

# Newfound Landing

THURSDAY, SEPTEMBER 1, 2016

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COMPLIMENTARY

## Bristol's Old Home Day offers entertainment for all ages

BY DONNA RHODES

[drhodes@salmonpress.com](mailto:drhodes@salmonpress.com)

BRISTOL — Old Home Day in Bristol last Saturday was abundant in sunshine, entertainment and great foods, drawing crowds of residents and visitors alike who flocked to Kelley Park for a day packed full of activities for people of all ages.

Shoppers were busy visiting the many vendors whose tents surrounded the fields, filled with all types of terrific locally produced items.

There was also a Wellness Fair where adults could get information on a number of health-related topics from groups such as the respite-based Day Away program, Mid-State Health, NANA's visiting nurse services, Voices Against Violence, and Newfound Pathways' walking and biking trails.

Bristol Police Department officially swore in Arro, their very first K9, early in the day then invited everyone to watch a demonstration of his

skills out on the soccer field.

"He's been certified in patrol and narcotics and is skilled at finding things that are lost, whether that be narcotics, evidence or people," said Officer Nick Kelly, Arro's partner on the department.

Besides Arro's tracking and suspect apprehension demonstrations, Bristol K9 tee shirts were a very popular item and many were sold to help support the new program. The department is currently in the midst of a fund-raising campaign to purchase a bulletproof vest for Arro along with a remote car door-opening device. That device will allow them to let Arro out of the police vehicle quickly when his services are needed. Proceeds from a dunk booth also benefited those efforts and donations of any size are gratefully accepted at any time, Chief Michael Lewis said.

Families enjoyed taking a rustic wagon ride around the SEE OLD HOME DAY, PAGE A16



DONNA RHODES  
A large spray of water, courtesy of Bristol Fire Department, provided fun and some much-needed relief from the hot summer sun at Old Home celebrations last Saturday afternoon in Kelley Park.

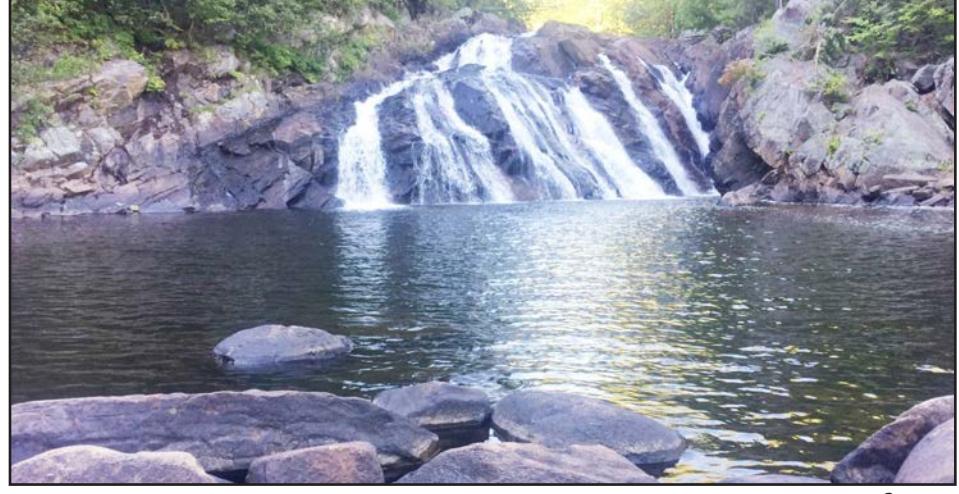
## Summer day turns tragic at Bristol's Profile Falls

BY DONNA RHODES

[drhodes@salmonpress.com](mailto:drhodes@salmonpress.com)

BRISTOL — A summer day at Profile Falls turned tragic on Monday as emergency responders were called to Profile Falls in Bristol for a water rescue when an adult male disappeared underwater and four children's lives came into jeopardy.

At approximately 3:30 p.m. on Aug. 29, the call for help came in to 911, sending Bristol Police, Bristol Fire/Rescue and several other agencies to the scene, located just off



COURTESY  
While Profile Falls appears tranquil in this photo, it was the scene of a tragic drowning on Monday afternoon, and safety officials caution everyone to use water floatation devices whenever they are out on a body of water.

## Search is on for new Fire Chief

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — The town is setting up a procedure for the selection of a new fire chief, with both a staff meeting and a survey to allow people to comment on the qualities they would like to see in Steven Yannuzzi's replacement.

Yannuzzi resigned on July 21 after having been on paid administrative leave since April.

Selectman Rick Alpers suggested holding a listening session before posting an advertisement for the position, and holding two rounds of interviews to narrow

the field of candidates. The selection committee, he said, should include two area fire chiefs and someone from the community.

Ben LaRoche, a member of the fire department, suggested SEE FIRE CHIEF, PAGE A15



DONNA RHODES

A cookout in Bristol last Sunday afternoon welcomed high school exchange students, Lisa, Sophie and Suez (center, front). Joining them are their host families, the Colbys, Rosendahls, and Lemieuxs.

## Exchange students looking forward to the year ahead at Newfound

BY DONNA RHODES

[drhodes@salmonpress.com](mailto:drhodes@salmonpress.com)

BRISTOL — Several residents gathered at the Rosendahl residence in Bristol last weekend to welcome three

high school exchange students and their host families with a classic American cookout and a beautiful summer day in the great outdoors of New Hampshire.

"The nature here is so beautiful. There are so many trees while in Tokyo there are so many people. I just love this," said Lisa, who comes to SEE STUDENTS, PAGE A15

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# Bristol Celebrates Old Home Day

ALL PHOTOS BY DONNA RHODES



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# Opinion

## DEA releases 2016 national heroin threat assessment summary

BY DEB NARO

Contributor

The Drug Enforcement Administration (DEA) released the 2016 National Heroin Threat Assessment Summary in July. According to this latest report, controlled prescription drugs and heroin are ranked as the most significant drug threats to the United States.

Sadly, this rings true in the New England region as the reported greatest perceived drug threat by region shows New England higher than the national average for three substances: Heroin –New England 63.4 percent - compared to nationwide 37.6 percent; Controlled Prescription Drugs –New England 21.3 percent - compared to nationwide at 14.9 percent; and Marijuana – New England 13.9 percent - compared to nationwide 6.2 percent.

Additional key facts from the report are: The number of people reporting current heroin use nearly tripled between 2007 (161,000) and 2014 (435,000); Deaths due to synthetic opioids, such as fentanyl and its analogues, increased 79 percent from 2013 to 2014 and Deaths involving heroin more than tripled between 2010 (3,036) and 2014 (10,574) a rate faster than other illicit drugs.

New to this year's summary is information on a recent phenomenon—fentanyl disguised as prescription pills—something allegedly responsible for the death of 19 people in Florida and California during the first quarter of 2016. Motivated by enormous profit potential, traffickers are exploiting high consumer demand for illicit prescription painkillers, tranquilizers, and sedatives by producing inexpensive counter-

feits containing fentanyl that can be sold on the street.

Fentanyl and its analogs are responsible for more than 700 deaths across the United States between late 2013 and late 2014. While fentanyl is often abused in the same manner as heroin, it is significantly more potent.

"We tend to overuse words such as 'unprecedented' and 'horrific,' but the death and destruction connected to heroin and opioids is, indeed, unprecedented and horrific," said DEA Acting Administrator Chuck Rosenberg in a news release. "The problem is enormous and growing, and all of our citizens need to wake up to these facts."

The number of users, treatment admissions, overdose deaths, and seizures from traffickers all increased over those reported in last year's summary. In addition, heroin was the greatest drug threat reported by 45 percent (up from 38% last year and 7 percent in 2007) of state, local, and tribal law enforcement agencies responding to the 2016 National Drug Threat Survey, an annual survey of a representative national sample of 2,761 agencies. And while the heroin threat is particularly high in the Northeast, Mid-Atlantic, and Midwest areas of the United States, law enforcement agencies in cities across the country report seizing larger than usual quantities of heroin. National Seizure System data show an 80 percent increase in heroin seizures in the past five years, from 3,733 kilograms in 2011 to 6,722 kilograms in 2015.

Many users of Controlled Prescription Drugs (CPDs) become

SEE CADY, PAGE A15

## PET of the Week Leia

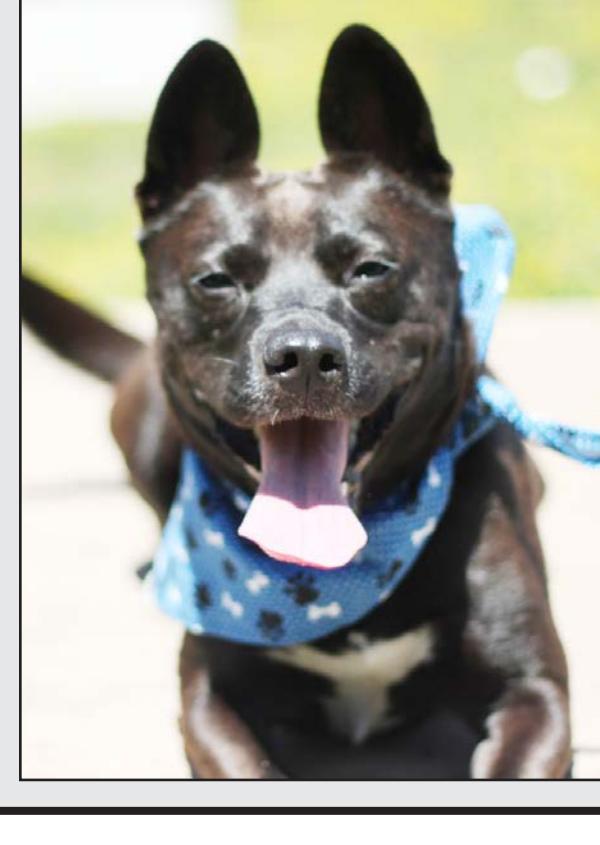
Leia, aged perhaps one year old is the perfect sized pint sized canine for anyone looking to share their life with a happy, extremely outgoing, super intelligent dog.

She arrived at New Hampshire Humane Society as a stray back in May. Perplexingly not one call from anyone looking for their missing companion meant she was available for adoption after the required time we must hold strays had expired. Leia enjoys regular trips off campus with one of her favorite volunteers. She has shown all of us just how much she wants to please and be with

humans. She looks to those she is with for instruction and is incredibly obedient knowing many commands. Truly though, a solid bond of mutual love and respect will provide years of happiness to the folks who take that special plunge and adopt Leia. Weighing in at a little over 30lbs, with a lustrous sleek short coat, a perky jaunt in her step and a perpetual smile on her face; what's not to love about Leia?

Ideal home: one that provides activity, walks and hikes, opportunity to meet the world – she might prefer to be the only dog in the home.

Call 524-3252 or check [www.nhhumane.org](http://www.nhhumane.org)



## Letters to the Editor

### Hey, man, who's running your town?

To the Editor:

I usually don't write about my small town spending. It hurts the head.

The big \$52,700 question is, why is a department head running the town of Bristol? He doesn't even live in this town. Why did one of our department heads walk into our selectmen's meeting with a statement that he had two lieutenants who are ready to take other jobs the very next day "unless" the board approves a pay increase that very night?

What kind of language is this from a town employee? Was this a threat? Is this extortion? Is this how pay raises are handed out in Bristol from now

on?

If I was sitting in the "Chair," I would have handed him his hat and asked him what's his hurry! I wish my name was Trump and I could say what is really on my mind about this pile of scat! If a \$60,000 salary plus \$20,000 in benefits isn't enough for each of these positions in a small town of 3,000, then let me know and I'll run right down and hold the door for them. Not for one minute do I believe the turnover in that department is because of salaries. Not for one minute.

Eric T. Rottenecker  
Bristol

### What was really behind the vote to increase wages in Bristol?

To the Editor:

Can you believe this? Bristol Select Board approved an increase of \$52,000 for 2016 and about \$150,000 increase for 2017 to pay their employees for a wage study that they did not even do themselves. JP Morrison and Paul Manganiello asked for the data to back up what the departments were verbally asking for and wanted to put off the vote for one week to have time to review. Chief Lewis told the select board that two police officers would be resigning the next day if this was not implemented. Wow, JP and Paul must have felt like a gun was pointed at their head. This should have immediately went into a non-public session.

As a taxpayer, looking from the outside in, it seems select board members Les Dion, Rick Alpers and Shaun Lagueux, knew what would take place before the meeting. Rick Alpers wanted a unanimous vote but when JP and Paul stood their ground the vote went as Alpers expected, 3 yes, 2 no.

I do not know how the select board disregarded the voters at town meeting last March, where the taxpay-

ers voted down article 12 (wage study) to save money, meant to implement a wage increase. There was not any appropriations allotted for an increase besides merit raises so where are they taking the money from?

Last April, the new town administrator, Nik Coates, gave the select board a version of a wage study and wanted it implemented, and even suggested taking funds from here and there to cover the cost. Alpers and Dion were very concerned about implementing the study then; however, now it is OK? In my opinion, Lagueux, Alpers and Dion made an uneducated decision which cost the taxpayers about \$150,000 for every year going forward. Don't they realize our elderly did not get an increase in Social Security this year? Now I wonder if they followed policy, and if the employees got their merit raises back in April!

Bristol voters, you've got to get out and vote people into office that are looking out for you and your pocket book.

John Sellers  
Bristol

### Rep. Gallagher — a real conservative Senate District 2 leader

To the Editor:

I, Rep. Brian Gallagher of Sanbornton, seek State Senate Seat in District 2 to follow in the important Republican shoes of Sen. Jeanie Forrester. Jeanie is a proven effective leader who is running for Governor. Candidly, I am a true Conservative. As a leader, I am compassionate, and an excellent listener: qualities critical to building consensus.

The centerpiece for my campaign has been reaching out and listening to all of the voters throughout the 27 towns which comprise Senate District 2. I have traveled throughout the District repeatedly, since the early spring, and met hundreds of voters face to face. Through my conversations voters have gotten to know me and are able to recognize my qualifications and abilities to serve them in a consistent manner in Concord with similar constituent traditions Senator Forrester has established for the good of the people.

My vision for a promising New Hampshire future includes:

A balanced financial plan with responsible spending supported by realistic revenue projections;

Promoting excellence in education with local control and parental choice;

Protecting 2nd Amendment rights and expanding personal liberties by reducing government overreach.

Term limits for government officials which will bring hard work, accountability and dependability to our political environment.

