

Old Home Day celebration brings community back together



Kya enjoyed many trips down the Twin Falls dual waterslide at Kelley Park in Bristol last Saturday.



Given the “go” from Bristol K9 officer Nick Kelley, his partner Arro dragged Franklin K9 officer Sgt. Joe Guerriero to the ground during a special demonstration last Saturday’s Old Home Day activities. Guerriero later brought his partner Falco out for a demonstration as well



Four-year-old Conner Huckins anxiously waited to see if the roll of toilet paper he tossed into the “outhouse” hit its mark. It was one of many children’s games available during Bristol Old Home Day last weekend.

BY DONNA RHODES
Contributing Writer

BRISTOL – Proclaiming it to be a day when “Community Comes Together,” the Town of

Bristol’s Old Home Day celebration brought friends, families and neighbors back together for a weekend that encompassed something of interest for residents

and out-of-town guests alike. The weekend began Friday night with a traditional spaghetti dinner at the Bristol Fire Department, followed by

the last of the summer’s Concert in the Park series at Kelley Park with the Blacklite Band entertaining the crowd.

SEE **CELEBRATION** PAGE A9

Parsons takes over Newfound football program



Malaki Ingram will be a key piece to the puzzle for Newfound football.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — While numbers remain a concern for the Newfound football team, new coach Zach Parsons is happy to see that numbers have increased a bit over last year and he is pleased with how the team has progressed.

“We added some new underclassmen and we’re working on a few more,” Parsons said. “There are some good athletes out there not

playing a fall sport.” Parsons, who has been coaching at Plymouth State for the last decade, noted that when he is able to get the entire team to practice, the practices are good. However, getting everyone there has been an issue as the fall starts.

The Bears will likely start the year with Brady MacLean working at quarterback. The tall, athletic junior will have a number of weapons

around him as well. Cody Laflamme and Dalton Dion will both be working out of the backfield and will also be in the backfield on the defensive side of the ball. Quinn Van Lingen had a solid summer leading up to the new season and is expected to see time at both running back and receiver.

Twins Andrew and Bill Murray will be

SEE **FOOTBALL** PAGE A9



MollyLu McKellar will be a key piece up front for the Newfound girls’ soccer team.

Strong numbers boost Newfound soccer girls

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — In its second season as a varsity program, the Newfound girls’ soccer team is boasting solid numbers and is ready to take on a new year.

“Our main goal is to get through the season healthy, with minimal COVID-related disruptions,” said coach Amy Smith. “We were a first-year varsity program last year and thankful for the chance to play, but

we didn’t quite get a normal season, so we expect to take what we learned last year and be more competitive this year.” Smith notes that the team lost just one senior to graduation and gained two freshmen, both of whom played on the JV team as eighth graders last year. They also brought in two more girls who took last year off but were on the team in previous seasons, plus 20 kids back from last

year’s program, giving the Bears 24 girls between the JV and varsity teams.

The Bears will be returning senior captain Lexi Bassett to the goal, with Natalie Walker providing the backup.

“Neither girl has had formal training in being a goalie, but both stepped into the role for their team,” Smith said. “Lexi established herself

SEE **SOCCER** PAGE A9

“Butterfly Watercolors” now rescheduled

HEBRON —The Newfound Lake Region Association has rescheduled the guided program “Butterfly Watercolors.”

The butterfly-themed watercolor painting session with Watershed Steward Karen Candia will now be held at Grey Rocks Conservation Area on Sept. 16 at 10 a.m. Participants will explore their artistic side while also learning about New Hampshire’s butterflies and their importance to natural ecosystems. The program will start at the picnic area for an introduction to local butterfly species before touring the garden areas of Grey Rocks to find real-life butterfly inspiration. Attendees will then pick up their paintbrushes and try their hand at creating watercolor butterflies.

The gardens at Grey Rocks serve as habitat for butterflies, pollinators, birds, and other species, and are also an example of responsible shore-front development. Vegetated buffers like gardens and woodlands keep water clean by catching and absorbing stormwater runoff and pollution before it reaches water sources.

This program is free and open to all ages and skill levels. Anyone who is interested in learning more about butterflies or is simply looking to pick up a new, creative hobby is welcome to join! No prior experience to painting or butterfly knowledge is required. Watercolor paints, paper, and brushes will be provided as well. Please be sure to bring plenty of water and sunscreen as we will be out in the picnic area and under the sun for the majority of the painting session. Register and learn more at: NewfoundLake.org/events.

The Watershed Stewards are part of a regional AmeriCorps service program that increases NLRA’s capacity to conserve and protect the Newfound watershed. Along with leading guided wa-

SEE **JBUTTERLY** PAGE A9

PSU announces Colonel Craig Souza '87 Endowed Professorship in Meteorology



COURTESY
Plymouth State University (PSU) is proud to announce the establishment of the Colonel Craig Souza '87 Endowed Professorship in Meteorology, made possible through a generous gift from Craig Souza, Colonel (Retired), United States Air Force, and PSU alum. Pictured above (L-R): Air Force Colonel Eric McKinley, Joseph Zabransky, Ph.D., former PSU professor, Craig Souza and retired Army Lt. Colonel James Koerner, Ph.D., Professor Emeritus of Meteorology at PSU, at the Hall of Heroes in Washington, D.C. (2009).

PLYMOUTH — Plymouth State University (PSU) is proud to announce the establishment of the Colonel Craig Souza '87 Endowed Professorship in Meteorology, made possible through a generous gift from retired U.S. Air Force Colonel Craig Souza, a PSU alum. Souza served most of his career supporting the U.S. Army, including serving as the senior Air Force meteorologist supporting the Army and its Chief of Staff's weath-

erman. Souza credits his illustrious career to his time at PSU. The purpose of the endowment is to celebrate and provide financial support to a deserving PSU faculty member who will research and present on the value of "functional meteorology." "PSU's Integrated Clusters learning model emphasizes the interconnectedness of traditional industries in today's society, and this new position reinforces that model by support-

ing an interdisciplinary inquiry into functional meteorology," said Ann McClellan, Ph.D., PSU Interim Provost and Vice President of Academic Affairs. "The recipient of this endowed position will enrich the experience of PSU students and faculty in majors outside of meteorology by sharing his or her research with our community on an annual basis." "Functional meteorology" is the use of meteorological information to support decision-mak-

