

Time capsule event closes out Bristol’s Bicentennial

BRISTOL - 2019 was certainly a year full of celebrations for the Town of Bristol as it recognized its Bicentennial. Everything from birthday cake and fireworks, to theater and history, all combined to make it a wonderful year full of events.

The Bicentennial Committee would like to acknowledge everyone who supported and participated over the past year. The public is invit-

ed to join the Committee at a Closing Reception and a Time Capsule Event on Sunday, Nov. 3 from 3 – 5 p.m. in the Fellowship Hall at the Bristol United Church of Christ, located at 15 Church St. During this event, the Bicentennial Time Capsule will be filled and locked – to be put away for another 50 years!

Newfound Memorial Middle School Students designed and built the

Bicentennial time capsule for Bristol’s 200th Anniversary. The beautiful wooden cedar lined box has been on display at numerous Bicentennial events and will be SEE **CAPSULE**, PAGE A10



DONNA RHODES

Beautifying Bristol

Bristol Town Administrator Nic Coates and Master Gardener Louise Migliore recently planted two apple and two cherry trees beside the town’s new walking trail off Central Street, which runs along the Pemigewasset River. Coates said more salt-resistant trees, such as sugar maples, will be also planted by the sidewalk, and next spring, there will be eight community gardens put in place on open ground beside the trailhead. “There’s such an industrial look along here with the power plant and all, so we wanted to make it a little bit more natural with some trees and gardens,” Coates said.

Local

Trick or Treat times

REGION — Trick or Treat activities in the Newfound Landing’s coverage area will all take place on Thursday, Oct. 31. Children are asked to use care when crossing the street, be sure they can see well through any masks they may be wearing, and that their costumes are visible or they have a working flashlight with them as they walk through their neighborhoods.

as follows:

Alexandria:
No set time

Bridgewater:
5-8 p.m.

Bristol:
5-7:30 p.m.

Danbury:
No set time

Groton:
5-8 p.m.

Hill:
6-8 p.m.

New Hampton:
5-7 p.m.

Times for Trick or Treat this year are

BY DONNA RHODES
drhodes@salmonpress.news
PLYMOUTH – When

Talent show raises funds in support of Circle Program

DONNA RHODES

Team “Ortographobians,” comprised of Gary Goodnough, Ryan Aquilina and Phoebe Manchester, were congratulated on their win in the 8th Annual Pemi-Baker Literacy Spelling Bee by the program’s director Darci McCarthy and the spelling bee’s emcee AJ Coppola.

Winners show no fear at Pemi-Baker Literacy’s Spelling Bee

BY DONNA RHODES
drhodes@salmonpress.news
PLYMOUTH – There

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was a hard fought battle to become the 2019 Spelling Bee champion last week, but in the end, the “Ortographobians” were the only team left that could not only spell their own name, but outspell the Alpha-Bettys when it came to the word “cuolottes.” (For the record, “Ortographobia” is the fear of spelling mistakes.)

For eight years now, the Pemi-Baker Literacy group has hosted the spelling bee, inviting area residents to challenge their spelling skills in a friendly competition that raises

not only money for the nonprofit organization but awareness of their services as well. This year PBL was pleased to announce that they have assisted nine adults in getting their high school diplomas in the past two years and worked with people from seven countries to improve their grasp of the English language. Through thousands of volunteer hours they have also tutored countless individuals who sought help with math, reading and writing skills, helped people prepare for their High

SEE **SPELLING BEE**, PAGE A12

COURTESY

An undeniably “brilliant” light show performance by an ensemble from Mill No. 3 Studio in Ashland was one of seven acts that wowed the audience at the Flying Monkey in Plymouth last week as part of the “One Talent, One Night” fundraiser for the Circle Program.

she heard the world was celebrating UNICEF’s International Day of the Girl on Oct. 11, Circle Program’s Executive, Director Kathleen Kearns, thought it was also an appropriate day to celebrate and support the girls of her program through

a “One Talent, One Night” show to raise money for their summer camp and year-round mentoring programs for girls.

Her goal was to raise \$25,000 for Circle Program that night through competition between seven local performers, a 50/50 raffle and a live auction. It wasn’t that much of an uphill climb for the fundraising, however, as Kearns announced that before the talent show even hit the stage that they had already raised nearly half that

SEE **TALENT**, PAGE A10

Artistic Roots adds new classes and teacher

PLYMOUTH — Sandy Sereno is joining Artistic Roots as a teacher. She is teaching a class called Art Journaling from the Heart on Nov. 5 and 12 from 10 a.m. to 12:30 p.m. The cost of the

two-session course is \$85 for members and \$90 for non-members. She will also offer a Water-based Oil Painting Landscape class on Nov. 7 and 14 from 10 a.m. to 12:30 p.m. Lynn Haust will

be teaching a Fused Glass on Nov. 7 from 5-7 p.m., and on Nov. 23 from 10 a.m.-noon. Cost for members is \$25, and for non-members \$35. She will also offer a two-session class in Discovering

the Magic of Dichroic Glass on Nov. 12 from 5-7 p.m. and Nov. 14 from 5-7 p.m. The cost of the class is \$100 for members and \$125 for non-members. Suzan Gannett will offer Make Your Own

Earrings Class on Nov. 14 from 5-7 p.m. Cost of the class is \$30 for members and \$25 for non-members. On Nov. 20 from 3-5 p.m., she will offer a course, Introduction to Procreate of Your iPad. The cost is \$20 for members and \$25 for non-members.

Sairose Rain will offer a free children's class on Nov. 23 from 10 a.m. – noon called Leaf Shading. She will offer two felting classes: Owls on Nov. 16 from 10 a.m. – noon, and Gnomes on Nov. 30 from 10 a.m. – noon. The cost of each class is \$25 for members and \$30 for non-members.

Polly Bartlett is hosting Fiber Sundays from 2 to 4 p.m.

Annette Mitchell is offering the class Creative Drawing in Nov.

11, 18, 25 and Dec. 2, 9, and 16 from 6-8 p.m. This class will introduce students to thinking outside the box. Alternative drawing tools and techniques will be presented in this fun course. Cost for members is \$150 and for non-members \$175.

Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is at 73 Main St. in Plymouth. You can register for classes by stopping by the gallery, phoning 536-2750 or visiting the Web site, www.artisticroots.com. Scholarships for all classes are always available. To receive a scholarship, email executivedirector@artisticroots.com.



DONNA RHODES

The big move

Movers were busy over the weekend relocating the Bristol town offices from their former Lake Street location to new offices on the corner of School and Summer streets in downtown Bristol. After taking time to settle in this week, the public is invited to join town officials for a ribbon cutting on the new building this Saturday, Oct. 26, at 10:30 a.m. A brief ceremony will be held at that time followed by light refreshments and tours of the new facility.

Local resident to share stories of Squam Lakes postcard collection

HOLDERNESS — Join the Squam Lakes Association (SLA) on Wednesday, Oct. 23 for an autumn Squam Speaker Series with local resident and guest speaker, Peter Francesco. Starting at 7pm, Peter will share his stories about his Squam Lakes postcard

collection, which he has generously shared with the Holderness Historical Society. “This collection goes back to the late 1800's and through it you can see how some things have changed and some things remain the same,” said Francesco.

Peter Francesco is a lifelong area resident and has been a realtor for more than 40 years and specialized in sales and rentals on Squam Lake. He is an active community member serving on many boards. His love of Squam led him to serve six years on the SLA board. Having lived in the area his whole life means that he has lots of stories to tell! Come listen to Francesco share historical information sparked from the images on these postcards, and chime in with a story of your own! For more information, please visit

www.squam lakes.org/ events or call the SLA office at 968-7336. The Squam Lakes Association is a non-profit organization established in 1904 and for more than 100 years has been working to protect and conserve the natural beauty, peaceful character, and resources of the Squam Watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes region.

Bristol police log

BRISTOL — The Bristol Police Department handled 232 calls for service, resulting in six adult criminal arrests, two adult protective custody arrests, and 22 criminal offense investigations. Officers also performed 71 motor vehicle stops, investigated one motor vehicle accident, and conducted 152 directed enforcement patrols, area checks, and foot patrols.

Other call reasons included: K9 deployment x2, domestic disturbances, mental health emergency, suicide threats, fight, disturbances, intoxicated persons, warrant checks, wanted persons, criminal investigation follow-ups, harassment, 911 investigation, unwanted persons, burglaries, attempted burglary, thefts, criminal mischief, trespassing, noise complaints, explosion, neighbor disputes, suspicious vehicles, suspicious persons, disturbances, drug activity complaints, drug investigations, motor vehicle complaints, DWI complaints, welfare checks, civil stand by's, residential alarms, business alarms, lost

property, parking complaints, civil matters, paperwork service, protective order services, animal complaints, public assists, motorist assists, fingerprints, sex offender registrations, VIN verifications, road hazards, juvenile complaints, community policing events, assist other police agencies, and assist the fire department.

Arrests:
Paul Brunelle, 36, Windham- Driving While Intoxicated
Jody Barry, 24, Caanan- Operating After Suspension, Suspended Registration
Ashley Durant, 18, Danbury- Operating After Suspension
Tara Seguin Pierce, 46, Bristol- Bench Warrant X4
Daniel McDonald, 27, No Fixed Address- Superior Court Warrant
Brandon Miles, 23, Alexandria- Bench Warrant

1 Adult Protective Custody- Alcohol
1 Adult Protective Custody- Drugs
Identifying information for juveniles, and persons placed into protective custody are not released.

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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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		JOKER Fri.-Sun.: 1:15, 4:15, 7:15, 9:50 PM Sun.-Thurs.: 1:15, 4:15, 7:15 PM	PG

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Meredith Rotary hosts “Casino Night” fundraiser

MEREDITH — The Meredith Rotary Club will sponsor a Casino Night fund raiser on Oct. 17 from 6 to 10 p.m. Proceeds from this event, being held in the ballroom at Church Landing in Meredith, will support local charities and scholarship programs.

“Only 250 tickets will be sold,” according to Rob Wichland, coordinator for the event.

“The \$50 entry fee will include casino chips, hot and cold appetizers, a raffle ticket, and entertainment,” Wichland stated.

In addition to a cash bar, there will be a silent auction prior to the gaming activities and a live auction during the evening.

Participants can purchase additional chips throughout the evening and raffle prizes will be awarded throughout the night. Rotary club members will staff the gaming tables. Everyone will have the opportunity to bid on silent and

live auctions featuring three exceptional prizes.

Some of the live auction items include an inflatable kayak from Watermark Marine (valued at \$550); a round of golf for four (including cart) at the Laconia Country Club; one cord of firewood (from Chippers); a Squam Lake Dinner Cruise; dinner and beer tasting at Twin Barns Brewery for eight; dinner for eight at Giuseppe’s Ristorante in Meredith; and dinner for six at Canoe Restaurant.

Tickets will be available to purchase online at www.meredithrotary.org, while they last! The event will begin with a 6 p.m. check in, with gaming beginning at 7 p.m.

Come spend a fun evening with the Meredith Rotary Club and help raise money for our local charities. Since 1982, the Meredith Rotary Club has donated more than \$2 million to local non-profit groups.

Squam Lakes Association to host guided nature walk

HOLDERNESS — Are you looking for a way to enjoy the beautiful fall colors with your kiddo? Join the Squam Lakes Association (SLA) on Saturday, Oct. 26 from 9:30 to 11:30 a.m. for a colorful nature walk around the Chamberlain-Reynolds Memorial Forest (CRMF).

Every fall the landscape explodes into a mosaic of colors with vibrant colored leaves and stunning fall flowers. Along with this foliage change, the forest animals change their behaviors to prepare for the winter temperatures ahead. On this hike, participants will be guided by Lakes Region Conservation Corps (LRCC)

member to explore the different colors and textures found in nature.

Participants must be between the ages of four and seven, and an adult must accompany children on the walk. Make sure to bring plenty of water, weather hiking appropriate clothing, snacks, and sunscreen. Don’t forget to sign up because space is limited to 10 people.

