

## Massachusetts man finishes first at Run Your Buns Off race



**Randy Kring of Concord, Mass., was the first to cross the line in the 4.2 Mile Run Your Buns Off race last weekend, an event that will this year benefit the New Hampshire Food Pantry in the region.**

BY DONNA RHODES  
Contributing Writer

BRISTOL – Despite some brisk wind gusts, sunny skies and cool

temperatures prevailed when Randy Kring of Concord, Mass. crossed the finish line with a time of 28:50 minutes at the 12th annual Run

Your Buns Off run/walk last Saturday morning.

The Run Your Buns Off 4.2 Mile event has become a Labor Day Weekend tradition for runners and walkers alike who gather at Basic Ingredients on Mayhew Turnpike on the Bristol/Bridgewater town line each year to raise money for local nonprofit organizations. For the second year in a row the benefactor will be the New

Hampshire Food Bank and their service in the Newfound Region.

Run Your Buns Off was the brainchild of Basic Ingredients owner Garlyn Manganiello and fitness pro Audrey Goudie. Audrey said she had always wanted to create a race near the shores of Newfound Lake that was not only fun but unique. Her friend Garlyn want-

SEE RACE PAGE A7

## Field hockey Bears shut out St. Thomas

BY JOSHUA SPAULDING  
Sports Editor

DOVER — The Newfound field hockey team traveled to Dover for the start of the season on Tuesday, Aug. 31, and knocked off St. Thomas by a 4-0 score.

“We didn’t allow any shots on goal and allowed it into our defensive circle only one time,” said coach Kammi Williams. “We controlled the tempo and kept the ball inside our offensive end the majority of the game.”

The first goal of the game was scored by Sofia Wucher on an assist from Savannah Bradley and the second goal came off the stick of Elle MacDonald and Newfound had the 2-0 lead at the halftime break.

In the second half, Adi Dolloff scored on a corner off a shot from Matti Douville and the final goal was from MacDonald, finishing off an assist from Bradley for the 4-0 final on the St. Thomas turf.

“Honestly, turf is a type of equalizer,” Williams said. “The game is so much prettier, but easier to play. Easier to stop and hit the ball.

“I believe that precise passing becomes key,” she added, noting that Douville connected numerous times with Dolloff for breakaway chances.

The Bears had 11 corners and 24 shots on goal. Newfound is slated to be hosting Laconia on Friday, Sept. 10, and will visit White Mountains on Tuesday, Sept. 14, both with 4 p.m. scheduled starts.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*



## Manufactured home park in Hill purchased by residents



**From left, Brookside Cooperative Secretary Lynzey Ly and President David Kirsch. Photo courtesy NH Community Loan Fund.**

HILL — The homeowners in Brookside Mobile Home Park recently purchased their 21-unit manufactured-home park, making it New Hampshire’s 139th resident-owned community (ROC).

Using training and technical assistance from the New Hampshire Community Loan Fund’s ROC-NH™ team, homeowners organized and formed Brookside Cooperative, Inc. in April 2021.

The cooperative then negotiated with the park’s owners, Timothy and Sherri Minor, reached a \$440,000 purchase price, and finalized the deal Aug. 31 with a mortgage from the Community Loan Fund.

Sherri Minor said, “Being a family-owned and -operated business has made us really understand the people and know them and their families. I have great comfort in knowing they own it as a group. I know what it means to them.”

Co-op President David Kirsch said that through the work of buying their community he has already seen a heightened sense of responsibility and more engagement among Brookside’s residents.

“We are making plans for getting all urgent repairs completed and looking to the future to see what else we can do to improve the condition of the

SEE PARK PAGE A7

## Brown brothers, Follansbee to be inducted into Newfound Hall of Fame

BRISTOL — Calvin Follansbee, Trevor Brown and Dean Brown are the first “tag team” nominated and inducted into the Newfound Athletics Hall of Fame. They will be joining the class of 2021 inductees this fall. All three athletes graduated from Bristol High School from the class of 1942. They were all very active, but really made a name for themselves on the baseball diamond.

Calvin and Trevor were born two weeks apart from each other and grew up in Bristol as best friends. Dean, older brother of Trevor, was a dominant pitcher and helped Calvin and Trevor form some phenomenal baseball seasons for Bristol. Aside from pitching, Dean would also spend his time at shortstop. Calvin and Trevor were the co-captains of the 1942 team. Calvin played behind the plate as the catcher and Trevor controlled the “hot corner” at third base and pitched as well.

After coming off of a 1941 championship baseball season, Calvin, Trevor and Dean led the 1942 Bristol High baseball team to a record of 10-0 and were Pemi League

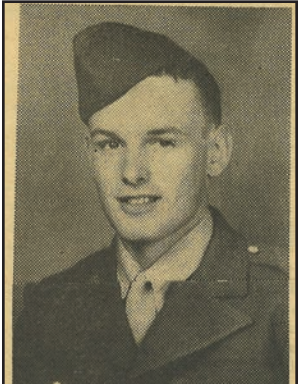


**Dean and Trevor Brown will be inducted into the Newfound Athletics Hall of Fame on Oct. 3.**

Champions. This 1942 team was coached by 2016 Newfound Athletics Hall of Fame inductee Chet Wells. Coach Wells utilized Dean Brown on the mound early and often. Dean Brown, amazingly, never lost a game that he pitched during his entire high school career.

Shortly after high school, all three athletes enlisted in the armed forces. In fact, every male member of the class of 1942 at Bristol High

School ended up joining the armed forces. Sadly, Calvin and Trevor lost their lives fighting for their country in World War II. Both boys came into the world born two weeks apart and sadly left the world nearly two weeks a part. The boys were killed 10 days from each other during the war. It is noted that when the bodies of Calvin and Trevor came home to Bristol they were honored with a double funer-



**Calvin Follansbee will be inducted into the Newfound Athletics Hall of Fame on Oct. 3.**

al and one of the largest funeral ceremonies that Bristol had ever hosted. Their ceremony proves the special impact that they had on the Bristol community.

Special thanks to Gail Bartlett for her nominations and research conducted to support Calvin, Trevor and Dean.

Newfound will be celebrating its sixth annual Athletics Hall of Fame Ceremony on Oct. 3 at Newfound Regional High School. This year Newfound will be welcoming in five individuals and one team. Congratulations to Diane (O’Connor) George, Kelsey (Watson) Maxwell, Calvin Follansbee, Trevor Brown, Dean Brown and the 1994/1995 Newfound Regional High School boys’ basketball team.