As a Belknap County State Representative I have worked tirelessly to:

Return \$600,000 to County Taxpayers by holding the line on spending;

Work in Concord to help take on the Heroin/Opioid crisis;

Support Law Enforcement and fought Human Trafficking issues;

Help Grow Jobs by supporting Cutting Business Taxes;

Stand strongly for "Right to Life";

Help pass a responsible NH Budget with no new Increased Taxes;

SEE LETTER, PAGE A5

# Newfound Landing

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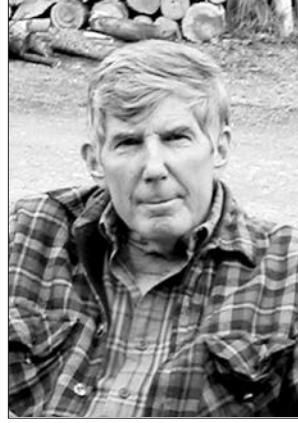
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# North Country Notebook

## A "maybe" creature in the woods that's big, stealthy, and hungry



mountain lion attack in Idaho.

+++++

One of my oldest friends, hailing from coastal Maine in warm months and Georgia when the sun goes south, was in the territory for a couple of days, and for his going-away breakfast I said "Let's go to the Spa."

This longtime restaurant is in West Stewartstown, roughly an hour and a half north of Littleton, and another half hour from Berlin. Colebrook-area readers will roll their

In the pile was a recent note about a



COURTESY  
If you caught an image of a verifiable mountain lion on your trail camera, it'd look like this one, caught on a trail-cam in Saguaro National Park, Az.

was reportedly good enough for a Vermont Fish and Wildlife officer.

+++++

A note about photos, as per the one above:

There are thousands of trail-cams set up all over New Hampshire, but so far what I've been sent has been mostly garbage--very poor images under bad conditions, or worse, images most definitely not even from anywhere around New England, as is easily determined by terrain and vegetation.

Surely there are some better and verifiable trail-cam images out there, and if requested I'll not reveal anyone's identity or precise location. Ergo, I'm waiting...

+++++

eyes at this obvious fact, but I have to put it in here for the benefit of downstate readers, some of whom think New

Hampshire ends at Franconia Notch.

Breakfast conversation never ceases at the Spa, and the particular

reason I love it there, aside from the great food, is that it's usually a steady patois between English and French, French and English, with habitués slipping back and forth with ease.

We had the catbird seat, and fiends from my Beecher Falls Factory days stopped by to say hello. So did two of my favorite people, Paul and Cheryl Cote, who for a very long time owned and ran one of the region's last two full-service gas stations.

Surely there are some better and verifiable trail-cam images out there, and if requested I'll not reveal anyone's identity or precise location. Ergo, I'm waiting...

+++++

I've been keeping track of cougar sightings in New Hampshire for more than four decades, investigating and publishing only the very best, the encounters that are beyond any reasonable doubt. Thus I'm carrying around in my head about a dozen reports that I consider unassailable.

Among them is the Canaan Hill mountain lion, which has been seen by several residents and passersby. It appears to be a young adult, and

SEE NOTEBOOK, PAGE A15

## Letters to the Editor

### The fight against Northern Pass is far from over

To the Editor:

At a recent political event in Colebrook, I spied John Amey, whose bright eyes seldom betray the long hours of scratching out a living on his Indian Stream farm.

The political attraction was Jeanie Forrester, who's running for Governor and who has opposed Northern Pass from the start. But when I looked at John, I thought, How long have we been fighting this thing now? Six years? Seven?

We are people who love the landscape and rose up out of the sod when someone got wind of this insulting proposal and ran up onto a ridgeline and blew a bugle. Who this person was is unknown and mythical. The important thing is that so many people came running. We could beat this horrendous thing, we believed, and still do.

Sometimes, it may seem that our opposition has faltered or lost its way in the face of billion-dollar back-

stage energy deals and the juggernaut of what passes for progress. Fear not. But it's not easy fighting a for-profit foreign "Crown corporation" that considers gambling \$45 million on New Hampshire real estate chump-change, and the New Hampshire we love nothing more than a dormat.

Too often, I get the question on whether Northern Pass is a done deal. It is anything but. As the lawyers would say, "They don't own

the dirt." And from the High Road, we need to remember the bumper-sticker slogan, "It's not about need, it's all about greed."

The other bumper sticker would be "No eminent domain for private gain." That would be the law we all piled into cars and buses to go down to Concord and packed Legislative Hall to get passed, back when we began fighting this thing tooth and nail, which we still do.

John Harrigan  
Colebrook

### Letter

FROM PAGE A4

Support Education Choice and Parental Rights.

Support protections for private landowners rights.

Presently serving as State Representative from Belknap County representing District 4, I live in Sanbornton with my wife, Karen and her 93 year old Mom in the house I built in 1986. Together, we have been blessed with 5 children and 7 grandchildren. During the 2015-2016 legislative session I was appointed by the House Speaker to serve on the important House Ways & Means Revenue Committee.

I grew up in Rhode Island in a strong Catholic family. . My mom worked as a Principal's Secretary at an Elementary School for 20 years while my dad supported the family of three boys by selling life insurance. Dad also served in World War II and was awarded the Bronze Star. I am a former marathon runner having participated and finished races in Boston, New York City and Cape Cod.

I graduated from Boston College earning a Bachelor's degree and a Master's degree of Business Administration from Plymouth State University.

My professional career experiences include over 30 years in finance

including work in the New Hampshire Budget/Finance Office in Concord where I served for 12 years helping to manage state finances under many Governors (both Republican & Democratic) beginning with the Honorable Governor Meldrum Thompson.

Later I served in the New Hampshire Supreme Court at the Administrative Office for eight years. Following this, I was appointed as first Business Manager for the Newfound School District in Bristol. Subsequently, I accepted appointments as the Business Administrator for both the Windham/Pelham school districts.

After more than 30 years of a successful career in public finance I retired while continuing with limited educational consultation in New Hampshire. As a community leader, I know how to steward the public tax dollar. I've served on many local town and school organizations and I am a member of the State Lilac & Wildflower Commission. This year, I was recognized for "Conservative Achievement" credentials by the American Conservative Union.

There continues to be many challenges in Concord; fighting against a sales and income tax and stopping government economic waste being just two. To

gether, we can provide common sense and accountability to the State House while managing wisely with understanding and compassion to address financial needs of the people of New Hampshire.

I humbly ask for your support and vote for Brian Gallagher for State Senate District 2 on Tuesday, Sept. 13 in the Republican Primary.

Rep. Brian Gallagher  
Sanbornton



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# Obituaries / Towns

A6 NEWFOUND LANDING, THURSDAY, SEPTEMBER 1, 2016

## Lorraine H. Day, 85

LACONIA — Lorraine H. Day, 85, of 25 Union St., formerly of Vero Beach, Fla. and Bristol, died Sunday, Aug. 28, 2016 at Genesis Laconia Rehabilitation Center in Laconia.

She was born on Oct. 3, 1930 in Orange, the daughter of the late Sidney R., Sr. and Harriet L. (Taylor) Lary. She worked until her retirement as the Office Manager for Charles A. Carr Company in Bristol. Lorraine loved traveling, family gatherings, cooking and entertaining family and friends.

She is survived by her two daughters, Teri Celiello and her husband Tony of Pembroke and Janice Dignan of Gilford; two step-daughters, Paula Cochrane and her husband Steve of Canterbury and Donna Lamprey and her husband



31, 2016 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A funeral service immediately followed the calling hours at 11 a.m., also at the funeral home.

Burial will be private.

For those who wish, memorial contributions may be made to Genesis Laconia Rehabilitation Center, 175 Blueberry Lane, Laconia, NH 03246 or to Central NH VNA & Hospice, 780 North Main St., Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinson-beane.com](http://www.wilkinson-beane.com).

Willie of Northfield; five grandchildren (Candace Knowlton and her husband Toby, Mollie Dignan, Dale Cochrane and family, Jamie and Dana Lamprey and their families); and three great grandchildren, Jackson, Samuel and Elizabeth.

In addition to her parents, she was predeceased by her husband, Ralph Day, in 1988; one brother, Sonny Lary, Jr.; and one son-in-law, Daniel J. Dignan IV, in 2015.

A calling hour was held from 10 to 11 a.m. on Wednesday, Aug.

## Roger V. French, 86

BRIDGEWATER — Roger V. French, 86, died Thursday, Aug. 25 at the Golden View Healthcare Center in Meredith.

He was born in Bristol, the son of William Fitch and Laura (Charon) French. Roger graduated from Bristol High School and worked at IPC and had a painting business on the side. Following graduation, Roger joined the US Army and served during the Korean War.

Roger was a tremendous New England

sports fan, following the Red Sox, Celtics, and Patriots. He also enjoyed fishing, hunting, bowling, and golf as well as playing cards, jigsaw puzzles and suduko. He was a member of the Minot Cavis Post 26 American Legion and the VFW post 10640 of Bristol.

Family members include his companion, Patricia Cwirka of Bridgewater; daughter Shelley Slaten of Bristol; three grandchildren; six great grandchildren; two sisters: Shirley O'Brien of Rockport, Mass. and Norma Hague of Rocky Hill, Conn.; several nieces and nephews.

He was predeceased by one son, Joseph French.

A graveside service will be held Saturday, Sept. 3, 2016 at 10 a.m. at the Homeland Cemetery, Bristol. In lieu of flowers, donations may be made to the American Cancer Society, 2 Commerce Dr. #110, Bedford, NH 03110. Arrangements are under the direction of Emmons Funeral Home of Bristol.

## Patricia Flowers von Klock

HEBRON — Patricia (Pat) Flowers von Klock passed away quietly on the morning of Aug. 27, 2016 following a brief illness.

Pat was an especially loving and caring person, volunteering many hours at the Speare Memorial Hospital and Hebron Library, and spending many more hours with a knitting group making blankets for those in need.

Her working career was spent as a medical secretary at the Peter Bent Brigham Hospital (now Brigham and Women's) and as a medical secretary and medical assistant for a surgeon associated with Harvard University.

Pat spent many summers in her childhood years visiting her maternal grandmother's home in Nova Scotia. Her love for Nova Scotia continued into her marriage to William (Bill) Flowers, and she acknowledged those trips there with Bill as her all time happiest

memories.

Music was always a significant part of Pat's life, and she sang in various church choirs and a number of organized groups, including the Polyania Choral Society and Starlighters in her original home town of Melrose, Mass. and the Pemigewasset Choral Society in her final home town of Hebron.

While Pat did not desire to travel extensively, she frequently reminisced about her favorite trips, Hawaii with her husband Bill and Germany at Christmastime and England in the summer, both with her brother and sister-in-law.

Pat is survived by her only brother, Kenneth (Ken) Garneau and his wife Ruth of Nashua; Ken and Ruth's son Glenn, his wife Raeleen (Rae) and their two daughters, Katrina and Lauren, also of Nashua; and daughter Meredith (Merrie) Kosiorek and her husband Greg and their two daughters,

Victoria (Tori) and Brianna of Tyngsborough, Mass., all of whom she loved dearly; and her step-son Steven (Steve) Flowers and his sons Eric and Christopher of Belfast, Maine and Pamela (Pam) and Peter Frye and daughter Kim of Herman, Maine, with whom she always remained close, and good friends in both New Hampshire and Massachusetts.

Calling hours will be held on Thursday, Sept. 1, 2016 from 2 to 4 p.m., followed by a funeral service at 4 p.m. at the Mayhew Funeral Home, 12 Langdon St., Plymouth, NH 03264.

Interment will take place at the Grove Cemetery in Belfast, Maine on Friday, Sept.

2, 2016 at 1 p.m. next to her beloved husband and through fond memories, life partner Bill.

The Mayhew Funeral Home is assisting the family with arrangements; to view Patricia's online book of memories, go to [www.mayhewfuneral-homes.com](http://www.mayhewfuneral-homes.com).

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Patricia (Tori) and Brianna of Ty

# Churches

## Ashland Episcopal (St. Mark's Church)

The combined choirs of Holy Spirit and St. Mark's will begin rehearsals on Thursday, Sept. 8 at 7 p.m. at St. Mark's and begin singing every Sunday starting Sept. 11 at the 9:30 a.m. service. Rehearsals will only be every other week.

Vacations are over – Rev. Randy will be returning, Melissa will be in the office every Monday at 9:30 a.m., and Ash Morgan will be back at the organ. We are grateful for our guest preachers Bp Frank Griswold, Rev. Jane van Zandt and Rev. Jay Hutchinson and our guest organist Nixon Bicknell and his wife, violinist Sonia Bicknell.

The crew at "Got Lunch" Ashland & Holderness" ended 10 weeks of packing and delivering food to approximately 70 children on Monday, Aug. 22. Thanks go out to all our volunteer packers and drivers. Donations are still needed to fund this very worthwhile program as we prepare for 2017 – our sixth year of operation. Checks may be sent to Ann Lamson, Treasurer, at 6 White Mt. Court, Ashland, NH 03217.

There will be an upcoming Safe Church Training and refresher at St. James Church, Keene from 9a.m. til noon. This training is required for anyone working with children. Please contact Lynn Eaton at leaton@nhepcopal.org or by calling 224-1914 if you have questions.

Readers, Greeters and Coffee Hour Hosts are needed for the month of September. Please sign up at coffee hour if you can help.

## Family Worship Center Ply. Assembly of God

Sunday, Aug. 21, Royal Ranger Cmdr. Willy Gusha showed videos and reported on the Ranger Camporama in Missouri, which he, his assistant Raymond, and four of the Ranger boys attended. He also showed a video he took of the Creation Museum and the model replica of Noah's Ark that has been built in Kentucky, then had two of the boys play a song each – one on flute and the other on guitar. In the afternoon, Pastor Glen was the guest speaker at the Chapel of St. John of the Mountains in Ellsworth, and our church's worship team leader, Ray Courchaine and his wife Karen, presented special music: Ray playing his guitar while he and Karen sang one of the songs Ray has written, and a hymn. This was followed by the Chapel's annual banquet at the Sunset Grill in Campton.

Thursday, Sept. 1, 6:30-8 p.m., please join us for our Family Night at the Church. We offer Godly ministry for chil-

dren, youth, and adults with programs for people of all ages: Royal Rangers Club for boys elementary through high school; Mpact Club for girls, preschool through high school; and two Adult Bible Studies: one led by Pastor Glen Yunghans and the other by Scott Gusha. Do come for this great time of fellowship and learning.

Sunday, Sept. 4, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10 a.m.: Sunday morning service with Contemporary Music and Biblical Teaching. Nursery for ages 0-3. There is a children's ministry during the morning service for Preschool, and grades K-4. You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Monday, Sept. 5, noon-2 p.m. – the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Saturday, Sept. 10, 9a.m. – 3 p.m., the Church will participate in the Plymouth Town-Wide Yard Sale. You may set up a table in the Church's parking lot or donate your items to help raise funds for church ministries.