To sign up for this Adventure Ecology program or for more information, visit the SLA website (squamlakes.org) or contact the SLA directly at 968-7336. The SLA also offers other environmental programs and guided hikes through-

out the year. These free programs, presented by the LRCC AmeriCorps members at the SLA, are open to the public and cover a variety of conservation related topics and recreational activities around the lake.

The Squam Lakes Association is dedicated to conserving the natural beauty and resources of the watershed for public benefit. In collaboration with local and state partners the SLA promotes the protection and shared enjoyment of the Squam Lakes region watershed.



COURTESY

NMMS students design Bicentennial time capsule

Newfound Memorial Middle School students designed and built the Bicentennial Time Capsule for Bristol’s 200th Anniversary. The students who contributed are Electra Heath, Vanessa Frasca, Chloe Jenness, Jack Ehmann, Billy Murry, Hayden Wilkins, Mason Farmer, Sam S. Sanborn, Dalton Dion, Lydia Bartlett and Moriah Smith; along with Nick Stubbs and Natalie Walker, who are not in the photograph. Bristol residents will have one last chance to ‘share a memory’ on an index card that will be placed in the time capsule at the Bicentennial’s closing event on Sunday, Nov. 3, where the time capsule will be filled and sealed for another 50 years! The event is at 3 p.m. in Fellowship Hall at the Bristol United Church of Christ.

Rainbow Girls host annual wreath sale

REGION — Pemigewasset Assembly #28 is once again hosting their annual Christmas Wreath sale. Wreaths are 22 inches, and beautifully decorated with pinecones and red bows and are sold for \$16. Other size options are available, upon request; pricing depends on size. We also have decorated kissing balls for \$35.

Wreaths and kissing balls can be preordered by contacting Mother Advisor, Beth Nemchick at enemchick@yahoo.com or messaging the Assembly via our Facebook page at facebook.com/pemiassembly28. Orders will be confirmed after money is received and will be available for pick up on November 30th, at the Tilton Masonic Temple at 410 W Main St., Tilton, NH 03276.

The International Order of Rainbow for Girls is a service organization for girls age 11 to 20. Girls six to 11 years old are welcome to participate as Pledges. Pemigewasset Assembly #28 meets

September through June in Tilton or Franklin. Interested girls and parents are welcome to visit: www.NHRainbow.org, or www.gorainbow.org, or [www.facebook.com/pemiassembly28](https://facebook.com/pemiassembly28). Rainbow Gets Girls Ready for Life!



COURTESY

Pumpkin painting

Dixie was one of many girls and boys who dropped by the Alexandria Fire Department on Friday, Oct. 18, where the Alexandria Volunteer Firefighters Association sponsored a Pumpkin Open House for them all to enjoy. Police officers and firefighters were also on hand to have some fun with the children. In addition to some traditional fall refreshments, the association provided face painting activities, goodie bags and tee shirts for the kids, and pumpkins of all sizes that they could both paint and take home for Halloween.



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CADY Corner

Invitation to “Shout Out to Parents and Guardians”

BY DEB NARO
Contributor

To celebrate parents during National Parent Involvement Month, we are inviting area parents, grandparents, and guardians from the Pemi-Baker, Newfound, and Lincoln-Woodstock regions, to attend our third annual Shout Out to Parents hosted by the CADY Parent Advisory Council (PAC). This fun, FREE event for parents, guardians and grandparents will be held on Friday, Nov. 8 at Merrill Place Conference Center at Plymouth State University from 6:30 to 10:30 p.m. We hope you will get a sitter for the kids (no onsite childcare available) and come and be part of the celebration to honor parents and grandparents.

Being a parent means playing a million different roles. You are not only the parent, you are doctor, chef, chauffeur, therapist, teacher, and so much more. Whether your family consists of one child or you are expecting baby #4, one thing is for certain, living life as Mom or Dad is one wild ride.

The PAC represents the voice of Central NH families who are dedicated to building healthy environments and promising futures for children and youth. The Council fosters empowering interaction among community stakeholders

with a focus on giving voice to parent ideas and concerns, as well as encouraging parent participation and involvement in our community. The ultimate goal of these efforts is to create an engaging, positive environment that encourages healthy behaviors that lead to significantly higher numbers of drug-free young people. This will not only help children succeed in school and life but will also contribute towards an improvement in the overall quality of life in our community.

Ann Duckless, an engaging speaker from NAMI NH, will be speaking on “24/7 Connectedness to Technology: Impact on Health and Well-Being.” Delicious hors d’oeuvres and desserts will be served, as well as an optional cash bar and live music from The Uncle Steve Band. This is a FUNraiser, not a Fundraiser, so come join us for engaging topics, delicious food, door prizes and giveaways!

Space is limited, so please RSVP by Nov. 1 to Liz Brochu at 536-9793 or email ebrochu@cadyinc.org.

Registration is also available on Eventbrite: <https://tinyurl.com/y5kkzx1h>. For more information about CADY and the Parent Advisory Council, go to www.cadyinc.org.



DONNA RHODES

Nor’Easter tears through region

Signs like this could be seen throughout the region last week when an overnight nor’easter on Oct. 16-17 downed trees, wires and utility poles throughout New Hampshire and caused the closure of schools in both the Newfound and Pemi-Baker School Districts. During the height of the storm the National Weather Service reported winds reached as high as 50 m.p.h., causing power outages in numerous locations. As much as three-inches of rain also fell in the overnight and morning hours. Besides police, fire and utility crews, highway departments responded to many calls for trees blocking the roads. By Friday morning most of the damage had been cleaned up or repaired and roads were reopened to traffic.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Birds, bobcats, and courage, and a seasonal note or two

I’ve always admired two creatures of the wild for their pluck—the mother partridge (ruffed grouse) and the bobcat. I know, I know, “partridge” and “ruffed grouse” are not technically or scientifically interchangeable.

Still, to settlers from England, Ireland and Scotland, it was always “partridge,” and the vernacular stuck. I can remember riding in to the

logging camps at the junction of the East Branch and Deadwater Stream with Blondie Meserve, with a box of shotgun shells on the front seat, in easy reach. “Cartridges for partridges,” he said with a big grin, even though both terms were, to the persnickety, incorrect.

A hen with a clutch of chicks traveling all around with her, learn-

ing how and what to peck at, will rush an intruder (you, startled half to death) all puffed up, wings outstretched, hissing beak extended like a timber rattler. You back off, looking around for the Medevac copter.

And then there’s the bobcat, which at an average adult male weight of 22 pounds or so is far smaller than you are, but doesn’t seem to know it.



I’ve had to come face to face with captive bobcats a couple of times, and they spent the entire time hissing, growling and spitting, and trying to think up ways to kill me.

+++++
SEE NOTEBOOK, PAGE A12

MARK ON THE MARKETS

It’s just math



BY MARK PATTERSON

Why does risk matter? The risk that I am referring to is investment risk made up primarily of market risk when dealing with equities or stocks and interest rate risk as well as credit risk when dealing with bonds or fixed income.

Concept’s that I’ve expressed in previous articles, are dealing with quantifying risk and reporting returns. Let me talk about two portfolios made up with a variety of asset classes. We can assign each portfolio with a standard deviation, (difference from the middle), which measures the volatility and a range of upside and downside of potential returns. Portfolio one has a wide standard deviation

(more risk and potential return) and portfolio two has a lesser standard deviation.

Portfolio number one started with \$100,000 and had a wonderful first year return of 60%.

The second-year portfolio one sustained a minus 40 percent loss. The average return for this portfolio over two years is 10%. Not a bad return!

Portfolio number two started with the same \$100,000, a 30 percent first year return but a 10 percent second year loss. Again, a 10 percent average return over the two-year span, again, not a bad return!

But let’s look at the compounded annual growth which is measuring dollars not average returns.

Portfolio one, \$100,000 invested after one year is equal to \$160,000, 40 percent loss of \$60,000 brings our dollars down to \$96,000!

Portfolio two, \$100,000 with a 30 percent return equals \$130,000, followed by a 10 percent loss or \$13,000 brings us down to \$117,000.

I prefer portfolio num-

ber two, how about you?

So, you can see that bringing down the risk or standard deviation in a portfolio will lead to superior returns of real dollars.

This concept very important not only understand, but to implement in your own portfolio especially as we approach a time in our lives that we may depend on these assets for income.

What these numbers illustrate is a simple concept of avoiding big losses which will almost always reduce potential upside. If your advisor is attempting to build your portfolio with a variety of non and low correlated asset classes, which will lower the standard deviation or volatility and risk in a portfolio, using very low-cost or no cost investment vehicles such as exchange traded funds or individual stocks and bonds, you can assume they are probably working for your best interest.

Risk management is only part of the story. The purpose of your money is more important than risk assessment

in my opinion. It’s very easy to answer questions to create a risk profile which is typically matched up to a corresponding prefabricated portfolio. But if you answer questions that match you up a growth portfolio and income is needed soon; your portfolio will not be designed what its purpose really is!

It is common for my client that is near or in retirement to reminisce about the returns of their investment portfolio 25 years ago, as a retail broker I was not really concerned about losses at that time either. I didn’t really understand the concept of compounded annual growth versus average returns.

Staying away from big losses in your investment portfolio not only maintains your monetary capital but preserves emotional capital!

Mark Patterson is an advisor and portfolio manager with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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Towns

Alexandria

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Oh boy, I'm late for a deadline "date!" Sorry, "Boss" — was out late last night celebrating a very special occasion with some mighty fine folks. I received my 50 year pin and certificate from Sawhegenit Chapter # 52, Order of the Eastern Star! What a joy to have Miss Kayleigh "pin" me, as well as seeing me being installed as Conductress of our Chapter. Thank you Margaret for sharing this very special occasion as well. Wishes do come true, and prayers do get answered.

Town

Board of Selectmen Meeting Tuesday, Oct. 29 at 6 p.m. in the Municipal Building.

Conservation Commission Meeting Wednesday, Oct. 30 at 6:30 p.m. in the Municipal Building.

Alexandria UMC

Saturday, October 26, 2019 the will be a Family Fun Night in the Vestry from 6 until 8 p.m. Everyone is welcome to join in an evening of fun, games, puzzles and crafts. There will be goodies to nibble on too!

Sunday, Oct. 27, services begin at 9 a.m., with Sunday School following at 10:15 a.m. There will be a Trustees meeting at 11:30 a.m.

Another Happy Anniversary hot off the Bulletin to Tom and Anita Larson! They celebrated their special day on Oct. 2.

It's back to the kitchen with me to finish the beef stew, chicken soup and make a shepherd's pie! Not only am I still reveling in the festivities of last night, I've been cooking up a storm! Sure does smell good in here! There's a young lady that I know who enjoys all of those things, and tonight for supper she'll have choices! Have a marvelous week ahead!

Bristol

Al Blakeley
adblakeley0@gmail.com

Another nasty nor'easter has come and gone and left many with a mess to clean up. I felt badly for those who lost power for a long stretch. I'm hoping that won't hap-

pen over the winter! The leaves are proving again what a pain they can be after wowing us with their beauty, falling to earth to test our mettle in picking them up! There is no denying their colorful displays this season! Lots of folks got out and made leaf-peeping excursions to get the most from it.

The Red Cross Blood Drive is being held at NRHS on Thursday, Oct. 24 from noon until 5 p.m. You can get information by calling 744-6006.

The Bristol Town Offices will open at the new location on Thursday, Oct. 24 at 8 a.m. at 5 School St. There will be a dedication, flag raising and open house on Saturday, Oct. 26 from 10 a.m. until 2 p.m. I am glad for our town officials that this will finally be happening. Volunteers will give tours of the new office building in November with dates to be announced.

Halloween is fast approaching! Oct. 31 will feature: a Halloween Costume Parade at 5 p.m., trick or treating from 5 until 7:30 p.m. after the parade ends, the TTCC Teen Council 'Haunted Basement' from 5 until 7:30 p.m., and the 'Haunted House' at the Masonic Hall also from 5 until 7:30 p.m. Be sure to check on more Halloween Happenings in Central Square. Please be careful while out on the roads on this festive and traditional night.

Mark your calendar for the second potluck supper and sing-a-long sponsored by the Bristol Historical Society. This event will be held at the Historic town Hall on Summer Street on Saturday, Oct. 26 starting with the potluck supper at 5:30 p.m. Libby and Richard Danahy will lead the sing-a-long.