ing or add value to an automated process. Possible topics that could be further explored in this field include how integrating meteorological information or meteorological education in any major or discipline can improve an individual's decision-making process throughout their career; how to incorporate meteorological impacts on a business into a business strategy and business planning; how to add "meteorology" and meteorological impacts to decision support services; and how to enhance the general public's understanding of meteorology and the impact it has on our day-to-day lives. Souza hopes this gift will inspire professors and students across all disciplines to explore the ways in which meteorology can impact daily decision making and improve business processes. "I am honored to be able to pay back what the University has given to me. I have always been fascinated by meteorology. PSU provided me with the opportunity to learn from others in a multitude of disciplines," said Souza. "Meteorologists need to be able to communicate in the language of other disciplines in order

to be effective. It is my hope that this gift will help us all become better cross-disciplinary communicators." Souza graduated from PSU with a degree in atmospheric science and served an internship with the National Weather Service. The Meteorologist in Charge of the Office, an Air Force veteran, recommended he gain field experience in the Air Force, and Souza signed-on to the Air Force's delayed entry program and left for Officer Training before Plymouth State's graduation day. During his career, Souza was stationed around the globe from Vicenza, Italy, to the Pentagon, to name just a few locations. For his distinguished service, he earned dozens of medals, awards, and commendations, including the Defense Superior Service and Bronze Star medals. Souza's generous, continued support of the University also includes the Colonel Craig Souza "That I May Serve" Scholarship, which supports an undergraduate or graduate student who has performed a heroic act as a civilian, as a current or former member of the military, or as a member of a military

family. "We are thankful and honored that such a distinguished alum as Colonel Souza credits the education that he received from our program for his outstanding career as a meteorologist in the United States Air Force," said Lourdes Avilés, Ph.D., Professor of Meteorology and Climate Studies Program Coordinator. "The use of meteorological information to support decision-making is one of the most important new roles that professional meteorologists fulfill in the modern world. This professorship will support and encourage work by our faculty and their students in related areas, and we look forward to seeing what innovative, interdisciplinary work is produced as a result of this opportunity." Nominations for the professorship, which will be awarded for a three-year term, will open in fall 2021. Full-time PSU faculty are eligible, with preference given to faculty members in the Meteorology program or the Exploration and Discovery Cluster. *For more information about Plymouth State University, visit www.plymouth.edu.*



COURTESY
Artistic Roots member Lynn Haust won the Solomon Glass Award at the League of NH Craftsmen's Fair this year. She will be offering a course in fused glass this month at Artistic Roots on Sept. 15 from 5-7 p.m. Join her!

September at Artistic Roots

PLYMOUTH — This month we welcome new member, Ian Raymond. Raymond is a long-time photographer from the Lakes Region. His mission is to produce inspiring unique imagery exhibiting only the highest quality standards, using the latest technology and techniques, so that when you hold one of his images in your hand, you will feel that you are in the presence of a hand-crafted work of art. His work is amazing, and we are so pleased to have him join the Gallery. This month, we will bring back our Visiting Artists program. We are kickstarting this program by celebrating all the artists who have taken Zoom classes over the past year. Their participation in classes have helped us to survive the pandemic. We have 24 artists that will be showing their work from Sept. 1 through Oct. 31. On Sept. 23 from 5-7 p.m., we will have an opening reception. All are welcome to attend.

We have a combination of in person and Zoom classes. The Sun Catcher Class by Lynn Haust will be offered on Sept. 15 from 5 to 7 p.m. The class will teach students to use frit, stringers and pieces of glass to create sun catchers. The cost for the class is \$25 for members and \$35 for non-members. Suzan Gannett will offer a Zen Doodle Landscape Class. Learn to include Zen Doodle designs into a landscape of your own design. The class will be held on Sept. 22 from 10 a.m. to noon. Cost for members is \$25 and \$30 for non-members. Liz Keefe will offer a Mosaic Glass Class on Sept. 18 from 10 a.m. to noon. Come and create your own mosaic picture. Materials are included but you may want to bring your own disposable gloves, eye protection and wear 'artsy' working clothes. The cost for members is \$40 and for non-members \$45. All these in-person classes are limited to 8 students.

In accordance with CDC guidelines, we are asking that all students wear masks, even those that are fully vaccinated. Annette Mitchell will offer a four session Semi-Private Art Lesson on Tuesdays in September from 10 a.m. until noon. Dates for the class is Sept. 7, 14, 21, and 28. The class is limited to 3 students and all students must be vaccinated as per the request of the teacher. Annette Mitchell and Suzan Gannett will offer two series of seven classes on ZOOM called the Creative Challenges. Each week, we will

focus on an idea. Here are some examples of what might be included: striving for a dramatic/unexpected point of view, trying for a miserable failure, humor, etc. You can use any medium or a variety of media to work with. The choice will be yours. All levels of students are welcome. The cost for members is \$175 and for non-members \$200. Artistic Roots wishes to congratulate member Lynn Haust for winning the Solomon Glass Award at the NH League of Craftsmen's Fair.

Beckett students assist in carryout

HEBRON – Last Thursday's heatwave brought a retired couple vacationing from New Orleans to the cool clear waters found at Sculptured Rocks in Grotton. A slippery rock changed their enjoyable day into a nightmare. The 911 call was for an ankle injury. Hebron Fire/Rescue found the patient well down stream and across the river from the path. Luckily, Beckett Instructor, Dan Macpherson of Hebron and two of his students, Aiden and Jacob, were on the bridge viewing the river. Macpherson, knowing some of the rescue personnel was asked and graciously volunteered his team's help. Hebron Fire/Rescue members want to thank them for their community service and truly appreciated their assistance with the carryout.





NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.

THE DUMPSTER DEPOT®
Waste Recycling Services
CALL US TODAY TOLL FREE 1-866-56-DEPOT
LOCAL 603-783-8050
WWW.DUMPSTERDEPOT.COM



Like us on Facebook

HOME IMPROVEMENT SEASON IS THE REASON... TO GET ORANGE!
DUMPSTER RENTALS STARTING AT \$450
SAVE WITH OUR DUMPSTER DEPOT BUCKS

COMMERCIAL • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

NO HIDDEN FEES
NO FUEL CHARGE
NO TRICKY LONG TERM CONTRACTS TO SIGN

Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on Roofing, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at time of order. Expires 10/31/21.