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## Edward Jones: Financial Focus

### Help grandkids prepare for the future

If you're a grandparent, you don't need Grandparents Day, observed on Sept. 12, to remind you of the joys of having grandchildren. Yet, you might want to use this day as an opportunity to think about ways to help provide for your grandchildren's future.

The type of gift or support you provide will be different at various stages of your grandchildren's lives. Here are a few suggestions:

*When they're born...*

- Open a 529 plan. It's never too early to start saving for college or other types of advanced education. To help your grandchildren meet these costs, you could invest in a 529 education savings plan, which offers potential tax advantages if the money is used for qualified education expenses. If the grandchild for whom you've established the account ends up not using it, you can change the beneficiary to a qualified family member of the original beneficiary. (Be aware, though, that a 529 plan could

affect your grandchild's financial aid prospects.) If your grandchild doesn't go to a college or university, a 529 plan can also pay for expenses related to apprenticeship programs offered through trade and vocational schools and registered with the U.S. Department of Labor. When they're children...

- Open a savings account. It's important for your grandchildren to develop good financial habits – and one way you can help is to open a savings account for them and encourage them to contribute to it. You might even offer an incentive, such as matching their contributions, either in whole or in part. Consider shopping around for a high-yield savings account that's free to open and charges no monthly maintenance fees.

- Establish a custodial account. You may want to introduce your grandchildren to the world of investing by starting a custodial account (known as UGMA or UTMA) in their name. You can put most types of investments, such

as stocks and mutual funds, inside this account and track their progress along with your grandchildren. Children often enjoy learning about investing – and they may like owning shares of companies that make familiar products and services. The earnings generated by these investments can have tax implications, so you'll want to consult with your tax advisor before opening the custodial account. And you can't hold onto this account forever – once your grandchildren reach the age of majority, they gain control of the account, so they can do what they please with the investments.

When they're young adults...

- Help with the down payment on a home. Once your grandchildren are out in the world, they may well want to become homeowners. And, as you know,

it can be challenging to come up with a down payment, so, if you can afford it, you may want to help in this area. You'll be doing your grandchildren a big favor, because home ownership is a key element in building wealth.

- Provide financial guidance. As your grandchildren join the working world, they could benefit from advice and guidance on various issues, such as setting short- and long-term goals, managing their 401(k) plans and choosing an appropriate investment mix. So, consider making an appointment for them with a financial professional.

By helping your grandchildren at different points on their road through life, you can make their journey more pleasant – and, in the process, you'll gain a lot of satisfaction.

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

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

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# What happens to your body after a year inside?

BY LEAH BARON  
RehabFIT

PLYMOUTH — There is no surprise that the pandemic has hit our mental health hard, but what about physically? The isolation caused by the pandemic has also led to many different physical effects from increased high blood pressure and risk for heart disease and coronary disease, obesity, strokes and more. Being cooped up indoors for months has absolutely impacted our bodies in many different ways, even the simplest symptoms you might just brush off. Many doctors have been questioned about new aches, pains, and irritations that we have developed over this period of isolation. These doctors put together a survey of the damage that could have been done and added some remedies to help out.

First, broken toes and aching feet. While we were at home, we were also wearing shoes less often. Walking around barefoot or with just socks, increasing the

amount toes are exposed, causing more threat to banging them into furniture. Other foot and ankle problems on the rise, plantar fasciitis, the inflammation around the base of your heel, and Achilles tendonitis. Both can occur by increase of walking around barefoot on hard surface, or due to being sedentary for longer periods. Lacerations increase due to new cooking adventures have been more common as well, knives being dropped on feet. One recommendation is to leave the house for a 30 minute walk. Another option would be purchasing some cushioned house slippers to prevent tripping, banging toes, and gives the foot a little more protection for dropped items.

Since the pandemic hit, many people had to scramble at home for a workstation, resulting in less than ideal situations. Between work conditions, posture, and the added stress from the pandemic, tension increased in the body, causing increased amount of

neck, back, and shoulder pain. Less movement in general, while switching to a commute from bed to couch has increased these strains. We have been spending much more time on our smartphones, which also leads to more pain due to bad position.

There is not a perfect body position for computer work, however adjustments can be made for benefits. For example moving your monitor to more of an eye level. The best adjustment though is to not stay stagnant. Not moving of a long period of time has a large effect on our bodies. It is suggested you try the “20, 8, 2” rule, sit for 20 minutes, stand for eight, and walk for two. The variety and changing of position is what the body wants and needs.

While masks are a part of our everyday wardrobe, they are not very kind to our skin. There has been a surge in lower face breakouts, “maskne,” while washing and sanitizing our hands constantly has led to eczema flare ups.

There has also been an increase in hair shedding, which can be the body’s response to stress. This was most evident in big cities like New York. The pressure of seeing a family member become ill and losing jobs is a big factor. Hair loss usually happens two to four months after a stressful event and will resolve on be itself in six months.

Another rising incident are worn or chipped teeth, and jaw pain. The pandemic has caused a large increase in patients clenching the grinding the teeth due to stress. If you are waking up in the morning with mouth locked or your jaw aching, you may be grinding your teeth without knowing. It is always a good idea to get a dental exam where a dentist can recommend the best options, like a night guard.

Vision problems have also been a pandemic growth. These new cleaning and sanitizing regimens can hurt our eyes. The symptoms include dry eyes, headaches, and eye strain. Most cases have resolved

with a break from screen time, and others have needed stronger prescriptions. To prevent this follow the “20-20-20” rule, for every 20 minutes of computer work, stare at a point 20 feet away for 20 seconds.

Lastly, due to all of the zoom meetings and face fronting computer cameras, the view of ourselves has become distorted. The camera itself can distort facial features, giving someone a false idea of how they actually look, now called “zoom dysphoria”. Dermatologists have noticed an increase in cosmetic consultations during the pandemic based on what they see in their front facing cameras. After staring at this misleading picture of you, social media has you comparing yourself to others, making matters much worse. An improved camera and lighting can help the view, however it is best to limit your time on social media and spend more time managing your stress.