There will be a lunch available: hamburgers, hot dogs, sausage, beans, and chili, and the "fixin's," and soda, for a charge. The money raised will help to provide funds for the Royal Rangers boys and Mpact girls ministries. The Mpact girls will hold a cookie walk. Donations of food for all of the above are needed. Please contact Willie or Candy Gusha at 254-4651 for information. Help is needed for setup about 7:30 a.m., and to pick up from 2-3 p.m. Please contact Pastor Glen for information and to participate, at 536-1966 or 726-0254.

Sunday, Sept. 11, the monthly fellowship luncheon will follow the morning service. Please bring food to share. Ladies: it is time to start planning to attend the Ladies Fall Convention, which is scheduled for Nov. 10-12 at the Attitash Grand Summit

Hotel in Bartlett. \$55 registration must be given to Judy Rodgers, the church Treasurer, by Sept. 11. Pre-school moms or full-time students: \$28. Late registration must be postmarked by Oct. 11: \$70. At the door walk-in registration: \$80.00. Pre-school moms or full-time students \$40. Special guest speaker will be Joanna Weaver. Please check the bulletin board or Sharon Yunghans for more information.

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

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

Part of the Church roof has been repaired, and we are grateful to the company who did the job so well, and for the donations towards this project. The church is now holding a "Raise The Roof" project in an effort to pay this off quickly, so all donations can be made out to Family Worship Center and marked "Roof Project" and are greatly appreciated.

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

Our church is collecting funds for prison ministry, also aluminum cans to support the cost of ministry supplies such as Bibles and printed literature. A collection barrel is at each church entry. Please continue to support this ministry. Money donations may be made to the church marked "prison ministry." Please contact Anne Cochran at 726-8170 to help.

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

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing fwcaag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is

handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgodplymouthnh.org.

## Church of the Holy Spirit Episcopal

This coming Sunday, Sept. 4, we are happy to welcome back our priest in charge Rev. Randy Dales who is returning from a well-earned vacation which we hope he found relaxing and refreshing. Two very important events are happening next weekend.

### Sept. 10: Plymouth Town Wide Yard Sale

The Town Wide Yard Sale is on Saturday, Sept. 10, and CHS is on the map. We are looking for items to make the sale a success! If you have unused items lying around, please bring them to 263 Highland Street for the yard sale! (No clothes, please.) If you need us to pick up items, please contact Bob Cochran at 726-8170. We are also looking for volunteers to help with the sale. We will be sorting and pricing items in Griswold Hall on Sept. 7-9 from 9 a.m. to noon; please come help out! We're also in need of help the day of the sale: moving large items, helping shoppers at the sale, and removing unsold items.

It's a lot of fun, a great spirit builder, and many hands are appreciated!

Please contact Anne Cochran at 726-8170 to help.

### Sept. 11: Meeting with Canon Hannah Anderson

Important: Don't forget to save the date of Sunday, Sept. 11 for our meeting with Canon Anderson. This is a critical meeting regarding where we are in our journey as a church. Don't miss this

significant opportunity to discuss any concerns we have. The meeting will be in Griswold Hall and start at 11 a.m.

## Plymouth Got Lunch!

Many thanks to all the people who have contributed food and money to the Plymouth Got Lunch program this summer and thanks also to those people who volunteered to drive and deliver the food. We were able to feed 103 children in 56 families. It is truly a wonderful accomplishment. Again, many thanks to all the people who made this such a successful community outreach program.

## Quilting Group

This month the quilting group will be meeting on Friday, Sept. 16 at 10 a.m. in Griswold Hall. At our last meeting we were so glad to welcome our Deacon Maryan Davis to our group as well as welcoming back Pat Klotz. Last month we were able to finish more quilts and donate them to Carenet and Church of the Holy Spirit.

## Holy Trinity (Roman Catholic)

### Weekly Meetings Thursday, Sept. 1 Day Away Program, Simard Hall, 9 a.m.-3 p.m.

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

## Sacrament of the Sick

The Sacrament of the Sick will be administered at Masses on the weekend of Oct. 8 and 9. Stay tuned for more details.

## Haven Pregnancy Center

Pre-born and Infant Loss Interdenominational

al Memorial Service Haven Pregnancy Center invites you to join them for a memorial service to honor the lives of babies lost through abortion, miscarriage or infant death. The service will be held on Sunday, Oct. 16 at 2 p.m., at the memorial to the unborn in the parking lot of St. Matthew Church. Deacon Mike and Pastor Dennis Simmons from Gateway Alliance Church will officiate. We hope you will join us for a time of forgiveness, healing, hope and ultimately joy found in Christ.

Kairos Ministry "I was in prison and you came to visit me" Matthew 25:36

On the weekend of Sept. 16-19, the Women's Kairos is will be going into the Women's Goffstown prison and will minister to the inmates. This year, we have three members of our Parish on team: Ginny Arsenault, Christine Hemmingson and Sandra Hauser. They could use your help to support this ministry. There are two ways that you can help. First of all, you can help through prayer while the team is ministering in the prison. Please contact Sandy at the Plymouth office to sign up for a prayer time. Secondly, you can help through your financial donations. We are self supporting so any donation will help defray our operating costs. Checks should be made out to Kairos NH, and you can mail your donation to Holy Trinity Parish, 46 Langdon St., Plymouth, NH 03264. For more information, please contact Sandy at holytrinitynh@gmail.com. or by phone at 536-4700.

Habitat for Humanity Habitat is about to SEE CHURCHES, PAGE A9

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# Newfound adopts ALICE

BY THOMAS P. CALDWELL

Contributing Writer

**BRISTOL** — The Newfound Area School Board has adopted a new emergency plan aimed at minimizing casualties during an active shooter situation.

Superintendent Stacy Buckley recommended the emergency management plan known as ALICE, an acronym for Alert, Lockdown, Inform, Counter, and Evaluate. She and other administrative personnel had attended a two-day conference that reviewed and analyzed actual shooting

situations, including the Columbine High School tragedy in Colorado, and she said they came away convinced that the recommendations made sense.

Buckley emphasized that the recommendations represent an evolution of traditional practices to meet current conditions. The traditional lockdown, she said, made sense when the danger came from outside the school, but when there is an armed person inside, looking to kill as many people as possible, the old advice likely would

lead to more casualties. Instead, ALICE advises everyone to be resourceful, escaping from the building if possible, barricading doors if not. As a last resort, distracting the shooter by rushing and trying to disarm him or her is preferable to sitting still and waiting to die, she said.

"The goal is higher survival rates," Buckley told the school board during its Aug. 22 meeting.

She noted that most perpetrators have killed their victims within the first six min-

utes, while the average police response time is eight minutes. Most of the shooters had committed suicide prior to the arrival of law enforcement authorities.

"You can't rely on the police to get there in time," she said.

Buckley said that Bristol Police Chief Michal Lewis is "100 percent" in favor of the ALICE model. In fact, it was after discussing the model with him that Buckley had applied for the grant that funded the school district's participation in the conference, she

said.

With the school board's approval, and that of the towns making up the Newfound Area School District, administrators will update their emergency plans and train the school staff, Buckley said.

Another topic of discussion on Aug. 22 was a new plan that updated the grading policy the high school has followed. Principal Paul Hoiriis explained that teachers had not been following the original policy, which called for a formal reassess-

ment plan, in triplicate, when a student had a failing grade.

He said some students "played the averages" by accepting a failing grade, with the expectation of bringing the grade up with a higher score on subsequent tests. Hoiriis wanted to change the focus to competency, requiring the student to go back and study the material in order to master it before going on.

Don Franklin, the school board member from Hebron, said he

SEE ALICE, PAGE A16

## Churches

FROM PAGE A7

embark on a new project! In case you haven't heard, Habitat is now doing home improvement projects and they could use your help! The next project will start mid-September in Bristol. Please call Frank at the Restore at 536-1333 for more information. There will also be a need for donated lunches again. More information will follow.

### Parish Retreat in September

Our parish retreat will be held on Sept. 11 through the 14th. We will once again be welcoming Fr. Jack Rathschmidt as our retreat leader. The retreat will build upon the Holy Year of Mercy. Fr. Jack will introduce the retreat during the weekend Masses on Sept. 10 and 11. Evening sessions will be held on Sunday through Tuesday evening at St. Matthew Church at 7 p.m. Morning sessions will be held Monday through Wednesday at 9 a.m. at our Lady of Grace Chapel in Bristol. For the past two years, Pope Francis has urged Catholics to accept the mercy of God and remember that being faithful to the Gospel means more than going to church each Sunday and being kind to those around us. Our parish retreat will explore these notions through prayer, reflection and conversation. Come and join us as we seek God's grace to find new ways to announce the Good News of Jesus with power and conviction.

### What is your Question? Come to Alpha!

What's the meaning of life? Why are we here? Is there a God? Is this it? When: Tuesdays, Sept. 20 to Dec. 6 (No meeting on Nov. 24) Meetings are 6 to 8 p.m. at St. Matthew Hall INCLUDES A MEAL No commitment No cost Everyone welcome, Bring family, friends, neighbors! Try a session

or two, and come back for more!

### Day Away

We would love to have you volunteer with us at Day Away! All training is provided and you can pick either a morning or afternoon shift. The Day Away program allows caregivers of

people with Dementia/Alzheimer's disease a day away while our staff (including a registered nurse) provides a fun filled day away complete with lunch and plenty of activities like crafts, music, exercise and wonderful people who give their time to make the day so special. The Day Away program meets on Thursdays in Simard Hall in Bristol from 9 a.m. to 3 p.m. If you would like more information, please call Fran Olson at 744-6828.

### Star King Unitarian Universalist Fellowship

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

Sunday, Sept. 4, 9:30 a.m. Power and Initiative Cindy Spring

Our last informal

summer Sunday presentation and discussion will be led by Cindy Spring, a member of the Fellowship. There is no choir or coffee hour, no RE Program or nursery, though children are always welcome to join us. Visitors are invited to attend the service as well as all programs at the Fellowship.

Regular Sunday services will resume on Sunday, Sept. 11, with a multigenerational gathering together of our members and friends to share and combine our small samples of water from our summer journeys, at home or away. We'll begin again with our new settled minister, Rev. Linda Barnes, in love and companionship. All are welcome.

### Children and Youth Religious Education, Meredith Flynn, DRE

Children will be with their families this Sunday for the service and water communion. Classes for younger children will begin Sunday, Sept. 18. We are very excited to offer five wonderful classes next year for kids of all ages in Religious Education.

The Youth Group for students in eighth to twelfth grades will meet starting Sept. 11 and continue to meet on the second and fourth Sundays of the month from 6:7:30 p.m. In 2016/2017 they will be raising money for, and planning a service trip to Nicaragua. The trip will be in early

spring 2017. Bob Clay and Jane Clay are the Youth Group leaders.

Please don't hesitate to contact me over the summer to discuss the upcoming fall classes by calling the Fellowship and leaving a message at 536-8908.

### Social Justice Community Outreach

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

### YARD SALE

SKUUF will participate in the Plymouth town-wide yard sales on Saturday, Sept. 10.

Do a dig through your house & bring a box - or two, or ten - to SKUUF with your cast off treasures. Drop off your items any time SKUUF is open, in the designated areas look for the signs! The downstairs door will be open Tuesday through Thursday mornings and Sunday morning. We don't sell: clothing, computers / monitors / parts, stuff that's broken or has missing parts, sets of encyclopedias or musty books or

Summer hikes, biking and kayaking/ canoeing All are welcome. Check our Web site for information. Contact mitch@newfoundfarm.org or cdkriebel@gmail.com to register and receive updates.

Uncommittee Gatherings will meet again in the fall. Contact Gigi Estes, or Virginia Miller at seabean@roadrunner.com for information and any changes.

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group.

Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group.

Wise Women regularly meets every second and fourth Wednesday from 10:30 a.m. to noon in the upstairs conference room.

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

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

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

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

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Wedding, engagement, and anniversary announcements are welcome at:

weddings@salmonpress.com

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

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding

the submission process.

# "Run Your Buns Off" in Bristol this weekend

BRISTOL — When's the last time you ran your buns off? Well, this Labor Day weekend you can! Come and see what the locals and vacationers have been talking about for the last six years.

On Saturday, Sept. 3 at 9 a.m., runners and walkers will leave from Basic Ingredients Bakery, located on Route 3A in Bristol, to "run their buns off" for a 4.2 mile professionally timed run/walk. The reward for your hard work... a homemade sticky bun will be waiting for you at the finish line!

Hosted by the Newfound Area Charitable Fund, the Run Your Buns Off race committee is excited to announce that two charitable organizations were selected by the NACF board as this year's beneficiaries. The Slim-Baker Foundation for Outdoor Education located in Bristol will use the funding for the purpose of laying out additional two to three miles of hiking/snowshoeing trails on the Slim-Baker conservation property allowing residents and visitors alike the opportunity to get out in nature, exercise and experience the natural beauty of the newfound area.

The Newfound Lake Region Association (NLRA) has partnered with Newfound Audubon to plan and build an educational "water trail" that con-

ncts Audubon's Paradise Point and NLRA's Grey Rocks Conservation Area properties. The trail would illustrate key areas of natural beauty and interest that can be viewed from the water along some of the most diverse shoreline and habitat that Newfound Lake has to offer.

"The NACF is dedicated to assisting local charitable groups and causes that promote wellness, fitness and health education, and activities in the Newfound region," says Audrey Goudie, NACF President.

Each year, it has selected one or more local charities that exemplify these goals as the race's beneficiary.

Goudie continues, "Since the first Run Your Buns Off road race in 2010, we have given back just shy of \$40,000 to worthy causes and programs in our community and that makes us very proud."

Individual runners, walkers and teams of all ages are encouraged to participate. The top three male and female runners, as well as the fastest team will be awarded prizes and everyone has a chance to win at our HUGE raffle filled with goodies donated by local businesses and beyond. Runners who pre-register by Aug. 19 will receive a quality wicking shirt and the Basic Ingredi-



COURTESY  
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## Medical missionaries to speak in Bristol

BRISTOL — The Newfound Area is fortunate

to have guests from India this September. Sunday, Sept. 18. Drs. Anil and Teresa Henry will be attending worship at Bristol United Church of Christ, 15 Church St., Bristol. The doctors will be sharing their story during the morning worship service at 10 a.m. After worship there will be a pot-luck luncheon and they will continue with a presentation that includes pictures of their work at Christian Hospital Mungeli, Chhattisgarh, India. All are welcome. They will also be presenting a community program at the Minot Sleeper Library in Bristol on Tuesday night, Sept. 20 at 7 p.m.

