

Newfound pushes past Belmont in playoff opener



Belmont's Lilly Carter goes to the net against Madison Perry of Newfound in playoff action last Monday.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — This most unusual of volleyball seasons started with Belmont and Newfound meeting up back in mid-September in Belmont.

More than a month later, the Division III postseason started with the same two teams meeting again, this time in Bristol.

Belmont made the trek to take on Newfound on Monday, Oct. 26, and the host Bears took care of business, finishing with a 3-0 win, 25-13, 25-8, 25-12, to advance in the Division III tournament.

“We knew they’d be a better team than they were the first game,” said Newfound coach Amy Fairbank. “It was a strong win for us back then, but we wanted to make sure our heads

were in it today.”

“We don’t have the depth to fill in for an injury,” said Belmont coach Polly Camire. “They girls played hard and we got great leadership from our seniors.”

Malina Bohlmann got the first set started with a kill for Newfound and Belmont came back and tied the set at one and again at two. A Bailey Fairbank tip gave Newfound a 3-2 lead and they didn’t look back.

Bohlmann followed with a couple of aces and Newfound stretched the lead to 7-2 before a hit from Kat Davies got Belmont back on the board. The Bears were able to open the lead up to 12-5 and added a couple more points, including a kill from Bohlmann, pushing the lead to 14-7.

SEE VOLLEYBALL, PAGE A15



Mikayla Ulwick of Newfound goes up to put a ball over the net against the pressure of Isabella McDonald.

TTCC steps up to help keep local youth warm

BRISTOL — For the second consecutive year, Bristol Community Services, the Bristol Fire Department and the Tapply-Thompson Community Center will be providing brand new coats through our partnership with Operation Warm. We will also have snow pants and boots for youth Elementary age & below.

Last year, we distributed winter wear to more than 100 youth. This year, we will be unable to have families come in to try on items due to the current health restrictions. There are order forms available at Bristol Community Services, the TTCC and through the School Nurses in the Newfound District. Orders need to be placed by Nov. 5, and can be emailed to bccfun@metrocast.net, or dropped off at BCS or the TTCC. There will be two distribution dates where items can be picked up at the TTCC. The dates are Saturday, Nov. 7 from 8 a.m. – noon or Saturday, Nov. 14 from 8 a.m. – noon. Pick up times need to be scheduled by contacting the TTCC at 744-2713 or by email.

We are unable to allow returns/exchanges this year but have a sizing chart available on the TTCC Web site at www.ttcrc.org. We do have limited inventory so items will be given out until we run out of supplies. We do not have sizes for toddlers or babies.

This program has been partially funded by the Greater Lakes Region Children’s Auction. To make a donation to the program please visit the TTCC Web site and use our donation button. Please specify that this donation is for Operation Warm.

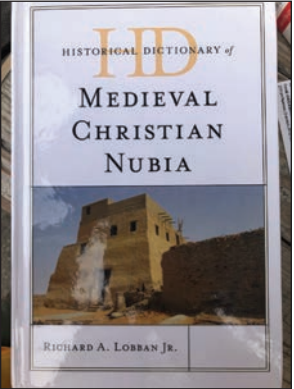
Local author pens book on African history

BY JOSHUA SPAULDING
josh@salmonpress.news

BRIDGEWATER — Richard Lobban has had many jobs over an extensive international career. And while he continues to do many of them, one that has been at the forefront over the last few months is author, as he prepares to publish another book.

The Bridgewater resident recently published “Historical Dictionary of Medieval Christian Nubia,” which follows his “Historical Dictionary of the Sudan,” which came out in 2013 and “Historical Dictionary of Ancient and Medieval Nubia,” which came out in 2004.

“Most people think that African didn’t have Christianity, but there was 700 years of precolonized Christianity,” Lobban said. “The roots of Christianity are in ancient Egypt.”



Bridgewater resident Richard Lobban has published a new book, “Historical Dictionary of Medieval Christian Nubia.”

He noted that the Muslims weren’t in Africa until after Christopher Columbus sailed to America in 1492.

For someone living in a small New Hampshire town, Lobban has a much more extensive knowledge of Africa than most people would expect.

Lobban teaches for a number of schools, including the Naval War

College, where his an Adjunct Professor of African Studies. He’s also recently taught online courses at Salve Regina and was a Professor of Anthropology for 35 years at Rhode Island College.

He currently teaches classes on Russia and China in Africa to both American and foreign officers at the Naval War College.

“I’ve taught five courses for the Navy, all on Africa,” Lobban said. “African relations with American and Russia, both historical and contemporary.”

He noted that in his classes he has dealt with trans-national threats and security, as his expertise in the Middle East has proven helpful in discussing counterterrorism and security.

SEE LOBBAN, PAGE A15

Bear boys just miss out on Meet of Champions

BY JOSHUA SPAULDING
Sports Editor

MANCHESTER — The Newfound boys’ cross country team enjoyed a very strong season and that continued into Saturday’s Division III State Meet. However, the Bears came up just short in their bid to move on to the Meet of Champions.

The Newfound boys finished in fifth place, one spot out of qualifying for the Meet of Champions. Monadnock took the boys’ championship while Hopkinton won the girls’ title. Newfound was one girl short of being able to record a team score for the day.

Connor Downes led the way for the Newfound boys, finishing in 26th place overall with a time of 18:36.

Joe Sullivan was next in for the Bears, finishing with a time of 18:48

for 31st place and Evan Foster finished in a time of 19:03 for 38th place.

Jeffrey Huckins ran to 40th place with his time of 19:12 and Ryder Downes was the final Bear scorer with a time of 19:34 for 48th place.

Ben LaPlume finished in a time of 20:27 for 75th place and Hunter Pease, the team’s lone senior, finished in a time

SEE BEAR, PAGE A15



Connor Downes led the way for the Newfound boys in Saturday’s Division III State Meet.



Leah Deuso makes the final turn in Saturday’s Division III State Meet in Manchester.



Joe Sullivan heads to the finish line during the Division III State Meet on Saturday.



Sadira Dukette wrapped up her Newfound cross country career at Saturday’s Division III State Meet.

Starr King Unitarian Universalist Fellowship welcomes new Director of Religious Education



Tatum Barnes
PLYMOUTH — The Starr King Unitarian Universalist Fellowship

is delighted to welcome our new Director of Religious Education, Tatum Barnes!

Barnes has been called to work with youth most of his adult life as a camp counselor, a tutor, a mentor, a classroom teacher, and a meditation facilitator. He says he is “passionate about teaching youth the inherent sanctity and dignity that comes with the gift of life we receive.”

In a tumultuous world, our children need a calm and steady guiding presence to help pre-

pare them for a meaningful life. This is why we have called Tatum to be our Director of Religious Education. His values around education match those of the congregation -- to honor the breath, body and heart, as well as to experience and develop character and social emotional learning. An additional value on social justice helps meet part of Starr King’s mission to “cultivate more love in the world and to nurture more love for the world.” Barnes sums up his ideas by saying the class he’d most like to teach is called “How to be Hu-

man 101.”

Barnes, along with youth group leaders Bob Clay and Jessica Dutille, will meet with our Youth Group, grades 7 to 12, twice a month on the second and fourth Sundays from 4 to 6 p.m. Traditionally, our Youth Group has gone on a service trip to Nicaragua every two or three years.

He will also conduct classes and activities for the children in our General Education program. As long as weather permits, they will meet twice a month on line and twice a month face

to face, on Sundays.

