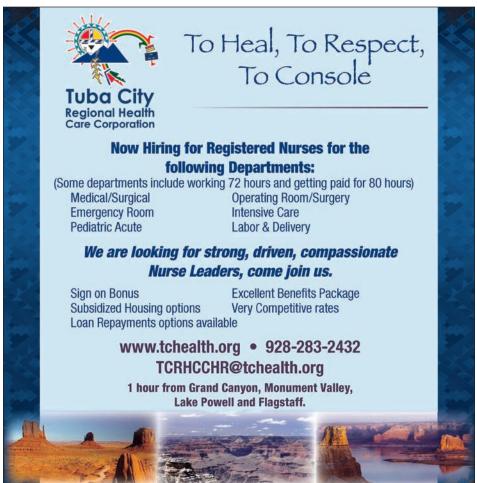
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#### \* Breast Cancer awareness



#### How to reduce risk of breast cancer recurrence

A breast cancer diagnosis can change patients' lives in ways they never imagined. That's especially so in the rare instances when women under 40 are diagnosed with the disease.

According to American Cancer Society, it's uncommon for women under 40 to receive a breast cancer diagnosis. In fact, data from the ACS indicates that only about 4 percent of all women diagnosed

Various factors that could affect

breast cancer

Treatment for breast cancer is often successful.

For example, data from the American Society of

Clinical Oncology indicates that the five-year surviv-

al rate for women diagnosed with non-metastatic in-

vasive breast cancer is 90 percent, while the average

10-year survival rate for such cancers is 84 percent.

Those figures reflect advancements in treatment and

the effectiveness of campaigns designed to encour-

age women to receive routine breast cancer screen-

ings as part of their preventive health care regimens.

will consider a host of factors as they try to deter-

Inc. notes that treatment options depend on the stage

of the disease at the time of diagnosis. Stage is usu-

ally expressed in a numerical value between 0 and IV,

with 0 being the least severe form of the disease and

notes that the size and location of the tumor also af-

fects how doctors will approach treatment. In gener-

al, the smaller the tumor, the more easy it is to treat

the disease. Where in the breast the tumor is locat-

ed also will affect the treatment plan. Doctors often

employ a combination of treatments such as chemo-

therapy, radiation and surgery to treat breast cancer,

and such an approach may be more likely to be em-

breast cancer, doctors order pathology tests so they

can better understand how the disease is affecting

their patients' bodies. For example, the Cleveland

· Pathology tests: Pathology is the science of causes and effects of diseases. When treating patients for

• Tumor size and location: The Cleveland Clinic

IV being the most advanced (i.e., metastatic).

mine a course of treatment.

ployed if the tumor is large.

Once doctors have diagnosed breast cancer, they

Stage: The National Breast Cancer Foundation,

with breast cancer in the United States are under age 40. But 4 percent is nothing to brush aside, especially when the ACS estimates that more than 300,000 women in the United States are diagnosed with breast cancer each year. That means roughly 12,000 women under 40 in the U.S. will be diagnosed with breast cancer this year, and many of those women will understandably express concerns about

cancer recurrence in the years to come.

cancer recurrence.

· Take care of your-Routine exercise risk for recurrence.

 Stay on top of screenhealthy path forward.

• Monitor vitamin D

The medical experts at Johns Hopkins Medicine note that learning to cope with fears of breast cancer recurrence is an important part of the recovery process. Those same experts note that various lifestyle changes can help women regain their health, strength and optimism and quell any fears they have about

self, both emotionally and physically. Johns Hopkins Medicine urges breast cancer survivors to put their own needs first sometimes. That can be difficult for younger breast cancer survivors with children at home, but prioritizing their own emotional well-being can help women overcome their fears of recurrence. Support groups can connect women with fellow breast cancer survivors, and women should not hesitate to discuss any fears or concerns with their doctors. It's also vital that women prioritize their physical well-being. a healthy diet can help women reduce stress and maintain a healthy weight, which can reduce

ings and vaccinations. Another way to reduce the risk of cancer recurrence is to stay up-to-date on screenings, flu shots and vaccinations. Annual physicals and screenings for cardiovascular conditions like high cholesterol and diabetes can help women stay on a

levels. Johns Hopkins Medicine notes that the Nurses Health Study found a link between low



