

Newfound Landing

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COMPLIMENTARY



DONNA RHODES

Leslie Dion greeted nature enthusiasts like Rich and Kathy Murdy, who dropped by the Slim Baker Lodge in Bristol after climbing Little Roundtop Mountain to enjoy the annual fall hawk migration from Inspiration Point last Saturday.

Nature enthusiasts observe annual hawk migration

BY DONNA RHODES

Contributing Writer

BRISTOL – Last Saturday, nature enthusiasts gathered at Little Roundtop Mountain's Inspiration Point, located

on land maintained by the Slim Baker Foundation in Bristol, to observe the annual hawk migration.

According to New Hampshire Fish and

Game, thousands of hawks can be spotted between the months of September and October as they gather for their annual fall migration and Little Roundtop

Mountain is a prime viewing area.

While places such as Pack Monadnock at Miller State park in Peterborough or Carter Hill

SEE **MIGRATION** PAGE A11

Bears cruise in semifinal rematch with Farmington

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — In a rematch of last year's Division III volleyball semifinals, the Newfound Bears had a lot easier time than they had last year, easily dispatching the Farmington Tigers on Monday, Sept. 13, 25-8, 25-11, 25-9.

"The team last year was strong, but Paulina (Huckins) and Malina (Bohlmann) still had a little way to go," said coach Amy Fairbank, noting the duo, who combined for 19 kills in the win, have really taken a step forward this year.

"Paulina's game has changed quite a bit from last year," Fairbank said. "She has a sense of confidence at the net, a mentality that comes with your senior year. Her hitting is much stronger this year."

"And Malina has that

quick movement," the Bear coach continued. "Her body fluidity is very, very good."

The Bears welcomed the Tigers to town and got out to a quick 7-1 lead behind hits from Bohlmann and Danielle Walker and a service ace from Jamie Norton. The Bears continued to build the lead as Bohlmann had another hit and Huckins had a great tip at the net. Mikayla Ulwick added a service ace and Huckins had a couple of hits as the Bears kept building the lead, getting it out to 19-5.

Huckins came up with another hit and added a service ace as the Bears pushed the lead out to 22-7. Bohlmann and Emalie Ruiter added hits and the hosts were able to close out the 25-8 win for the 1-0 lead.

SEE **VLEEBALL** PAGE A11



JOSHUA SPAULDING

Malina Bohlmann goes up to the net for a tip in action against Farmington last week.

Community enjoys opportunity to explore Old Hill Village

BY DONNA RHODES

Contributing Writer

HILL – The original town of Hill, now known as Old Hill Village, is open to the public once a year, when residents and visitors can drive through the old town to reminisce, learn the history of the area and

enjoy a day in the great outdoors.

Approximately 11 miles of narrow dirt road is all that remains of the former bustling Main Street in the village but on each side there is plenty of history

SEE **OLD HILL** PAGE A11



DONNA RHODES

Local history enthusiast Paul Doucette of Franklin was at the annual opening of Old Hill Village to share his knowledge of the area last weekend, as residents and visitors enjoyed the opportunity to drive through the former village. He is shown here standing beside one of 14 new interpretive signs in place, thanks to Tyler Kulacz of Bridgewater's Boy Scout Troop 50, who created the signs for his Eagle Scout project.

Bristol officially launches high-speed Internet service

BRISTOL — High-speed internet is up and running in Bristol. The town officially "flipped the switch" on the new lightning speed broadband network at a ribbon cutting ceremony today at the historic Bristol Town Hall.

"This is the best, fastest internet you can get," said Town Administrator Nicholas Coates. "This project opens a lot of doors for our business community, enables opportunities like telehealth for residents and creates more learning opportunities for our students."

The Bristol Broadband Now network is the result of years of planning by the Bristol Economic Development Committee, Coates, and a public-private partnership with eX² Technology LLC of Omaha, Nebraska, which built the physical infrastructure for the fiber optic internet, and Hub66, based in Acton, Massachusetts, which will provide the internet service to businesses, residents and municipal buildings.

Coates said that Bristol was the only New Hampshire community to receive CARES Act funding for telecommunication infrastructure and that this investment is going to bring great benefits to the community.

"eX² is honored to have partnered with the Town of Bristol to help bring the Bristol Broadband Now network to life," said Jay Jorgensen, Chief Operating Officer, eX² Technology. "As an economic and social development engine, this network asset will serve the Bristol community and beyond for decades to come, a true reason to celebrate."

Hub66 is excited to become part of the Bristol community. In addition to providing internet service, Hub66 is building a network operations center in the Bristol Town Office as part of this project, which will serve as a base of operations. Inspired by their mission to close the gap of Internet accessibility with cutting-edge technology, Hub66 is rapidly expanding affordable, high-speed fiber Internet service throughout rural areas of New England.

"We have some amazing equipment being put into action in preparation for the future in Bristol and throughout the New England regions," notes Andrea Vient, Chief Executive Officer for Hub66. "Internet connectivity is more than just speed, it's about living your life and not thinking about whether your Internet is fast or reliable enough."

US Sen. Maggie Hassan and US Rep. Ann McLane Kuster were also on hand at the ribbon cutting, joined by representatives from Gov. Chris Sununu's office, US Sen. Jeanne Shaheen's office, US Rep. Chris Pappas' office, and local business owners and elected officials.

"Access to high-speed internet is a foundation of today's modern economy, and I was glad to join in celebrating Bristol's historic broadband project," said Hassan. "Whether you're running your business, doing homework, or having a virtual doctor's appointment, Granite Staters need reliable high-speed internet. I am glad to have helped secure funding for Bristol's innovative broadband infrastructure projects, and I will continue working with my colleagues across the aisle to pass a bipartisan infrastructure package to invest in high-speed internet across our state."

"Quality, high-speed internet access is key for our Granite State communities to thrive and grow in the 21st century economy—and I am thrilled to see this project enhancing Bristol's economic competitiveness," said Kuster. "The COVID-19 pandemic pulled back the curtain on the need for universal internet access. Whether it be for telehealth appointments, working remotely, or safe alternatives to in-person learning, this service will be a game-changer. I was proud to help deliver."

SEE **INTERNET** PAGE A11

Plymouth State University lecture to explore roots of anti-vaccine sentiments

PLYMOUTH — The Plymouth State University (PSU) Saul O Sidore Lecture Series, focused this year on understanding and responding to social disruptions, will present “Before Anti-Autism: Cow Mania and the Vaccination Debates” on Friday, Sept. 24, at 7 p.m., featuring Travis Chi Wing Lau, Ph.D.

Dr. Lau will make the case that much of the current anti-vaccination discourse draws its rhetoric and affective strategies from long-standing ableist anxieties surrounding “cow mania,” a condition associated with the violation of species boundaries and class tensions. In the late eighteenth and early nineteenth centuries, there was heavy outcry in Britain over Edward Jenner’s campaigns to nationalize vaccination. Opponents of the vaccination, like Benjamin



Travis Chi Wing Lau
Moseley and William Rowley, decried it as a

violent, dangerous procedure that corrupts mankind, especially children, by reducing them to a bovine state.

Lau is an assistant professor of English at Kenyon College in Ohio. He received his bachelor’s degree in English with a minor in classical civilization from the University of California, Los Angeles, and his master’s and Ph.D. degrees in English from the University of Pennsylvania. His work is primarily focused on eighteenth- and nineteenth-century British literature and culture with research and teaching interests in literature and science, the history of medicine and disability studies.

The Saul O Sidore Lecture Series is free and open to the public and will take place in the Smith Recital Hall, Reception Room 130, and virtually via Zoom at go.plymouth.edu/sidore.

There will be an opportunity for questions following the lecture.

Named for humanitarian and New Hampshire businessman Saul O Sidore, the lecture series brings a variety of speakers to PSU to address critical issues and events in politics, society and culture, topics that reflect Sidore’s interests. For more information visit: <https://campus.plymouth.edu/sidore/>.

Kids’ Marathon returns to Bristol Oct. 2!

PLYMOUTH — Mid-State Health Center in partnership with the Bristol Rotary Club and New Hampshire Marathon is the proud sponsor of the Kids’ Marathon. The Kids’ Marathon will

be a FREE event offered to children as part of the New Hampshire Marathon on Saturday, Oct. 2 to promote and foster healthy eating and active living among youth.

Here is how the Kids’ Marathon works: All children grade K - 8 are eligible to participate in the Kids’ Marathon on race day. The goal is for each registered youth participant to complete 25.2 miles of running/

walking/activity prior to the Kids’ Marathon, and then to participate in the race in Bristol, NH to complete the final mile of their “marathon” at the Kids’ Marathon.

Race Day is Saturday, Oct. 2, along with the NH Marathon. The Kids’ Race check-in will begin at 8 a.m. at Kelley Park in Bristol and the race begins just after 9:00 am. Kids will be bussed to the start of the race.

Please bring a mask for the bus ride. CDC Guidelines will be followed to ensure the safety of the families who are attending the event. Parents/Guardians are asked to please stay onsite while their children complete the race.

Race Start is at the Old Mill Parking Area by the Multi-Use Path in Bristol, across from Old Mill Properties. There will be a celebration immediately following at Kelley Park to recognize this INCREDIBLE achievement for all children who complete the Mid-State Kids’ Marathon.

Running can be done anywhere . . . in a neighborhood, at the beach, at the ball field, or a local track. Children need to be sure they are running in a safe place and parents should know where their children are when running/walking; everyone needs to stay safe. The buddy system keeps kids safe and offers encouragement to all. Wear a good pair of sneakers and try to keep one pair just for running. It is important for kids to eat right, stay hydrated, and get plenty of sleep as part of an overall exercise program as well.

