

# Bristol officials offer tours of proposed town office space

BY DONNA RHODES  
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BRISTOL – Residents of Bristol were invited to take a tour of the former medical building on the corner of School and Summer Streets last Tuesday to learn more about the town’s plan to purchase and convert the building for a new town office site, freeing up space in the current town office building for the police department.

Town Administrator Nik Coates helped facilitate the tour, and said that as the town considered other options, the School Street location suddenly became available.

“It all came about at the right time, and we currently have a sales agreement [with Lakes Region General Hospi-



Last Tuesday, Chris Salomon from Samyn-D’Elia Architects in Ashland, along with Bristol Town Administrator Nik Coates, hosted public tours of a proposed site for a new town office building on School Street in Bristol.

purchasing the medical building on School Street, Coates said, would be to control its future use, as another option LRGH had been considering was to convert it into housing units.

“This would keep this building in town hands and stabilize the neighborhood,” he said. “We’re getting it at a steal, and it meets all the needs identified over the past few years.”

Among many other selling points of the structure is its proximity to the Old Bristol Town Hall where parking for voters would be readily available. More importantly is its central location in the town and the general layout of office space it would provide.

The building will need some renovations, however, and that’s what last week’s tours were all about, officials said. On hand to lead those tours were Coates and Chris Salomon of Samyn-Delia Architects of Ashland.

Salomon explained that while the building was in very good condition, it would need some renovations, however, and that’s what last week’s tours were all about, officials said. On hand to lead those tours were Coates and Chris Salomon of Samyn-Delia Architects of Ashland.

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## Market Basket eyeing Plymouth location

Developers scheduled to present to Planning Board tonight

BY DONNA RHODES  
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PLYMOUTH – Many shoppers in the Pemi-Baker and Newfound regions were excited last week to hear rumblings of plans about a Market Basket grocery store coming to Plymouth.

This week, Plymouth selectmen optimistically confirmed that rumor, but cautioned nothing is definite yet, even though a special exception request by the developer did get the Zoning Board’s seal of approval.

proposed structures is the long-awaited Market Basket,” said Bill Bolton, chairman of the Plymouth Board of Selectmen. “The Board is very happy to take this opportunity to welcome Market Basket to the Town of Plymouth. We feel that the public will definitely support the process and allow Market Basket to come to our town. This promises to be a whole new beginning for Plymouth.”

Landing commercial development off Tenney Mountain Highway is already home to McDonald’s, Bank of New Hampshire, a New Hampshire State Liquor Store and the Fairfield Inn by Marriott hotel.

The latest construction request to the Zoning Board was for the allowance of two buildings on the western side of Riverside Landing, one being the Market Basket store.

tal] for \$335,800,” he told those on hand for the evening tour.

Overall, the project would allow future improvements to the police station, which would remain in the current town office space for the time being, and bring

about safer service to the community. With town offices and the police department in the same building, meetings are often interrupted when juveniles are detained by police or other public safety issues prevail.

One major benefit in

## Apple Festival brings fall fun to Tapply Thompson Community Center

BY DONNA RHODES  
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BRISTOL – Tapply Thompson Community Center’s annual Apple Festival and Craft Fair was scheduled for Saturday, Oct. 6, but there was a lot of work that went into making it all happen in the days leading up to the event.



Tapply-Thompson Community Center’s Executive Director, Leslie Dionne, displays one of more than 100 pies her staff and teams of volunteers baked for this year’s Apple Fest.

Now in its 35th year, Apple Fest organizers have a pretty good routine, beginning with where to seek some generous donations. Leslie Dionne, Executive Director of TTCC, said once again this year many local businesses stepped up to help out with the event.

“All of our apples came from Cardigan Mountain Orchard, Hannaford Supermarket pitched in with donations of lard [for the pies and other baked goods]

and McDonald’s in Plymouth sent down 15 lbs. of butter and dozens of more eggs,” she said.

In addition to those contributions, members of the community also pitched in with donations of flour, sugar and more butter to help meet the needs of their time-tested recipes.

With ingredients on hand for apple pies, apple crisp, apple brownies, apple sauce, breads and more, it was then just a matter of getting the help

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## Play partners

### New Hampton School and Winnepesaukee Playhouse expand partnership

NEW HAMPTON — New Hampton School and the Winnepesaukee Playhouse in Meredith have worked together for more than five years. This year, both organizations

are eager to see this partnership grow to support education, theatre, and the community.

Expanding the partnership

After a series of meetings this summer between Joe Sampson, Director of Performing Arts at New Hampton School, and Tim L’Ecuyer, Direc-

SEE PARTNERS, PAGE A13



# Haven Pregnancy Services, AutoServ team up for fundraising raffle

BY DONNA RHODES  
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PLYMOUTH – Andrea Condodemetraky of Laconia was out for a walk with her dog last Friday afternoon when she received a phone call she will long remember.

“Hi, is this Andrea? This is Beth from Haven Pregnancy Center... I’m calling to let you know you won our raffle for a new car,” said Executive Director Beth Bissonnette.

Last May, Plymouth’s Haven Pregnancy Services and AutoServ of Tilton teamed up to hold a \$100/ticket raffle, offering the winner a choice between a 2018 VW Jetta, a Nissan Sentra or a new Ford Focus. If those choices didn’t suffice, they could also opt to receive a \$20,000 AutoServ Allowance toward another car of their choice, or, as a final option, \$15,000 in cash. Best of all, the raffle was limited to 250 ticket sales, giving everyone impressive odds for buying the



At 5:30 p.m. last Friday night, Haven Pregnancy Services’ Executive Director, Beth Bissonnette, held the Highway to Haven raffle jar while supporter Cathy Dunham pulled the winning ticket for either a new car or cash from AutoServ in Tilton.

winning ticket.

Haven board member Brian Gallagher said when they approached AutoServ in May about teaming up for the Highway to Haven Raffle, the company was eager to participate.

“I was so impressed with how supportive they were to this cause and (AutoServ Executive) Donna Hosmer was very generous and true

to her word about participating in the raffle,” he said.

In all, 219 tickets were sold over the summer, raising more than \$20,000 for Haven Pregnancy Services. Despite the great odds, Condodemetraky was still

stunned by the news that she had won last week.

“Oh my God! I just can’t believe this,” she said with a laugh. “This is amazing!”

As Bissonnette reminded her of the options available for the

winner, Condodemetraky was at a loss to decide at that moment. Bissonnette told her to take her time in weighing the options then congratulated her once more as board members, staff and supporters cheered in the background.

Haven Pregnancy Services, located on Highland Street in Plymouth, is a 501c:3 organization that serves area women. From free, private pregnancy tests and confirmation to consultations, ultrasound and other services, they help women weigh their options and get the support they need when they discover they’re expecting a child.

Haven’s GRACE Program also helps women by offering a series of pregnancy, parenting and healthy relationship classes. Through the program, first time moms learn what to expect

during their pregnancy then how to be the best parent when a child is born.

The organization receives no state or federal funds, relying solely on private donations and fundraisers to stay in operation. Run by a mostly volunteer board and staff, they do however pay a small group of medical professionals to bring their expertise to Haven’s clients.

“This was the first fundraiser of this kind that we’ve ever done and it was very successful. We hope to do it again,” said Bissonnette. She also thanked all who supported the organization through the purchase of a raffle ticket.

To learn more about Haven Pregnancy Services, please visit their Web site, [www.pregnant-help.com](http://www.pregnant-help.com), call them at 536-2111 or text 1-207-613-4616.

## New Hampton Historical Society hosting program on NH’s state dog

NEW HAMPTON — On Tuesday, Oct. 16 at 7p.m. at the Gordon-Nash Library in New Hampton, the New Hampton Historical Society will present “Harnessing History: On the Trail of New Hampshire’s State Dog, the Chinook.”

This program looks at how dog sledding developed in New Hampshire and how the Chinook played a major role in this story. Explaining how man and his relationship with dogs won out over machines on several famous polar expeditions, Bob Cottrell covers the history of Arthur Walden and his Chinooks, the State Dog of New Hampshire.

Bob Cottrell holds an MA from the Winterthur Program in Early American Culture in Delaware. The founding director of the Remick Country Doctor Museum in Tamworth, he is now the Curator of the Henney History Room at the Conway Public Library, a Board member at the Conway Historical Society, and President ex-officio of the Tamworth Historical Society. He serves as an independent history and museum consultant. Sponsored by New Hampshire Humanities.

Our programs are free and open to the public. Please join us. Light refreshments will be served, along with fundraising items for sale.

BY DONNA RHODES  
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SANBORNTON – When the dust settled for the New Hampshire Primary on Sept. 11, there was one man who was left out of the equation when votes were tallied, and that was Sanbornton resident Bill Whalen, who had mounted a write-in campaign for Belknap County Commissioner in District 1.

“When I saw there was no one running for commissioner on the Democrat ballot, I thought we should have choices. It was too late to sign up, so I started a write-in campaign,” Whalen said.

District 1 in Belknap County is comprised of the towns of Sanbornton, Tilton, New Hampton and part of Laco-



Bill Whalen of Sanbornton launched a last minute write-in campaign for Belknap County Commissioner, District 1, in the Sept. 11 Democratic Primary, and will now challenge incumbent Republican candidate David Devoy in the November General Election.

nia. Once he made up his intent known. Through that effort, he gathered a winning 141 Democrat votes in the

Primary, with some lesser write-in votes recorded for Republican candidates. As a result of his victory, Whalen registered his intention to be on the ballot with the New Hampshire Secretary of State’s office last week and will next face off against incumbent Republican candidate David DeVoy. There are currently no Libertarian candidates slated for the November 6th General Election, according to the Secretary of State’s Web site.

Whalen said if elected, he will work toward a better (bipartisan) relationship within the Belknap County Delegation, strive to make county government more accountable and transparent to the citizens, and create more equitable access to county services for all in Belknap County.

In his letter to the editor last week, Whalen thanked the voters by stating, “Your support has made it possible for me to be on the Election Day ballot. I am looking to be a strong voice for all the people of this county and it would be my honor to serve you, so I now ask for your vote on Nov. 6. Thanks again, and please encourage everyone you know to vote!”

## One in eight women will be diagnosed with breast cancer in their lifetime\*

Our Breast Cancer Awareness special section is dedicated to understanding, preventing and coping with breast cancer.

Experts agree that increasing awareness, education and support is the best way to encourage early detection and life- saving outcomes, so look for your copy of this important special section right here starting on Wednesday, October 3rd.

\* Statistic from National Breast Cancer Foundation

# BREAST CANCER AWARENESS

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# DON'T TEXT AND DRIVE



# Pasquaney Garden Club welcomes friends and neighbors

BRISTOL — The Pasquaney Garden Club and New Hampton Garden Club will come together to enjoy a program on Winter Pruning on Tuesday, Oct. 16 at Minot Sleeper Library. The program will be presented by Tim Bergquist and will begin at 10:30 a.m. There will be a brief refreshment time prior to the program.

While the gardening season begins to wind down during the fall months, Pasquaney Garden Club has been tending to the seasonal cleanup of the Butterfly Garden behind Minot Sleeper Library with the help of club members and a hardworking group of students from New Hampton School who were participating in their community service volun-

teer day. A huge thank you to this group who helped prune weed, and spread several yards of mulch. They did a wonderful job helping to make the garden an enjoyable place for all to visit.

In addition to the garden maintenance, Pasquaney Garden Club members have recently participated in several other enjoyable community interactions. Together with volunteers from the Friends of Minot Sleeper Library, members bought and set up fall decorations for the start line at Wellington Park for the recent Triathalon. At the end of the Triathalon weekend, the decorations are transferred to the Minot Sleeper Library grounds and entrances for community enjoyment. Garden Club

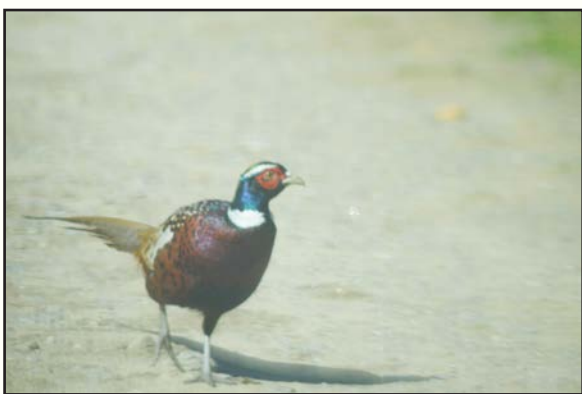
members have also participated with the “Messy Paint Night” and Fairy House programs sponsored by the Library.

Pasquaney Garden Club is also sponsoring and entry into the Scare Crow Contest in Bristol. The entry was created by garden club members Sally Harris and Louise Migliore and Sally’s husband Carl Harris.

The Club thanks everyone who has participated in the maintenance of planting areas and containers sponsored by them and also sends thanks to the Bristol Decorating Committee for all the plantings they maintain.

Fall activities will continue for Pasquaney Garden Club with a Holiday table decoration workshop in November, distribution of holiday wreaths to Newfound area town buildings and a holiday program and pot luck lunch in December. Details of those events will be provided in future articles and program schedules are available at Minot Sleeper Library and Renaissance Florals in Bristol. The club welcomes new members and guests to participate in meetings, events and projects.

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DONNA RHODES

## Hunting season now open on small game

Fall is here, and that means it’s hunting season for deer and small game. Pheasants, like the one shown, have also been stocked in several local areas such as the Franklin Falls Flood Control Area in Hill, Franklin, New Hampton and Sanbornton, as well as Mile Hill Road in Belmont. For safety when walking, hiking or biking in these and other wooded areas people should wear bright colors, preferably orange, and keep pets on a leash at all times.

# Sununu, Kenney to speak at next PBVRC dinner

ASHLAND — The Grand Finale! Both Executive Joe Kenney (District 1) and Gov. Chris Sununu are joining us for the last PBVRC spaghetti dinner for 2018, on Friday Oct. 19. These events are open to the public, and are held at the American Legion Hall, 37 Main St., Ashland, NH 03217. The meal includes spaghetti meatballs, Italian sausage, garlic bread, salad, beverages, and desserts.

Executive Councilor Joseph D. Kenney of Wakefield, was elected on March 11, 2014 to serve Executive Council District 1 in a Special Election that was held to replace the late Raymond S. Burton of Bath.



COURTESY PHOTO

Gov. Chris Sununu



COURTESY PHOTO

Councilor Joe Kenney

Rochester, and picked blueberries during the summer at Daily's Blueberry Mountain Farm in Brookfield to help pay for his grammar school clothes. He went on to become a pot-washer, cook and head cook at Pierce Camp Birchmont in Wolfeboro, where he worked for nine sum-

mers throughout high school and college. He attended Spaulding High School in Rochester and hitch-hiked 20 miles to basketball practice to play on the varsity team during the winter. He graduated from the University of New Hampshire, majoring in History

SEE PBVRC, PAGE A18

## Free Discover Girl Scouts event

PLYMOUTH — Come discover what makes Girl Scouts the leading expert on girls!

Girl Scouts of the Green and White Mountains will host a free information session for girls and parents on Wednesday, Oct. 10, from 6:15 to 7:15 p.m. At Pease Public Library, 1 Russell St., Plymouth. Girls and their families can meet local Girl Scouts and volunteers; learn about

expanded STEM and outdoor programs; enjoy fun, girl-led activities; explore programs; learn about volunteer opportunities; and register to become a Girl Scout. Plus, girls will receive a free Discover Girl Scouts embroidered patch.

Girl Scouts of the Green and White Mountains serves more than 10,000 girls throughout New Hampshire and Vermont. Offering hands-on,

girl-led, girl-centered activities in STEM, the outdoors, and entrepreneurship, and abundant opportunities to develop invaluable life skills, Girl Scouts helps all girls take the lead early and often.

