

# Newfound Landing

THURSDAY, OCTOBER 15, 2020

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COMPLIMENTARY

## Newfound girls win field hockey battle of the Bears

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Newfound field hockey coach Kammi Williams viewed her team's game with Winnisquam last Monday as a big moment in the season and her team made a statement, picking up a 5-0 win over the visiting Bears.

"We wanted to make a statement that we are for real and we did just that," Williams said.

Newfound controlled the first half but just couldn't find the net on a number of chances. Tiffany Doan finally broke through for the Newfound girls, scoring an unassisted tally. Winnisquam made a run at the goal cage in the final two minutes of the half but the Newfound defense

held tight.

Newfound scored quickly in the second half, with Doan picking up her second goal on an assist from Haley Dukette. Doan finished the hat trick with a goal assisted by Savannah Bradley to up the lead to 3-0.

Dukette scored the fourth goal and the fifth goal, the second of the two assisted by Bradley. Alyssa McDonough turned in six saves in the net for the Newfound squad to earn the shut-out.

"We controlled the game through and through," said Williams. "Alyssa in goal put in her best performance of the season."

Newfound traveled to Winnisquam for a re-

match a couple of days later and Williams didn't want her team to go in overconfident.

"Our field is not in the best shape, but it's fast," Williams said. "Their field is in great shape, but slow. It definitely takes time to make that adjustment."

Newfound didn't play a great first half in a game that was back and forth. Winnisquam was able to score on a corner, as the ball deflected off Mackenzie Bohlmann's stick and went straight up in the air and Winnisquam was able to knock into the cage for the 1-0 lead at halftime.

"At halftime, I told the girls that they had capitalized on their one opportunity and we hadn't

SEE NEWFOUND PAGE A7



RC GREENWOOD

### Bears fall

Mark Pagani carries the ball during Newfound's 42-6 loss to Inter-Lakes Moultonborough on Saturday. The game was tied at six at halftime but the Lakers pulled away in the second half for the win. The Bears will be playing on the road at Mascoma at 2 p.m. on Saturday, Oct. 17.

## Bears battle back to defeat Winnisquam

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Newfound volleyball team rallied to pick up a hard-fought win over Winnisquam last Tuesday, Oct. 6.

Things didn't start out so well for the visiting Bears, as they lost 25-17 and 25-19 in the first two sets to fall behind.

"We came in flat and our regular lineup just wasn't producing what it normally does," said coach Amy Fairbank. "The first game I chalked it up to just a slow warm-up but when the second game had the same results, I knew that we would be done in a third game if we didn't mix things up."

Fairbank made some adjustments going into

the third game and the team adjusted nicely, taking a 25-18 win to get back in the match.

"I think it rattled Winnisquam a little, but being up a game, I didn't think that was enough to cruise into a win," Fairbank said. "However, we came off that win in the third game and went into the fourth game so much more aggressive."

Newfound won the fourth game 25-13 and then closed things out with a 15-7 win to get the 3-2 victory.

"Winnisquam is a very tough competitor for us and we have a hard time overcoming a deficit with them," Fairbank said.

The Bears had just three service errors on the night, including five

players with no service errors. Shyann Seymour and Bailey Fairbank both banked five aces from the service line. Fairbank had 13 kills, Paulina Huckins had eight kills and Emalie Ruitter finished with six kills. Malina Bohlmann led the way in blocks for Newfound.

Newfound will be in action today, Oct. 15, at home against Franklin, and then plays a pair with Moultonborough, at home on Monday, Oct. 19, and on the road on Thursday, Oct. 22, all with 6:15 p.m. scheduled start times.

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

## Circle Trot goes virtual

PLYMOUTH — Remember the Circle Trot? Lots of people gathered to run or walk to help support the wonderful Circle Program? Well the good news is that Circle is still having the Trot. But, as with so many other groups, they have made it a virtual one, asking participants to race but with a covid-safe friend or group.

This year's Trot will be a week-long event in order to allow participants to work around their personal schedules. Race week began

last Saturday, and continues through this Sunday until 7 p.m.

Chelsea Francek, the new Executive Director of Circle Program, described what's different about this year's race, explaining "We still really want this to be a community event and a way for folks to get to know the Program. This year, every registrant will receive not only a race t-shirt but also the brief story and interests of one of our Circle girls. We hope that by getting to know our wonderful

girls and racing 'together,' that all of us will strengthen our community"

Registration is online through Circle Program's website. Francek said that the flexibility of this year's race format allows people to register for the race or to offer a donation towards the race without racing.

"People can walk, run or hike," Francek said. "Whatever way they have of participating in this community event, is wonderful and very appreciated!"

## U.S. Coronavirus Coordinator Deborah Birx visits Plymouth State



COURTESY

Deborah Birx tours the Plymouth State University campus alongside her brother, PSU President Donald Birx.

PLYMOUTH — Students at institutions like Plymouth State University are showing the way to overcome COVID-19, according to United States Coronavirus Response Coordinator Deborah Birx, MD.

"We're winning now on university campuses because of students—they've changed their behavior," she says.

On Oct. 12, Plymouth State welcomed Birx to campus for a presentation on the University's response to COVID-19, a tour of campus facilities engaged in relief efforts, and a visit to our on-campus testing site. She gave remarks on trends across university and college campuses nationwide and on the future outlook of the pandemic.

Ambassador-at-Large Deborah Birx is the co-

ordinator of the United States Government Activities to Combat HIV/AIDS and US Special Representative for Global Health Diplomacy. In April 2020, the White House appointed the world-renowned global health official and physician to the Office of the Vice President to aid in the whole of government response to COVID-19 as the coronavirus response coordinator.

"Not many universities believe in their students enough to open their doors," says Ambassador Birx, who noted that many institutions remain in on-line-only mode.

The key to the success of PSU and others, she maintains, was comprehensive summer planning along with work by

SEE BIRX PAGE A7




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A large, vibrant pink breast cancer awareness ribbon is centered on the right side of the page. The ribbon is tied in a classic loop, with the ends hanging down. The background is a solid, light gray, providing a high contrast for the pink ribbon.

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# Pemi-Baker Community Health's LSVT BIG program helping those with Parkinson's disease

LSVT BIG  
LSVT BIG therapy

As for whom it can help, Schwartzer says, "The people with Parkinson's disease who bene-

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us please call: 536-2232 or email: [info@pbhha.org](mailto:info@pbhha.org) Visit our Web site: [www.pbhha.org](http://www.pbhha.org) and like our Facebook Page: @PBCH4.

Founded in 1988, the New Hampshire Writers' Project (NHWP) is the state's largest literary arts nonprofit organization. The NHWP fosters and celebrates New Hampshire writers and provides a supportive community to writers of all ages, experience levels, backgrounds and genres. NHWP core programs, publications, website and annual 603 Writers' Conference provide writers and readers with opportunities to meet each other, network and learn more about the art of writing and the business of publishing.



# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	River Street, Lot 70	N/A	\$61,200	NHNY Marina Development LLC	James R. and Susan L. Repetti
Ashland	Sanborn Road	N/A	\$135,000	Joyce A. Grier Estate and Gary A. Donahue	Commerce Properties LLC
Ashland	Sanborn Road	N/A	\$50,000	Gary A. and Lauren A. Donahue	Commerce Properties LLC
Ashland	N/A	N/A	\$152,000	Guy S. and Rosemary M. Reynolds	8th&9 Investment LLC
Ashland	N/A	N/A	\$94,000	Raymond T. and Susan M. Menard	Diane L. Borselli
Bristol	Adams Road, Unit 31	Deeded Slip	\$60,000	Kevin J. and Sara L. Pascoe	Wayne and Kathryn Marschner
Bristol	2154 Smith River Rd.	Single-Family Residence	\$121,000	Lucas R. and Kelly R. Lamos	Lucas R. Lamos
Bristol	130 Sugar Hill Dr.	Mobile Home	\$39,533	Angela M. Locascio	Michelle Hamilton
Bristol	50 Wellington Village Dr., Unit 23	Condominium	\$210,000	Dauber LT and Rudolph A. Dauber	Wayne D. and Kathryn E. Marschner
Campton	82 Glade Circle	Single-Family Residence	\$485,000	Patrick and Cynthia McLaughlin	Adam and Jessica Geragosian
Campton	Merrill Road	N/A	\$39,533	Bruce and Sima Symourian	Francis A. and Paula J. Marshall
Campton	Ryder Brook Road	N/A	\$22,000	John O. Piche	Lee A. Hansche and Victoria M. Kidd
Campton	N/A	N/A	\$18,533	Douglas H. Fyffe and Gary A. Taylor	Maria Mare-Schulz
Campton	N/A	N/A	\$10,000	Stephen J. and Linda A. McMahon	Jeffrey and Lisa Downs
Dorchester	731 River Rd.	Single-Family Residence	\$215,000	Brian J. MacDonald	Anthony S. and Tanya M. West
Hebron	20 Cooper Rd.	Single-Family Residence	\$384,533	Barbara A. Nicholson Trust	Melissa A. and Timothy R. Witman
Holderness	400 Coxboro Rd.	Single-Family Residence	\$835,000	Ronald A. Witmar and Melanie J. Gargas-Witmar	Tamara Hall
Holderness	75 Perch Pond Rd.	Residential Open Land	\$140,000	Brandon Hiltz	Gregory P. and Sylvie Morin
Holderness	33 Range Rd.	Single-Family Residence	\$532,000	Jay M. Conley 2019 RET	Eric J. Villott and Lisa M. Villott
Holderness	US Route 3, Lot 54	N/A	\$50,000	179 Collier Trust and Allen A. Collier	Christopher Hosman and Kevin Snow
Holderness	US Route 3, Lot 117	N/A	\$113,000	E. & Marlene Gale RET	Roger E. and Julie Coutu
New Hampton	16 Lake View Dr.	Single-Family Residence	\$550,000		Sharon L. FrazierRichard and Christine E. Harkins
New Hampton	10 Town House Rd.	Single-Family Residence	\$350,000	Steven D. Baker	David R. Grapes
Plymouth	Chaddarin Lane	N/A	\$53,800	Richard R. Lewis	Fletcher and Sofia Heisler
Plymouth	66 Main St., Unit 6	Office Condo	\$140,000	Ross V. Deachman	Municipal Resources Inc.
Plymouth	66 Main St., Unit 8	Office Condo	\$63,000	Deachman & Cowie PA	Municipal Resources Inc.
Plymouth	15 Maple St.	Single-Family Residence	\$265,000	Derick and Rachel Royer	John E. and Sai-Ly H. Acosta
Plymouth	16 Rockys Point Rd., Unit 16	Condominium	\$244,800	Michael J. and Vivian Leary	Ryan S. Banfield and Emily E. Sieglinger
Rumney	945 Old Route 25	Single-Family Residence	\$155,000	Matthew D. Rollins	Jared I. Spaulding and Brittany M. Gibbs
Rumney	3222 Rumney Route 25	Single-Family Residence	\$172,533	Arey Fiscal Trust and Bruce R. Arey	Heather M. Harris-Keddy and Michael J. Keddy
Thornton	Mad River Road	N/A	\$90,000	Kurt E. O'Connell	Charles P. Spinelli and Denise E. Dietlein
Thornton	96 Star Ridge Rd., Unit 37	Condominium	\$144,000	Raymond K. and Krista P. Oberholtzer	Lynn A. Rajotte and Ennio S. Cordon
Thornton	N/A	N/A	\$15,000	Richard D. and Tarrah M. Zedower	Paul Kelleher
Warren	N/A	N/A	\$203,333	Michael L. Ball and Randi E. Melanson-Ball	Margaret M. Stewart and S. Theodore Merritt
Waterville Valley	6 Beanbender Rd.	Single-Family Residence	\$999,000	Paul J. and Tamsin S. Zimbone	Christopher M. Wright and kiva S. Liljequist
Waterville Valley	28 Packards Rd., Unit 634	Condominium	\$150,000	Glenn A. Frinkelstein	Jennifer Jensen
Waterville Valley	38 Windsor Hill Way, Unit 104	Condominium	\$90,000	26 Hampshire LLC	Mark and Carol Nicholas
Waterville Valley	N/A (Lot 1)	N/A	\$559,000	Graeme D. and Joanna A. Ingham	Daniel T. Zapton and Julie Voisin

## ABOUT THE REAL REPORT

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

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

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

### North Country Notebook

## To this day, I'll still call it (now and then) "the ice-box"



By JOHN HARRIGAN  
COLUMNIST

The three months beginning with the first of October are generally considered the Months of the Hunt, which have their own inaugural Hunter's Moon, the first full moon in October.

For many people who raise their own animals for food, it is also slaughtering time. This is why so many butchers and meat-cutters are so busy right now, and why so many people who can't take care of their own deer or moose have a hard time finding profes-

sional help.

Ideally, you have abundant work-space and the proper tools at hand--sharp knives, a bone-saw, abundant freezer space--and the knowledge and experience to cut up large animals. It is hard and meticulous work.

When I got my first deer, we still had what was known as "the freezer-locker" in town, which offered community food storage before the advent of individual freezers. Our family had a locker there, and I remember a lot of hanging bears, back when it was legal to sell dead bears. Local farmers, loggers, and hunters did a brisk business selling them to out-of-staters.

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During my growing-up years at least one

customer on the street waited for a man with ice-tongs to come around once a week--every two weeks in cooler weather.

This was Belle Frizzell, who was just a year or two shy of 100 when I first remember going up the stairs to her second-floor apartment. She baked lots of cookies, and kept plenty on hand for the neighborhood kids.

Grammy Frizzell was among the last in town to still have an ice-box, the original name for the household refrigerator. I can clearly remember the ice-man coming around in his truck with a freezer-box on the rear, reaching into it with a big pair of tongs, and throwing a big cube of ice over his shoulder as he headed for Mrs. Frizzell's staircase.

There were always chips of ice for us kids, and of course Grandmother Frizzell's cookies in the big glass jar.

+++++

The Lafond family ran the freezer lockers, and old Mr. Lafond kept the knives sharp and the younger generations too. Our parents had a freezer locker there, as did many other families in town.