Barnes shares a Story for All Ages at most of our Sunday worship services broadcast each Sunday at 9:30 on Zoom and also recorded for later viewing. The Zoom Link is available on our Web site, starrkingfellowship.org.

For adults and youth, Barnes hosts a weekly guided meditation. It is live on Facebook at 9:00 am on Tuesdays, and available thereafter. Click on the Facebook icon on our webpage to access. There you will also find weekly reflec-

tions from our minister, The Rev. Dr. Linda Barnes, and weekly music reflections from our Music Director, Sarah Dan Jones.

Barnes earned a Master’s degree in the Psychology of Education with a concentration in Spirituality from Teachers College at Columbia University. He can be contacted at dre20@starrkingfellowship.org.

Social distancing and mask wearing are practiced at all gatherings.

COVID-19 aerosol transmission addressed by local start-up

BRISTOL — A New Hampshire company has designed and developed a revolutionary patented air cleaner that can play a critical role as we try to adapt to life in the age of COVID-19.

The company—formed by airflow experts from the semiconductor clean room and data center industry—was created to address aerosol transmission of pathogens using the experience and insight of its founders based on their decades of work modeling airflows in mission-critical facilities. It’s called Air Cleaners Inc.

The new product, the Clean Air Curtain™ combines HEPA filtration and Ultraviolet Germicidal Irradiation (UVGI) with an “air curtain” high velocity exhaust to create a separation in local indoor airspaces. Their approach

of utilizing HEPA level filtering together with UVGI lighting in a small, portable, desktop package represents a state-of-the-art process for producing the cleanest air possible while providing many unique and significant advantages.

“We are thrilled to be one of the first recipients of these new Clean Air Curtains,” says Dr. Joan Kirschner of Plymouth General Dentistry “We have deployed several of them at our practice. It is an investment we are pleased to make on behalf of our patients and staff’s safety.”

Computer simulations performed on behalf of Plymouth General Dentistry showed a 95 percent risk reduction in airborne pathogen transmission with the Clean Air Curtains in place.

“We have an urgent

need to clean our indoor air now,” said Chris Ames, the company’s Chief Operating Officer, “and this has drawn our attention to the continuing need to remove pathogens, pollutants, and particulates from the air that we breathe and share. We like to say our technology produces the ‘cleanest air humanly possible.’ Our HEPA filters capture 99.995 percent of particles, and our UV kills them within seconds. The high velocity vertical plume generated from our Clean Air Curtain provides a barrier; deflects airborne pathogens up and away from the area, and ensures the critically needed circulation for eliminating areas of high pathogen concentration. No other device has ever combined these multiple benefits.”

The Clean Air Curtain is complementary to local HVAC systems,

as many buildings are without whole-building HVAC systems, or have inadequate fresh air ventilation. In these cases, the best method of clearing the air of pathogens is to use portable filtration devices.

A safer return to schools

As part of our effort to reduce risk for as many as possible, Air Cleaners Inc. is teaming up with AASA—the premiere national organization for school superintendents and educational leaders—to help public school districts across the nation ensure a safe return to classes.

Airborne transmission of COVID-19

Compelling scientific evidence indicates that the primary method for COVID-19 transmission occurs via small-particle aerosols, which can linger in the air for hours. For many small busi-

nesses, the only way to address this issue is by local air filtration. As we move into the winter months, the need for filtration of indoor air is vital to suppress the transmission of indoor pathogens like COVID 19.

In August, the National Academy of Sciences held a 2-day workshop on aerosol transmission of COVID-19. Their conclusions clearly indicate the extremely small droplets released during breathing, talking, singing and shouting—referred to as aerosols—can remain in the air for hours, and are a primary vector for the infection.

About Air Cleaners Inc.

Air Cleaners Inc was formed by Paul Bemis, President & CEO, and Chris Ames, Chief Operating Officer; both professionals with extensive experience in the Mission Critical Data Cen-

ter Market, as well as airflow modeling in a variety of indoor environments including Semiconductor Clean Rooms, Research Laboratories, and Casinos.

Their expertise in the field of fluid dynamics to model air flow provided the unique insights that led to the development of a solution for the rapid reduction of aerosols and particulates in the air. The development team made extensive use of Computational Fluid Dynamics (CFD) simulations to build “virtual prototypes” that sped the development process and produced a solution that performed well right from the beginning. A series of simulations and webinars were conducted during this process to predict how the product will behave in various indoor environments.

For more information, please go to www.aircleanersinc.com.

PBCH celebrates National Home Care & Hospice Month in November

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — During the month of November, the home care and hospice community honor the millions of nurses, home care aides, therapists, and social workers who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes

across the nation. To recognize their efforts, we call upon all Americans to commemorate the power of caring, both at the home and in their local communities and ask them to join with Pemi-Baker Community Health in celebrating November as Home Care and Hospice Month.

In addition, Home Care Aide Week takes place the second full week of November. Join us in honoring these

compassionate, tireless workers who play an invaluable role for their clients as caregivers, companions, and friends.

“Home care and hospice nurses, therapists, aides, and other providers choose to use their lives to serve our country’s aged, disabled, and dying. This noble work deserves our recognition and praise and we celebrate November as home care and hospice

month for that very reason,” said National Association for Home Care & Hospice (NAHC) President William A. Dombi.

With 10 thousand Americans turning 65 every day, the need for health care will continue to rise, and costs will continue to skyrocket. This is where home care and hospice come in. As the preferred choice for most patients, it also offers the greatest cost savings. For example,

Medicare pays nearly \$2,000 per day for a typical hospital stay and \$450 per day for a typical nursing home stay. Meanwhile, home care costs less than \$100 a day and helps many U.S. seniors remain independent at home, enriching their lives, and staying in touch with those they love.

Fast Facts

Home care providers will travel about 8 billion miles to deliver the best health care in the world.

Ninety percent of Americans want to age in place, and home care is the preferred method of health care delivery among the disabled, elderly, and chronically ill.

Home care provides high-quality, compassionate care to more than 5 million Ameri-

cans annually.

With over 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and palliative care, on-site physical, occupational and aquatic therapy as well as free community educational/support groups via zoom.

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

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Salmon Press
Media

WWW.SALMONPRESS.COM
(603) 279-4516
A SALMON PRESS PUBLICATION
NEWFOUND LANDING STAFF DIRECTORY

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

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.