Anil and Teresa are

serving a four-year term with the Synodical Board of Health Services of the Church of North India. This is a joint appointment by the Common Global Ministries Board of the Christian Church (Disciples of Christ) and the United Church of Christ. Anil and Teresa both serve at the Christian Hospital in Mungeli, Chhattisgarh, India. Anil serves as a medical doctor and Teresa serves as the anesthesiologist. This is one of the poorest regions of India.

Anil was born Aug. 7, 1966, in Khariar, India. Both Anil and Teresa were educated at Christian Medical College, Vellore and Ludhiana. Anil's experience includes working in the Punjab; Bissamcuttack in Odisha, India, and Baptist Hospital, Nashville, Tenn. Teresa was born in Dhamtari, India. She has also worked at Christian Medical College, Ludhiana and at Christian Hospital Bissamcuttack as well as their current assignment, Christian Hospital Mungeli.

Anil and Teresa have three children; Anita, born Oct. 29, 1992, Abhisher, born April 20,

1998, and Abhijeet, born April 20, 1998. Anita is a recent graduate of Denison University in Ohio, and just completed

a year in Taiwan as a Fulbright Scholar. Both boys will be attending Denison this Fall. Anil and Teresa's church membership is with Brookmeade Congregational Church, Nashville, Tenn.

This is a rare opportunity for us to hear first-hand what life in rural India is like. Please plan to attend one or both of the sessions. Questions can be directed to Rebecca Herr 744-6526 or hatsherr@gmail.com.

Rebecca has been working as a volunteer with the Henrys in India since 1999 and is always eager and willing to answer questions about her experiences in India.

## Tri-County Community Action receives grant from Northern Border Regional Commission

BERLIN--Tri-County Community Action Programs, Inc., (TCCAP) is pleased to announce receipt of a grant for \$60,500 through the Northern Border Regional Commission. These funds will support a new project spearheaded by TCCAP, in partnership with AHEAD,

to build a substance abuse treatment facility located in Northern New Hampshire serving all New Hampshire residents.

TCCAP has been operating The Friendship House, residential substance abuse treatment in Bethlehem, for 35 years; however, with the growing heroin epidemic across the state and the increased demand for treatment services, the current facility cannot keep pace with the need.

The new facility will allow TCCAP to operate 32 beds, an increase of two beds and to expand the menu of treatment options available in the area, such as detoxification and medically assisted addictions treatment (MAAT).

Robert G. Boschen, Chief Executive Officer for Tri-County CAP, stated he is "pleased to be partnered with AHEAD (Affordable Housing, Education and Development) to make this much needed project happen."

According to Boschen, "Many elected officials and state agencies have been supportive in helping TCCAP to locate funds for the project." He added that we have secured \$92,000 in funds for pre-development work through our

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## Investors Can Learn Much from Workers

Next week, we observe Labor Day, a celebration of the American worker. And there's a lot to celebrate, because our workers have accomplished great things and, in the process, demonstrated a variety of impressive character traits — many of which also can be useful to investors. For example:

**Perseverance** — Have you ever read about an inventor who failed dozens of times before finally hitting on a winner? Or a scientist who studied the same problem for decades before discovering a revolutionary solution? All kinds of workers display this type of perseverance, in one form or another. As an investor, you, too, will need this "stick-to-itiveness" because you will face challenges. Markets will drop, individual investments may disappoint, tax laws may change, and so on. But if you're patient, and you follow a long-term strategy that's based on your needs, risk tolerance and time horizon, you can overcome those obstacles that may be blocking progress toward your goals.

**Inquisitiveness** — During your own work, you've probably found that you can improve your effectiveness simply by

asking a few questions or otherwise learning a little more about your tasks at hand. As an investor, you'll also find that knowledge is power — because the more you know about investing and investments, the better prepared you can be when making decisions. Sometimes, this knowledge can help you look past the so-called experts who are touting the "next hot stock." Other times, your curiosity may lead you to find new opportunities. In any case, learn as much as you can, and if you work with a financial professional, ask questions — as many as necessary. The investment world is fascinating, and it can be complex — but it is also understandable to those who make the effort.

**Flexibility** — When something isn't working, you may need to try another approach. Successful workers know this — and so do successful investors. Suppose, for example, you have been trying to boost your overall return by buying and selling investments. After a while, you may realize that such behavior is costly — in more ways than one. You will likely rack up fees and commissions, you may incur the highest rate of capital gains taxes (assessed on investments

held less than one year), and you will be disrupting any cohesive investment strategy you've established. Upon recognizing these problems, you could decide to "switch gears" and follow a long-term, "buy-and-hold" strategy. That's flexibility — and that's a great attribute for investors.

**Vision** — Good workers have a clear picture of what they want to accomplish — and they know what they must do reach their goal. As an investor, you also need to establish a vision of where you want to go and how you can get there. So when contemplating your retirement, try to foresee the lifestyle you hope to lead — will you travel the world or stay close to home, pursuing your hobbies? Then, use this vision to help guide your actions, such as increasing your contributions to your 401(k) or IRA, or changing the investment mix within these accounts.

Transferring what you learn from the working world to the investment arena can help make investing a less laborious — and potentially more enjoyable — process. So put that knowledge to good use.

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

For more information or to sign up

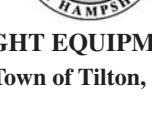
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### LABORER, LIGHT EQUIPMENT OPERATOR

Town of Tilton, NH

Tilton Board of Selectmen seeks a qualified, experienced Laborer/Light Equipment Operator, to perform a variety of routine manual laboring duties involving the construction, repairing, cleaning and maintaining of town roads, drainage systems, cemeteries, parks and other facilities utilizing hand tools, power tools, mowers or other equipment. Ability to read, write and speak English. High School Diploma or equivalent, and six months experience in the operation of power tools and familiarity with equipment used in maintenance of public roads, or experience which demonstrates the possession of the required knowledge, skills and abilities. The position is physically demanding; must be willing to work under adverse weather conditions, as well as nights and weekends when necessary. Possession of valid NH Drivers license required. A valid CDL-B license preferred. Physical examination and background check are a condition of employment. Job description available at [www.tiltonnh.org](http://www.tiltonnh.org). Submit letter of interest and resume to the Board of Selectmen, 257 Main Street, Tilton, NH 03276.

The Town of Tilton is an EOE employer.

dients bakery and gift shop items are for sale throughout the day.

Why not do your part to help support two great local causes all the while indulging in a delicious treat, having fun with family and friends and getting yourself some exercise on Labor Day weekend? You can register for the Run Your Buns Off 4.2 Miler online today at [www.lightboxreg.com/buns\\_2016](http://www.lightboxreg.com/buns_2016). For more information or to download a brochure/registration form, visit [www.basicingredientsnh.com](http://www.basicingredientsnh.com).

lore and Ludhiana. Anil's experience includes working in the Punjab; Bissamcuttack in Odisha, India, and Baptist Hospital, Nashville, Tenn. Teresa was born in Dhamtari, India. She has also worked at Christian Medical College, Ludhiana and at Christian Hospital Bissamcuttack as well as their current assignment, Christian Hospital Mungeli.

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COURTESY

One of the biggest annual sporting events in the Newfound Area is the New Hampshire Marathon! The 24th Annual Event is scheduled for Saturday, Oct. 1 at 9 a.m.

## NH Marathon returns Oct. 1

**BRISTOL** — One of the biggest annual sporting events in the Newfound Area is the New Hampshire Marathon! The 24th Annual Event is scheduled for Saturday, Oct. 1 at 9 a.m. We expect more than 600 participants will participate in the 26.2 mile run and its fellow events, including a 13.1 half marathon, 10K road race & health walk. Not only does the field feature many local runners, but also has participants registered from 43 different states and 8 athletes from different countries.

With the help of their generous sponsors, the NH Marathon has raised and donated \$220,750 since 1995 to give to local youth-centered non-profit organizations. They also benefit local economy by bringing in many athletes and families who support local businesses.

Participants in the 10K run and marathon will begin on Lake Street, in front of the Newfound Memorial Middle School while the Half Marathoners start at the Sculptured Rocks in Groton. Downtown Bristol traffic going both ways will be temporarily delayed while runners start out though North Main Street will remain open as a detour. Those participating in the Half Marathon are reminded that buses will be leaving NMMS at 8 a.m. to take runners over to the starting point. Those running in the event must be checked in before this time.

A big turnout means the need for volunteers is greater than

ever with many tasks required to ensure the safety of participants, spectators and drivers. Jobs include helping with registration, parking cars, directing traffic, manning water stops along the route and assisting at the finish line. Many of these positions require only a few hours on the morning of race day; if you would like to be part of this amazing annual event, please call Race Director Dan MacLean at 744-2713 or email race@nhmarathon.com.

In addition to the races, participants and spectators alike can enjoy the annual craft fair held from 9 a.m.-3 p.m. with an assortment of arts, crafts and demonstrations from many local artisans and vendors. Those seeking additional information can contact Nancy Mills at 744-9488 or camry@metrocast.net.

Also, Carroll Brown, a.k.a. The Solitary Man, will once again light up the festivities with his one-man band at the finish line!

For those interested in participating, registration is open! Entry fees up to the day of the races are \$55 for the Marathon, \$45 for the Half Marathon & \$30 for the 10K Road Race. Health walk registration is just \$5 per individual and \$8 per family. Check in time will be 7:45 a.m. on race day in the NMMS cafeteria; pre-registered runners may also check in on Friday, Sept. 30 from 4:30-6:30 p.m.

Those interested in the pasta dinner on Friday 9/30 may pre-register for \$8 or at the door for

\$10 between 5 and 7:30 p.m.

For more informa-

tion, call 744-2713 or email race@nhmarathon.com. Maps, lodg-

ing and sponsor information, entry form, online registration and more may also be found online at www.nhmarathon.com.

## Plymouth State University welcomes second largest class in its history, debuts 'Panther Days'

*More than 1,000 incoming first-year and transfer students from 23 states and 11 countries arrived on campus Aug. 26*

**PLYMOUTH** — One of the most highly anticipated days of the year at Plymouth State University (PSU) is Move-in Day, when thousands of excited students move into their residence halls and begin their college careers.

Starting at noon on Thursday, Aug. 25, and continuing through Friday, August 26, approximately 1,300 first-year and transfer students and their families arrived on campus. Unlike many institutions, Plymouth State continues its tradition of service to new students with student-athletes, administrators, faculty and staff assisting incoming students and families in finding residence halls, unloading, and moving belongings into rooms. On Sunday, August 28, PSU will welcome more than 1,000 returning sophomores, juniors and seniors as they move into their residence halls.

This year's Move-in Day marked the arrival of the Class of 2020, which is the

second-largest first-year class in the university's history, totaling approximately 1,259 stu-



COURTESY

Plymouth State University welcomed the 2nd largest class in the school's history on Move-in Day, Friday, Aug. 26. New students will experience the first-ever "Panther Days" where they will meet faculty members, classmates, and acclimate to college life and PSU.

dents from 23 states and 11 countries.

"I am so pleased and impressed with the caliber of students in the Class of 2020," said PSU President, Donald Birx. "They are strong academically and bring diverse life experiences to campus as well as great talent, aspirations, and enthusiasm."

This year also marks the debut of "Panther Days," a two-and-a-half day event designed to offer first-year and transfer students an introduction to academics and student life at Plymouth State. Students will have opportunities to meet

faculty members, attend workshops on academic success, talk with advisors, and connect with new classmates through community-building activities across the PSU campus.

Mark Fischler, interim vice president for student affairs, noted that Panther Days will create a solid academic and social foundation that students will build upon throughout their years at PSU.

"We are very excited for Panther Days, which will help support our first-year and transfer students as they make

PSU their home away

from home," Fischler said.

"The program our faculty and staff have created is very thoughtful and a lot of fun. Ultimately, this is a great opportunity for students to build meaningful relationships with faculty, staff and classmates, and for faculty and staff to set our new incoming students on a path to success," Fischler added.

Classes will begin at 8 a.m. on Monday, Aug. 29.

For more about Move-in Day, Panther Days and Plymouth State University, please visit [www.plymouth.edu](http://www.plymouth.edu).

**MECHANIC**  
Town of Tilton, NH

Tilton Board of Selectmen seeks a qualified, experienced Mechanic to perform skilled work in the operations and servicing of all types of heavy equipment including performing field adjustments and emergency repairs. Full time position with excellent benefits. Qualifications: At least three years experience in the maintenance of heavy duty equipment such as front end loaders, heavy trucks of 36,000 GVW or larger, or years of experience which demonstrates possession of the required knowledge, skills and abilities. The position is physically demanding; must be willing to work under adverse weather conditions, as well as nights and weekends when necessary. Possession of valid NH Drivers license required. A valid CDL-B license preferred. Physical examination and background check are a condition of employment. Job description available at [www.tiltonnh.org](http://www.tiltonnh.org). Submit letter of interest and resume to the Board of Selectmen, 257 Main Street, Tilton, NH 03276.

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# Blues icon Elvin Bishop to perform in Plymouth

PLYMOUTH — The legendary blues guitarist/songwriter/vocalist Elvin Bishop will perform at The Flying Monkey in Plymouth on Friday, Sept. 16 at 7:30 p.m. Bishop first hit the national spotlight with the Paul Butterfield Blues Band, then with Southern Rock stylings in the '70's, and back to his roots in the blues. The Delta Generators will open the show. Tickets for this concert start at \$39.

Bishop has been performing his rollicking brand of electrified front porch blues for over 50 years. That is a lifetime in the music industry, and found him moving from blues to southern rock and back to the blues and subsequent Grammy nods.

Rolling Stone magazine sums it up best when they describe El-

vin Bishop's live show, "A good time romp... raucous blues with high-energy soloing, mixtures of careening slide and razor-edged bursts, all delivered with unflagging enthusiasm and wit."