To learn more about Girl Scouts of the Green and White Mountains, visit [www.girlscoutsgwm.org](http://www.girlscoutsgwm.org), or call 1-888-474-9686 if you have any questions.

## Follow these tips for the ultimate fall foliage trip

CAMPTON — Cool nights and warm days make it easy to fall in love with the White Mountains this autumn. The White Mountain National Forest - one of the premier fall-foliage destinations in the world - anticipates a busy leaf peeper season as thousands of visitors plan to take in the brilliant colors. Before you load up the car and throw on your favorite flannel, we have a few tips to ensure your visit is safe and enjoyable. Remember these three “P’s” and your experience is sure to be memorable.

**Pack Your Patience**

Traffic congestion, especially near trailhead parking lots and scenic overlooks, should be anticipated. Slow down, take your time and enjoy the beautiful scenery. Forest Service annual recreation passes can be purchased ahead of time at White Mountain NF offices. Recreation passes for day use, good for the day of purchase, are available at trailheads where fees are charged.

**Park Safely**

Park only in designated parking areas to ensure you are parked safely and legally. On less traveled roads, only pull off in designated areas or where it is safe to do so. Make sure you are visible to traffic and your vehicle is completely off the road not blocking

traffic.

**Pack It In, Pack It Out**

Throw a few extra trash bags in your vehicle to properly dispose of your pumpkin spice coffee cups. Keeping public lands clean means others will be able to enjoy the beauty they offer. This includes cleaning up after your four-legged friends. Dispose of food waste in designated bear proof containers to keep our wildlife safe.

In addition, the Forest Service would like to remind visitors that hunting is permitted on National Forest lands. Remember to dust off your blaze orange gear for full visibility if heading into the woods. Check with state Fish & Game agencies for more information about hunting seasons and licenses.

Always respect wildlife. Wild animals are unpredictable and will defend themselves if

SEE FOLIAGE, PAGE A18

Learn to play the piano this fall with Melanie!  
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Day Away is a social program for adults with early stages of Alzheimer’s or related Dementia. This program provides their caregivers a much-needed respite and relief from constant care and responsibility every Thursday 9 a.m. to 3 p.m. For the participant, activities include games, crafts, sing along, bingo, local entertainment etc. Volunteers are needed from 8:30am-12:00pm or 11:30am-3:00pm.

Contact Sandra Coleman RN, BSN by email [sjrhatt@roadrunner.com](mailto:sjrhatt@roadrunner.com) or call at 603-536-6304 for more information.

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## From the Editor's Desk

### Grave perspective

Graveyards in our area hold a special fascination for many, particularly during the changeable, tricky season of autumn. As we saw this past week, a day that's humid, near 80 degrees and feels like summer can quickly give way to a night sky of racing clouds, moonlight and a damp chill creeping across the yard, yielding perfect graveyard-at-Halloween vibes.

One season passes into the next, and the plants and flowers so tenderly planted and cared for in the spring diminish and die back. Autumn colors seem to pay tribute to this loss – celebrating, rather than mourning – because after all, in six months, the cycle will begin again.

Graveyards in any season remind us of this same truth: life begins, ends, begins again, ends again. And with each new generation, problems arise, are struggled with, sometimes resolved, and replaced with new problems. As pessimistic as that may sound, it's also oddly comforting; there is indeed nothing new under the sun.

In our corner of the world, seasons and generations have passed into history for centuries. Those tranquil, ancient graveyards preserve the memories of residents who, like us, worried about weather and politics and the economy and their children and the future. Like us, they had great days when things just seemed to “work.” They had other days when nothing went right. But life continued on... they continued on.

Perhaps one lesson learned from wandering among the graves is that what connects us as people – past and present – are the things we care about. Here in the Pemi Baker and Newfound regions, we care about local schools, our community parks and rec centers, our businesses and organizations and our neighborhoods.

We care about the price of fuel, getting our seasonal decorations up, finding deals at the grocery stores and the upkeep of our properties. We care about our neighbors and co-workers, our friends and family. We care about making an impact; we also care about preserving history. We hope for change and also embrace our traditions.

The same can likely be said for the names of those in those graveyards, the many who came and went before us. Life goes on.

## Newfound Landing

*Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.*

ESTABLISHED SEPTEMBER 18<sup>TH</sup>, 2014

Offices at 5 Water Street, P.O. Box 729, Meredith, New Hampshire 03253

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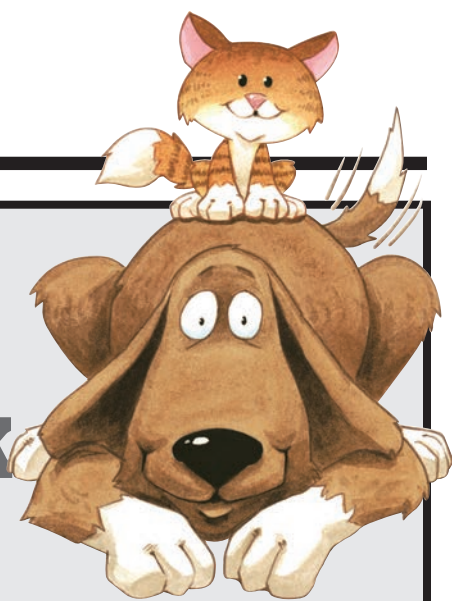
**Distribution Manager: Jim Hinckley**

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

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## PET of the Week Candy



Almost always nestled behind a pillow in our small social room, you can find a beautiful sleek black feline named Candy. Being one of our more reserved and shy cats, most who come to visit the shelter pass right by her without even knowing it. When Candy first arrived at the shelter this past winter, she let her fear show through aggression towards our staff. But she worked with our staff members for months in our Shy and



Fearful program until she finally built up the courage to be around people she doesn't know. Over a half a year after arriving at the shelter, Candy is a completely different cat. She has learned to enjoy affection from humans, and even gets a little jealous at times when her feline friends steal attention away from her. The next time you visit, come spend some time with Candy, she is truly as sweet as her name suggests.

## Letters to the Editor

### Such a good deal for Bristol

To the Editor:

Oct. 9, 6:30 p.m., there will be a public hearing at the Old Town Hall in Bristol to discuss how to finance the purchase of the lakes Region Medical building. On Oct. 11, 6 p.m., the Select Board will be meeting at the Town Office meeting room to consider the same. These are the voters' chances to voice their opinions before the final vote at the Special Town meeting on Nov. 1, 6 p.m. at the "Old Town Hall."

You can pick up a "FAC" sheet on this project at the current town office.

The "FAC" sheet contains information such as:

Did you complete a "space needs analysis in advance of this proposed project?

The answer is "YES." In 2016, we made a list, We measured the existing facility, We talked with staff and committee, we calculated building size. We had the report reviewed and verified by the architectural firm Brackley Shaw. We provided the analysis to Samyn-D'elia Architects for its professional opinion. At a Town Budget Committee meeting in September the Town Administrator even stated that Samyn-D'elia was performing the work Pro Bono.

What the "FAC" sheet neglected to point out was

that at the March 2018 Town Meeting, voters voted to "rescind and reject" the report of the Space Needs committee appointed in 2016. (Article 17) Further, the 2018 Town Meeting voted to rescind and repeal funding to prepare an architectural design and engineering study for future municipal buildings. (Article 16). In spite of the vote by the people the Town leaders are still trying to force this project on the taxpayers, this is wrong.

What we also don't know is what are the results of the Fire Department engineering study, what about the police Department? Would we be better off with a "New Safety Services" building on the Smith property that was such a good buy last year? Remember when the "Mica Building" was going to be the new Town Office? The "OLd Town Hall was going to be jacked up to accommodate the police and Town Office, how about the "boat shop" being the answer.

Let's face it — we really don't know what we are doing. We just keep throwing away more tax money, there's plenty more where that came from.

*Paul Simard  
Bristol*

### Hold on to your wallets

To the Editor:

Bristol senior citizens, hold on to your wallets and purses because the tax man is coming for you, and this time, it is the schools.

I was at the school board (SB) meeting Monday, Sept. 24, and what a full house it was. There are a few things going on which recent articles painted a rosy picture where we are going to get back \$1 million, but I hope I can paint the real picture.

The SB is starting a Capital Improvements Program (CIP) — or at least that is what they are calling it — to the tune of about \$1 million a year for the next several years, which they passed without you or me having a vote. Do our schools need fixing? Absolutely, but to compress 30 years of minimal maintenance of these properties into just a few years and put that on the backs of our seniors who live off Social Security alone is just wrong. Seniors, your Social Security increases will not even come close to paying for all they want. They actually need \$43 million; that is not a typo, this is how much maintenance these properties need.

Sure, they found \$1.5 million of revenue (your money), and they are going to give back \$1 million this November, but will keep about \$500,000. Right here alone

tells me we are being over taxed by \$1.5 million. Keep in mind, Bristol alone pays about \$8 million of the school's \$24 million bloated budget.

Somehow, this SB needs to start listening and thinking outside the box. All we heard the other night from them is negativity — we can't do this, we can't do that, the voters will never approve. Wow. Don't they know anything can be sold to the voters if a clear, accurate picture is painted, along with a clear understanding of how much the cost or savings will be? It was done in 2017, when Archie Auger asked for \$800,000 for a new roof at deliberative session. Then the SB never took it out of the budget the following year, yet everyone knew it was for a one-time expense.

Seniors and those who want to save some money, our turn is coming to make the SB listen and think outside the box; it is called Deliberative Session, which is in February. This is when we can reduce the \$24 million. From there, it will go to the voters on voting day in March, and that is when we will vote for the lower of the two budgets presented on the ballot. Stay tuned, more to come.

*John Sellers  
Bristol*

## Democrats will support public education and lower property taxes

To the Editor:

Article 2 of the New Hampshire constitution states that everyone has an equal and inherent right to life, liberty, prosperity and happiness. This includes our children.

The best way to maintain these rights for the next generation is to ensure every child has access to a free quality education. A supportive school environment levels the playing field, giving each child, regardless of family income or home situation, an opportunity to succeed as an adult. It also prepares them to contribute to society as involved members of their community, informed voters and future leaders. But beware, two Republican agenda items will hurt public schools and shift more of the cost of schools onto property taxpayers.

Public schools are the joint responsibility of the State and local communities. The State's responsibility is to pay for an “adequate” education, but state aid covers only 21 percent. After federal

grants pay for 7 percent, property taxpayers are left with 72 percent of the cost to operate public schools. More and more school districts are being forced to cut staff and programs. Republicans show no interest in increase state aid or helping property taxpayers.

Don't be fooled into thinking the Governor's new \$10 million kindergarten aid program signifies a commitment to education. That \$10 million merely offsets the decrease in Adequacy aid.

This spring SB193, the bill to use state money for private religious school tuition vouchers, was defeated by a narrow margin. Governor Sununu, if re-elected, and most Republicans will try again. They ignore studies that show students using vouchers have lower achievement gains than those remaining in public schools. They also ignore the State constitutional mandate that “no money

SEE LETTER, PAGE A5



# Hummingbirds arrive on the scene, as dandelions pay heed to the winds

Editor's note: Mr. Harrigan was unable to submit a new *North Country Notebook* column in time to meet our press deadline for this week's edition. The following column was originally published earlier this year.

There are lots of neat things about hummingbirds, but one I really like is the way people take ownership. It's not "The hummingbirds showed up last weekend," it's "OUR hummingbirds are back."

It's the kind of personal identification that many a habitat and wildlife organization would die for. It's called, in conservation organization and government parlance, "Being a stake-holder." In other words, the people who make and enforce the laws and do what's right for land and water want you to think you have some skin in the game. Which, of

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



course, we all do. This, among other things, is apt to make you feel more like donating to this or that habitat or wildlife organization. And when the chips are down on some key piece of legislation, this kind of citizen involvement—which often has nothing to do with party lines—offers a great way to call out the troops for a crucial vote, and carry the day. On a more local note, Virginia Carr, who for years has written community news for the News and Sentinel in Colebrook, would always let readers know when "Our" hummingbirds are back. The birds are so punctual that some stake-holders can practically predict the day they'll show up. I am not as punctu-

al, but I am observant. Ergo, my hummingbirds showed up Tuesday, June 29. Well, okay, I did sort of expect them, I just didn't quite know when. So I scrambled around that evening to

make sure the feeders were clean, and mixed up enough sweetened water to get me by for a while. And the very next morning, there they were, my hummingbirds (it says here), zipping and

zooming around my reading chair on the front porch, sometimes stopping to hover inches from my face, perhaps checking to make sure it's the same grizzled French-Irish mug they saw last fall.

+++++

If hummingbirds are the Brave Hearts of the bird world, dandelions are the skunk at the picnic.

SEE NOTEBOOK, PAGE A18

## CADY Corner

### *New HHS Survey: Heavy marijuana use skyrocketing; youth in late teens using more marijuana now than any time in recent history*

There are now twice as many daily or near daily marijuana users in the US than just a decade ago, according to the most comprehensive survey on drug use released today from the federal government. There are also now 8,300 new marijuana users each day, and 22 percent of 18 to 25-year olds are currently using the drug—the highest number for all three stats in recent memory.

"The marijuana industry is getting their

wish," said Kevin A. Sabet, Ph.D., president of Smart Approaches to Marijuana (SAM) and a former White House drug policy adviser. "More people are using highly potent pot edibles and other items much more often, and the perception of harm for these products is plummeting. It is time we woke up as a country and put science above ideology."

The National Survey on Drug Use and Health (NSDUH) also found that 42 percent of marijuana

users use the drug daily or almost daily, and that marijuana was used by more than eight in 10 substance users. Marijuana use rose significantly among age groups 12 and up, 18 and up, and 26 and up. Use among 12 to 17-year olds was stable versus last year, though in legalized states, NSDUH data show marijuana use higher on average in legalized states.

"Big Marijuana—just like Big Tobacco years ago—continues to glorify marijuana as a cure-all that can do little or no harm," said Sabet. "If it wasn't for marijuana, overall drug use in this country would be going down. Rising mental health issues, drugged driving crashes, and an increasingly stoned workforce won't help us get ahead. We should put the brakes on marijuana legalization and start a national science-based marijuana awareness campaign similar to successful anti-tobacco campaigns."

NSDUH state-level data, which shows the gulf between use in states with legalized pot versus those with no legalization laws, is expected later this year and not included in this

report. The last state estimate report showed Colorado is the #1 state in the country for first time marijuana use among teens.

According to a recent report by SAM, legalized states have seen negative public health and safety consequences, including increased marijuana use and car crashes related to marijuana. "We shouldn't incarcerate people for marijuana use, but legalization is promoting a commercial industry driving heavy pot use among young people. We need a smarter approach that focuses on prevention, awareness, and recovery," added Sabet.

Research has found that marijuana affects the developing brain negatively, and that most people's brains develop well into their 20s.

For more information about this report, visit [learnaboutsam.org](http://learnaboutsam.org). For more information on ways to talk with youth about marijuana and substance misuse, go to [cadyinc.org](http://cadyinc.org). If you or someone you know struggle with addiction or substance use, call the NH Addiction Crisis Line at 1-844-711-4357 for help.

## Letter

FROM PAGE A4

raised by taxation shall ever be granted or applied for the use of the schools of institutions

of any religious sect or denomination." Vouchers reduce aid to school districts without reducing operational cost and undermine community support for public edu-

cation.

If you believe the State should be paying for an "adequate" education rather than down shifting that cost onto property taxpayers,

and if you believe State money should never be use for private religious schools, then vote for Democrats on Nov. 6.