HOOPING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	204 Braley Hill Rd.	Single-Family Residence	\$230,000	Li Danbar Trist and David B. Sanborn	Dana E. and Marissa Blades
Alexandria	16 Robie Rd.	Single-Family Residence	\$240,000	Richard R. and Ann R. Proto	Mark A. and Bryan A. Fralick
Ashland	Thompson Street	N/A	\$15,000	Matthew and Ann-Marie Potter	Erin M. Potter and Jessica E. Squires
Ashland	Thompson Street	N/A	\$152,533	Matthew and Ann-Marie Potter	Jessica B. Van Voorhees
Bridgewater	Dick Brown Road	Residential Developed Land	\$110,000	Leblanc Fiscal Trust and Norman S. Leblanc	John C. Klensin
Bridgewater	42 Pinker Rd.	Single-Family Residence	\$310,000	Joan L. Sullivan 1997 Trust and Mark J. Sullivan	Melissa K. Muriel and David G. Maine
Bristol	95 Mountain View Dr.	Single-Family Residence	\$425,000	Brian D. and Maritza R. Moore	Scott P. and Stephen D. Sweeney
Bristol	75 New Chester Mountain Rd.	Single-Family Residence	\$495,000	Janet R. Wilcox	Jeremy D. and Emily C. Wagaman
Bristol	N/A (Lot 94a)	N/A	\$385,000	John A. and W. Elizabeth Murphy	Alana J. and Christopher P. Dros
Campton	76 Pine Cove Rd.	Single-Family Residence	\$254,000	Dax D. and Candida M. McAfee	Brandonn D. Grassman and Cassidy M. MacDowell
Campton	N/A	N/A	\$207,000	George F. Hogan Estate and Judith Previer	Darlene Vaillancourt
Hebron	George Road	N/A	\$227,533	Donna M. Friedrich	Byron D. Middlekauff and Julie A. Degalan
Hebron	Hobart Hill Road	N/A	\$448,000	Kristina S. Lind 2021 RET	Alex Esterkin
Plymouth	Bayley Ave.	N/A	\$405,000	Thomas E. Lamb RET	Verado Properties LLC
Plymouth	227 Cummings Hill Rd.	Res.-Mtl. Bldg.	\$45,000	Roberta L. Blackler	David Clay
Plymouth	304 Main St.	Motel	\$1,640,000	Majm Holdings LLC	AR Lodge LLC
Plymouth	27 Visa Lane	Residential Developed Land	\$75,000	Sunny S. Mak	Cornish Krueckeberg Fiscal Trust and John C. Krueckeberg
Rumney	1049 Buffalo Rd.	Single-Family Residence	\$170,000	David and Vicky L. Napier	Jon Kristian Duval and Ashley L. Clark
Thornton	Covered Bridge Road	N/A	\$36,000	Christine Bernstein	Jeffrey E. Goodrich and Katherine E. Doble
Thornton	11 Northpointe Rd.	N/A	\$58,000	Linda Tillotson-Waldo	Nicole and James Desantis
Thornton	143 Snowood Dr., Unit F5	Condominium	\$265,000	Thomas R. and Susan G. Schade	Lynn and Robert Bowen
Thornton	Stone Dam Road (Lot)	Residential Open Land	\$70,000	Karin Pomerantz	Kathryn and Mary B. Cordeiro
Thornton	67 Sunrise Hill Rd.	Mobile Home	\$224,533	Cheryl D. Abjornson	Lynne and Edward Harkins
Waterville Valley	23 Black Bear Rd., Unit 211a	Condominium	\$119,933	John S. and Elyse C. Fila	Stephen Boris
Waterville Valley	28 Packards Rd., Unit 538	Condominium	\$159,000	O'Loughlin Fiscal Trust and John M. O'Loughlin	Daryl E. Zerveskes and Lydia Stacy

ABOUT THE REAL REPORT

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

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

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

Comfort Keepers

Take a deep breath: Stress relief

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

In many ways, stress is a part of life for all of us. But for seniors, stress can have a larger affect on physical and mental wellness.

Having worries and concerns is natural, but it is more important as we get older to practice stress-reduction techniques to manage these thoughts.

The great news is that stress, and the techniques to manage it, are usually easy for most people to practice. Meditation, breathing exercises, physical movement and other tactics can help seniors continue to live the best quality of life and can even improve overall wellness.

Why is it critical to manage stress?

As we continue to keep our homes and families safe during COVID-19, it's even more important to focus on the mental health needs of our seniors when it

comes to stress.

Several studies have shown that stress is linked to mental and physical problems, from anxiety and depression to hypertension and immune system complications. In fact, it's estimated that stress increases the risk of heart disease by 40 percent, heart attack by 25 percent, and stroke by 50 percent. Not to mention the fact that stress can also exacerbate existing conditions – which can be very impactful for those with less efficient immune systems.

What can seniors do to manage their stress in a positive way?

Finding moments of joy and focusing on activities and hobbies that bring meaning and purpose can help seniors manage their stress. Fortunately, there are many more stress relief techniques that seniors can follow to help improve their own personal well-being. What senior clients use to manage their stress today can help bet-

ter prepare them for any future stress.

Stress relief techniques

Connection can help relieve stress. Seniors can call a friend or family member, have a video chat or spend time with loved ones when possible.

Meditate at the same time every day or whenever feelings of stress or anxiety arise

Practice deep breathing and mindfulness exercises

Reach out to friends and family to connect and spend time together

Follow a consistent exercise regimen and healthy diet, upon physician approval

Journal or jot down thoughts and feelings at the end of each day – and be sure to take a moment to reflect on all the positive things that happened throughout the day

Find a virtual volunteer opportunity to give back to the community

Put together and execute a to-do list to

increase productivity, decrease feelings of restlessness, and combat procrastination

Join a yoga class or practice it at home (with physician approval)

Listen to soothing or relaxing music, especially before bed

Find a way to laugh, whether it's by watching a funny TV show/movie or listening to a comedy album

Comfort Keepers® can help At Comfort Keepers®, we have spent the last twenty years perfecting the art of helping seniors and other adults maintain their peace, happiness, and joy. To us, every moment in a senior's life is a unique opportunity to foster positivity, going beyond daily tasks. Our approach to care is called Interactive Caregiving™, a philosophy centered around four central aspects of life: mind, body, nutrition, and safety.

What's more, our trained caregivers are

selected with one specific quality in mind: empathy. Care that is empathetic is care that starts in the heart, and it allows us to meet our clients' exact needs.

Learn more about our unique service offering by contacting a local Comfort Keepers office.

About Comfort Keepers
Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

CASS INSURANCE INC.