When I killed my first deer at age 13, we hung it in the barn until it was time to skin it out and take it down to Mr. Lafond. "It's gotta be clean," were his brief instructions to my Mom. At that age I was heedless of ticks as I sliced carefully and the deer's

hide fell around my neck and shoulders. In fact, I'd probably never heard the term "tick."

The carcass was clean, all right--I wiped it with a damp cloth to get rid of stray hair, and we wrapped it in an old sheet before loading it into the trunk and taking it down to Mr. Lafond.

According to my deer's teeth and a biologist's best guess, my doe was seven and a half years old, pretty old for a New Hampshire deer. Back-straps and a few other choice cuts aside, Mr. Lafond recommended grinding it up for hamburg, with a fourth measure of pork fat ground in. "It sure stretched the budget," my Mom said.

+++++

Many Americans still look their supper straight in the eye, which is why most farm families avoid giving their animals names. Still, the very notion of an ice-box seems like a TV on the fringe of reception.

Belle Frizzell used to mangle shirts to make a little pin-money, I can remember just that much more. She was a neat

lady, with her hair in a bun and several big pins sticking through.

Who remembers such times, a way of life when mention of the ice-man meant more than a Broadway play?

(Please address mail, with phone numbers in case of questions, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Rd., Colebrook, NH 03576.)



COURTESY

The caption reads: "Into the 1930s, households used large blocks of ice...", which means that my neighborhood was a little bit behind the times. (Courtesy of the Sloane Collection)

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## CADY Corner

### Understanding the dangers of alcohol overdose

BY DEB NARO  
Contributor

Celebrating at parties, cheering a favorite sports team, and enjoying get-togethers after work are common ways to relax or be with friends. For some people, these occasions may also include drinking—even binge drinking or high-intensity drinking. And when that happens, the results can be tragic. Drinking too much and too quickly can lead to significant impairments in motor coordination, decision-making, impulse control, and other functions, increasing the risk of harm. Continuing to drink despite clear signs of significant impairment can result in an alcohol overdose and death.

An alcohol overdose occurs when there is so much alcohol in the bloodstream that areas of the brain controlling basic life-support functions—such as breathing, heart rate, and temperature control—begin to shut down. Symptoms of alcohol overdose include mental confusion, difficulty remaining conscious, vomiting, seizure, trouble breathing, slow heart rate, clammy skin, dulled responses such as no gag reflex (which prevents choking), and extremely low body temperature. Alcohol overdose can lead to permanent brain damage or death. What tips the balance from drinking that produces impairment to drinking that puts one's life in jeopardy varies among individuals. Age, sensitivity to alcohol (tolerance), gender, speed of drinking, medications you are taking, and amount of food eaten are all factors.

Alcohol use and use of opioids or sedative-hypnotics, such as sleep and anti-anxiety medications, can increase your risk of an overdose. Examples of these medications include sleep aids such as zolpidem and eszopiclone, and benzodiazepines such as diazepam and alprazolam. Even drinking alcohol while taking over-the-counter antihistamines can be dangerous. Using alcohol with opioid pain relievers such as oxycodone and morphine, or illicit opioids such as heroin and fentanyl, is also a very dangerous combination. Like alcohol, these drugs suppress areas in the brain that control vital functions such as breathing. Ingesting alcohol and other drugs together intensify their individual effects and could produce an overdose with even moderate amounts of alcohol.

As blood alcohol concentration (BAC) increases, so does the effect of alcohol—as well as the risk of harm. Even small increases in BAC can decrease motor coordination, make a person feel sick, and cloud judgment. This can increase an individual's risk of being injured from falls or car crashes, experiencing acts of violence, and engaging in unprotected or unintended sex. When BAC reaches high levels, amnesia (blackouts), loss of consciousness (passing out), and death can occur. BAC can continue to rise even when a person stops drinking or is unconscious. Alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body.

It is dangerous to assume that an intoxicated unconscious person can sleep it off. Alcohol at very high levels can hinder signals in the brain that control automatic responses such as the gag reflex. With no gag reflex, a person who drinks to the point of passing out is in danger of choking on vomit and dying from a lack of oxygen (i.e., asphyxiation). Even if the person survives, an alcohol overdose like this can lead to long-lasting brain damage. Know the danger signals and, if you suspect that someone has an alcohol overdose, call 911 for help immediately. Do not wait —be aware that a person who has passed out can die. Don't play doctor—cold showers, hot coffee, and walking do not reverse the effects of alcohol overdose and could actually make things worse. Stay alert to keep your friends and family safe. And remember—you can avoid the risk of an alcohol overdose by drinking responsibly if you choose to drink, or by not drinking at all.

To learn more about the responsible drinking 1-2-3 formula, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LR-GHealthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection, our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

## Sustainable Bristol

BY LAUREN THERIAULT

Come one, come all, to the Fall Sustainability Fair at Kelley Park on Oct. 17 from 10 a.m.-2 p.m.! Here at Sustainable Bristol we have been working hard since July to organize this fair for our community. There will be events and booths for adults and children. We have an exhibit about solar energy and a demonstration of how it works as well as local resources if you are interested in getting solar panels. Updates

## Sustainability Fair

about the status of recycling in Bristol as well as in New Hampshire and the world. Hint: it isn't all grim. We have zero waste ideas, resources and our newly made Zero Waste Guide to the Newfound Region. Composting information and DIY ideas for kids and adults. There will be games and activities for children. We also have local businesses selling zero waste and refashioned products. Brittany Overton, our head Librarian, will host a story time at the top of each hour

and has lots of books from the Minot Sleeper Library about reducing your waste, living more sustainably, and protecting the environment for browsing. Artwork done by Elementary students in the Newfound School District will be on display. Live local music as well as free cider if you bring your own mug. It's sure to be a great time. Come and learn something new about sustainability.

Please adhere to the state and local guidelines regarding

COVID-19. This includes wearing a mask for anyone over the age of five. Please stay home if you have any symptoms, have been out of New England within the past 14 days, or have had contact with anyone with a confirmed case of the virus. We look forward to seeing you there!

*Lauren's Green Tip of the Week: Use a reusable bag! Stores are taking them again as long as they are clean.*

## Letters to the Editor

### Get to know your candidates

To the Editor:  
Voting this year will be more intense than past years, and you should really get to know the candidate/s to make an informed decision. So, come join me and meet Joe Kenney (Executive Council), Bob Giuda (State Senate), Ned Gordon and Kendall Hughes for (State Representative) and who

knows, maybe Corky Messner (US Senate) and Steve Negron (US Congress). These candidates will be at the Purple Pit Coffee Lounge in Bristol this Friday from about 8 to about 9 a.m.

As an undeclared voter, I have decided this year these candidates have my vote. Why? Because they do not want to trample on our liber-

ties. If we lose our liberties, we may never get them back. Take a stand and vote the New Hampshire way and Live Free or Die.

If you want to be 100 percent sure your vote is counted on Nov. 3, then vote in person if you are able. I have seen firsthand votes that were cast by absentee ballot disqualified. Several

because people forget to sign their name on the ballot envelope, and if they did sign it, then it must match the application signature and if they don't, well, your vote could be disqualified, so vote in person and be counted.