Sallie Fellows  
Holderness

## Reasons I hope to continue serving as your Sheriff

To the Editor:

I have put my New Hampshire Law Enforcement experience, leadership, reliability, honesty and compassion to work as your Grafton County Sheriff for the past 14 years. It has been an honor serving the citizens of Grafton County.

A few important reasons why I want to continue to serve as your conservative Grafton County Republican Sheriff:

1. 40 Years of Law Enforcement experience.
2. 27 years with the Grafton County Sheriff's Department - previous years served with the Lebanon and Hanover Police Departments.
3. Experience managing people and staff (24 full-time and 51 part-time).
4. Experience managing the Sheriff's Departments Communications

Center, that dispatches for 55 agencies.

5. Experience with Court Security and the Laws.

6. Experience with all the Civil aspects of the Sheriff's Department's operations, Laws and Civil Service Process.

7. Experience in County Budgeting - Prepares and oversees a total budget of \$2,919,741.

8. Revenue being returned to the County in the amount of \$1,088,000.

9. Member of New Hampshire Police Standards and Trailing Council.

10. Chairman of the New Hampshire Attorney General's Drug Task Force Steering Committee.

All the hard work that is completed by the men and women at the Sheriff's Department is completed in a very professional teamwork concept.

I am 61 years old, and

was born and raised in Lebanon and moved to Haverhill in 1994, where I now reside with my wife Barbara.

As Sheriff, I wish to continue serving the citizens of Grafton County and I am committed to you and our communities.

I hope to earn your support and ask for your vote on Nov. 6.

Doug Dutile  
Grafton County Sheriff  
Haverhill

## Re-elect Sheriff Dutile


Doug has handled all the duties of his office while being mindful to budgetary restraints and his commitment to accountability and openness in County Government.

During Doug's time as Sheriff, he has demonstrated he possesses the qualities needed, exemplifies honesty, fairness and thoughtfulness as he continues to lead the

sheriff's office into the future.


To the voters of Grafton County, we need to do our due diligence and re-elect Sheriff Dutile as he is the most qualified person for the job.

Randy Chapman  
Enfield  
Jim Alexander  
Canaan  
Gary Smith  
Graham



# PLYMOUTH





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## IMAGINE

CORDIALLY INVITES YOU TO A

### FALL FASHION SHOW

SUNDAY  
OCTOBER 28, 2018

**Marian Center**  
17 West Shore Rd, Bristol

**2:00PM**  
Door Prizes,  
Complimentary Desserts

All Donations to benefit the  
Day Away Program  
a social program for  
adults with Alzheimer's



## CRUISE

M/S MOUNT WASHINGTON  
LAKE WINNIPESAUKEE, NH

# Halloween Masquerade Ball

Join us Saturday, October 27 on a boat full of fun and spooky characters. From Weirs Beach 6-9 PM

Get your tickets now at: **[cruiseNH.com](http://cruiseNH.com)**



Towns

Alexandria

Merry Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

I'm beginning to think we need to send out a search party for some sunshine. I've lost count now of how many rain water rinses the clothes I hung out have gotten! Guess we'll just have to rustle up a little more patience, while we wait for sunshine to come out from hiding.

Town

The Budget Committee is looking for a new member, and alternates as well. If you are interested, please submit a letter of interest to: Budget Committee, 47 Washburn Rd., Alexandria, NH 03222.

The Alexandria Conservation Committee's Fourth Annual Photo Contest is under way! Photo subject this year is "Seasons in Alexandria: People, Places, Etc." You do not need to be a res-

ident of Alexandria to enter, however, photos must have been taken in Alexandria. Photos will be judged, and 13 will be chosen for the 2019 ACC calendar. Your entry must be eight by 10, include your name, contact information and photo location. You may either mail your entries to Alexandria Conservation Commission, 45 Washburn Rd., Alexandria, NH 03222 OR email them, with your information to: alexandrianh@metrocast.net, subject: ACC photos.

Congratulations to Chris Pope of Concord, who won the CARE Group's Sportsman's Raffle of a \$750 gift certificate to Skip's Gun Shop in Bristol.

Board of Selectmen Meeting Tuesday, Oct. 16 at 6 p.m. in the Municipal Building.

Planning Board Meeting Wednesday, Oct. 17 at 6 p.m. in the Municipal Building.

Please note: All meet-

ings are open to the public, unless otherwise noted.

Alexandria UMC

Thursday, Oct. 11, Office hours will be 11 a.m. until 7 p.m. There will be a Pastor/Parish Relations Committee work session at 6 p.m. in the Vestry.

Sunday, Oct. 14, services will begin at 9 a.m. Refreshments will be served in the Vestry following services. Sunday School will begin at 10:30 a.m. Administrative Council will meet in the Vestry at 6 p.m.

Special prayers for Gene Tucker and her family. You are all much loved by many.

That's about it for this week folks. Sunshine has even peeked through, so all is better than good! Have a wonderful week full of all good things. Be gentle with your words, be kind to one another and perform a random act of kindness.

Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

South Danbury Church

The South Danbury Church worship services are on Sundays at 11 a.m., with conversation and refreshments afterward. This week we'll have a concert, and a pie and cookbook sale, plus Sunday worship. They are eager to welcome you to them all..

The Friday Evening Speaker Series continues this Friday, Oct. 12, at 7 p.m. Musician Keegan Farr's performance will feature vocals, guitar, and harmonica with classic songs from the '60s to the present, and original works. Come for a lively and inspiring concert, and delicious refreshments.

The Third Annual Homemade Pies & Gently Used Cookbooks Sale is the next day – Saturday, Oct. 13 – from 10 a.m. to 2 p.m. Donations of cookbooks and homemade pies (and other baked goods) are welcome in advance of the sale. All proceeds benefit the church's Mission Fund.

Blood Drive Reminder...

The DCC will host a blood drive this Saturday from 10 a.m.-2 p.m. For more information call the center from 9 a.m. to 2 p.m. weekdays.

Fall Fest

The DCC fall fest will begin at 11 a.m. on Saturday, Oct. 20. There are tractor drawn rides along the rail trail, free hotdogs ending with a bean hole bean supper at 4:30 p.m. Bill Burris from Wilnot will also set up his collection of children's games and puzzles.

Veterans Fundraiser

The Blazing Star Grange in cooperation with the Merrimack County Conservation District will host a Corn Hole Tournament at the grange hall parking lot beginning at 1 p.m. The winning team will run off against the other Merrimack County tournament winners on the State House lawn on Oct

27th. Proceeds from the event support the Veteran Value Bucks Program which gives Veteran's \$20 in coupons to spend at Merrimack County Farmers Markets. The Veteran's Bucks program was successful at county farmers markets this summer and funds are needed to continue the program throughout the winter.

Veterans may bring IDs to the Danbury, Contoocook and Concord farmers market. The coupons may be used at any of the before mentioned markets. The Danbury Winter Market begins on Nov. 3 and runs every first Saturday through April. Vendor participation pending, there will be an additional market added on Nov. 17.

Tournament participants as well as Donations and sponsors are appreciated. Checks may be made payable to Blazing Star Grange #71 and sent to PO Box 77, Danbury, NH 03230. Place the word "Veteran" in the memo line. For more information, call Donna at 768-5579.

Groton

Ruth Millett 603-786-2926  
rem1752nh@gmail.com

A special note from the Conservation Commission:

Yea! The sun came out, Saturday, Sept. 29, so the Conservation Commission members could do their mission, the biennial roadside clean-up. Chairman Slim thanks all who participated in filling the pickup truck one and a half times with blue bags full of trash from the roadsides of Groton. Bags were supplied by New Hampshire DOT. If we'd had more than nine participants we could have done so much more. Stay tuned for the next clean-up day in the spring of 2019 around the time of Earth Day. More hands make lighter work for all and lunch will be provided.

There was a Select Board Meeting on Oct. 2. The Select Board covered the warrant that will be voted on during the special Town Meeting tentatively planned for Oct. 23. It was brought to our attention that the Town is looking for a Deputy Emergency Management Director to coordinate in the case of an emergency in Town. If you are willing and able, please contact Sara at the Town Select Board Office.

There will be boxes in the hallway of the Town Hall for non-perishable food item, warm clothing such as jackets, sock, hats, mittens, boots and also toys for our yearly Thanksgiving and then Christmas boxes. We are trying to get a little jump on it this year, however, November is coming up quickly.

If you are interested the Newfound Schools will be having a deliberative session on the budget on November 9th. I believe that will be held at the High School but not sure of the time, so I'll include more in the next article. Anyone interested from the Town is encouraged to go and

let our thoughts be made known.

Avitar will be in Town to do data verification work starting around the third week in October. The properties they will be visiting will be all those on tax Map 1 and 2. Please be aware and expect to see them driving around and visiting your property if you are located within these Maps.

The Town of Groton is currently accepting bids for a eight-foot tow behind York Rake (minimum bid \$1,000). This item can be seen at the Groton Town Garage on North Groton Rd. Any interested parties should submit a bid in writing by mail, fax or e-mail to the Town Office by Oct. 18 at 4 p.m. Payment and pick-up for the winning bids must be completed by Nov. 1.

There is a grave stone cleaning planned for Oct. 13- at 1 p.m. sponsored by the Plymouth DAR and Groton Cemetery Trustees. Rain date will be Oct. 14. We would appreciate anyone who would like to come and help. Wear appropriate clothing and footwear as there will be water involved. Supplies and refreshments will be provided.

The Groton Historical Society will be holding a special program about Mary Baker Eddy and her connection to the Town of Groton. The program will be held Sunday, Oct. 28 at 2:30 p.m. at the Groton Town House. Two members of Sanbornton's Historical Society, Linda Saltiello and Evelyn Auger have completed extensive research using letters and other first person documents that shed light on the life of Mary Baker Eddy. For the program, Evelyn dresses in period clothing and speaks as Mrs. Eddy and Linda plays the part of a journalist interviewing her. Come and find out why Mary Baker Eddy came to North Groton.

Take advantage of the free library services to Groton residents at the Hebron Public Library. The library hours are Mondays, 4 – 7 p.m., Wednesdays, 1-5 p.m. and Saturdays, 9 a.m. – 1 p.m.

Scheduled meetings and office closures:

Select Board Work Sessions –Tuesday, Oct. 16 at 5 p.m., Nov. 6 at 4:30 p.m., 13th at 5 p.m., 20th at 5 p.m., and Dec. 4 at 4 p.m. all at the Town House

Select Board Meetings (open to the public) – Oct. 16, Nov. 13 and 20 at 7 p.m. at the Town House

Planning Board Meeting Wednesday, Oct. 31 – 7 p.m. at the Town House

The Conservation Commission meeting at the Town House, Thursday, Oct. 11 – 7 p.m. at the Town House

Tentative Special Town Meeting- Tuesday, Oct. 23 at 7 p.m. at the Town House

The Town Clerk/Tax Collector office will be closed Oct. 17 through

19 for the annual Town Clerk Educational Conference.

\*\*\*

Total of all taxes due to the Town as of Oct. 8 are \$138,050.07. We do have a Tax Kiosk on the Town Web Site so you may find out your tax balance only and if you would like to pay your taxes online use the Red Button on the Town Clerk/Tax Collector's page. If you should have any trouble with the on-line payment system, please call the Town Clerk at 744-8849.

Hebron

Bob Brooks 744-3597  
hebronnnews@live.com

Dog Days of Summer coming on Oct. 13

Remember the old days when the Hebron Fire Department's final fling activity for the fall was the "Dog Days of Summer?"

It was a very well received and supported giant hot dog event which included grilled and steamed dogs with all kinds of toppings, baked beans, sides and our famous ice cream sundaes.

This year, the Hebron Fire Department will be dedicating much of the proceeds to the Jamie Comeau Fund. Jamie is dealing with MD and is hoping to get a stem cell transplant.

There will be a "Walk for Jamie" at 4 p.m. at the Audubon Field opposite the Ash Cottage. Walkers may get sponsors and prizes will be given for the walker with the most sponsors and the walker with the most money raised.

Supper will be served starting at 5 p.m. at the Public Safety Building. Although hot dogs will get top billing, hamburgers and other comfort food will be available. Dessert will be apple crisp with assorted toppings.

A "Boot Drive" will be held during dinner where any size cash contribution will be gratefully received.

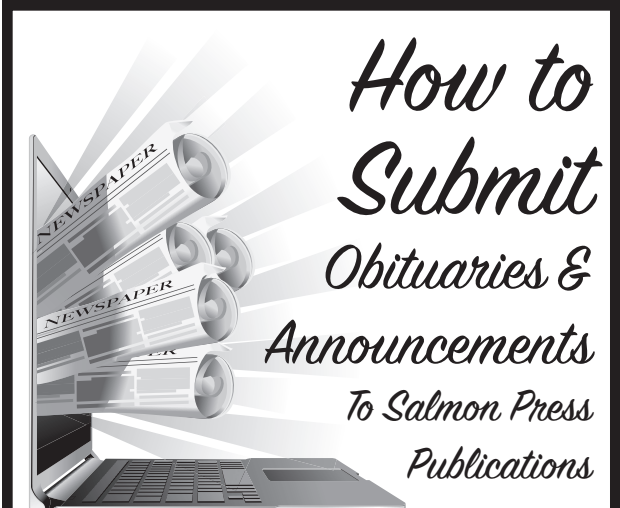
Volunteers are needed to help at the walkathon and during the supper. Please come and help the Hebron Fire Department support this courageous young man, a son/grandson of one of our long-term department member families.

To volunteer, or if you have any questions, please contact Linda Fischer at 744-5584 or 247-2156.

The Hebron Fire Department hope to see everyone at our event on Oct. 13.

Hebron Area Women's Group

The Hebron Area Women's Group will be meeting on Thursday, Oct. 18, at the Hebron Union Congregational Meeting room at noon. Our guest speaker is Becky Chase, MS Recep., a Rehab Fit Exercise Specialist. The theme is "Staying strong and fit as we age." Our Hostesses are Barbara Stevens, Jan Connor and Nadine Hession. Please bring non perishable goods for the Bristol Food Pantry. All area residents are welcome.



**How to Submit Obituaries & Announcements To Salmon Press Publications**

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

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

**Wedding, engagement, and anniversary announcements** are welcome at:  
**weddings@salmonpress.com**

*Photos are also welcome, but must be submitted in jpeg format.*

*Please contact Executive Editor*  
**Brendan Berube at (603) 279-4516, ext. 111**  
*with any questions regarding the submission process.*



Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind the church. Pastor Ernie Madden Phone: 968-9464 Email: accernie@hotmail.com Website: ashlandcommunitychurch.com

**Sundays:**  
9 a.m. - Early Worship Service, followed by coffee and fellowship in the church dining room.  
10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.  
Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.  
Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

**Kidzone:**  
Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach age appropriate lessons in a loving atmosphere.

**Alcoholics Anonymous Group:**  
Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.  
Our Vision is to become a church that unchurched people will love to attend.  
Our mission is to lead people to live and love like Jesus and to help others to do the same.  
If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

**Real Church, Real People, Real Simple**

We look forward to seeing you on Sunday, and remember to just come as you are.  
No perfect people allowed!

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

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

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

Coffee Fellowship:  
Following service  
Sunday School: 10 a.m.

Notes: Wheelchair accessibility can accommodate up to three wheelchairs in our Sanctuary!

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

Phone: 744-8132

**Office Hours:**  
Main Office – Monday through Friday - 9 a.m. to noon  
Pastor's hours: Monday through Thursday - 9 a.m. to noon and other times by appointment  
Rev. Andrew's Home Phone: 217-0704  
Email: pastorbucc@myfairpoint.net

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

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

**Wednesdays**  
Our very popular Morning Reflection, led by Don Sorrie, has been extended through October! We are presently gathering at 7:30 a.m. on Wednesday mornings in Fellowship Hall. Coffee is provided. Come join us!