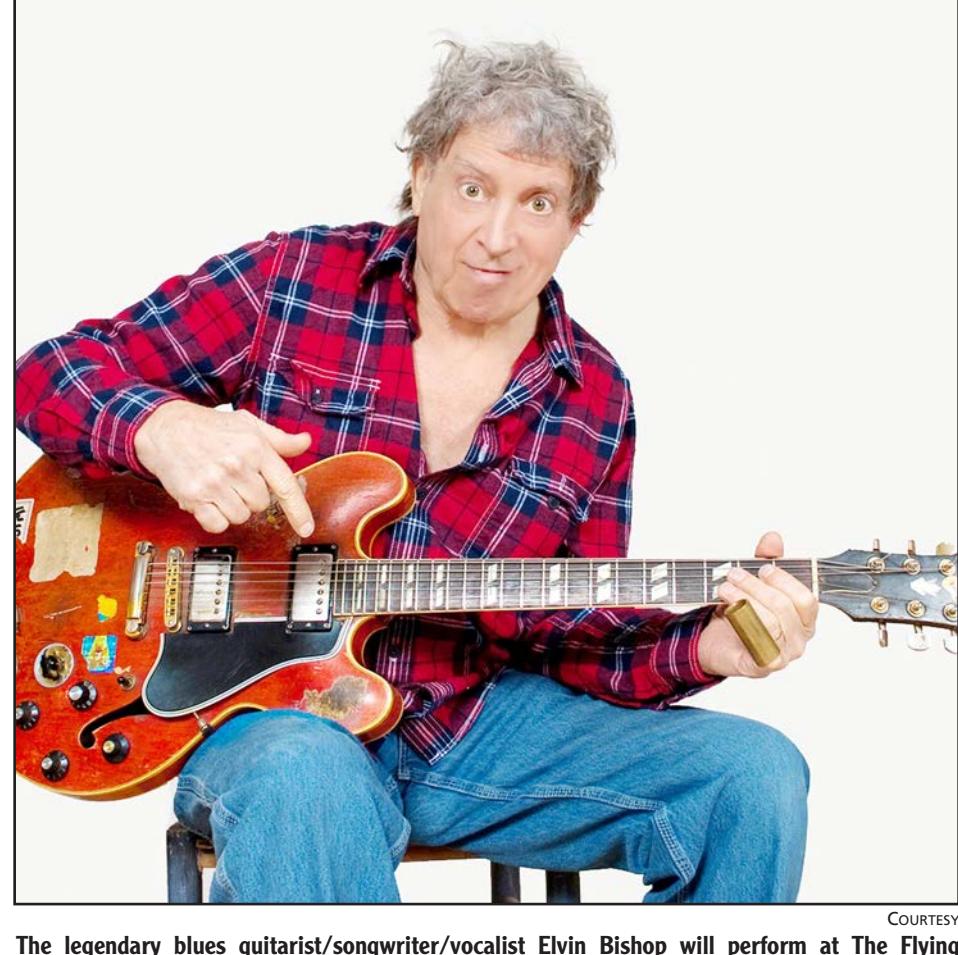
His guitar playing seems to improve with every performance, and his songwriting is filled with clever revelations and homespun wisdom. He is as slyly good-humored and instantly crowd-pleasing as he was when he was scoring Southern rock-styled hits during the 1970s. For five decades, he has never stopped touring or releasing instantly recognizable music featuring his groundbreaking playing, easygoing vocals, witty lyrics and good-time humor.

Bishop received a Living Blues Award for Best Blues Album of 2014 for "Can't Even

Do Wrong Right." He also won three 2014 Blues Music Awards: Album Of The Year, Song Of The Year, and Band Of The Year. With his "so-loose-they're-tight" road band behind him, along with friends Charlie Musselwhite and Mickey Thomas, Bishop has created one of the best albums of his career. In 2016, Elvin Bishop was inducted into the Blues Hall of Fame.

Don't miss good-time music that is sure to get you out of your seat and groovin' and put a smile on your face.

Tickets for Elvin Bishop are \$39 and \$49 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com).



COURTESY

The legendary blues guitarist/songwriter/vocalist Elvin Bishop will perform at The Flying Monkey in Plymouth on Friday, Sept. 16 at 7:30 p.m.

## Artistic Roots features Stacey Lucas, a.k.a. "Veggie Art Girl," teaching talents in September

PLYMOUTH — Stacey Lucas is our well-known artist skilled in painting barn board signs. She will be sharing her talents in her class: Barn Board Signs, Sept. 22 from 5-7 p.m., cost of course is \$25 to members and \$30 to non-members. All supplies and instruction provided to create a one-of-a-kind barn board sign. Bring a favorite quote, word or idea (go ahead, dig through those Pinterest boards!). Stacey will guide you through the process of basic sign painting and hanging techniques. This is a start to finish project...makes a great gift!

Lynn Haust is offering two classes this month. The Sun Catcher Class, teaches participants to create beautiful fused glass creations to place in a window to catch the light. You will learn to use stringers, frit and how to cut and place glass. The class



COURTESY  
Stacey Lucas is offering a course in Barn Board Painting at Artistic Roots on Sept. 22 from 5-7 p.m. Stop by the Gallery to register to attend. Class size is 10 students. The Gallery is located at 73 Main St. in Plymouth, NH 03264.

of the class for members is \$110 and \$120 for non-members. Silver chains and glass materials are included in the cost of the class.

Suzan Gannett, jeweler and painter, is offering two classes this month. Her "Treats to Eat" and Watercolor class will be offered on Sept. 14 from 5-7 p.m. Enjoy crackers, cheese, and fruit while learning step by step to paint a fall watercolor.

Your painting will be matted and frame ready when you leave the workshop. The cost of the class is \$30 for members and \$35 for non-members. The

Make Your Own Statement Necklace Class will be offered on Sept. 28 from 5-7 p.m. You can make a beautiful gift to give a friend or a piece to spice up an outfit.

Flame work beads can be purchased from \$2-\$4 each and seed beads are \$5-\$7 a vial. You are welcome to bring your own. Materials are included in the cost of the class are wire, crimps and a sterling silver clasp. Cost of the class is \$35 for members and \$40 for non-members.

Each month, Artistic Roots also offers an open class in Knitting held weekly on Sundays from 2-4 p.m. This class is free, and all are welcome to attend.

Artistic Roots is located at 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750. Become a supporting member for \$25 annually and receive the member rate for all classes.

PLYMOUTH — What happens when a first-year student's dreams of college collide with the realities of campus life?

The result is Harold Lloyd in "The Freshman" (1925), one of the most popular comedies of the silent film era. Filled with classic scenes and a great story, "The Freshman" endures as one of Lloyd's most crowd-pleasing movies.

See for yourself with a screening of "The Freshman" (1925) on

Thursday, Sept. 22 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth, N.H. General admission \$10 per person.

General admission is \$10 per person.

The program will be shown with live music by Jeff Rapsis, a New Hampshire-based silent film accompanist. General admission is \$10 per person.

The program is the latest in the Flying Monkey's popular silent film series, which offers audiences a chance to experience silent film as it was intended: on the big screen, with live music, and in a theater with an audience.

"Put the whole experience back together, and you can see why people first fell in love with the movies," Rapsis said.

"The Freshman," the most successful film of Lloyd's career, was an enormous box office smash. Its release sparked a craze for college films that lasted well beyond the 1920s, and even a popular hit song, the collegiate fox trot "Freshie."

The story follows Lloyd, small town newbie, to Tate College, where he hopes to achieve fame as



COURTESY

Harold Lloyd and Jobyna Ralson co-star in "The Freshman" (1925), a genre-defining comedy about college life in the 1920s. Regarded as Lloyd's masterpiece, "The Freshman" will be shown on Thursday, Sept. 22 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth, N.H. General admission \$10 per person. For more information, visit [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com) or call 536-2551.

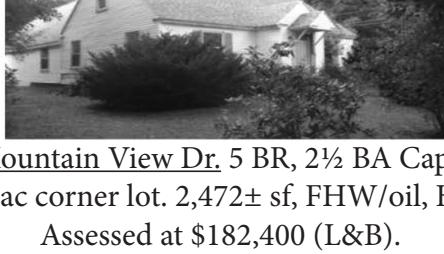
to achieve fame as Big Man on Campus. Instead, his quest to win popularity becomes a humiliating college-wide joke, with Harold getting tricked by upperclassmen into hosting the school's annual "Fall Frolic" at his own expense.

Realizing he's an outcast, Lloyd decides he can make his mark on the college football team, where he holds the lowly position of waterboy and serves as tackling dummy. On the day of the Big Game, can the bespectacled "freshie" somehow save the day and bring gridiron glory to dear old Tate?

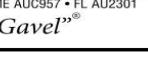
For football fans, the film's climactic game sequence was shot on the field at the actual Rose Bowl in 1924. The crowd scenes were shot at halftime at California Memorial Stadium during the November 1924 "Big Game" between UC Berkeley and Stanford University. Other exterior scenes were filmed near the USC campus in Los Angeles.

Beyond its comic appeal, "The Freshman"

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# Seniors and malnutrition

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

As we age, our bodies require fewer calories, yet we require more protein, calcium, B vitamins, and other nutrients. Unfortunately, there remains a surprising lack awareness about the specific dietary needs of seniors and how nutrition plays a key role in their well-being and longevity.

Seniors are particularly susceptible to malnutrition, because not only do they have different nutritional needs than younger adults, they also take more medications, and have higher rates of chronic medical conditions such as diabetes and heart disease. They also may be experiencing a change in their taste buds, a lack of appetite, or depression – or may just have trouble getting used to new nutritional needs after decades of employing certain eating habits.

## 9 Ways You Can Help a Senior Get the Proper Nutrition

Remember, identifying and treating nutrition issues early can promote good health, senior independence, and increased longevity. Take steps now to ensure your loved

one's nutrition.

1. Talk to the senior's doctors. If a senior is losing weight, work with his or her doctors to identify and address contributing factors. Changing medications that affect appetite, curbing or eliminating any diet restrictions until the nutritional problem passes, and working with a dentist to treat oral problems can help. Ask for screenings for nutrition problems during routine office visits, and inquire about nutritional supplements. You might also request a referral to a registered dietitian.

2. Encourage him or her to eat nutritious foods. Spread peanut or other healthy spreads on toast and crackers, fresh fruits, and raw vegetables. Sprinkle finely chopped nuts or wheat germ on yogurt, fruit, and cereal. Add extra egg whites to scrambled eggs and omelets, and encourage use of whole milk. Add cheese to sandwiches, vegetables, soups, rice, and noodles.

3. Liven up bland foods. Add lemon juice, herbs, and spices to foods. If the senior is experiencing a loss of taste and smell, try some new season-

ings and recipes.

4. Encourage healthy snacks. A piece of fruit or cheese, peanut butter by itself or as a spread, or a fruit smoothie can provide healthy nutrients and extra calories.

5. Make meals social events. Visit at mealtimes, or invite seniors for dinner at your home or out at a restaurant. Encourage seniors to join programs and senior centers where they can dine with others.

6. Make sure seniors get regular physical activity. Even light daily exercise can stimulate appetite, while strengthening bones and muscles.

7. Provide tips for saving money. Persuade seniors to have a shopping list at the store, check store flyers for sales, and select less expensive brands. Suggest splitting the cost of bulk goods or meals with friends or family members, and dining at restaurants with senior discounts.

8. Boost hydration for overall good health. Seniors should get at least 64 ounces of healthy fluids per day.

9. Consider outside help. If necessary, hire a caregiver to shop for groceries or prepare meals. Consider Meals on Wheels and other community services.

## Freshman

FROM PAGE A12

ry about people, and that's why it remains such an entertaining experience today, especially when shown as Lloyd intended it."

In 1990, "The Freshman" was selected for preservation in the U.S. National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant," named in only the second year of voting and one of the first 50 films to receive such an honor.

Lloyd, along with Charlie Chaplin and Buster Keaton, is recognized as one of the silent screen's three great clowns. Lloyd's character, a young go-getter ready to struggle to win the day, proved hugely popular in the 1920s. While Chaplin and Keaton were always critical favorites, Lloyd's films reigned as the top-grossing comedies throughout the period.

However, Lloyd's public image faded after his retirement in the 1930s, when he turned his energies to charitable causes such as the Shriners. He retained control over his films, refusing to release them for television and only rarely allowing them to be screened at revivals, fearing modern audiences wouldn't know how to respond to his work or to silent films in general. He died in 1971.

In recent years, Lloyd's family has taken steps to restore Har-

old's reputation and public image. They've released his work on DVD, and arranged for more frequent screenings of his films in the environment for which they were made: in theaters with live music and a large audience.

Despite the passage of time, audiences continue to respond just as strongly as when the films were new, with features such as "The Freshman" embraced as timeless achievements from the golden era of silent film comedy.

The following are typical reasons for senior malnutrition:

- Lack of interest in cooking
- Living alone and eating for one
- Changing taste buds
- Medication side-effects that suppress appetite or create bitter tastes
- Restricted diets such as low sodium or low fat diets
- Depression

Trouble swallowing  
Trouble eating, due to sore gums or poor dental health

Limited income to buy nutritious food

Paying for expensive medications instead of food

Lack of mobility to get to the store

Dementia  
If you suspect senior malnutrition, watch for these signs:

Excessive or prolonged sadness

Lack of energy

Memory issues or oncoming dementia

Getting sick often

Bruised or dry, cracked skin

Wounds that are slow to heal

Out-of-date food in the fridge

Trouble chewing or swallowing

Loss of appetite

Weight loss

Loose-fitting clothes

Muscle weakness

Comfort Keepers® can help. Our caregivers can watch for the signs of malnutrition and help plan and prepare healthy meals for loved ones. They will also take note of the senior's overall health, see that they take medications, help them follow dietary guidelines, and perform daily tasks around the home. Call your local office today to discover all of our available services.

## 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 536-6060 or

visit our Web site at [www.comfortkeepers.com/plimouthnh](http://www.comfortkeepers.com/plimouthnh) for more information.