JOHN SELLERS  
BRISTOL

### Your vote is appreciated

The past two years, I have served as chair of the Resources, Recreation and Development Committee in the House. Although the 2020 session was cut short by Covid, the committee was still able to pass legislation and we did it, in most cases, regardless of party affiliation. No gridlock on the Resources Committee!

Resources passed legislation to strengthen protections on drinking water from PFAs, provide greater funding to assist municipalities and lake associations in the fight against aquatic invasive species, protect the salt marshes on the

seacoast, and took the first steps in simplifying rules for docks on our lakes. If re-elected I will continue to work to protect the environment, address the climate crisis and balance the competing interests of those who enjoy our state-owned trails and our amazing lakes, rivers and ponds.

One of the most rewarding parts of serving as your state representative is being able to assist constituents. It could be as simple as providing a phone number of a state agency, or as complicated as helping people thread the needle of bureaucracy to find a tough answer.

Don't hesitate to give me a call or email me if you have questions or want me to know about issues of importance to you.

If reelected, I will continue to work for equal opportunities for all of New Hampshire's families, where the quality of your child's education, your healthcare options and your access to broadband and cell phone service do not depend on your zip code.

I would appreciate your vote either today, if you are voting from home, or on Nov. 3.

REP. SUZANNE SMITH  
PLYMOUTH

### A scholarship you can be proud to support

To the Editor:

I can't tell you how proud I am to be a part of the Blakeley-Mills Scholarship Foundation! This scholarship was started five years ago by Paul Berton and Linda Normandin, Newfound alumni in the Class of 1972. They came up with the idea of donating your

age each year to the scholarship. So I donated \$100, and next year, \$101. Last year, there were 77 alumni who donated, and the class of 1972 donated the most. This year two donors have pledged \$10,000 of matching funds.

The best part for me being on the commit-

tee is interviewing the amazing seniors at Newfound for the scholarship! I am so impressed with all the candidates and their answers to our questions. We have helped 21 graduating seniors finance their education. We are in the middle of our fundraising campaign, and you can donate by going to

newfoundalumni.com and clicking on "donate," or you can send your donation to PO Box 691, Bristol, NH 03222.

Thank you in advance!

EARL MILLS  
ALEXANDRIA

### I hope to earn your vote

cal taxpayers is not sustainable. It has had an outsized impact on property poor towns and has specifically hurt many areas of District 2 including my hometown of Plymouth. With much of the property in Plymouth being University-owned, the tax burden falls on local residents. Here, our taxes have risen by 17 percent since the Great Recession. All across the district and across New Hampshire, folks are pleading for the state to stop passing

the buck to the towns and municipalities.

In the State Senate, I will fight to restore shared revenue to our towns and lower our property taxes without implementing an income tax. As chair of the Plymouth Select Board and a tax-paying citizen of Plymouth, I know all too well the increased tax burden that has been placed on towns, especially those with low property values, when shared revenue from the

state is gutted. Downshifting costs to our towns not only places a heavy burden on us as taxpayers, it is also an abdication of responsibility from the state. I hope to earn your vote, and look forward to implementing solutions without increasing the tax burden on Granite Staters.

BILL BOLTON  
PLYMOUTH

Shifting taxation to lo-



Letters to the Editor

Has Sununu been a great governor?

To the Editor:

Gov. Sununu used his near-daily Covid briefings this summer to demonstrate he was in command and taking action. He formed committees to develop plans, issued hundreds of pages of guidance (much of which was suggestions, not requirements), and took credit for Dean Kamen flying in PPE from China. The Covid pandemic has been an unprecedented opportunity for him to dominate the news. How he has used it proves he's a great politician, but not a great governor.

Unfortunately, there was no enforcement component for his guidance. When I asked his Covid Team to have someone explain the employee mask requirement to a non-compliant grocery store, I was told it was disseminated by

the grocers' association. Seems Sununu doesn't place much value on his own guidance.

Unlike most governors, he never issued a mask mandate or gave towns the authority to do so. (Although a judge has ruled, they may.) Promised public service announces encouraging masks never appeared, and Sununu never wore one in public until August.

Most employees and customers now wear masks and feel safe, but Sununu deserves no credit for this. When Target and Walmart mandated customer masks, many stores followed suit. When they asked for a state mandate to help with enforcement, Sununu refused. He didn't want to alienate hard cored Trump supporters. As it turned out, the disruption period was short.

How many of the 500 New Hampshire lives lost could have been saved if he had mandated masks early on?

Sununu's treatment of schools has been shameful. They were told repeatedly to wait for guidance from the State. What was released, just four weeks before the start of school, was generalized and of little value. School nurses still don't have clear testing and quarantine guidance, enough PPE, or Covid testing kits. Instead of giving schools aid to cover all Covid costs, Sununu allocated \$1.5 million for private school scholarships.

So, before you vote, ask yourself "Has Sununu really done better than Dan Feltel, or any Democratic governor, would have done?"

SALLIE FELLOWS  
HOLDERNESS

I vote for science

To the Editor:

I believe in science and that climate change needs immediate action and is the greatest challenge of our time. We can stop the carbon emissions and stop the warming, but we cannot go back and cool the planet. The changes required to slow/stop the warming will take MANY years to plan and implement and most scientists believe that we only have 10 years before we hit the tipping point where it will be hard or impossible to even slow the warming.

It is time to act. We are already seeing unprecedented extreme heat, water scarcity and food shortages around the globe. We can't wait another four years to start working on this so I ask you to consider the importance of your vote in less than five weeks.

You trust science for your health care, and to get us out of the Covid crisis and to make your food safe and to make your car run and your computer work and pretty much everything in your life. So why distrust science for this one issue?

The sad part is that this has become a partisan issue, which makes no sense. Will Republicans be less harmed than democrats by increased tornadoes, floods, drought, crop failures, air pollution and other human health impacts?

We can solve this problem if we go after it like we are going after a vaccine for Covid. We have the clean energy technology that will provide good paying jobs.

But what can you do?

Dont vote for anyone who says this is a hoax or not important. This means not voting for President Trump, or governor Sununu or any politician who is a science denier. President Trump does not believe in climate change and is doing everything in his power to reverse progress we have made on fighting climate change;

- pulling out of Climate Paris Agreement
- killing the clean power plan
- opening up Arctic wildlife refuge for oil drilling,
- reducing progress on fuel economy standards on vehicles,

- not allowing governmental employees to even use the words "climate change"

These may help big business in the short term but they don't help you and I. Are gas prices so high that you need the price to drop another two pennies? The US has a glut of oil and natural gas and we are frantically trying to export it to other countries.

Unfortunately, there will be no vaccine in six months or a year for the climate crisis. The only treatment is collective climate action in the present.

So, first thing to do is don't vote for climate deniers. Second thing is to not shy away from talking about climate change with other people. If we all ignore it and don't talk about it, our political, business and clergy leaders will not to act on it. And finally, if you want to be proactive you can write letters to your editor about the need to act.

TED VANSANT  
HOLDERNESS

Join me in supporting Suzanne Smith

To the Editor:

I'm writing in support of Suzanne Smith, who is running for reelection to represent Hebron, Holderness, and Plymouth in the New Hampshire House. Rep. Smith's commitment to serving her constituents is second to none, and I have experience to back that statement.