Staying current with screenings and vaccinations can help breast cancer survivors reduce their risk for recurrence.

levels of vitamin D and breast cancer incidence. It remains unknown if vitamin D supplements can lower risk of breast cancer recurrence, but maintaining sufficient levels of vitamin D can promote overall health. Women can speak with their physicians about vitamin D and which supplements to consider. In addition, spending 20 minutes per day in the sunshine while wearing sunscreen with a minimum SPF of 30 can help women reach recommended levels of vitamin

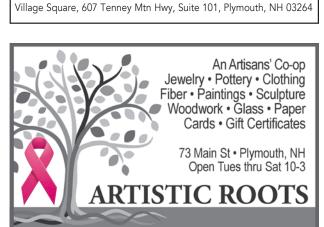
Cancer recurrence is a significant concern for survivors. However, various strategies can help women reduce their risk for recurrence and help them regain their optimism for the future.







health and family history when mapping a course of treatment. In addition, doctors discuss menopause with women when determining a course of treatment. Breastcancer.org notes that some breast cancer treatments can bring on menopause more abruptly than it would happen otherwise, so doctors will consider women's history with menopause when determining treatment.



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#### Volleyball FROM PAGE A1

with the 3-0 win, 25-9, 25-17, 25-16 to remain undefeated on the season.

"We attacked the ball a lot, that was a good thing," said Newfound coach Amy Fairbank. "We had some struggles at the beginning of all the games, but they didn't freak out, they knew they'd get some work because Moultonborough is a good team."

"I think the girls played really well," said Moultonborough coach Jim Proko. "They're (Newfound) a pretty good team, it was a nice warm up for us with three games next week."

The Panthers got the first point of the night on a Charlotte Johnson block, who also added another hit, but Malina Bohlmann and Emalie Ruiter came through with hits for the Bears to pull them even at two and again at three.

The Bears then jumped out to the lead on a hit from Mikayla Ulwick, but Moultonborough answered with a hit from Lauren Fell on the other side of the net. A couple of hits from Paulina Huckins, an ace from Ruiter and a hit from Jamie Norton helped the visitors get

out to the 13-4 lead before Emma Smith had a hit for the Panthers to get them back on the board.

Norton had a good tip at the net to get the Bears back on the board and then Huckins added a service ace as the Bears jumped the lead out to 15-5. Newfound kept building on the lead with four big hits from Bohlmann. Michelle Fell came back with a hit for the Panthers, as did Johnson and the Bears closed out the 25-9 win.

Moultonborough jumped out to a 3-0 lead in the second set and led 5-2 before Newfound came battling back to cut the lead to 6-4. Lauren Fell had a hit for the Panthers as they pushed the lead to 9-4 but Huckins got Newfound back on board with a hit. Lauren Fell and Norton exchanged hits and Bohlmann added a couple of big hits and a tip as the visitors pulled even at

Johnson block Α helped Moultonborough go up by three and Johnson added a hit to push the lead to 15-11 before Bohlmann responded with a big hit. After Michelle Fell had a hit for the Panthers, Bohlmann had a hit and then a service ace, allowing the Bears to pull even at 16.

Norton had a pair of aces to help the Bears go into the lead to 21-17 and hits from Ruiter and Huckins helped to close out the 25-17 win for the Newfound girls.

Bohlmann had a couple of hits to get the Bears out to a 2-0 lead in the third set, but the Panthers battled back and pulled even at two. Huckins had a hit to help Newfound again get the lead out to 7-2, but a Johnson ace brought Moultonborough closer.

A Huckins hit upped the lead to 9-5 but Kristin Gundersen stepped to the service line for the Panthers and ran off three aces to send the Panthers to an 11-9 lead. Huckins brought the Bears back to even at 11 and then had a block to lead the Bears to the 15-11 lead.

Moultonborough got a hit from Michelle Fell as they fought to pull closer, but Danielle Walker had a service ace for Newfound and Bolhmann added a hit for a 20-14 lead. Johnson came through with a big hit for the hosts, but Bolhmann answered with a pair of hits and then finished off the win with a nice tip at the net for the 25-16 win.