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Tapply-Thompson Community Center — 76 years of serving the Newfound region

B7 CASSIE ZICK
Contributing Writer

BRISTOL — Last time we looked at the T.T.C.C.'s 75th anniversary, we focused on its second 25 years as an operating recreational center. We were given the pleasure of talking to Merelise O'Connor, the Center's first female director. She elaborated upon the opportunities that using Wells Field provided, the expansion of the Center's range of activities, and modifications made to the building itself.

For this final article, we talked with Les Dion, the current Director of Recreation, and gained insight into the Center's last 25 years, as well as her opinion on what the future could hold.

Dion had been a participant at the community center throughout her childhood, and continued to stay involved into adulthood once her children came of age to take part in the many clubs and activities they offered. In the interview, Dion explained how she eventually obtained her position as director.

"One day, they needed someone to fill in at one of the summer camps. Beth Dever was the director at the time and she had asked me if I would work a couple of days at camp as an extra counselor. Then next Summer, I became director of that camp. I started working in afterschool too, and did summer camp for quite a few years for what is now 'Project Streams.' I became the assistant director for Beth while she was still here in the early 90s, and when she moved on to a different position, I became the director in 1997," Dion said.

We then asked Dion about improvements and changes the Center has made in the last 25 years. In her response, she mentioned pro-

grams that have been canceled, those that have been running since the beginning, and progressive changes the board has made to adapt with the times.

"For many years, they had the Carnival Queen program. Highschool girls would give a speech about themselves and then one of them would get crowned Carnival Queen. That was a program that was started in Wink's time, and it continued right up until about 15 years ago. We stopped doing that program because high school kids today are so busy. To try to get practices in and do a really good job of it was just getting tougher and tougher. They still seemed to really enjoy doing it but we just couldn't pull it off anymore," Dion said.

She then began to mention programs that Wink Tapply started at the very beginning that are still prominent now, and modifications the board has made over the years.

"Santa's Village is one of Wink's programs that he started and that continues now," she said. "Last year we had to do it as a drive by, outside on North Main Street. Hopefully, this year, we will be back to normal again. Wink was also instrumental in getting both the Apple Festival and the Lobster Chicken Dinner going, which are two events that are still going on today. As far as activities go, they have evolved. One of the cool things about the Center is that the board is very progressive and knows that as things change, they are willing to change too. We still offer all of the original athletic activities, and have recently added the field hockey program as well as the track and field program. We have begun collaborating with Operation W.A.R.M. as well, which is a program

that provides kids with coats, boots, hats, and any other clothes they need to stay warm in the winter."

When asked for her opinion on one of the more impressive advancements that the Center has made, Dion talked about Wells Field, and the improvements the baseball & softball commission and volunteers have made to it.

"When I started, they barely had any amenities at Wells Field, although it was always a great field. Over the last 15-20 years we have built the concession stand, redid the fence, built a press box, put in a scoreboard, and built an irrigation system. To me, that's probably one of our coolest accomplishments. We've come so far from a little field that was playable, to really a showcase of a field. We are pretty excited about the work that has been done out there. We have been very fortunate for our dedicated donors and volunteers that have made this possible," Dion said.

Looking towards the future, Dion believes that the Center will continue to play a vital role in the community.

"I think that the Center will continue to be a hub for youth activities, as well as adult activities too," she said. "We don't put a lot of emphasis on our adult programs but we offer a good amount of them. I think that those activities will continue to evolve and grow as they have in recent years. In knowing the people that will be in charge, I believe that they're progressive enough to know what needs to change. I am certain that the Center will continue to be a treasured part of the community and serve as a safe-haven for kids as it has always been."

To end, Dion talked about the support and

prosperity the Center has been able to attract during its operation in the last 75 years.

"We've had a lot of accomplishments. We were one of the first, if not the first, non-profit recreation department in the state. The model for this building and this program has been used throughout the country. Many recreational centers would even seek out Wink on how to get start-

ed themselves. The Center is just such a success story and so many people share a passion for it. Because of so much community spirit and the love for this program, we thrive. We've been so lucky. I see that we will continue to succeed for the next 25 years. I think that it is possible that we might add an additional building, as we've been talking about it for a while now. But I would

hope that this building will always be the central spot for the Center. It's just got such a rich history and everybody loves it. It's been a really anticlimactic 75th due to the current circumstances, but I think that we will celebrate all of those years in a bunch of different fashions as things get back to normal," she said.

Pasquaney Garden Club visits Petals in the Pines

BRISTOL — Pasquaney Garden Club extends a hearty thank-you to all the people who purchased flower bulbs during the recent fund raiser. The sale exceeded expectations and the club looks forward to putting the funds to work and wishes everyone much enjoyment with a bounty of colorful spring flowers.

On Aug. 15, club members and several guests went on a field trip to Canterbury for a delightful tour of Petals in the Pines and enjoyed an informative presentation by Donna Miller, who owns and lives on the property with her husband and family. The weather was perfect and the gardens were busy with butterflies and bees, a testament to some of the special efforts put forth by Donna and her family.

One garden hosts a "bee barn" which provides a place for many species of non-honey bees to nest. The structure is fairly simply made from cement blocks with hollow plant stems inserted into the holes, but is an extremely effective support system for these bees. The project which drew the

most attention during the visit were Donna's butterfly cages. As part of a Monarch support group, Donna helps rescue monarch chrysalis. The cages provide a safe environment allowing them to be maintained until maturity. Once the butterflies emerge from their chrysalis they can be tagged before release. The tagging projects improve understanding of monarch migrations and population fluctuations. The garden club visitors were fortunate to be able to observe as a butterfly emerged, was tagged and then released.

Petals in the Pines is a wonderful destination for individuals or families and holds many special events. Information is available on their website: petalsinthepines.com.

From their Web site:

"We've been working our land for over 20 years, maintaining what nature has provided us-over seven acres of native plants, eye-catching ledge outcroppings, and a waterfall-adorned stream meandering through our woodlands, each offering their own quiet, beautiful spaces. Interconnected with these are garden beds filled with blooms and a Pick-Your-Own flower field that we nurture. In addition, we have created natural plays spaces for children in the landscape."

On Tuesday, Oct. 5 from 9-11 a.m., there will be a garden work time, in the Butterfly Garden behind Minot Sleeper Library in Bristol. All welcome.

Pasquaney Garden Club is a 501(c)3 nonprofit organization.

SNHU announces Summer 2021 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the summer 2021 Dean's List.

Full-time students who have earned a minimum grade-point average of 3.500 to 3.699 are named to the Dean's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in fall or spring semester, and online students must earn 12 credits in either EW1 & EW2, EW3 & EW4, or EW5 & EW6.

Sarah Nostrand of Bristol
Joshua Stearns of Campton

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 150,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

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Edward Jones: Financial Focus

Are your loved ones prepared to be caregivers?

Once you're retired and your children are grown, they are likely "off the books," as far as your financial responsibility for them is concerned. Yet, you're probably still prepared to do anything to help them – but are they ready to take care of you if the need arises?

Consider this: Almost half of retirees say that the ideal role in retirement is providing support to family and other loved ones, according to the Edward Jones/Age Wave study titled Four Pillars of the New Retirement: What a Difference a Year Makes – and a slightly earlier version of the same study found that 72% of retirees say one of their biggest fears is becoming a burden on their family members.

So, if you are recently retired or plan to retire in the next few years, you may need to reconcile your desire to help your adult children or other close relatives with your concern that you could become dependent on them. You'll need to consider whether your loved ones can handle caregiving responsibilities, which frequently include financial assistance. If they did have to provide some caregiving services for you, could they afford it? About 80% of caregivers now pay for some caregiving costs out of their own pockets – and one in five caregivers experience significant financial strain because of caregiving, according to a recent AARP report.

One way to help your family members is to protect yourself from the enormous expense of long-term care. The average cost for a private room in a nursing home is now over \$100,000 a year, according to the insurance company Genworth. Medicare won't pay much, if any, of these costs, so you may want to consult with a financial advisor, who can suggest possible ways of addressing

long-term care expenses. Even if you don't require a long stay in a nursing home, you still might need some assistance in the future, especially if your health or mental capacities decline. So, start talking to your loved ones about their possible roles if you should ever need caregiving. You may want to create a caregiving arrangement that specifies payment for caregiving services and outlines the expenses to be reimbursed if paid out of pocket by a caregiver. Also, you may want to create the appropriate legal documents, such as a durable power of attorney for health care, which enables someone to make medical decisions on your behalf should you become incapacitated, and a durable power of attorney for finances, which

allows you to name someone to make your financial decisions if you become unable to do so yourself. A legal professional can help you make these arrangements and incorporate them into your overall estate plan. A financial advisor can suggest ways of preparing for the costs involved with caregiving and can direct you to relevant resources, such as social services provided by your city or county.

Clearly, there's much you can do to help shield your family from the financial strain of caregiving. But you are not alone: By drawing on other resources and outside help, you can ease the burden on your loved ones. And everyone will feel more secure when you have your arrangements in place.



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

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

CADY Corner

Marijuana: Can it affect your health?

BY DEB NARO
Contributor

Marijuana is the most used illegal drug in the United States, with 37.6 million users in the past year. Marijuana use may have a wide range of health effects on the body and brain with about 1 in 10 marijuana users becoming addicted. For people who begin using before the age of 18, that number rises to 1 in 6.

People who are addicted to marijuana may also be at a higher risk of other negative consequences of using the drug, such as problems with attention, memory, and learning. Some people who are addicted need to smoke increasing amounts of marijuana to get the same high. It is also important to be aware that the amount of tetrahydrocannabinol (THC) in marijuana (i.e., marijuana potency or strength) has increased over the past few decades. The higher the THC content, the stronger the effects on the brain. In addition, some methods of using marijuana (e.g., dabbing, edibles) can deliver very high levels of THC to the user.