**Fridays**  
Bone Builders–9:30 a.m.

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

T.E.A. (Time, Encouragement, Accept) – for Women 3rd Tuesday at 4 p.m. Meeting place varies. Check with the church office for exact place and time.

Women's Fellowship - Next meeting – Thursday, Nov. 15 in Fellowship Hall at 10 a.m.  
Some of our members are continuing with the creation of small crafts that will also be available for sale at the Christmas Bazaar on Saturday, Dec. 1. Next craft meeting will be on Monday, Oct. 15 downstairs in the church at 11:30 a.m. Bring a sandwich and come for craft and/or fellowship!  
Choir rehearsal continues at 4:30 p.m. every Wednesday.

**Ongoing**  
Bristol Community Services is in need of everything! Please help if you can!

**Events**  
The many who attended the dinner on Oct. 6 can attest to the fabulous-tasting roast pork. Our next monthly church supper will be held on Nov. 10 in Fellowship Hall, boasting an awesome pot roast dinner! Be sure not to miss! Adults \$9. Children \$4. Serving 5:30 to 7 p.m.  
Ukelele players wanted! Christian Ed. And Music are are starting up a ukelele band. We have several interested brave souls, and are looking for more!

The band will get together once a week for lessons and practice, and once they feel comfortable about playing, they will share their music with the congregation. If you are interested, please contact Debbie DoeThe Annual Fall Vesper Service will take place at 5 p.m. Sunday, Oct. 14 at Inspiration Point. A pot-luck supper will follow at 5:30 p.m., just below, at Slim Baker Lodge. All attending are requested to bring a casserole, salad, or a dessert to share. Beverages and place settings will be provided. Come join in the Fellowship! (Rides provided for those who are unable to make the hike from the lodge to Inspiration Point.)  
B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

A Shared Ministry of St. Mark's, Ashland and Church of the Holy Spirit, Plymouth

This is a shared ministry between Holy Spirit and St. Mark's. We've had a lot of rainy and cloudy days lately. However, it is lovely to see the leaves on the trees slowly turn golden yellow and vibrant red. Looks like we will have another gorgeous fall.

Book Study: Crazy Christians  
Last night the fall book group discussed chapters 5-8 from Bishop Curry's book, "Crazy Christians," from 5-6 p.m. in the Senior Lounge of Weld Hall, Holderness School. The discussion has been animated and most interesting. The next meeting is to be announced.

**Winter Clothing Sale**  
Winter is coming! There will be a winter clothing sale on Saturday, Oct. 20 from 9 a.m. to noon in Sherrill Hall at St. Mark's in Ashland. Donations of coats (any size), gloves, hats, scarves, and other winter clothing are needed. Please contact Anne Lamson at 507-4288 for additional information.

**Caregivers Support Group**  
Would you like some support as a caregiver? Caregivers Support Group is a place you can meet with others to find that support. Held at the Plymouth Regional Senior Center, this group meets from 12:30 to 2 p.m. on the third Wednesday of each month: Upcoming dates include Oct. 17 and Nov. 21.  
Service Project: Small Size Healthy Supplies and Snacks  
Our community Service Project this month will be for the Plymouth Area High School students. We will be collecting small travel size health items as well as healthy snacks for these students. The following

items have been suggested as very helpful: travel size deodorant, shampoo and hair brushes for young men and women as well as individual granola bars, Mac and Cheese, peanut butter or cheese and crackers, and fruit cups, etc. As always, there will be a box at each worship space for donations.  
Service Project: CHIPS Program  
Funds and gifts for the CHIPS (Children of Incarcerated Parents) Program will be collected in October. All proceeds go towards purchasing Christmas presents for children (ages 18 and under) of incarcerated parents in our State prison system. Each child is given an age appropriate gift and book selected by their parent(s). All proceeds will be taken to the Diocesan Convention in early November. Please make any checks payable to CHS or St. Mark's and put CHIPS on the memo line.

**Ham and Bean Supper**  
Join us in Sherrill Hall, St Marks, Ashland on Saturday, Oct 20th from 5pm to 7pm for a ham and bean supper. \$8 for adults, \$4 for children, free to veterans, family price discounts. All money goes to our outreach, Dick Marden's "Pickin Group" band. Come and have a stomp in good time!

**Upcoming Book Sales**  
The next book sale

date is Thursday, Oct. 25. Also, there will be book sales on Nov. 29, and Dec. 27. All book sales are from 2 – 5 p.m. at Griswold Hall on 263 Highland St., Plymouth.

**Ashland Community Breakfast**  
The next Community Breakfast will be on Saturday, Oct. 27 from 8 to 9 a.m. in Sherrill Hall in Ashland. Come join us and bring a friend.

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

**Office Hours**  
Tuesday 10 a.m. – 1 p.m., Wednesday 9 a.m. – noon, & Thursday 9 a.m. – 1 p.m.

Holy Trinity (Roman Catholic)

The construction of the Holy Trinity Christian Life Center is progressing on schedule. We thank you for your patience and hope that you will consider coming early to Mass to get a parking space either on the street (but only on the side of the church), across the street from the church in the college lot, or park at the two commuter lots that the University is graciously allowing us to use. Just think of all the FitBit

steps you'll be getting in! The Alpha program at the Marian Center on Tuesday nights is going well with some new faces!  
The youth of the Venture program went apple picking recently and then made apple pies for the Senior Center. Venture is a coed high school Scouting program that focuses on faith sharing, outdoor activities and service to the community. Faith Formation has begun on all campuses and is going well.  
We now have AED's at St. Matthew Church, Our Lady of Grace and the Marian Center. We will be providing additional sessions like the one we provided on the 7th to familiarize you with the machine and the correct protocol to follow in an emergency. The parish wishes to thank everyone for the donations to Bristol Community Services on behalf of the people who lost everything in the Beech Street Bristol fire. We thank the Bristol Knights for coordinating the effort.  
If you are homebound and would like a communion visit, please call Deacon Mike at 536-4700. He will arrange it for you.  
Former Confirmation coordinators Christine Hemeon and Maureen Ebner were chosen to receive the Companions on the Journey youth ministry award. This

SEE CHURCHES, PAGE A9

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# Political satire troupe makes America grin again at the Flying Monkey

PLYMOUTH —The Flying Monkey Performance Center welcomes The Capitol Steps back to their stage on Saturday, Oct. 13 at 7:30 p.m. The Capitol Steps have been a Washington, DC institution for over thirty years, providing a unique blend of musical and political comedy to our nation's Capital, skewering both sides of the aisle. Tickets for this show start at \$45.

The Capitol Steps, a Washington DC-based comedy troupe that began as a group of Senate Staffers, will present a show based on songs from their current album "Make America Grin Again" at the Flying Monkey Performance Center.



COURTESY  
The Flying Monkey Performance Center welcomes The Capitol Steps back to their stage on Saturday, Oct. 13 at 7:30 p.m.

The Capitol Steps have elevated political satire to an art form. Before "The Daily Show," "Full Frontal," and "The Colbert Report," this Washington, D.C.-based comedy

troupe gave audience laugh cramps with their bipartisan lampooning. The Capitol Steps began in 1981 as a group of Senate staffers who set out to satirize their employ-

ers, and haven't let up since. If you've been keeping with the news, you know there's no shortage of material. The troupe is coming back to the lakes region with a new show of musical and politi-

cal comedy. It doesn't matter if you're a Republican or Democrat, a snowflake or a deplorable: neither side is safe from the group that puts the "MOCK" in Democracy!

Tickets to see The

Capitol Steps are \$45, and \$55 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

## Celebrate the music of Little Feat at the Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center presents Funky Feat on Thursday, Oct. 18 at 7:30 p.m. Funky Feat consists of four members of '70's Southern rock band Little Feat. Tickets for this concert start at \$39.

'70's drenched boogie rock is coming to The Lakes Region.

Little Feat was formed in Los Angeles in 1969 by guitarist and lead vocalist Lowell George and keyboardist Bill Payne. The band's music crosses numerous genres: rock, blues, jazz fusion, southern rock, gospel, R&B, funk, jam-band, country, soul, folk, boogie-woogie and Americana with a spicy dash of Cajun and zydeco thrown in.

In addition to George and Payne, the classic line-up also featured guitarist Paul Barrere, and bassist Kenny Gradney. Fast forward four decades, and despite Lowell George having passed many moons ago, the band and the music are still going strong in their current iteration- Funky Feat. Different name. Same music.

Paul Barrere (guitar, vocals), Fred Tackett (guitar) and Kenny Gradney (bass) are joined by long-time Feat drummer Gabe Ford for a raucous evening of all the Little Feat hits like "Willin," "Hi Roller," "Skin It Back," "Dixie Chicken," "Fat Man In The Bathtub," "Oh Atlanta," "Let It Roll," "Hate to Lose Your Lovin'," "Texas Twister," "Tripe Face Boogie," "Rocket in My Pocket," "Honest Man," "Rad Gumbo," "Rock & Roll Doctor" and "Spanish Moon."

These artists left an indelible mark on the soundtrack and culture of that era. Fans will likely be surrounded by like-minded audiophiles: a multi-generational crowd with parents, children and,



COURTESY  
The Flying Monkey Performance Center presents Funky Feat on Thursday, Oct. 18 at 7:30 p.m.

yes, even grandparents. Vintage t-shirts from as far back as the late-'70s will surely be bopping around the venue as well. Expect an evening of familiar song that will fans singing along, peppered with anecdotes from there storied careers that will have the audience laughing and

cheering. And, yes, boogie drenched rock and roll.

Tickets for Funky Feat are \$39-\$49 and \$55 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

## Churches

FROM PAGE A7

award will be given on October 28th at 2 PM at St. Joseph Cathedral as part of the celebration of World Youth Day.

The Day Away program will have a fall fashion show fundraiser featuring the beautiful clothing of the Imagine Store in Bristol. The show will take place on Sunday, Oct. 28 at 2 p.m. at the Marian Center. All proceeds will go to the Day Away program, a program for those living with Alzheimer's. Day Away takes place on Thursday afternoons from 9 a.m. to 3 p.m., and includes a healthy meal, snacks, entertainment, crafts and good company while the caretaker gets a day to rest. We are in need of volunteers. Training is provided, and you can sign up for a morning or afternoon slot. Contact Sandra Coleman RN, BSN by email [sjrhatt@roadrunner.com](mailto:sjrhatt@roadrunner.com) or call at 536-6304 for more information.

### Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at [hello@restorationchurch.cc](mailto:hello@restorationchurch.cc). Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

**Sunday:**  
10:30 a.m. Morning Service  
Monday: First and third Monday of the Month  
Noon-2 p.m. Helping Hands Food Pantry  
Friday: Second Friday of the month  
6 p.m. Food, Fun, Fellowship  
On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this ser-

vice will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

### Our Mission Statement: Just One More!

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

### Ashland Episcopal (St. Mark's Church)

Services: Sundays 8 a.m. 263 Highland St., Plymouth

9:30 a.m. 18 Highland St., Ashland

9:30 a.m. Sunday School, St. Mark's, Ashland

Thursdays 11 a.m. Healing & Eucharist, St. Mark's

Weld Wednesdays continue 5-8pm in the Sr. Lounge of Weld Hall, Holderness School. Pls. call Rev, Kelly for further information at 536-1321.

Save the date: Saturday, Oct. 20, 9 a.m.-noon: Winter clothing sale, Sherrill Hall. Donations of Coats, Jackets, scarves, etc. in good clean condition requested. Call Anne Lamson at 507-4188 for further information.

5-7 p.m., St. Mark's famous ham & bean supper with all the fixin's, including homemade pies. Entertainment by Dick Mardin's 'Pickin' Group' Band. \$8 for adults; \$4 for kids. Come and have a stompin' good time.

Rev. Kelly, Deacon Maryan, and parish administrator Heidi are preparing to mail a printed newsletter to folks who do not have email and who we don't often see face to face on a Sunday. We want to make sure our print readers don't miss out on the updates sent via email. Please call the

office at 536-1321 if you wish to receive a printed newsletter.

Deacon Maryan and our team of Home Communion Visitors always look forward to "bringing church to you." If you would like to be visited, please call the office.

Everyone is invited to take part in the Renewal Works program. please let Rev. Kelly know if you would like to take part in the survey.

St. Mark's Community Breakfast will be from 8-9 a.m. on Saturday, Oct. 27.

Need a ride to the doctor or the store? Call the Whole Village Family Resource Center at 1-855-654-3200. Volunteer drivers needed. call above number.

Parkinson's Disease Support Group in Plymouth. For information, call Diane Sherman at 653-6672.

### Star 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.

Sunday, Oct. 14 – 9:30 a.m.

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# John Lodge of The Moody Blues comes to Plymouth

PLYMOUTH — John Lodge brings his US tour to The Flying Monkey Performance Center on Friday, Oct. 19 at 7:30 p.m. John is best known as songwriter/bassist/vocalist of The Moody Blues. Tickets for this show start at \$39.

John Lodge, legendary bass player, songwriter and vocalist of The Moody Blues, makes a stop in Plymouth on his Fall tour of the U.S.

Lodge says of touring again, “Music is my life and I can’t wait to get on the road with my 10,000 Light Years Band... the venues are smaller and more intimate, but I love live concerts “have bass



will travel” that’s the gypsy in me.”

In addition to performing tracks from his solo album, “10,000 Light Years Ago,” Lodge will capture the heart of classic Moody Blues songs he has penned and recorded with The Moodies such as “I’m Just a Singer (in a Rock and Roll Band),” “Gemini Dream,” “Ride My Seesaw,” “Isn’t Life Strange,” and the never before played live, “Candle of Life.”

Joining Lodge on stage will be his “10,000 Light Years Band,” specially put together for the U.S. dates, including long time collaborators Alan Hewitt (keyboards/music director) and Norda Mullen (flute) from The Moody Blues; Gordon Marshall (drums), formerly Moody Blues; and 20 time Detroit Music Award nominee guitarist Duffy King (guitar).

## The ‘Roads Less Traveled’ lead Jethro Tull’s Martin Barre to Plymouth

PLYMOUTH —The Flying Monkey Performance Center presents The Martin Barre Band on Saturday, Oct. 20th at 7:30 p.m. Best known as the lead guitarist for Jethro Tull, Barre has since gained critical and fan praise for his solo projects. Tickets for this concert start at \$29.

It’s not that Martin Barre wants to forget Jethro Tull—the group in which he was a member for 43 years—but he’s certainly moved on musically.

Although the Grammy Award-winning Barre is most closely associated with Tull—he joined the band in 1969 for its second album, Stand Up, and was continually hailed by critics for his virtuosic playing—he also has a solid body of solo work and collaboration with musicians including Paul McCartney and Phil Collins. After Tull founder and frontman Ian Anderson shifted musical direction in 2011, Barre began to tour with his own band.

“This has been a whole turning point musically. We will always have the Tull connection—that goes back to my roots and



our fan base,” says Barre, “but I want to take the fans with me. Essentially our musical style isn’t really changing.”

The way Barre approached life after Tull was to write and record new music. 2015’s “Back to Steel” had a

decidedly blues rock flavor, as well as renderings of classic Jethro Tull tracks “Skating Away” and “Slow Marching Band.”

On his latest album “Roads Less Traveled,” Barre says, “I’ve concentrated on improving my songwrit-

ing over the last few years and as a result, I am really pleased... Although my playing has a lot of space in the music, I’ve worked a lot harder on the arrangements and lyrics.”

Barre fans can expect him to perform

some of his new material. But Jethro Tull fans can also rejoice and expect to hear the Tull hits.

