



BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The official start to fall sports practices at Newfound was this past Tuesday and while all teams are able to begin preparing for the season, the start date for games will be different for a few of the Bear squads.

The majority of the

Bears will kick off their season on Friday, Sept. 18. This includes the boys' soccer team, the field hockey team, the volleyball team and the girls' soccer team, which is making its varsity debut this fall.

The schedule has been shortened and the Bears will all be playing a regionalized schedule

against nearby opponents.

The boys' soccer team will start the season with a pair of road games at Belmont on Sept. 18 and at Inter-Lakes on Sept. 21, and will then play the Lakers at home on

Thursday, Sept. 24.

Next up is a home and home with Franklin, with the Bears hosting on Tuesday, Sept. 29, and the Golden Tornados hosting on Thursday, Oct. 1.

On Saturday, Oct. 3,

Newfound sets schedules for fall sports

First games planned for Sept. 18

the Bears will host Lin-Wood at 11 a.m. and then have a home and home with Winnisquam, traveling to Tilton on Monday, Oct. 5, and hosting the blue and white Bears on Thursday, Oct. 8.

The Bears play Franklin again at home on Thursday, Oct. 15, and will close out the season with a home and home series with Moultonborough, hosting the Panthers on Monday, Oct. 19, and visiting them on Thursday, Oct. 22.

All games are slated for 4 p.m. starts unless otherwise noted.

The field hockey Bears will be opening the season against neighboring Plymouth on Friday, Sept. 18, and then host Littleton on

Monday, Sept. 21.

The first road game of the season is at Gilford on Friday, Sept. 25 before a home and home with Franklin, with the Bears on the road on Tuesday, Sept. 29, and at home on Thursday, Oct. 1.

A home and home with Winnisquam is next, with Newfound hosting on Monday, Oct. 5, and traveling on Thursday, Oct. 8 and the season wraps up with two against Laconia, on the road on Tuesday, Oct. 13, and at home on Thursday, Oct. 15.

All games are at 4 p.m. The inaugural varsity season for girls' soccer will start with a home game against Belmont on Friday, Sept. 18.

SEE **SCHEDULES** PAGE A8

Science Center to host Raptor Migration Celebration

HOLDERNESS — Squam Lakes Natural Science Center is holding a Raptor Migration Celebration on Saturday, Sept. 12 from 9:30 a.m. to 4 p.m., with the last trail admission at 2:30 p.m. This event is appropriate for all ages and will celebrate the amazing journey that some raptors embark upon during this season of transition as they move to wintering grounds.

Raptor migration has long fascinated people. How do they know where to go? How do they cope with bad weather? How do they know where to stop? The Raptor Celebration will showcase migratory raptors

SEE **CELEBRATION** PAGE A8

Pemigewasset Choral Society offers virtual music making

REGION — For 46 years, the Pemigewasset Choral Society has brought music to communities in Central New Hampshire and provided singing and instrumental opportunities for countless musicians. After a well-received December 2019 concert series in Gilford, Franklin and Plymouth featuring the Vivaldi Gloria, the Society was forced to cancel the spring 2020 concerts to protect both the chorus and our audiences during the COVID-19 Pandemic.

Concerts are still not possible for December 2020, but making music is more important than ever for the nearly 90 singers in the Pemi Chorus. Director Will Gunn and Board Chair Ann Nichols have announced that the Pemi Choral Society is providing the opportunity to safely gather, re-connect, share

SEE **MUSIC** PAGE A8

Holderness School begins construction on new solar array



HOLDERNESS — Holderness School's environmental sustainability efforts received a major jolt this summer thanks to the construction of a 460-kilowatt, on-campus photovoltaic array.

Site work has already begun on the solar array, which will be located on Route 175 across from the school's football field. Once the project is completed this fall, solar panels will supply enough renewable energy to power several dorms - plus the Davis Center, the school's new 35,000 square-foot math and science building. The Davis Center is slated to open in Winter 2021.

"I'm happy to say that this 460-kilowatt-capacity array will do more than offset the electrical

demand of the new academic building," says science teacher and Director of Sustainability Dr. Maggie Mumford.

While Holderness School owns the property on which the new photovoltaic array will sit, the array itself will be owned and operated by Barrington Power, a renewable solar energy provider based in Barrington.

"They are leasing the land from us, building the array, and then we will buy back the electricity generated at a discounted rate," Mumford says. "We will know that it's renewable energy that is powering a good chunk of the school."

This new solar array is one of several major sustainability projects at Holderness School over the last decade. In

2008 and 2009, the school conducted sustainability audits of all buildings on campus, and implemented its recommendations while renovating Weld Dining Hall and the Hoit and Rathbun dorms. Two additional dorms constructed since then, Woodward and Pichette, both attained LEED Gold Certification through the U.S. Green Building Council. In 2011, the school constructed a woodchip-burning biomass plant, which provides heat and hot water across campus. And in 2014, the school installed 360 solar panels as part of the construction of the outdoor hockey rink. Those solar panels, which generate up to 95,000 kilowatt-hours of electricity a year, are used to directly power most of the rink's ener-

gy needs.

While these environmental sustainability projects will help Holderness School save energy, they also provide valuable teaching opportunities for students. In a world upended by the COVID-19 pandemic, Mumford says, it's even more important that students recognize the looming global consequences of climate change, and the intersection of sustainability and environmental justice.

"I think it will be really important for our students to realize that environmental sustainability is more than mitigating climate change so we can still have snow to ski on," Mumford says. "They need to understand that it is a global issue."

Winnepesaukee Playhouse reopening with guidelines



FILE PHOTO

The Winnepesaukee Playhouse is reopening its doors for a new fall season with a number of new guidelines to prevent the spread of COVID-19.

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — The show will go on at the Winnepesaukee Playhouse, which is doing performances again with a number of new pandemic-related policies.

The playhouse has been closed since the beginning of the pandemic, but reopened on Sept. 2 for its fall professional season with the opening of its recent production “Or.”

“We are excited to once again welcome you to the Winnepesaukee

Playhouse,” the organization announced on its Web site. “We have put in place strict regulations in accordance with or exceeding CDC and State of New Hampshire guidelines in order to provide the safest experience possible. We are asking you to partner with us to ensure that our patrons, staff, and performers stay healthy.”

“Or” will run through Saturday, Sept. 12 with performances starting at 4 p.m. The next show will be “The Mountaintop” on Sept. 16-20 and Sept. 23-26 in the outdoor am-

phitheater. “No Wake” will run inside the theater from Sept. 30-Oct 3 and Oct. 7-12.

The Winni Playhouse said all its new policies are part of state guidelines for performing arts venues, and the theater is legally required to enforce them.

Tickets are only available by calling the box office to ensure social distancing in seating and

tickets will be emailed. Visitors can print their tickets or display them electronically on arrival.

The playhouse has suspended its no refund policy through its first three shows after reopening. People who aren’t feeling well or are uncomfortable with coming can get a refund if they call before the performance starts. The theater is offering the option of a full refund, an exchange, or converting their tickets into a tax deductible donation.

Visitors will be asked to wear a face covering at all times while in the building, including during the performance. Masks will be provided for those who don’t have one.