Marijuana use directly affects the brain — specifically the parts of the brain responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time. Heavy users of marijuana can have short-term problems with attention, memory, and learning, which can affect relationships and mood. Marijuana also affects brain development. When marijuana users begin using as teenagers, the drug may reduce attention, memory, and learning functions and affect how the brain builds connections.

Marijuana's effects on these abilities may last a long time or even be permanent. This means that someone who uses marijuana may not do as well in school and may have memory issues. The impact depends on many factors and is different with each person. It also depends on the amount of tetrahydrocannabinol (THC) in marijuana (i.e., marijuana potency or strength), how often it is used, the age of first use, and whether other substances (e.g., tobacco and alcohol) are used at the same time.

Smoked marijuana delivers THC and other cannabinoids to the body, but it also delivers harmful substances to users and those nearby, including many of the same substances found in tobacco smoke, which are harmful to the lungs and cardiovascular system. Researchers have found limited evidence of an association between current, frequent, or chronic marijuana smoking and testicular cancer (non-seminoma-type). Marijuana plants come in different strains with different levels of active chemicals, and this can make each user's experience very hard to predict. Marijuana use can also lead to increased risk of stroke and heart disease.

Marijuana use, especially frequent (daily or near daily) use and use in high doses, can cause disorientation, and sometimes cause unpleasant thoughts or feelings of anxiety and paranoia. Marijuana users are significantly more likely than nonusers to develop temporary psychosis (not knowing what is real, hallucinations and paranoia) and long-lasting mental health disorders, including schizophrenia (a type of mental illness where people might see or hear things that are not there). Marijuana use has also been linked to depression and anxiety, and suicide among teens.

For more information about how to talk to your child about the harms of marijuana, visit our website at cadyinc.org. 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

Leaping Bear

Newfound's Malaki Ingram leaps to pull in the ball during his team's game with Bishop Brady on Saturday. The Bears dropped a 21-14 to the Giants. Next up, the Bears will be at Franklin on Saturday, Sept. 25, at 3:30 p.m.



Letters to the Editor

What has changed us

To the Editor:

A friend relayed this to me about the state of the nation's present leadership:

"Got to be some serious house cleaning in the military, DOJ and FBI. And Pelosi needs to be impeached or indicted. And we need term limits and publicly financed campaigns."

Everything stated by him is exactly what core Dems said about Trump's term... the beat goes on. It is a play on the deck of the Titanic to keep us from noticing the ship is sinking.

Yet no matter who's in charge, the deficit grows and grows. It is a barometer of power-grabbing and climbing that requires ever more "takings" of income and now wealth or product from the citizens. The individual's "Pursuit of Happiness" is supplanted towards keeping those in power- in power.

We have two parties that all promise us something; both have dipped into the well of national wealth to get elected and try to be the "Single Party" directorate.

The only way out of it, Washington, D.C. believes, is a dynamic shift away from the reward system of capitalism and into printed money from above – i.e., Big Daddy. It cannot last; drunken sailors on leave spending their last dollar comes to mind.

We are moving quickly toward some sort of enforced system of control like Marxist socialism, which we all know ends in bankruptcy, i.e. most of South America, USSR, Africa, and Rome (its army-power, like the USSR, was not the problem bankrupt policies and leadership was).

The way to take care of people via principles of governing and provide the best chances for them is to let them take care of themselves.

Once you take away that reality of true freedom to fail or succeed, incentive, responsibility, creativity, and hope are squashed and dependency kills productivity. It finds an ending eventually.

Or we bite the bullet and amend the constitution to a truly balanced budget requirement only to be broken if our actual four borders here in the US are attacked. Many countries have deleveraged themselves. New Zealand recently comes to mind. Chile had to start over completely in the mid-'70s, climbed back to success, and yet has devolved back into a broken central spending socialistic government failing again.

Former Argentina citizens here have great fears because Dems, RINOs, and the Deep State (government-employed dependents) so much remind them why they left their homes to come here. They are so sad.

I once interview U.S. Sen. Arlen Specter (R — Pennsylvania). His family realized the same picture, and left Germany in the late '30s. My hair is standing up on the back of my neck these days and I wake up every morning, too early, worrying about the "state of the state." My number one question each day is, stay or leave before they (the Federal "Sovereign State") pen us in and we can't take what is left of our small Wagon train of processions/money with us.

In August 1972, I got off a bus and fell into a country, Chile, governed under Salvador Allende:

"He was the first Marxist to be elected president in a liberal democracy in Latin America . [8] [9 Allende's involvement in Chilean politics spanned a period of nearly forty years, having covered the posts of a senator, deputy, and cabinet minister. As a lifelong committed member of the Socialist Party of Chile, whose foundation

he had actively contributed to, he unsuccessfully ran for the national presidency in 1952, 1958, and 1964 elections.(Wikipedia).

His BIO is Biden's BIO / administration. Scary coincidence, or not really, and just a repeat of history- probably.

So many years of Marxist Socialism and Chile was on its last breath and broken when I got there to begin ski training. Poverty-stricken kids scavenging in the streets of Santiago came up for food I was eating, a croissant, I gave a boy the half I had left, tanks with military personnel all around, riots, secret police, and black-market money devaluing the official currency by five or more. Inflation which, then, made the American dollar super valuable. It left an indelible impression, one I thought would never be a case study here in the USA. I have less hope every day now it won't.

Then in the military, I was schooled and briefed on the USSR system and watched it too crash hard. Up until now, I never thought my country would fall down that rabbit hole. It is rapidly and the Dems are doing everything they can to make it happen. One party one dictate is the Marxist way. Who will win that throne?

When the Republicans were in full power, rare, they did little to correct the ship – i.e., balanced budgets, decentralize/de-socialize power, deregulate, or an amendment to force budget control, instead they moved more and more left to pander to the demand of the caretaking and weak mind-set expected here by too many and growing.... big brother became Big Daddy/Mommy dependence.

It gets people elected to spend other people's money which they run out of eventually.

Soon now with this Biden administration, we will be over the cliff.

Trump was good on policies but one big one- Deficit spending. His one big disappointment for me. In the last 100 years, we have balanced the budget once under Nixon (1969).

Perot was vilified by both parties for raising the issue and ignored in 1990. Kasich claims he did balance our federal budget but the SSN surplus was borrowed. It is like a bad Corporate Ponzi scheme that used workers' retirement funds to borrow for a failing business going over the cliff into bankruptcy. Bod Dole claimed he "fixed" Social Security by almost doubling what it took out of your paycheck. A government Ponzi scheme where more and more is needed from the "investors" - you to pay those collecting off the fund! It has been predicted to go bust by 2033.

<https://www.thinkadvisor.com/2021/08/31/social-security-on-track-to-go-bust-by-2033-trustees-report/>

I was lucky I was just an observer in Chile, and never had to go to war against Russia- it collapsed from within. Today our political war is right now, it is here in our streets and hearts and minds, either it ends back to the original Constitutional principles laid out by our Declaration or it ends like above.

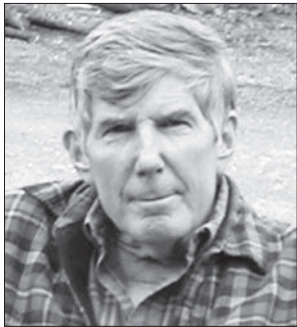
Either we pack our bags while we still can or we get organized and get Republicans like DeSantis (a refined Better Trump) in all houses of government and as a majority (McConnel must go- he is the other side of a Pelosi coin) or we sit here to watch as it crashes.

Either we are Pawns or Knights. I consider myself a Knight of the Constitution that says "we the people" make our destiny, not D.C. - let me know, do you?

Thank You,
Jeff Frost
Alexandria

North Country Notebook

It’s easy — you just go over, under, around, and through



By JOHN HARRIGAN
COLUMNIST

We used to kid Rudy mercilessly when he sketched out a plan for the next day’s hunt. Reader, please bear in mind that this was back in The Day, when we served meals to two sittings of hunters at the Main Camp’s big table, and nearly everyone went home with a Christmas tree and a deer.

It was the heyday of sport-hunters and sport-hunting, not that hunting is a sport, at least in my book, and more so with the passage of time, because betting on the horses at the track is a sport, whereas hunting is a deadly serious business, and back then there was a certain logic to it all, in that there was an economic pay-back for every deer that hit the ground. Us, for instance, and the camps, and building boats and

emptying slops and cutting wood and ranging for Christmas trees as just one more way to survive, and then, of course, the life.

+++++

“You start here, on Jimmy Ricker’s sugar place,” Shatney would say, making an “x” on paper, figuring that everyone could imagine the scene.

“Then you go over,” he’d say, drawing a squiggly line, “and then under”--another squiggly line--“and then around, and through.”

The “you” Rudy referred to was me. As his helper on the hunt, my job was to follow any fresh track we cut, while he went out to one side. The other main part of my job was dragging deer.

This was on weekends and school vacations before and during my teenaged years, when I was part of the Shatney family at hunting and fishing camps at Clarksville Pond, and I can still remember every sketch and every hunt, and every deer I dragged out, from Deadwater over

the hump into Labrador Brook and beyond.

Many of the sports were World War II vets. Some had served all through the European Theater and had been in battle with Rudy, holder of the Silver Star. As his wife Joan once told me she would too, they’d have followed Rudy to the Moon.

In later years, I had more than one occasion for drawing a little map. “You start here,” I’d say to the boys, and later, to the girls. “And then--” and I had to stop myself from saying, vaguely, while drawing squiggles, “over, and then under, and around, and through.”