“[Jethro Tull music] will always be a part of my work,” Barre says. “But I hope it becomes about 40 percent instead of 60 percent. I will never turn my back on it, though. I’m not so stupid that I don’t know that people come to hear me play so they can hear Tull. But a lot of that music is in me, anyway. That’s not far from home. It will always be there.”

“It’s a great night out,” Barre said of going to the band’s shows. “The music is for everybody.”

Tickets for Martin Barre Band are \$29, and \$39 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

Tickets to see John Lodge of The Moody Blues are \$39, and \$49 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).



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# Senior oral health: What to know & best practices

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

## Aging's Impact on Oral Health

There have been numerous advancements in the world of oral health over the last few decades, from increased education on the importance of proper care to the ever-evolving sophistication of dental technology. But despite these positive changes, one segment of the population still faces significant challenges when it comes to oral health: seniors. What makes them more vulnerable compared to other age groups? For starters, natural changes alter our teeth and gums as we age. Teeth begin to darken because of changes to dentin – tissue below the enamel that makes up the tooth itself – while the mouth becomes dry due to reduced saliva flow. Years of chewing also take their toll, causing enamel to break down.

In addition to these factors, seniors may also struggle with their oral health because of certain conditions that make brushing and flossing difficult. Arthritis, for instance, can make these simple motions extraordinarily painful. Prescription and over-the-counter drugs also play a role. In fact, the Centers for Disease Control and Prevention (CDC) notes that there are more than 400 commonly used drugs that can cause dry mouth.

While it's easy to look at all of this and assume the worst, that poor oral health is inevitable for older adults, there is good news. Seniors can maintain healthy mouths and reduce their risk of cavities, gum disease, and everything in between, all by following a few best practices. Below are a few that senior clients can incorporate into their routines:

## Oral Health Best Practices

Brush at least twice a day using fluoride toothpaste, and floss at least once a day to reduce dental plaque. If arthritis or other conditions make this difficult, ask a loved one for assistance.

See a dentist regularly for a cleaning and oral exam, even if there are no longer any natural teeth – especially to

help identify the presence of pre-cancerous/cancerous lesions.

Do not use tobacco products of any kind (e.g., cigarettes, cigars, pipes, or chewing tobacco).

Use sugar-free gum to stimulate saliva production.

Limit alcohol consumption as alcoholic beverages can increase the risk of oral and throat cancer.

Drink more water (at least eight 8-ounce glasses a day) to help reduce the risk of dry mouth. As we age, our thirst signals begin to diminish and are thus less reliable. Seniors should carry a water bottle around, and set alarms reminding them of when to hydrate.

If medication is causing dry mouth, seniors should ask a physician for one that doesn't produce the specific side effect.

## Why It Matters and How Comfort Keepers® Can Help

Oral care is about more than just making sure that our breath isn't bad. Research suggests poor oral health may be linked to endocarditis, an infection of the inner lining of the heart, as well as cardiovascular disease. Tooth loss, as a result of periodontal disease or tooth decay, can also make eating more difficult. This can in turn lead to malnutrition. Because seniors are already at a higher risk for these conditions and others, it's imperative that they give extra attention to their oral care. Doing so can make a significant impact on their overall wellbeing.

At Comfort Keepers®, we understand just how important this aspect of self-maintenance is, not only for health, but also independence. Our caregivers can remind senior clients to brush, floss, and stay hydrated. Additionally, we can provide transportation to and from scheduled dental appointments.

Contact a Comfort Keepers location in your area today to learn more about how we can help senior clients maintain their health, safety, and independence.

## 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

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you stay independent. Please call 536-6060 or visit our Web site at [www.comfortkeepers.com/plymouthnh](http://www.comfortkeepers.com/plymouthnh) for more information.

## PSU students launch crowdfunding campaign to bring fresh vegetables to Plymouth region year-round

PLYMOUTH — A group of far-sighted first-year Plymouth State University (PSU) students recently launched a crowdfunding campaign at MobileCause to bring fresh vegetables to Plymouth and surrounding communities year-round.

Called "PSU FreightFarm," the students' innovative plan is to operate an indoor vertical farm as a student business to produce thousands of vegetables each month, ranging from butterhead and bibb lettuces, to mizuna and Swiss chard, to cilantro and chives, to carrots and even flowers.

PSU FreightFarm is a project of the Enactus student entrepreneurship club. Enactus stands for "Entrepreneurial Action Is Us!"

"The PSU FreightFarm is a way to help



COURTESY

Left to right: Danielle Page, Founder; Kaley Cass; Isabella Kuhn, Student Leader; Brianna Romiglio are students from Freshman Year Seminar who share a dream to bring vitality and longevity to Plymouth and to promote their own professional skills. Image by Howard Frederick

Plymouth overcome the short growing season in one of the coldest parts of America," says Danielle Page, founder of PSU FreightFarm. "It may also help with the problems of obesity and diabetes, not to mention the high CO2 emissions that imported vegetables generate."

PSU FreightFarm will use app-driven hydroponics inside an up-cy-

cled ocean container to produce 5,000 fresh vegetables for the community. The FreightFarm concept has been implemented by more than 40 colleges and universities nationwide.

Working with the accounting faculty, students produced a convincing plan to generate total sales of more than \$100,000 per year. The PSU FreightFarm will

employ approximately 10 students to operate the facility on the PSU Campus.

Student Leader Isabella Kuhn says that PSU FreightFarm donors will receive a university donation receipt to support the various programs in production, scholarships, and research.

To donate the PSU FreightFarm, go to <https://app.mobilecause.com/vf/FREIGHTFARM>. For more information, text FREIGHTFARM to 71777. Those who are interested in donating, may also contact Howard Frederick at 345-1534 or Bella Kuhn, 319-7324.

The PSU FreightFarm's faculty advisor is Howard Frederick, professor of entrepreneurship, who has run sustainability businesses around the world.



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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town              | Address                   | Type                       | Price       | Seller  | Buyer   |
|-------------------|---------------------------|----------------------------|-------------|---|---|
| Ashland           | 20 Circle Dr., Unit 45    | Condominium                | \$160,000   | Grace E. Moulder                              | Charles H. and Kathleen A. Reynolds               |
| Ashland           | 56 Smith Hill Rd.         | Single-Family Residence    | \$298,000   | Theresa B. Latulippe (RET)                    | Christopher R. Noyes and Amanda A. Greer-Noyes    |
| Bridgewater       | Dick Brown Road           | Residential Developed Land | \$100,000   | Ernest N. Grout (for Grout 2007 Fiscal Trust) | Pamela J. Sargent                                 |
| Bristol           | 205 Castle Lane           | Single-Family Residence    | \$231,533   | Lynne A. McConchie                            | Anthony P. and Cindy J. Rainha                    |
| Bristol           | 255 Pikes Point Rd.       | Single-Family Residence    | \$1,545,000 | Segulls Realty LLC                            | David K. and Jennifer H. Marsh                    |
| Bristol           | 208 W. Shore Rd., Unit 5  | Condominium                | \$166,600   | WSR Rentals LLC                               | FF&T Associates                                   |
| Campton           | Balsam Lane (Lot)         | Residential Open Land      | \$75,000    | Edward E. and Rosann White                    | Veronica Kent                                     |
| Campton           | Eastern Corner Road       | N/A                        | \$115,000   | Edythe A. Murphy and Kevin J. Rogers          | David P. and Denise M. Lowsley                    |
| Campton           | Loft Circle (Lot)         | Residential Open Land      | \$44,533    | Wade R. and Patricia Sendall                  | Mark A. Yates                                     |
| Groton            | N. Groton Road            | N/A                        | \$30,000    | Upper Birch Holdings LLC                      | Richard D. Ross                                   |
| Hebron            | Duckworth Road            | Residential Open Land      | \$90,000    | Leslie J. Mills (2002 RET)                    | Kristopher M. MacLean                             |
| Holderness        | 68 Lane Rd.               | Single-Family Residence    | \$432,533   | Janice B. Keown                               | Ronald E. Friberg (for Friberg 2012 Fiscal Trust) |
| Holderness        | US Route 3                | N/A                        | \$45,600    | Squam Lakeside Farm Inc.                      | James and Melissa Gaffney                         |
| New Hampton       | 39 Colony Lane            | Single-Family Residence    | \$188,933   | Michelle and Jeffrey C. Kane                  | Alec J. Bastian and Megan S. Casey                |
| New Hampton       | 32 Mountain Vista Dr.     | Single-Family Residence    | \$263,866   | Eric J. and Elizabeth A. Goucher              | Nicholas W. and Allison L. Chapman                |
| New Hampton       | N/A (Lot 4)               | N/A                        | \$64,533    | Robert E. Broadhurst                          | Kathleen Jensen and Manuel Sousa                  |
| Plymouth          | 76 Davis Rd., Unit 4      | Condominium                | \$139,933   | Jennifer J. Dale                              | Samantha Fadden                                   |
| Plymouth          | 36 Langdon St.            | Single-Family Residence    | \$110,000   | Christopher G. Dow                            | Sylvain P. Thibault                               |
| Plymouth          | 4 Maple St.               | Single-Family Residence    | \$201,666   | Daniel R. Labrecque and Laren Avery           | Whitney L. Perry                                  |
| Plymouth          | 32 River Ridge Rd.        | Single-Family Residence    | \$270,000   | Sheryl L. and Randy E. Montague               | Paul E. and Amanda J. Grazioso                    |
| Plymouth          | 241 Texas Hill Rd.        | Single-Family Residence    | \$184,933   | Ina J. Ahern                                  | Brian D. Dubreuil and Jennifer M. Creasey         |
| Rumney            | E. Rumney Road            | N/A                        | \$35,000    | Daniel Hunter                                 | James M. Smallwood                                |
| Thornton          | 1082 NH Route 49          | Single-Family Residence    | \$237,000   | Timothy W. and Laura A. Corbitt               | Stephen D. and Lesley R. Switzer                  |
| Thornton          | 33 Tamarack Rd.           | Single-Family Residence    | \$235,000   | Daunice L. Hughes (for Howard W. Clement IRT) | N/A   |
| Warren            | Eagles Nest Road          | N/A                        | \$294,600   | Jeffrey and Kristine Pettee                   | Lynne B. and Nancy L. Peal                        |
| Waterville Valley | 28 Packards Rd., Unit 112 | Condominium                | \$64,533    | Timothy A. Looney and Jill A. Lemone          | Jeanette E. Messer                                |
| Waterville Valley | 4 Sunny Side Way, Unit 1  | Condominium                | \$157,000   | Shirley Adams                                 | Benjamin and Erin Legare                          |
| Wentworth         | 7 Goves Lane              | Single-Family Residence    | \$189,933   | Wayne L. Decotis (RET)                        | Alexandra B. Debow and Joseph P. George           |

## 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](http://www.real-data.com) or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

# MARK ON THE MARKETS



BY MARK PATTERSON  
Any financial advisor, broker or investment advisor will typically try to assess

## Risk and you

the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used to attempt to accomplish the risk assessment as accurately as possible. Over time I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical

negative reaction is two a half times greater in a bad or declining market than client's feelings in good, or up market. Current research states that up to 80% of people that have investment accounts carry far more risk than their true risk tolerance levels. Ever since March 9, 2009, the fear levels of investors have

been very low which drives complacency. The benchmark S&P 500 index is used to determine" BETA" in a stock, mutual fund or exchange traded fund that primarily hold stocks. If a stock or fund has a number higher than one, it is more volatile than the benchmark S&P 500 index. If the number is lower than one it is

less volatile, simple as that. Advisors like myself that designed portfolios typically using stocks, ETF's, bonds and options will try to match the objectives of the portfolio with the client's risk tolerance and needs. One of the most common curiosities that I see the portfolio, typically of mutual funds, is that a client needing income from their investments is in an accumulation vehicle such as a growth stock mutual fund.

There are all kinds of risk involved with investing money. Market risk, credit risk, liquidity risk, interest rate risk and the risk that is really not discussed as much as it should be which is; sequence of returns risk. Sequence of returns risk is critical for those approaching retirement. Market performance is key when you start subtracting assets as income from those assets if they are not designed for sustainability. What used to be the 4 percent rule, in other words taking out 4 percent of your assets per year to live on has now become the 1.6 percent rule partly because of the low interest rate environment.

As stated earlier, most people carry much more investment risk than they were aware of. Finding that true risk tolerance and matching it up to a portfolio that fits the needs of the client's is paramount. But you as the client also must realize that if you have your advisor set up your portfolio for limited risk, that will typically come with limited growth conversely a lot of potential growth may come with a lot of risk.

For an honest and maybe enlightening risk assessment go to my Web site, [www.MHP-asset.com](http://www.MHP-asset.com), go to tools and then risk analysis. The software" Riskalyze" will give you a risk number between one and 99, one being the least amount of risk that you're willing to accept, 99 being the most. It asks about real dollar numbers versus percentages. You may be surprised what your true risk tolerance is versus how you are invested.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

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Tours

FROM PAGE A1

tion there were structural improvements that would be necessary to convert it from a medical facility to a town office.

Among those were minimal costs for carpet replacement in the entry of what would be the Town Clerk/Tax Collectors reception area.

“It’s a heavy traffic area, and a washable floor would be better to maintain,” he explained.

Because the building was a former medical facility, walls for a few of the small exam rooms would also need to be taken down to suit town office needs.

“The building just needs a bit of work but, there again, that adds up,” Salomon explained.

Renovation estimates his company came up with were in the range of \$426,000.

While some asked if portions of the renovations could be done at a later date, Coates said that would be a disservice to the town.

“It would be disrespectful for residents to come into a work zone for the next four to five years to conduct their business, but that’s just my personal opinion,” he said.

On the positive side, many of the cabinets and counters from the former medical exam rooms could also be utilized in other areas, like some offices and an employee lunchroom. The proposed TC/TC area is safety-oriented and appropriate, there is plenty of much needed storage areas for files an own records, ample room for land use and town planning offices as well as the possibility for expanded

space for board and committee meetings.

Some residents on hand for the tour were concerned about the heating and cooling aspects of the building. Salomon said that a large part of the building previously had no air conditioning but the entire building had baseboard electric heat. His company’s proposal would be to install a new HVAC system that would leave the baseboard heat for those two or three weeks a year when temperatures might drop below what the system could typically handle.

“It would be just under \$100,00 for that project,” he said.

Among other renovations would be a few wall tear-downs, along with structural reinforcement to create larger meeting spaces. There would also be some minor cosmetic patching and paint needed for some of the public wall surfaces along with ADA compliant improvements to a few of the bathrooms.

With their design Salomon said an open space would also be left for potential future installation of a lift to reach the second floor where administrative offices would be located. In the meantime, ADA accessible rooms on the first floor would be made available for meetings with town officials.

Again on the “up side” is the fact that the building recently had a new roof installed, although some second floor ceiling repairs will be needed for past cosmetic damage. There is ample parking, visual recognition for visitors to the town, and room for potential income from additional second

floor space that could be renovated for offices in the future.

Costs for the purchase of the building and renovations are what residents and taxpayers will be asked to consider in a special town meeting that is hoped to take place in November.

A concept budget for preliminary funding compiled by Samyn-D’Elia estimates renovation costs to be \$427,016. Architectural and Engineering costs came out at \$137,136.08; that would bring their total to \$563,837.08 for renovations of the building.

Coates said that adding the building’s purchase price of \$335,800 into the mix and subtracting the \$250,000 that could be made available from the unexpended fund balance, the town would only need bond \$649,637 for the overall project.

Another positive factor Coates cited was that bonds for the library’s expansion project and a major equipment purchase for the fire department will be fulfilled within the next two years and that will mean a lesser tax burden for the community.