The common prescription for all of these lingering physical ef-

fects due to the pandemic is to be active, get outside, get some sunshine, move your body, and control and manage stress levels. Exercise is the best option for mental and physical health, while also strengthening your immune system. Outdoor activities will have the best outcome in most cases, even just a simple walk outside. It is important to pay attention to these physical differences that have been provoked throughout the pandemic.

RehabFIT is a medical fitness center in Plymouth, NH. This is the perfect option for you to jump on right now. The exercise physiologists are available to help you inside and outside of the gym, by creating individual workout programs based on your current goals. We also offer exercise classes that are available for members and non-members. Call 238-2225 today for more information!

## SLA to host Guided Squam Paddle



HOLDERNESS — Join LRCC member, April, on Saturday, Sept. 18 from 8-10 a.m. for an early morning group paddle around Moon and Bowman Islands. We’ll leave from the Squam Lakes Association headquarters at 534 US-3 in Holderness and take a snack and optional swim break at Sunset Rock on Bowman Island.

All ages and expe-

riences levels are welcome and minors must be accompanied by an adult. Participants must be able to kayak for an hour and a half. Please bring water, snacks, and weather appropriate clothing (water shoes & swimsuit). Canoes, kayaks, paddles, and life jackets will be provided but you are welcome to bring your own if you wish.

Registration is required and space is limited to 10 people. Please register by Friday, Sept. 17 by visiting [www.squam-lakes.org](http://www.squam-lakes.org). Throughout the year, the Squam Lakes Association offers free programs open to the public on a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the Lakes Region Con-

servation Corps (LRCC) members who spend their year on Squam performing important conservation work in support of the Association’s mission. For more information about the SLA’s educational programs, please visit [www.squam-lakes.org](http://www.squam-lakes.org) or call our office at 968-7336.

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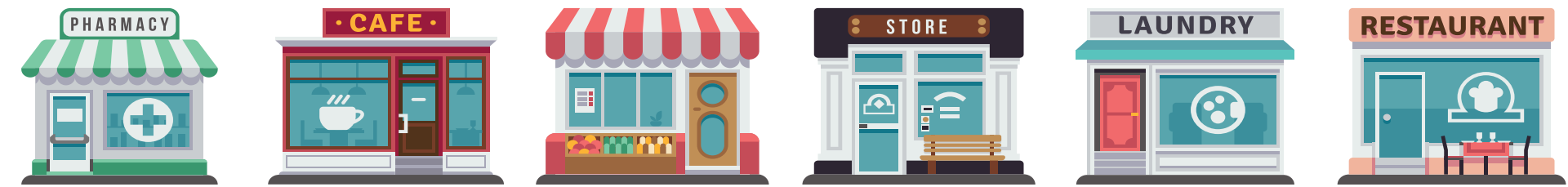
**Town of Hebron**  
**PUBLIC HEARING  
NOTICE**  
  
The Hebron Select Board will  
be holding a Public Hearing in  
accordance with NH RSA 31:95-b  
on Thursday, September 16, 2021  
at 7:00 p.m. in the Town Office  
Building located at 7 School  
Street. This hearing is to accept  
Local Fiscal Recovery Funds from  
the State under the American  
Rescue Plan act of 2021. The  
public is encouraged to attend.  
  
  
Hebron Select Board,  
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Richard A. James, Vice-Chair  
Paul S. Hazelton, Selectman

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## ALL WE KNOW IS LOCAL ~ SalmonPress.com





## CADY Corner

### *Preventative interventions delivered in childhood may reduce substance use over two generations*

By Deb Naro  
Contributor

Preventive interventions delivered to school-aged children and their caregivers and teachers offer a promising approach to head off the onset of substance use and other harmful behaviors during adolescence. Several trials of such interventions initiated in the 1980s and following participants over long periods of time have demonstrated that behavioral and health benefits could be sustained well into the participants' adulthood.

A recent study sponsored by the National Institute on Drug Abuse suggests the intriguing possibility that such benefits can even be passed on to the next generation—that is, the children of the original recipients of the intervention.

“People have long noted that early adversity can have long-term negative cascading effects,” explains Dr. Karl Hill, the study’s lead author, from the University of Colorado Boulder. “This study suggests that interventions to improve development may similarly trigger positive developmental cascades across generations.”

Dr. Hill and colleagues from the University of Colorado Boulder and the University of Washington examined the outcomes of the children of people who received an intervention called Raising Healthy Children (RHC). This intervention was delivered in the 1980s to grades 1 to 6 at elementary schools in disadvantaged Seattle neighborhoods and provided specialized training for teachers, parents, and the children themselves. For example, teachers participated in workshops for improved classroom management and instruction; parents received training through workshops or in-home problem-solving sessions on family management and how to help their children succeed in school; and children received social and emotional skill development, as well as summer camps or in-home services for students with academic or behavior problems.

About 800 children had been assigned either to the RHC intervention (not all of them receiving the full intervention) or to a control group, and they were followed until they reached age 39 in 2014. Analysis identified numerous improved outcomes in those who had received the full RHC intervention. During that time, many of the participants became parents themselves, prompting Dr. Hill and his team to ask if the intervention differences could be transferred to the next generation. To address this, they conducted a separate analysis that included those participants who had become parents and their oldest biological child with whom they had face-to-face contact at least once a month.

Dr. Hill and his team then evaluated these children on several outcomes. Developmental functioning at ages 1 to 5 years as reported by the parents. Problem behaviors; academic, cognitive, and emotional skills; as well as grades and performance at ages 6 to 18 based on teacher reports. Risk behaviors (e.g., substance use, early onset of sex, delinquency) at ages 6 to 18 based on the children’s self-reports.

The analyses included 72 youths whose parents had received the initial RHC intervention and 110 youths whose parents had been in the control group. By the last data collection, the youths ranged in age from 1 to 22 years. The analyses demonstrated significant differences between children whose parents had received the RHC intervention and those whose parents were in the control group (see Table). For example, up to age 5, children of parents in the RHC group had fewer developmental delays in communication skills, gross and fine motor skills, and an overall measure of developmental functioning. They also had lower teacher-rated scores on certain externalizing problem behaviors (e.g., oppositional defiance, attention deficit/hyperactivity disorder, and an overall externalizing measure) and higher scores on academic, cognitive, and emotional skills at ages 6 to 18. Finally, children of parents receiving the RHC intervention were significantly less likely to have tried any drugs (i.e., alcohol, cigarettes, or marijuana) by age 18; to a lesser extent, they also showed reductions in other risk behaviors.