Before being seated attendees will have their temperature taken by a no-contact thermometer and will be asked a series of questions related to symptoms, travel, or exposure to someone with COVID-19. Those who answer yes to any of

the questions will not be seated. People are asked to only sit in their designated seat.

Performers will not be wearing masks and will be appropriately distanced from the first row

Concessions will be available on the outside deck and face coverings can be removed in these areas while socially distanced.

When the theater offers outdoor performances, the lobby will only be accessible for restrooms.

Each performance will be around an hour and a half to two hours in length and there will be no intermissions.

At the end of each show the audience will exit one row at a time at staff direction and won’t be able to meet the performers after the show.

Anyone who doesn’t comply with the rules when arriving or during the performance will be refused service.

All surfaces in the restrooms, lobby, and

performance space will be sanitized before each show. Germicidal lamps and polarized media filters will be added to the air conditioning ducts to clean the theater’s air.

“While all reasonable precautions are being made to keep patrons and staff safe, please note that each patron is attending at their own risk,” the theater stated. “If you are part of a population vulnerable to COVID-19, or live with someone who is, we recommend not attending our performances.”

To order tickets call 279-0333. The box office is open Monday through Saturday from noon-8 p.m. or leave a message and someone will call back as soon as possible.

For more information and updates on the Winnepesaukee Playhouse, coming shows, and its COVID-19 protocols visit www.winnepesaukeeplayhouse.org.

With an eye to better distancing, LRCA goes with ‘sturling’ program



COURTESY

Sturling is for those who want to deliver curling stones with a push stick or with the traditional slide.

REGION — In place of standard four-on-four curling, Lakes Region Curling will run a sturling program this Fall in order to provide a less-congested playing environment.

Sturling is a variation of curling that involves teams of two instead of four. During a match, one player from each team stands at opposing ends of the curling sheet. Sweeping is limited, and players never cross the middle of the sheet.

Sturling reduces the number of players on the ice by at least half, and the limited sweeping reduces the exertion required during a match. The game provides more opportunity than a stan-

dard curling match to develop the skill of delivering a stone. It also gives every player the chance to learn strategy.

Information about sturling can be found on the LRCA Web site at lakescurlingnh.org.

LRCA sturling matches will take place on Sunday evenings, with a first session scheduled for 4:50 p.m. Matches will last an hour, and teams will be randomly assigned each week. This will provide an opportunity to play with and against members of all skill levels and to emphasize the LRCA’s focus on having a good time during these trying times.

The season will run for eight weeks, from Oct. 18 to Dec. 13, with a week off for the Thanksgiving weekend.

If the number of registrations is sufficient, a second one-hour session will begin at 6 p.m. When registering, curlers should indicate their preference for playing during the first or second session. Every effort will be made to accom-

modate players’ preferences, but registration is first come, first served.

Points for wins and ties will be awarded to individual players rather than teams, and the end-of-season championship will recognize players with the highest scores.

Cost of the eight-week season is reduced to \$175, and both registration and waiver forms are available on the LRCA Web site. Curlers are urged to register early.

In keeping with state and local protocols, curlers will be required to wear masks and observe social distancing while in Pop Whalen ice arena. Rules for the use of the arena are intended to keep participants from different programs such as hockey and public skating from mixing with curlers.

For anyone looking to break out of stale routines, the LRCA’s sturling program offers a chance to take on a new challenge while following all the safety protocols required by current conditions.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	22 Circle Dr., Unit 37	Condominium	\$132,000	Walter and Barbara Wataul	Tammie J. Tischler
Bridgewater	8 Mohawk Trail, Unit 8	Condominium	\$740,000	Christine V. Dandrea RET and Steven M. Dandrea	Richardo Figueredo and Claudia Greco
Bristol	49 Akerman Rd.	Single-Family Residence	\$100,000	Carl E. and Aria A. Johnson	Tracy A. Johnson LT
Bristol	2 Lancelot Lane	Single-Family Residence	\$350,000	Patricia M. Blake	Agnes Czibulka and Michael D. Jager
Bristol	55 Prospect St.	Single-Family Residence	\$310,000	Donald R. and Margaret F. Duba	Andrew and Judtih M. Bostrom
Bristol	4720 River Rd.	Multi-Family Residence	\$400,000	Harold B. and Doris S. Tillson	Robert M. and Julie Rolando
Campton	10 Porcupine Dr.	Single-Family Residence	\$350,000	Michael A. Dedecko and Nicole Penfornis-Dedecko	Erik A. Foley
Campton	White Mountain Drive	N/A	\$160,000	F.J. Duncan, Jr. Trust and Christopher E. Duncan	Douglas and Denise Noyes
Campton	N/A	N/A	\$174,000	Dennis J. and Donna D. Lacolla	Brett P. Owen
Campton	N/A	N/A	\$146,000	Robert G. Bourgeois	Kenneth R. Barrett 2008 Trust
Hebron	Hobart Hill Road	N/A	\$130,000	Thomas J. and Kim C. Giles	Christian Kuplin and Nicole Kuplin
Hebron	145 Ledgewood Circle, Unit 145	Condominium	\$575,000	Richard and Julie Miller	Jeffrey J. and Michelle T. Dean
Hebron	295 Spectacle Pond Rd.	Single-Family Residence	\$89,133	Daniel Paradis Trust and James N. Sessler	Michael Fricke
Holderness	Grapevine Cove Road	N/A	\$975,133	Gabrielle C. Crandall	Timothy and Debbie Saeger
Holderness	10 Heritage Hill Rd.	Single-Family Residence	\$376,533	Harry C. & Lynn Decker Trust	Derek and Jessica Ibarguen
Holderness	186 High Country Way	Mobile Home	\$113,000	Lori A. and Patrick L. Clark	Kathleen A. and Steven A. Wallis
Holderness	11 Ledges Rd.	Mobile Home	\$135,000	Amanda Skrocki and Elizabeth Tavenor-Huffman	Louis Lapusata and Jacqueline Dawe
Holderness	183 NH Route 113	Single-Family Residence	\$299,000	Nancy J. and Brian E. Scothorne	Vicki R. Iles and Scott A. Schinaman
Holderness	US Route 3, Lot 61	N/A	\$143,000	Paul and Joanne Nightingale	Roger H. and Carol G. Martineau
Holderness	N/A (Lot 4)	N/A	\$85,000	John & Anne Whiting Fiscal Trust	James A. and Susan M. Degrace
New Hampton	769 Old Bristol Rd.	Single-Family Residence	\$367,533	Cassy D. Pickard	Salvatore and Julie A. Ippolito
Plymouth	25 High St.	Single-Family Residence	\$202,000	Adam F. Klebes	Kattin O'Donnell and Eric Bergeron
Plymouth	18 Plaza Village Rd., Unit A	Condominium	\$62,533	Comodum Management & Consulting	Scott E. O'Donnell
Rumney	Buelah Ave.	N/A	\$50,000	Terry L. and Janet E. McLaughlin	David C. and Dorothy J. Visser
Rumney	2497 Stinson Lake Rd.	Single-Family Residence	\$525,000	Charles N. and Colleen S. Lynch	Paul J. and Cheryl R. Giannessa
Thornton	56 Holland Trail	Single-Family Residence	\$325,000	Kenneth J. and Cynthia A. Winne	David J. Wellestead and Morgan E. Banaszek
Thornton	Route 49	N/A	\$70,000	Richard W. Tuttle	Energetically Sensitive
Thornton	53 Waterville Acres Rd., Unit 14	Condominium	\$125,000	Angela Lehoux	Claudia E. Larrow
Thornton	N/A (Lot 4)	N/A	\$180,000	Benjamin R. and Kathleen A. Moreau	Jan J. Wichers
Thornton	N/A	N/A	\$20,000	Jerry and Barbara Sobolewski	Sandra Lentz
Thornton	N/A (Lot 4)	N/A	\$20,000	David R. and Elizabeth M. Clay	Stacy Cooper
Warren	312 NH Route 25	Single-Family Residence	\$198,933	Christopher W. Kidney and Jessica M. Corrmiea	John and Belinda J. Knight
Warren	White Horse Lane	N/A	\$25,533	Paul P. and Lorinda A. Mola	Edward F. and Robin J. Paradis
Waterville Valley	23 Black Bear Rd., Unit 304a	Condominium	\$89,000	Kelly RET and John J. Kelly	Adam L. MacKay
Waterville Valley	13 Klosters Way, Unit 82	Condominium	\$255,000	Pasco Gasbarro	David A. Sherman and Jennifer K. Hughes
Waterville Valley	28 Packards Rd., Unit 628	Condominium	\$175,000	Paul T. and Barbara F. Fitzgerald	Todd M. Bennett and Marcy Henderson-Bennett