'Nanc' & Michelle
PO Box 406 • Newport, Vermont 05855

**PERSONAL AUTOS, WORKMAN'S COMP.
GENERAL LIABILITY AND EQUIPMENT
HOMEOWNERS, SNOWMOBILES, ATVS**

802.334.6944-Work
802.334.6934-FAX
cassinsurance@myfairpoint.net

Town of Hebron

PUBLIC HEARING NOTICE

The Hebron Select Board will be holding a Public Hearing in accordance with NH RSA 31:95-b on Thursday, September 16, 2021 at 7:00 p.m. in the Town Office Building located at 7 School Street. This hearing is to accept Local Fiscal Recovery Funds from the State under the American Rescue Plan act of 2021. The public is encouraged to attend.

Hebron Select Board,
Patrick K. Moriarty, Chair
Richard A. James, Vice-Chair
Paul S. Hazelton, Selectman



DONNA RHODES

Battle of the Badges

In a Battle of the Badges softball game during Old Home Day last weekend, the Bristol Fire Department (left) came out on top of the scoreboard when they defeated the Bristol Police Department (right) by a score of 18-11. With the police department taking home the win from their first game in 2019, the teams are now tied in what fans hope will become an annual rivalry.

From the Editor's Desk

Get a hobby

Although we typically hear the phrase ‘get a hobby’ as a sarcastic way of putting someone down, there is also some truth to it. It’s important, especially for students to get involved in extracurricular activities.

Even as adults, when looking for work, it’s important to showcase experience as well as other aspects of your life. Most employers are looking for candidates who have a range of skills.

We learn this from a very young age. Striking a balance between work, school and taking time for yourself is key to a happy life. These days however, time seems to be something there is just never enough of. In fact, over the past several years, there has been a decline in civic engagement including neighborhood get togethers and leagues such as bowling, softball etc. Time seems to get eaten by social media or binging tv shows. Experts say the term ‘busy’ has been used as a badge of honor to make us feel important, not that we need to be busy, to actually be important.

Hobbies tend to make us more efficient. If we have a meeting to attend, or workout class to go to, we will check things off the list for work, to make time for what we want to do. When we feel like we have more time ahead of us to finish work, with nothing else to do, that time will get eaten up by work.

People tend to be more energized by active leisure, as opposed to watching movies or scrolling through social media. Active engagement allows us to be more present.

Hobbies are great for both students and adults alike in that it creates a chance to make friends and create new connections. We all know that social connections are key to creating happiness. People want to feel like they’re a part of a community.

Further, learning new things gives you more to talk about it, therefore making you more of a unique person. It makes you a more well rounded. Whether you hunt, mountain bike, play music, collect stamps, or Doors memorabilia, you’ll always have an interesting story to tell.

Being involved in other things besides school and work does relieve stress. Experts say to allocate one hour per day or a few hours per week to do something you feel inspired by. If there’s something you’ve always wanted to do, don’t wait for ‘someday’ do it now.

In our office, there are all sorts of conversations that take place because we all have different hobbies. We have history buffs, runners, musicians, hikers, snowboarders, actors, artists, movie buffs, podcasters and so much more.

As Dale Carnegie said, “Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you.”



COURTESY

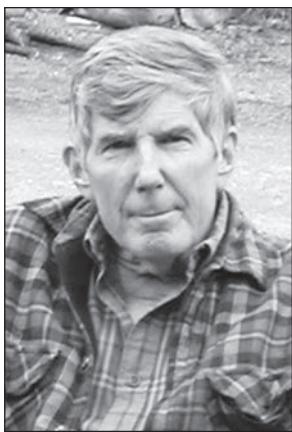
Browse the offerings at Yard Sale Day in Hebron

If you enjoy the white elephant, auction, and book tents at the Hebron Fair, you won’t want to miss the Hebron Yard Sale Day on Saturday, Sept. 4 from 9 a.m. to 3 p.m. Since this year’s modified fair did not include these usual features, many of the items that would have been sold at those tents will be for sale outside the Hebron Church at 16 Church Lane. As an additional benefit, there will be other yard sales at various locations throughout town that day. Stop by for great deals on used furniture, household items, books, games, puzzles, toys, sporting goods, equipment, tools, accessories, antiques and much more. For more info, including a list of participating locations, visit hebronchurchfair.org. The event is sponsored by the Union Congregational Church of Hebron.

NORTH COUNTRY NOTEBOOK

Where’s the summer gone?

Time (almost) for migration



By JOHN HARRIGAN
COLUMNIST

The other day, I asked a neighbor taking a breather between logging and haying if he knew where the summer had gone, and he didn’t. Another friend haying second crop talked wistfully of how beautiful the orchard grass had looked in the spring, as though ancient history.

Where has the summer gone? The schoolkids get an increasingly bobtailed version of summer vacation, the payback for snow-days. Parents are forced to pack family vacations and weddings and class and family reunions into ever-shorter vacation times, making “hectic” the dominant word.

July and August (in theory) survive intact, but mandated days are chipping away at those too. Everyone from service clubs to organizers of seasonal events has to work with a finite number of weekends in an ever-more complicated calendar.

Spring, summer, and fall seem to have become a brief period between the end and beginning of freezing rain, which heralds the beginning and end of winter. And suddenly here we are, on the cusp of another season--fair time--when we’re not quite done with this one.

+++++

Who would want to



COURTESY

Bedrock and mares’-tails (called “mackerel sky” Down East) go together on a typical fall hike to the top of a ridge (this one in New Durham) to watch for migrating raptors.

spend a Saturday morning standing on ridgetop bedrock and craning their necks to watch migrating hawks and other birds of prey?

Lots of people, which is why space is limited for the Hawk Watch with Scott Weidensaul on Saturday morning, Sept. 25, from 9 to noon at Birch Ridge Community Forest in New Durham.

The renowned ornithologist and best-selling nature writer will share his expertise and experiences from working with birds around the globe. Space is limited, and advance registration is required. The event is free.

The group will hike to higher ground to watch for migrating hawk and raptor species heading to warmer climates for winter. Late September is an ideal time to see migrating birds, which may pass by in the hundreds or thousands.

+++++

Regular readers have noted that I tend to devote more than the usual ink to the Loon Preservation Committee. (Full disclosure: Its for-

mer biologist Jeff Fair, now a wildlife biologist and writer in Alaska, is a close and longtime friend).