"They (Moultonborough) have some good middle hitters and we haven't seen a lot of that this year," said Fairbank. "So, we had to adjust to it.

"Our serving hasn't been great lately, so we wanted to focus on that," the Bear coach continued, noting they only had four errors for the match, an improvement as they head to the playoffs. "We've got some experience, they know they have to work, they know what we need to do to make the same thing happen again this year."

"I think it's good we had that fight back," said Proko, noting that they had played two of the best teams in the division this week. "In that respect, it was kind of a tough week, but we learned a lot and progressed a lot."

Bohlhmann had an impressive 19 kills on the night, while Huckins had nine kills and Ulwick had 26 assists.

The Panthers wrapped up their regular season after deadline Wednesday at Portsmouth Christian and the Bears will be at Ray-

Paulina Huckins rises at the net to knock the ball down on the Moultonborough side in action Friday.

mond on Friday, Oct. 22, higher seeds. to finish up their regular season.

The Division III tournament opens on Tuesday, Oct. 26, and continues on Thursday, Oct. 27,

both at the home of the

Bears win final two,

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

#### Hazel FROM PAGE A1

being arranged in Concord, Hooksett, Holderness and the Roys' home in Bristol for those who aren't able to attend the Newfound area Halloween celebration on Oct.

Details of the tribute were still being solidified when this paper went to press but flyers will be distributed to area businesses in the next few days, informing

people where and when they can bring a pumpkin to downtown Bristol for "Hazel's Light."

Announcements will be made on Facebook groups such as Newfound Lake Community and the Real Newfound Lake Community pages as well. Residents can also honor her memory with jack-o-lanterns at their home or business with a small sign reading, "Hazel's Light."

head to Division III playoffs BY JOSHUA SPAULDING

BRISTOL — The Newfound field hockey team won the final two games of the regular season, clinching a top-four spot

nament. The last week of the season began with a 3-0 win over Winnisquam.

in the Division III tour-

"We came out really strong in the first quarter," said coach Kammi Williams. "We went into the game tied for fourth

with Winnisquam, the winner would claim the spot with the two of us most likely meeting again in the state quarterfinals for a third time."

Bradley Savannah got the scoring started with an early goal on an assist from Adeline Dolloff, but the second quarter was dominated by Winnisquam, with numerous shots on net, including one that went off the post. Newfound

keeper Ali Normandin had a huge performance during the quarter and kept the Bears in the game.

The Newfound girls came out stronger in the second half after a good halftime chat and they turned the tides in their favor.

Elle MacDonald carried the ball into the zone and assisting Dolloff on the team's second goal of the game and Cassie Zick carried to the cage and finished off the goal herself for the 3-0 win.

Williams noted that Matti Douville and Mackenzie Jenkins had the highlight performances of the season, controlling the weak side on the defensive end. Lindsey and Skylar Lacasse switched positions and both stepped up to the challenge with significant contributions to the victory. MacDonald continues to improve as the right wing, crossing the ball for a lot of scoring opportunities and Normandin had 11 saves in a huge performance for the Bears.

The Bears then finished off the regular season with a 1-0 win over White Mountains on senior day. Spartan keeper Jen Fowler had an incredible day, finishing with 27 saves. Dolloff finally broke through during the third quarter and scored her 11th goal.

"I'm excited to see what her future holds." said Williams. "Outstanding performance by all, my front line continues to show growth. They most certainly are the fastest front line. We did everything right but Fowler was a force to be reckoned with."

Seniors Lindsey Lacasse, Maggie Bednaz, Zick and Jenkins sit at 45-9-2 thus far in their careers.

"This is my first group of freshmen that I have had for four years with my return to Newfound," Williams said. "Grit, determination, coachable, tough, respectful describes these four young ladies. They have been nothing short of wonderful."

The Bears, with the fourth seed in the tournament, earned a firstround bye. They will host Winnisquam on Sunday, Oct. 24, with a start time of 2 p.m. The semifinals are Thursday, Oct. 28, at Bill Ball Stadium in Exeter at 7 p.m.

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



#### **CAREER OPEN HOUSE**

AT SUGAR HILL | WOLFEBORO Saturday, October 30th, 10 am - 3pm

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