When I had questions concerning development near my family's property on Newfound Lake, I called Suzanne. She

serves as Chair of the Resources, Recreation, and Development Committee, which focuses on legislation related to shoreland protection, recreational boating, water quality, and forestry (among other things). She is also a member of Hebron's Conservation Commission.

Suzanne made multiple visits to our property to make sure she knew exactly what my family and I were dealing with. She took time to meet

our neighbors and listen to their concerns as well. She researched our questions and provided information and points of contact at the State to assist us.

In short, Suzanne brought her experience to bear to assist a constituent with a problem. To me, that is the mark of a great legislator. Please join me in voting for Suzanne Smith on Nov. 3.

VALERIE SCARBOROUGH  
PLYMOUTH

Bob Giuda was there for us

To the Editor:

Two years ago, we were getting nowhere dealing with the state Department of Revenue Administration over a significant discrepancy in our business taxes. We reached out to Sen. Giuda, who met with us, listened carefully. He then set up a meeting with us

and the Commissioner of Revenue in her office.

Thanks to his working for us, the issue was resolved, the appropriate taxes were paid, and we're happy we were able to continue serving the community we call home.

When we reached

out to Bob, he was there for us, and I know he's helped out many others, although he won't tell you about it. His heart is with the people and communities he serves, and he deserves your vote on Nov. 3.

HOLLY KEROUAC EMERSON  
BRIDGEWATER

Towns

Bristol

Al Blakeley  
adblakeley0@gmail.com

The rain has been coming down fairly steady since this morning as I write this. It is much needed and probably more would be a blessing (at night only?) but it will definitely put a damper on the beautiful foliage we are seeing each time we venture out. The fallen leaves will be a pain to clean up, but a small price to pay for such beauty that we in NH experience each year.

The TTCC is contemplating starting up Teen Nights: Tuesdays for high school students, 6-8pm and Thursday nights for middle school students, 6-8pm. There is a survey available at the Center that will help determine interest. Please pick up a survey at the office or online.

Contact the TTCC at [ttcc@metrocast.net](mailto:ttcc@metrocast.net) or call 744-2713. There is a Fall Running Club for kids ages 9 and up that wish to be active and try some running. The venue will be the New Hampton Fitness Trail on Tuesdays, 4:30 to 5:30 p.m. and Saturdays may be added later. Adult volunteers will be needed to help with the program, so if you are interested, please contact the TTCC. All participants must register through the TTCC. A New Baby Sitting Course will be offered starting Nov.7 at

the TTCC for ages 10 and up from 9am until 3pm. Space is limited and participants must register by Nov. 4.

It looks like Halloween will be a go in Bristol! The Bristol Events Committee is looking for volunteers to ensure that Halloween activities will happen for the citizens of our town this year.

The committee is working to develop guidelines that will provide both a fun and safe environment for all participants. The Trunk or Treat will be a one-way route allowing for plenty of social distancing between vehicles. The Haunted Walkway will also be a one-way route. All participants will be required to wear cloth face masks - traditional Halloween masks do not count as face covering. Volunteers will be needed to help direct parking for trunk or treat vehicles, to direct pedestrian traffic and for general overall assistance. A great deal of interest is anticipated for these events. If you can donate a bag or two of candy to help offset the amount the volunteers will need to provide, please donate to the Candy Stash! All candy must be individually wrapped. Candy can be dropped off at one of the following locations: the Bristol Town Offices, the TTCC and the Bristol Police Department. For more information, please avail yourself of the town websites.

Bristol's Sustainability Committee will host its first Sustainability Fair at Kelley Park on Saturday, Oct. 17 from 10 a.m. – 2 p.m. This family friendly event will feature zero-waste resources, a solar demonstration, sustainable products made locally, and activities for children. Be sure to visit the Minot-Sleeper Library booth to learn about books on living more sustainably, easy ways to be a little more environmentally-friendly in your workspace, and Storytime at the start of each hour. For more details, contact: <https://www.townofbristolnh.org/sustainability-committee>.

The NRHS Athletics Hall of Fame Ceremony scheduled for October 24,

2020 has been postponed. The new date will probably be in the spring of 2021, but no date has been announced as yet. Details may be obtained by contacting NRHS: 744 6006.

The Bristol United Church of Christ is now holding in-person worship on Sunday mornings at 10 a.m. The church is following strict safety protocols with social distancing, required masks and special cleaning after worship service. Since March, Rev. Andrew MacLeod has provided Sunday services via Zoom and continues to do so during in-person worship. You may receive the Zoom link by contacting the church at 744-8132 or emailing [pastorbucc@myfairpoint.net](mailto:pastorbucc@myfairpoint.net).

The BUCC Women's Fellowship will be selling balsam wreaths by order this year. The wreaths are \$20 each and will be available for home delivery or pickup during the week of November 29. If you wish to place an order, call Lucille at 744-2751.

Like many folks, we are fixing to close up our cottage for the season. A fire in the fireplace helps

ease the chill that comes with the changing season. Our lake is lowered every other year at this time, and it presents a new view that also draws the eye up and down the beach that wasn't there for many months. I'm looking forward to a new view for all of us next year! Saying goodbye to 2020 will not be an unpleasant task...

SEE TOWNS PAGE A7



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**Edward Jones: Financial Focus**

**Avoid Financial Mistakes During Retirement**

When you retire, you've learned a lot about all sorts of things, helping you avoid some of the mistakes you made earlier in life. However, you may still be susceptible to financial missteps specifically related to your retirement years. How can you dodge these errors? Consider these suggestions:

- Manage your withdrawal rate carefully: You will likely need to tap into your retirement accounts – your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your resources. You may want to consult with a financial professional to determine the withdrawal amount that's right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least a certain amount each year – based on your age and account balance – from your traditional IRA and 401(k) or similar plan.)
- Don't underestimate health care costs. Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. In fact, A healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to HealthView Services, which produces health-care cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.
- Don't take Social Security too early. You can start receiving monthly Social Security checks when you reach age 62, but your payments will generally be significantly larger if you wait until your "full" retirement age, which will probably be between 66 and 67. (The size of your payments will "max out" at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)
- Don't invest too conservatively. Once you're retired, you might think that you should take as few chances as possible with your investments – after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we've experience recently, inflation can erode your purchasing power over time.
- Don't be more generous than you can afford. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford – but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well. Retirement can be a wonderful time of your life – and you may enjoy it more by doing what you can to avoid costly financial mistakes.



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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.

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# PSU to host final lecture in series on issues facing voters

PLYMOUTH — The Plymouth State University (PSU) Saul O Sidore Lecture Series, which has covered crucial issues facing voters leading up to the November election, will conclude Tuesday, Oct. 20 at 7 p.m.

with Michael Klare, Ph.D., who will present “War at Warp Speed: Emerging Technologies, Great-Power Tensions, and the Risks of Nuclear Escalation.” Previous lectures in the series, which began in fall 2019,

explored the role of race, fact-checking in the age of fake news and the renewed appeal of socialism. The Saul O Sidore Lecture Series is being presented virtually and is open to the public.