It is not yet clear which factors mediate the intervention’s transgenerational impact. Dr. Hill points to previous analyses showing that adults who had received the RHC intervention in elementary school

SEE CADY PAGE A5

## Painting for Relaxation class at LRAA Gallery



COURTESY

Have you ever wanted to get more creative with painting, but didn’t know how? Have fun with Painting for Relaxation. This is a beginner class where we will experiment with different subjects of abstract and techniques. All experiences and ages 16 and up are welcome. This class will be held at the LRAA Gallery, 120 Laconia Rd., Suite 132 Tilton, NH 03276. Every other Sunday 2-3 p.m., the next class is Sept. 5. Class size is limited and pre-registration is required. To sign up, please contact Krista Doran: 833-7795 or marblestudiosllc@gmail.com.

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

### A fascination with old maps, and questioning a dog’s love

There’s something about old maps. Once I’ve seen one, it’s hard to stop studying it. North Pole, South Pole, all around the town—sorry, globe—it doesn’t matter, because chances are that my reading has already taken me there.

Still, the reading only draws me into the vortex. If I stumble onto an old map that’s even close to a place I’ve read about, I’m onto it—hooked near the right gill.

All of which is why I have to hie myself down to Plymouth before Sept. 17, which is the last day of an exhibit I’ve been wanting to get to since it opened in June. It’s called “Wayfinding: Maps of the White Mountains,” curated by Adam Apt and Cynthia Cutting, with support from David Govatski.

During my time as the temporary steward of a regional institution, the Coös County Democrat, a big framed print of Leavitt’s Map of the White Mountains (ca. 1860) hung in the front office. It was one of the first things customers would see, along with the wood stove and the cat.

One of the many interesting features on the map was a small rendering of the historic Thayer’s Inn, in downtown Littleton, which still stands (President Ulysses Grant was a guest), and where I’ve spent many a night.

The floors squeak in Thayer’s rooms, and some of the doors are specially fitted to almost trapezoidal frames, all traits of endearment to me. In that way, Thayer’s reminds me of the Dix House at the Balsams. I’ve always been partial to the two front rooms on the second floor. From either, it’s a short trip to the balcony, from which one can regard the whole of Littleton’s Main Street, and watch sidewalk patrons traips-

ing by below.

Until I get to Plymouth, I’ll wonder if Leavitt’s Map is among the collection. One of its scenes shows Colonel Whipple discharging a gun, and the caption says “Old Whipple is shooting a bear.” The story, which I found in more detail elsewhere, was that Colonel Whipple had somehow become famous for this.

One of Colonel Whipple’s descendants was right there walking around town during my first years in Lancaster, and snatched up the paper each week, so I had to be careful with that story.

(The exhibit features maps from 1667 to present, and related tools and paraphernalia. The museum, which is open Tuesday through Saturday, has a website, and information is also available from archivist

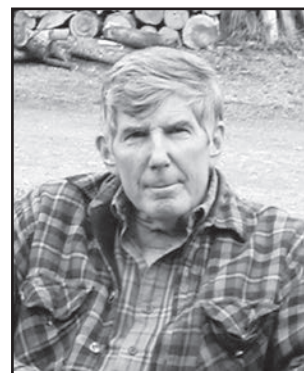
and registrar Rebecca Enman at 535-3210)

+++++

My house is dog-friendly, and over the course of a year I play host to quite a few dogs. During the usual sniff and greet that all dogs do, the respective owners preside over it all and exchange pleasantries. The dogs inevitably sort things out.

But why let sniffing dogs lie? For a good growling, snarling, and hair-standing session (and that’s just the people, never mind the dogs), you can steer the conversation around to one of the age-old debates about our lovable canine companions.

You: “I’ve noticed how your pet Peeve wants to lick your hands and play fetch and chase you around with his chewtoy. Too bad it’s all about food.”



She: “It is not!”

You: “Uh, can we talk?”

And then, like a bulldozer digging itself ever-deeper into the sand, you drag up all the old arguments about how a dog’s alleged “love” is really, right down to basics, down deep (like the bulldozer, churning away), about food.

She, archly: “It’s not!”

Many a dog, and numerous amused hangers-on, have heard all this, and we’re all still man’s best friends.

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



JOHN HARRIGAN

Millie, who shamelessly worms her way into so many photographs, slinks off toward Sebago, trying to show that the circular patch of dead grass (it marks the septic tank lid) is not her fault.



# Comfort Keepers

## Living with arthritis

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Arthritis is not actually a diagnosis – it’s a general term that covers more than 100 diseases and conditions affecting the joints

One in five adults suffer from arthritis, and the majority of these are seniors.

For those that live with arthritis every day, the symptoms can be a barrier to doing the hobbies they love. But with managements strategies and lifestyle changes, many seniors find that they can continue the activities that bring them hope, purpose and joy.

For older adults to understand the stages of

living with arthritis, it’s helpful to talk about how the disease is identified, diagnosed and managed.

Signs and symptoms:

Generally, symptoms of arthritis can include any of the following: joint redness, swelling, pain, stiffness, warmth, or difficulty with movement. Many people are familiar with arthritis of the hands and feet, but they don’t always realize that it can affect any joint in the body. Anyone experiencing these symptoms should visit their physician.

Diagnosis:

When diagnosing arthritis, medical professionals will typically conduct a physical exam, and gather medical history and genetics information to help identify the type of arthritis.

Blood tests and imaging may be necessary as well. While arthritis cannot be cured, it can be managed to limit the impact it has on seniors.

Strategies for arthritis management:

A physician can recommend arthritis management strategies and approve all plans to change or increase physical activity.

Lifestyle changes: Seniors with arthritis may need to stop performing certain activities or limit them. Depending on the area of the body affected, some hobbies may become more difficult. However, planning ahead can be helpful – for example, having a stool to sit on in the kitchen can help seniors

that want to cook but have difficulty standing for long periods of time due to arthritis pain.

Movement: For some types of arthritis, sitting or working in one position for too long can cause the condition to worsen. Moving, walking and stretching every 15 minutes can be helpful. For some, setting an alarm as a reminder to prompt movement can be helpful. A doctor should be consulted before seniors begin any exercise regimen.