PBCH RN, Danielle Paquette-Horne, visiting a patient's house in Ashland.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	46 Bucklin Rd.	Single-Family Residence	\$165,000	Peter A. Soule	Susan G. Yonkers
Alexandria	Fowler River Road	N/A	\$30,000	Mark D. Harry	Glenn F. McCarthy
Alexandria	Parmenter Road	N/A	\$27,000	Cindy Marois	Charles P. and Wendy K. Gilbert
Ashland	Main Street	N/A	\$215,000	Saamco Properties LLC	Fernando L. Sanchez and Alberto L. Rodriguez
Ashland	4 Nash Dr., Unit B1	Condominium	\$136,533	Alicia A. White	Janet Foster
Ashland	Village Riverbend Condo	Unit 27 Condominium	\$152,533	E.F. & Veronica H. Shevlin Fiscal Trust	Charles E. and Cheryl D. Jordan
Bristol	151 W. Shore Rd., Unit 29	Condominium	\$250,000	Timothy and Jayne Connolly	Joanne and Ralph Paoletta
Bristol	N/A (Lot 3)	N/A	\$100,000	Devine RE Holdings LLC	Jamie Walsh
Bristol	N/A	N/A	\$250,000	David M. Wilkins	Michael and Diana Siteman
Campton	13 Balsam Lane	Single-Family Residence	\$484,933	Gary Wharton	Dianne Wakelin-Harrow and Charles A. Harrow
Campton	474 Ellsworth Hill Rd.	Single-Family Residence	\$510,000	Donna M. Scott	Peter and Maria Megdal
Campton	481 NH Route 175	Single-Family Residence	\$215,000	Sarah S. Strong	Kenneth R. and Michelle Strong
Campton	21 Overlook Rd., Unit 3	Condominium	\$85,000	Maria Demarco	Adams Fiscal Trust and Crystal B. Adams
Campton	109 Pegwood Rd.	Single-Family Residence	\$280,000	John J. and Mary J. Flynn	Peter Darco
Campton	Shannon Drive	N/A	\$320,000	Beebe River Business Park LLC	10 Shannon Drive LLC
Campton	12 Tripplewood Rd., Unit 22	Condominium	\$124,533	William X. and Melissa A. Siopes	Kathleen and Christian Saidla
Campton	22 Tripplewood Rd., Unit 10	Condominium	\$151,000	Jeremi D. Karnell	Timothy J. and Chantal J. Cole
Campton	N/A	N/A	\$17,733	Karen E. Kearns Marsh Estate and Jennifer J. Brook	Brian D. and Edda A. Lavery
Groton	N. Groton Road	N/A	\$23,000	Eileen M. Barrett RET	Ronald Rosenlund
Groton	N/A (Lot 5b)	N/A	\$42,333	James W. and Jody B. Alves	Nicholas and Mandy Robbins
Hebron	225 Groton Rd.	Mobile Home	\$227,933	Kathleen M. Kearns LT	Michael W. Smith
Holderness	150 Heritage Hill Rd.	Single-Family Residence	\$559,000	Robert R. Haskell	Patrick and Hannah Snow
Holderness	449 Mount Prospect Rd.	Single-Family Residence	\$450,000	Judith J. Dearborn Trust and Gail Beaulieu	Michelle R. Mahony
Plymouth	18 Reservoir Heights	Single-Family Residence	\$425,000	Banister Fiscal Trust 2015 and Mark J. Banister	Matthew and Sarah Christiansen
Plymouth	Route 3A	N/A	\$27,000	Mark J. Tarantino	Daniel J. Whyte
Plymouth	44 Smith St.	Single-Family Residence	\$184,000	Equity Trust Co.	Jessica Rothrock
Thornton	3 Judges Rd.	Single-Family Residence	\$265,000	Samuel and Elizabeth Munson	Susanna K. Kaumeyer and Matthew Peters
Thornton	58 Northpointe Rd., Unit 6	Condominium	\$87,400	William J. McElligot Estate and Annette McElligott	Manuela Dacosta
Thornton	201 Snowood Dr.	Single-Family Residence	\$369,000	Vladimir Bavelsky and Anzhela Lyudtkevich	Daniel P. and Erin S. Torday
Thornton	Thornton Gore Road	N/A	\$100,000	Paul Carolan and Stephen MacNeil	Andrew M. and Renae Kopchak
Thornton	313 Thornton Gore Rd.	Single-Family Residence	\$200,000	Cynthia F. Bradley	Paula Y. and Matthew T. Rodger
Thornton	Woodwinds Road	N/A	\$43,533	Jacqueline M. Gendron	Kevin and Laura A. Gildea
Thornton	N/A (Lot 1-6)	N/A	\$280,000	Roy W. and Rebecca L. Spry	Scott and Christine Gerrish
Warren	Route 25	N/A	\$142,933	Derek K. Elfstrom and Mark E. Consiglio	Mount Prospect Academy
Waterville Valley	Black Bear Lodge Condo	Unit 214a Condominium	\$89,000	Marc Dupuis	Buessing Fiscal Trust 2017 and Richard L. Buessing
Waterville Valley	22 Hillside Way, Unit 3	Condominium	\$302,600	Mary E. Westenfield	John F. and Kelly K. Pigott
Wentworth	31 Auguste Rd.	Single-Family Residence	\$291,000	NLB RET and Michelle L. Clark	Nathen J. Hannah and Aubrey R. Voelker

ABOUT THE REAL REPORT

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

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

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

Unique dollhouse raffle to benefit Children’s Hospital at Dartmouth

PLYMOUTH — After having two sets of twins, Valeria Frisbey left the electronics industry and

focused on teaching art. She started several after-school art programs and taught at half a dozen senior centers in the

Metro-West Boston area for 10 years before moving to New Hampshire and continuing her art here.



Christmas in Song canceled at Bristol Baptist Church

BRISTOL — Bristol Baptist Church in Bristol will not be having their annual «Christmas In Song» program this year because of the Covid virus restrictions. God bless.

Bristol Rotary Club holding annual Christmas Tree Sale

BRISTOL – The Bristol Rotary Club will be holding their annual Christmas Tree Sale at O'Reilly's Auto Parts on Lake Street in Bristol. Trees will be delivered on Nov. 24, and will be on sale while supplies last. The trees are fresh, NH grown trees and the cost is \$35 for any tree. All proceeds go back into the local community through youth activities, scholarships and donations.

For more information, contact Leslie at 744-2713.

An unplanned illness in her family changed Valeria's plans and she became an at-home caregiver. Her sister, Serena, knowing Valeria would need something to occupy her time, gifted her with a dollhouse kit. This project more than served its purpose!

The result was amazing. She estimates 300-400 hours were put into the creation. The details – from hand-cutting each piece of tile, gluing each shingle on the roof and creating a fenced area under the house – are just unbelievable. The retail value of the dollhouse is \$1,500.

One of her sons, the


late Mario Giordano, was a cardiac patient at Children's Hospital at Dartmouth (CHaD). Valeria has always been committed to volunteer work and donating her craft to various organizations.

As a way to give back, Valeria had decided to donate the dollhouse to CHaD either for fund-raising purposes, or for the patients' use. However, it was at the exact time COVID hit and the hospital was unable to accept the donation.

Hearing of this, Boomerang Used Furniture & Funky Stuff, a consignment shop in Plymouth, NH, offered to partner with Valeria to organize

a raffle of the one-of-a-kind dollhouse, with all proceeds going to benefit CHaD. “Our company's purpose was founded on helping those in need. Working with CHaD is a great opportunity to us and our customers, said Cathy Landroche, Boomerang Board Secretary. She is working directly with Valeria and CHaD Community Relations Event Coordinator Holly Blanchard.

The tickets will be \$20 each and the raffle will run from Nov. 1-Dec. 1, with the winner being drawn Dec. 1. Tickets are available at Boomerang Used Furniture; 5 Main St. Winner does not need to be present to win.



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From the Editor's Desk

“There are many kinds of strength”

On Nov. 22, 1963, President John F. Kennedy was en route to give a speech in Dallas, Texas. He was assassinated before reaching his destination. Already written, was a speech he was to deliver at the event.

Here we are 57 years later, reading his words that call for unity and peace. We have taken portions of out due to space, however our hope is that this decades old speech will translate into 2020.

The speech reads as follows:

“This Nation’s strength and security are not easily or cheaply obtained, nor are they quickly and simply explained. There are many kinds of strength and no one kind will suffice.