The real reason is that loons are a symbol of wildness, and have unforgettable calls. Historically they were widespread in New Hampshire, but were scarce and declining due to short-sighted shooting and lead poisoning from sinkers and lures. They are now vastly more abundant and increasing, thanks to the efforts of the LPC and its many volunteers.

The people who truly make the LPC click--its members, donors, volunteers, and staff--or-

dinarily get to mingle during its annual meeting. Unfortunately, under current conditions the mingling part has given way to the zoom fix.

That’s a shame, because I’ve been to many such gatherings, and they’re tons of fun. If there’s ever enough payback for time volunteered and dollars so willingly spent, they’re it.

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



Offerings from your folks (for loons, at least) can come in the form of food, or a ride on the back. (Photo courtesy Dan Robusto)

Newfound Landing

TO PLACE AN AD:
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 677-9085
kerri@salmonpress.news

TO PRINT AN OBITUARY:
E-MAIL: obituaries@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER
TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

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

NEWFOUND LANDING
PUBLISHED BY
SALMON PRESS
PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news
BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news
OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325
DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516
MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news
PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

CADY Corner

A dose of prevention
Important facts about prescription drug misuse

BY DEB NARO
Contributor

It's true that prescription drugs, when used as prescribed by a doctor or dentist, can be effective medicine. But using prescription drugs to get high can have very serious consequences. It all depends on the who, the how, and the why – who the medicine is prescribed for (you or someone else); how you are taking it (as prescribed or not); and why you are taking it (to get well or to get high). There are different types of prescription drugs that are misused. The most commonly misused drugs include narcotics (OxyContin®, Vicodin®), depressants (Valium®, Xanax®), and stimulants (Adderall®, Ritalin®).

ic substitutes. These drugs are also known as “opioids.” Examples include the illicit drug heroin and pharmaceutical drugs like OxyContin®, Vicodin®, codeine, morphine, methadone, and fentanyl. These can be in tablets, capsules, skin patches, powder or chunks in varying colors, liquids for oral use and injection, syrups, suppositories, and lollipops. They can be swallowed, smoked, sniffed, or injected. Besides medical use, narcotics/opioids produce a general sense of well-being by reducing tension, anxiety, and aggression. Other effects include drowsiness, inability to concentrate and apathy, slowed physical activity, constriction of the pupils, flushing of the face and neck, constipation, nausea, vomiting and, most importantly,

slowed breathing. Depressants refer to those drugs used to treat anxiety, insomnia, seizure disorders, and sleep disorders as well as those used to relax muscles and sedate. They can be in the form of pills, syrups, or injectable liquids. Teens misuse depressants to experience euphoria. Depressants are also used with other drugs to increase the other drugs' high or to deal with their side effects. Misusers take higher doses than people taking the drugs under a doctor's supervision for therapeutic purposes. Depressants induce sleep, relieve anxiety, and muscle spasms and prevent seizures. They also cause amnesia, reduce reaction time, impair mental functioning and judgment, and cause confusion. Long-term use of depressants pro-

duces psychological dependence and tolerance. Unwanted physical effects include slurred speech, bad motor coordination, weakness, headache, lightheadedness, blurred vision, dizziness, nausea, vomiting, low blood pressure, and slowed breathing. Depressants can be fatal if they are combined with other drugs or alcohol. Stimulants speed up the body's systems. This class of drugs includes prescription drugs like amphetamines (Adderall® and Dexedrine®), methylphenidate (Concerta® and Ritalin®); diet aids (such as Didrex®, Bontril®, Preludin®, Fastin®, Adipex P®, Ionomin® and Meridia®) and illicitly produced drugs (such as methamphetamine, cocaine, and methcathinone).

Many of these are legally prescribed and used to treat attention-deficit hyperactivity disorder (ADHD) and attention deficit disorder (ADD), however, can be misused as a means of getting high. These substances look like pills, powder, rocks, or injectable liquids, but are usually pills or capsules that are swallowed. When misused, stimulants can produce a feeling of exhilaration, enhance self-esteem, improve mental and physical performance, increase activity, reduce appetite, extend wakefulness for prolonged periods – creating a sense of being “high.” Chronic, high-dose use is frequently associated with agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both audi-

tory and visual hallucinations, may also occur. All three types of prescription drugs, when misused, may create psychological dependence and addiction. It is important to note that some of these substances are so potent that a single dose can be lethal. For more information on how to protect children from prescription drug misuse, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com
Bristol

September already? Where does the time go? With the Fall almost upon us, I wish you all a warm, comfortable month in hopes you can continue to get out and enjoy all our area has to offer.

The Minot-Sleeper Library is now open! I will attempt to familiarize you with some of the opportunities available at and through the library with brief descriptions and dates and times. Library cardholders can now borrow a laptop computer or an Android tablet and a hot spot for two weeks. Computers have Microsoft Office, including Word, Excel and Powerpoint on them. The tablets offer a variety of apps, including Libby, giving you access to free ebooks and downloadable audiobooks. New monthly newsletters with a listing of new books for adults and families are now being offered. Sign up at; https://forms.gle/66g28wNmXYj-T3yF6. Upcoming events

include: Poetry Night on Thursday, Sept. 2 at 6:30 p.m. in the meeting room, Nonfiction Book Group on Thursday, Sept. 9 at 3 p.m. in the meeting room (“Sam Houston & The Alamo Avengers; The Texas victory that changed American history” by Brian Kilmeade), Third Monday Book Group on Monday, Sept. 20 at 10 a.m. for a discussion of the book “The Lady and the Unicorn” by Tracy Chevalier. Virtual events include: Classic Book Group the third Tuesday of every month at 6:30 p.m., Movie Group on Sept. 28 at 6:30 p.m. featuring “The Story of Luke” this month, and Knot Only Knitters every Monday from 2:30 - 4:30 p.m. Story times every Friday at 11am at Kelley Park unless bad weather forces the event inside the library. Families of all ages are welcome to come for a story and a craft project. Life Size Pac Man on Sept. 6 at noon at the Kelley Park Pavilion for kids ages eight and up. Contact the MLS to sign up. Home School Hang Out on Sept. 16 at 3 p.m. A science experiment

and then hang out with snacks provided. Contact the MLS to sign up. Bad Art Night will be held at the MLS on Sept. 22 at 2 p.m. Participants will be asked to create the ‘worst’ piece of art for special prizes. Contact the MLS to sign up. Movie Screening; Cinderella (live action) on Friday, Sept. 24 at 3:30 p.m. “Cinderella” on the big screen with popcorn and refreshments. Free and open to all ages. The Bristol Historical Society Open House is held on Tuesdays from 6:30 – 8 p.m., and on Saturdays from 9 a.m. until noon. TTCC Programs starting up in the Fall include: New Dance Classes at the TTCC on Saturday mornings from Sept. 25 – Oct. 30 for Ballet/Creative Movement, Fundamentals of Dance, ages three to five, grades K-2 for a fee. Jazz and Hip-Hop for grades three to six from 10:45 - 11:30 a.m., also for a fee. Youth Field Hockey for two divisions (K-2 and 3 - 6) Saturdays, Tuesdays and Thursdays on Kelley Park. Youth Soccer will hold a skill assessment day on Saturday, Sept. 11.