The Bristol Bicentennial Time Capsule Event and Sponsor Reception will be held on Nov. 3 from 3 – 5 p.m. at Fellowship Hall of the Bristol United Church of Christ at 15 Church Street in Bristol. Please plan to attend for afternoon coffee, tea and sweets from 3 – 4 p.m., followed by the Pledge of Allegiance, welcome remarks, introduction of sponsors and the filling and sealing of the Bicen-

ennial Time Capsule.

The Fall sports season is drawing to a close with mixed feelings all around. I attended Senior Night as my oldest grandson is finishing his high school varsity soccer career at Tantasqua Regional High School. I not only witnessed his recognition, but as a bonus, his teammates mentioned my son, Doug, as one of their mentors having coached many of them when they were younger. NRHS held their Senior Nights this past week and I enjoyed seeing all the photos of proud athletes and their families on Facebook. Always a bittersweet occasion from my perspective as I have participated as a parent, coach, athletic director and now as a grandparent. The playoffs await! Good luck to those teams and athletes and coaches fortunate enough to be participating!

I am very glad to see so many scarecrows in the Town Square and at many businesses and residences. Lots of time and spirited ingenuity has gone into their creation. Thanks to all who have participated in this fun event. Happy Halloween!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The Sunday worship service at the South Danbury Church on Oct. 27 will be at 11 a.m., followed by refreshments and conversation. All are welcome!

The South Danbury Church Fall and Winter Speaker Series begins on Friday, Nov. 15, at 7 p.m. Our inaugural event features singer-songwriters and multi-talented performers Lynda Nelson and Chicken Willie, presenting original and traditional country, folk and bluegrass music. There's no charge to attend, but come early for good seats – friends and fans are always eager to hear them. After the music, there will be time for treats and talk.

There's more to come! The church's annual Holiday Happy

Hour will be on Friday, Nov. 22, from 3:30 to 6:30 p.m. More information on that soon.

Danbury Winter Market

The first Danbury Winter Market of the season starts Nov. 2. Local farms, artisans and specialty food producers will offer crafts, roasted coffee, honey, syrup, dairy- goat and cow, meats- beef, pork, chicken & goat, kombucha, bakery items, jewelry, bath and body products bird houses, yarn, chicken pot pies, vegetables, breads and desserts.

If you can't buy locally for all your needs, the grange is urging you start with buying local eggs. If you are comparing price, remember that local eggs are often extra large or jumbo in size; the yolks are bright, the whites aren't runny and you are supporting a local farm. It's a small investment in your community, one dozen at a time. Breakfast tastes better with local eggs on your plate.

There will be another market on Nov. 16 and then one every first Saturday through April. The grange serves breakfast sandwiches (using local eggs of course) and lunch to help defray market expenses. The grange and Merrimack County Conservation District are partnering to give veterans \$20 to spend from any participating vendor at the market. The grange thanks Veterans for their service and farms for tending gardens and animals to bring us fresh quality items from our backyard. For information, call Donna at 768-5579.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Supervisors of the Checklist

The Supervisors of the Hebron Checklist will be in session upstairs in the Town Office Building, 7 School St., on Friday, Oct. 25 from 7 to 7:30 p.m. This is your opportunity to register to vote, make any changes or corrections to the checklist and your last opportunity to change party affiliation prior to the Presidential Primary.

REQUEST FOR PROPOSAL SNOW PLOWING AND SANDING FOR THORNTON PUBLIC LIBRARY

The Thornton Public Library is accepting proposals for snow removal and sanding. The contract will be for a period of one year. Inspection of the site can be arranged by calling Library Director Nina Sargent at 603-726-8981 between the hours of 10:00 a.m. and 2:00 p.m., Monday through Friday.

Specifications for work to be performed may be picked up at the library. Proposals must be received by Tuesday, October 29, 2019, 3:00 p.m.

The Trustees of the Thornton Public Library reserve the right to reject any or all proposals. Mail or deliver proposals to:

Thornton Public Library
1884 NH Rte 175
Thornton, NH 03285

Sealed proposals should be marked
"Snow Plowing and Sanding Proposal"
on the outside of the envelope.

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Keith M. Harger, 100

BRIDGEWATER — Keith M. Harger, 100, died Wednesday, Oct. 16, 2019.

Born in Hartford, Conn., he was the second of three sons of Burton and Vivian (Tucker) Harger.

In 1944, Keith served under Gen Patton's Third Army in WWII. After the war, Keith returned to Hartford. He met Angie Zoia at a dance, and they eventually married. With Angie's encouragement, he enrolled in night school, and with the GI Bill behind him over a period of 10 years, he graduated cum laude with an accounting degree. He worked as bookkeeper at Standard Builders, Inc and eventually became treasurer and part owner of The Industrial Construction Company.

In 1956, the family discovered, Newfound Lake. They purchased a summer lakefront cottage where the family vacationed in summers. In later years, they had the cottage moved from the property, and built their year-round home in its place, which would become their retirement home.

Keith was involved in the Newfound Area Nursing Association, and the Bristol United Church of Christ. He and Angie formed lifelong friendships and enjoyed an active social life in their beloved Newfound Lake community.

Family members include his wife Angeline "Angie" (Zoia) Harger of Bridgewater; son and daughter-in-law Gary & Mary Ellen Harger of Ponta-



Vedra, Fla.; daughter-in-law Debra Harger of Terryville, Conn.; daughter and son-in-law Nancy and Martin Vazquez of Needham, Mass.; grandchildren Jason Harger and wife Lily; Brianne Thurman and husband Eric; Jeffrey Harger; Kristen Harger; Matthew Vazquez and wife Morgan; Daniel Vazquez; Great grandchildren: Isabella, Emilia, Javier, and Leyla.

He was predeceased in 2018 by one son, Donald Harger.

He was also predeceased by his brother Burton and his brother Joel, and his brother-in-law Louis Zoia.

Private interment services will be held at the NH State Veteran's Cemetery. A memorial service will be held on Sunday, Dec. 15, 2019 at 2 p.m. at the Bristol United Church of Christ, South Main Street, Bristol. In lieu of flowers, donations may be made in his memory to the Newfound Area Nursing Association (NANA), 214 Lake St., Bristol, NH 03222. Arrangements are under the direction of Emmons Funeral Home of Bristol.

How to
Submit
Obituaries &
Announcements
To Salmon Press
Publications

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

Obituaries can be sent to:
obituaries@salmonpress.com
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.





Celebrating 200 Years!

PLEASE JOIN US...

Bicentennial Time Capsule Event & Sponsor Reception

Sunday, November 03, 2019 • 3:00—5:00 pm

Fellowship Hall • Bristol United Church of Christ

15 Church Street, Bristol NH



3:00—4:00 pm Enjoy Afternoon Coffee, Tea and Sweets

4:00 pm • Pledge of Allegiance ~ Welcome Remarks ~ Introduction of Sponsors followed by Filling & Sealing of the Bicentennial Time Capsule!

Legacy Sponsors




In honor of all Bristol NH EAGLE SCOUTS
The Wilson Family — Rob, Erica, McKenna & Reed










Heritage Sponsors





Commemorative Sponsors

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- ◆ Newfound Area Nursing Association ◆ Old Mill Properties ◆ PB & J's Childcare & Learning Center
- ◆ Tapply-Thompson Community Center ◆ UBS Financial Services, Inc.

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Bicentennial Commemorative Items make great gifts!

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Churches

Ashland Community Church

Real Church. Real People. Real Simple.

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Bob's Shurfine Market). Parking is available next to and behind the church.

Pastor: Ernie Madden
Worship Pastor: Aaron Stout
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays:
10 a.m. Worship – Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

Aug. 18 – September 15 Teaching Series: "I Love My Church!"

Toddler Zone (for infants – five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thursday evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for here. You'll learn how to relate to God. You'll experience a Christian community. And here's the big thing – you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

If you have any questions, please don't hesitate to contact our pastor, Ernie Madden, at 968-9464 or accernie@hotmail.com.

We look forward to seeing you soon!

Bristol United Church of Christ ("the Church on the Hill")

We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

Sundays: Pastor: Rev. Andrew MacLeod
Intergenerational Service: 10 a.m.

Coffee Fellowship: Following service
NOTES: Wheelchair accessibility can accommodate up to 3 wheelchairs in our Sanctuary!

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222

Phone: 744-8132

Office Hours: Main Office – Mon. thru Fri. - 9 a.m. to noon

Pastor's hours: Mon. thru Thurs. - 9 a.m. to noon and other times by appointment.

Rev. Andrew's Home Phone: 217-0704

Email: pastorbucc@myfairpoint.net

Intergenerational services and Sunday services begin at 10:00 a.m. with announcements at 9:55 a.m.

Weekly Events
Mondays: A.A. Step meeting – 7:30 p.m.

Extra Uke practice, for those who can make it, from 9:30 a.m. to 10:30 a.m. every Monday!

Bible Study at 7 p.m. Monday evenings.

Tuesdays: Bone Builders – 9:30 a.m.
Senior Crafts: 9:30 a.m.
Senior Luncheon – Noon
AA Discussion – 8 p.m.

Choir rehearsals are Sunday mornings at 9 a.m. and Tuesday evenings at 6:30 p.m.

Wednesdays: Morning Reflection is a wonderful spiritual and fulfilling experience that continues every Wednesday morning at 7:30 a.m. in Fellowship Hall. Rev. Andrew is now moderating the sessions until Don Sorrie returns in the spring. There is discussion throughout, by a lively and committed group!

All are welcome!

Uke practice follows from 8:30 to 9:30 a.m.

Fridays: Bone Builders – 9:30 a.m.

Monthly Events: WIC (Women/Infant/Children) Clinic – 2nd Monday at 8:30 a.m.

Women's Fellowship – Our next meeting will be held on Nov. 14 at 10 a.m.

T.E.A. Meetings are scheduled for every 3rd Tuesday of the month at 4 p.m. Location varies.

Special Events:
**NOTE: Sunday School takes place at 10 a.m.

Women's Fellowship has created a small library in the church which is up and running with a wonderful collection of spiritual and inspirational books. If you have any in good condition that you would like to donate, please leave them in a marked basket in Fellowship Hall.

Our next delectable church supper will be held on Nov. 9. The main course will be tender Pot Roast with the works!

Watch for the NANA Chair Yoga classes to begin again shortly!

Chair Yoga Session 2 will be held on Tuesdays at 1 p.m. And Fridays at 11 p.m. Dates to be announced! Improves flexibility with simple movements while seated.

Ongoing: Bristol Community Services Food Pantry needs everything, including toiletry items and toilet paper.

The ukelele band continues to grow and become more proficient as the weeks go by! We're having a ball!! If you are interested in joining, please contact Debbie Doe.

The band gets together twice a week on Mondays at 9:30 to 10:30 a.m., and Wednesdays at 8:30 to 9:30 a.m. in Fellowship Hall for lessons and practice, and will be performing the second Sunday of each month, unless otherwise noted. We will be performing next at the "Day Away" on Thursday, October 31st at 10 a.m. in the lower level of Our Lady of Grace Chapel on 17 West Shore Rd., Bristol. Watch for our future performance schedule!

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

Episcopal Churches: Holy Spirit, Plymouth St. Mark's, Ashland

Weekly Worship Services

Sundays: 8 a.m. at Griswold Hall, 263 Highland St., Plymouth
9:30 a.m. St. Mark's Church, 18 Highland St., Ashland

Thursdays, 11 a.m., with healing prayers, St Mark's, Ashland

Fall Series on the Psalms: Faith and Scripture

Praying with the Psalms, a series of hour-long, prayerful encounters with the psalms has begun. We meet Wednesdays from 5:30 to 6:30. All are welcome to the CLC, the red house at 263 Highland St., in Plymouth. The series runs through Wednesday, Nov. 13. All are welcome, for one session or several!

Faith@Home

Deacon Maryan has shared our second monthly fall Faith@Home packet, about Psalm 1. The September project was about Psalm 139, and the November focus will be Psalm 23.