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GRAMMY-Nominated Classic Rock Stars

**ELVIN BISHOP - Fri, Sept 16**  
Rock N Roll Hall of Fame Blues-Rocker

**NATALIE MACMASTER & DONNELL LENAY - Fri, Sept 23**  
Visions of Cape Breton

**THE MUSIC OF ABBA - Fri, Sept 30**  
Arrival From Sweden

**NEW ORLEANS SUSPECTS - Sun, Oct 2**  
Jam-Funk Supergroup

**Tom RUSH - Fri, Oct 14**  
New England Folk Icon

**AARON NEVILLE - Sat, Oct 15**  
Esteemed Solo Artist & Neville Brother

**MARK COHN - Fri, Oct 21**  
GRAMMY-Winning Singer-Songwriter

**THE GRATEFUL BALL - Sun, Oct 23**  
The Travelin' McCourys & Jeff Austin Band

**104.9 The Hawk Concert Series  
DWEZZIL ZAPPA - Sat, Oct 29**  
The Cease & Desist Tour

**STEVE VAI - Sat, Nov 5**  
Passion and Warfare 25th Anniversary Tour

**Looking Ahead**

9/11/16 - The Capitol Steps  
9/22/16 - "The Freshman" (Silent Film)  
9/25/16 - "Ben Miller's "Here, There & Everywhere"  
10/13/16 - "When You're in the Moon" (Silent Film)  
10/23/16 - "The Man Who Laughs" (Silent Film)  
11/10/16 - "Her Sister from the Stars" (Silent Film)  
12/4/16 - Wizards of Winter: Trans-Siberian Orchestra Experience  
12/10/16 - Christmas with The Celts  
12/17/16 - Judy Collins

Complete listing at [flyngmonkeynh.com](http://flyngmonkeynh.com)

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**Littleton Courier**

Franconia skier dies in Austrian avalanche  
Number crunching continues on town budget  
M-Zo has strong opening

# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	17 Parmenter Rd.	Single-Family Residential	\$94,933	Ernest W. and Patricia Parmenter	Joseph A. and Elizabeth L. Gilmore
Ashland	30 Circle Drive, Unit 6	Condominium	\$75,000	Margaret Colburn	Eleanor Dewey
Ashland	283 River St., Unit 56	Deeded Slip	\$150,000	Kevin and Sandra Mcbourne	Robert B. and Annette C. Loiselle
Bristol	90 4th St.	Mobile Home	\$49,500	Viria Bony and NHFA	NHFA
Bristol	380 Lake St.	Multi-Family Residential	\$190,000	Gary J. and Gail M. Archibald	Cedar Brick LLC
Campton	34 Ken Mar Drive	Residential Open Land	\$50,000	Sharon M. Strong	Kenneth R. and Michelle L. Strong
Campton	3 Knotts Rd., Unit A4	Condominium	\$86,000	Peter and Lori Linardo	Elizabeth P. Landers
Campton	10 Mayhew Rd.	Mobile Home	\$25,000	2122 US Route 3 Co.	Kellie O'Brien
Campton	25 Red Sleigh Rd., Unit 25	Condominium	\$21,000	Loretta Muzzey	Christopher G. and Nicole M. Daniels
Campton	13 Ryder Rd.	Single-Family Residential	\$199,933	Eleanor M. Dewey	Mykul S. and Samantha M. Haun
Holderness	191 Perkins Lane	Single-Family Residential	\$330,000	Demille FT and William C. Demille	Kenneth D. and Kathleen H. Jones
New Hampton	172 Blake Hill Rd.	Acc. Land Imp.	\$79,000	Paul R. Taylor	Benjamin Brady and Sarah Bottomley
New Hampton	38 Lower Oxbow Rd.	Single-Family Residential	\$227,533	Juan Rosario and Mara L. De Rosario	Charles R. and Bridget K. Lyle
Plymouth	8 Cottage Drive	Mobile Home	\$46,000	Vance E. and Cheryl Leighton	Elizabeth and Sam Munson
Plymouth	2 Langdon Park Rd.	Single-Family Residential	\$264,533	Ellen G. Young LT and Ellen G. Young	Michael S. and Mary E. Boyle
Plymouth	15 Reservoir Rd.	Single-Family Residential	\$199,933	Thomas H. and Katherine M. Donahue	Jenny R. Thibeault and Justin B. Thibeault
Thornton	22 Anderson Hill Rd.	Single-Family Residential	\$155,000	Ashley K. Toolin-Sanborn and Gregory Sanborn	Aaron M. Richards
Thornton	Stone Dam Road	N/A	\$25,000	Stephen Shaughnessy	Ronald J. and Sheryl-Ann Corcoran
Warren	Breezy Point Road	N/A	\$94,533	David and Karen O'Rourke	Danny W. Michaud
Warren	321 NH Route 25	Single-Family Residential	\$84,000	Ruby G. Curseaden	Samuel T. Langdon
Waterville Valley	14 Boulderwood Way, Unit 2	Condominium	\$373,400	Lillian S. Driscoll	John C. Casey
Wentworth	44 Auguste Rd.	Single-Family Residential	\$250,000	Gary W. and Barbara P. Roth	Gary D. and Michelle Coyne

## ABOUT THE REAL REPORT

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

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com) or 669-3822. Copyright

2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. 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](http://www.thewarrengroup.com)

# MARK ON THE MARKETS

## *Moving parts*



BY MARK PATTERSON

There are certain times that I will invoke the use of a fixed index annuity or indexed universal life policy that have a certain crediting strategy that appears to be almost too good to be true. The indexed annuity or the indexed universal life fits certain portfoli-

os for a portion of an overall strategy. If a client is looking for income or wants to place an amount of their money in a vehicle that can grow without equity market risk, a fixed indexed annuity may be a good fit. An indexed universal life policy may be a great addition to a portfolio if you want a death benefit, with cash accumulation and maybe some chronic illness benefits. What most fixed indexed annuities and indexed universal life policies have in common is a crediting strategy that allows for growth that is in relation to an equity in-

dex, i.e. the S+P 500 that is capped on the upside but usually has a floor of zero for losses. The client has no market risk for losses. When I explain this to clients, the next question is "How can they do that?" The answer sounds very technical, but is really quite simple. First off, all this is done in the insurance companies "Hedging" office or whatever firm they use to hedge for them. Typically, not always, the insurance company takes your premium dollars, let's use \$100 as an example. Using approximate dollars, the first \$95 is invested in invest-

ment grade corporate bonds for the insurance company. Another \$2 is paid in expense for the policy, like administrative, commission to agent, para-med exams if it was a life policy. The last three dollars goes toward an option contract that will go towards the index cap and crediting strategy that you chose.

Having been a manager and trader of a fund that uses options and futures hedging strategies, I can guess that they are using a spread strategy and buying a call option at the strike price of where the index is when you fund

the policy, and selling a call at the limit of your index cap. The sale of this call option funds a portion of the purchase of the more expensive "near the money" call.

It sounds confusing, but when you do that on a regular basis, it is one of the simpler option strategies that portfolio managers employ while managing money.

The insurance company is invested very conservatively; the client gets the capped upside to the index that they have chosen with no market risk. But there are many moving parts that must be eval-

uated that makes a policy good for the policy owner vs. the agent.

This part seems simple, and it is. An annuity that has "income" features or a life policy with its death benefit is the part of the insurance company's strength and expertise that involves actuarial science and the law of large numbers along with proper assets in reserve to pay these death benefits.

*Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or mark@mhp-asset.com.*

## WELCOME

Laconia Clinic Pediatrics is pleased to welcome Dr. Ana Hernandez to the Lakes Region community!

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## Fire Chief

FROM PAGE A1

taking the two-pronged approach, with a general meeting, then an opportunity for people to fill in a survey, to help determine what went into the ad.

Selectmen J.P. Morrison noted that the town in the past used the New Hampshire Municipal Association to aid in such searches, and asked whether such assistance is still possible. Alpers said they could hire Municipal Resources, Inc., but that would cost about \$12,000.

Town Administrator Nik Coates agreed to work out details so they would be able to post the position no later than the selectmen's next

meeting, on Sept. 8.

In other business at the Aug. 22 selectmen's meeting, Coates reported on the ongoing efforts to treat coliform at Breck-Plankey Spring. The public spring has been closed since coliform was detected. Coates said the town had administered a course of chlorine to treat the bacteria, and it cleared up after a couple of days, but then recurred. He said the grout and tiling may have to be redone, but meanwhile, they are doing another course of chlorine treatment in hopes of bringing the bacteria count down.

"Once we have a good test, it will be open again," Coates said.

Janet Cote, a member of the Bristol Conserva-

tion Commission, said they do their best to keep the water clean and to warn the public about the risk of drinking unboiled water, even after normal test results. She said they would be looking at what else they can do to make sure people understand they're using the water at their own risk.

The spring is popular among both summer and year-round residents looking for a natural water source. People also come from other towns to fill containers at the spring.

Barbara Greenwood reported on the successful summer concert series, and said they will be looking for sources to fund the series again next year.

## Students

FROM PAGE A1

the state from Japan.

Her fellow exchange students, Sophie from Tajikistan and Suez from Hong Kong were in total agreement.

"It's so great here. I love everything. Hong Kong is a city, and it's so crowded, but here is so different. It's very pretty," said Suez.

Barbara Rosendahl is the local coordinator for CCI Greenheart, an international cultural exchange program which brought the three young women to New Hampshire.

Over the next year she said they will be staying with local families, including her own, and will have the chance to experience life in the Newfound region and beyond.

"You'll be seeing a lot of them as they visit students in other schools, volunteer for various programs and are out in the community taking part in activities and events. It'll be a busy year for them," said Rosendahl.

The girls are more than ready for that challenge though and said they look forward to the many new experiences that await them.

Lisa, who is living with Sue and Scott Colby's family, arrived a few weeks early so she could enjoy more of the New Hampshire summer. She and the other girls will attend school at Newfound Regional High School this year and all three signed up right away for the girls' volleyball team, a sport they all enjoy.

Musically inclined, Lisa is excited about the opportunity to take part in band and chorus, too. She not only sings but plays guitar and the violin. Although she couldn't bring her instruments along with her, Richard Martin of Holderness kindly lent her a violin and she couldn't have been happier.

"I learned to play violin from my grandmother 12 years ago and it's nice that I can continue to play while I'm here," said Lisa.

Many other activities at NRHS also have her eager for the year to come. As the president of her drama club back home in Tokyo, she hopes to take part in the one-act plays this fall along with the annual community musical next spring. The thing

that has her most excited though is the chance to work on her senior project, a graduation requirement at NRHS.

"This is something we don't have at school in Japan so I cannot wait to do this. My project will probably be on the arts and how they can trigger communications," Lisa said.

Suez arrived just a week ago but is already settling into life with her host family. She will be staying with the LeMieux's who own The Purple Pit, a popular cafe and musical venue in downtown Bristol.

Since her arrival she has enjoyed a few tours of the area, some time at Newfound Lake and even a fun visit to Cruise Night at Village Pizza where she saw antique and classic American vehicles on display.

"It's all so pretty here, so different from home and living in a big city. I love everything about it," she said.

Like Lisa, Suez is also musically inclined and plays the harp, a few Chinese instruments and the guitar. She looks forward to expanding her talents in school this year and to life with a family as musical as the LeMieuxs.

Sophie was the last to arrive late last week and will celebrate her 18th birthday this Thursday. Having been here the least amount of time so far she has not had much chance to explore just yet, but said the differences between New Hampshire and her Middle East homeland were evident right away.

"You have very beautiful nature here. I adore it and I'm just so happy to have a family like Barbara and Eric and Kyle (Rosendahl) to be with this year," she said.

Sophie, too, enjoys athletics and while she

will be joining Lisa and Suez on the volleyball court, basketball is the sport she enjoys. She said she plays on a team at home and is therefore eager for the start of that sports season in late fall.

"I also want to learn to cook some American foods, so I will probably take a few cooking classes at school," she said.

Travel is another aspect of the cultural exchange experience that Sophie looks forward to in the coming year. She and the Rosendahls plan on taking a few trips to places such as Boston, New York, and Washington, D.C., then perhaps even "someplace warm" in the south when winter rolls around.

At the welcome party last weekend, Rosendahl thanked all the host families who opened their "hearts, homes and refrigerators to our wonderful exchange students."

"Without you they wouldn't be here in our community," she said.

Rosendahl firmly believes that in today's global world, exchanging cultural thoughts and ideas is important to understanding others. While the students will learn a lot about the culture and lifestyles of the United States during their stay, everyone around them will have the opportunity to benefit as well.

"There's so much they have to offer and so much we can learn from them, too. It's all really exciting and we're happy to welcome them to our community," said Rosendahl.

To learn more about how to become a host family for great high school seniors like Lisa, Suez and Sophie, visit [www.cci-exchange.com](http://www.cci-exchange.com) or contact their headquarters in Chicago at 888-227-6231.

Sophie, too, enjoys athletics and while she

**PLYMOUTH TOWN WIDE YARD SALE Saturday, September 10 9am - 3pm (rain or shine)**

Vendors Register by 8/29

[www.tbhshelter.org/events](http://www.tbhshelter.org/events)

at The Bridge House or

[sheila@coppertoppe.com](mailto:sheila@coppertoppe.com)

## Drowning

FROM PAGE A1

formed on the adult male and the eight-year-old child," NHSP-MP reported Monday evening.

Emergency medical responders were able to resuscitate the child but their heroic efforts to resuscitate the adult male were not successful.

All four children were transported to Franklin Regional Hospital for evaluation and further treatment.

Authorities, pending

notification of his family, withheld the adult male victim's name.

Participating in the rescue efforts were Bristol and New Hampton Police, New Hampshire Fish and Game, and crews from Bristol, New Hampton, Hill, Alexandria and Franklin Fire/Rescue departments.

"Had it not been for the selfless acts of the public at Profile Falls this assuredly would have been a multi-fatal-drowning," stated Sgt. Joshua Dirth of NHSP

Marine Patrol.

Dirth issued a safety reminder for everyone to always wear a personal floatation device when recreating on the waters, preferably a USCG-approved life jacket. Children and anyone who is not a strong swimmer should pay special attention to that precaution when in an area, such as Profile Falls, where there is not a lifeguard on duty.

Drugs and alcohol, Dirth added, did not appear to play a role in this tragic event.

## CADY

FROM PAGE A4

addicted to opioid medications originally prescribed for a legitimate medical purpose. The reasons an individual shifts from one opiate to another vary, but today's heroin is higher in purity, less expensive, and can be easier to obtain than illegal CPDs.

The NHTA is a docu-

ment prepared in close collaboration with federal, state, local and tribal law enforcement agencies throughout the country, and is intended to provide policymakers, law enforcement personnel, and prevention and treatment specialists with strategic drug intelligence to help formulate counterdrug policies, establish law enforcement priorities, and allocate resources.

The 2016 National Heroin Threat Assessment Summary can be viewed online at [www.dea.gov/divisions/hq/2016/hq062716.shtm](http://www.dea.gov/divisions/hq/2016/hq062716.shtm). For more information about what is happening at a local level stay connected to CADY via our Web site at [www.cadyinc.org](http://www.cadyinc.org) or follow us on Facebook at [www.facebook.com/cadyinc](http://www.facebook.com/cadyinc).

## Notebook

FROM PAGE A4

appears to pose no threat.

But ah, there's the rub. Adult cougars can weigh almost 200 pounds, and need a lot to eat.

We're all presumed to adore such top predators as symbols of the wild, assigning them the same kind of lofty emotional perch we've reserved for the wolf.

But mountain lions out West have been known to take children, and even adults of small stature. I remember a story about a 5-year-old (or so) in Colorado dragged off in front of his horrified parents, and a widely reported incident in California a couple of decades ago when tree-perched cougar killed a slightly built woman jogger with a bite to the neck.

+++++

One of the old saws about travelling in far-flung forests is that there is nothing in the woods of

the Northeast that'll kill you but your own stupidity.

If you think about it, it's true. Absent grizzly or brown bears, and (in theory) absent a viable cougar population, about the only threat is not checking or being ready for the weather, or forgetting some crucial item for your pack.