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

North Country Chamber Players present 'Fall Romance' concerts

FRANCONIA — By popular demand, the North Country Chamber Players have added an additional pair of free, outdoor, socially distanced afternoon concerts, on Sept. 12 and 13, under and around the Dow Pavilion in Franconia.

The Chamber Players were one of a very small number of professional musical ensembles, in the entire country, to present successful live events this summer and, just like the festival concerts, this carefully chosen, one-hour program is suitable for listeners of all ages and musical backgrounds, and is designed for maximum enjoyment of the al fresco-musical experience, including professionally engineered sound amplification.

The Fall Romance event, The Joy of Sex-tets, will feature some of the most passionate, beautiful and exciting music ever written for six string instruments, including highlights from beloved works by Tchaikovsky, Dvorak, Brahms, Strauss, and the iconic "Dance of the Blessed Spirits" from Gluck's Orpheus. Both concerts begin at 4 p.m.

A fixture of the cultural life of northern New Hampshire for more than four decades, the Chamber Players have been described by the New Hampshire State Council on the

Arts as "one of the outstanding cultural resources in the state of New Hampshire," and a critic from the Boston Musical Intelligencer lauded them as "a sophisticated group of experienced, passionate, focused, and obviously talented musicians."

Chamber Players members Ronnie Bauch, violin, Ah Ling Neu, viola, Chris Finckel, cello, and flutist Susan Nidel, will be joined by North Country audience favorites: cellist Melissa Meell, violinist Gabriela Diaz, and making her Chamber Players debut, violist Dana Kelley. All award-winning musicians, Melissa and Dana are both members of the acclaimed Orpheus Chamber Orchestra, and Gabriela has been described by music critics as "a young violin master," lauded for her "vivid and elegant playing."

In recognition of the on-going COVID-19 pandemic, all attendees are required to wear masks and observe proper social distancing from persons outside one's immediate household. With everyone's cooperation in following these guidelines, and in sharing a courteous respect for their neighbors, these concerts will be safe, fun and uniquely uplifting events.

While these concerts are free, on-line registration is required for all seating. Attendees

should bring their tickets with them. To register, visit www.northcountrychamberplayers.org.



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CADY Corner

Marijuana and pregnancy

BY DEB NARO
Contributor

As more states legalize medical and recreational marijuana, some pregnant women have turned to using marijuana to ease nausea or other pregnancy symptoms. Researchers do not know a lot about what the effects might be and while the research is in progress, most experts advise pregnant women not to use marijuana.

The U.S. Surgeon General has this to say on the subject: I, Surgeon General VADM Jerome Adams, am emphasizing the importance of protecting our nation from the health risks of marijuana use in adolescence and during pregnancy. Recent increases in access to marijuana and in its potency, along with misperceptions of safety of marijuana endanger our most precious resource, our nation's youth.

Many of the chemicals in marijuana (in particular, tetrahydrocannabinol or THC) can pass through a mother's system to her baby and can negatively affect a baby's health. Research shows that using marijuana while pregnant can cause health problems in newborns—including low birth weight. Using marijuana during pregnancy may also increase a baby's risk of developmental problems.

Breathing marijuana smoke can also be bad for a mother and her baby. Marijuana smoke has many of the same chemicals as tobacco smoke and may increase the chances for developmental problems in a baby.

About one in 14 pregnant women in the United States report using marijuana. The good news is that prenatal marijuana exposure is completely preventable. Any woman who is pregnant or could become pregnant should avoid consuming marijuana. Healthcare providers can routinely talk to women who are pregnant, planning to get pregnant, or could become pregnant about their marijuana use and advise them on the dangers of marijuana use during pregnancy and in general.

It is important to include accurate information about the health risks of using marijuana for a mother and her baby. Some important ideas to convey include,

marijuana use during pregnancy may increase your baby's risk of developmental problems;

the chemicals in any form of marijuana may be bad for your baby (this includes edible marijuana products such as cookies, brownies, or candies);

marijuana use during pregnancy may negatively impact your baby after birth (research shows marijuana use during pregnancy may make it hard for your child to pay attention, learn, or do well in school and these issues may only become noticeable as your child grows older); and

if you're using marijuana and are pregnant or planning to become pregnant, talk to your doctor.

Mothers may put their babies at risk of health problems when they expose them to marijuana during pregnancy. For more information about marijuana and pregnancy, visit our Web site at cadyinc.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.



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TARA GILES

This 'Chicken of the Woods' was found unexpectedly during a stroll through the woods in the area last week. These mushrooms found their way into an air fryer and were quite tasty. Note: Never eat a wild mushroom without cooking it first.



Sustainable Bristol

BY LAUREN THERIAULT

How many emails do you have in your inbox? How many email accounts do you have? Did you know your email's could be adding to the pollution in our environment? I recently read that every email you have in your inbox or send emits 10 grams of CO2. Ten grams of CO2 is equivalent to one plastic bag and I know people who have over 3,000 unread emails! That's a lot of CO2 for a bunch of things you aren't reading and don't want to even open. I bet you're wondering how emails can create CO2. Well,

for every email you need server space, and servers use electricity which is (primarily) made from fossil fuels which create CO2 emissions. Emails= server space= electricity= fossil fuel=bad for the environment. Who would have guessed that digital information creates pollution.