Do you know of a household who might be on the "fringes of faith," who are curious about church, but not yet able or ready to attend a Sunday gathering? Or: Are you a parent or grandparent or neighbor who wants to grow more confident in your own ability to share and talk about following Jesus with the young people in your life? Our Faith@Home packets are a fun and inspiring way to learn and grow as Christians. Contact Deacon Maryan via the church office about being part of Faith@Home.

Ashland Community Breakfast

The next Ashland Community Breakfast will be on Saturday, Oct. 26 (the fourth Saturday of the month) from 8-9

a.m. Join in the fun, food, and fellowship; bring (or make!) a friend at the table. (There was no September breakfast due to a building use conflict on Sept. 28. We missed you!

Quilters Gather in October

The Quilting Group meets again on Friday, Oct. 25 in Griswold Hall, 263 Highland St., Plymouth, from 10 a.m. to 2 p.m. Members and non-members of Holy Spirit & St. Mark's are most welcome to connect with this group, whose work is partially funded by Holy Spirit & St. Mark's outreach gifts.

Sharing at Convention: United Thank Offering & CHIPs

Sharing at Convention: When our delegates go to Diocesan Convention on 11/9, we'll be sharing gifts from our congregation: financial gifts through the United Thank Offering, and supporting the Chips program, which makes it possible for incarcerated parents and grandparents to give their kids gifts at Christmas.

This year, Holy Spirit & St. Marks will support CHIPs with financial donations in any amount, or with gifts of new books (boardbooks, paperbacks, or hardcovers) appropriate for children ages infant to age 15. This will help the dedicated CHIPs volunteers carefully provide exactly the gifts that are needed for 2019 participants.

We will be collecting funds and books throughout October, in order to pass them along to the CHIPs team at Diocesan Convention on Saturday, November 9.

Any amount of monetary donation will be gladly accepted. Please designate any cash gifts for CHIPs by placing funds in a marked envelope. Checks in support of CHIPs are made out to:

Diocese of New Hampshire with CHIPs written on the memo line of the check.

The United Thank Offering (UTO) is a long-standing ministry

of the faithful people of the Episcopal Church. Through UTO, individuals are invited to embrace and deepen a personal daily spiritual discipline of gratitude. UTO encourages people to notice the good things that happen each day, give thanks to God for those blessings and make an offering for each blessing using a UTO Blue Box. UTO is entrusted to receive the offerings, and to distribute the 100% of what is collected to support innovative mission and ministry throughout The Episcopal Church and Provinces of the Anglican Communion. Learn more at the UTO's website.

Our attendees to the recent Province 1 ECW gathering brought back the special UTO "blue boxes" as well as UTO envelopes. All UTO gifts from New Hampshire congregations will be gathered in and consolidated at diocesan convention. Stay grateful in October...and we'll gather in our local gifts at the end of the month.

Support Groups

Guy Tillson, MDiv, MA, Hospice Chaplain and Bereavement Counselor, who facilitates several local support groups, announces the following updates related to bereavement services:

A newly launched program, "Loss and Grief: Some of the Basics," started on Wednesday, Sept. 11, from 12:30-2 p.m. Location is the Whole Village Family Resource Center, Plymouth. Dates for this group are: Oct. 30.

A monthly drop-in Bereavement Support Group gathers on the last Wednesday of every month, from 5:30-7:30 p.m., at Pemi-Baker Community Health, 101 Boulder Point Dr, Suite 3 (access the conference room by the side door). Upcoming dates: Oct. 30. No meetings on Thanksgiving Eve (Nov. 27) or Christmas Day (Dec. 5). Alternative holiday season gatherings will be announced in October. These will include

SEE CHURCHES, PAGE A10

Hiring?

Reach More *Local* Applicants

Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise **locally**, where you will get qualified, **local** applicants for your **local** job.

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• Gilford Steamer	• Granite State News	• Littleton Courier
• Record Enterprise	• Winnisquam Echo	• Newfound Landing
• Coös County Democrat	• Carrol County Independent	

Salmon press

Email: tracy@salmonpress.news
Phone: (603) 616-7103

**LAKES REGION SYMPHONY ORCHESTRA**
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November 2, 2019

7:30pm

**Inter-Lakes Auditorium
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TCHAIKOVSKY - Symphony No. 2
ROSSINI - Barber of Seville Overture**

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Hebron Town Hall

Hebron Village Store

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PLYMOUTH:

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THE REAL REPORT
RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	9 Hill Ave.	Multi-Family Residence	\$334,933	Kathleen Maher	John C. Reese and Wendy L. Lepore
Ashland	6 Morrell Dr.	Single-Family Residence	\$208,000	Kyle J. Degrace	Gordon and Sylinda B. McCown
Bristol	Adams Road, Unit 27	Deeded Slip	\$65,000	Michael J. and Kristine R. Wise	Joseph Santamaria
Bristol	514 Wulamat Rd., Unit 514	Condominium	\$295,000	Ayman R. and Corinne M. Chaar	E.G. & J. Viola Fiscal Trust and Edward G. Viola
Campton	32 Condo Rd., Unit 2	Condominium	\$117,000	Marc Nephtali	Mark Kozikowski
Campton	1152 US Route 3	Single-Family Residence	\$35,533	Bank of New Hampshire	Elton J. Harvey
Campton	Wise Road (Lot)	Residential Open Land	\$150,000	Marianne R. Biber 1996 RET	Paul J. Deronde
Holderness	21 Hardhack Rd.	Single-Family Residence	\$283,533	Debra A. Deangelis RET	Peter C. and Maria M. Serbst
Holderness	31 Muffield Lane, Unit 15	Condominium	\$255,000	A.H. & R.J. Magnus Trust	Steven B. Kelly and Kathleen B. McGill
Holderness	Route 3	N/A	\$1,050,000	John A. and Carol A. McHugh	Betsy Park
Holderness	N/A (Lot 10)	N/A	\$65,000	James E. and Carol E. Lurie	Northridge Construction
New Hampton	Coolidge Woods Road	Residential Developed Land	\$49,000	Paul W. and Marilyn H. Benker	Elizabeth A. O'Toole and Brett Newman
Plymouth	173 Mayhew Turnpike	Fuel Tank	\$416,066	Stone Road Energy LLC	Store Master Funding 11
Thornton	Covered Bridge Road	N/A	\$12,000	Town of Thornton	Jason M. Correia
Thornton	Covered Bridge Road	N/A	\$12,000	Town of Thornton	Lisa M. Silvia and Paul M. McDermott
Thornton	Goose Hollow Road	N/A	\$12,000	Town of Thornton	Lacey Gagnon and Jennifer A. Wright
Thornton	10 Keona Rd.	Single-Family Residence	\$444,533	William M. and Barbara S. Johnson	Lorna Wakefield and David G. Lewis
Thornton	55 Mountain River Ave., Unit 20	Condominium	\$190,000	Moss LT and Thomas P. Moss	Ilene M. Fultz
Thornton	Route 175, Lot 6	N/A	\$43,000	William M. Johnson	Lorna Wakefield and David G. Lewis
Thornton	Route 175	N/A	\$13,000	Lottmann Fiscal Trust and Janet G. Lottmann	Matthew D. and Christina M. Atwood
Wentworth	N/A (Lot 13)	N/A	\$45,000	Kevin D. St. Onge	Kelly A. Horne

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 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

Comfort Keepers
Dietary changes as we age

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Dietary needs evolve as people age, and seniors need to know how to manage those changes to maintain physical health and wellness. Older adults need to take an active role in shaping their diet and nutrition habits to ensure more energy, better disease prevention and quality of life.

Seniors should consult their physician to discuss their individual needs. Healthcare professionals can also help seniors and their families create and implement healthy eating plans.

These plans often include:

- Increased protein and fiber intake. Protein and fiber are important nutrients for seniors. Foods high in fiber can help maintain healthy digestive systems as we age, and increasing protein intake can help seniors increase or maintain energy and strength.

- Whole grains have multiple benefits. Whole grains are also fiber-rich foods that

not only aid the digestive process but promote healthy hearts for seniors. Cereal, rice and bread made with whole grains can easily be found at any grocery store and provide several serving choices to meet recommended daily requirements.

- Calcium is a key component in maintaining bone strength. Calcium can help prevent osteoporosis, especially when calcium intake is consistent. Preventing osteoporosis is critical for seniors – especially those that are at risk for falls.

- Hydration is critical at any age. Physical changes that occur with age make hydration even more important for older adults. For those that are less inclined to drink water, there are alternatives – milk, juice and broth are all hydrating liquids, and there are hydrating foods including watermelon, cucumbers and grapes.

If engaging in good eating habits is a struggle, there are steps seniors can take to ensure that they

are getting proper nutrition. In addition to consulting a physician about diet or health concerns they might have, they can also try the following tactics to get back on the right track:

- Make meals a social occasion– Sharing a meal is one of the most enjoyable ways to ensure that someone is eating well. This can include making something healthy and delicious for others, or reaching out to people that love to cook healthy food and offering them some company at meal times.

- Make healthy eating fit your budget– Good food doesn't have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future.

- Shop for healthy foods– Having a kitchen stocked with healthy snacks and meal options is one of the most important steps to maintaining a balanced diet.

- Encourage people to ask for help– If someone has concerns about their ability to plan healthy meals, shop for the groceries or if they just aren't

getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

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SEE COMFORT, PAGE A10

MEDICARE EDUCATIONAL SEMINAR

Please join us for a
Educational Seminar on Medicare
Learn changes for 2020!

Tuesday, October 22, 2019 at 1pm
at the Pease Public Library,
1 Russell Street, Plymouth NH

Discussion will include:

- Medicare - Parts A & B
- Part D
- Part C, Medicare Advantage
- Medicare Supplements

Presented by Patty Stewart
Patty Stewart and Associates 603-536-3691

for accomodations of special needs at this meeting
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Patty Stewart
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Edward Jones: Financial Focus				
Don't Change 401(k) Mix During Market Drops				
<p>As you're well aware, we've seen some sudden and sizable drops in the financial markets in 2019. While market volatility is nothing new, the recent plunges happened during a period of general political and economic unease. Still, it can be harmful to overreact to such events – especially if it means making radical changes to your 401(k). And yet, many people do just that. During market downturns, investors often move money from their 401(k)'s stock accounts into perceived safer accounts, such as those primarily containing bonds or other fixed-income securities. This move may result in reduced volatility on your 401(k) statements, and if that's all you want, you might be satisfied. But you do need to realize the cost involved – specifically, fixed-income investments will not provide the same</p>				
<p>rate of return that equities (stocks) can. So, if you liquidate some of your equity holdings, you may slow the growth potential of your 401(k), which, in turn, could slow your progress toward your long-term financial goals. Furthermore, if you get rid of substantial amounts of your equities when their price is down, you won't be able to benefit from owning them when their value goes up again – in other words, you'll be on the sidelines during the next market rally. Here's the key issue: A 401(k) or similar employer-sponsored retirement plan is a long-term investment account, whereas moves made in reaction to market drops are designed to produce short-term results. In other words, these types of actions are essentially incompatible with the ultimate objective of your 401(k).</p>				
<p>Of course, when the market is volatile, you may want to do something with your 401(k), but, in most cases, you're far better off by sticking with the investment mix that's appropriate for your goals, risk tolerance and time horizon. However, this doesn't mean you should never adjust your 401(k)'s portfolio. In fact, you may well want to make some changes under these circumstances:</p> <ul style="list-style-type: none">• You're nearing retirement – If you are nearing retirement, you may need to prepare your 401(k) for future downturns – after all, you don't want to have to start taking withdrawals when your portfolio is down. So, if you are within, say, five years of retirement, you may need to shift some, but certainly not all, of your assets from growth-oriented vehicles to income-producing ones.• Your goals have changed – Even				
<p>when you're many years away from retirement, you probably have an idea of what that lifestyle will look like. Perhaps you plan to travel for several months of the year or purchase a vacation home in a different climate. These are expensive goals and may require you to invest somewhat aggressively in your 401(k). But you could change your mind. If you were to scale back your plans – perhaps more volunteering, less traveling – you might be able to afford to "step off the gas" a little and invest somewhat more conservatively in your 401(k), though you will always need a reasonable percentage of growth-oriented investments. By responding to factors such as these, rather than short-term market declines, you can get the most from your 401(k), allowing it to become a valuable part of your retirement income.</p>				
<p>Devon Sullivan Financial Advisor 164 NH RTE 25 Suite 1A Meredith NH 03253 603-279-3284 Fax 844-644-4469 devon.sullivan@edwardjones.com</p>		<p>This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.</p>		<p>Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 jacqueline.taylor@edwardjones.com</p>
Member SIPC				

Capsule

FROM PAGE A1

on display again on Nov. 3.