+++++

I always marvel at how well, most of the time, these escapades turn out, after making some vague sketch of a plan at the last minute the night before.

So on Saturday, these two guys came all the way up from Lisbon and went right past the turn to my road, and on up over the height of land to another road, and after quite a little



BETH LECONTE — COURTESY

This photo is here for no reason other than that I like to indulge in a good dog picture now and then. Not that Bailey is always a good dog, it’s just that he often is in a good dog picture, as in here, trying to out-snout a chew-toy.

spell took a hard right onto still another road, and onward to an unmarked and unremarkable log-landing, which is near where, oh, maybe Birchbark Brook and the East Branch of Stillwater almost meet, and shouldered packs and lugged a weed-whacker and a chainsaw, and did trail work all the way in, and opened up camp and cleared out dead mice and dust (mice come in when we’re there, cooking and consuming, and then after we’re gone they die from lack of food and water because

we leave neither crumb nor drop) and fetched wood and water, and got bunks down from the walls for the night, and had cocktail hour (or two, or three) (hours, not necessarily cocktails, although you never know, and who’s counting anyway?) on the porch and actually relaxed and enjoyed the place, and then rustled up supper, mice no doubt watching from the rafters, and then in the morning swept and neatened the place up and broke camp, and then worked on the trail all the way out, and then

called me pretty damned close to the pre-arranged time, and met me for lunch at the Bear.

Given the happenstances of such trips, God smiles when you’re even close to the plan.

(Please address mail, with phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Comfort Keepers

Alcohol consumption in seniors: A delicate balance

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Ten to 15 percent of people don’t start to drink heavily until they are older in age.

Many of us enjoy having a cocktail with friends or drinking a glass of wine with dinner. For seniors, with a doctor’s approval, this doesn’t have to change. However, it’s important to be aware of the ways that alcohol can physically affect older adults, and how the signs of alcohol abuse look different for seniors that suffer from the negative effects.

As we age:
How we process alcohol changes -Slower metabolism can cause alcohol to stay in the body for longer periods

of time. Also, having less muscle mass means alcohol stays in the blood for a longer period, prolonging the effects.

Being intoxicated feels different – Seniors have a lower tolerance to the effects of alcohol. Intoxication typically happens more swiftly and lasts longer than in someone younger.

Older adults are more likely to have other conditions made worse with alcohol consumption – Health conditions more common in seniors can be made worse with alcohol use. Seniors are also more likely to be using medications that should not be mixed with alcohol.

Some seniors may discuss their personal situation with their physician, and find they are able to consume alco-

hol without any health issues. However, those that may have a problem with alcohol can exhibit the following signs and symptoms:

- Feeling ill-tempered when not drinking
- Sleep difficulties
- Sustaining injuries while intoxicated
- Drinking to fight depression or anxiety
- Loss of appetite
- Developing social or financial problems related to drinking
- Lying about drinking habits
- Poor hygiene
- Drinking against the advice of their physician or healthcare provider

There are many programs in place that can help seniors that are abusing alcohol, and research shows that programs are more effective when they are

targeted to people in this age group. If you think someone may have a drinking problem, encourage them to reach out for help.

Comfort Keepers® can help

It’s hard to stay connected to loved ones that live far away, and the trusted care team at Comfort Keepers can help. Our caregivers can provide companionship and wellness support, remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regi-

mens and diets. As part of an individualized care plan, caregivers can let a senior’s care team know if there are changes in behavior or physical characteristics. 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.

About Comfort Keepers
Comfort Keepers is a leader in providing in-home care consisting of

such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

New Hampton Historical Society to host program on weathervanes

NEW HAMPTON — The New Hampton Historical Society presents “New Hampshire on High: Historic and Unusual Weathervanes of the Granite State” Thursday, Sept. 23 at 7 p.m. at the Gordon-Nash Library, 69 Main St.

Presenter Glenn Knoblock, independent scholar and author of 15 books and more than 100 articles, traces the history of weathervanes, their practical use and interesting symbolism, as well as their varied types and methods of manufacture and evolution from practical weather instrument to architectural embellishment, with visual presentation of a sampling of vanes found throughout the Granite State.

This program offers a fun and engaging look at weathervanes found on New Hampshire’s churches, town halls, and other public buildings from earliest times to the present. The Historical Society thanks New Hampshire Humanities for providing our 2021-2022 Presenters and Programs. Our programs are free and open to the public. Please note: Masks will be required at this indoor presentation.

Letters to the Editor

Women need access to health care

To the Editor:
New Hampshire’s motto is “Live Free or Die.” We hear it repeated often. We pride ourselves on our individual freedom. Yet this week, the five-person Executive Council, which approves or denies the Governor’s contracts, voted to block family planning contracts in the state. This clearly states that the mostly Republican Governor’s Council does not believe in a woman’s right to reproductive freedom. Does “live free” apply only to men

As a New Hampshire woman, I feel that Sununu and the Republicans are embarking on a war on women. The majority of Granite Staters stand squarely against

this anti-choice agenda, yet Gov. Sununu literally laughed (yup, it’s on the video) when his Executive Council voted to defund women’s health care services. These services include cancer screenings, STD and HIV testing and treatment, and birth control. Planned Parenthood, now defunded, provided 80 percent of these services, and none of their funds are used for abortion care. The services of Planned Parenthood support care for mostly lower-income or uninsured citizens for preventative health care. Now those people will have no access to this care.

On top of the GOP legislation pushed through this spring — legislation

forcing pregnant people to undergo unnecessary and expensive ultrasounds and punishing doctors for providing necessary care — I am beginning to think women’s health care is under siege. Add to that the GOP refusal to provide a livable wage, which affects mostly women in hourly jobs with no benefits, and a pattern begins to emerge.

In a time when we need all our citizens to be healthy and active in the workforce and a time when we need to grow vibrant families, how does it benefit the Republicans to deny women health and opportunity?

Rep. Joyce Weston
Plymouth



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	104 Fletcher Farm Rd.	Single-Family Residence	\$363,000	William F. and Sara L. Landry	Ellen E. McGraw
Ashland	Church Street	N/A	\$287,800	Todd M. Workman	Alex J. Sobolov
Ashland	71 Main St.	Single-Family Residence	\$450,000	Elisabeth A. Peoples	NFI North Inc.
Bridgewater	1755 Mayhew Turnpike,	Unit 5 Condominium	\$750,000	Audrey and Stephen P. Matteson	Adele Grunberg and Juliet Nerlis
Bridgewater	383 River Rd.	Single-Family Residence	\$550,000	Jeffrey G. and Janet E. Hiltz	Ambrose Bros. Inc.
Bristol	W. Shore Road, Lot 21	N/A	\$479,933	Anthony K. and Amy Neumeister	Robert G. and Simone B. Sneider
Campton	83 Donovan Farm Rd.	Single-Family Residence	\$419,000	Thomas M. and Maria E. Sweeney	Michael and Hana Helplik
Campton	29 Hogback Rd.	Single-Family Residence	\$170,000	Robert M. Moulding	Marie V. Stonis
Dorchester	Route 118	N/A	\$585,000	Richard K. and Melanie A. Sala	Bradley W. Moore
Groton	Halls Brook Road	N/A	\$68,000	Green Acres Woodlands Inc.	Steven M. and Mary K. Parsons
Hebron	1755 Mayhew Turnpike,	Unit 12 Condominium	\$720,000	Simone and Robert G. Sneider	Timothy and Rhiannon Scott
Holderness	28 Shepard Hill Rd.	Mixed Use (Commercial/Other)	\$1,250,000	Rae L. Andrews and Cindy A. Foster	Shepard Hill Holdings LLC
New Hampton	7 Cleveland Way	Residential Open Land	\$65,000	Ramsey and Elaine V. Willett	Sean P. Shay-Hutchinson
New Hampton	9 Fairway Dr.	Single-Family Residence	\$379,000	Timothy S. and Kristen M. Powell	Karl F. and Christine Clarke
Plymouth	129 Daniel Webster Highway	Single-Family Residence	\$190,000	Georges Realty LLC	Craig A. Corrow
Plymouth	112 Fairgrounds Rd.	Mobile Home	\$66,000	Robert L. Blackler	David Clay
Plymouth	108 Ledgeside Lane	Mixed Use (Residential/Forestry)m	\$925,000	Christopher Kelley and Jaclyn E. Witkowski	Carsten and Jovanna Eisenbarth
Plymouth	45 Main St.	Restaurant/Bar	\$325,000	Karageorgos RET	39 Main Street LLC
Plymouth	180 Main St.	Single-Family Residence	\$314,533	Arthur N. and Dorothy B. Capeci	Lisette Villamil
Plymouth	8 Plava Village Rd., Unit B	Condominium	\$87,000	Donna M. Devlin	Johan J. Uylenbroeck and Patricia E. Ciotto
Rumney	331 Stinson Lake Rd.	Single-Family Residence	\$91,700	FNMA	Gweythe B. Harvey and Patrick J. Mitchell
Thornton	Covered Bridge Road	N/A	\$20,000	Michael D. Carey and Michael P. Selvanik	Stephen Masa
Thornton	Thornton Gore Road	N/A	\$112,533	Sandra J. Burhoe	Merodge Properties LLC
Thornton	367 Upper Mad River Rd.	Single-Family Residence	\$426,000	Michael Cimorelli and Christina M. Bonner	Ruth B. and Brian J. Langh
Thornton	N/A	N/A	\$22,000	S. Braley Gray 3rd LT and Anne A. Gray	Daniel and Erin Torday
Thornton	N/A (Lot 15-4-1)	N/A	\$105,000	Fraser Fiscal Trust and Robert Fraser	Kevin Dorsey
Wentworth	26 Auguste Rd.	Single-Family Residence	\$435,000	Edward P. Bussiere and Jason Wade	Keith A. Campbell
Wentworth	32 Auguste Rd.	Single-Family Residence	\$235,000	Suanne J. King RET and John M. King	Edward P. Bussiere

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 in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Alexandria man sentenced to 66 months for methamphetamine trafficking, firearm charges

CONCORD — Robert Adkins, 34, of Alexandria, was sentenced on Tuesday to 66 months in federal prison for possession of methamphetamine with intent to distribute and possession of a firearm in furtherance of a drug trafficking crime, Acting United States Attorney John J. Farley announced today.