Taxpayers are encouraged to learn more about the proposal before the anticipated Nov. 1 Special Town Meeting through a few means. They can obtain an informative “Frequently Asked Questions” document at the town offices; watch a 30-minute video tour of the building, linked on the home page of the town Web site; or request a walking tour of the building through Town Administrator Nik Coates by calling 744-3354, ext. 3.

Partners

FROM PAGE A1

tor of Education at the Winnepesaukee Playhouse, School administrators and Playhouse artistic staff convened to discuss a larger partnership. Both organizations are eager to try something new this winter. Historically, our school and the Playhouse have each staged a winter performance in February. This year, they will perform one play together, casting students from the School and local community in a professional show.

Summer programs

The Winnepesaukee Playhouse has hosted its summer education program for young children on the New Hampton School campus for several years. This past year, the Playhouse ran five week-long camps, each camp culminating with a performance in the School’s theater. The residential campus is a fantastic venue for the Playhouse’s program with ample room for games, activities, dining, and performances. New Hampton School loves the young, enthusiastic voices on campus and added exposure in the community. Several campers have since grown up and enrolled at the school, now familiar with the community and the performing arts program.

Ongoing relationships

Relationships and friendships with the

playhouse have grown overtime. History Department Chair Meredith Brown has directed shows at the Playhouse, and her spouse Thom Beaulieu, former science faculty, frequently acts as a designer of lighting and sound for performances.

Project Week: “The Show Must Go On”

Two years ago, a New Hampton School Project Week group dug into the performing arts. Their essential question for the project: What does it take to write, stage, and perform a play – all within one week? Students, several of whom did not have experience in theater, created the play “The Show Must Go On.” This project was a huge success, with the final performance exhibited on stage at the Winnepesaukee Playhouse.

Joint winter performance

The facilities and resources offered by the Winnepesaukee Playhouse are tremendous for New Hampton School Performing Arts. With a rich history in a renovated mill building, the organization houses visiting actors, professional directors, an educational department, and much more. This winter, New Hampton School students will audition for the show among a much larger group of high school

students. The show will be directed by Joe Sampson, the School’s Director of Performing Arts, complimented by professional designers and technicians from the Playhouse. Students, likewise, will have the opportunity to perform with talented, local area high school students.

Typically, New Hampton presents one show for the school community and one that is open to the public—but mostly to a familiar supportive audience of parents, faculty and friends. With this new opportunity, the winter show will follow the standard performance schedule of the Winnepesaukee Playhouse. This includes six performances running over the course of two weekends.

A successful non-profit, and the premier theater organization in the region, the Winnepesaukee Playhouse draws large audiences. This past summer, theater-goers enjoyed a variety of professional productions including Mamma Mia! and Ghost: the Musical.

New Hampton School is always seeking to try something new to better the student experience and grow our community partnerships. We are eager to see this partnership grow with this newest project.

Market Basket

FROM PAGE A1

Officials found that that site remains outside the flood plain of the Baker River, one reason the request was approved by the Board. It will, however, be one of the last construction projects permitted in that portion of the Riverside Landing development with the exception of any necessary

flood plain mitigation. The permit process is not complete, though.

As the final step, Plymouth’s Land Use and Planning Director Brian Murphy said developer Michael McGinley and Will Davis of Horizons Engineering will hold a special presentation at the town’s Planning Board meeting. That meeting is scheduled for Thurs-

day, Oct. 18, at 6:30 p.m. where the project is anticipated to get the final seal of approval.

“We’re all excited about this at Town Hall for the effect it will have on the community,” Murphy said.

The public is invited to attend that meeting to learn more details on this latest economic impact project in the town.



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# Breast Cancer Awareness 2018



## Breast cancer survival rates soar

A breast cancer diagnosis can be a devastating blow. Upon receiving such a diagnosis, people may begin to ask questions about treatment and the impact cancer may have on their personal lives. Many people who are diagnosed with cancer also begin to wonder about their mortality.

An estimated 266,120 new cases of invasive breast cancer and 63,960 new cases of non-invasive, or in situ, breast cancer are expected to be diagnosed among women in the United States this year, according to Breastcancer.org. According to the latest statistics presented by the Canadian Breast Cancer foundation, 26,300 women and 230 men had been diagnosed with breast cancer in Canada in 2017.

The good news is that breast cancer incidence rates began decreasing in 2000 after increasing for the previous two decades. In addition, death rates from breast cancer have been decreasing steadily since 1989.

The National Cancer Institute says that the change in age-adjusted mortality rates are an indi-



Early detection and better treatment options are improving the chances of surviving breast cancer.

cator of the progress being made in the fight against breast cancer. The most recent SEER Cancer Statistics Review released in April 2018 indicates cancer death rates among women decreased by 1.4 percent per year between the years of 2006 and 2015. The American Cancer

Society says that decreasing death rates among major cancer types, including prostate, colorectal, lung, and breast cancers, are driving the overall shift in survival. The ACS says breast cancer death rates among women declined by 39 percent from 1989 to 2015. That progress is attributed

to improvements in early detection and treatment protocols. For anyone doing the math, over the last 25 years or so, 322,000 lives have been saved from breast cancer. A similar scenario has unfolded in Canada. Breast cancer mortality rates in Canada recently decreased to 21.4

percent, down from 21.8 percent in 2011, states data from the Canadian Cancer Society. Currently, the five-year survival rate for breast cancer among Canadians is 87 percent, and the five-year net survival in the United States is 85 percent.

Increased knowledge about breast cancer, early detection through examinations and mammography and improved treatments are helping to drive up the survival rates of breast cancer. Although this does not make diagnosis any less scary, it does offer hope to those recently diagnosed.

### Did You Know?

While the vast majority of breast cancer diagnoses involve women, men are not immune to the disease. According to the American Cancer Society, the lifetime risk of getting breast cancer is about one in 1,000 among men in the United States. By comparison, the risk for women in the United States is one in eight. While a man's risk for breast cancer is considerably lower than a woman's, the ACS still estimates that roughly 480 men will die from breast cancer in 2018, when more than 2,500 new cases of invasive breast cancer will be diagnosed in men. In addition, the ACS notes that black men diagnosed with breast cancer tend to have a worse prognosis than white men. Though breast cancer may be a disease widely associated with women, men should not hesitate to report any discomfort to their physicians, as the National Cancer Institute notes that men are often diagnosed with breast cancer at a later stage than women. The ACS suggests that men may be less likely to report symptoms, thereby leading to delays in diagnosis. The more advanced the cancer is at the time of diagnosis, the lower the patient's survival rate. Men are urged to report any discomfort or abnormalities in their chests to their physicians immediately.



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# Breast Cancer Awareness 2018

## Speare Memorial Hospital Expands Breast Health Services

(Plymouth, NH, October 1, 2018) — Speare Memorial Hospital is now working with Southern New Hampshire Radiology Consultants (SNHRC) to provide more breast health services to the women of Central New Hampshire. Chief of radiology at Speare, Dr. Kevin Rivera, is leading the expansion of services. Technological updates will be completed by the end of the month.

In addition to state-of-the-art 3D screening mammography, services include:

### BREAST BIOPSY PROCEDURES

1. Ultrasound guided breast biopsy uses sound waves to help locate a lump or abnormality and remove a tissue sample for examination under a microscope.

2. Ultrasound guided cyst aspiration to identify if a lump is a fluid-filled cyst or a



### Facts and figures about cancer

A global concern in every way, cancer affects people from all walks of life. But as prevalent as cancer is, some facts and figures may still surprise you.

- 8.8 million: The number of people, according to the World Health Organization, who died from cancer in 2015, making it the second leading cause of death across the globe.

- 70: Percentage of cancer deaths that occur in low- and middle-income countries. (Source: WHO)

- 22: Percentage of cancer deaths across the globe that can be traced to tobacco use. (Source: Global Burden of Disease Study 2015)

- 90: Percentage of high-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)

- <30: Percentage of low-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)

- 25: Percentage of cancer cases in low- and middle-income countries caused by infections such as hepatitis and the human papilloma virus, or HPV. (Source: WHO).

- 12: Percentage of cancers worldwide linked to

viruses. (Source: National Toxicology Program, National Institute of Environmental Health Sciences)

- 1.69 million: The number of deaths attributed to lung cancer across the globe in 2015, making it the most deadly cancer in the world. Liver cancer (788,00 deaths), colorectal cancer (774,000), stomach cancer (754,000), and breast cancer (571,000) were the other most common causes of cancer deaths in 2015. (Source: WHO)

- 1.16 trillion: Economic cost, in American dollars, of cancer in 2010. (Source: International Agency for Research on Cancer)

- 33: Percentage of cancer deaths that can be linked to five leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol consumption. (Source: WHO)



solid lump. If it is fluid, the aspiration will remove the fluid from inside the lump.

### VACUUM ASSISTED STEREOTACTIC BREAST BIOPSY

1. Stereotactic core breast biopsy is a minimally invasive procedure to remove a sample of tissue from the breast for examination. This procedure will help determine whether you have breast cancer or any other abnormalities in your breast to be concerned about.

Speare Memorial Hospital has a dedicated and experienced team of mammography staff. Appointments can be made from 8am to 4 pm Monday through Fri-

day. Late afternoon appointments are also available. Appointments can be made by calling 603-238-2232.

Speare Memorial Hospital is a 24-hour, acute care, non-profit critical access com-

munity hospital and health care provider serving Plymouth and the communities of Central New Hampshire. Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.

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## Q&A with Jessica Ryan, MD

Medical Director and Breast Surgeon at the CMC Breast Care Center

*CMC, a member of GraniteOne Health, is pleased to welcome Jessica Ryan, MD, the new medical director and breast surgeon at the CMC Breast Care Center. Dr. Ryan is a board-certified, fellowship-trained surgeon with special interests in nipple-sparing mastectomy, breast conservation, and oncoplastic surgery. CMC is excited for you to get to know Dr. Ryan and asked her a few questions to get the conversation started.*



**What are some of the misconceptions you hear from women about breast screening and/or breast cancer?**

One of the most confusing aspects of breast health today is the debate surrounding mammogram screening guidelines. The disagreements over recommendations can be frustrating to women and providers alike. I remain confidently in-line with the ACR, ACS and ASBrS in recommending an annual mammogram, for most women, beginning at age 40. With the use of 3D tomosynthesis mammography, we are able to evaluate dense breasts even more thoroughly, leading to a decrease in false positive findings and call-backs.

**Other common misconceptions?**

Underwire bras do not cause cancer (wear whatever fits comfortably), but alcohol intake can increase cancer risk. I advise my patients have fewer than 7 alcoholic drinks per week. We have good evidence showing that, in addition to smoking and obesity, there is an association between excessive alcohol consumption and breast cancer.

**How would you describe your approach to patient care, especially when giving a tough diagnosis?**

Receiving a cancer diagnosis is an emotionally traumatic experience. One of my first steps with a woman is to provide support and education in order to help her understand her diagnosis rather than fear it. My goal is to guide her in making decisions that are uniquely her own. Just as each woman is unique, so too is her cancer. This first step helps develop a plan that is right for her – both in the throes of the initial diagnosis and in years to come.

The next step is to encourage a woman to make herself the most important person in her life. This may sound simple, but a woman will almost always name many others (children, spouses, partners) before ever considering herself. In order to survive treatments and thrive as a healthy woman afterwards, she has to make herself her first priority. This helps her gain control of therapy and provides the motivation needed to get through it all.

**What breast health technologies are you most excited about?**

One of the largest changes in the treatment of breast cancer is oncoplastic breast conservation. Oncoplasty refers to the use of plastic surgery techniques to allow the surgeon to remove the tumor more completely and reshape the breast to create a superior cosmetic outcome. We have growing evidence suggesting breast conservation, when feasible, is the most ideal pathway for a woman. This allows her to return to her daily life more quickly, while feeling more comfortable and confident with her body image.

3D tomosynthesis mammography is still relatively new and is becoming the standard of care in breast screening because our radiologists can evaluate the breast tissue more thoroughly, finding very early cancers, and providing women with added peace of mind.

Targeted chemotherapy is also making a positive impact on patient care, as is the emerging treatment of intraoperative radiation therapy. I’m hopeful that this will prove to be a very beneficial tool for some women.







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Apple Fest

FROM PAGE A1

to put it all together. Dionne said this year approximately 40 volunteers of all ages arrived bright and early at the community center on Friday. There they peeled, sliced and diced the apples to prep them for yet another team of volunteers who assembled the pies and apple crisps or boiled down apples for homemade applesauce. All of the baked goods were then transported to the nearby Bristol United Church of Christ on South Main Street, where still more volunteers kept the convection oven hot and ready to bake it all. "It's a real team ef-



DONNA RHODES

Last Friday, approximately 40 community volunteers pitched in to peel, slice and dice apples in preparation for Tapply-Thompson Community Center's annual Apple Fest and Craft Sale on Saturday. fort," Dionne said. "This year, we'll make about 125 pies and 80 crisps in addition to everything else." And while that seems like a lot, each year it doesn't take long for the tables filled with all the apple goods to empty. Besides taking home a fresh apple pie, patrons also took time to browse the many craft tables set up throughout the community center to either purchase locally made products for themselves or get an early start on their Christmas shopping. Each year, proceeds from the annual Apple Fest and Craft sale benefit ongoing community programs and events at TTCC.

Notebook

FROM PAGE A5

Dandelion greens are more than edible, and in my book are a delicacy if dug at just the right time, cleaned oh-so-thoroughly, and cooked with no distractions, meaning "Don't go off and forget them." In settlement times, dandelions were among the first greens available after people had spent the long winter eating increasingly unappetizing vegetables from the root cellar or, as the technology improved, vegetables put by through canning. Other spring treats included fiddleheads, hearts of cattail, and watercress. People watched carefully for just the right dandelion digging time, because if you get them just right the roots



JOHN HARRIGAN

(Left) Dandelions in the front pasture almost look like a planned, planted crop, having gone to seed in a week's time, almost all at once.



JOHN HARRIGAN

For the benefit of those who like to know the disparities in growing seasons, my lilacs came out right around the first day in June.

have barely begun to form. And I'm not kidding about the washing part. So tenaciously do dandelions cling to Mother Earth that most people wash them in a tub, dumping the water (and a lot of dirt) after the first three or four washings, and drawing a fresh batch of water for the rinsing (and there is still some dirt in the water). As for the cooking, my way is steaming, and not for very long. Served up with butter, salt and pepper and a dash of vinegar, dandelion greens are a treat that transcends the seasons. And the skunk at the picnic? In parts of Suburbia where some homeowners seek the holy grail of the Perfect Lawn, dandelions are definitely persona non grata. People actually dig them not to eat them, but to get rid of them. And for people who hire lawn-care experts, the herbicide sprayer is sure to go straight for the hapless dandelion. But they'd better be quick. This year, at my house at least, the dandelions were up, blossomed, and gone to seed, seeds blowing in the wind, before we even had a chance to mow the lawn.

(This column runs in a dozen newspapers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

PBVRC

FROM PAGE A3

and minoring in Small Business Management. He traveled as a college junior with a program called Semester at Sea, a college accredited program that allowed him to take international college courses aboard the SS Universe while traveling around the world. He was a Division I NCAA soccer player. He has worked in the health care and hotel industries and once ran a convenience store outside of Boston. He joined the United States Marine Corps in 1980. He last served as a Marine S-2 Officer with the 25th Marines at Fort Devens, Mass. On Jan. 2, 2010, he was recognized by the Boston Celtics at center court with the "Heroes Among Us Award" and subsequently went back to Afghanistan to finish his tour. He is a veteran of three conflicts: the Persian Gulf War, the Iraq War and Afghanistan War.