From 3 – 4 p.m. on Nov. 3, attendees can mingle, enjoy some afternoon coffee, cider & sweets and will have one last chance to “share a Bristol memory” on an index card that will be among the items placed in the time capsule.

Beginning at 4 p.m., we will have brief remarks and recognition/introduction of our Bicentennial Sponsors and Committee, followed by placing of items into the Time Capsule.

Churches

FROM PAGE A7

a “Blue Christmas/Longest Night” service at St. Mark’s, Ashland, late in December.

Office Hours at 263 Highland St., Plymouth

Office hours in Plymouth are by appointment. Phone/voicemail: 536-1321. Please email or leave a voicemail and we will return your call. Email: rectorpb@gmail.com

Plymouth Congregational UCC

Save the date

Oct. 25 – Our next Coffee House will be Friday, Oct. 25, at 6:15 p.m. in the Fellowship Hall. The theme is “A Charlie Brown Halloween Party.” Bill Torrey will display his cartoon chalk drawings. With illustrations on how to draw different facial expressions! Families are encouraged to come with children who are welcome to dress in costumes! Ann Thatcher will provide music.

Prayer Requests

Rev. Bret Myers receives prayer requests at revbmyers@yahoo.com.

Live-Streamed and More! Don’t miss a thing. Sunday Worship services are live streamed on Facebook every Sunday. “Like” the church Facebook page and you will receive notifications when the weekly service goes live! Missed something? You can find it on the Facebook , “Plymouth Congregational United Church of Christ Plymouth NH.” Scroll down to the date of the service or program you missed. It is all there! You will also find current information about upcoming church events and a few posts to make you laugh.

The Bristol Bicentennial and Events Committee wishes to thank the many sponsors and contributors who have made this yearlong celebration possible. LEGACY SPONSORS: Bristol Eagle Scouts/The Wilson Family; Bristol Rotary Club; Freudenberg-NOK; The Homestead Restaurant & Tavern; Morrison Construction; Newfound Landing; R.P. Williams & Sons; Shackett’s Store and West Shore Marine. HERITAGE SPONSORS: Emmons Funeral Home; the Hometown Voice and Michael Sharp Enterprises. COMMEM-

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Follow the Bicentennial Events at townofbristolnh.org or facebook.com/bristolbicentennial.

warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following: Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement:

Just One More!

Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, 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.

This week at Starr King: Sunday, Oct. 27

Memory Lingers, Love Endures: A Service of Remembrance

Rev. Dr. Linda Barnes, Worship Leader Sarah Dan Jones, Music Director, and Choir

We all belong to a larger family of people and beloved animals who have passed from our lives. This is our annual service of remembrance, please bring a photo or memento to place on our altar of remembrance to those with whom we’ve had to say good bye.

For more details, visit our Web site www.starrkingfellowship.org 536-8908

Talent

FROM PAGE A1

amount.

“Thanks to local sponsors, we’ve raised \$11,000 right off the bat, mostly from Mom and Pop businesses, which shows this has really been a community effort,” she said.

Even the show’s seven contestants got in on the fundraising. Each were asked to raise \$250 as their entry fee and many surpassed that amount for their chance to perform on the stage of the Flying Monkey Theater in Plymouth.

“Collectively they’ve raised another \$4,000 tonight,” Kearns said.

Radio personality Pat Kelly of 98.3 WLNH served as Master of Ceremonies for the show, introducing the acts as Circle girls brought attention to the many sponsors who helped make the evening possible.

Talent for the night was a mix of solo, duet and group entries. Kicking off the competition was top fundraisers, eighth grade students Solana Colon and Kailey Burtt of Rumney, who brought in \$1,355 donations for Circle Program. The duo soon had everyone singing along to their ukulele performance of two classic songs, “Build Me Up Buttercup” and “Sweet Caroline.”

“I have friends who’ve gone to Circle Camp and I thought this was just a great thing to do,” Solana said.

Act Two went to the dogs when Karen and her golden retriever Chase amazed the audience with his skills. He danced, pulled his list of tricks from a mailbox onstage, gave life safety lessons on “Stop, Drop and Roll,” and even bowed his head and said a prayer for his buddy Harry, the next canine to perform. Harry and his owner Donna then took the stage to show off Harry’s amazing dance

skills.

For Act Three it was Juggling Jim: A One-Man Circus. Also known as local resident and performer Jim Gleich, he brought along his son Patrick to add some more comedic fun to his juggling and magic show. The father-son team also asked two young girls from the audience to join their act. Ellie and her little sister Charli brought down the house with their unrehearsed responses to Jim’s tricks.

Fifteen-year-old Sarah Dubois of Moultonborough Academy also brought down the house with her tap dancing skills. Dancing since the age of three, she has been a competitive dancer at Lakes Region Dance for most of her life, has been a dance instructor and is now helping to choreograph a competitive dance for her group.

Local comedienne Beth Longe brought laughter to the stage as she mulled over the trials and tribulations of parenthood while taking in the fact that she was actually performing at the Flying Monkey Theater in Plymouth.

“It just goes to show you can do anything in your life- start a business, star in a circus, anything is possible... except folding feta cheese,” she said.

Act Six was Plymouth Regional High School junior, musician and composer Cade Earick. Earick plays many instruments and already has two of his songs broadcast through the online music Web site Spotify. He performed both of those songs last Thursday and held the audience spellbound with his talents.

“The fact that I get to do this for a great cause, to empower young women, is amazing,” he said at the conclusion.

Last but far from least was a dazzling light show and dance

to the tune of “Shatter Me” by the Mill No. 3 ensemble from Ashland. Following their action packed performance, the group had everyone on their feet as well, dancing to snippets of popular tunes like “Uptown Funk,” “Happy,” and the ever-popular “YMCA.”

And while all acts were by far each a winner, the audience voted their top three favorite acts to be Sara Dubois’ tap dance for first place, Solana and Kailey’s ukulele performance in second, and the energetic Mill No. 3 Studio group took third place.

A 50/50 raffle also raised even more funds for Circle Program, as did a live auction led by Flying Monkey owner Alex Ray. Ray became so involved in the process that he even placed the high bid for an antique Victrola record player that he said would find a perfect home in his theater’s Green Room.

Circle Girls also got into the act before the night was through with several dances of their own, and before everyone went home, Kearns also had a presentation for two people who’ve made a real difference to Circle Program.

“We would not be where we are today without our supporters and volunteers. Now, every year on this day, we’ll be presenting a special award to one of those volunteers, although this year we’re starting with two,” said Kearns.

She then called Mary Ann and John MacRae to the stage to thank them for their mentoring and thousands of hours of volunteerism to make Circle Camp the wonderful place it is today.

To learn more about Circle Program and how you can volunteer or support their programs for local young girls and teens, visit them online atwww.circleprogram.org or call 536-4244.

Comfort

FROM PAGE A9

plan healthy meals, shop for the groceries or if they just aren’t getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

Comfort Keepers® Can Help

If someone is struggling to maintain healthy eating habits, consider getting support from

the trusted care team at Comfort Keepers®. Our caregivers can help with grocery shopping, meal preparation, and can help support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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About Comfort Keepers





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Please drive carefully.



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October 24 & 26-31

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LIVE EVENTS
Fri, Oct 25 - THE GIBSON BROTHERS
Sat, Nov 9 - PETER WOLF
Fri, Nov 15 - Third Day's MAC POWELL & THE FAMILY REUNION
Sat, Nov 16 - Eric Gales & Gary Hoey
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Bring in this ad to get TWO tickets for the price of one to see "THE PEANUT BUTTER FALCON" on 10/28 or 10/29

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Think Pink

Join these local businesses in supporting breast cancer awareness this October!

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease Control and Prevention note that breast cancer is treat-



ed in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, according to Breastcancer.org, breast cancer is made up of many different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are some treatment options doctors may discuss with breast cancer patients.

- **Surgery:** Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which

the tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.

- **Chemotherapy:** Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer cells. Breastcancer.org notes

that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer.

- **Radiation therapy:** Radiation therapy aims to kill cancer cells using high-energy rays that are similar

to X-rays. Sometimes referred to as “radiotherapy,” radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.

- **Hormonal therapy:** Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as “anti-estrogen” therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.

- **Targeted therapies:** These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in

the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women’s breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- **Discharge from the nipple:** The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms

of breast cancer can increase the likelihood of early diagnosis, which

greatly improves women’s chances of surviving this disease.

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Spelling Bee

FROM PAGE A1

School Equivalency test and provided assistance with basic digital literacy.

Emcee (or “Teacher”) for the event once again this year was AJ Coppola who opted not to wear one of his famous bee costumes this year, but donned a pair of German inspired “Bee-derhosen” for the night instead. Assisting him for the eighth year was “Queen Bee” Kate Donohue who was



(Right) Teams that took part in the Pemi-Baker Literacy’s annual Spelling Bee did their best to woo the judges with their costumes and dance moves last Friday night when they took part in raising funds for local literacy and tutoring programs offered by PBL.

in charge of the spelling list for the competition. Working along with Donahue were members of the Plymouth Regional High School’s National Honor Society who displayed the correct spelling of each word to the audience, which was encouraged to spell along with the contestants.

Judges for 2019 were Jess Storey, Mary Seeger and Dorothy Piquado from last year’s championship team, “Casa Speak and Spell.” In the spirit of the night, the three dressed in black robes to assume their all-important role in the competition.

Twenty teams competed in this year’s event, including staff members from Russell Elementary School in Rumney, Thornton Public Library, students from PRHS, as well as staff and faculty from Plymouth State University. Other teams were comprised of members of the Plymouth Rotary, local businesses, law enforcement officers and a new group from Campton-Thornton Fire Rescue.

Donahue was tough on her words this year. While each team was presented with the list of 1,000 words in advance, many struggled with the spelling of words like unconscionable, askance, bilious, and discretionary.

The good news, though, was that if they raised enough financial support for PBL in advance, the teams could earn a “Get Out of Jail Free” card and get a second chance in their round. As teams were eventually eliminated, they weren’t necessarily out of completion though. There was yet another opportunity to take part in the final round if the audience members rallied with more donations to keep

one lucky team in play. Winning that last chance at the end was “Under the Radar,” the members of law enforcement.

Midway through the competition teams also took part in a special costume parade where they were encouraged to woo the judges with their great costumes and dance. From feather boas, crowns, fire fighter gear and prisoners dragged by in handcuffs, each team was able to take a moment to show how special they all were. Team “Wayne’s Words” even came dressed in amazing likeness to the classic “Wayne’s World” movie characters.

Winning their way into the final round however was the popular vote for “Under the Radar” along with “The Alpha-Bettys,” ResQMe” from C-T Fire and Rescue, the “Plymouth Rotarians” and, the ultimate winners, the “Ortographobians.”

Darci McCarthy, the Program Director for PBL, said she was pleased with the event and how well it was received this year.

“This was the biggest and most talked about spelling bee we’ve had yet. The teams were all signed up three weeks early this year and while they’ve had fun, we’ve also had fun doing this,” McCarthy said.

The winning team was comprised of PSU professor Gary Goodnough and councilors Ryan Aquilina and Phoebe Manchester. Aquilana was excited to have her second win in the annual competition.

“I was part of ‘Chuckles Champions’ who won the spelling bee in the second year. I think I may be the only two-time winner they’ve had,” she said with a winning smile.

Besides taking home the title and prize package for the night, the team was pleased to say that they were also this year’s top fundraisers for PBL, making it a true “win-win” situation for both their team and literacy in the Pemi-Baker Region.

Notebook

FROM PAGE A4

On the subject of bobcats, I try to stick to in-state topics here but could not help noting a neat bobcat story from west of the Mississippi.