Those interested in joining the discussion can access the Zoom meeting information online: [go.plymouth.edu/sidore](https://go.plymouth.edu/sidore). “War at Warp Speed” will examine both the risks of nuclear escalation between world powers, including the growing tensions between China, Russia, and the United States, and what can be done to reduce the potential of a minor incident sparking World War III.

Dr. Klare is the Professor of Peace & World Security Studies Emeritus at Hampshire College and a Senior Visiting Fellow at the Arms Control Association in Washington, D.C. He has written and edited 15 books, and has contributed to numerous journals and publications, including Foreign Affairs, The Nation, Newsweek, Scientific American, and Technology Review.

The September 2020 Sidore lecture, focused on health care reform, is

available to view on the Sidore Lectures Series web page: [go.plymouth.edu/sidore](https://go.plymouth.edu/sidore). Jonathan Gruber, Ph.D. the Ford Professor of Economics at the Massachusetts Institute of Technology (MIT), spoke about issues with the current health care system, how the system could transform in the future, and his thoughts on a broader health care program for the country.

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

About Plymouth State University  
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming

our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The “Plymouth State Learning Model” is organized around seven dynamic, theme-based hubs called “Integrated Clusters,” which emphasize open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit [www.plymouth.edu](https://www.plymouth.edu).

## Plymouth’s Got Talent registration deadline extended

PLYMOUTH — Talent videos are rolling in for the talent competition scheduled to begin on November 1. In order to present all of the talent our communities have to offer, Plymouth Rotary is extending the deadline for video submissions to Oct. 22. Join the competition, compete for cash prizes and have some fun.

The Covid pandemic has forced Plymouth Rotary to cancel its traditional Annual Penny Sale in 2020. But, our students and youth still need the support this

fundraiser provides. So, for the first time ever, the Club will host a virtual alternative, Plymouth’s Got Talent.

From now until Oct. 22, individuals, families and groups can register for talent acts and submit videos. The acts will be available online with everyone able to vote (one dollar per vote) for their favorite acts.

Voting will begin on Nov. 1, a live event will be shown on Nov. 7 at 6 p.m. on Pemi Baker TV, Facebook and YouTube. Voting ends on Nov. 15 with winners receiving cash

prizes for most votes received in the adult, child and pet categories.

Event sponsorships are available for business leaders, individuals and past supporters of the Penny Sale.

Detailed instructions about talent acts, categories, registration forms, timelines, voting instructions and sponsorship opportunities are included on the Talent Show Web site, [www.Plymouthsgottalent.com](https://www.Plymouthsgottalent.com).

Plymouth Rotary is thankful for the continued support of our greater Plymouth community

## PSU sports teams to compete this weekend

PLYMOUTH — The Plymouth State University Department of Athletics has announced the return to outside competition for five of its fall sports teams; men’s and women’s soccer, men’s and women’s cross country and women’s volleyball.

While PSU did hold “Green and White Games” over the university’s Homecoming Weekend last month, the Panthers will finally have the chance to square off against outside competition for the first time since the COVID-19 pandemic brought spring sports to a halt last March. Plymouth State, Keene State College and Rhode Island College, which all have similar on-campus testing protocols, have agreed to play.

“I am so excited for our student-athletes to be able to have this opportunity to compete against other schools who have comparable testing protocols,” said Director of Athletics Kim Bownes.

All contests are set for Saturday, Oct. 17, with each of the three campuses hosting different sports. Women’s soccer will be played at Plymouth State, Keene State welcomes the men’s soccer and cross country teams, while women’s volleyball heads to Rhode Island College.

Several precautionary measures are in place to keep all participants safe. Fans are not permitted, masks are required for all event personnel and sideline staff, and all participants, including officials, are required to provide negative test results within 72 hours of competition. Each school intends to broadcast all events.

Women’s soccer  
PSU’s Arold Field will host all three schools in a jamboree-style round robin with each session lasting 45 minutes. Plymouth State faces off against Keene State at 11 a.m., with the Owls challenging RIC at 12:30 p.m. PSU closes out the day against the Anchorwomen starting at 2 p.m.

Men’s soccer  
Keene State serves as the host for men’s soccer for a similar style event at Dr. Ron Butcher Field. PSU battles the host Owls at 12 p.m., followed by a match-up with RIC at 1:30 p.m. KSC will tackle the Anchormen in the day’s final contest at 3 p.m.

Women’s volleyball  
RIC will host an exhibition tri-match at The Murray Center, starting with RIC and Keene at 10 a.m. Plymouth State takes on the Owls at 12 p.m., then wraps up the day against the hosts at 2 p.m.

Men’s and women’s cross country  
Little East Conference (LEC) schools are participating in an LEC Virtual Meet, though PSU and KSC will run the 5k course together at Keene’s Owl Athletic Complex. The women’s race begins at 10 a.m., while the men start at 10:45 a.m.

### HIGH SCHOOL SLATE

**Thursday, Oct. 15**  
NEWFOUND  
Boys’ Soccer vs. Franklin; 4  
Field Hockey vs. Laconia; 4  
Volleyball vs. Franklin; 6:15  
PLYMOUTH  
Boys’ Soccer vs. Winnisquam; 4  
Field Hockey at Winnisquam; 3:30  
Girls’ Soccer at Moultonborough; 4  
**Friday, Oct. 16**  
PLYMOUTH  
Volleyball vs. Winnisquam; 6:30  
**Saturday, Oct. 17**  
NEWFOUND  
Field Hockey vs. Mascoma; 12  
Football at Mascoma; 2  
PLYMOUTH  
Cross Country at Berlin; 10  
Football vs. Kingswood; 2  
**Monday, Oct. 19**  
NEWFOUND  
Boys’ Soccer vs. Moultonborough; 4  
Girls’ Soccer at Moultonborough; 4

Volleyball vs. Moultonborough; 6:15  
PLYMOUTH  
Boys’ Soccer vs. Gilford; 3:30  
Girls’ Soccer at Gilford; 3:30  
Volleyball vs. Gilford; 6  
**Tuesday, Oct. 20**  
NEWFOUND  
Cross Country at Sandwich Fairgrounds; 4  
PLYMOUTH  
Cross Country at Sandwich Fairgrounds; 4  
**Thursday, Oct. 22**  
NEWFOUND  
Boys’ Soccer at Moultonborough; 4  
Girls’ Soccer vs. Moultonborough; 4  
Volleyball at Moultonborough; 6:15  
PLYMOUTH  
Boys’ Soccer at Gilford; 3:30  
Cross Country at Kingswood; 4  
Girls’ Soccer vs. Gilford; 3:30  
Volleyball at Gilford; 6

## 2020 SalmonPress

### Holiday Gift Guide

Guide Published  
Thursday, November 19th

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## Towns

FROM PAGE A5

### Hebron

Bob Brooks 744-3597  
hebronnnews@live.com

Supervisors of the Checklist News

On Saturday, Oct. 24, the Supervisors of the Checklist will be in session at the Town Office from 10am to Noon. Avoid waiting in line at the polls. On the 24th, you can Register to Vote, pick up and/or fill out an Absentee Voter Application and ballot. We can help you with any questions you have about the upcoming Nov. 3 elections.

Town Beach Kayak Rack Survey

The Beach Committee and the Select Board have received a request to install a kayak rack at the town beach. The rack

would be located at the current designated car-top boat launching area of the town beach.