He served 14 years in the New Hampshire Legislature from 1994 to 2008, serving both in the House and Senate. He was the primary bill sponsor for the New Hampshire Purple Heart Trail Bill, the Midwifery Bill and the Organ Donor Registry Bill. He served as the Senate Transportation Committee Chairman in 2004 and was the Senate Executive, Departments and Administration Committee Chairman in 2006. He has received numerous legislative. In 2008, he was his Party nominee for Governor. He is a former Selectman and a lifetime member of the Veterans of Foreign Wars. Councilor Kenney's passion is helping people solve their problems. His hobbies include reading history, outdoor recreation, traveling, collecting old bottles, music and watching the Boston sports teams on TV. Gov. Christopher T. Sununu is the 82nd Governor of the State of New Hampshire. He is currently serving his first term and has the distinction of being the youngest Governor in the country. Among his accomplishments during his first year in office was delivering a balanced state budget with no new taxes or fees and establishing full day kindergarten. Additionally, Gov. Sununu doubled funds to fight the opioid crisis, made

investments in clean water projects, expanded educational opportunities for students, and signed job creating business tax cuts into law. Gov. Sununu's leadership garnered a number of awards in 2017 including the New Futures' 2017 President's Award for championing policies that improve the health and wellness of all Granite Staters. He is one of only five Governors nationwide honored by AARP with their Capitol Caregiver 2017 award and he is even the Lydia's House of Hope Lebanese Cook-Off Winner.

In early 2018, Gov. Sununu announced the nationwide launch of his Recovery Friendly Workplace Initiative to engage employers and empower workplaces to provide support for people recovering from substance use disorder. Before being elected Governor in 2016, Sununu served three terms on the New Hampshire Executive Council representing 32 cities and towns in Rockingham and Hillsborough counties. In 2010, he led a group of investors in the buyout of Waterville Valley Resort where he worked as Chief Executive Officer and was in charge of an expansion of the ski resort done in cooperation with the United States Forest Service. An environmental engineer, Sununu worked for ten years cleaning up hazardous waste sites across the country. In 1998, he completed a five-month through-hike of the Appalachian Trail from Maine to Georgia. Chris grew up in Salem. He graduated from Massachusetts Institute of Technology (M.I.T.) with a BS in Civil/Environmental Engineering. Gov. Sununu lives in Newfields with his wife, Valerie, and their three children, Calvin, Edie, and Leo. Join us in welcoming both Councilor Kenney and Gov. Sununu to this event. Tickets for the dinner are \$10 at the door for adults, \$5 for children five to 12 years, and four and under are free, with a special family price of \$25.00. Non-perishable items or cash donations for the Plymouth Food Pantry are encouraged. For more information, call Cindy at 536-3880 or deerladydwh@gmail.com.

Foliage

FROM PAGE A3

they feel threatened. Use binoculars or your camera lens to safely admire our furry friends from a distance. Deer and moose are entering the rut which can make the males aggressive. Bears are busy finding food ahead of winter hibernation and may go to great lengths to find extra calories. Weather conditions this time of year can change rapidly. Be prepared for cold temperatures. Don't

become a statistic. Follow the hike safe principles by notifying friends and family where you are going and when you expect to return. Following these few guidelines will make for a safe and memorable trip. If you are still making plans, be sure to follow the White Mountain National Forest on Facebook and Twitter (@WhiteMountainNF) for the latest. We'll be posting updated photos of the foliage as it transitions so you can time your visit just right.

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# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, October 11, 2018

## What's On Tap

Postseason play is on the docket in the coming week while other teams continue with the regular season.

The Division III golf tournament is scheduled to take place today, Oct. 11, at Laconia Country Club at 9 a.m.

The Division III field hockey tournament kicks off on Tuesday, Oct. 16, at the home of the higher seed.

The Division II field hockey tournament opens on Wednesday, Oct. 17, also at the home of the higher seed.

The Newfound and Plymouth cross country teams will run in Plymouth on Friday, Oct. 12, at 4 p.m. Both teams run again on Thursday, Oct. 18, at 4 p.m., the Bears at Merrimack Valley and the Bobcats at King'swood.

The Newfound field hockey team will wrap up its regular season on Friday, Oct. 12, at home against White Mountains at 4 p.m.

The Newfound soccer boys will be hosting Bishop Brady on Friday, Oct. 12, at 3:30 p.m. and will be at Winnisquam at 3:30 p.m. on Tuesday, Oct. 16.

The Newfound football team will be at Farmington at 7 p.m. on Saturday, Oct. 13.

The Newfound volleyball team is at Mascoma on Friday, Oct. 12, at 6:30 p.m., will be hosting Franklin on Monday, Oct. 15, at 6:30 p.m. and will be hosting Farmington on Wednesday, Oct. 17, at 6:30 p.m.

The Plymouth field hockey team wraps up the regular season by hosting Kennett on Friday, Oct. 12, at 4 p.m.

The Bobcat soccer girls will be hosting Hanover at 4:30 p.m. on Friday, Oct. 12, will visit Kennett on Tuesday, Oct. 16, at 5:30 p.m. and will be at Merrimack Valley on Thursday, Oct. 18, at 4 p.m.

The Plymouth boys' soccer team will be hosting Merrimack Valley at 11:30 a.m. on Saturday, Oct. 13.  
SEE **ON TAP** PAGE B6

## Bears battle past Timber Wolves in five sets

BY JOE SOUZA  
Contributing Writer

ALTON — The Prospect Mountain and Newfound volleyball teams battled through the momentum pendulum during Wednesday's Division III clash, a five-set battle both coaches are looking to build on as they prepare for the New Hampshire Interscholastic Athletic Association tournament.

After watching the Timber Wolves battle back to even the match after four sets, Newfound Regional came out on fire in the fifth and deciding contest to earn the victory. Ashlee Dukette hammered down 22 kills, her best output of the season to go along with 14 blocks and five points to help power the Bears to the key win.

Set scores went Newfound's way 25-19, 16-25, 25-23, 22-25, and 15-7.

"We lost some games earlier in the season that we feel we shouldn't have so we are not where we want to be at this point, so this game was important," Newfound coach Amy Fairbank said after her Bears moved to 6-4 on the season with their fourth straight road win.

"This was a crucial game of the season for us and the question heading in was do I tell them that," added Fairbank. "I was up front and hon-

est with them and they stepped up. They got stronger as the stress of the match came up and they stayed focused in the moment."

That stress shifted to its peak level when Prospect Mountain rallied from an early deficit to edge Newfound 25-22 in the fourth game, setting the stage for a winner take all fifth set.

After exchanging points to start the game, the Bears took off. Dukette put down a kill to earn a side-out and give the Bears a 2-1 lead they would never relinquish. Megan Stafford rattled off four service points and teammate Aryn Prescott served for three more as Newfound grabbed a comfortable 10-3 edge enroute to the 15-7 decision. Dukette had four kills in the fifth set.

Once the Bears got that momentum, Prospect Mountain coach Mike Christy could do little to slow them down.

"This is going to be a good learning lesson," Christy said. "We've got some young kids out there and our inexperience showed in the fifth set. We were too careful in the fifth set while they were the aggressor. We weren't able to recover from that. We got a little careful and we stopped moving our feet."

Dukette delivered



JOE SOUZA  
Newfound Regional's Bailey Fairbank hits the ball against Prospect Mountain's Kaylee Duquette during Wednesday's Division III showdown in Alton.

JOE SOUZA  
(Right) Newfound's Aryn Prescott (8) sets the Bears attack into motion with a perfect set during Wednesday's match at Prospect Mountain. Ashlee Dukette had 22 kills, helping the Bears pull out the win in five games.

the big numbers for the Bears, but the veteran received plenty of help in the victory. Bailey Fairbank put down 11 kills, while Maura Geldermann was big at the net with 18 blocks. Prescott, Stafford and Dukette were strong at the service line.

Jordan Ingoldsby came up big for the



Timber Wolves, putting down 23 kills on the night. Sophomore outside hitter Julia Leavitt finished with 10 kills, while sophomore setter Allie Stockman re-

corded 27 assists. Prospect Mountain was led defensively by Gabby Guzman, who came up with 17 digs against the hard-hitting Bears.

SEE **VOLLEYBALL** PAGE B3

## Newfound inducts new Hall of Fame class

BRISTOL — Newfound Regional High School celebrated its third annual Athletic Hall of Fame class on Saturday, Sept. 29.

Tim Mahurin was a teacher and coach from 1964 to 1989 and athletic director from 1967 to 1974. He was a NH Teacher of the Year finalist in 1981 and science

department chair from 1967 until his death in 1989. The science wing at NRHS is named in his honor.

Nancy Mills taught in the Newfound and Bristol school system from 1972 to 2012. She was the cheerleading coach for 14 year and also an assistant track coach and certified track official. She was

the unofficial school photographer and the chair of the Artist Residence program from 1985 to 2003.

Dani (Roy) MacDonald '89, was the State Skimeister her senior year, after finishing second and third her two previous years. She was Class President for three year, the yearbook editor and the 1989

class Valedictorian.

Mo Day '73, was a three-sport athlete all four years and the first Newfound athlete to score 1,000 points in basketball. His total of 1,338 points is still the most ever by a member of the boys' basketball team. He was named to the Class M Basketball All

SEE **HOF** PAGE B6

## What's Happening at Plymouth State University

### Governor's Cup High School Robotics Competition

Saturday, October 13, 2018

Hosted by Plymouth State University at ALLWell North  
8 a.m. to 6 p.m.

Governor Chris Sununu, the University and Community College Systems of NH, and FIRST New Hampshire are proud to present The Governor's Cup!

This unique one-day opportunity will provide 2018-19 FIRST Robotics Competition (FRC) teams an off-season competition with an extremely exciting potential reward for the graduating high school students that participate in the competition.

Free and open to the public for spectators.



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Learn more at [firstnh.org/governors-cup](http://firstnh.org/governors-cup)

See further up here.

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# Shokal, Connor and Pfister pace Bears by Berlin

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound boys' soccer team picked up another win last week, bouncing back from a loss at Laconia by picking up a win in Berlin on Wednesday, Oct. 3.

"Newfound is focused squarely on getting in the playoffs," said coach Jason Hill. "Teams are overlooking us because of our record but our first half schedule was tough and was a character builder."

In Berlin, both teams came out flat in the first half and neither team was able to score in the first 40 minutes.

Hill made some attacking adjustments at halftime and put more pressure on the Berlin defense in the second half but the hosts got the first goal of the game for the 1-0 lead.

The Bears didn't panic and responded

ed with a number of attacks into the zone with Cian Connor and Justin Shokal getting chances that were deflected away.

Eventually, Connor's pressure was too much and he was able to beat two defenders and drilled a shot past the keeper to tie the score at one.

Minutes later, Shokal was able to push past his defender and deflected a shot off a Berlin defender to give the Bears the 2-1 lead.

From there, the Bears played tough defense and preserved the road win.

Jacob Pfister finished



ished with eight saves in the Newfound net and earned Hill's praise for his excellent game. He also praised Connor and Shokal for their offensive attack and creating numerous scoring opportunities.

"We are playing our best soccer right now," Hill stated.

The Bears will be in action on Friday, Oct. 12, hosting Bishop Brady at 3:30 p.m. and will be hosting Winnisquam on Tuesday, Oct. 16, at 3:30 p.m.

RC GREENWOOD  
(Left) Justin Shokal had a strong day for the Newfound soccer boys in Berlin, scoring the game-winning goal.

## Rosendahl, Combs lead Bears in Belmont

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Newfound cross country team made the short trip



Amy Combs runs in the Jeri Blair Invitational on Friday. BOB MARTIN



Joe Sullivan finished second for Newfound at Belmont on Friday afternoon. BOB MARTIN

to Belmont to compete in the Jeri Blair Invitational on Friday, Oct. 5.

The Newfound boys finished in 14th place overall, with Mascenic taking the overall win, followed by Trinity, Kearsarge, Winnisquam and Sanborn.

Junior Kyle Rosendahl led the way for the Newfound boys, finishing in 21:05 for 68th place overall.

Joe Sullivan was second for the Bears, finishing in 69th place in a time of 21:13 and Nick Comeau finished in 90th place in a time of 22:00.

Luke Gordon finished in 92nd place in a time of 22:01 and Wyatt Day rounded out the field of scorers for Newfound with a time of 22:22 for 96th place.

Ryder Downes was 106th in 22:51, Connor Springer was 108th in a time of 22:57, Ashlar Dotson was 112th in a time of 23:12, Connor Downes was 124th in a time of 23:53 and Hunter Pease rounded out the field of Newfound runners with a time of 25:25 for 146th place.

The Bears had three

SEE XC PAGE B3

## Bears get revenge on Vikings and Panthers

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound volleyball team came through with a couple of solid wins over teams that had beaten the Bears earlier in the season.

For Homecoming on Friday, Sept. 28, the Bears took on Mascenic.

"The last time we faced them we lost so we needed to come out strong against them," said coach Amy Fairbank. "Our blockers had a strong game with no blocking errors."

The Bears won 25-16, 25-16, 25-20 to sweep the 3-0 win over the Vikings.

Ashlee Dukette finished with 13 kills and Bailey Fairbank added six kills. Dukette had four blocks, Megan Stafford had eight blocks and Maura Geldermann had six blocks. Fairbank had seven aces from the service line.

On Monday, Oct. 1, the Bears played at Moultonborough and pulled out a 3-2 win.

"We had lost against them already and so we needed to go back and get it right this time," the Bear coach said.

The Panthers took the first two games by scores of 25-18 and 25-16 and Fairbank noted that her team was not putting up any kill attempts.

In the third game the Bears started feeding their hitters and they came back and won the next three games, 25-19, 25-22 and 15-9.

Dukette had 14 kills and Fairbank added eight kills. Kasey Basford had five kills and Stafford had four kills. Aryn Prescott had 14 assists.

The Bear coach praised the blocking, as Geldermann finished with 24 blocks, Dukette had 15 and Stafford had 14.

The Bears also picked up a 3-2 win over Prospect Mountain (see separate story).

Newfound will be at Mascoma on Friday, Oct. 12, will host Franklin on Monday, Oct. 15, and Farmington on Wednesday, Oct. 17, both at 6:30 p.m.

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

## Bobcats roll to sixth win

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Plymouth Bobcats remain undefeated on the season after a 49-0 thrashing of Kingswood on Saturday on George Zoulias Field.

The Bobcats scored 41 points in the first half on the way to the big win, adding just eight points



Cale Swanson reaches up to snag the ball during action on Saturday afternoon. RC GREENWOOD

## Trout Unlimited meets Oct. 16

PLYMOUTH — Double feature at Pemi Trout Unlimited meeting will include Maine guide Lou Zambello and Hubbard Brook global climate change scientist Lindsey Rustad. Zambello will speak about catching cutthroat trout on the western continental divide. His presentation will include where to catch cutthroats, types of water and above and below water videos. Zambello is the author of Flyfisher's Guide to New

England and Flyfishing Northern New England's Seasons. Rustad will discuss the effects of last year's drought on brook trout and show some underwater shots of brookies trapped in pools. Don't miss this double feature.

Come early to the Pemigewasset Chapter of Trout Unlimited, Oct. 16, meeting, 7 p.m. at the Common Man Inn in Plymouth and meet the speakers and fellow anglers. Meetings are free

and open to the public. There will be a raffle with the proceeds going toward sending a lucky boy or girl to the Barry Fishing Camp and election of officers.

Trout Unlimited is a non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Visit [www.pemigewasset.tu.org](http://www.pemigewasset.tu.org) and like the group on Facebook.

during running time in the second half.