A father and son were fishing a remote pond in Montana earlier this month when a juvenile bobcat swam toward their boat, obviously struggling and in trouble, and the men sensed that it was about to go down.

They maneuvered their boat over to the cat and scooped it up with a big fishing net. They tried to dry it off and warm it up on the way to the landing, but it spent the entire time snarling, hissing and growling until they released it on shore.

+++++

Phone scam department:

I also avoid social issues in this space, but this topic hardly fits that description. It is a predator-prey situation.

New Hampshire has a higher percentage of elderly people than the national average, and the elderly are more prone to falling prey to fast-talking con-artists. Police all over the state often ask the media to spread the word about the most recent gimmick.

Twice now, I’ve received phone calls from someone purporting to be my grandson, in jail (in Mexico) and in need of money for bail and flying home, fast. The thing is, I have only one grandson,



JOHN HARRIGAN

The dog on the porch is Millie, in Scan Mode. The boulder is a glacial erratic, moved with hydraulics after 15,000 years up in Ancestors’ Field. The picnic table is one of two, soon to be stored for the season. The shadow is more Millie.

he’s French-Irish, and he doesn’t sound like he’s from West Texas.

Other scams include fundraising calls from police or fire department “support” organizations (legitimate fundraisers are likely to be someone you know) and fly-by-night roofers and paving companies (ditto).

And then there are the “your rights under Medicare” outfits. These sound like government-associated companies on the TV ads, but are not. They offer benefits that are already available, at extra cost. They are nothing but barkers for high-priced

“benefits package” companies, shilling for extra services you’ll have to pay for.

Seniors simply need to be warned about these calls. Children, grandchildren and great-grandchildren, do your elders a kindness with a few words to the wise.

+++++

Seasonal notes:

--We’ve had five or six good, hard frosts now. This is supposed to happen. It’s the middle of October. Any day now: First snow, which won’t stick because the ground’s not

frozen. Yet.

--It was a whale of a foliage season. The colors held on and so did the leaves, despite rain and high winds.

--The fine smell of wood smoke is ever more in the air.

--Water in dogs’ dishes is frozen at dawn. So are the dogs, which say, like Cold War spies in the thrillers, “Time to come in from the cold.”

(Please address mail, including phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

What’s Happening at Plymouth State University

This Week in the Silver Center for the Arts

Instrumental Lab Band Concert
Friday, October 25, 8:30 a.m. | Studio Theatre

This ensemble is comprised of area home-schooled students and music education majors, and led by student conductors who select the music, rehearse the ensemble, and market the event.

Piano Alumni Concert
Sunday, October 27, 4 p.m. | Smith Recital Hall

Alumni piano majors from 1973 to 2019 who studied with Professor Dr. Carleen Graff—retiring after 46 years of teaching at PSU—will perform.

PSU Symphonic Band Concert
Monday, October 28, 7 p.m. | Hanaway Theatre

Performing its first concert of the season.

Eagle Pond Authors’ Series:
Presents Sandra Yannone
Tuesday, October 29, 7 p.m.
Smith Recital Hall

Yannone grew up off Long Island Sound in Old Saybrook, CT. She is the author of *Boats for Women* (Salmon Poetry, 2019). Her poems and book reviews have also appeared in numerous print and online journals including *Ploughshares*, *Prairie Schooner*, *The Stony Thursday Book, Glass: A Poetry Journal*, *Women’s Review of Books*, *The Gay and Lesbian Review (Worldwide)*, *CALYX*, and *Seattle Review*. Reading is followed by a book signing and reception.

Generous support from the Follett Higher Education Group at the PSU Bookstore helps keep this series free and open to the public.



For more information visit plymouth.edu/silver-center.

Newfound Landing Sports

Section **B**
Thursday,
Thursday, October 24, 2019

What's On Tap

It's a mix of regular season and postseason play in the coming week for the local high school teams.

The Division III field hockey quarterfinals are Saturday, Oct. 26, at the home of the higher seed at 2 p.m. and the semifinals are Wednesday, Oct. 30, at 5 and 7 p.m. at Bill Ball Stadium in Exeter.

The Division II field hockey tourney opens today, Oct. 24, at 3 p.m. and continues Sunday, Oct. 27, at 2 p.m., both at the home of the higher seed. The semifinals are Thursday, Oct. 31, at 5 and 7 p.m. at Bill Ball Stadium in Exeter.

The Division II and III boys' soccer tournaments kick off on Wednesday, Oct. 30, at the home of the higher seed at 3 p.m.

The Division II girls' soccer tournament will start on Thursday, Oct. 31, at 3 p.m. at the home of the higher seed.

The Division III volleyball tournament opens on Wednesday, Oct. 30, at 6 p.m. at the home of the higher seed.

The Division II volleyball tournament opens on Thursday, Oct. 31, at the home of the higher seed at 6 p.m.

The cross country state championships are Saturday, Oct. 26, with the Division II girls at 10 a.m. and Division II boys at 10:40 a.m. and the Division III girls at 1 p.m. and boys at 1:40 p.m.

The regular season wraps up for the Newfound boys' soccer team with a game at Inter-Lakes today, Oct. 24, at 3:30 p.m.

The Newfound volleyball team will finish up the regular season on Friday, Oct. 25, at Campbell at 6:15 p.m.

The Newfound football team will be at Fall Mountain at 7 p.m. on Friday, Oct. 25.

The Plymouth volleyball team finishes the season with a trip to Coe-Brown at 6 p.m. today, Oct. 24.

The Plymouth soccer boys will be at Souhegan at 4 p.m. on Friday, Oct. 25.

Plymouth's girls' soccer team will be hosting Merrimack Valley on Friday, Oct. 25, at 3:30 p.m.

The Plymouth football team will be hosting Merrimack Valley at 2 p.m. on Saturday, Oct. 26.

Bears hang on for win over Franklin

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — After a back and forth game in the first half, the Newfound football team pulled ahead of the Franklin Golden Tornadoes by 20 points at the end of the third quarter.

However, the visitors came charging back and almost completely closed the gap before Brett Pigeon recovered Franklin's onside kick in the final seconds and Zeke Richardson took a knee to officially end the game with a 40-34 win for the Bears.

"Our defense started to get lackadaisical," said coach Ray Kershaw of the second half slip. "We knew Franklin was going to be big, tough and physical."

The Bears jumped out to a quick lead, scoring

JOSHUA SPAULDING
(Right) Malaki Ingram races up the field after an interception against Franklin on Saturday.



JOSHUA SPAULDING
(Left) Zeke Richardson carries the ball off the field after taking a knee to seal Newfound's win.

on the second play of the game after just 20 seconds. Rolando Sylvain picked up 55 yards on the first play from scrimmage and on the next play, Leroy Laflamme raced into the end zone and Newfound had the 6-0 lead.

Franklin came right back and scored, but they took up much more of the clock, eating up more than six minutes of time as they ran the ball down the field and eventually carried in from one yard out and the game was tied at six with 5:14 to go in the first quarter.

Sylvain and the Bears came right back and drove 53 yards on the next drive, with Laflamme getting his second touchdown from 28 yards out with 2:47 to go in the first quarter. Syl-

SEE FOOTBALL PAGE B3

Bears earn first round bye with win over Spartans

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound field hockey team finished up the regular season with a solid win over White Mountains on Saturday, Oct. 19, clinching a first-round bye in the Division III tournament.

"It was huge for us," coach Kammi Williams said. "Our goal was to get to the quarters."

The Bears scored three times in the first half and never looked back, finishing up with a 4-1 win.

Caroline Marchand got the scoring started less than seven minutes into the game on a feed from Tiffany Doan.

With 13:11 to go in the first half, Marchand returned the favor, feeding Doan for the 2-0 lead for the Bears. Newfound added one more goal in the first half, as Marchand scored on an assist from Doan with 11:59 to go, giving the Bears the 3-0 lead at the break.

The second half saw Marchand finish up her hat trick, as she scored just 2:55 into the half on a feed from Doan to up the lead to 4-0.

The Bears had more and more chances, as Marchand, Hayse Broome and Doan all got looks in the zone and the Newfound defense held strong in front of keeper Hayleigh Pabst.

With eight minutes to go, the Spartans were able to get one past a diving Pabst, who made a couple of saves while lying on the ground but couldn't keep the ball out and the Spartans



Hayleigh Pabst makes a diving save in the Newfound net in action on Saturday.



JOSHUA SPAULDING
(Left) Haley Dukette pushes the ball up the field during action against White Mountains.

made it 4-1 and that score held to the end of the game.

"We did a lot of good things, but it was a little sloppy in the second half," Williams stated. "The defense cleared the ball quickly and got the ball right back into our offense's hands."

Williams praised the work of Kenzie Bohlmann and Haley

SEE FIELD HOCKEY PAGE B2

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Bobcats take third at D3 championships

Morel, Puga, Spence qualify for individual tournament

BY JOSHUA SPAULDING
Sports Editor

CARROLL — There was a touch of fall in the air and the mountains surrounding the Mount Washington Resort were tinged with signs of the upcoming winter as the Division III golf teams took part in the state championship.

A year after the meet was cancelled due to rain, the golfers this year just had to contend with a little bit of a breeze.

And the Plymouth Bobcats represented themselves pretty well, finishing third overall behind Derryfield and Bow. Plymouth finished at 59 over par to edge out Pelham by four strokes.

“Super proud of the team and how we finished up,” said coach Jeff Park.

Leading the way for the Bobcats over the 18 holes was Marcus Morel, who finished with an 11-over par score of 83 to finish tied for ninth overall.

Also making the cut for the individual tournament was Zach Puga, who finished at a plus-13 85 for a tie for 13th place overall.

Ben Spence also made the cut, finishing with a plus-16 88 to place 20th overall.

The three Bobcats



JOSHUA SPAULDING
Marcus Morel chips onto the green on hole 17 at Mount Washington Resort last week.



JOSHUA SPAULDING
Ben Spence tees off on the 18th hole at the Mount Washington Resort last Tuesday.



JOSHUA SPAULDING
Zach Puga putts on the 17th hole during the Division III State Meet.

finished high enough to earn a trip to the individual tournament, which took place on Sunday at Beaver Meadow in Concord.

Parker Keeney finished tied for 28th place overall with a plus-19 score of 91 to round out the team scoring for the Bobcats.

Griffin Charland finished tied for 52nd place with a plus-25 score of 97, Jared King finished tied for 61st place overall with a plus-27 score of 99 and Brady Ciechon rounded out the scoring

with a plus-35 score of 107 for 76th place overall.

On Sunday at Beaver Meadow in the individual portion, Morel finished with an 88 for a combined 171 to place eighth overall. Puga finished with a 90 for a combined 175 for 12th place and Spence finished in 19th place with a 98 for a combined 186.

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

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PSU hosting softball clinic Nov. 16

PLYMOUTH — Plymouth State University head softball coach Bruce Addison has announced the program will hold a fall clinic for high school-aged student-athletes in mid-November.

The event will take place on Saturday, Nov. 16, at 9 a.m. at the Bank of New Hampshire Field House at ALLWell North and is designed to provide an opportunity for skill development, training and competition.

Clinic participants

have the option to register for individual sessions or the full clinic. Session one will include pitching and catching only. All pitchers will need to bring a catcher. Session two will include fielding, hitting, live scrimmage and a question and answer session with current Plymouth State softball student-athletes and coaches. Those interested in attending both sessions should register for the full clinic.

The cost for the clinic is \$100 and includes a PSU softball tee shirt. Athletes are encouraged to bring all necessary equipment: bats, gloves, cleats, sneakers, batting gloves, softball pants, catcher's equipment (if necessary), batting helmet and water bottle.

Interested athletes can register online (<https://tinyurl.com/PSUSoftballClinic-Fall19>) and can contact Addison (beaddison@plymouth.edu) for additional information.

Field Hockey

FROM PAGE B1

Dukette in the mid-field and Maggie Bednaz on defense.

The Bears beat Winnisquam 4-0 to start the final week of the season. Despite a quick start, Newfound didn't score until the final six minutes of the first half when Broome connected on a corner from Doan for the 1-0 lead at half-time.