“Ignorance and misinformation can handicap the progress of a city or a company, but they can, if allowed to prevail in foreign policy, handicap this country’s security. In a world of complex and continuing problems, in a world full of frustrations and irritations, America’s leadership must be guided by the lights of learning and reason — or else those who confuse rhetoric with reality and the plausible with the possible will gain the popular ascendancy with their seemingly swift and simple solutions to every world problem.

“There will always be dissident voices heard in the land, expressing opposition without alternative, finding fault but never favor; perceiving gloom on every side and seeking influence without responsibility. Those voices are inevitable. But today other voices are heard in the land — voices preaching doctrines wholly unrelated to reality, wholly unsuited to the sixties, doctrines which apparently assume that words will suffice without weapons, that vituperation is as good as victory and that peace is a sign of weakness.

“We cannot expect that everyone, to use the phrase of a decade ago, will ‘talk sense to the American people.’ But we can hope that fewer people will listen to nonsense. And the notion that this Nation is headed for defeat through deficit, or that strength is but a matter of slogans, is nothing but just plain nonsense.

“Above all, words alone are not enough. The United States is a peaceful nation. And where our strength and determination are clear, our words need merely to convey conviction, not belligerence. If we are strong, our strength will speak for itself. If we are weak, words will be of no help.

“I have spoken of strength largely in terms of the deterrence and resistance of aggression and attack. But in today’s world, freedom can be lost without a shot being fired, by ballots as well as bullets. The success of our leadership is dependent upon respect for our mission in the world as well as our missiles — on a clearer recognition of the virtues of freedom as well as the evils of tyranny.

“Finally, it should be clear by now that a nation can be no stronger abroad than she is at home. Only an America which practices what it preaches about equal rights and social justice will be respected by those whose choice affects our future. Only an America which has fully educated its citizens is fully capable of tackling the complex problems and perceiving the hidden dangers of the world in which we live. And only an America which is growing and prospering economically can sustain the worldwide defenses of freedom, while demonstrating to all concerned the opportunities of our system and society.

“My friends and fellow citizens: I cite these facts and figures to make it clear that America today is stronger than ever before. Our adversaries have not abandoned their ambitions, our dangers have not diminished, our vigilance cannot be relaxed. But now we have the military, the scientific, and the economic strength to do whatever must be done for preservation and promotion of freedom.

“The strength will never be used in pursuit of aggressive ambitions — it will always be used in pursuit of peace. It will never be used to promote provocations — it will always be used to promote the peaceful settlement of disputes.

“We, in this country, in this generation, are — by destiny rather than by choice — the watchmen on the walls of world freedom. We ask, therefore, that we may be worthy of our power and responsibility, that we may exercise our strength with wisdom and restraint, and that we may achieve in our time and for all time the ancient vision of ‘peace on earth, good will toward men.’ That must always be our goal, and the righteousness of our cause must always underlie our strength. For as was written long ago: ‘except the Lord keep the city, the watchmen waketh but in vain.’”



COURTESY

Hear the Silver Bells ringing at Tanger craft fair

Don't miss the Silver Bells Arts & Crafts Fair on Nov. 7-8 at Tanger Outlets, 120 Laconia Rd., Tilton. Do your holiday shopping early with American artists & crafters! There will be more than 80 fabulous arts & crafts exhibitors including cedar wood creations, aerial Lakes Region photography, sheepskin handmade products, handpainted stemware, nuts & bolts art creations, leather jewelry, handpoured soaps, soy candles, handknitted items, various jewelry styles, home decor, resin window art, children's items, pandemic masks, handcrafted wooden spoons, kettle corn, recycled wool mittens/scarves, towels & quilows, specialty coffees, gourmet honey, handcrafted pocketbooks, & lots more!!! Rain or Shine Outside Under Canopies! Please social distance! Mask Required! Friendly, Leashed Pets Welcome! Outside Under Canopies. Rain or Shine. For more Information, call Joyce at 528-4014. Take I-93 Exit 20 & Go Left at Lights - See you there!



CADY Corner

Protect children from prescription stimulant abuse

BY DEB NARO

Contributor

Stimulant medications including amphetamines (e.g., Adderall) and methylphenidate (e.g., Ritalin and Concerta) are often prescribed to treat children, adolescents, or adults diagnosed with attention-deficit hyperactivity disorder (ADHD).

Prescription stimulants have a calming and “focusing” effect on individuals with ADHD. They are prescribed to patients for daily use and come in the form of tablets or capsules of varying dosages. Treatment of ADHD with stimulants, often in conjunction with psychotherapy, helps to improve ADHD symptoms along with the patient’s self-esteem, thinking ability, and social and family interactions.

A growing number of teenagers and young adults are abusing prescription stimulants to boost their study performance in an effort to improve their grades in school, and there is a widespread belief that these drugs can improve a person’s ability to learn (“cognitive enhancement”).

Prescription stimulants do promote wakefulness, but studies have found that they do not enhance learning or thinking ability when taken by people who do not actually have ADHD. Also, research has shown that students who misuse prescription stimulants actually have lower GPAs in high school and college than those who don’t misuse prescription stimulants. Because they suppress appetite, increase wake-

fulness, and increase focus and attention, they are frequently misused for purposes of weight loss or performance enhancement. Because they may produce euphoria, these drugs are also frequently misused for recreational purposes (i.e., to get high). Euphoria from stimulants is generally produced when pills are crushed and then snorted or mixed with water and injected.

All stimulants work by increasing dopamine levels in the brain—dopamine is a neurotransmitter associated with pleasure, movement, and attention. The therapeutic effect of stimulants is achieved by slow and steady increases of dopamine, which are similar to the way dopamine is naturally produced in the brain. The doses prescribed by physicians start low and increase gradually until a therapeutic effect is reached.

When taken in doses and via routes other than those prescribed, prescription stimulants can increase brain dopamine in a rapid and highly amplified manner (similar to other drugs of abuse such as methamphetamine), thereby disrupting normal communication between brain cells and producing euphoria and, as a result, increasing the risk of addiction.

Stimulants can in-

crease blood pressure, heart rate, and body temperature and decrease sleep and appetite. When they are misused, they can lead to malnutrition and its consequences. Repeated abuse of stimulants can lead to feelings of hostility and paranoia. At high doses, they can lead to serious cardiovascular complications, including stroke.

This information and data indicate that we need to do a better job alerting all segments of society – including youth that misuse of prescription medication is extremely dangerous. Kids need to hear from parents that getting high on legal prescription drugs is just as dangerous as getting high on illegal street drugs. Keep kids safe—monitor all prescription medications closely and discuss the risks of non-medical use of prescription drugs with your children today.

To learn more about prescription stimulants, visit our website at cady-inc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (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.

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What would we do if carcajou was part of the scene today?



By JOHN HARRIGAN
COLUMNIST

Every now and then, wolverines appear at the table. Well, not actual-ly, just in conversation. Someone says, “So what about wolverines?” and we’re off.

The thing is, nobody seems sure just who or what else was living here when there might have been wolverines around. The first Europeans were lousy at differenti-ating among species, and tended to call all things large and threatening “wildcats.”

Well, all right, the French were better at no-ticing differences, or at least listening to the local Abenaki. “What is it that you call that outrageous animal over there?” a nobleman might have asked, holding hanky to nose. “That...creature.”

“Carcajou,” came the reply, perhaps with dis-gust. The French, being French, searched for just the right word, “glutón.”

It almost sounds what it means, “glutton.” The wolverine is known for eating all it can, and spraying the rest.