Weight – Maintaining a healthy weight can be helpful in managing arthritis. Excess weight can cause strain on joints, worsening the condition. Anyone concerned about this should consult their physician for exercise and diet recommendations.

Education and awareness are critical – seniors that may have ar-

thritis, or have already been diagnosed, should engage their care team to develop management strategies.

Comfort Keepers® can help

A care plan for arthritis can minimize the impact of the disease on a senior’s life, and Comfort Keepers can provide support for a management program. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. As part of an individualized care plan, caregivers can also help with activities like cooking, cleaning and physical care. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care ser-

vices, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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

Please call 536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

## Towns

### Bristol

Al Blakeley  
[adblakeley0@gmail.com](mailto:adblakeley0@gmail.com)

I just found out about an interesting place in New Hampshire that I would like to visit. It’s an aquarium! It is not on our coast, but in Glen near Storyland! It is called Living Shores Aquarium. If you enjoy aquarium related things, you might just want to take the ride and visit sometime.

[www.livingshores.com](http://www.livingshores.com).

The Minot-Sleeper Library is now open! Upcoming events include: Third Monday Book Group on Monday, Sept. 20 at 10 a.m. for a discussion of the book “The Lady and the Unicorn” by Tracy Chevalier; Home School Hang Out on Sept. 16 at 3 p.m. (a science experiment and then hang out with snacks provided. Contact the MLS to sign up), Bad Art Night will be held at the MLS on Sept. 22 at 2 p.m. (participants will be asked to create the ‘worst’ piece of art for special prizes. Contact the MLS to sign up), Movie Screening: Cinderella (live action) on Friday, Sept. 24 at 3:30

### Cady

FROM PAGE A4

showed significantly more healthy close relationships, better mental and physical health, better socioeconomic success, and generally more positive adult functioning. The researchers speculate that growing up in families with these characteristics would contribute to the better outcomes of the next generation they studied.

“The findings suggest that a universal intervention delivered in childhood can have long-lasting consequences not only into adulthood, but into the next generation,” says Dr. Hill. Nevertheless, he cautions that this was only one study with a quasi-experimental design, and that the results must be replicated with

p.m. “Cinderella” on the big screen with popcorn and refreshments. Free and open to all ages.

TTCC Programs starting up in the Fall include: New Dance Classes at the TTCC on Saturday mornings from 9/25 - 10/30 for Ballet/Creative Movement, Fundamentals of Dance, ages three to five, grades K-2 for a fee. Jazz and Hip-Hop for grades 3-6 from 10:45 - 11:30 a.m. also for a fee.

Youth Field Hockey for two divisions (K-2 and 3 - 6) Saturdays, Tuesdays and Thursdays on Kelley Park. Youth Soccer will hold a skill assessment day on Saturday, Sept. 11. Three age groups will be served: K/1, 2/3, and 4-6. L’IL Kicks Soccer will be held for ages 3 - 5 on Saturdays starting on Sept. 18 through Oct. 23.

The After School Program at the TTCC is full! If you wish to have your child added to the waiting list, use the online contact below.

Karate Lessons at the TTCC will be held beginning Sept. 8 for ages: 5-6, 7-9 and 10-14.

The TTCC Fall Running Club for ages nine and up 1 - 2 days a week will start in early Sep-

tember and ‘run’ until mid to late October. All participants must register.

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

Pick-up Sports include Badminton, Volleyball, Basketball, Pickleball and Pool.

Contact the TTCC at [www.ttccrec.org](http://www.ttccrec.org) or 744-2713 for more information on these and other programs.

Corrugated cardboard recycling is starting at the Transfer Station. Clean, flattened, corrugated cardboard will be accepted. Staples and tape to do not have to be removed. Clean pizza boxes are also accepted. Cereal boxes or other thin-walled cardboard is not accepted now. These rules are important because the cardboard is baled and sold. If a bale includes contaminated or the wrong type of cardboard, it will be rejected and can not be sold. Paper mills in Claremont, NH and NY state are currently accepting bundled cardboard and making rolled paper. Please start bringing your cardboard to the Transfer Station and look for the green building to put it in.

The Bristol Historical Society Open House is held on Tuesdays from 6:30 – 8 p.m. and on Saturdays from 9 a.m. until noon.

OK! Time for a reality check and a story of two different ‘worlds.’ My grandson was at his first football game at his college with 66,000 other fans and it was televised on national TV! I went to Plymouth Teachers College where we didn’t even have a football program and our basketball crowds were the largest on campus where we drew maybe 400 fans on an exceptional night! Culture shock doesn’t cover this, but I think that is my experience...

## Churches

### Christian Science Society, Plymouth

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

We’d love to have you join us at our Sunday services which are held at 10 a.m. each week in our church building at 7 Emerson St. in Plymouth. This subject of this week’s bible lesson is Substance. It has in the responsive reading the verse from Matthew “...let patience have her perfect work, that ye may be perfect and entire and wanting nothing.”

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

study and prayer. Everyone is most welcome to this meeting.

Both the Sunday and the Wednesday services are available to attend on Zoom and we love to have visitors from near and far. You can visit our church website to learn about joining this way – [www.cs-plymouth-nh.org](http://www.cs-plymouth-nh.org).

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

On [www.jsh.christianscience.com](http://www.jsh.christianscience.com) there are many resources both to listen to and read. This week there is an article “No shortage in God’s supply chain!”

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

### Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-

generational, 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.

ly 18  
SUNDAY SERVICES

ANNOUNCING OUR FIRST SERVICE FOR FALL WITH REV. LINDA BARNES

Sept. 12 “Water Communion: The Cure for Anything is Water”

“The cure for anything is salt water” says author Isak Dinesen, “sweat, tears, and the sea.” We’ll focus this opening Sunday on the sweat, the work we might do together; on tears, the sweet and sorrowful tears of lament for what has been and may still be; and finally, imagining the sea so that we might float for a time gently in the beauty and peace of the earth. This year is so different and perhaps so are we. For this first regular service, we invite you to join us in-person or remotely. Both ways of participating are equally meaningful. Please bring a small sample of water; from the lake, the faucet, even from the ever-present rain, to add to our common gathering.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

[www.starrkingfellowship.org](http://www.starrkingfellowship.org)  
536-8908





# Bear boys capture Early Bird crown

*Downes twins lead Newfound cross country to victory*



JOSHUA SPAULDING  
Connor Downes took second overall in the Early Bird Invitational last Thursday.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — It was a fine start for the Newfound cross country team, as the Bear boys captured the win over the field at the Early Bird Invitational, held Thursday, Sept. 2, at Gunstock Mountain Resort in Gilford.