Newfound opened things up in the second half with Marchand scoring unassisted at the 21-minute mark and then moments later, Marchand scored on an assist from Broome. Doan scored in the final two minutes to close out the scoring.

Pabst turned aside 10 shots in the Newfound net while Bohlmann and Matt Douville earned their coach's praise for their defensive work.

Newfound finished the regular season at

12-2 and earned a bye in the first round of the Division III tournament. The tournament continues on Saturday, Oct. 26, at the home of the higher seed. The Bear coach expects that her team will see either Newport or Berlin in the quarterfinals, teams that the Bears are familiar with.

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

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JOSHUA SPAULDING
KENNETT'S Liz Koroski prepares to backhand a shot as Plymouth's Hannah Olmstead (left) and Olivia Eastman defend.



JOSHUA SPAULDING
Keeper Molly Edmark fights for position while making a save against Kennett last week.

Hawkes goal gives Eagles win over Bobcats in season finale

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — The final game of the regular season had play-off implications for both the Kennett and Plymouth field hockey teams. For the Eagles, it was a chance to secure a first-round bye and for the Bobcats a win would've given them a chance to be in the tournament.

The Kennett girls scored a goal midway through the first half and from there, held tight and kept the Bobcats off the board to capture a 1-0 win.

"We had the rebounds, we had the shots, but we were sloppy," said Kennett coach Cassandra Daley. "We had the shots, we were there the whole time, but one goal, we can't be comfortable with that."

"Kennett is always a tough competitor, we could've come in and got blanked 5-0," said Plymouth coach Ashley Laufenberg. "I'm glad we could compete neck and neck with them."

Kennett got the first chance in the offensive zone but the Bobcats were able to turn them away. Olivia Eastman, Holly Hoyt and the Bobcats got a chance at the other end but Kennett keeper Hannah Frittenburg made the save between the pipes.

Mackenzie Carr sent a nice cross into the zone but it was tipped wide

of the net. Kennett had the game's first corner but Elizabeth Koroski tipped the ball just wide of the net. Josie Phaneuf had a nice defensive stop for the Eagles and Emily Manson turned in a nice defensive play on Carr at the other end. Natalie Shaw had a nice cross in front for the Eagles that Koroski tipped just wide of the net. Shaw had another shot on a corner but Plymouth keeper Molly Edmark was there to make the save.

The Eagles were able to get the first goal of the game with 17:21 to go, as Shaw crossed the ball in front and Kathryn Hawkes was able to tap it into the cage for the 1-0 lead for the Eagles.

Carr turned in a good defensive stop on Emma Webster and Glennys Chambers came back with a shot for the Eagles that Edmark stopped. Kennett got another corner and Hawkes crossed the ball through the zone but nobody was there to redirect it in the net. The Eagles had yet another corner but Hannah Olmstead came through with good defense on Shaw and cleared the zone.

Shaw continued to battle for the Eagles but Edmark stood tall in the net and tipped the ball away. Shaw had another cross that was tipped wide and then Jadin Cummings had a shot

that Edmark stopped. Hawkes and Koroski continued to pressure the Plymouth net and Edmark turned away their chances.

The Bobcats got a few more chances in the zone but they were unable to get anything through the defense. Hawkes, Koroski and Eva Drummond had great chances at the other end but Edmark held tight and the game went to the half with the Eagles up 1-0.

Webster had an early chance for the Bobcats but Drummond came up with the defensive stop. Plymouth had its first corner of the game but Drummond was there again for the defense. Chambers went in at the other end for a bid but Olivia Homer cleared the ball from the zone. Kennett had a couple of corner chances, with Koroski sending one shot on net that Edmark stopped. After another shot by Shaw was stopped by Edmark, Drummond and Chambers teamed up on another Kennett

corner chance.

Drummond had a shot on another corner but Olmstead was able to clear the rebound away after Edmark made the stop. The Eagles had a couple more corners and Shaw had a centering pass that Olmstead cleared and then had another shot that went wide of the net. Kennett continued to get chances in the offensive zone and had a couple more corners but they could not get anything past Edmark. The Plymouth goalie held tight the rest of the way but the Bobcats could not get the ball in and Kennett had the 1-0 win.

Daley noted that her team was down two starters, which always takes some adjusting.

"It's a different dynamic with two players out," Daley said. "We have players who can fill in, but it's different."

"But compared to Wednesday (a loss in Berlin), it's night and day," the Eagle mentor continued. "We did not play well then, but we

picked it up today."

She noted that this year's team doesn't seem to have the offensive power that last year's team had but they're figuring out how to win just the same.

"We're in a home field advantage, first round bye spot now," Daley said. "We just have to wait and see who we play."

"Molly has had some good saves, she's come up big in the big games," Laufenberg said. "She finished today on a strong note."

The Bobcat coach also pointed out that this was just another in a string of close games throughout the season, and had one bounce gone their way here and there, they'd be looking at a playoff berth.

"We had so many close games, some days you're on and some days you're off," she said. "With a young group, it took a little time to get the flow of everything."

Laufenberg praised the work of her team's

captains, Eastman, Olmstead and Edmark, all of whom had strong days and finished up good careers in the Plymouth system.

"And our seniors set a good example for the rest of the girls," she said, praising not only the three captains, but Emma Bryer, Katie Lambert, Stella Smith, Samantha Ashe and Gabby Karntakosol.

The Bobcats celebrated their seniors earlier in the week before a 3-2 loss to Oyster River. In addition to the eight players, the Bobcats also honored senior manager Madison Kiley.

The Division II tournament kicks off today, Oct. 24, at the home of the higher seed and continues on Sunday, Oct. 27, also at the home of the higher seed at 2 p.m. and the semifinals are Thursday, Oct. 31, at Bill Ball Stadium in Exeter at 5 and 7 p.m.

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

Football

FROM PAGE B1

vain added the two-point conversion for the 14-6 lead for the Bears.

The Golden Tornadoes had to punt away on their next drive, thanks to a nice stop from Kyle Sullivan and the first quarter came to a close with Newfound up 14-6. The Bears were unable to convert on fourth and nine on their next drive and Franklin took over. Four plays later, the visitors were in the end zone. A pass over the middle was caught but the Bears forced the ball out of the receiver's hands. However, it bounced toward the end zone and a Golden Tornado player pounced on it and rolled into the end zone for the touchdown. The two-point conversion tied the game at 14 with 8:52 to go in the second quarter.

The Bears then ate up more than five minutes off the clock with their next drive, with Sylvain, Laflamme and Pigeon carrying the ball. Pigeon was able to carry in from two yards out with 3:15 to go in the half for the 20-14 lead.

Malaki Ingram ended Franklin's next drive with an interception and Newfound took over, but the Bears were unable to score to end the half and took the 20-14 lead to the break.

Franklin was unable to convert on fourth and third early in the third quarter and Newfound



JOSHUA SPAULDING
Ben Washburn dives to make a tackle in action against Franklin Saturday afternoon.

took over again. Pigeon, Sylvain and LaFlamme combined to move the ball down the field, with Sylvain breaking free for a 40-yard gain in the middle of the drive. Sylvain then carried in from 13 yards out with 3:27 to go for the 26-14 lead.

Pigeon and Demeatris Marin both had defensive stops on Franklin's next drive and then Ingram stepped in front of a Franklin pass and returned in 69 yards the other way for the touchdown as time ran out on the third quarter. Sylvain got the two-point conversion and Newfound took the 34-14 lead to the fourth quarter.

Franklin promptly ate up five minutes of the fourth quarter clock and moved down the field, eventually scoring from five yards out and then got the two-point conversion to cut the lead to 34-

22 with seven minutes to play.

The Bears answered nicely, as Sylvain and Pigeon carried the ball down the field, thanks in part to Dylan Frederick, who recovered an offensive fumble by the Bears to keep possession. Pigeon then carried in from three yards out with 3:48 to go, pushing the lead to 40-22.

Franklin wasted little time answering, as the Golden Tornadoes scored just three plays and less than a minute later with a 23-yard touchdown run. Pigeon stopped the two-point conversion to make it 40-28 with 2:53 to go.

Newfound was unable to convert on fourth and nine and Franklin got the ball back, quickly moving down the field and scoring on a pass from nine yards out with six seconds to go. Logan

Haskell stopped the two-point conversion and then Pigeon caught the onside kick, allowing the Bears to take over.

The Bears then summoned Richardson from the bench and Pigeon handed him the ball to take a knee to close out the game.

"Now we'll see what happens," Kershaw said. "Fall Mountain is not going to be easy."

"But if we can win that game, we could have a shot at the playoffs," the Bear coach added, noting that after an 0-3 start, the thought of the playoffs is something to be proud of.

The Bears will finish the regular season on the road at Fall Mountain on Friday, Oct. 25, at 7 p.m.

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

Comeau leads Newfound at Capital Area Championships

BY JOSHUA SPAULDING
Sports Editor

PENACOOK — The Newfound cross country team competed in the Capital Area Championships on Friday, a day later than originally planned thanks to Mother Nature.

In the varsity boys' race, Nicholas Comeau led the way for Newfound, finishing in a time of 20:20 for 52nd place overall.

Ashlar Dotson was next, finishing in a time of 20:22 for 55th place and Joe Sullivan ran to 60th place overall in a time of 20:49.

Jeffrey Huckins was the fourth Newfound runner, finishing in a time of 20:49 as well, placing 61st overall.

In the JV boys' race, Connor Downes led the way with a 20th place finish in a time of 20:38 and Ryder Downes was next in a time of 21:00 for 23rd place overall. Benjamin LaPlume finished in a time of 21:18 for 26th place

overall with Luke Gordon in 32nd place in a time of 21:51, Wyatt Day finished in 36th place with a time of 22:33, Kyle Rosendahl ran to 46th overall in a time of 23:16 and Hunter Pease was 50th overall in a time of 23:46.

In the JV girls' race, Leah Deuso finished in a time of 89th place overall with a time of 27:35.

Sophia Pettit was next, finishing in 93rd place in a time of 28:23, Gretchen McGowan finished in 31:50 for 106th place, Julia Huckins was 108th in a time of 33:08 and Sadira Dukette finished in a time of 38:53 for 113th place.

The Newfound boys and girls will compete in the Division III State Meet on Saturday, Oct. 26, at Derryfield Park in Manchester. The girls will compete at 1 p.m. and the boys will follow at 1:40 p.m.

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



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Special Education Assistants/Paraprofessionals
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***** Applications accepted until positions are filled *****
For consideration, send a cover letter, resume, application (www.wrsdsau59.org),
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Office of the Superintendent, Winnisquam Regional School District. 433
West Main Street, Tilton, NH 03276
EOE

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An aerial photograph of a two-story house with a gambrel roof, surrounded by trees and landscaping. The house has a light-colored exterior and a dark roof. There are several windows and a small porch area. The surrounding area is lush with greenery and trees.

CAMPTON SCHOOL DISTRICT
Campton Elementary School
2019-2020 School Year

Long-term Substitute Grade 4 Teacher
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*Beginning approximately December 2, 2019
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Long-term Substitute Grade 2 Teacher
(Must be certified)
*Beginning approximately March 2, 2020 through
the remainder of the 2019-2020 school year.*

Please send letter of intent, resume, references
and certification to:

David Hamnett, Assistant Principal
Campton Elementary School
1110 NH Rte. 175
Campton, NH 03223
dhamnett@pemibaker.org



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A graphic illustration of a newspaper page. The word 'NEWSPAPER' is printed in large, bold, serif capital letters across the top. Below it, the layout shows a grid of columns and rows, typical of a classifieds section. A magnifying glass with a black handle and a silver rim is positioned over one of the columns. Inside the lens of the magnifying glass, the word 'CHECK' is written in bold, black, sans-serif capital letters. The entire graphic is set against a white background with a black border.



What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. Wheel is all black 2. Boy's neck strap is missing 3. More flowers are in the field 4. The barn has 3 windows

THIS DAY IN...



HISTORY

- **1415:** THE BATTLE OF AGINCOURT TAKES PLACE DURING THE HUNDRED YEARS' WAR.
- **1940:** BENJAMIN O. DAVIS SR. BECOMES THE FIRST AFRICAN AMERICAN GENERAL IN THE UNITED STATES ARMY.
- **1983:** THE UNITED STATES INVADES THE CARIBBEAN NATION OF GRENADA.