According to court documents and statements made in court, on March 25, 2019, the Andover Police Department was investigating the theft of logging equipment. While at the suspect's home, the suspect arrived home in his truck with Adkins as his passenger. While executing a search warrant for the suspect's truck, they located a backpack belonging to Adkins. Inside the backpack they located identification for Adkins, a digital scale and a locked case.

After obtaining another search warrant for the backpack and locked case, investigators found a handgun, a loaded magazine, 36

grams of methamphetamine, and drug packaging materials. The handgun had been reported stolen from Ashland, New Hampshire.

Adkins previously

pleaded guilty on May 3.

"Methamphetamine is a dangerous drug that has been appearing with disturbing frequency in New Hampshire," said Act-

ing U.S. Attorney Farley. "Armed drug dealers who sell methamphetamine present an even greater threat to public safety. This substantial sentence sends a message that armed drug

traffickers will face significant penalties for their unlawful conduct."

This matter was investigated by the Andover Police Department, Danbury

Police Department, and Alexandria Police Department. The case was prosecuted by Assistant U.S. Attorney Debra Walsh.

Apple Festival returns to TTCC Oct. 8

BRISTOL — It is time for the 38th Annual TTCC Apple Festival! Although there will be no craft fair again this year due to the current increase in COVID cases, we will be taking pre-orders for items, as we did in 2020. It is such a great tradition that we are un-

willing to give it up completely.

We will be offering our usual Apple Pies & Crisps, Home Baked Beans, Bread, Rolls & Apple Sauce through a pre-order form. We will be getting this form and info out shortly and then begin taking orders.

Payment can be made by credit card by calling us at 744-2713 or by sending a check. We are in need of lots of volunteers for peeling and pie prep on Friday, Oct. 8 from 9 a.m. on. We will be sure to maintain safety protocols for our volunteers. This is a great social time

with all ages helping and lunch served with hot apple pie a-la-mode! Come for an hour or more – all help is appreciated as it truly takes a village to make this event a success! We are also in need of baking supplies if you would like to donate an item(s). We need sugar,

flour, brown sugar, butter, molasses, oatmeal, dried kidney beans, and dried pea beans.

To volunteer, contact the TTCC by phone or email Les at bccfun@metrocast.net.

Local students named to Dean's List at MCPHS University

BOSTON, Mass. — MCPHS University is pleased to announce the students who have been named to the Dean's List for the Spring 2021 semester:

* Shivani Patel is a native of Ashland, and is pur-

suing a Bachelor of Science in Medical and Molecular Biology degree. Shivani will graduate from the Boston, Massachusetts campus in 2021.

* Megan Libby is a native of Bristol, and is pursuing a Bachelor of Science in Nursing degree. Megan will graduate from the Manchester, New Hamp-

shire campus in 2021.

The Dean's List recognizes those students with a full-time course load who have achieved outstanding scholarship with a 3.5 GPA or higher for the academic term.

The mission of MCPHS University is to prepare graduates to advance health and serve com-

munities worldwide through excellence, innovation, and collaboration in teaching, practice, scholarship, and research. Founded in 1823, MCPHS University is the oldest institution of higher education in the City of Boston. In addition to the original Boston campus, the University has campuses in Worcester, Massachu-

setts, and Manchester, New Hampshire, as well as robust online learning options. The University currently offers more than 100 unique baccalaureate, masters, and doctoral degree programs and certificates covering a variety of health-related fields and professions.

Newfound Landing

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TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

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Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

The last day of summer? Where did that come from? I admit, the temperatures do feel just a bit cooler lately and the sun certainly has a new ‘slant,’ and how about that beautiful full moon this week! There is still time for a few more dips in the lakes and a picnic on a hillside somewhere nearby, but don’t put them off too long. Lots of things to do. Get out and give ‘em a try!

One of the biggest annual sporting events in the Newfound Area is the New Hampshire Marathon! The 28th Annual Event is scheduled for Saturday, Oct. 2 at 9 a.m. Over 500 runners are expected to participate in the 26.2 mile run and its fellow events, including a 13.1 half marathon, a 10K road race and kids race. Not only does the field feature many local runners, but also has attracted runners from 45 different states and 10 different countries!

For information regarding routes, entry fees and other concerns, call 744-2713 or race@nh-marathon.com.

The TTCC is again

Churches

Christian Science Society, Plymouth

We are happy to let you know that our Reading Room is open on Mondays from noon-2 p.m. and has a wealth of materials which you can read, borrow or buy. We have all books published by the Christian Science Publishing Society, Bibles and reference books. You can read the Christian Science magazines, the Sentinel and the Journal, which have articles by members from around the world with helpful, practical thoughts on meeting everyday challenges, and accounts of healing experienced through prayer. We welcome you to stop in and browse what’s available.

We’d love to have you join us at our Sunday services which are held at 10 a.m. each week in our church building at 7 Emerson St. in Plymouth. The opening text is from Job - “...stand still, and consider the wondrous works of God.”

We hold Sunday school for children and young people up to the age of twenty at the same time. We welcome all youngsters who would like to participate. Students become familiar with the Bible, and learn truths which can help them in their everyday lives. There is also a nursery for little ones.

On Wednesday evenings, we have a meeting at 6 p.m. which includes short readings from the Bible and from the Christian Science textbook, and also time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and

sponsoring Parent’s Night Out. The Teen Council offers this program to give parents a ‘kid-free’ night by supervising lots of fun activities, dinner, snacks, arts and crafts, prizes and more. The 2021 dates are: Sept. 25, Oct. 23, Nov. 20, and Dec. 18. The program is for ages 4 and up and costs \$15 per child. It runs from 5 – 10 p.m. at the TTCC.

Middle School Teen Night will be held Tuesdays from 6 – 8 p.m. starting on Oct. 5 through Nov. 30, but not Nov. 23. Each month is one session with a cost of \$20 per person/per session which includes dinner. The programs will run with a minimum of 10 and a maximum of 20. Participants must pre-register online with no money accepted ‘at the door’!

High School Teen night will be held on Thursdays from 6 – 8 p.m. starting Oct. 7. There is no cost to attend, just drop in with friends and refreshments will be provided.

Special Olympics for Young Athletes for kids ages two to seven with and without disabilities will be held at the TTCC on Saturdays from Oct. 16 until Nov. 20 from 11:15 a.m. until noon.

insights from our Bible study and prayer. Everyone is most welcome to this meeting.

Both the Sunday and the Wednesday services are available to attend on Zoom and we love to have visitors from near and far. You can visit our church website www.cs-plymouth-nh.org to learn about joining online services.

On www.jsh.com there are many resources both to listen to and read. Currently, there is a helpful two-part podcast “Where is God when bad things happen?” This week the focus in Part 3 is “Finding hope.”

On www.christian-science.com you can learn more about Christian Science. It’s also possible to link to and read The Bible and the Christian Science textbook “Science and Health with Key to the Scriptures” by Mary Baker Eddy. There are also on-line biographies of Eddy.

Holy Trinity (Roman Catholic)

The GIFT Sacramental Preparation program will be starting up on Sunday, Oct. 3. There are two opportunities for in person registration beginning this Sunday, Oct. 19 after the 8 a.m. Mass at Pope Francis Hall next to St. Matthew Church. The second in person registration will be at Simard Hall in Bristol underneath Our Lady of Grace Chapel after the 9:30 AM Mass. You can also register online by going to holytrinityparishnh.org and downloading the registration form under the GIFT tab, emailing it to Sandy at holytrinitynh@gmail.com, or dropping the form off at the Plymouth office between 9 a.m. and 3 p.m.

There is no cost for this innovative sports play program for children designed to provide opportunities for young children to be active, have fun and learn foundational sports skills.

A new Baby Sitting Course will be offered on Saturday, Oct. 16 from 9 a.m. until 3 p.m. for ages 12 and up for \$110. For those completing the course successfully, they will receive certification in CPR and First Aid. Space is limited. Pre-registration must take place by Oct. 6.

TTCC Programs starting up in the Fall include: New Dance Classes at the TTCC on Saturday mornings from Sept. 25 through Oct. 30 for Ballet/Creative Movement, Fundamentals of Dance, ages three to five, grades K-2 for a fee. Jazz and Hip-Hop for grades 3-6 from 10:45 - 11:30 a.m., also for a fee.

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.

The TTCC Fall Running Club for ages nine and up one or two days

gmail.com, or dropping the form off at the Plymouth office between 9 a.m. and 3 p.m.

There will be opportunities for all to share in growing their faith at the GIFT sessions that are open to the public. Stay tuned for dates!

If you or someone you know is interested in becoming Catholic or would like to know more about it, the Inquiry period of the RCIA program is beginning on Sept. 26 after the 11 a.m. Mass at Pope Francis Hall. For more information, email Chris at holytrinitybristol@gmail.com or call (603) 724-1825.