The Newfound boys easily outdistanced host Gilford by 33 points to claim the win, led by top-five finishes from twins Connor and Ryder Downes.

Connor Downes finished in second place overall behind reigning

Division III champion Patrick Gandini of Gilford, finishing in 18:45.

Ryder Downes was second for Newfound, finishing fifth overall in 19:31 while Jeffrey Huckins finished in 10th place in a time of 20:14 to place third for Newfound.

Ben LaPlume ran to a 13th place finish overall in a time of 20:29 and Joe Sullivan rounded out the scoring with a time of 20:36, which placed him 14th overall.

Evan Foster was 19th in 21:21, Romeo Dokus was 49th in 24:49, Reuben Carruth finished in 56th place in a time



Chloe Jenness led the Newfound girls at the Early Bird Invitational at Gunstock.

of 25:35, Logan Hinton was 67th in 27:02, Caleb Anair finished in 27:22 for 70th place, Broderick Edwards was 74th in a time of 29:02, Will Bednaz was 78th in a time of 29:42 and Sam Worthen crossed with a time of 29:43 for 80th place overall.

The Newfound girls finished in fifth place overall, with Hopkinton and Plymouth taking the top two spots on the day.

Chloe Jenness led the Bears, finishing in 22nd place with a time of 26:01.

Leah Deuso was next for Newfound, finishing in 37th place with a time



Ryder Downes had a top-five finish in the Early Bird Invitational, helping Newfound to the team win



Leah Deuso was second for the Newfound girls at last week's season opening meet.

## Champions gearing up for new volleyball season



RC GREENWOOD  
Laurel McKellar returns a shot during her team's shortened opening match against Franklin.

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound volleyball team that is on the court this year is definitely a different group than the one that won the Division III championship last fall.

However, coach Amy Fairbank does return five players to the varsity team and also welcomes back a player to the fold who was with the team two years ago.

"I am hoping the experience of my returning five and a few new swing players will fill any holes that we had," Fairbank stated. "I lost a lot of defense in Shyann Seymour and Bailey Fairbank, but I have two new girls that are deter-

mined to fill those needs and are working hard to learn fast."

Senior Paulina Huckins and junior Malina Bohlmann were key cogs in last year's championship team and they are both back for another season. Senior Emalie Ruiter was also a solid contributor to last year's team and returns for her final year in green and white. Mikayla Ulwick and Danielle Walker also return to the fold for Fairbank and will be counted on for solid minutes in their junior years.

Returning to the team after moving away following her sophomore year is Jamie Norton, who Fairbank is hop-

ing her front row play with help strengthen the team's defense.

Those six are the full time varsity players, then there are five swing players and six on the JV team, with the possibility of another foreign exchange student joining the team now that school has started.

The swing players include senior Tiffany Agro, sophomores Laurel McKellar and Stacia Paul and freshmen Mia LeBrun and Isa Seefeld.

The Bears are also welcoming back Tanya Jollie as the JV coach, as the program was searching for coaches at the JV and middle school levels and she stepped up to fill the role.

And, Newfound returns to the regular Division III schedule after last year's COVID-altered schedule that saw them take on only teams from around the Lakes Region.

"It will be nice to get back to a fairly normal schedule," Fairbank said. "I'm hoping that even though we will be masked, that having fans and a full schedule will make this season closer to what we are used to."

Newfound will play two games each with Franklin and Moultonborough and single games with Portsmouth Christian, Farmington, Mascenic, Epping, Sunapee, Trinity, Belmont, Mascoma, Nute, Inter-Lakes, Kennett and Raymond.

The Bears started the season against Franklin last Thursday, but the game was postponed by a power outage. A make-up date is still being determined.

The Bears will be in action again on Friday, Sept. 10, at home against Moultonborough, on Monday, Sept. 13, at home against Farmington and on Wednesday, Sept. 15, at home against Mascenic.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## HIGH SCHOOL SLATE

Thursday, Sept. 9
NEWFOUND
Girls' Soccer vs. Laconia; 4
PLYMOUTH
Golf at Farmington CC; 4
Friday, Sept. 10
NEWFOUND
Boys' Soccer vs. Derryfield; 4
Field Hockey vs. Laconia; 4
Volleyball vs. Moultonborough; 6:15
PLYMOUTH
Field Hockey at Pembroke; 4
Girls' Soccer vs. Kingswood; 4
Volleyball vs. Hanover; 4:30
Saturday, Sept. 11
NEWFOUND
Football at Somersworth; 3
PLYMOUTH
Boys' Soccer at Kingswood; 1
Cross Country at Great Glen; 10
Football vs. Kingswood; 2
Monday, Sept. 13
NEWFOUND
Unified Soccer vs. Londonderry; 4
Volleyball vs. Farmington; 6:15
PLYMOUTH
Girls' Soccer at Merrimack Valley; 4:30
Volleyball vs. Kingswood; 6
Tuesday, Sept. 14
NEWFOUND
Cross Country Home Meet; 4
Field Hockey at White Mountains; 4
PLYMOUTH
Boys' Soccer vs. Merrimack Valley; 3:30
Cross Country at Newfound; 4
Field Hockey vs. Merrimack Valley; 4
Golf Home Match; 3:30
Wednesday, Sept. 15
NEWFOUND
Boys' Soccer at Laconia; 4
Volleyball vs. Mascenic; 6:15
Thursday, Sept. 16
PLYMOUTH
Field Hockey at Souhegan; 4:30

All schedules are subject to change.



Race

FROM PAGE A1

ed to organize a road race as well that would not only bring attention to some of her great bakery creations, but most of all benefit local charities.

“One morning after finishing her favorite Whittemore Point loop run, Audrey dreamt

of indulging in a delicious Basic Ingredients sticky bun and thought what fun it would be to offer sticky buns to racers at the end of a race,” the organization said on their social media site’s introduction.

Goudie did the math and discovered 4.2 miles of a walk or run would burn off the calories of one of Manganiello’s locally famed sticky buns. Together they organized the event in 2010 and formed the 501(c)3 Newfound Area Charitable Association to oversee their annual race contributions. The rest was history.