Here are some ideas of reducing your digital footprint. Unsubscribe from emails you don't read. Give yourself 20 minutes to do it all at once, or every time you get a pesky email from a brand you don't want to hear about hit the unsubscribe button. De-

lete old emails. I give you permission to delete your emails. Respond accordingly and then hit delete. At the end of the work day I like to have zero emails in my inbox because it means I have dealt with all the incoming emails that day. You don't have to have a zero inbox, but you could if you wanted to. Don't send pointless emails. Trust me your bad luck won't be cured by a chain email. Try messaging friends or coworkers instead of emailing. Deactivate old social media or email accounts. Delete the email app from your phone, and other

apps while you're at it. This will create fewer spaces your emails need to be saved and frees up time for you to do more important things than check your email from the couch. Check your email less frequently, you don't need to check it constantly. This makes you more productive and less stressed as well as helping the environment.

Good luck reducing your email emissions!

Lauren's Green Tip of the Week: Unplug appliances and chargers that aren't in use.

Changing the Conversation

Stand Up Newfound hosts virtual 5K Community Fun Run

BY DEB RICHARDSON, STAND UP NEWFOUND
AND TARA GRAHAM, CENTRAL NH COMMUNITY OPIOID RESPONSE PROGRAM

Stand Up Newfound (SUN) is still planning on holding their annual "Old Home Day - 5K," just a little differently this year. The "real 5K" fun run will take place over Labor Day weekend. The idea is for participants to run it on their own - but the route will be mapped out and clearly marked, so everyone (individuals, groups, families), can do it on their own time.

The route will be along N. Main Street in Bristol to Keezer Road and back to Kelley Park. Each Kilometer will be marked. Signs will go out on Friday, September 4th and be picked up on Monday, September 7th. The start point is the Tennis Courts at Kelley Park. There is no cost to participate, however donation envelopes will be available. All proceeds to go to the Tappl-Thompson Community Center's youth programs. Participants are encouraged to visit SUN's Facebook page and post about their accomplishments.

"As summer ends and we continue to muddle

through these changing times, we should remind ourselves to be kind, empathetic, good listeners and willing to lend a hand. I am so grateful for our community," stated SUN Founder Deb Richardson.

Aug. 31 was International Overdose Awareness Day. SUN will have flyers throughout the Newfound area communities this weekend, in hopes of starting productive conversations in the community. International Overdose Awareness Day is a global event held on Aug. 31 each year that aims to raise awareness of overdoses and reduce the stigma of a drug-related harm and death. It also acknowledges the grief felt by families and friends remembering those who have died or have had a permanent injury as a result of drug overdose.

According to the most recent United Nations World Drug Report, an estimated 585,000 people died across the globe as a result of drug misuse in 2017. Opioids account for the majority of drug-related deaths and in most cases such deaths are avoidable. North America continues to experience the highest drug-related

mortality rate in the world, accounting for one in four drug-related deaths globally. In 2018, 67,367 drug overdose deaths occurred in the United States. The states with the highest rates of death due to drug overdose were West Virginia (51.5 per 100,000), Delaware (43.8 per 100,000), Maryland (37.2 per 100,000), Pennsylvania (36.1 per 100,000), Ohio (35.9 per 100,000), and New Hampshire (35.8 per 100,000).

The month of September is also National Recovery Month, a national observance held every September to educate Americans that substance misuse treatment and mental health services can enable those with mental health issues and substance use disorders to live healthy and rewarding lives. Created 31 years ago by the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (HHS), Recovery Month celebrates the gains made by those living in recovery and increases awareness and understanding of mental health and substance use disorders.

During this month, many prevention, treat-

ment, and recovery programs and service providers across the country find creative ways to share their successes and information with neighbors, families, and friends with the goal of promoting recovery and recovery programs, emphasizing the need to share resources and build networks across the country to support recovery. It reminds us that mental health and substance use disorders affect us all, and that we are all part of the solution.

SUN is a local community organization with a mission of "Working together to eliminate substance misuse through community awareness, and prevention; promoting resources for intervention, treatment and recovery." Their monthly meetings are held the 1st Thursday of each month at 6:30 p.m. The location, once able to reopen post-Covid-19 will be at the Minot Sleepers Library in Bristol. Meanwhile, meetings are being held virtually via Zoom. For more information, please contact standupnewfound@gmail.com or visit their Facebook page at www.facebook.com/standupnewfound.



Comfort Keepers

Seniors and kitchen safety: Tips for the “Heart of the Home”

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A kitchen is often the central gathering place in the home. Family dinners, special occasions and time shared together all happen in the heart of the home.

Making sure the kitchen a safe, happy place is important. On a daily basis, many of us spend time in our kitchens, and it is easy to forget that the kitchen can be a place where dangerous accidents are not uncommon – especially for seniors.

When it comes to senior adults and kitchen safety, the numbers show where potential issues can occur:

- The National Fire Protection Association reports that three (3) in ten (10) home fires start in the kitchen, more than any other

room in the house.

- The Centers for Disease Control and Prevention reports that 76 million cases of food-borne illness occur each year, including 5,000 fatal cases. Older adults, due to a natural decrease in their immune systems, can succumb to food poisoning more easily and have a harder time fighting it off if they do.

- Kitchens are also areas with high fall-risk areas: items stored out of reach, slippery floors, and the likelihood that meals are carried to eat in another room.

- The Federal Emergency Management Agency (FEMA) reports that people over the age of 65 have a 2.7 times greater risk of dying in a kitchen fire than the general population.

For those that want to ensure that the kitchen is as safe as possible for

their senior loved ones, there are three key areas to consider:

- Fire prevention and safety – The primary cause of kitchen fires is unattended food – seniors should never leave the kitchen when food is cooking. Automatic shut-off devices are a great tool to help seniors that have memory issues but like to spend time cooking. Loose clothing, kitchen towels and pot-holders can all catch fire if too close to the stove, so it is good to be mindful about fabric near flames. And, on a regular basis, a qualified electrician should check wiring and outlets to ensure safety compliance – this is a common cause of fires in older homes.

- Foodborne illness prevention – Because of the ways our bodies change when we get older, foodborne illness can become a much

more serious issue. This can be prevented by properly storing food, checking fridge temperatures often, properly reheating food, cleaning old items out of the fridge and pantry often and checking expiration dates.

- Reduce fall risks – When seniors need to reach an item, whether stored too high or too low, it can cause a balance issue that may lead to a fall. Keeping cooking items within reach is critical. Clutter on counters should be removed, bright lights are helpful, and the heaviest objects should be stored at waist level. Water is often a problem in the kitchen – possible issues include spilled water from the sink, leaking refrigerators and pipe leaks. Spilled water can make kitchen floors slippery, so adding mats and checking water sources

often is important.

The kitchen can be a joyful place in the home, with intentional action to minimize the risk of accident or illness. Being safe in the kitchen is not just common sense - and revisiting safety tips for the kitchen is never a waste of time.

Comfort Keepers® can help. About one-quarter of Americans over age 65 need help with everyday activities such as eating, cooking, and getting in and out of bed or a chair. Our trained caregivers can help with these and other tasks, while engaging clients in activities that improve quality of life. They can also provide support for physician approved diet and exercise plans, provide transportation to appointments and community events and can assess a home for safety

issues and reducing fall hazards. For more information on how we can help, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at NHComfortKeepers.com for more information.