There will be a Red Cross Blood Drive at the Marian Center on Tuesday, Sept. 21 from 12:30 to 5 p.m. Please consider donating, as there is a severe blood shortage right now. If you donate at this drive, you get a football shirt! (limited quantity)

The Bristol Knights of Columbus will be having their last Fish Fry of the year on Friday, Oct. 8 from 4:30 to 7 p.m. at the Marian Center. You can eat in or take out, reservations are not necessary. The dinner is \$12 per person, \$40 for family of four (under aged 17).

The Mass schedule is now Saturday at 4 p.m. at St. Matthew in Plymouth, Sunday at 8 a.m. at St. Matthew, 9:30 a.m. at Our Lady of Grace in Bristol and 11 a.m. at St. Matthew Church. The Sacrament of Reconciliation is available every Saturday at 3 p.m. or by appointment. Check the bulletin for the daily Mass schedule. The bulletin can be found on our Web site.

a week will start in early September and ‘run’ until mid to late October. All participants must register.

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.

The Bristol Historical Society will be holding an ‘end of the season open house’ on Sunday, Sept. 26 from 1 – 3 p.m. If you have never visited the museum, you will be surprised to see the large collection that reflects the many aspects of Bristol’s history displayed for your enjoyment. Refreshments will be served. Parking is available along So. Main Street or in the lot behind the Bristol United Church of Christ.

Scarecrows in the Square decorating contest will be held starting on September 24 which is when entries may begin arriving. To be eligible to win the Grand Prize, you must complete and display your scarecrow and submit an entry form by October 7. Scarecrows may be displayed on the common, in front of your house or outside your business. They should be 4 - 6 feet tall and on a solid frame. Scarecrows

in the square must have a tag with your name and contact information. Entry forms are available at the TTCC, Bristol Town Office and the Minot-Sleeper Library, online at www.townofbristolnh.org or www.ttccrec.org, or by emailing lucillekeegan1@gmail.com or bristolevents@townofbristolnh.org.

I’ve been at this a while and would appreciate some feedback, good or bad, as I would like to continue and the feedback would be helpful to me to do just that. The email address above will get the message loud and clear. Thanks in advance.

Groton

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

The upcoming Select Board meetings at the Town House are Tuesday, Oct. 5 & Oct. 19 at 7 p.m. The work sessions are Tuesday, Oct. 5 & Oct. 19 at 5 p.m. All are welcome to attend. The Planning Board meeting is scheduled for Wednesday, Sept. 29 at 7 p.m.

The Conservation Committee will be having a roadside clean-up on Saturday, Oct. 2nd from 10 a.m. to noon. Trash bags & vests will be provided for all participants. Bring your own drinking water, gloves, etc.

The Groton Historical Society has 2022 calendars for sale honoring Groton’s heroes’ part

I, 1775 -1865. The cost of the calendars is \$10. These can be mailed to you for an additional cost of \$2.50 to cover the cost of mailing. Call Slim or Sherri 603-744-9744 to get a copy of this or to have it mailed to you. The Town Clerk also has copies.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

NH Marathon help needed

On Oct. 2, runners competing in the NH Marathon will be following the roads around Newfound Lake! This is a qualifying race for the Boston Marathon and an exciting time for spectators as they run through Hebron. This year, the Marathon is celebrating its 27th race! Kathy and Everett Begor have been supporting the race every year with a water stop near their home in Hebron (on Groton Road). They would like to invite any volunteers who might like to help to come and join in the fun (pouring water or Gatorade and handing the cups to runners)! Volunteers are needed to donate an hour (or more) any time between 10:30 a.m. and 2 p.m. It is a rain or shine event, so there will be pop-up tents for shelter/shade. Just call Kathy & Everett to sign up or for more information at 744-3335.

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Bishop Brady breezes by Bear boys



Hayden Dolloff leaps in a crowd to make a save in action against Bishop Brady last Friday.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound boys' soccer team ran into a buzz saw on Friday afternoon, as Bishop Brady came to town and took care of business by an 8-0 score.

"We haven't had games like that this year," said Newfound coach Jason Hill. "We haven't seen another team like that, they're on another level."

Brady had some early chances, including the first corner of the game, but Alex Rose made a nice clear. Landon Sargent had a shot for the Bears that the Brady keeper was able to grab. George Belville also made a nice defensive clear.

With 33:52 to go, the

Giants took advantage of nice passing in the box and took the 1-0 lead on a nicely-placed shot. Then, less than a minute later, they doubled that lead with a good pass up the middle that was buried past keeper Hayden Dolloff for the 2-0 lead.

Brady had a corner kick that Charlie Alan was able to clear and Logan Glidden had a nice block of a shot by the Giants. The visitors also sent a shot high on another corner kick and Dolloff made another save on a Brady chance. Conner Sullivan had a nice block on a crossing pass and at the other end, Josh Blouin had a crossing chance cleared out of the zone.

Dolloff continued to make a couple more

saves in the net and got some help from Sullivan with a couple of defensive stops. However, with 17:43 to go in the first half, the Giants scored on another corner for the 3-0 lead. Eli Sylvain-Stott had a good defensive play and Dolloff came out to grab another Brady chance.

Tommy Kill had a crossing pass cleared from the zone and Blouin had another cross blocked. Newfound got their first corner of the game but could not convert and Brady came out with another corner, with Dolloff punching the ball out of harm's way.

However, on a corner kick, an inadvertent hand ball gave the Giants a penalty kick and they

delivered with 10 minutes to go for the 4-0 lead. Sargent cleared another Brady corner and Blouin had a shot stopped by the Giant keeper at the other end. Sullivan and

Sylvain-Stott also had defensive stops.

With 3:45 to go in the half, Brady pushed the lead to 5-0 after a diving save attempt from Dolloff came up just short. Belville and Glidden had good clears and the game went to halftime with Brady up 5-0.

Brady had plenty of chances early in the second half, including a direct kick that Dolloff stopped and a corner kick. Dolloff continued to shine with a couple more saves and Bodhi Smith and Zack Stevens had good defensive plays for Newfound as well.

With 24:12 to go in the game, a nice give and go resulted in the sixth goal of the game for Brady and after Smith had a long shot blocked, Brady came back with a corner and another bid that went high. Brady scored their seventh goal with 20:21 to go, again after a nice give and go in the zone.

Brady continued with a couple of corners, with

Dolloff making a couple of big saves. Kill and Tyler Kulacz had bids in the offensive zone, but Brady responded with their eighth goal, coming with 12 minutes to go in the game.

McGowan Willey made a run in for the Bears and Sargent just missed connecting with Willey on another bid. Sargent had a direct kick from just outside the box but the ball went just high. Sylvain-Stott had a good defensive stop and a shot blocked, but the Bears were unable to get on the board and the Giants had the 8-0 win.

"You just have to figure out what do you do now to move forward," Hill noted.

Newfound is slated to be at Somersworth today, Sept. 23, at 4 p.m. and will host Lin-Wood at 5 p.m. on Monday, Sept. 27.

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



McGowan Willey battles for the ball in action last Friday against Bishop Brady.

Bears secure 1-0 win in Whitefield



Cassie Zick closes in on a White Mountains ball carrier in action last week.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — It was a slow week for the Newfound field hockey team, but the Bears made the most of their one game, finishing with a 1-0 win on the road against White Mountains Regional.

"Despite being down a player, we came home with a victory," said coach Kammi Williams. "Any win on the road is a big win, especially in the North Country."

Without starter Matti Douville, freshman Skyler Lacasse had her first start of the season and Williams noted that she did a phenomenal job filling the big shoes. Maggie Bednaz at center defense and sweeper Mackenzie Jenkins rose to the occasion in their roles as senior defend-

ers, protecting the goal cage, while midfielder Lindsey Lacasse, Cassie Zick and Isa LaPlume kept the ball in Newfound's offensive end a majority of the time.

"It was Isa LaPlume's best game of the season thus far," Williams stated. "She had numerous ball carries while sending it strong into the offensive circle."

The Bears controlled the first half but couldn't finish around the cage. Newfound had eight corners in the first half while the Spartans had just two, with Ali Normandin making just one save in the net while the Bears forced the White Mountains goalie to make eight saves. Through all that, the game remained scoreless at halftime.

"We came out in the

third quarter and I felt controlled the ball offensively," Williams said.

The Bears got their first goal on an offensive corner, with Lindsey Lacasse finishing at the right post. Newfound had other chances, including with the ball behind



Electra Heath chases after the ball in action against White Mountains last week.

the goalie, but they just couldn't push the ball over the line. The Spartans came out strong in the fourth quarter and got four corners, but the defense was strong and kept any shots from getting through on net.

The Bears had a home game with Mascoma and a road game in Berlin be-

fore finishing the week with a 9 a.m. game in Littleton on Saturday, Sept. 25.

"This is going to be a tough week and at the conclusion of the week we will mark our halfway point of the season," Williams said. "I'm hoping our defense stays strong and our offense

can figure out how to score a few more goals, because one goal may not be enough to beat these teams."

Newfound will also be hosting Gilford on Tuesday, Sept. 28, at 4 p.m.