The Beach Committee and the Select Board are in the initial stages of gathering data concerning this request and would like the input of taxpayers and residents about the installation of a kayak rack at the town beach.

Please watch the home page of the town website under news for the survey. It will only be live for a short amount of time so keep watching and please fill it out...your voice is important. Additionally, we have been adding many improvements to our lovely beach and hope everyone has been enjoying them!

Residents are encouraged to access the link below to take the survey and let the Town and Beach Committee know your thoughts.

## Churches

### Plymouth Congregational UCC

Church Announcement

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday Bulletin for this service as well as videos and Bulletins from past services can be found on our church's Web site at [www.uccplymouth.org](http://www.uccplymouth.org).

How do I access the church's Facebook Page? You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will re-

ceive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

Beginning at the start of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and

enthused about sharing Christ's love with the world. Please visit our Web site at [www.uccplymouth.org](http://www.uccplymouth.org).

### Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

Sunday, Oct. 18

Just Listen

Rev. Dr. Linda Barnes, Worship Leader  
William Gunn, Guest Musician

Tatum Barnes, Director of Religious Education

Join us on this Sunday as we explore the gentle are of real listening. Really, come listen, just listen.

LIVE STREAMED via ZOOM

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

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

## Birx

FROM PAGE A1

facility managers, mask mandates, and regular testing. The most critical factor, however, is having students work together to prevent the spread of COVID.

The visit to New Hampshire was especially meaningful in that it included family time with her brother, Plymouth State President Donald Birx.

"Over the past eight months, not only has Deb been a trusted resource for the nation, but she's been a sounding board for me, PSU, and the entire University System as we planned for the reopening of campus and the continuation of in-person classes throughout the semester," says President Birx.

"She has given us advice and shared perspectives that have given us the confidence to move forward."

As the crisis deepened this spring, Ambassador Birx's team began writing weekly state reports, which incorporated data from over 3,200 counties to provide specific recommendations. Mask mandates were proposed not only for their direct health benefits—"We know masks work," she said repeatedly on her PSU visit—but also as important signals to retailers that reopening could be done while minimizing risks.

Ambassador Birx's interest in reopening colleges and universities transcends their benefits to students. The shuttering of higher education nationwide this

spring deeply affected the "brain trust" of research platforms that she counts on, and since schools reopened they have provided critical analysis and data not only epidemiological questions, but also on social concerns such as the impact of isolation and depression.

Her years of experience gained in combating AIDS/HIV in Africa have shown Birx how to battle America's COVID outbreak.

"Step by step, day by day, community by community, mapping progress, and listening to people," she says.

Since June, she has listened and learned about the nation's headway by traveling more than 16,000 miles by car to 37 states and 27 universities. First-hand

observations of what communities are doing on their respective Main Streets and how business is transacted in coffee shops factor into her recommendations.

Her discussion on serious pandemic matters was leavened by family recollections. The Birx siblings received Heathkits, electronic products that required assembly, and Ambassador Birx learned to solder at age five and helped build a color television at age ten.

"It was great STEM education," she recalls, and her worldview and commitment to service were also molded at an early age by missionaries who regularly visited the family home.

"Physically distanced and socially engaged" is Ambassador Birx's

mantra for dealing with family situations, whether visiting with her New Hampshire relatives or when asked what we all can do when considering upcoming holiday gatherings.

"This virus can spread among families and friends if you take your masks off and don't wash your hands," she cautioned. "We've got to make sure that we're not taking masks off in small gatherings."

She cautioned that colder weather is steadily driving us indoors and may be foreshadowing a silent spread of the virus.

"We're seeing the same worrying signs as we saw in the south with air conditioning in the summer," she says.

Recognizing that behavioral changes take

a long time and are difficult to achieve, Ambassador Birx models positive reinforcement. Language is important, and instead of telling people where they can't sit, she recommends letting them know where sitting is permitted.

Ambassador Birx's extensive experience and detailed inquiry has convinced her that until a vaccine is readily available, the proper course is to continue with the protocols that PSU has adopted: social distancing, mask wearing, and regular testing.

"We really know how to prevent spread of this virus and working together we can," she commented.

## Newfound

FROM PAGE A1

on our six," Williams said. "Then Newfound turned it on."

Doan scored on an assist from Bohlmann on a corner to get things started.

"At this point, I knew we had momentum and I knew we were back in the game," the Bear coach said.

Isabelle LaPlume gave Newfound the lead on an

assist to Bohlmann and then Doan finished off the game with a one-on-one goal against the Winnisquam keeper.

The hosts had a chance on a corner with no time left on the clock, but Maggie Bednaz carried the ball out of the defensive circle and sealed the win for Newfound.

McDonough finished with four big saves in net for the green and white Bears. Williams also

praised the work of Bednaz and Cassie Zick in leading the way during times while the team was struggling.

Newfound will be hosting Laconia on Thursday, Oct. 15, at 4 p.m. and will be hosting Mascoma on Saturday, Oct. 17, at noon.

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

# Hiring?

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<b>BRIDGEWATER:</b> Newfound Grocery	<b>HEBRON:</b> Hebron Post Office(Outside Box) Hebron Town Hall Hebron Village Store
<b>BRISTOL:</b> Bristol Post Office (Outside Box) Bristol Town Hall Bristol Laundry Cumberland Farms Bristol Park & Go Bristol Shacketts Rite Aid Bristol Hannaford Wizard of Wash	<b>HILL:</b> Hill Public Library
<b>DANBURY:</b> Danbury Country Store	<b>NEW HAMPTON:</b> Mobil Gas Station Irving Gas Station Gordon Nash Library <b>PLYMOUTH:</b> Tenney Mt. Store
	<b>RUMNEY:</b> Common Café Stinson Lake Store

**PUBLISHED EVERY THURSDAY!**

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# REAL ESTATE

### RICK SWANSON ESTATE COLLECTION

To Be Sold at Online-Only Auction  
Strafford, NH – Bidding Ends on October 28th



**BID ONLINE**

**NEW HAMPSHIRE MILK BOTTLE COLLECTION** to include very impressive poly-glaze examples in various sizes, both round and square with over 240 different NH dairies represented, as well as, an extensive NH embossed collection. New England states Applied Color Label Soda Bottle Collection, Large Swazey stoneware collection of crocks, jugs, bean pots and more, extensive Charles Sawyer colored print collection of New Hampshire scenes, vintage soda and beer advertising items, brass scale collection, early NH porcelain license plates, mostly NH stoneware jug collection, many with blue decoration, blue spongeware, blue salt-glaze pitcher and stoneware collections, several hand-painted fish sets and game sets, brass stencil collection, collection of record albums, tin toys, Winchester trade sign, door stops, coffee tin collection, Griswold cast iron collection, fabulous oak display cabinets, decoys and much more. This is a sale not to be missed. Also offered is a 1993 Mustang 5.0 LX-Convertible.