MARK ON THE MARKETS

Final expense insurance

BY MARK PATTERSON

It appears there is a lot of advertising on TV and direct mail proposing fi-

nal expense insurance. This final expense insurance is typically for a 10 or maybe \$20,000 death benefit. Some of these

policies are guaranteed issue which typically means if the insured passes in the first two years the beneficiary

will only get the premium payments returned. Other final expense policies may ask questions about your health known as “knockout questions” whereas if answered with a no, the insurance company will then check with the medical information Bureau or MIB to determine if they should insure you. The premium payments of these policies can be very expensive because the insurance company is working with the law of large numbers and without a full para-med underwriting profile, that creates a “risk pool”. Insurance company actuaries are very good at determining risk providing that they are given enough information on the potential insured.

You should also be aware that the commissions to agents on these products tend to be very high compared to a traditional fully underwritten life insurance policy. Many people who apply for these final expense policies are looking for the simplicity of what amounts to a one-page application. Some people apply for the guaranteed issue because they think they may have a health issue that would

prevent them from getting an underwritten life policy. Often these health issues may be addressed in a fully underwritten policy that potentially could have much more death benefit or a lower premium.

One thing that I’ve learned while helping clients obtain good life insurance is that most insurance companies underwriting criteria varies from company to company and even underwriter to underwriter within the company. The advisors in my office work with insurance companies that we can communicate with the underwriter evaluating our client’s application. Additional or clarification of information is often needed for the underwriter to properly classify or rate a policy.

In my opinion, the logical step for anyone wanting to look at a life insurance policy, especially if they may have potential medical issues should consider speaking with an agent who has experience in field underwriting and can communicate with underwriters at the insurance companies. This often gives you direction towards which type of policy you may be best



suited to apply for:

While the insurance policy may be referred to as final expense or a burial policy, the need may exist for liquid assets upon one’s death. For example, your spouse has assets but primarily nonliquid such as real estate or a business. Even though those assets may be abundant you don’t want to put the survivor in a situation where they must “fire sale” assets to raise cash. When speaking with clients whose children are older and not dependent on them anymore, the tendency is to think that they don’t need life insurance. But you really must consider if you or your spouse passed unexpectedly is there enough cash in the bank or liquid investments that could hold them over if they needed to sell more non-liquid assets.

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

PSU Men’s Basketball alum inks pro contract

PLYMOUTH — Recent Plymouth State University men’s basketball star Jaylen LeRoy ‘20 has signed a professional contract with Rosario Basket of La Liga Argentina de Básquet (LLA), the second division of the Argentine basketball league system.

“I’m very excited to play professionally,” said LeRoy, who plans to move in November to prepare for the start of the season in January. “Playing in Argentina will allow me to not only showcase what I can do, but also help me grow as a player and prepare me for my professional career.

One of the top scorers in program history, LeRoy was known for his late-game clutch shooting, but he saved his best performance for one of the team’s biggest moments in recent history.

With the third-seeded Panthers trailing rival and sixth-seeded Keene State in the first round of the Little East Conference (LEC) Tournament in February, LeRoy banked in a three-pointer over a pair of defenders at the buzzer to send the game to overtime.

Minutes later his runner in the lane proved to be the deciding bucket as PSU earned a 72-70 win for its first playoff victory in 14 years, sending the Foley Gymnasium capacity crowd into a frenzy. He added a team-high 20 points in a losing effort in the semifinal round. A two-time captain and three-time All-Conference honoree, LeRoy led Plymouth State to a 16-11 mark as a senior, matching th

most wins in a decade. He ended his career fourth among the program’s all-time leading scorers with 1,811 points.

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PUBLISHED EVERY THURSDAY!

Al Blakeley
adblakeley0@gmail.com

September! Labor Day! In tourist communities, these terms (dates) mean many things. Among them are: less traffic, more space, school starts (we hope), college kids leave the domicile, parents switch gears (all of them), old patterns return (again, we hope), and we start to break out the warmer clothing for the cooler (cold!) nights. I hope everyone can get back to 'normal' soon and enjoy the cool Fall days and nights and all they bring...

The Minot-Sleeper Library will reopen its building this month, inviting the community back into the library by appointments as of Sept. 1. Patrons may come into the building for 30-minute visits weekdays, Monday-Friday from 10am - 12pm and 2 - 6 p.m. Anyone who is at high-risk of having complications from the Coronavirus can call the library to discuss best options. Due to the opening with limited capacity, the appointments are for patron convenience to ensure the ability to come inside when you arrive. To make visits possible, and in following safety recommendations, certain precautions will be in place. Masks must be worn by all visitors who are 5 years of age and older while in the library. Disposable masks will be provided for any visitor without one. For those unable to wear a mask, outside curbside service is available, and over-the-phone service will make every effort to meet individual needs. Social distancing arrangements are established with computer stations and check out. The restroom will be reserved solely for the library staff.

Curbside pick-up service is 10 a.m.-6 p.m., Monday-Friday and Saturday 10 a.m.-2 p.m.

Home delivery for home bound individuals in the Newfound Area may call the library at 744-3352 to schedule regular deliveries Monday-Friday 10 a.m. – 6 p.m. To learn ore about these services, contact <http://www.minotsleep-erlibrary.org/current-services.html>

Keep a look out for the Reading Pumpkin Program starting in October. It involves reading for points and when a certain amount of points are obtained, a certificate will be awarded for a free pumpkin at Walk-

er Farin! The Story Walk Passport Program is ongoing featuring book pages displayed along a walking path, encouraging viewers to read while also enjoying fresh air, exercise, and the natural world around us. Story Walks are In place at Gray Rocks ("Water is Water", a book about the water cycle by Miranda Paul), Slim Baker ("Strenga Nona" by Tomie de Paola), Butterfly Garden ("In a Garden" by Tim McCanna).

The TTCC invites you to check out www.ttccrec.org for information about upcoming TTCC programs. After School Program Updates: https://ttccrec.org/youth_programs/afterschool-programs/, Soccer: https://ttccrec.org/youth_programs/soccer/, Field Hockey: https://ttccrec.org/youth_programs/field-hockey/, Community 5K Fun Run: <https://ttccrec.org/2020/08/28/community-5k-fun-run/>.

Teen programming will begin in September with seventh and eighth grade Teen Nights on Thursdays and High School Nights on Tuesdays. The Teen Council will be formed under the guidance of Gina Richford with meetings held at the TTCC for the time being. Specific information on all programs will be posted very soon.

I'm wondering if anyone else was disturbed by the lack of names for various government positions on the ballot on Tuesday. I was quite surprised at the many offices without a candidate. Very disappointing to say the least.

I want to wish everyone the best for a new school year and all the changes you all face this year. May you all find the niche that suits you best for a successful school year.

Bob Brooks 744-3597
hebronnnews@live.com

September 2020 He-
bron Library News!
Greetings Fellow
Book Lovers!

A great big Thank You to the Friends of the Hebron Library for their generous donations and support in funding the ice creams and other prizes for the Summer Reading Program! We had 15 kids participate in the program, which is coming to a close now that school is starting.

Friends of the Library
for gifting the Town
of Hebron a wonderful
evening of music with
David Lockwood on the
common on Aug. 19!

And last but not least, thank you Friends of the Library for funding the new landscaping in front of the library, which is currently underway.