Over the years, Run

Your Buns Off has benefitted many local non-profit and youth organizations. It began with the Jacob Messersmith Scholarship at Newfound Regional High School and moved over time to groups such as Newfound Pathways and Newfound Lake Region Association. They have also benefitted Tapply Thompson Community Center’s Westward Bound experience for high school students and the purchase of a scoreboard for the NRHS girls’ soccer team.

Last year’s 4.2-mile charitable race was done virtually through donations, but Run Your Buns Off was still able to contribute 33,138 lbs. of food to the N.H. Food Bank. Proceeds from that event assisted 1,063 individuals from 334 local households and Manganiello said the donations to the food bank from Run Your Buns Off and the Newfound Charitable Association may very well continue over the next few years.

“It feels great to help their cause,” she said. “We were able to not only raise money for them last year but then we got to volunteer to help distribute the food. It was just great to see the faces of the people we were able to help and hear their thanks yous, so we’d like to stay with that for a while.”

For 2021, she and Goudie were able to bring the actual run/walk back to an actual event but did request online pre-registration to help separate the crowd as much as possible. Even with that change, Run Your Buns Off still had 241 people sign up for their charitable event this year.

“It’s so great to have you back. We appreciate your support! We had one year off, and you all came back,” Goudie announced as the clock ticked down to the start of the race.

Before she pulled the trigger on the starter gun however, everyone joined young Liela and



Coming in a respectable 6th place, Joe Reynolds was joined by his four-year-old daughter Josephine as he crossed the finish line for the 12th running of the Run Your Buns Off charitable event over Labor Day weekend.

Thomas Reynolds in the singing of the Star Spangled Banner, a repeat of their great performance in 2019.

In addition to the \$25 registration fee, participants and spectators were able to take part in a raffle. Prizes this year were \$100 worth of heating fuel from Rymes, a Sonos Sound Bar, and a smokeless pellet-fueled fire pit. All proceeds

from registrations and the raffle will benefit the New Hampshire Food Pantry.

Sponsors for the 2021 Run Your Buns Off Run/Walk were the Martin Richardson Foundation, West Shore Marine, Speare Memorial Hospital, Mid-State Health, Franklin Savings Bank, Morrison Construction, Newfound Law, PLLC, and Medical Reimburse-

ment Specialist (MRS).

The top runners this year were Kring at 28:55, Jeff Maistrosky came in second with a time of 29:42, and Todd Bergaglieri was right behind him at 29:47.

For the women, it was Lisa Athanasia crossing the line first at 32:15; Aleaha Gray was seconds behind with a time of 32:50, followed closely by Chloe Jenness at 52:58.

Park

FROM PAGE A1

park. There is a growing sense of community that I didn’t see before. I can envision our small park hosting events for our residents to enjoy together,” he said. “None of this would have been possible had we chose to just let some other private investor buy the park.”

On the day of the closing, co-op Treasurer Ellie Duclos remembered the day she phoned ROC-NH’s office looking for help.

“I called because I didn’t want to see the park bought out. As a ROC, we have the control and ability to do what needs to be done,” she said. “We have an amazing board, each with their own unique outlooks, abilities, and experiences that I believe will bring this park together to form a fantastic community.”

Brookside Cooperative is Merrimack County’s 20th ROC. Those communities contain 1,201 permanently affordable homes.

Cooperative ownership means Brookside’s homeowners are now eligible for products and services, including real mortgages, that haven’t been available to them. Studies show that when the land is secure, the availability of home financing improves the home’s value, the owner’s ability to make improvements, and overall housing affordability.

The nearly-8,500 homeowners in New Hampshire’s ROCs, spread across every county, also have access to management guidance, technical assistance, and leadership training in which they earn college credit through ROC-NH and its national network, ROC USA.

For 38 years, the Community Loan Fund has worked across New Hampshire to connect people, families, and business owners with

the loans, training, and advice that allow them to have affordable homes, secure jobs, and quality child care, and become more economically stable.

A complete list of ROCs in New Hampshire is available at [https://](https://www.communityloanfund.org/co-op-list/)

[www.communityloanfund.org/co-op-list/](https://www.communityloanfund.org/co-op-list/).

More information on the Community Loan Fund is online at [www.communityloanfund.org](https://www.communityloanfund.org).

About the New Hampshire Community Loan

Fund

The New Hampshire Community Loan Fund, based in Concord, turns investments into loans and education to create opportunity and transform lives. We collaborate with a wide range of donors and investors, and with business, non-

profit and government partners, to provide the financing and support people need to have affordable homes, have quality jobs and child care, and become financially independent. Established in 1983, the Community Loan Fund was one of the first Com-

munity Development Financial Institutions in the nation, and has received industry awards and recognition for social impact, financial strength, and performance. [www.communityloanfund.org](https://www.communityloanfund.org)

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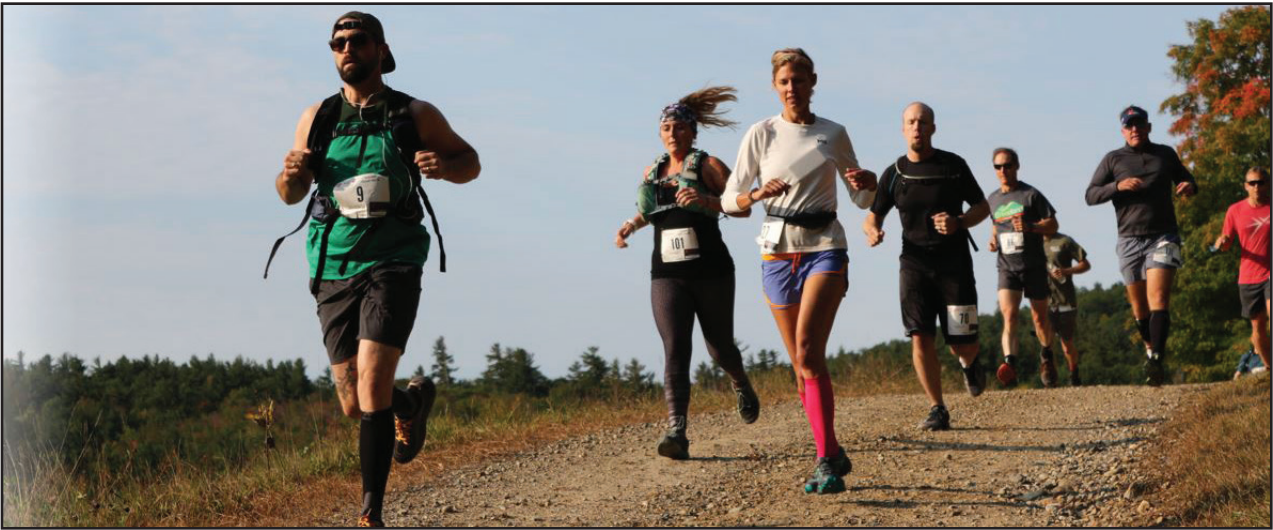
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# Last week to register for Squam Ridge Race