**INSPECTION:** For registered bidders only Thursday, October 22nd from 9:00 a.m. to 4:00 p.m.

FOR COMPLETE DETAILS AND CATALOGUE LISTING VISIT:  
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**AUCTION**  
BID ONLINE

**Log Home on 6.6 Acres • Strafford, NH**  
**Online-Only Bidding Ends: Wed., October 28th at 1 p.m.**

**178 CROSS ROAD** is a log home on 6.6 acres which sits back nicely from the road. The front yard is set with beautiful tall pines and the rear of the property enjoys views of hardwood trees. This home has 2-bedrooms and 1-bathroom, it was built in 1975, and includes multiple wood burning stoves to add to the warmth and ambience. There is a covered, screened-in porch overlooking the rear of the property and a covered area below which would be great for storing a tractor. Assessed Value: \$200,700. Tax Map 19, Lot 10.

**PROPERTY INSPECTIONS:** Thursday, October 22nd from 9 a.m. to 4 p.m., and Tuesday, October 27th from 2 p.m. to 4 p.m.

FOR A PROPERTY INFORMATION PACKAGE WITH TERMS GO TO  
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Please contact Ashley at 603-568-4930 for more information.  
\* A background check is required.  
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# DEADLINE NOTICE

## CLASSIFIED ADS AND YARD SALES

**DEADLINE IS FRIDAY AT 3PM FOR THE FOLLOWING WEEK**

**NO ADS CAN BE ACCEPTED ON MONDAYS**

**THANK YOU!**

# Help Wanted



## Building Inspector/Code Enforcement Officer for Town of Plymouth

The Town of Plymouth is seeking applicants for our part-time Building Inspector/Code Enforcement Officer position for 16-20hrs/wk. The ideal candidate will be familiar with building construction, plan review, zoning ordinances, and be able to interact diplomatically with contractors, residents, and colleagues.

The position is responsible for code enforcement, inspecting residential and commercial buildings, alterations for compliance with Town, State, and Federal codes and regulations, and ensure that applicants meet building codes.

Candidates with a professional background in electrical, plumbing, heating, and mechanical trades would be a plus.

Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to townadmin@plymouth-nh.org

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

Position will be open until filled.

Organization: Town of Plymouth

Type: Employment

Post Date: Wednesday, September 30, 2020


Close Date: Until position is filled

Salary: 20,000

*The Town of Plymouth is an EOE*

**Call our toll-free number 1-877-766-6891**

**and have your help wanted ad in 11 papers next week!**



Plymouth State University has the following positions available:

**Manager of Mechanical & Electrical Operations**  
**Architectural Drafting Specialist**  
**Customer Service Manager**  
**Recycling Coordinator**  
**Development Officer**  
**Plumber/Pipefitter – Two Positions**  
**Building Service Worker (Custodian)**

First Shift (5:00 AM - 1:30 PM) Monday - Friday  
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday  
Third Shift (11:00 PM - 7:30 AM) Friday – Tuesday

To view full descriptions of the positions and to apply, please visit  
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## 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 or viewed online. Proposals must be received by Thursday, October 29, 2020 at 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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**Architectural Drafting Specialist**  
**Customer Service Manager**  
**Recycling Coordinator**  
**Development Officer**  
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To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.



# October is Breast Cancer Awareness Month

## 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 treated 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.

## Food prep tips for breast cancer patients

Breast cancer treatment can be exhausting, resulting in fatigue that can make it hard for patients to tackle all of the tasks that come with a typical day. That includes preparing meals, which is often the last thing a person fighting breast cancer wants to do after a day of treatment. But nutrition plays a vital role in beating cancer. A nutritious diet can promote strength and increase energy levels, something breast cancer patients know is not always easy to come by. The following are a few tips to help men and women undergoing breast cancer treatment maintain a nutritious diet throughout their treatments.

- Plan ahead when

you’re feeling strong. Breast cancer patients often have good days and not-so-good days during the course of their treatments. When the latter comes around, everyday tasks like cooking meals can seem as exhausting as climbing Mount Everest. So breast cancer patients can plan ahead for such days by going the extra mile on those days when their energy levels aren’t compromised. Prepare meals in advance and freeze them so they require minimal effort on those days when energy levels are low.

- Avoid empty calories. Empty calories like those found in a bag of potato chips won’t help fight fatigue on those days when your energy levels are low. When

eating, opt for foods that are rich in vitamins and nutrients but not heavy in calories. A meal that is dense in nutrients but not calories will benefit your energy levels, while a calorie-dense meal will only foster feelings of fatigue.

- Opt for snacks that are high in protein. When snacking during the day, it’s possible to counter any exhausting effects of breast cancer treatment by choosing high-protein snacks. Foods that are high in protein, including low-fat cottage cheese, Greek yogurt and almonds, can improve your energy levels because the body does not break protein down as easily as it does carbohydrates. So protein can be a longer-lasting energy source than

snacking alternatives that are low in protein. If you aren’t much of a snacker, consider a protein shake.

- Buy in bulk. When visiting the grocery store, buy items in bulk so you won’t have to make as many trips there. This can help on those days when energy levels are waning. Further save energy by asking a store employee to carry your groceries to your car. On those days when the cupboard is bare and you don’t feel up to a trip to the store, call your local grocer, explain your situation and ask if it’s possible to have groceries delivered. Many grocers would be glad to help.
- Modify recipes. In addition to boosting your energy levels, protein helps heal and re-

build tissues, and you can modify recipes to include more protein and improve your energy levels. For example, add cheese to sandwiches, pasta dishes and casseroles, as dairy is a strong source of protein. When cooking, use milk instead of water when possible. Beans are another great source of protein, so add them to chili, pasta sauces or soups when cooking. There are many ways to

modify recipes to include more protein that won’t compromise taste. If you’re unsure of how to do so, discuss this with a physician or dietician. Fatigue is a common side effect of cancer treatment, but there are many ways men and women undergoing breast cancer treatment can alter their diets to make their meals more nutritious, improving their energy levels as a result.

## CANCER REHABILITATION

BY STACEY HICKS  
CARLISLE PLACE PHYSICAL THERAPY AND WELLNESS CENTER

As many people can attest to cancer takes a toll on both physical as well as emotional health. Patients undergoing treatment for cancer may experience an impact on daily function and even quality of life throughout survivorship. These limitations are not limited to cancer related fatigue, nerve pain, lymphedema and possible incontinence. Cancer survivors are almost three times more likely to report, fair to poor health and multiple physical limitations. These limitations often can make return to work near impossible.

A Physical or Occupational therapist trained in this area can play a vital role evaluating and designing a rehab plan of care with the patient. This allows the patient to be an active participant in the recovery process. This can be very empowering as they wean from being the passive recipient during both chemo and radiation therapy. Exercise builds endurance, improves cardiovascular function, strengthens bones, builds muscle, improves balance and increases self-esteem. There is strong evidence that exercise can improve survival in both breast and colorectal patients (Holmes, Chen, Feskanich, Kroenke + Colditz 2005) (MyerHardTetal, 2006). Exercise is also the #1 non pharmacologic intervention in treating cancer related fatigue. Cancer related fatigue is experienced by 9-% of patients treated with radiation and 80% of patients getting chemotherapy.

It is never too late to utilize rehabilitation services for cancer recovery. If you find that you are having trouble accomplishing day to day tasks or functioning at your prior level seek out our Rehab team at Carlisle Place in Jefferson, New Hampshire. We will get you back on your feet!

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