Summer Reading
Participants, please
let the library know
if you are deserving of
ice cream coupons for
books read and you have
not received them yet!
Also, I will be drawing
prize-winners soon for
the passes and FunSpot
vouchers.

Ebooks and Audiobooks: get the Libby App (otherwise known as OverDrive) on your device and log on with your library card number, your last name, and you are ready to read and listen to even more titles! Our library participates in the NH Downloadable Books Consortium, with access to thousands of books. Questions? Call or email and I will help you get started – 744-7998 or hebronlibrary@met-rocast.net.

The library website: Don't forget to check our website for happenings, information, book reviews. Hebronlibrary.org

Finally, who is interested in a book group or a writing critique group at the library? I would love to start both a book discussion group and a writer's critique group with other like-minded readers and writers! We

could meet outside, socially distancing with masks, and/or meet online if preferable. Please email me at the library

Plymouth Congregational UCC

YOU ARE INVITED to
join Pastor Mike Carrier
on Sundays at 9:30 a.m.
on Facebook Live. 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.

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.

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!

Date Change to Re-
member
Sunday, Sept. 20 -
Please join us for Rally

with book discussion group or writer's critique group in your subject heading if interested!

Warmly,
Karen Flynn
Librarian

Sunday as we celebrate
the Fifteenth Sunday af-
ter Pentecost.

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, welcom-
ing 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, Sept. 13
Begin Again - Water Communion and In-gathering
Rev. Dr. Linda Barnes

Whether you are a familiar face or an online visitor, we welcome you on this Sunday as we resume our regular Sunday services. For this Water Communion service, we'll celebrate in-gathering with an all-generations service that will include song, story, humor, and tenderness. Join us as we welcome one another; those who are new and those returning, into this community of love, memory, and possibility.

LIVE STREAMED via
ZOOM

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

www.starrkingfellow-
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536-8908

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Schedules

FROM PAGE A1

On Monday, Sept. 21, the Bears will host Inter-Lakes and will then visit the Lakers on Thursday, Sept. 24. Next will be a pair of road games, at Mascoma on Saturday, Sept. 26, at 10 a.m. and at Lin-Wood on Monday, Sept. 28. The Bears will host Division II Kennett on Thursday, Oct. 1 and will finish the season with four games against Moultonborough. The Bears will host on Oct. 5, and Oct. 22 and will be

on the road on Oct. 8 and Oct. 19. Unless noted, all games are scheduled for 4 p.m. starts. The Newfound volleyball team will open the season with a pair of road games, at Belmont on Friday, Sept. 18, and at Inter-Lakes on Monday, Sept. 21. JV start time at Belmont is 5 p.m. and at Inter-Lakes is 4 p.m. with varsity following. The Bears host Inter-Lakes for the first home game of the season on Thursday, Sept. 24 and will host Franklin on Tuesday, Oct. 29, be-

fore visiting the Golden Tornadoes on Thursday, Oct. 1. Newfound and Winnisquam will battle in a pair of games with Newfound on the road on Monday, Oct. 5, and hosting on Thursday, Oct. 8. On Thursday, Oct. 15, Franklin will visit Bristol for another match. The Bears will play a home and home with Moultonborough, hosting on Monday, Oct. 19, and traveling on Thursday, Oct. 22, and will wrap up the season at home against Mascoma

on Saturday, Oct. 24, with a JV start time of 10 a.m. Unless otherwise noted, JV start times are 5 p.m. with varsity following. The cross country Bears will be starting the season at Moultonborough on Wednesday, Sept. 23, and will be at Belmont on Tuesday, Sept. 29. The Bears will then have back to back meets at Gilford on Thursday, Oct. 1, and Friday, Oct. 9. Newfound hosts Inter-Lakes and Winnisquam for its lone home

met of the season on Wednesday, Oct. 14, and wraps up the season at the Sandwich Fairgrounds for a meet hosted by Inter-Lakes on Tuesday, Oct. 20. All races are scheduled for 4 p.m. starts. The final team scheduled to play regular season games is the Newfound football team. The Bears open the season at home against Franklin at 2 p.m. on Saturday, Sept. 26. After a week off, Newfound will host Inter-Lakes on Saturday,

Oct. 10, at 2 p.m. and then finishes the season with three straight road games, at Mascoma Valley on Oct. 17, at Winnisquam on Oct. 24, and at Franklin on Oct. 31, all at 2 p.m. As always, all schedules are subject to change. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Celebration

FROM PAGE A1

at Pop Up Animal Encounters along the live animal exhibit trail. Visitors will learn about where New Hampshire's raptor species go each winter, how long it takes them to get there, and why they bother to return each spring. Join Squam Lakes Natural Science Center for this fun event on Saturday, Sept.12. All Raptor Migration Celebration activities are included with trail admission. Trail admission is \$15 for adults and seniors, \$10 for youth ages three to 15, free for children two and under, and free for members. Advance reservations are required and are available at nhnature.org. Face masks are required for all visitors ages three and up. More information about planning a visit is at nhnature.org/reopen.

Music

FROM PAGE A1

our love for music, and sing together this fall. Chorus members will meet virtually via Zoom on Monday nights beginning Sept. 14. Rehearsals will include vocalizing, singing rounds and working on several pieces that have been selected for a future concert when singing together in front of an audience is again possible. Director Will Gunn will hold Zoom rehearsals for Sopranos and Altos from 7-7:45 p.m. and Tenors and Basses from 7:50-8:35 p.m. each Monday evening this fall. The Chorus would also like to extend an opportunity for other members of our community to sing with us. Those interested can get more specific information at https://www.pemichoral.org/join-us.html. The Pemigewasset Choral Society looks forward to performing before our wonderful live audiences when it is again safe to do so. In the meantime, we will keep our voices strong and invite all interested singers to join us.

LACONIA — Bank of New Hampshire, the oldest and largest independent bank in New Hampshire, recently held its annual meeting of Corporators and reported solid growth in deposits, loans and capital for the year ending June 30. Michael J. Long, President and CEO, reported that the bank's assets now total a record \$2 billion and deposits grew to \$1.6 billion. The bank continued to support thousands of New Hampshire families and businesses as the bank's loan portfolio reached a record \$1.6 billion, which represents growth of 13 percent. Bank of New Hampshire remained strong with capital and reserves totaling over \$194.8 million or 10 percent of total assets. As it has since 1831, the bank remains steadfast in its commitment to mutual-ity and independence. In the past year, Bank of New Hampshire worked to enhance the products and services offered by making everyday banking more convenient and accessible. Offerings such as mobile banking and Pay A Friend capabilities have been en-

hanced to keep up with ever evolving advances in electronic banking. Long was also enthusiastic about the bank's continued focus on local communities and growth of customers, employees, and the bank itself, commenting "We're grateful to have been able to invest in our local community non-profits and civic organizations throughout the state with donations to over 400 entities. Giving back to the communities we live, work, and serve in is paramount to who we are as a bank. Our employees hold this value near and dear as well; together, they contributed more than 10,000 hours of their time to volunteering. Our promise to our employees, customers, and communities has always been, and will always be, to be the best place to work, best place to bank, and best community partner that we can be." The meeting also highlighted the bank's notable recognition received over the past year: Bank of New Hampshire was voted Best Local Bank for Small Business in New Hampshire Business Review's Best