HOLDERNESS — Support more than 50 miles of Squam Lakes Association trails by participating in the 2021 Squam Ridge Race on Sunday, Sept. 19! The last day for online registration is Thursday, Sept. 16—register by visiting [www.squamlakes.org](http://www.squamlakes.org).

The Squam Ridge Race is a 12.2 mile race that traverses a majority of the Squam Range, crossing three summits with amazing views of Squam Lake and the surrounding watershed with about 3,000 feet of elevation gain. The race is mostly single track with 1.8 miles of pavement, half a mile of dirt road, 1.3 miles of double track, and 8.6 miles of single track trail. There is a racer and a hiker division, anyone is welcome to run or hike the route as a participant of the event.

For those seeking a shorter challenge, there will also be a four mile race that climbs to the top of Mount Livermore and back to the start/finish area. There are both racer and hiker divisions, so everyone is welcome to hike the route with friends and family or race as a participant of the event.

Top finishers in their division receive medals and the top overall finishers receive prizes. CDC and New Hampshire state guidelines regarding Covid-19 procedures will be monitored while preparing for the race.

For questions about the 2021 Squam Ridge Race please email Katri Gurney, Director of Trails and Access, at [kgurney@squamlakes.org](mailto:kgurney@squamlakes.org) or call the SLA at 968-7336. If you'd like to volunteer during the event, please email Volunteer Coordinator, Adel Barnes, at [abarnes@squamlakes.org](mailto:abarnes@squamlakes.org). Thank you to the Webster Family (Webster Land Corp and Burleigh Land Limited Partnership) for the event location and trail access providing hiking enjoyment for everyone for the race and all year long

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# HELP WANTED



# Gritty boxing melodrama “The Shakedown” to screen at Flying Monkey

PLYMOUTH — He received a dozen nominations for Best Director, more than anyone in Hollywood history.

He was three-time Oscar-winning director William Wyler, whose 50-year Hollywood career included such Golden Age milestones as “Roman Holiday” (1953) and “Ben-Hur” (1959).

But everyone needs to start somewhere. And one of Wyler’s earliest efforts, the silent melodrama “The Shakedown” (1929) for Universal Pictures, will be screened with live music on Thursday, Sept. 9 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth.

The screening, the latest in the Flying Monkey’s silent film series, will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating music for silent films.

Admission is \$10 per person, general admission. Tickets are available online at [www.flyingmonkeynh.org](http://www.flyingmonkeynh.org) or at the door.

“The Shakedown,” a boxing story about a crooked prizefighter who adopts an orphan, shows a young Wyler already fluent in the language of cinema.

Wyler weaves an on-screen tale that flows deftly from action to suspense, but also includes moments of light-hearted comedy.

Starring James Murray and Barbara Kent, “The Shakedown” is set in a hard-boiled world of professional swindlers who hustle small-town crowds with fixed boxing matches.

After saving an orphan’s life, boxer Dave Roberts is forced to decide whether to continue his low-life ways, or turn the tables and escape those who control him.

As the small-town fighter, actor James Murray was following up his acclaimed performance in King Vidor’s 1928 drama “The Crowd.”

Murray’s promising career as a leading man, however, would soon be undone by alcoholism, which rendered him unemployable.

Murray was reduced to panhandling during the Great Depression, dying at age 35 by drowning in New York City’s Hudson River.

Petit starlet Barbara Kent (who stood under five feet tall) peaked in popularity during the transition from silents to talkies, when “The Shakedown” was released. Afterwards, her career gradually faded.

Making her last screen appearance in 1935, Kent continued with an active life that included flying her own airplane into her mid-80s. She died in 2011 at age 103.

Playing the orphan was noted child actor Jack Hanlon, who would soon become a member of the popular “Little Rascals” troupe.

Hanlon, who would leave show business to serve as a paratrooper in World War II and later worked as a professional mover, died in 2012 at age 96.

Although completed as a silent picture, the huge popularity of movies with talking sequences caused Universal to order Wyler to reshoot parts of the film to create a version that included dialogue.

Wyler embraced the new method of making movies, incorporating speech naturally into his stories, impressing studio bosses with his sure technique and laying the groundwork for his long career.

In “The Shakedown,” Wyler makes a brief cameo as a comic bungler who holds a ‘Round 3’ card upside



COURTESY

James Murray and child actor Jack Hanlon in a scene from “The Shakedown” (1929), a boxing melodrama from Universal Pictures to be screened with live music on Thursday, Sept. 9 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at [flyingmonkeynh.com](http://flyingmonkeynh.com) or at the door. For more information, call the theater at 536-2551.

down during the climactic boxing match.

Wyler would go on to play an influential behind-the-scenes role in the cinematic careers of performers ranging from Bette Davis and Audrey Hepburn to Laurence Olivier and Barbara Streisand.

The original silent version of “The Shakedown” will be shown at the Flying Monkey, with live music by New Hampshire-based silent film accompanist Jeff Rapsis.

In creating music for silent films, Rapsis uses a digital synthesizer that reproduces the texture of the full orchestra, creating a traditional “movie score” sound.

For each film, Rapsis improvises a music score using original themes created beforehand. No music is written down; instead, the score evolves in real time based on audience reaction and the overall mood as the movie is screened.

“The Shakedown” (1929) will be shown on Thursday, Sept. 9 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at [flyingmonkeynh.com](http://flyingmonkeynh.com) or at the door. For more information, call the Flying Monkey at 536-2551.

For more information on the music, visit [www.jeffrapsis.com](http://www.jeffrapsis.com).

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