Earlier this month, a family camping trip to Green Canyon Hot Springs in Idaho nearly turned tragic when a four-year-old girl, supposedly put to bed for the night, went outside the tent looking for a shoe and was snatched up by a cougar, which her mother had caught a glimpse of earlier. When the nearby parents heard screams, the mother, who was closer, ran at the cat, which dropped the child and left the scene.

The girl escaped with bite marks, punctures and slashes, and will be all right. Idaho Fish and Game officers enlisted a hound hunter to track and tree the cat nearby,

and killed it.

"It could have gone the other way so easily," the girl's grandfather told the East Idaho News. "She could have been gone and we would have never seen her."

So as the New Hampshire cougar story expands and evolves, we supposedly pine for the creature's return to its ancestral territory, as one more symbol of all that's wild and free, and of righting old wrongs (moose, turkey, falcon, marten, and wonderfully on and on). But in the cougar's case, would we be able to live with the consequences?

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

## Plymouth Regional High School



## Holiday Craft Fair

Saturday, November 19th

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Stop by, meet the artists and shop!



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# The Rest of the Story

A16 NEWFOUND LANDING, THURSDAY, SEPTEMBER 1, 2016

## Old Home Day

FROM PAGE A1

grounds, courtesy of Walker Farm, and many took time to look over an interesting wildlife exhibit provided by N.H. Fish and Game.

And when it came to games, there were plenty of them to keep the kids smiling. Bristol United Church of Christ set up giant Jenga and Connect Four games, a toilet paper toss, sack races and even huge bubble blowing devices in the center of the field. Off to the edge of the park Water Wars and a monstrous inflated obstacle course were popular spots as well.

Twice during the hot summer day the men and women of Bristol Fire Department turned on their hoses at a remote spot of the field where people could dance under the spray and cool off, something even adults enjoyed as the sun rose higher in the sky.

A magic performance

by "Nacimentos" also highlighted the afternoon.

Bristol Lion's Club fired up their grills for burgers and other tempting foods and there was plenty of popcorn and cotton candy for those with a sweet tooth.

At noon baked beans and fresh corn from nearby Walker Farm rounded out the afternoon's menu and at 5 p.m. it was finally time for the annual Lobster and Chicken dinner. Served by volunteers and members of the Bristol Police, the dinner benefited Tapply Thompson Community Center. Entertaining the crowds as they ate was the music of "Solitary Man," who is also known in the community as musician Carroll Brown.

Capping off the busy day was the movie "Star Wars," fittingly presented under the New Hampshire night sky as people relaxed on blankets and lawn chairs to enjoy the show.



During Old Home Day festivities last Saturday, Bristol's new K9, Arro, demonstrated his skills by "apprehending" New Hampshire State Police Sgt. Victor Muzey on the command of his handler, Bristol Police Officer Nick Kelly.



"Nacimentos" got some help with a magic trick from Katelyn of New Hampton during his performance at Bristol's Old Home Day last Saturday afternoon.



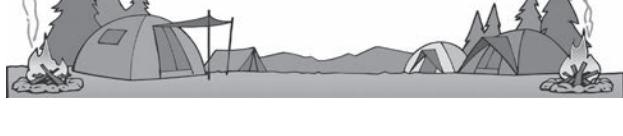
DONNA RHODES

Four-year-old Alex Quin had a great time creating giant bubbles and playing some of the children's games made available by the Bristol United Church of Christ for Old Home Day last weekend.

## LABOR DAY HOLIDAY ADVERTISING DEADLINES

**Section A** — Main News, Real Estate, Help Wanted Noon on Friday, Sept. 2nd

**Section B** — Sports, Legals 2:30 pm on Thursday, Sept. 1st



## ALICE

FROM PAGE A9

was worried that a teacher might not allow a student to redo the work, and he felt

the new policy did not give the student the option of contesting that teacher's decision. The old policy required parents, students, and teachers to sign the plan.

Board Chair Jeff Levesque of Groton said he also was worried that students and parents might remain in the dark about the new guidelines. "The expectations should be very clear," he said.

"Sometimes, having too many rules takes away from teachers' strategies with the students," Hoiriis said, adding that the new rules would be included in the student handbooks so students and parents would still know what was expected.

Jon Lellos, the faculty representative to the board, noted that the goal was to make sure the students learned the subject, so teachers would not be denying "redos" if the student was serious about it, and students can always seek mediation

by administrators if there is a problem.

Vincent Paul Migliore of Bridgewater said that, while Levesque's concerns are real, he did not think it is an issue. "I'd go along with the professionals on this," he said.

Christine Davol of New Hampton agreed, commenting, "These are big changes, but I don't think there's any teacher that won't allow them to do a redo."

Nicholas Crosby, the student representative to the school board, was asked for his opinion. He said he likes the "whole outline" and he felt the majority of the students would not hesitate to speak up if they felt they were being treated unfairly.

"The students here are very appropriate with the use of redos," he said.

Being the last school board meeting before classes opened for the year, board members got a rundown on the preparations that had taken place over the summer, including re-

painting at the high and middle schools, the planting of flowers, and an electrical upgrade of the high school auditorium.

Business Administrator Michael Limanni said the auditorium upgrade got a lot more complicated than expected when they discovered dangerous wiring and light fixtures that also needed to be repaired. Because of the complexity of the work,

Limanni does not expect it to be completed until a couple of weeks into the new school year.

Buckley said projected enrollment for kindergarten could push classroom sizes to 23 students, which is higher than she would like to see. The board granted permission to hire an additional kindergarten teacher if necessary, once the school reassessments are complete.

The board also confirmed nominations and resignations occurring over the summer.

## Healthy Living

### Community Education Programs

#### Living Well

Chronic Disease Self-Management  
Thursday's, 9/15-10/20  
1:00-3:00 p.m., FREE

Bessie Rowell Comm. Ctr. Franklin

Co-Sponsored by Franklin VNA

#### Matter of Balance

Fall Prevention Program  
Wednesday's, 9/14-11/2  
9:30-11:30 a.m., FREE

Northfield Pines Comm. Center

#### Powerful Tools For Caregivers

Tuesday's, 9/20-10/25  
1:00-2:30 p.m., FREE

Bessie Rowell Comm. Ctr. Franklin

#### Hypnosis For Pain Management

Saturday's, 9/10 & 9/17  
9:00-11:00 a.m., \$75

Franklin Regional Hospital

#### Core Strengthening is For Everyone

Thursday, 9/22  
6:00 p.m., FREE

Interlakes Medical Center, Meredith

524-2852 to register

#### Advance Directives

Questions & assistance in completing advance directives. FREE  
1<sup>st</sup> Tuesday of month, FRH  
11:00 a.m.-12:00 p.m.  
1<sup>st</sup> Wednesday of month, LRGH  
9:00-10:00 a.m.  
934-2060 ext. 8369 to register

#### Balance & Flexibility

Thursday, 10/20  
6:00-7:00 p.m., FREE  
Hillside Medical Park, Gilford  
524-2852 to register

#### Stop Smoking with Hypnosis

Saturday, 10/8  
Lakes Region General Hospital  
9:00 a.m.-12:00 p.m., \$85.00

#### Bariatric Surgery Info Sessions

2<sup>nd</sup> Tuesday of month, LRGH  
Info: 527-2946

#### Senior Safety Day

Saturday, 10/15

Info: 934-2060 ext. 8369

527-7120

LRGHealthcare [lrgh.org](http://lrgh.org)

Please remember to register! Programs may be cancelled due to low registration.



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# Newfound Landing Sports

Section **B**  
Thursday,

Thursday, September 1, 2016

## What's On Tap

The high school schedule gets into full swing in the coming week, with volleyball, golf and football joining cross country, soccer and field hockey.

At Newfound, the football team will be opening the season at Monadnock on Friday, Sept. 2, at 6:30 p.m.

The Newfound field hockey team will be at Winnisquam on Friday, Sept. 2, at 4 p.m. and will be hosting White Mountains at 4 p.m. on Wednesday, Sept. 7.

The volleyball Bears will open the season hosting Inter-Lakes on Friday, Sept. 2, at 6:15 p.m. and will be hosting Stevens at 6:15 p.m. on Wednesday, Sept. 7.

The Newfound soccer boys will be in action on Tuesday, Sept. 6, at Mascoma at 4 p.m.

The Newfound and Plymouth cross country teams will be at Gilford today, Sept. 1, at 4 p.m., while Newfound will also host a home meet on Thursday, Sept. 8, at 4:30 p.m.

At Plymouth, the football team opens the season on the road at Kingswood at 7 p.m. on Friday, Sept. 2.

The Bobcat golf team will kick off the season at Fall Mountain for a 3:30 p.m. match and will be at Gilford on Wednesday, Sept. 7, and at Winnisquam on Thursday, Sept. 8, both at 3:30 p.m.

The Plymouth soccer boys and girls will both be hosting Kingswood on Tuesday, Sept. 6, with the girls at 3:15 p.m. and the boys at 5 p.m. The Bobcat boys will then be at Goffstown on Thursday, Sept. 8, at 4 p.m.

The Plymouth field hockey team will be hosting Merrimack Valley on Tuesday, Sept. 6, at 4 p.m.

The Plymouth volleyball team opens the season at Manchester West on Wednesday, Sept. 7, at 5:30 p.m.

## Shokal's pair pushes Bears past Newport

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound soccer squad got coach Jesse Mitchell his first win in his very first game as head coach.

The Bears got two goals from Justin Shokal in the first half on Friday, Aug. 26, and then added two more goals in the second half to take a 4-0 win over Newport.

"Happy with the ball movement and the scoring," Mitchell said. "Very proud of the team for the first game."

Newfound took control of the game fairly early, as they spent a good chunk of the time in the offensive zone at the start of the game.

Jarrod Fairbank and Shokal led the way in the opening minutes with bids and Newfound had a corner kick from Shokal that the Newport goalie was able to tip away.

Fairbank made a nice cross that just missed connecting with Matt Libby and then had his own bid through the defense but couldn't get the shot on net. Fairbank's next shot went high of the net and Cian Connor's bid was stopped by the Tiger goalie. Shokal also had a shot go high of the net.

Libby found Fairbank for a run into the zone and Fairbank's pass just missed Shokal.

Newport came up with a bit of a run the other way, but Libby and Brad MacDonald turned in strong defensive plays for the Bears.

Shokal made a great cross to Connor but the shot was denied and



Justin Shokal had a pair of goals for the Newfound soccer team in the first game of the season.

JOSHUA SPAULDING



Cian Connor splits Newport defenders in action on Friday.

JOSHUA SPAULDING

Nick Lyman also had a shot stopped by the keeper.

Libby turned in more

good defense for the Bears and Fairbank came back with a nice cross that just missed

connecting with Ryan Quinn.

Libby also got a bid near the post but couldn't put it home.

Keeper Mike Doan turned away a bid from the Tigers and his of

SEE SOCCER PAGE B6

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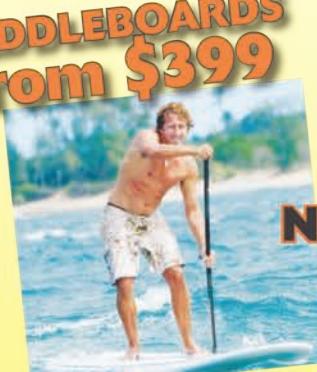
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## Bears return seven to starting lineup

BY JOSHUA SPAULDING

Sports Editor

BRISTOL—The Newfound field hockey team will be relying on a key core group of returning players as the new season kicks off in earnest.

Veteran coach Karri Peterson will be returning seven starters to the lineup and will also have two more returning players moving from reserve roles into starting roles, giving the Bears a fairly experienced group on the field.

"We are returning some experienced players to mix in with a young group," Peterson said of her squad's makeup. "We have some things to work on, but general understanding of the game is coming along."

Amanda Johnston, who served as one of the team captains during her junior year, is back for her senior year and will be a key cog in the machine that is Newfound field hockey.

She is joined in the returning starter rank by juniors Julianne Marchand and Savanna Bony, both of whom found the net on numerous occasions last year and will be asked to do so again this year.

Juniors Hayleigh LeTourneau and Mackenzie Ryan both earned their stripes as members of the starting defense last year and they are both back to help the Bears remain stout. Sophomore Hannah Eastman also saw significant time as a freshman last year and will be counted on as a sophomore as well.

Sophomore Katy Marcoux rounds out the returning starters for Peterson's squad after spending last year working as a midfielder.

Returning to the field for the Bears as well this season is Kylee MacDonald, who missed part of last season with an injury, but will be moving into the start-



JOSHUA SPAULDING  
Amanda Johnston is one of seven returning starters for the Newfound field hockey team.

ing lineup this year.

The Bears also saw the graduation of goaltender Megan Sharp and last year's backup, Montana Bassett, slides in to the cage for the Newfound girls this fall.

Last season the Bears were dealing with very

low numbers, but Peterson reports that numbers are up a bit this season and the Bears are welcoming back some players who were out last year and also a few new faces.

Kaylan Santa Maria returns to the field for

her junior season after sitting out last year and senior Lauren Boisvert will also be back on the field after missing her junior season with an injury.

Hailie Clark and Madison Dalphonse are moving up from the JV team

after seeing a little time on the varsity team last season.

Additionally, freshman Caroline Marchand has earned a starting spot in her first year, while classmates Alexis Ramondi and Hayleigh Pabst have both earned spots on the varsity roster. Pabst will be the team's backup goaltender.

"We are looking for our older players to lead and step up to take control of the field," said Peterson. "Communication is a point of emphasis this year."

She notes that the Bears will have a formidable schedule, but she anticipates improvement throughout the year.

"I feel as if we will have a great season and will look to improve each game, as we have a tough schedule this sea-

son," the veteran coach remarked.

The Bears will once again do battle twice with defending champion Berlin, while also seeing a pair of games with perennial power Gilford. Mascoma, Winnisquam and White Mountains are all on the schedule for a pair of games, while Mascenic, Laconia, Keene and Pembroke are on the docket for single games.

The season began after deadline Tuesday at Mascoma and continues on Friday, Sept. 2, at Winnisquam at 4 p.m. The Bears will play their first home game on Wednesday, Sept. 7, at 4 p.m. against White Mountains.

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

## Kershaw excited for first season of Newfound football

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Coach Ray Kershaw is no stranger to building football programs and he is happy with how his building project at Newfound has begun.