Patrick Malm led the way on the ground with two rushing touchdowns, while Ian Tryder, Owen Brickley and Kolby Cross all had rushing touchdowns for the Bobcats as well. Cale Swanson caught a touchdown pass as well.

Malm and Nate Borgner each had two-point conversions for the Bobcats and Tony Velez chipped in with an interception.

The Bobcats will be back in action on Saturday, Oct. 13, at 2 p.m. against Pembroke for the final home game of the season.

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





JOSHUA SPAULDING  
Katy Drapeau prepares to move the ball out of the Gilford end in action last week.



JOSHUA SPAULDING  
Hannah Eastman winds up to rip the ball up the field in action last week against Gilford.

# Marchand, Broome lift Newfound over Gilford

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound field hockey team is in the middle of a series of games that coach Kammi Williams called “the gauntlet,” games against some of the top teams in the division, a series of games that includes two with Berlin, plus Mascoma, Lebanon, Gilford and Bishop Brady.

With one game to go in that gauntlet of games, the Bears are 3-1-1 after a hard-fought 2-1 win over Gilford on Thursday, Oct. 4.

“We’re 3-1-1 in the gauntlet, facing all top eight teams in a row and we are faring well,” Williams said. “And we are getting better every day.

“Anyone can upset anyone in the top eight, maybe in the top 10,” the Bear coach continued.

“It’s a really deep field this year.”

The Bears got off to a quick start with a couple of chances, with Tiffany Doan sending Madison Hanley in on a bid that was tipped wide. Gilford also had a bid in the zone that Haley Dukette cleared out.

The Golden Eagles had the first corner of the game and converted with 20:41 to go in the first half to take the 1-0 lead. The Bears didn’t shy away from the deficit, with Katy Drapeau making a nice move along the base line and Dukette sending Caroline Marchand in with a bid. Doan also had a shot on net that was saved.

The Bears were able to tie the game with 12:51 to go, as Marchand scored off a corner.

It didn’t take long for the Newfound girls to

take the lead, as Hayes Broome put the ball in the net on a feed from Doan just more than a minute later and the Bears had the 2-1 advantage.

Drapeau sent a nice cross that just missed Marchand and Cassie Zick had a good run in that was denied by the Golden Eagles. Gilford had a bid go wide and then Dukette was able to clear another Gilford chance out of the zone. Doan also sent a shot wide of the net and Marchand had a chance in close that was denied.

The Bears had a corner chance that was blocked and then Lexi Douville cleared a Gilford run in the zone. Gilford had a late corner and Drapeau was able to stop the bid and the game went to the half with Newfound up by a

2-1 score.

Gilford had a couple of corner chances early in the second half and Marchand and Dukette came through with good stops for the Bears. Doan and Drapeau got in close on another good bid and then Hannah Eastman was able to stop another Gilford run into the zone.

Marchand sent a nice cross to Doan that just missed connection and then Douville was able to turn around a Gilford chance. Madi Dalphonse and Mackenzie Bohlmann helped out with good defense in the final few minutes and the Bears were able to walk off with the 2-1 win.

“We controlled that first half, it (Gilford’s goal) was a really good goal,” Williams said. “But in the second half, Gilford really brought it

in the first 15 minutes.

“We were on our heels but they never got in the circle,” she continued. “But we never got out of the 50 either. But the last 15 minutes were more in the middle of the field.”

Williams noted that the team was playing a little more defensive game because they were hoping to keep any cheap chances from going in the net. She also praised the play of Zick

up and down the field.

The Bears will wrap up the regular season with a home game against White Mountains at 4 p.m. on Friday, Oct. 12. The Division III tournament will kick off on Tuesday, Oct., 16, at the hoem of the higher seed at 3 p.m.

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

## Meier’s OT goal leads Bobcats over Bears

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Plymouth girls’ soccer team played host to Coe Brown on Wednesday afternoon and went to overtime before Plymouth took the 2-1 win.

The Bears scored at the midway point of the first half to take the 1-0 lead.

However, the Bobcats bounced back just nine minutes later as Taylor Shamberger fired the ball into the net to tie the game at one.

The two teams battled through the rest of the regulation time and headed to overtime. In the extra session, Sam Meier scored nine minutes into overtime to give Plymouth the 2-1 lead.

### XC

FROM PAGE B2

girls compete in the race, led by Amy Combs in 49th place in a time of 26:43.

Sophia Pettit was 77th in a time of 30:24 and Sadira Dukette finished

Coach Kyle Reed praised the play of Emily Boyd, Shamberger, Tabby Lopes, Lily Derosier and keeper Jenna Flaherty.

The Bobcats traveled to Bow on Friday and held the Falcons to two goals in the first half but the hosts came through with five goals in the second half to take the 7-0 win.

Reed noted that Boyd, Maisy Mure and Meier played well in the loss.

The Bobcats will be back in action on Friday, Oct. 12, as they host Hanover at 4:30 p.m. in the final regular season home game. On Tuesday, Oct. 16, the Bobcats are at Kennett and on Thursday, Oct. 18, they will be at Merrimack Valley, both at 4 p.m.

in 87th place in a time of 39:53.

The Bears will be back in action on Friday, Oct. 12, as they travel to Plymouth for the John Sanborn Invitational.

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

## Volleyball

FROM PAGE B1

The Bears were able to pick up some control of the match, pulling out a tight opening set. Game one went back-and-forth Stafford ran off five points to erase a 15-14 deficit and give Newfound a 19-15 advantage. Prospect Mountain got within three (22-19) but Dukette served for the final three points, including an ace to put the visitors up one game with a 25-19 win.

Prospect Mountain gradually pulled away in the second set for a 25-16 decision, tying the match at one apiece. The Timber Wolves got strong service runs from Ava Misiaszek, Guzman, Ingoldsby and Stockman.

Another turning point for the Bears may have

came in the third set. Inspired by the arrival of the boys’ soccer team, which formed a loud cheering section for the host Timber Wolves. Prospect Mountain carried that momentum to a 22-16 and appeared set to take control of the match.

Dukette and Geldermann though had other plans. Following a Prospect Mountain hitting error, Dukette served for four points, pulling the Bears within one (22-21). Geldermann had two big blocks during that run before following with another to make it 23-22 Prospect, and getting the serve back for Newfound. Geldermann than served for the final three points to cap Newfound’s rally to a 25-23 win and a 2-1 edge.

“Maura came up big for us,” Fairbank said.

“She had some important blocks in the third game that turned it around for us.”

Newfound though could not close out the Timber Wolves in four games though. With a four-point service run from Dukette the Bears jumped out to a 12-6 lead in the fourth set. Prospect Mountain chipped away at it and a three-point service run by Misiaszek got the Timber Wolves within a point. Moments later an ace by Ingoldsby tied the game at 18-18. The junior served for three more points to give the Timber Wolves a 21-18 lead. Prospect Mountain maintained that edge to force the fifth and deciding game.

“The kids never quit. They never gave up,” Christy pointed out. “We

have some young kids out there and some kids who are playing different positions. These kids have been talking about how they want to be the best team in the division, and we’re building. We are learning.

“We played a good team, a team that’s returning kids that went to the final four last year,” added Christy. “Now we have to learn how to win against a good team like that.”

Both teams picked up wins on Friday, Newfound over Kennett and Prospect Mountain defeated Raymond in three games. Both teams returned to action after the holiday, with the Timber Wolves visiting Hillsboro-Deering on Tuesday and the Bears traveling to Sunapee on Wednesday.

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## Edward Jones: Financial Focus

### When Should You See a Financial Professional?

It can be challenging to achieve your financial objectives. Fortunately, you don't have to go it alone – but when should you seek help?

Here are some of the key life events in which you might be able to benefit from the services of a financial professional:

First professional job – Eventually, you will land that first job, which will offer benefits and a 401(k) or similar employer-sponsored retirement plan. Since you may not have any experience with a 401(k), you may have several questions:

How much should I contribute? What sorts of investments should I choose? When should I change my investment selections? A financial professional can help you review your plan and explain the aspects that may affect your investment choices.

Marriage – When you get married, you and your spouse may decide to merge your finances, including your investments. But if each of you brings similar investments to the table, you might create some redundancies. A financial professional can look at your respective portfolios and recommend

ways to diversify. Generally, the more diversified you are, the greater your protection against market downturns that primarily hit one type of asset class. (However, while diversification can help reduce the impact of market volatility, it can't guarantee profits or protect against all losses.)

Children – Once you have children, you'll have new responsibilities – and you'll have some new financial issues that should be addressed. If something happened to you, could your children still have the same lifestyle and education-

al opportunities? Would they even be able to stay in the same home? To help ensure your children's security, you may need to add more life and disability insurance. While life insurance could help pay for your children's education, you also should prepare for education costs as if you will be around. So you may want to consider an education savings investment such as a 529 plan. A financial professional can help you with your insurance and education-funding needs.

Retirement – Once you retire, you will face a variety of finan-

cial decisions, but here's one of the most important ones: How much money should you withdraw each year from your retirement accounts? To choose an annual withdrawal rate that's appropriate for your needs, you should consider several factors: how much you have in your retirement accounts, how much Social Security you'll receive, what other sources of income (such as part-time work or consulting) you might have, your age at retirement, your spouse's projected retirement assets, your retirement lifestyle, and so on. It might not be easy for you to con-

sider all these elements and then arrive at a suitable withdrawal rate, but a financial professional has the experience, training and technology to help determine a figure that could work for you.

These aren't all the life events that may lead you to contact a financial professional, but they should give you a pretty good idea of the type of assistance you could expect over time. So, consider reaching out for the help you need, when you need it. Doing so could help make your life easier as you move toward your financial goals.

Edward Jones Financial Advisor.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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# Bobcat girls run to third at Kennett Invitational

## Ainsley Towers leads Bobcats with third place finish

BY JOSHUA SPAULDING  
Sports Editor

CONWAY — The Plymouth cross country team traveled to Conway over the holiday weekend to compete in the Kennett Invitational and the Bobcat girls came in third place overall. The Plymouth boys finished in fifth place on the day. The Oyster River boys and girls both took the win.

The Bobcat girls were led by a strong performance from Ainsley Towers, who took third place overall with a time of 20:23.

Libby Van DeMoere was next for the Bobcats, as she finished in 13th place in a time of 22:05 and Kayla Dimick took 23rd place in a time of 23:00 to finish as the third Bobcat.

Corinna Flynn finished in 24th place in a time of 23:02 and Kaylie Sampson rounded out the field of Bobcat scorers with a time of 23:26 for 35th place overall.

Emily Barker was 36th in 23:40, Valerie Johnston was 41st in 23:52, Brianna Therrien finished in 43rd place in 24:04, Lydia Marunowski finished in 45th place in 24:06, Yu-Jin Albrecht was 78th in 27:10, Megan Ebner finished in 80th place in 27:15, Don-

na Collette was 85th in 28:33, Abigail Park was 86th in 28:53, Alex Dunstan was 88th in 29:11, Connie Kim finished 89th in 29:39, Florence Blaise finished 90th in 29:45 and Emma Tryder was 91st in 29:46.

For the Bobcat boys, Michael Kulig led the way with a time of 18:49 for 23rd place overall.

Cameron Donnell finished in 30th place in a time of 19:31 and Ben Parsons was 40th in a time of 20:02 to place as the third scorer.

Luc Bisson finished in 41st place in a time of 20:03 and Ethan Whitman rounded out the scoring for the Bobcats with a time of 20:28 for 50th place.

Nathan Warren finished in 61st place in 20:54, John Ulricson was 63rd in 21:06, James Philbin was 76th in 21:56, Kyle Dimick finished 92nd in a time of 24:23 and Ethan Girouard was 97th overall in 25:28.

The Bobcats will be hosting the John Sanborn Invitational on Friday, Oct. 12, at 4 p.m. at the high school.

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



JOSHUA SPAULDING  
Corinna Flynn runs in the Kennett Invitational on Saturday.



JOSHUA SPAULDING  
Luc Bisson runs on Saturday during the Kennett Invitational.

# Something different, but some of the same as well

I've written here numerous times about the Survivor live events I attend. The events are hosted by Rob Has A Podcast host Rob Cesternino, a two-time Survivor player. Every season he hosts a live event in New York City and usually one in another city during the course of the year.

Last Wednesday was the date for the New York event, so as is my tradition, I got up early in the morning and headed to the bus station in Dover, where I caught the 4:30 a.m. bus to South Station in Boston. From there, I got on the 8:10 a.m. train to Penn Station and arrived in the city a little after 12:30 p.m.

Usually I head out of Madison Square Garden toward Times Square and check out different places along the way. Over the years I've gone up the Empire State Building and 30 Rockefeller Center and visited a few other places in the city. However, this year I opted for something different.

This time I headed in the opposite direction and walked toward lower Manhattan. It took me about an hour but I eventually reached the World Trade Center. I

## SPORTING CHANCE

By JOSHUA SPAULDING



had wanted to visit the Sept. 11 memorial for a while but just hadn't had the time to do it on previous trips. And I'm glad I got the chance to do it, as it was incredibly moving. As I walked around the site of the north tower, checking out the names etched in stone around the former, it hit me just how many people this tragedy affected. Then I realized that there was a whole other tower site, with more and more names etched in stone.

I still had time to spare, in fact even more than I realized. I checked my watch (it said 3:25) and bought a ticket for the 9/11 Museum for a 3:30 p.m. admission. As I made my way over to the line, I checked my e-mail on my iPad and it turns out it was only 2:25 p.m. So, I had a full hour before going into the museum.

So, I decided to walk a little more and made my way over to the Brooklyn Bridge. While I didn't walk all the way across, I did make my way out onto the bridge,



ADAM BALABAN – COURTESY PHOTO  
MEETING SURVIVOR WINNER Wendell Holland (center) was a nice treat and fellow Survivor Brice Johnston (left) is always a treat.

which in and of itself was pretty cool. I then headed back to the WTC site to visit the museum, which was a truly incredible experience.

Then it was back up toward Madison Square Garden, where the live podcast event was taking place. The SVA Theater was a great venue to watch Survivor and the discussion afterward featured Survivor's most recent winner, Wendell Holland, as well as a large contingent of former players. After the show there was a party at a nearby bar and eventually I headed back to Madison Square Garden to catch the 2:40 a.m. train back to Boston.

And soon enough, it was back to work, catch-



COURTESY PHOTO  
The latest Newfound Athletic Hall of Fame members include (l to r), Dani (Roy) MacDonald, Nancy Mills, Dan Harvey, Tom Ford, Denise Mahurin Robie, Mo Day.

las Cowboys assistant trainer for a period of time. He also was the US Soccer Olympic Development Trainer in 1991. Ford was recognized with the Michigan Distinguished Athletic Trainer award in 2012.

Dan Harvey '60, was an outstanding basketball player during the 1956-1960 time frame. As a junior, he led the team with 15ppg and as a senior he increased it to 18ppg. He also was

the leading rebounder on the team and led the team in blocked shots. Harvey led the team to a 13-2 record in the Pemi League in 1960, with their only two losses to Plymouth. They got revenge in the championship game by defeating Plymouth 42-41.

It was a great afternoon as many happy memories and emotions came out during the induction.

## On Tap

FROM PAGE B1

and will be at Kingswood for a 6:30 p.m. game on Tuesday, Oct. 16.

The volleyball Bobcats will be hosting Hanover at 6 p.m.

on Friday, Oct. 12, will visit Gilford at 6 p.m. on Tuesday, Oct. 16, and will be hosting Coe-Brown at 6:15 p.m. on Thursday, Oct. 18.

The Plymouth football team will be hosting Pembroke at 2 p.m. on Saturday, Oct. 13.

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