Scientists say the most recent glaciers ground their way south around 15,000 years ago, and then melted back north. It was perhaps a two-thousand-year pro-cess. So much of Earth’s water was locked up in ice that sea levels dropped, exposing a land bridge between Asia and North America.

All sorts of north-ern and glacial-fringe species were cavorting around the landscape during the advance and retreat of the glaciers, including wolves and caribou. We most cer-tainly had the wolf and the caribou here. It’s not a wild stretch to imagine the wolverine too.

The problem with oral tradition of the Abenaki who lived (and still live) where the sun rises, the People of the Dawn Land, is that oral tradition is often not spe-cific to a region. This is no surprise, with such a far-reaching nation and dialect as the Abenaki.

Then there are the Je-suits, who were sending missionaries south into the headwaters of our rivers before we even knew what was north of our settlements. If they

had missions in the up-per reaches and even main stems of other northern New England rivers, why not the Con-necticut too? Robert Rog-ers was said to have built Fort Wentworth on the ruins of an old mission. Is there anything solid to that?

So we don’t even know what was lost. There may have been a strong oral tradition. There may have been a mission. There may have been mention of carca-jou in the Jesuit Rela-tions, which would give it a where and when. If so, it all had to survive what happened to arche-ological evidence and to the first people after first contact---dislocation, fragmentation, disease, clash of cultures and religions, blending of tribes, harsh climate and acidic soils.

If carcajou was really here, on the fringe of the ice and beyond, part of our wildlife mix for cen-turies, history has so far hidden the truth.

Absent a strong oral tradition, the proof would be a claw, a tooth, a bit of paw or fur, ac-companying reliably dated material. In the Northeast, that usually means charcoal found undisturbed, in reliably dated strata. What are the odds?



COURTESY

Did wolverines once prowl New Hampshire’s landscape? Only slowly revealed evidence from the past (bones, claws, teeth, or oral history) will tell. (Courtesy Canadian Wildlife)

Well, wait a minute--I told myself the same thing about Lewis and Clark. But whenever I finished the latest book incorporating the lat-est finds of journals or fire-pits or post-holes or bones, some other new discovery would surface and become the news of the day--an old diary found in an attic trunk, a bit of bone beside a fire kindled long ago.

If you’re looking for flights of fancy on wol-verines, don’t look to He-lenette Silver, who wrote and compiled the land-mark book “History of New Hampshire Game and Furbearers” (1957).

This book is long out of print, by the way. If you bump into one, scarf it up.

Now, of course, I wish I’d asked Helenette Silver about wolverines. But the arrival of coy-otes and the ongoing mystery of the Ghost Cat (mountain lion, cougar, catamount, puma) were the camp and kitchen ta-ble talk of the times.

Helenette’s no-non-sense mention of the wolverine would suffice today. She pored over dozens upon dozens of individual town and re-gional histories during her research, and talked with farmers, loggers,

game wardens, and trap-pers.

“The panther, Felix concolor, is a beast of many names...some-times known locally as ‘Indian Devil’ or ‘carca-jou,’ she wrote, adding that “under such appel-lations it is confused with the wolverine, which may have never existed in the state.”

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

Sustainable Bristol

BY LAUREN THERIAULT

A coworker, who shall remain nameless, recently told me she’s trying to be more eco friendly but she can’t compost because she has a dog. Not one for con-frontation, I shrugged and moved on with my busy day. Instead of rant-ing to her about how she can compost, you lucky reader, get to be educat-ed about the myths of composting.

It’s too complicated: Myth! It really is as easy as gathering food scraps and tossing them in a

pile. I am picky and want the stickers peeled off of banana peels and other produce but that’s about it. We don’t add meat, oils or bones to our com-post but I know others who do and nothing bad has happened to them.

It’ll attract animals: Myth and Fact. If you live in an area and are concerned about ani-mals I suggest getting an enclosed compost sys-tem. Plenty of varieties are sold online or at the hardware store. A gar-bage can could also work if you secured it to the ground. The thing that

makes compost so cool is how many bugs, worms and microorganisms it will attract to help turn your scraps into soil. So don’t be afraid of a few animals, the tiny kind that is.

It’s too much work: Myth. You know what’s a lot of work? Driving to the store to buy a bag of dirt that was trucked thousands of miles, then that bag spending 500 years trying to break down in a landfill just so you can have some dirt. The same goes for all the scraps you are sending to the transfer station.

Once a year we turn over our compost and spread out the black gold in the garden. Don’t have a use for soil? Ask a friend if they want some or just dump it out every year, move the container a few feet and see what grows from the pile.

It’s smelly: Sort of True. I mean it doesn’t smell like a bouquet of flowers, but it doesn’t smell like a sewer drain either. Place it some-where upwind of your outdoor space or use an enclosed one if you’re worried about the smell, but I am pretty sure

you’ll get used to it.

You need outdoor space: Myth. You can compost inside your house. You can use a box filled with worms to compost your scraps (look up vermiculture), just be sure to look up the right kinds of worms and the right scraps for them. You could also use a Japanese technique called Bikashi, where you compost in a card-board box with ashes and microbes.

It uses a lot of space: Myth. I know city slick-ers who compost in their apartments or bring

their compost to a local farmers market every week to be composted at the farms.

It’s really fun and you’ll feel great doing it: Truth! Composting is a great way to reduce your waste, help the environ-ment, and get wonderful soil for growing plants.

Lauren’s Green Tip of the Week: Instead of turn-ing on, or up, the heat, put on a sweater and cozy up with a blanket. Save energy, money, and get to sport your lovely warm clothes.

Letters to the Editor

A year our graduates have a need to feel special

To the Editor:

I am honored to have my name associated with Earl Mills on the endowment for New-found scholars. The Blakeley-Mills New-found Area Scholarship Foundation was created by Paul Berton and Lin-da Drake Normandin, 1972 NMHS graduates, to establish an endowment fund to provide schol-arships for Newfound Area graduates seeking help for their post high school education, a no-ble and generous cause they both support and whole-heartedly believe in. Our board is trying to bring about aware-ness of how important scholarships have be-come in the lives of those seeking higher learning. We recognize a need for those seeking trades and apprenticeships as well as those seeking a college degree. The costs for any of these programs is getting very

high and any financial help for these scholars is important.

The endowment pro-cess is what really ap-peals to me in this effort to raise funds for schol-arships. Campaigns to increase funds that can be invested so that scholarships each year can be gleaned from the principal reached should eventually sup-port more scholars each year in addition to the possibility of increasing the scholarship amount they receive. Our donors may recognize that the “Donate Your Age” cam-paigns will help toward that end and that it is a way for them to contrib-ute without undue ‘pres-sure’.

A quick look at costs within the state gives us an idea of just what a year at one of our in-stitutions requires: PSU - \$26,352, Concord Tech - \$22,814, UNH - \$34,472.

Many colleges and uni-versities cost close to the average yearly income of the household sending a student off to get an edu-cation. Therefore, schol-arships become neces-sary to lessen the burden and help students go to

and remain at college to finish their degrees in most cases.

It is my hope that those of you who sup-port our graduates will consider donating to a scholarship effort. If

you do not already do so and wish to make a contribution, the Donate Your Age campaign is not over until the end of this year where those do-nations will be matched up to \$10,000 by gener-ous contributors, thus

doubling your efforts! See www.newfounda-lumni.com or send by mail to PO Box 691, Bris-tol, NH 03222.