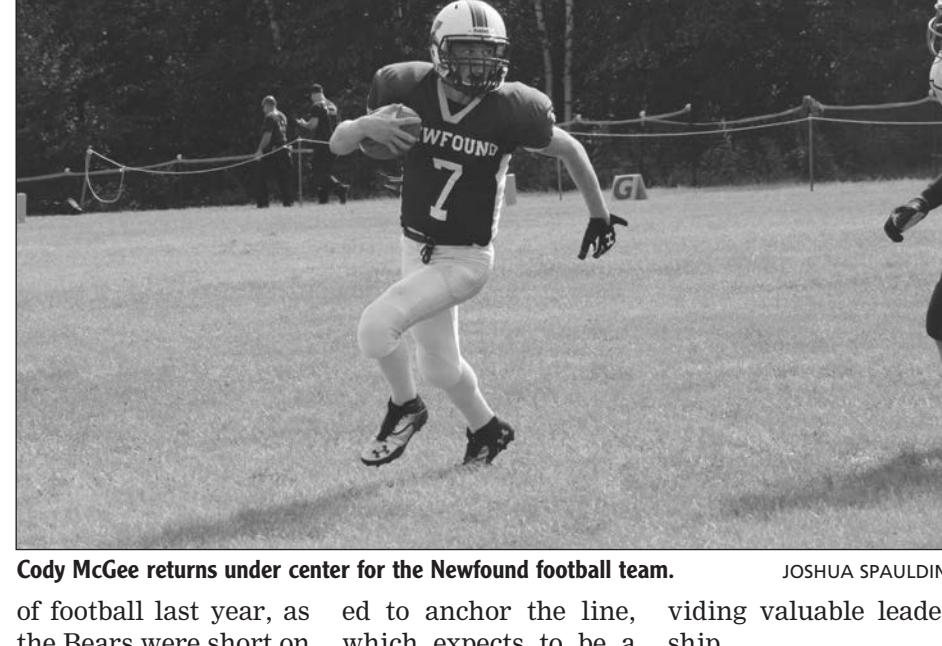
"We're changing the whole culture," Kershaw said. "We're getting the confidence built back up and once that happens, the numbers will go up."

The Bears will open the season with between 20 and 25 players on the roster.

"We're trying to get the kids up to speed on a new system," Kershaw said. "A lot of kids work, so it's been tough getting everyone together."

However, the new coach was optimistic that as the school year got under way, he'd have a full team ready to go.

The good news for Kershaw is that the kids who are returning to the field played a lot



JOSHUA SPAULDING  
Cody McGee returns under center for the Newfound football team.

of football last year, as the Bears were short on numbers last year and everyone had a good chance to play a lot of minutes.

The team is returning four seniors to the squad, including three players who will see time in the backfield for the Bears, providing the team with an experienced stable of running backs on which to rely.

Dan Holton will be on the offensive and defensive lines and expect-

ed to anchor the line, which expects to be a younger group, according to Kershaw.

Ricky DeLuca, Scott Sargent and Ben Morrell will all be taking the ball in the backfield for the Bears, providing the team with an experienced stable of running backs on which to rely.

For juniors, Cody McGee is back as the team's quarterback and he will have Cam McLaughlin as his backup for the new season.

Tyler Haskell will be a tight end and receiver in his junior years, while classmate Adam Nelson will be joining Holton on the line, pro-

viding valuable leadership.

Shawn Huckins will also be counted on as a tight end and receiver, while Tiellar Mitchell will be back for a sophomore campaign as a running back.

Kershaw expects to be running a wing T offense, with a double wing formation or single wing formation or even spread at times.

"The kids are really coming on board with it," Kershaw said. "With small numbers and a young line, it helps as part of the attack."

"The future of the offensive and defensive lines will look pretty

good," the first-year coach added.

The team competed in the Upper Valley Jamboree in Hanover as part of the preseason and also played a scrimmage with Farmington-Nute last week, where Kershaw said the team looked strong.

The Bears started preseason with five days of practice at Newfound, but then took a three-day, two-night trip to Vermont Academy, where the team and coaches got a good chance to bond. Kershaw said that was doubly important with a new coaching staff.

"They're really excited," Kershaw said. "And the trip was great for the kids, they really came together."

"With a new coaching staff, it helped to get the kids to know the coaches," Kershaw continued.

Kyle Coburn will be on staff as the quarterback and secondary coach, Ian Lavertue is working with the defensive line and helping with the offensive line, while Josh Kershaw will be working with the offensive line and helping with the defensive

SEE FOOTBALL PAGE B3

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# Bears a solid mixture of returning and new players

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound volleyball team lost five seniors, all with different roles on last year's team, so coach Amy Fairbank had some replacing to do across the board.

"I lost a setter, a great defender and a great middle blocker," said Fairbank. "I've had a couple of players really step up and I think I'll be able to fill those spots."

With a couple of jamborees already under their belt, the Bears have been able to sort a few things out as the coach looks to see who works well together and who will fit in the plans the best.

"This is a tight-knit group of girls and I think they work well together," Fairbank said. "We should have a successful season."

The veteran coach will be tapping four

returning seniors as captains in Becky Norton, Grace Page, Cierra Greene and Alyssa Shaw.

"The captains have already done a great job at unifying the team and taking charge on getting the season off to the right start," Fairbank said.

The squad as a whole includes six seniors, two juniors and six sophomores, with five players returning to the team. In addition to the four captains, sophomore Ashlee Dukette also returns to the team after a solid freshman campaign for the Bears.

The Bears are also looking at larger numbers this year and not wanting to cut anybody in order to help the program continue to grow, Fairbank is using some swing players.

"We had a lot of girls show up this season



JOSHUA SPAULDING  
Alyssa Shaw is one of four captains for the Newfound volleyball team this season.

to be a part of the program," Fairbank said. "In order to make this work, we decided to use swing players this year."

The Bears will have 13 players on the JV team and nine players on the varsity team, while also running with six players who will swing between the two programs. Additionally, three foreign exchange students are expected to be part of the program though they were not there during the pre-season.

"The five returning players have really stepped up their game," Fairbank said. "My goal this year was to develop the younger girls with the help of my more experienced players.

"I felt like these particular girls would be able to accomplish that goal and still have a very successful season," she added.

The Bears finished at 10-6 last season and earned a first round playoff win before dropping a tough decision on the road to Campbell in the second round.

In addition to the

five returning players, Fairbank will have a solid group of players on the court.

Other seniors on the roster include Ivy Guyotte and Megan Gebhardt, juniors Madi Timmins and Danessa Duclos and sophomores Leslie Shattuck, Kasey Basford, Aryn Prescott, Megan Stafford, Lexy Lane and Mackenzie Davis.

The Bears will feature a schedule that includes two games each with Inter-Lakes, Moultonborough, Winnisquam, Mascoma and Sunapee, along with single games against Stevens, Hillsboro-Deering, Prospect Mountain, Franklin, Belmont and Pittsfield.

The season was scheduled to open today, Sept. 1, at Inter-Lakes, but that game was postponed to a date to be determined.

The Knights will be hosting Stevens for the first home game of the season on Wednesday, Sept. 7, at 6:15 p.m. against Stevens.

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

Monadnock on Friday, Sept. 2, for a 6:30 p.m. game. The first home game is Saturday, Sept. 10, against Epping-Newmarket.

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

## Decades of music squeezed into one fun night

### SPORTING CHANCE



By JOSHUA SPAULDING

Over the last few years, I've cut down on the number of concerts I've been attending.

I used to go to multiple live shows a year, including the New England Country Music Festival at Gillette Stadium. In an effort to save money, I began to cut down on those shows.

Over the past year, I've seen Garth Brooks and Taylor Swift, but I did that without having to purchase tickets, as I had friends who had seats for each show and invited me to come along. I count my blessings that I have some awesome friends.

However, I decided earlier this year that I wanted to see Billy Joel when he came to Fenway Park this summer. I was able to get a ticket and the big day was Thursday, Aug. 18, just a few days after I returned from vacation. In the midst of all the vacation stuff, I almost forgot that I had the concert tickets, but Thursday proved to be a great day and I headed south to Boston after work.

I've been to Fenway many times but this was the first time I was going for something other than a Red Sox game. I was unsure of what to expect, but I was able to park in the same spot I usually park in a Boston Uni-

versity garage for the same price I usually pay for Red Sox games.

I was determined to try Wahlburgers for dinner and knew that they had a restaurant near Fenway Park. However, seeing the long line at the restaurant had me a bit disappointed. The good news was the line was for tables and by simply ordering take-out and eating outside across the street, I was able to cut the wait down to a manageable time and enjoyed the food.

As for the show, I had a decent seat, right near the Pesky Pole along the right field line. I was about four rows back, just high enough that when the people on the field stood up, I could still see the stage.

And for a guy who

that being said, with the many, many hits he has under his belt, there was no way he was going to play everything he has ever recorded. For any fan, it had to be a truly solid performance because it included stuff from just about every album he's ever recorded. It was a solid all-around effort and a very enjoyable concert.

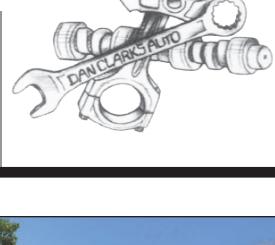
Additionally, the traffic heading out of the park wasn't all that bad,

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SOUTHWORTH Communities

# Classifieds

B4 NEWFOUND LANDING, THURSDAY, SEPTEMBER 1, 2016

## Town-to-Town

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The Commission at

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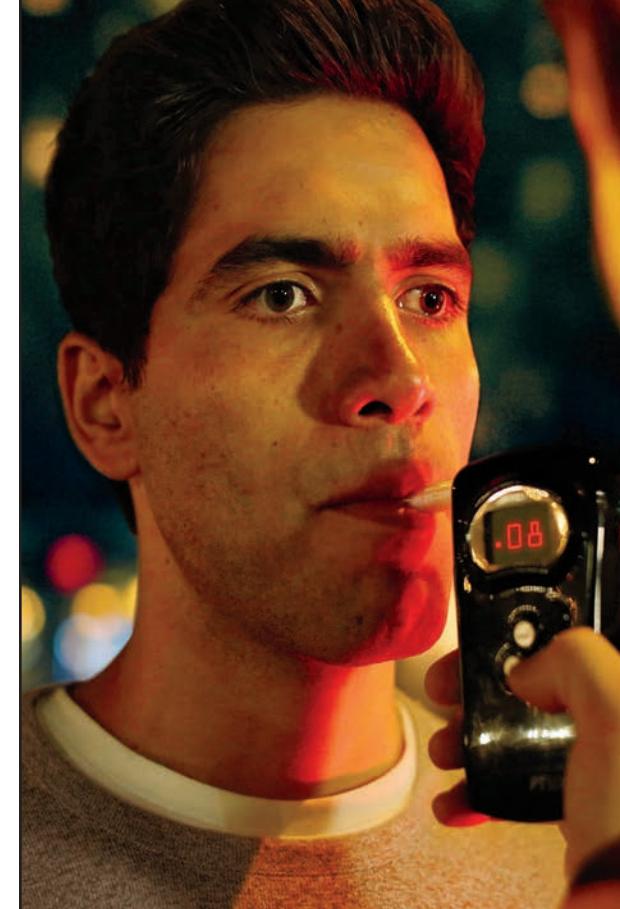
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The Supervisors of the Checklist will be in session upstairs in the Selectmen's Office Building on Tuesday, Sept. 6, 2016, from 7:00 to 7:30 a.m. This is your last opportunity to register, make checklist additions, and/or corrections prior to the State Primary Election on Sept. 13, 2016

### Supervisors of the Checklist

Barbara Brooks

Sandra Cummings

Audrey Johnson



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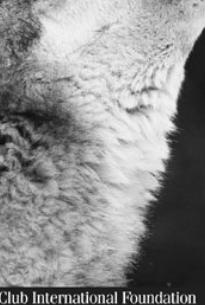
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# Schilling pacing Newfound cross country

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Graduation did a number to the Newfound cross country team so there will be some new faces in green and white this fall.

"We expect her to run as well and hopefully better than her top 10 finish last year," LaPlume said.

The girls' team will be led by Molly Schilling, who as a junior in her first year at Newfound, picked up a top 10 finish at the Division III State Meet.

"We are very excited to have her," LaPlume said. "She will bring an amazing positive presence to our team."

On the boys side,



JOSHUA SPAULDING  
Molly Schilling will be counted on to lead the way for the Newfound cross country girls in her senior season.

however get a corner kick, which resulted in a second corner, which resulted in the second goal. Justin Shokal delivered the ball from the corner and it found its way into the net to double the lead.

Newport came back with a few solid chances but MacDonald was strong on defense, keeping the Tigers at bay. Connor had a pair of late bids in the half, sending one wide and another off the crossbar, with the game going to the break with Newfound up 2-0.

Fairbank and Connor continued to lead the way for the offense in the second half, while Quinn had a shot denied and then just missed getting a foot on a Fairbank cross.

The Bears added one more goal, with Connor scoring in the final two minutes to push the lead to 4-0 and give the Bears the win in the season opener.

"I was very pleased and excited to see what we can do against Gilford on Tuesday," Mitchell noted.

The Bears will next be in action on Tuesday, Sept. 6, at Mascoma at 4 p.m.

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

## Soccer

FROM PAGE B1

fense came back with some chances, with Quinn and Shokal having bids denied by the Newport keeper. Matt Mickewicz also turned in a good defensive effort for the Bears. MacDonald, Shokal and Connor all continued the offensive onslaught but could not convert.

The Bears were able to get their first goal of the game with 14:30 to go in the half. James Shokal sent the ball in from the corner and his brother was there to fire it in with his left foot for a 1-0 lead for the Bears.

Fairbank, Justin Shokal and Connor continued to pressure but they were unable to get a goal. They did

however get a corner kick, which resulted in a second corner, which resulted in the second goal. Justin Shokal delivered the ball from the corner and it found its way into the net to double the lead.

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there are three returning athletes, with seniors Tyler Crosby and Nick Crosby back for their final years and James Moore returning for his sophomore season.

Newfound will have three new boys on the team, with freshmen Kyle Rosenthal and Ashler Dotson and sophomore Nickolas Green all looking to make their mark on the program.

"We lost most of both of our teams to graduation last year," LaPlume said. "We are definitely in a rebuilding year, but I'm very excited about our future."

"We have a bunch of strong young runners here and at our middle school team," the Bear coach added.

The Bears will once

again be hosting a pair of meets, with the first one coming on Sept. 8 and the second coming on Sept. 29.

The schedule will also include a trip to Gilford to open the season, as well as trips to Laconia, Waterville Valley, Belmont, Plymouth and Merrimack Valley before rounding out the season at the Division III State Meet at the end of October.

The season kicks off today, Thursday, Sept. 1, at 4 p.m. at the Gilford Early Bird Invitational. On Thursday, Sept. 8, the Bears will host the Newfound Fun Run at 4:30 p.m.

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

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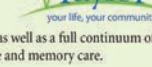
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