Three age groups will be served: K/1, 2/3, and 4-6. L'IL Kicks Soccer will be held for ages 3 - 5 on Saturdays starting on September through Oct. 23. The After School Program at the TTCC is full! If you wish to have your child added to the waiting list, use the online contact below. Karate Lessons at the TTCC will be held beginning Sept. 8 for ages: 5-6, 7-9 and 10-14. The TTCC Fall Running Club for ages nine and up one or two days a week will start in early September and ‘run’ until mid to late October. All participants must register. Adult Programs at the TTCC include: Shape Up Newfoundland on Mondays, Thursdays and Saturdays at the Bristol Elementary School. Pick-up Sports include Badminton, Volleyball, Basketball, Pickleball and Pool. Contact the TTCC at www.ttccrec.org or 744-2713 for more information on these and other programs.

Hebron
Hebron Yard Sale Day, Saturday, Sept. 4
If you enjoy the white elephant, auction, and book tents at the Hebron Fair, you won't want to miss the Hebron Yard Sale Day on Saturday, Sept. 4 from 9 a.m. to 3 p.m. Since this year's modified fair did not include these usual features, many of the items that would have been sold at those tents will be for sale outside the church. You could call it an addendum to the Hebron Fair. As a bonus, there will also be yard sales at other places throughout town that day. Donations of items for the church's portion of the yard sale day will be accepted at the church on Thursday, Sept. 2 from 5 to 7 p.m. and again on Friday, Sept. 3 from 9 a.m. to 3 p.m. Please note we will not be selling rummage at the yard sale, so keep those items for next year's fair, or contribute them to Ladders in Plymouth, Bristol Community Services, or the charity of your choice. And we have lots of books already, so if you hold on to those

until next year that would be appreciated. Also, please refer to the No-No's List on the fair website for items we cannot accept. For more information, including a list of participating locations, visit hebronchurchfair.org. Thank you. Hebron Historical Society
On Friday, Aug. 20, the Hebron Historical Society hosted a program with humorist and storyteller Rebecca Rule. The turnout was great, and the audience enjoyed her Yankee humor and her ability to add some local color. The time for refreshments ended earlier than expected when another group came in to set up for a wedding reception the next day. HHS would like to thank all those who attended, and hopes to see you at our future programs. We apologize to anyone who was puzzled or felt displaced by the increased activity. Overall, it was a great chance to share some laughs.

Advertisement for car seat safety featuring a baby bottle and the text: 'THE NUMBER OF PEOPLE WHO THINK THEY HAVE THEIR CHILD IN THE RIGHT SEAT.' vs 'THE ONES WHO ACTUALLY DO.' and 'KNOW FOR SURE IF YOUR CHILD IS IN THE RIGHT CAR SEAT.'

Advertisement for Edward Jones: Financial Focus. Start thinking about your retirement income plan. Includes text about retirement planning, a list of bullet points, and contact information for Jacqueline Taylor.

Margaret Gillespie receives Horizon Award from Squam Lakes Natural Science Center

HOLDERNESS — Squam Lakes Natural Science Center held its Annual Meeting for Members virtually on Saturday, Aug. 21. Executive Director Iain MacLeod presented the Horizon Award to Margaret Gillespie, Naturalist.

The Board of Trustees established the Horizon Award in 1995 to honor exceptional and extended service to the Science Center. Volunteers, staff, and trustees have been recognized since then for their leadership, vision, passion, and commitment to the organization and its mission.

Margaret Gillespie's connection to the Science Center began in 1986 when she joined the staff as a naturalist. She was also coordinator for Project Learning Tree at the same time for the next 11 years. Throughout her 35 years at the Science Center, Margaret has inspired countless thousands of students and families while sharing her passion for the natural world through engaging and innovative educational experiences. She also reached a larger audience through her writing. Margaret has written the natural history column for the Tracks & Trails member newsletter for over thirty years. Many of Margaret's columns were compiled, along with exceptional photography of the natural world, to create the book *Nearer to Nature*, published in 2016 to coincide with the Science Center's 50th anniversary. It is with much appreciation that the Horizon Award was presented to Margaret Gillespie.

Board Chair Justin Van Etten began his remarks for the Annual Meeting with a remembrance of trustee Tom Cowie. Tom passed away in early 2021 and is greatly missed and fondly remembered. Tom served as board Secretary, was a member of the Finance Committee, and chaired the Human Resources committee. His guidance and expertise were instrumental in the successful sale of the Holderness Inn in 2018.

Other business that took place at the Annual Meeting included honoring retiring trustee Tony Wagner, Ed.D. Wagner served on the board for nine years. He was chair of the Education Committee and served on the strategic planning committee and the Education Matters Capital Campaign cabinet.

Officers elected to serve one-year terms are Justin Van Etten, Chair; Sarah Brown, Vice Chair; Anne R. Lovett, Treasurer; Susan Lynch, Secretary. Trustees re-elected for a three-year term are Justin Van Etten, Susan Lynch, and Martha Grant. New trustees nominated to serve a three-year term are Cathy Denious, Diane Garfield, Barbara Nan Grossman, and David Murphy. Full biographies of new trustees are available at nhnature.org/programs/annual_meeting.php.



THIS IS A SICKNESS CAUSED BY BACTERIA AND OTHER CONTAMINANTS IN RAW OR UNDERCOOKED FOOD.

ANSWER: FOOD-BORNE ILLNESS

Math Blocks

Fill in the missing blocks with numbers between 0-10. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.

	1	0	5
3		7	18
		5	13
9	15	12	

5	9	2
5	6	2
7	8	3
0	1	4

Solution

Get Scrambled

Unscramble the words to determine the phrase.