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

HIGH SCHOOL SLATE

- Thursday, Sept. 23**
NEWFOUND
Boys' Soccer at Somersworth; 4
PLYMOUTH
Boys' Soccer vs. Kennett; 4
Friday, Sept. 24
NEWFOUND
Girls' Soccer vs. Monadnock; 4
Volleyball at Trinity; 6:15
PLYMOUTH
Field Hockey vs. Milford; 4
Girls' Soccer vs. Kennett; 4
Volleyball vs. Prospect Mountain; 5:45
Saturday, Sept. 25
NEWFOUND
Cross Country at Laconia; 11

- Field Hockey at Littleton; 9
Football at Franklin; 3:30
PLYMOUTH
Cross Country at Manchester; 10
Football vs. Timberlane; 2
Monday, Sept. 27
NEWFOUND
Boys' Soccer vs. Lin-Wood; 5
Girls' Soccer vs. Lin-Wood; 3:30
PLYMOUTH
Golf at Apple Hill GC; 3:30
Tuesday, Sept. 28
NEWFOUND
Cross Country at Mascoma; 4
Field Hockey vs. Gilford; 4
PLYMOUTH

- Boys' Soccer vs. Pembroke; 4
Field Hockey vs. Kingswood; 4
Girls' Soccer at Pembroke; 4
Volleyball at Gilford; 5:45
Wednesday, Sept. 29
NEWFOUND
Girls' Soccer vs. Mascoma; 4
Volleyball at Franklin; 6:15
Thursday, Sept. 30
PLYMOUTH
Field Hockey at Sanborn; 4:30
Girls' Soccer at Manchester West; 7
Golf Home Match; 3:30
Volleyball at Somersworth; 5:45

All schedules are subject to change.

Bear boys first, girls second in Whitefield



Connor Downes ran to the win at Whitefield over the weekend.

TARA GILES — COOS COUNTY DEMOCRAT

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The Newfound cross country boys took home the win at White Mountains on Saturday while the Bear girls finished in second place behind Division II Kennett.

Connor Downes finished in first place with a time of 18:12 to lead the Bears.

Ryder Downes was third overall in a time of 18:52 and Jeffrey Huckins ran to sixth place in 19:21 to finish third for Newfound.

Ben LaPlume was the fourth scorer with a time

of 19:55 for 10th place and Reuben Carruth finished in 23rd place with a time of 22:47 to round out the scoring.

Logan Hinton was 27th in 24:50, Caleb Anair placed 29th in 25:11, Broderick Edwards finished 38th in 28:29, Julian Field was 41st in 29:28 and Tucker Magrauth was 45th in 32:58.

Cassie Zick finished first for the Newfound girls, finishing with a time of 23:50 for sixth place, trailing only five runners from Kennett.

Chloe Jenness finished in 10th place in 24:49 and Isa LaPlume ran to 14th place with a time of 25:53.

Leah Deuso placed 18th overall with a time of 26:29 and Josie Halle rounded out the scoring with a time of 28:08 for 24th place.

Julia Huckins finished in 25th place in 28:13 to round out the field of Bear runners.

Newfound is scheduled to compete on Tuesday, Sept. 28, at Mascoma at 4 p.m.

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



Runners break from the start line at Saturday's race in Whitefield.

Trail runners support Ninth Annual Squam Ridge Race



H O L D E R N E S S — Last Sunday, Sept. 19, 147 racers tied up their shoes and competed in the Squam Lakes Association's ninth annual Squam Ridge Race! This 12.2-mile race traverses the Squam Range, crossing three summits and gaining more than 3,000 feet of elevation, and is open to runners and hikers of all ages. A 4-mile course was also offered for those seeking a shorter challenge. All proceeds of this event support the trails owned and maintained by the

Squam Lakes Association, a non-profit organization in the Lakes Region responsible for the protection of the Squam Lakes Watershed.

Throughout the day, friends and family gathered around Burleigh Farm to cheer racers on as they sprinted or walked the final distance. In addition to the main event, participants enjoyed a celebratory barbeque, soaked up the sun while socializing with other racers, and had the opportunity to

tie-dye their own Ridge Race t-shirts.

The first runner to arrive back at Burleigh Farm was Corey Girard with a time of 1:51:41. Girard was followed by Nelson Knudsen with a time of 1:55:01 and John Paul Krol with a time of 1:55:58. The top female racer, Elizabeth Anderson, finished at a time of 2:07:33. Anderson was followed by Alexandra Disney and Elizabeth Disney, who both completed the race at 2:10:56.

Preparations for the event were just as rigorous as the race itself. Squam Lakes Association is grateful for the assistance they received from the many volunteers who helped staff aid stations along the trail, prepared food, took race photography, and more! NH Amateur Radio volunteers also provided key support through monitoring the trails during the race, keeping runners on course, and assisting anyone who was injured along the way.

Ridge Race sponsors and food donors who made the day a success include:

Agway in Plymouth, Biederman's, Café Monte Alto, Dunkin' in Plymouth, E.M. Heath Supermarket, Holderness Harbor, HPM Insurance, Longview Farms, Mad River Tents, Meredith Village Savings Bank, Minus 33, Moulton Farms, New England Printwear, Peabody & Smith Realty, Riveredge Marina, Rumney Ani-

mal Hospital, Sippican Partners Construction Management, Squam Boat Livery, Stonyfield, Walmart in Gilford, and Winnepesaukee Bay Gulls.

The SLA would also like to thank the Webster Family (Webster Land Corp and Burleigh Land Limited Partnership) for the event location and trail access providing hiking enjoyment for everyone for the Ridge Race and all year long.



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Volleyball

FROM PAGE A1

Ulwick, Bohlmann and Ruiter had hits to open the second set and a service ace from Norton pushed the lead to 4-0. Farmington battled back and cut the lead to 4-3 but Newfound came right back and pushed the lead out to 14-4 behind a block and a pair of aces from Ulwick and a couple of big hits from Huckins.

The Tigers had chances to get back in it, but Huckins had another big hit, Ruiter added a service ace and Bohlmann found the perfect spot for the ball on a hit at the net. She added a couple more nice hits and the Bears took the 25-11 win for the 2-0 lead.

Newfound jumped out to a 5-0 lead in the third game behind a couple of big hits from Ulwick out of the gate. Bohlmann



Paulina Huckins fires a shot over the net in action last week against Farmington.

Old Hill

FROM PAGE A1

of the community that moved uphill when the U.S. Army Corps of Engineers built the Franklin Dam, making the town part of a flood zone.

Today, the land is still owned by USACE, but is licensed for management by the U.S. Department of Natural and Cultural Resources under the Division of Forests and Lands. James Airey is a State Forester who oversees that management, which includes timber sales that fund the Hill program.

“This is a unique program in that we work in cooperation with USACE, and it’s all self-funded through the timber sales. There are no public tax dollars involved with the management of this reservoir,” said Airey. “Opening the gates every year gives people a front row seat for what is going on down here.”

Airey said his department opens the area up for vehicle traffic annually for other community-related reasons, too. One is to allow easy access for those who are handicapped or otherwise unable to hike through the area. The opening also gives today’s “New Hill” residents the chance to come back to the former town where their families may have once lived and share memories of the Old Hill Village. History buffs also enjoy visiting the reservoir to learn more about how an entire town that was actually relocated in 1941, yet still thrives today on higher ground.

For many years, simple wooden posts marked the location of the town’s schools, businesses, churches and even a hotel. Airey said that thanks to local Eagle Scout, Tyler Kulcaz of Bridgewater Troop 50, people can now stop at signs marking the site of a notable location, but learn a bit of the history there as well.

“Working with (Tyler and the Boy Scouts), we got some great interpretive signage down here, which was huge. It was something I’ve always wanted to do. He showed the initiative to do it and did a fantastic job,” praised Airey.

Over the course of last



While Old Hill Village was open to motor vehicle traffic last weekend, some took time to enjoy biking, hiking and dog walking through the fields and forest of the former town that was moved for flood control purposes in 1941.

weekend, approximately 200 cars made their way through the old village each day. Knowing that it was originally granted in 1753 as “New Chester,” then renamed “Hill” in 1837 to honor of then governor Isaac Hill, one family from Wakefield, Concord and Northwood came to explore the old village with their dad last weekend.

“It’s the first time we’ve been here but we’re history enthusiasts. Dad was from Chester, and he’s been interested in seeing ‘New Chester,’ so we decided to come up here today,” the family explained.

Paul Doucette of Franklin was also among the visitors. An avid local history buff, he spent time at the Hill Historical Society’s information and sales table by the entrance to discuss some of his knowledge with visitors. He pointed out areas on the map where ferries and bridges once crossed the Pemigewasset River, railroad cars headed to Bristol, and shared other local history he acquired over the years.

“I’ve been coming here ever since I was a young child. My parents would bring me here (over the old bridge from Sanbornton) to fish, pick berries and just enjoy time out here,” said Doucette.

Another woman was there on Sunday to get a feel for some of her deceased husband’s past. His grandmother sadly became a part of the history of Hill when she and her home were tragically swept away as a dam broke in the mid 1900’s.

Other visitors were enjoying long walks, riding bikes, and even

scouting the woods and fields for the upcoming small-game hunting season.

Patty Lovejoy of the historical society had a special interest in the old village. As a newer resident to Hill, it wasn’t long before she discovered the house she bought was the former home of Jennie D. Blake, a popular schoolteacher born in the old village and for whom the elementary school is now named.

“I started doing research and when I found that out, I had to join the historical society,” she said.

Lovejoy reported on Sunday that the weekend was a successful event. The Historical Society sold numerous copies of three books they offered, which told the history of Old Hill Village, beginning with its inception, the massive move of the town, and a guide to what the former town looks like today. They also handed out maps showing where businesses, community buildings and farms were located in the early years so people could get a clearer idea of what the former Hill Village once looked like.

For those who missed this year’s drive through historic village, now a land encompassed by forest and fields, cascading brooks, old orchards and views along the Pemigewasset River, the reservoir is still available year-round for foot traffic or biking from entrances off Profile Falls, Back Road, Old Town Road or on the south end of the village, just over the Franklin town line.

added a hit but the Tigers were able to cut the lead to 6-4. Newfound slowly built the lead back up, getting a nice tip at the net from Ulwick, a couple of service aces from Huckins and a hit from Bohlmann for the 20-7 lead.