AL BLAKELEY
BRISTOL

<

Lobban

FROM PAGE A1

Lobban was born in the south and raised in part by an African-American woman. Growing up in the Civil Rights Era, he was in attendance when Martin Luther King Jr. delivered his famous “I have a dream” speech and went

on to attend Morehouse College in Atlanta. “I was very involved in the Civil Rights movement,” said Lobban, who noted he went to Africa in 1964 to work with liberation movements on the continent. He met his wife in 1966.

“I’ve been going to the Sudan for doctoral research since 1970,” he

Bear

FROM PAGE A1

of 25:05 for 131st place overall. The Bear girls were led by Leah Deuso, who finished in a time of 25:02 for 57th place overall. Chloe Jenness finished in a time of 26:50 for 73rd place and Ju-

lia Huckins ran to 83rd place overall in a time of 27:45. Sadira Dukette rounded out the field of Bears with her 98th place finish in a time of 38:35. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

Volleyball

FROM PAGE A1

Belmont got a hit from Alyzabeth O’Connell but Bohlmann answered with another hit. Belmont closed the gap to 15-11 before a nice tip at the net from Madison Perry got Newfound back on track. Paulina Huckins added a kill and Fairbank followed, with Shyann Seymour chipping in a service ace as the Bears opened the lead to 22-12. Fairbank and Emalie Ruiter closed out the set with a couple of hits and Newfound took the 25-13 victory. Newfound jumped out to a 6-0 lead in the second

set, with Bohlmann tipping the ball over for the first point and Huckins contributing a service ace. Belmont got on the board with a point but the Bears got the next three points, including two hits from Bohlmann to put the lead to 9-1. After another Belmont point, Ruiter had a point and then added a service ace for an 11-2 lead. Davies answered with a hit for the Raiders. O’Connell also added a hit and a service ace, cutting the lead to 13-7. Fairbank and Huckins added hits for the Bears as they increased the lead out to 20-8 and

said. “I led tour groups in Egypt for 35 years and I’ve done tours in Sudan and the Horn of Africa. With all his time on the continent, he began to deal with irregular warfare and as it turned out, the US military though he had something useful to teach and recruited him to teach classes. “Officers go from my class to warfare,” he said, noting that Navy SEALs and foreign officers are amongst those that take his class. “We’re always looking for the roots, the origin and the history. “It was never my intent to work for the US military, but they wanted someone who knew something about Africa and military,” Lobban

said. “And I’ve been doing that for 15 years.” In addition to writing books, Lobban also has a collection of many historical African maps, many of which were on display at Plymouth State University (the exhibit is still available on the PSU web site). He also worked as a journalist covering the war in Guinea-Bissau and covered a couple of coup d’etats during his time as a journalist. He was also in Egypt for the Arab Spring in 2010. He and his wife also keep bees on their property and sell honey and candles and there’s trees on the property as well, so he’s also gotten into woodworking. Additionally, both he and his wife

were on the ballot for state representative, but she defeated him in the primary. “We’re amateur hobbyists,” he said of he and his wife. Lobban notes that while he was born down south, his family has long ties to Bridgewater, as his family has been in the town since 1905. His great-grandfather, grandfather and father all spent significant time in the community and with Zoom technology now being a large part of the college experience, being in a small town isn’t a problem. “With Zoom you don’t have to be anywhere,” he said. While his most recent book is out, thanks in

part to the COVID pandemic that allowed him time to work on it, he has another one on the way in 2021 on the ancient history of Christian Nubia. And his love of books will be following him wherever he may go. “My kids say I’m always buried in my books, either reading them or writing them,” Lobban said. So, in his spare time, he built his own coffin, which is, fittingly, shaped like a book. Now he’s just looking for a parking meter that says expired that he can use with it. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

VETERANS DAY


HONORING ALL WHO SERVED

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VETERANS DAY

HONORING ALL WHO SERVED

The month of November is a special time for the nation's veterans. While Memorial Day honors fallen soldiers and service people, Veteran's Day, which takes place each November, is an opportunity to commemorate the efforts of all who have been in the armed forces, with a special emphasis on living veterans. While people are encouraged to thank veterans throughout the year, Veteran's Day is a particularly poignant time to show your appreciation for the men and women of the military.

Veteran's Day takes place on November 11 and marks an important moment in history. On November 11, 1918, World War I, known at the time as "The Great War," unofficially ended when an armistice, or temporary cessation of hostilities, took place between Germany and the Allied nations on the eleventh hour of the eleventh day of the eleventh month. World War I ended on paper when the

Treaty of Versailles was signed on June 28, 1919. In November 1919, President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day, according to the U.S. Department of Veterans Affairs.

Armistice Day became a federal holiday in the United States in 1938. However, after subsequent wars, including World War II and the Korean War, veterans' service organizations lobbied for Armistice Day to be revised so it would be more inclusive of all veterans. On June 1, 1954, President Dwight D. Eisenhower signed legislation to strike the word "Armistice" from the holiday's name in favor of "Veterans." Since then, November 11 has been known as "Veterans Day" and has honored veterans of all wars.

Veterans Day was moved to the fourth Monday in October for roughly seven years under the Uniform Mon-



A day
to honor
all veterans

day Holiday Act, which sought to ensure three-day weekends for federal employees by celebrating certain national holidays on Mondays. But since November 11 bore such significance, many

states disapproved and continued to observe the holiday on November 11. In 1975, President Gerald Ford signed legislation to return the observation of Veterans Day to November 11 beginning in 1978. Should the day

fall on a Saturday or Sunday, the federal government observes the holiday on the previous Friday or following Monday, respectively, according to History.com.

The United States isn't the only country to

celebrate its veterans. Canada, Great Britain, Australia, and France also commemorate the veterans of World War I and II on or near November 11 as Remembrance Day or Remembrance Sunday.



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REHABFIT

Effective breathing

BY LEAH BARON, MS
RehabFIT

PLYMOUTH — Globally, the topic of breathing has seen increased attention this year due to recent current events. While tragic, these events are revealing breathing's powerful influence on our health. It is important to remember how you sleep, your athletic performance, and your posture are all effected by breathing and technique. Due to social and cultural transformations of our society, we have lost that inherent capability of breathing proficiently. However, with a few minor changes there are ways to remedy an improper breathing technique!

As humans have evolved, our anatomy

has adapted to fit our dietary practices. Through evolution the cooking process has cut out the need for human teeth to be able to breakdown hard, fibrous foods, reducing the need for teeth to be strong and straight. Because of these changes, our mouths and airways are adjusting and are shrinking in size, creating less room for the tongue and teeth; making it more difficult to breathe adequately. Sleep Apnea and snoring have become more predominant breathing issues in part because of the reduction in our airways. While we may not be able to fight evolution effectively right now, there are small steps to take to improve our natural breathing process.

There are two different ways to breathe, mouth breathing and nose breathing. About 20-50 percent of the world are mouth breathers, inhaling and exhaling air through the mouth only. The largest contributions to mouth breathing are size of the mouth, narrower airways, and our posture, where humans tend to have their heads too far forward which opens the mouth airway better. Environmental factors, like pollution and allergens that congest our nose airways cause mouth breathing to occur. This quickly turns into habit. However, if our nasal passages are used to breathe, we are getting 20 percent more oxygen compared to mouth breathing. The anatomy of our nose is

designed to filter, heat, and condition the air that we take in. This air is able to reach the lower parts of the lungs more efficiently, which is where the best gas exchange happens before being pushed out into the bloodstream. During exercise, the deeper the breath means more oxygen is reaching the active tissues to increase athletic performance. As we start mouth breathing, we overlook the importance of nose breathing, and inadvertently the health benefits decline as humans are left breathing superficially through our mouths, not acquiring the full benefits that our systems require.