D F O O F S Y A T E

ANSWER: Food safety

THIS DAY IN... HISTORY

SEP 3

- **1783:** THE TREATY OF PARIS IS SIGNED, ENDING THE AMERICAN REVOLUTIONARY WAR BETWEEN THE UNITED STATES AND GREAT BRITAIN.
- **1939:** GREAT BRITAIN AND FRANCE DECLARE WAR ON GERMANY DURING WORLD WAR II.
- **1976:** THE UNMANNED SPACECRAFT VIKING 2 LANDS ON MARS AND TAKES THE FIRST SURFACE PICTURES.

New Word

CONTAMINATE

make something impure

How they SAY that in...

ENGLISH: Food

SPANISH: Comida

ITALIAN: Cibo

FRENCH: Nourriture

GERMAN: Essen

Did you know?

KEEP FOODS LIKE EGGS, FISH, MEAT, AND POULTRY AWAY FROM OTHER RAW FOODS WHEN PREPARING MEALS. THIS WILL LESSEN THE CHANCE OF BACTERIA CAUSING ILLNESS.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: SALAD BOWL

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to water quality. Each number corresponds to a letter. (Hint: 12 = E)

A. 17 22 1 19 5 26
Clue: Part of the heart

B. 3 17 1 13 19 17 3
Clue: Relating to the heart

C. 9 12 6 6 12 8
Clue: Vein, artery or capillary

D. 6 22 1 12 23 10 22 18
Clue: Quality of being strong

Answers: A. atrium B. cardiac C. vessel D. strength

SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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

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

ANSWER:

Field hockey Bears “have the ingredients” in new season

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — It is bound to be an interesting season for coach Kammi Williams and the Newfound field hockey team.

The Bears return seven starters, though only three in the same positions. They have everything from experienced players to first-year players. And with only 15 players in the program, the freshmen will have to play a role, but none of them have played a regular season game since they were in seventh grade, thanks to last year’s cancelled middle school season.

“I’m going to take it one day at a time,” said Williams. “One key injury could derail our season.

“I see a lot of potential with endless room to grow,” the Bear coach continued. “Obviously, we need to stay healthy and injury-free.”

The top two returning players for the Bears are Cassie Zick and Maggie Bednaz and they move to new positions in the 2021 season. Zick will be center midfield, moving from the left side, while Bednaz will move to center back from her left back position.

“Both of these girls will control the tempo of our game,” Williams said. “They are extremely athletic, have strong stick skills as well as being great leaders on and off the field.

“They are both up to the challenge as our hope is for our team to grow and strengthen around them throughout the season,” the Bear coach added.

Senior Mackenzie Jenkins returns to the sweeper position and will be the glue of the team’s defense. She earned her coach’s praise for being incredibly consistent and steady and a player “you can truly count on.”

Classmate Lindsey Lacasse is returning to her right midfield position and Williams notes she is looking for her to pick up where she left off after a breakout season last year.

“Lindsey and Cassie at the midfield position really set up our offensive charge down the field,” Williams said.

Matti Douville is also back for the Bears and will return to right half-back, bringing with her a big stick with strong stick skills to the position and Williams notes she can change the momentum of the game with her ability to move the ball quickly down the field.

Sophomore Isa LaPlume will be moving to left midfield as she sees her time increase. Williams notes that she really impressed the coaches with her conditioning and improved stick skills in the summer months.

“She demonstrates the ability to carry down



JOSHUA SPAULDING
Isa LaPlume will be switching positions to left midfield in her sophomore season for the Newfound field hockey team.

the field and well as send strong (balls) across the stage,” Williams said. “I’ve always believed a strong midfield is the best policy.”

Classmate Savannah Bradley will be moving to right wing this season and brings a good dose of speed to the Bears and with Douville’s drives, will make a tough duo.

Freshman Adi Dolloff will be a key player to watch, Williams noted, as she will be at center forward and has proven she can fill some big shoes.

“She has a big stick and her stick skills and passing skills improve on a daily basis,” Williams said. “I’m hopeful that she might have the knack for finding the back of the goal cage.”

Fellow first-year student Ali Normandin will begin her varsity career as the team’s goalie.

“Ali works hard every day as the only goalie in our program,” Williams said. “She takes lots of shots and has had a lot of pressure put on her. She has handled it like a champion and we hope to see her confidence continue to grow throughout the season.”

Junior Sofia Wicher and freshman Elle MacDonald will share time at left wing and will sub in at the midfield, soph-

omore Electra Heath and freshman Skylar Lacasse will share time at left defender and first year players Casey Bush and Kenzie Desrochers provide depth for the Bears off the bench.

“I think that if all the cards fall right and we stay focused, work hard every day and demonstrate a willingness to learn, I could see a state quarterfinal game in our future,” Williams said. “Which is what I think every coach strives for.

“I think we have the ingredients and now we have to make it work,” she added.

Newfound will return to a regular Division III schedule, with two games each with Winnisquam, White Mountains and Berlin and single games with St. Thomas, Monadnock, Laco-

nia, Littleton, Gilford, Hopkinton and Bishop Brady.

The Bears were slated to open the season at St. Thomas after deadline Tuesday. They are scheduled to be at Monadnock on Friday, Sept. 3, then will host Winnisquam on Tuesday, Sept. 7, at 4 p.m.

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

Sixth Annual Battle of the Sexes Tennis Tournament scheduled for Sept. 19

Register your doubles team now!

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — Pemi-Baker Community Health (PBCH) is excited to announce that the Waterville Valley charity event, “Battle of the Sexes Tennis Tournament” will be held on the outdoor, clay courts

on Sunday, Sept. 19. Doubles men’s teams will compete against doubles women’s teams in hour long battles on the court as well as competition for overall moneys raised for PBCH’s Palliative & Hospice Care.

The generosity of our players, sponsors, and donors has raised \$30,000

over the past six years for PBCH and hopes are high for bragging rights this year. You can join in the fun by registering your doubles team; players are participating from all over the state. In past years, Pirates, Roaring Twenties Flappers, Cowboys and Pink Diva costumes have added to

the fun and given players point advantages. Players can also ‘buy’ mulligans / serves during play which of course adds to the proceeds and fun.

There are many other ways to get involved if you don’t want to battle it out on the tennis court. An auction site has been set up to buy raffle tickets for wine baskets, photography/artwork and more. You can also help your favorite team win the ‘Moneys Raised’ competition by donating on the auction site towards your favorite team: ‘Men’ or ‘Women.’

www.32auctions.com/Battle2021

If you would rather be a spectator watching the shenanigans and banter, we encourage you

to join us courtside on the 19th. Teams will be competing from 2-5 p.m., and prizes will be given out at the after-party at the Wild Coyote Grill located in the White Mountain Athletic Club. Raffle tickets can also be bought courtside during the competitions and at the after-party.