Bohlmann added a hit, Walker turned in a pair of service aces, Norton had a hit and Ulwick had a great get for the final point of the game in the 25-9 win, sealing the 3-0 victory for the Bears. “Mikayla had a great game,” said Fairbank,

noting that because she usually works as the setter, she doesn’t get a lot of chances to hit the ball. However, most of the team has the ability to work as a setter. “So, Malina took a rotation as setter so Mikayla could hit the ball.

“The nice thing is that they are all interchangeable,” Fairbank continued. “The idea is to make everyone versatile, you never know if their role is going to change.”

She also noted that she was able to bring in a few people off the bench

that performed well.

Huckins had nine kills and four aces, Bohlmann had 10 kills and Ulwick had six kills and six aces. Walker added three aces.

Newfound will be in action on Monday, Sept. 20, at Epping and on Wednesday, Sept. 22, they will be hosting Sunapee, both with 6:15 p.m. scheduled starts.

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

Internet

FROM PAGE A1

er the funding to get this project over the finish line, and I look forward to expanding access to broadband across New Hampshire.”

A public-private partnership

Because Bristol is a small rural town with about 3,000 people, it was a struggle to convince internet providers to invest in improving internet connectivity in the community. Expensive infrastructure upgrades were deemed economically unfeasible and had put high-speed internet and cellular service out of reach—up until now.

The project took a two-phase approach, building the infrastructure and upgrading the fiber network through the use of local, state and federal grant funding. The first phase, funded by a \$1.52 million Connecting New Hampshire Emergency Broadband Expansion grant through the Coronavirus Aid, Relief and Economic Security (CARES) Act, created a 24-mile fiber route from town to the statewide NetworkNH system at Plymouth State University (PSU). Completed in December 2020, it will initially connect about 400 residents to the system with expansion

planned for the future.

The second phase, which was recently completed, provides the additional fiber backbone needed to connect all Bristol municipal, educational and commercial buildings. This phase of the project was funded by \$260,000 Northern Border Regional Commission grant and a town appropriation.

The goal of these two phases is to foster further public-private partnerships between the state’s top educational institutions, local businesses, and the regional high school. By working with companies like Freudenberg-NOK Sealing Technologies, which is under hiring constraints common throughout the region, there’s an opportunity to create programs that offer enhanced training and collaboration with the local high school and PSU.

“We want people to look at Bristol as an emerging tech hub, where start-ups can come and have access to the tools they need while also enjoying a high quality of life,” said Coates.

Expanding the connection

Hub66 is offering fiber-to-the-home (FTTH) internet service to the

roughly 400 homes located on the phase one route. Those eligible in the first phase will be notified by mail with details on how to sign up. This service area will continue to expand throughout town over the next five years providing fiber and wireless internet to the whole community. Hub66 will notify residents and businesses when they will be added and provide them with information about available services.

The next step is to take this initiative and expand it beyond Bristol’s borders. Bristol Broadband Now was awarded a grant with the Town of Hebron to create the next leg of a regional high-speed internet corridor that runs north to Plymouth, south down Route 3A, and back to Bristol. Concurrently, Coates is chairing the Grafton County Broadband Committee that is planning to build the network to every Town Hall in Grafton County through an \$26.2 million infrastructure investment and future builds throughout each municipality.

For more information about Bristol Broadband Now, contact Coates at (603) 744-3354, ext. 3 or by email at townadmin@townofbristolnh.org.

Migration

FROM PAGE A1

in Concord are popular locations to observe the massive migration each year, Inspiration Point is also known as one of the oldest and equally spectacular places to watch this event take place.

Inspiration Point is accessible by foot on a somewhat steep yet short hike up Little Roundtop Mt. from the Slim Baker Lodge. Once people reach the summit, they step out of the tree line to sweeping views of Bristol and the Pemigewasset River valley, and last Saturday the public was invited to come take part in the spectacle of the hawk migration.

Leslie Dion, Executive Director of Tapuly-Thompson Community Center, is also a member of the Slim Baker Foundation’s board of directors and was stationed at the lodge on Saturday where information on hawks was available to visitors.

She said that because the hawks were soaring high that day, it was hard to determine how many had been spotted, but it was a wonderful sight to behold for those who made the trek up to Inspiration Point.

“We’ve had a couple dozen people stop here at the lodge but most just hiked up today to look for the hawks,” she said.

Two of those who did stop at the lodge were part-time local residents Kathy and Rich Murdy of Bridgewater and Newtown, Connecticut. The couple said while they have been spent many years in the area, from renting cottages in the mid-1970’s to buying property on Whittemore Point in 1980, they had never been up to the hawk watch. While up on Inspiration Point they reported to have seen a “couple of hundred” hawks soaring high above them as the birds gathered to make their way south for the winter.

“We’ve been wanting to come here for a long time. There was one big flock that came by while we were up there, then lots of smaller flocks or hawks that were still flying on their own. It was amazing to see,” he reported when they came back to the lodge.

In addition to the experience of seeing so many hawks gathered together, people like the Murdy’s who stopped at the lodge were also to take home a guide to identifying birds of prey in the Northeast as well as coloring sheets for children, and trail maps for the 135-acre tract of land on and around Little Roundtop Mountain.

New Hampshire wildlife experts say there are

15 species of birds of prey that can be seen in the state. While some are year-round residents, others are here seasonally or may be spotted as they simply pass through the region during times of migration in the spring and fall. Among the hawks typically seen in New Hampshire are the Northern Goshawk, Cooper’s Hawk, Sharp-shinned Hawk, Red-tailed Hawk, and Broad-winged Hawk. Falcons like the Peregrine Falcon and American Kestrel can also be spotted soaring through fields and woodlands in the spring and summer months. These majestic winged hunters can range in size from nine to 33-inches long with 20- to 72-inch wingspans, depending on the species and maturation of each.

The Slim Baker Area was established in 1953 as a memorial to Edward “Slim” Baker, a local conservation officer who envisioned an outdoor education area for people of all ages. It offers a variety of resources for the public, including year-round hiking, snowshoeing and camping opportunities. For more information on the Slim Baker Foundation, visit them online at slim-baker.org.

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Peppercorn reopens on Main Street in Plymouth



Amongst the familiar faces you will find at the newly reopened Peppercorn Farm Market and Wellness Shop are (left to right): Jonathan Sidman; Baker, Makayla Pixley; Genlyne Fiske-White (holding Peppercorn Pup Mascot, Mint); Owner Hal Covert; and General Manager, Jim Napier.

PLYMOUTH — When rumor spread through Plymouth back in 2020 that Peppercorn Natural Foods store on Main Street was about to close its doors, many local natural food fans were deeply saddened and even a little panicked. Losing this little treasure of a shop that provided organic and healthy food options was a calamity for many loyal customers with a need for specialty items that could not be purchased elsewhere.

Enter Hal Covert from Peaked Hill Farm in Piedmont and a team of intrepid local food entrepreneurs with vision. Now re-located in the spacious storefront formerly occupied by Tru Colors Printing, Peppercorn has re-emerged with a difference.

Despite the fact that he purchased the store just at the moment when the Covid pandemic posed the greatest challenges to all small busi-

ness owners, Hal Covert persevered in his resolve, finally opening the doors on Sept. 4 in a newly renovated and expanded location at 57 Main St., above the trendy Grotto Restaurant.

On a recent morning the attractive, sunny storefront was bustling with curious shoppers. Customers were sipping coffee and enjoying a beautiful Autumn day at the outdoor dining area, surrounded by an abundant display of sunflowers, seasonal purple asters, and cheery chrysanthemums. One enthusiastic Peppercorn devotee lifted a cup in a toast.

“We have been waiting for this for a long time,” she said. “I am so excited!”

The new store features all the favorite items of the former establishment, including local organic produce, a vast array of bulk food items and spices, and a greatly expanded supply

of natural and herbal wellness products. Local meat and dairy products are available, as well as an excellent variety of gluten-free and vegan food options.

In addition, local Plymouth Culinary Tech program graduate, Makayla Pixley and Jonathan Sidley have been hired to head up the new in-house Bakery Cafe which offers fresh baked goods daily, including bread, pastry, muffins, scones, cookies and more. The Bakery Cafe is open at 6 a.m. with hot coffee, beverages and breakfast sandwiches for those on the go.

“We are trying hard not to duplicate anything that can readily be found at other grocery stores like Hannaford or Market Basket,” explains General Manager Jim Napier. “In addition to trying to source as much as is practical from the local area, we carry many products and brands that simply cannot be found elsewhere near Plymouth.”

True to form, Napier and owner Hal Covert built out the entire space with as much of their own design and labor as possible. It is fair to say that a tremendous amount of custom craftsmanship and dedication has been poured into every shelf and counter.

“We love the new space,” said Napier.

“There and so many sunny windows and a wide-open warehouse-market feel to the place. It reminds me of some of the Food Coops where I have previously worked.”

Both men have vast farm-to-store experience. Napier comes to Plymouth by way of the Woodstock Vermont Farmers Market, and before that, the Rising Tide Natural Food Market in Damariscotta, Maine. Hal Covert has been a well-known farmer/producer in the local area and has been very involved in the Plymouth Farmers Market, an initiative that both men fully support. Covert says he is actively hiring and also looking for any local suppliers that might be interested.

While Sept. 4 was a trial “soft” opening of sorts, Peppercorn will celebrate its full Grand Opening over the Columbus Day Weekend. Everyone is invited to enjoy a bit of a local food festival, and become re-acquainted with one of Plymouth’s resurrected favorite establishments. For more information, call the store at (603) 536-3395, on Facebook, or stop by Tuesday through Sunday, 9 a.m. until 6 p.m., and say hello to the hardworking staff and Peppercorn puppy mascots, Black and Yellow Labs, Mint and Sage.

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