An additional threat to our breathing system is breathing too much. As anxiety and stress rates have increased it has also unconsciously, increased our breathes. Unnaturally, humans are taking short, shallow breathes, usually through the mouth due to anxiety, which in turn overstrains the heart and body as a whole. It is important to focus on keeping your breathing light, calm, relaxing and slower. At rest with 20 breathes per minute,

breathing reaches only 50% efficiency, while at 12 breathes per minute it increases to 70 percent efficiency, and at just six breathes per minutes we can reach 85 percent efficiency. Efficiency is based off the air inhaled converting to oxygen and reaching the bloodstream. Ideally, each breath should consist of five to six seconds inhale followed by a five to six second exhale. This longer, less forced breath will help circulation, increase the amount of oxygen reaching the brain, while decreasing heart-rate and blood pressure to help our bodies perform at their best.

Although the process of switching from mouth breathing to nose breathing is difficult and requires discipline to establish a routine, there are dramatic positive changes that will occur within the body. Be cognizant of your breathing technique to efficiently breathe through your nose. Make it a habit! Some helpful types are to use Breathe Right strips that can help move more air through the nose, helping you adapt to nose breathing. It is important to make sure we are using our whole di-

aphragm as well. When you inhale, your organs are massaged, while you exhale it pumps all the toxins out. Using these muscles will keep them strong while also aiding in better upright posture. Take advantage of the various breathing exercises to slow your breathing while also making sure you fully exhale all the air to gain all the advantages.

There are many benefits to nose breathing. Practicing these healthier breathing techniques will improve your posture, athletic performance, anxiety and stress levels. Changing breathing patterns will not happen overnight, however working on them overtime will definitely make a large difference in your overall health. RehabFIT, a medical fitness center in Plymouth NH, can help with breathing techniques. The exercise specialists are interested in improving your breathing, along with posture, performance, and overall health. Stop in at 103 Boulder Point Drive for more information, or call 238-2225 to schedule a tour!



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Wednesday, November 18th
at 3:00 p.m.



All three parcels are located along Raccoon Hill Road and will be offered separately. The lots are in current use.

- 463 Raccoon Hill Road Tax Map: 235, **Lot 8** is 3.3 acres with 599' of frontage.
- 0 Raccoon Hill Road Tax Map: 235, **Lot 16.1** is 3.9 acres with 300' of frontage.
- 0 Raccoon Hill Road Tax Map: 235, **Lot 11** is 4.80 acres with 320' of frontage and has a barn on the property.

INSPECTION: One hour prior to auction, if permitted.

The sale of Lots 8 and 16.1 will take place on Lot 8 and the sale of Lot 11 will take place on Lot 11. Buyer(s) will be responsible for any current use tax penalty incurred from the sale.



FOR A PROPERTY INFORMATION PACKAGE WITH TERMS GO TO paulmcinnis.com
LIC. #2089 - (603) 964-1301 - REF.#20PM-27

MARK ON THE MARKETS

401(k) wants



BY MARK PATTERSON

Research and studies regarding 401(k) plans and their participation or lack thereof is a top-ic year after year. But reading some material from KRC research has confirmed informa-

tion that anyone who is involved with manag-ing 401(k) plans in the field probably already knows. On occasions cli-ents will ask me to help them with their 401(k) allocations with their current plan that their

employer have provided for them. Because I'm a fiduciary advisor, in oth-er words I work for my clients, I will do this for them to help them max-imize their 401(k) plans at work, even though the plan should have an

advisor to help plan par-ticipants. KRC research found that 80% of re-spondents believed that having a 401(k) at work made it a more valuable place to be employed. So, we know from the employer's perspective

it is beneficial to offer a solid retirement plan to their employees, it is only good business. But the plans that I see in place often are not maximized by the em-ployees because of pri-SEE MARK PAGE A10

HELP WANTED

HIRING FAIR
Saturday – 11/14/2020
10:00am-2:00pm
Waterville Valley Ski Resort Base Lodge
Love to ski or ride? Come be a part of the WV Family this winter, or longer! Managers will be on site to interview and hire on the spot. WV is hiring for full-time, part-time, seasonal and year-round. Day shifts and evening shifts available. Masks and social distancing are required during the hiring fair.

WATERVILLE VALLEY RESORT

Town Clerk/Tax Collectors Office
Town of Campton, NH

The Town of Campton seeks a qualified applicant for the position of Part Time Assistant to the Town Clerk & Tax Collector. Candidate must be highly organized, flexible, reliable, and detail oriented. Ability to process transactions efficiently and accurately and preform a wide range of customer service, research, clerical, and administrative support services to the fast-paced Town Clerk/Tax Collector's Office. Offsite training and travel are required. This position receives direct supervision from the Town Clerk/Tax Collector. Prior municipal/business background and computer skills are desired. Please submit a cover letter and resume no later than November 13, 2020 at 3 pm to:

Hannah B. Joyce
Town Clerk/Tax Collector
Town of Campton
10 Gearty Way
Campton, NH 03223

New Hampton Community School
Administrative Assistant
Starting November 30th

The ideal candidate must be able to work in a fast-paced office supporting the principal, staff, students, and families. Strong knowledge in computer software programs, including managing student activity accounts, purchase orders and reconciling accounts. Interpersonal skills, public interface, and office management are required. Background and experience in a school office, Infinite Visions, and Infinite Campus preferred. The position is a full time, year-round, and is paid hourly, ranging from \$14.54 – \$20.46 an hour based on experience. Candidates should send a letter of intent, resume, job application and three letters of recommendation to:

Pierre Couture – Superintendent of Schools Newfound Area School District
20 North Main St.
Bristol, NH 03222

For more information and a copy of an application go to:
<http://www.sau4.org/human-resources/employment-information>

Plymouth State UNIVERSITY

Plymouth State University has the following positions available:

Plumber/Pipefitter – Two Positions
Recycling Coordinator

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 <https://jobs.usnh.edu>

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

**Steel Erectors,
Metal Roof & Siding Installers
Foreman, Leadmen
And Laborer Positions**

Will Train. Valid Driver's License required.
Application available at:

CONSTRUX, INC. 630 Daniel Webster Hwy.
Plymouth, NH 03264
(603) 536-3533

Leading Pre Engineered Metal Building Co.

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
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HOLIDAY CRAFT FAIR
SATURDAY
Scheduled for November 21st

Plymouth Regional High School
SPONSORED BY THE

CANCELLED

VISIT THE SCHOOL WEBSITE FOR DETAILS
<https://prhs.pemibaker.org/home>

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Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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▶ Health Insurance ▶ Profit Sharing ▶ Store Discounts ▶ 401k

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BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

I enjoyed a fun evening at the Trunk-or-Treat Halloween event on North Main Street Halloween night under that beautiful full blue moon! The costumes were great, the trunk-or-treaters were very creative with decorations and delivery of goodies and the witches were fantastic. Kudos to the Events Committee for a real fun and safe evening.