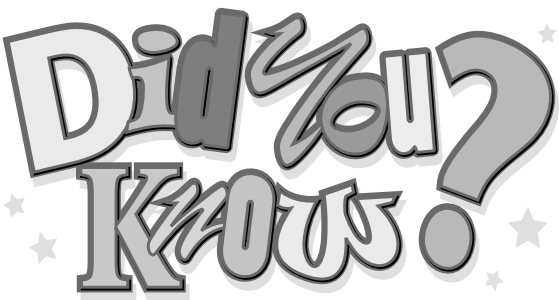


FIELD TRIP

a trip made by students to study something firsthand

How they SAY that in...

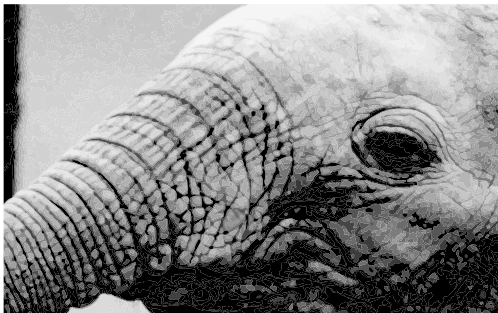
- ENGLISH:** Travel
- SPANISH:** Viajar
- ITALIAN:** Viaggiare
- FRENCH:** Voyager
- GERMAN:** Reisen



AT LIVING HISTORY MUSEUMS, VISITORS SEE COSTUMED PEOPLE WHO SHOW WHAT LIFE WAS LIKE DURING CERTAIN PERIODS OF TIME.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: BABY ELEPHANT

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to fruit.
Each number corresponds to a letter.
(Hint: 21 = e)

A. 1 7 21 21 23

Clue: Taste like sugar

B. 1 21 21 19 1

Clue: Develop into a plant

C. 17 8 13 19 12 24 21

Clue: Grown foods

D. 17 9 24 25

Clue: Choose

Answers: A. sweet B. seeds C. produce D. pick

SUDOKU

4	3					7	
				4			3
		7					
9		4				1	2
	7			9			
1			2				8
2				1		5	
7				2	3		1
	8			5			6

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	2	9	7	4	5	1	8	3
9	2	3	8	2	3	4	1	7
2	4	6	3	1	9	8	5	7
8	6	3	2	4	5	7	9	8
5	3	9	6	4	3	5	8	7
2	1	9	6	7	3	8	4	5
4	6	1	2	3	7	8	5	9
1	6	4	3	8	7	2	9	5
3	8	5	2	4	6	1	7	9

ANSWER:

Bears win as seniors honored

BY JOSHUA SPAULDING
Sports Editor
BRISTOL — The Newfound volleyball team highlighted the seniors on Wednesday, Oct. 16, and came away with a 3-0 win over Sunapee.

“My goal is always to try and showcase the seniors so I was able to start them all in the first game,” said coach Amy Fairbank. “It was a lot different than what we normally do and we wanted them to have a chance to all play together.”

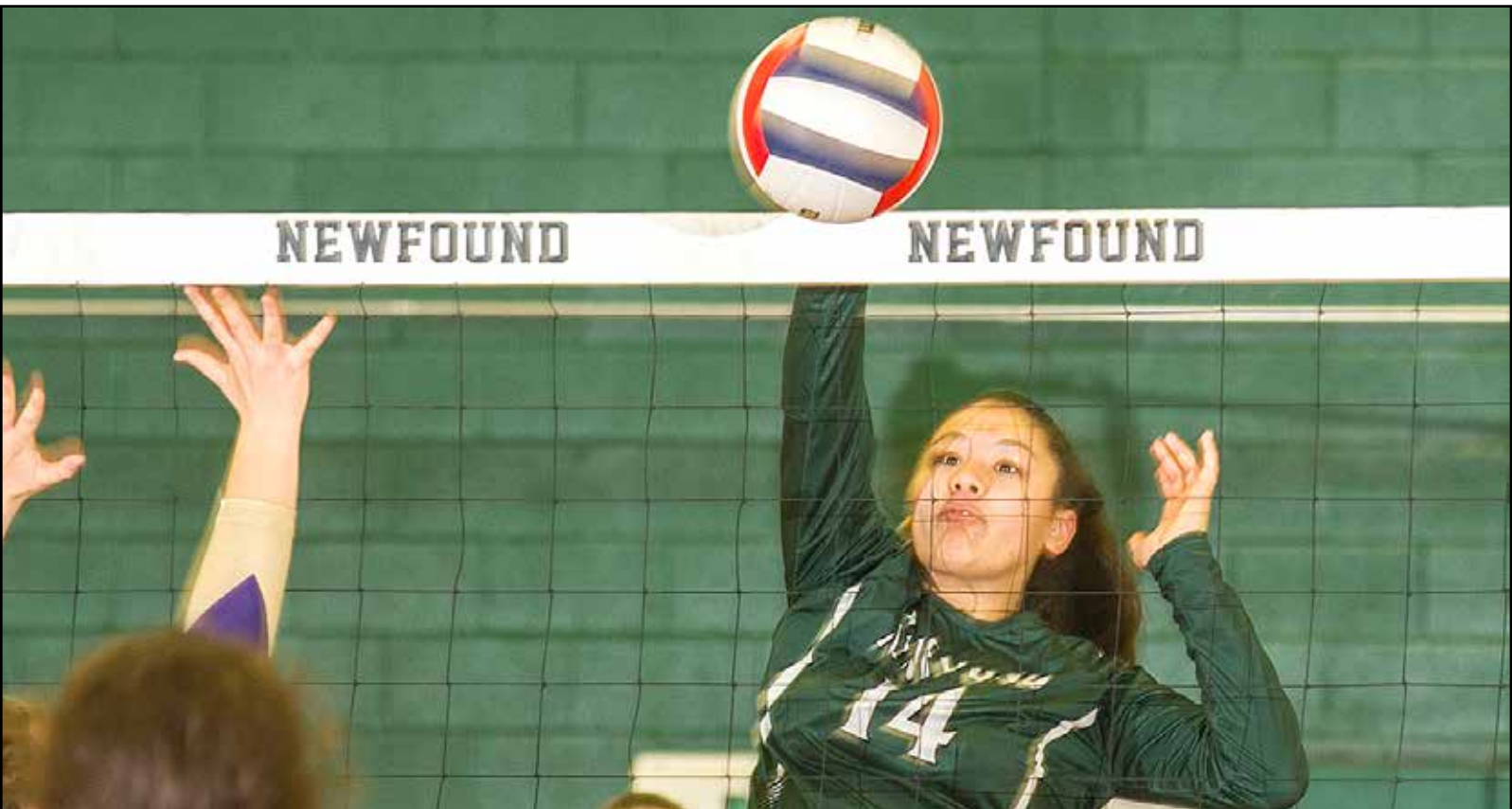
However, the combination of seniors seemed to work and Fairbank kept it in place the entire match.

“The first game’s lineup was successful so we kept the lineup the whole match,” said Fairbank. “The match had a good pace and the girls really had a fun time doing something different.”

Bailey Fairbank had six kills and was 17 of 17 from the service line with an ace, Paulina Huckins had five kills and was 14 of 15 from the service line with an ace while Riley Pierce was 15 of 17 from the line with an ace.

The Bears will wrap up the regular season on Friday, Oct. 25, with a match at Campbell at 6:15 p.m.

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



Paulina Huckins goes up for a block in action against Mascoma on Saturday.

RC GREENWOOD

Laconia Lacrosse Club hosts free clinic

LACONIA — The Laconia Lacrosse Club hosted a free clinic for both boys and girls on Saturday, Oct. 12, at the Laconia High School lower field.

“Lacrosse is a fast-paced sport that a lot of parents never played, so getting their kids into it is a less obvious choice,” says girls’ coach Rose Marie Marinace. “I started coaching because my daughter wanted to play, and I’ve rarely met a kid



COURTESY PHOTO

Laconia Lacrosse Club hosted free clinics for boys and girls at Laconia High School.

Off to New York, this time with a little rain

SPORTING CHANCE



By JOSHUA SPAULDING

A couple of times every year, I hop a train for New York City for a Rob Has a Podcast live event where we watch Survivor and a panel of former players take the stage and discuss the episode with podcast hosts Rob Cesternino and Stephen Fishbach. I’ve been making these trips for about five years now, traveling to New York, Philadelphia, Boston and Los Angeles for Survivor events and it’s always a good time seeing friends I’ve made over the years at these events.

Each time I head to New York, I try to see something different. I’ve been up the Empire State Building, to the observation deck at 30 Rock, to the Sept. 11 Memorial and the Brooklyn Bridge, among other places. The events I go to are traditionally held near Times Square, so I’ve seen that many times now.

This time, I decided I want to see a little of Central Park. It was threatening rain for most of the morning and afternoon so after grabbing a bite to eat (Shake Shack is delicious), I made my way toward Central Park. I walked around a portion of the park for a while before heading back into the city streets. The rain started after I had visited the park, but once it did, I stopped and bought an umbrella to help keep everything dry.

I had plans to meet up with some fellow podcast fans for dinner and was able to enjoy a little food and company before



JOSHUA SPAULDING

IT WAS A FULL house at Caroline’s Comedy Club in New York City for the Survivor Know It Alls.

heading to the comedy club near Times Square for the live event. Rob’s podcasts are always enjoyable, whether or not we get a good episode of Survivor or not. This time around, we got a great episode, with a huge blindside and plenty of drama (plus the fun that Boston Rob and Sandra always bring to the screen).

There was about 300 people in the club watching the episode and there were a number of former players there as well. In addition to Rob and Stephen, fan favorite Bret Labelle was also there, along with winners Michele Fitzgerald, Sophie Clarke and Wendell Holland, two players from last season’s cast in Victoria Baamonde and Julie Rosenberg plus RHAP family podcasters Brice Izyah and Jessica Lewis. With the exception of the two players from last season, all of the former players at this year’s event had been to live shows in the past.

After the episode aired, the Survivors spent an hour or so discussing the episode and then we all headed a few blocks over

for the after-party, which was held at a bar just off of Times Square. There I was able to catch up with a number of the friends I’ve made over the years at these live events, including two of my favorite podcasters, Mike Bloom and Josh Wigler, who were on location for the start of the current season of Survivor.

While in New York, I got the e-mail stating that the Division II golf championships had been postponed, so it changed by plans for Thursday. I still had to catch the 2:40 a.m. train out of Penn Station and got to Boston before 8 a.m. and then hopped the bus to Concord and eventually home and I was still able to get to the Kingswood cross country meet later that afternoon.

All in all, another great trip to New York and another fun Survivor event. The next one is coming up on December, but that will be a bit longer trip.

Finally, have a great day Sarah Christian.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent,

Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

who doesn’t like it once they’ve been taught the basic skills. It’s exciting and it’s challenging. It makes you proud to be successful at it, but it’s definitely a game that requires a team spirit to be successful.”

For the last eight years, Marinace has been coaching for the Laconia Lacrosse Club, and her husband, Paul has been coaching for four years. “Paul has the temperament for the younger girls,” she says. “He’s competitive, but adds in piggy back rides and cookies. His 8U and 10U teams have been undefeated the past two years and the girls I inherited in the 12U have learned to play together as teammates who like each other—it makes a wonderful difference to coach them when they get along.”

Club president Mike Holmes was on hand to work with the boys who showed up. Holmes and

his twin, Nick, played lacrosse as kids in Laconia and now they continue to coach together. “The boys’ game is very different from the girls’ game,” Mike Holmes said. “They share the same ball and the same name, but the other equipment, field and rules share nothing in common.”

The Laconia Lacrosse Club is open to anyone in all the surrounding towns without a team. While all players in New Hampshire Youth Lacrosse must be members in US Lacrosse, there are no additional fees to play with Laconia, and uniforms are provided.

Free clinics will continue on Sunday nights beginning in January and February before the start of the season in March. Google “Laconia Lacrosse Club” or e-mail laconialacrosseclub@gmail.com to get on the mailing list and for more information.

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