of Business Awards and received the Gold title for Best Bank in the Services Category in the Union Leader's Readers' Choice Awards. Additionally, the bank received three Gold awards from the Laconia Daily Sun's Best of the Lakes Region annual program including Best Bank, Best Customer Service, Best Place to Work, and a Silver award for Best Financial Advisor/Planner. Most notably, Bank of New Hampshire was named Bank of the Decade by Business NH Magazine in their Business of the Decade edition. Two new Board Directors, Benoit L. Lamontagne, State of New Hampshire Dept. of Business & Economic Development, and Charles F. Rolecek, Owner - CR's Restaurants, were introduced. Five new Corporators were also introduced: Allison Ambrose, Attorney - Wescott Law; Susan Burpee, Burpee Family Chiropractic; Rosemary Heard, President & CEO - CATCH Neighborhood Housing, Alliance Asset Management; Kaitlin O'Neil, Attorney - Normandin, Cheney

& O'Neil; and Andrew Pike, Vice President - Opechee Construction. "As we continue to stand strong and support our employees, customers, and communities amidst the challenges of 2020, we are extremely optimistic and eager for what the coming year - and every year after that - will bring to Bank of New Hampshire," Long added. Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire. With 23 banking offices throughout New Hampshire and assets of \$2 billion, Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Union Bank, AHEAD support workforce housing project

BETHLEHEM — Union Bank recently invested \$100,000 in the Bethlehem Workforce Housing Project, a New Hampshire Community Development Finance Authority (CDFA) tax credit project. The tax credits will support a 28-unit low-income housing development, sponsored by the non-profit, Affordable Housing Education and Development (AHEAD). AHEAD's mission is to create pathways to safe, affordable housing which strengthens and revitalizes rural communities. According to AHEAD's Executive Director Mike Clafin, the Bethlehem Affordable Housing Project is about 60% complete and anticipated to be finalized by January of 2021. "We are pleased to play a part in addressing the growing demand among rural New Hampshire communities needing affordable housing," commented Karyn Hale, Union Bank's Executive Vice

President, Treasurer and Chief Financial Officer. About the project Bethlehem Workforce Housing will be new construction, consisting of 14 two-bedroom and 14 three-bedroom townhouse style apartments; two-bedroom units will be 1,120 square feet, three-bedrooms will be 1,540 square feet. The development will be condensed to four buildings, each containing seven apartments. There are two fully accessible single level units: one two-bedroom and 1 three-bedroom. The project will also include a 700 square foot community building. Units will serve a range of income restricted households, from low-income to market rate. Unit rents include heat, hot water and cooking utilities. Construction started in the spring 2019.

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HELP WANTED Administrative Assistant Union Congregational Church of Hebron

Our long-time Administrative Assistant recently announced her upcoming retirement. Thus, we at Union Congregational Church in Hebron, are looking for a replacement to join our staff.

Duties include working closely with the pastor to prepare weekly service bulletins and prayer lists, maintaining the church calendar, communicating with local press and the congregation, maintaining the church files and databases, assembling the report for the annual meeting and ordering supplies.

This is a part-time position of approximately 10-15 hours per week. Pay is \$15.00 per hour paid bi-weekly.

If you have questions or wish to submit a resume, you may contact Jill Erickson at erickson.jill@gmail.com

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Manager of Mechanical & Electrical Operations

Architectural Drafting Specialist

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>

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PERMANENT PART TIME TRANSFER STATION ATTENDANT

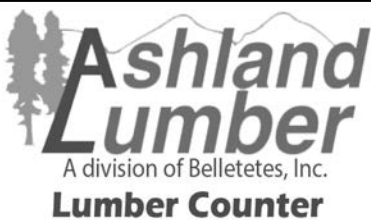
The Town of Thornton is seeking candidates for an immediate opening for a permanent part time Transfer Station Attendant. Must be available to work Saturday and Sunday. Average hours will be 16 hours per week with the potential for more hours when needed. No Transfer Station experience required. Must enjoy working with the public. This position is a Labor Grade 2 with an hourly pay range of \$11.56/hr. to \$16.34/hr. A full job description and application packet is available at the Town of Thornton Town Office, Transfer Station and on the town's website at www.townofthornton.org. Applications accepted until position is filled.

Please submit applications to:

Town of Thornton
Attn: Debra Shepard,
Town Administrator
16 Merrill Access Road
Thornton, NH 03285

Re: Part Time Transfer
Station Attendant Position

The Town of Thornton is an equal opportunity employer.



This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

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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CAMPTON SCHOOL DISTRICT Campton Elementary School

2020-2021 School Year Immediate Opening

Special Education Paraprofessional

Must have official college transcript of Associate's or Bachelor's degree conferred or showing a minimum of 48 college credits or a copy of passing scores for the ParaPro Assessment Praxis test or equivalent.

Full-time position
7:45 a.m. – 2:45 p.m.
Starting pay \$12.22 per hour

Please send letter of intent, resume, references, transcripts to:

Janet Eccleston, Student Services Administrator
Campton Elementary School
1110 NH Rt. 175
Campton, NH 03223
jeccleston@pemibaker.org

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RUMNEY SCHOOL DISTRICT Russell Elementary School

2020-2021 School Year Immediate Opening

Special Education Paraprofessional

Must have official college transcript of Associate's or Bachelor's degree conferred or showing a minimum of 48 college credits or a copy of passing scores for the ParaPro Assessment Praxis test or equivalent.

Please send letter of intent, resume, references, transcripts to:

Jonann Torsey, Principal
Russell Elementary School
195 School Street
Rumney, NH 03266
jtorsey@pemibaker.org



Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours required on a rotating schedule.

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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Help Wanted

Part time sales position available. Harris Furniture in Plymouth has been serving NH for over 50 years. This position involves helping people find the perfect furniture, and or mattress for their home. If you enjoy working with people, in a friendly, comfortable, environment, this job may be for you. Prior experience with sales is helpful, but not a must. You must be able to help out on weekends.

If interested please call Russ Harris at 603-536-1422
or email resume to harrisfurniture@myfairpoint.net
attention Russ.

Hobo & Winnepesaukee Scenic Railroad announces fall schedule

LINCOLN — The Hobo Railroad in Lincoln and the Winnepesaukee Scenic Railroad in Meredith & Weirs Beach, recently announced their Fall schedule which begins the week after Labor Day, starting the week of Sept. 7.

The Hobo Railroad in Lincoln, will offer 80-minute round-trip train rides on weekends-only through the month of September which includes the weekends of Sept. 12 & 13; 19 & 20 and 26 & 27. Departure times from Hobo Junction Station will be at 11 a.m. & 1 p.m. each weekend with the exception of Saturday, Sept. 26, when a 3 p.m. train will be added to the weekend's schedule.