Operation Warm Newfound provides warm winter clothing for area children. Coats, snow-pants, boots and a limited amount of hats and mittens are now available. Boots and snow-pants can only be provided to elementary and below ages. Sizes for toddlers and babies are not available. Applications for distribution are available by contacting bccfun@metrocast.net or may be picked up at the TTCC. They can be dropped off at the TTCC or by giving it to your school nurse. Pick up will be on the following days: Saturday, November 7 from 8am until noon by appointment

and Saturday, November 14 from 8am until noon also by appointment. Curbside delivery can be arranged by calling 744-2713. The deadline for the program is November 5, 2020! Operation Warm is a collaboration of the TTCC, Bristol Community Services and the Bristol Fire Department with assistance from the Santa Fund of the Greater Lakes Region. This program is partially funded by the Greater Lakes Region Children's Charitable Fund for Children. To donate to Operation Warm, contact ttccrec.org.

The Friends of the Minot-Sleeper Library have moved their fall book sale online! View books and movies for sale at: https://monot-sleeper.libib.com. Please be sure to select the different categories on the left side of the page to see all titles available.

The Bristol Rotary Club will be holding their annual Christmas Tree Sale at O'Reilly's Auto Parts on Lake Street in Bristol. Trees will be delivered on 11/24 and will be on sale while supplies last. The trees will be fresh NH grown trees and the cost is \$35 for any tree. All

proceeds go back into the local community through both activities, scholarships and donations. For more information, contact Leslie at 744-2713.

The TTCC will be looking for volunteers for the One-Stop Christmas Shop this November from Nov. 9-20 - call 744-2713 to make arrangements. Volunteers are also needed for Santa's Village in December. Contact Les or Dan at the TTCC to help with these activities.

Because of Covid-19, the Friends of Minot-Sleeper Library will

Churches

Plymouth Congregational UCC

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

be unable to hold their Cookie Buffet this year. Instead, the dedicated bakers have provided the many cookie recipes for a Holiday Cookie Buffet cookbook! The cookbook will be available at the library, on the Web site and at several businesses around town starting the first week in November. Purchases will go toward supporting programs at the library for the coming year.

I guess the first dusting of snow was the warning we needed that the cold weather is upon us and the time change solidified that, as usual. I am sure the leaves

must be all off the trees by now, as I don't remember so many on the ground to rake before! I thought they would never blow off my roof! My congratulations to the Fall sports teams for their enthusiasm this season.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Hebron Veterans Day Ceremony

The 2020 Hebron Veterans Day Ceremony will be held on the Hebron Common at 10:50 a.m., Nov. 11, but will be

shortened because of the COVID-19 pandemic. We will have the Flag Ceremony by the VFW Honor Guard, which people can observe from their cars or socially distanced on the common. We will not be having a speaker and there will not be refreshments in the Union Congregational Church afterwards.

The Hebron Historical Society feels it is important to observe this special day, but does not want to put members of our community in danger. Therefore, we appreciate it if attendees would wear a mask.

and Bulletins from past services can be found on our church's Web site at www.ucplymouth.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 receive 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.ucplymouth.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, Nov. 8

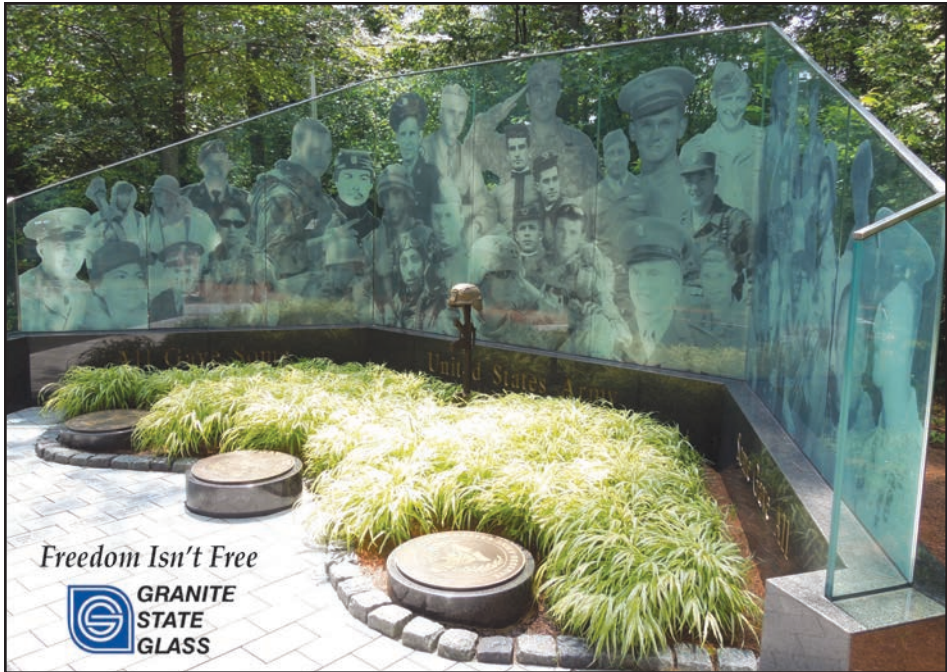
Where the Light Comes In

Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director
Tatum Barnes, Director of Religious Education

On this Sunday we'll explore the dreams we dare dream for our future. Rumi says that, "The wound is where the light enters." If this is so, now post-election, let us look for the light in what comes next. We'll be using your expressions of hope from our November 4th Ritual of Hope.

LIVE STREAMED via ZOOM

For Zoom link and all other information, visit our Web site: www.starrkingfellowship.org 536-8908



Breast Cancer Patients and Survivors Diagnosed in 2017, 2018 & 2019

Your diagnosis may have been delayed by a misinterpreted mammogram performed at: **Weeks Medical Center or Androscoggin Valley Hospital** between 2015-2017 and you may be entitled to compensation

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To learn more call Holly Haines at:
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in Manchester, NH
(603) 627-1819 - www.arbd.com
*****All inquiries will remain confidential.*****
Your identity will never be made public.

Mark

FROM PAGE A11

marily two reasons that are related. The first and most basic deficiency is that the participants get very little, or sometimes no help in choosing the funds that should be designed for their objectives. The obvious fix for this is to have an advisor available to meet with the plan participants, individually if necessary to sit down and explain their choices and help them allocate their money into these plans that make it valuable to the plan participant. Over 70 percent of plan participants say that they don't ever see anyone therefore they do not participate to the maximum, or they keep far too much

money in a fixed account or money market with minimal growth potential.

Plan participants also want an uncomplicated plan with fund choices that are easy to understand, low-cost and represent multiple low correlated asset classes. Employers need to be conscious of the broker or advisor managing the plan. Is the advisor acting as a fiduciary? Is the advisor really a broker that is using mutual funds with 12b1 fees attached? The Department of Labor legislation that in part went into effect the middle of April this year has something to say about those issues. While I don't want to get into the technicalities of those issues in this article, is extremely important for the employer or fiduciary of the plan to understand the changes that they may have to implement regarding this DOL legislation. It is my obser-

vation that large 401(k) plans managed by the behemoths i.e. Fidelity, typically are structured very well, and while they may not offer that much personal help to participants, there is usually a good electronic means of communication and ability to change the plan attached to some good planning tools. It is also my observation some of the small to medium-size businesses that may have a broker sold plan platform, may need changes.

The Department of Labor legislation is a good reason to review your 401(k) plan if you are the employer or participant and get ahead of the proposed changes sooner than later. It is also the right thing to do for your valued employees.

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

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The National Domestic Violence

HOTLINE

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WWW.THEHOTLINE.ORG