For the month of October, and the expected height of the Fall Foliage season, the Hobo Railroad will offer round-trip excursions along the Pemigewasset River daily at 11 a.m. and 1 p.m. from Oct. 1 through 12 and again Oct. 15 through 18. A 3 p.m. train will be added to the schedule on the following three days

– Oct. 10, 11 & 17. The Fall season at the Hobo Railroad will conclude the weekend of Oct. 24 & 25 with 80-minute round-trip train rides both days departing Hobo Junction Station at 11 a.m. & 1 p.m.

Ticket prices for Fall train rides at the Hobo Railroad will be \$19 for adults and \$14 children four to 12, while ages three and under ride for free. Those planning to enjoy the Fall Foliage aboard the Hobo Railroad should plan to reserve their seats in advance using the Railroad's Web site, www.HoboRR.com. Please note that due to NH COVID-19 Guidelines for Tourist Railroads, seating will continue to be limited to 50 percent capacity.

The Winnepesaukee Scenic Railroad, with locations in Meredith & Weirs Beach, NH changes to weekend-only operations following Labor Day weekend as well. The lakeside Railroad will offer 1-hour train rides from their Weirs Beach location on Sept. 12 & 13; 19 & 20 and 26 & 27, with

departures at 11 a.m., noon & 1 p.m. Train rides from Weirs Beach will continue in October with departures at 11 a.m., noon, 1 p.m., 2 p.m. & 3 p.m. on Oct. 3 & 4 as well as 10, 11 & 12. Trains will also depart Weirs Beach on Saturday & Sunday, Oct. 24 & 25 for the final weekend of Fall operations with one-hour train rides at 11 a.m., noon, 1 p.m., 2 p.m. & 3 p.m. on Saturday, and at 11 a.m., noon & 1 p.m. on Sunday.

Tickets for the 1-hour round-trip excursions from Weirs Beach will be \$20 for adults and \$14 for children four to 12, while ages three and under ride for free. To ensure seating, tickets should be purchased in advance through the Railroad's Web site, www.HoboRR.com.

The Railroad's Meredith Station located at 154 Main St. in Meredith, also switches to weekend operations following Labor Day. The Railroad will offer two-hour round-trip train rides along the western shore of Lake Winnepesaukee through-

out September and October starting the weekend of Sept. 12-13 and concluding the weekend of Oct. 24-25. Tickets for the two-hour train rides departing Meredith will be \$22 for adults and \$17 for children four to 12, while ages three and under ride for free. To verify weekend departure times and to ensure seating, tickets should be purchased in advance through the Railroad's Web site, www.HoboRR.com.

The Winnepesaukee Scenic Railroad is also pleased to be offering their special Fall Foliage excursions again this year. Topping the list is the always-popular Fall Foliage Special which treats passengers to a four-hour round-trip excursion from Meredith to Plymouth and back. This excursion includes a stop at the Common Man Inn & Spa in Plymouth where guests will enjoy a hot buffet lunch.

Following lunch, the excursion will stop in Ashland, NH where passengers are treated to a guided tour of the com-

pletely restored 1869 Boston & Maine Railroad Station. Members of the Ashland Historical Society will provide the guided tour and will be dressed in 1860's attire. After stopping in Ashland, the train will return to Meredith Station just after 3pm.

The Fall Foliage Special is available Sept. 26 & 27 as well as Oct. 3 & 4; 10, 11 & 12; 17 & 18, and 24 & 25 – all excursions will depart Meredith at 11am. Tickets for this excursion are \$72.45 for Coach Class seating, with First Class tickets available for \$102.45 and Presidential Class tickets available for \$116.45. All tickets include the hot buffet lunch at the Common Man, the guided tour of the Ashland Railroad Station and a souvenir trip booklet. Advance reservations are required and can be made by visiting www.HoboRR.com or by calling 745-2135 between 9am-4pm.

The Winnepesaukee Scenic Railroad will also host five special two-hour Turkey Dinner Trains on Saturday evenings

in late September and October - dates include September 26 as well as Oct. 3, 10, 17 & 24. Catered by Hart's Turkey Farm, guests enjoy a complete Thanksgiving-style turkey dinner aboard the train which includes hand-carved roast turkey, stuffing, squash, mashed potato, rolls & butter & warm Apple Crisp for dessert. Reservations are required. Tickets are \$45.45 each and include the meal. Reservations can be made by visiting www.HoboRR.com or by calling 745-2135 between 9 a.m. and 4 p.m. daily.

The Hobo Railroad is located in Lincoln, just off I-93 at Exit 32, left on Route 112, directly across from McDonalds – while the Winnepesaukee Scenic Railroad is located at 154 Main Street in Meredith, NH with a satellite ticket booth located on the Boardwalk at Weirs Beach, located at 211 Lakeside Ave. For more information, call 745-2135 or visit www.HoboRR.com. Advance ticket purchases are requested.

STRATEGIES FOR LIVING

The search for significance

BY LARRY SCOTT

It was early afternoon at Rosalia (Wash.) High, and along with most of my classmates, I was awaiting the arrival of our director for our next

choir practice. It was for me a favorite class, but for this young sophomore, the world suddenly came unglued.

Without warning, a group of the guys wrestled me to the floor, un-

buckled my belt, drew my slacks down to my knees, then jumped up and quickly went back to their seats. Leaving me exposed and embarrassed, to say I was humiliated is, to put it mild-

ly; even the girls thought it was funny. Not this kid!

As the son of missionary parents to Peru, I was more Peruvian than American. Homeschooled for most of my grade school years, I was uncomfortable in a classroom setting, clearly a fish out of water. I was the school "goat," the one you messed with when things were slow. You cannot imagine, especially with my desire to be accepted, what this and several similar experiences did to me. It was a lark for them; for me it was traumatic, an experience I cannot recall even now without deep emotional discomfort.

It is axiomatic that each of us is in search of significance, driven to discover purpose and meaning to our lives, anxious to make a difference. The quest to be noticed and respected is a human trait, and the extent to which we will go to achieve it at times drives us to resort to the ridiculous.

We carefully craft our public image and yet ignore personal weaknesses that cry for attention; we attempt to impress our friends with homes and automobiles we can't afford, so deeply in debt we can't afford to retire; athletes excel in their sport, develop an enthusiastic following, yet have problems simply growing up. Why is that? It takes only a bit of honesty to realize many of us are in deep trouble. Without any objective standard of right and wrong, we flounder in the dark with no means to find our way.

But it need not be so. Moses, the adopted grandson of one of the most powerful men on earth, spent his first 40 years of life thinking he was somebody. After a run-in with the Pharaoh of Egypt, he escaped to the Sinai and spent forty years, isolated and forgotten, shepherding his father-in-law's sheep, thinking himself to be a nobody. And then finally, at 80 years of age, God

called him to lead his real family, the people of Israel, out of Egyptian bondage. It was only then that Moses discovered that God can take a nobody and make a somebody out of him!

I am no Moses, but I am deeply grateful for a God who is committed to my well-being. Even though I still find times when I am out of step with my peers, I have had to remind myself that it is not what others think about me, but what I think about me, and more importantly, what God thinks about me, that really counts.

And so, and despite what is happening in Washington, I face the new year with optimism and a commitment to pursue God's best in my life. No resolutions, no promises, mind you; just a keen sense that God isn't through with me yet and that the best is still to come.

For more thoughts like these, follow me at indenseofftruth.net.



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