For more information about how you can get involved, please visit our website: www.pbhha.org and look on our events page. Many thanks to Waterville Valley Realty and Roper Real Estate for sponsoring the event!

With more than 50 years of experience, serving clients from 28 towns in central and northern New Hampshire, Pemi-Baker

Community Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool. Providing compassionate care with experienced staff who are trained, certified professionals in the business because of their hearts. In your time of need, we’re right where you need us.

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

Circle Program announces new program coordinator

PLYMOUTH — Circle Program is excited to welcome Rebekah Lewis, as the new Program Coordinator.

Lewis will be responsible for managing the organization’s Mentor Program. She began her involvement with Circle Program as a member of the Circle Camp staff in 2019 and has herself served as a Circle Mentor for the past three years. This combined experience gives her a unique perspective on the needs of the participants and how Circle can continue to support the Mentors in the crucial role they play, supporting and guiding the young person they mentor.

Lewis was born and raised in the west and, as she puts it, “is now living the New England dream.” She is a student at Plymouth State University, finishing her degree in Social Work. Rebekah is committed to diversity and inclusion; in addition to her work with Circle Program, Rebekah is the Online Director for Plymouth Area Network To Help End Racism.

Lewis says, “I am so excited and honored to be working with the mentors in this great organization. I am committed and passionate about this Mentor program, and the incredible youth we serve at Circle Program.”

Circle Program is always looking to add to our amazing team of mentors. If you have a passion for working with youth and feel inspired to empower, transform, and enrich the life of a girl in New Hampshire, please send Rebekah an email at mentors@circleprogram.org.

Circle Program is a non-profit organization based in Plymouth. The organization provides a unique combination of year-round mentorship and residential summer camp to financially disadvantaged girls throughout the greater Lakes Region of New Hampshire.

SalmonPress.com

If it’s important to you,

It’s important to us.

Looking for the Newfound Landing?

Covering the Newfound Lake Area & Surrounding Communities



Find it **FREE** Online at:
www.NewfoundLanding.com

Or **FREE** at these
fine local businesses:

BRIDGEWATER:

Newfound Grocery

BRISTOL:

Bristol Post Office (Outside Box)

Bristol Town Hall

Bristol Laundry

Cumberland Farms Bristol

Park & Go Bristol

Shacketts

Rite Aid Bristol

Hannaford

Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

Gordon Nash Library

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

**PUBLISHED
EVERY
THURSDAY!**

A new publication full of local news, sports & happenings from the following communities:

Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton



www.NewfoundLanding.com

Headquarters: 5 Water Street, P.O. 729 Meredith, New Hampshire • (603) 279-4516

Celebration

FROM PAGE A1

At 8:30 a.m. the next morning, runners lined up for a 5K race through the town while the members of Union Hall Masonic Lodge on Pleasant St. were busy cooking their own traditional pancake breakfast. Back in Kelley Park, DJ Tim Martin got the activities rolling at 9 a.m. that morning. Throughout the day everyone enjoyed a mini-marketplace filled with lo-

cal crafters, children's games, pony rides and several other fun and interesting activities. Bristol Historical Society offered books and photo displays of Bristol's past and local crime writer Sue Coletta also set up a booth where she sold and autographed her popular novels. Also on hand were the Newfound Area Boy Scouts of Troop 59 and the Pack 59 Cub Scouts. Both provided information for those interested

in joining the fun and educational opportunities scouting provides. In addition to that, they had some exciting activities for people of any age to enjoy that day. Among those were a rope bridge challenge and a Shooting Education Range, complete with bow and arrow, and BB gun targets where people could practice and learn safety measures. "Oh Dad, you're embarrassing me," one boy joked as he watched his

father on the bow and arrow range. Another popular stop was the towering climbing wall, and once the sun warmed up the park, the giant Twin Falls dual water slide drew a lot of attention as well. Special events throughout the day included an impressive K9 demonstration from Bristol Police Officer Nick Kelley and his partner Arro along with Franklin K9 officer Sgt. Joseph Guerriero and

his pal Falco. Pony rides, a vintage and antique car show, Touch-a-Truck fun with the Bristol Fire Department and a performance from a local ukulele band rounded out the afternoon. As preparations got underway for the annual Lobster/Chicken Dinner and the music of Solitary Man, many gathered on the baseball field to watch a Battle of the Badges softball game between Bristol's police and fire departments.

After losing their inaugural game to the police in 2019, the fire department this year brought out some heavy hitters and took the win with a score of 18-11. Events coordinator Claire Moorhead was pleased to see the crowds come back to enjoy this year's celebration and commented that, with the weather cooperating, it couldn't have been a better day in the community.

Butterfly

FROM PAGE A1



tershed exploration twice a month throughout the summer, they spend their service term maintaining conservation areas, connecting with the community, and collaborating with other local organizations. The Newfound Lake Region Association's mission is to protect Newfound Lake and its watershed. The Association - through education, programs and collaboration - promotes conservation and preservation of the region's natural, social, and economic resources. For more information about the NLRA, upcoming events, and this year's Watershed Stewards, please visit NewfoundLake.org.

Football

FROM PAGE A1

counted on to contribute on the offensive and defensive line and have shown good strength in the early part of the pre-season. Dylan Hennessey will likely see time at receiver and defensive back, while Owen Wyatt will work on the offensive and defensive line. Perhaps the team's top lineman, Logan Haskell, missed the early preaseason, but Parsons is hopeful to have him back. David Joyce is also out for football for the first time and offers some solid skills. No discussion of the

Newfound football team will be complete without discussing Malaki Ingram, who Parsons imagines could do a little of everything, including receiver, running back and quarterback at times. "No one on our team can cover him," Parsons said. "Getting the ball to number seven will be a key in our offense. "We're going to try to be pretty balanced on offense," the new coach continued. "We want to throw enough at people to keep teams from stacking the box. "We have a lot of good young kids," Parsons said. "We have some who

have never played before." That being said, the new coach is excited for what the season could bring and is hopeful that the Bears will be a competitive team across the board. "I'm excited," Parsons said. "If we do the right things and stay healthy, we'll be one of the more competitive teams. "Everything is new for everybody," he added. "They're still learning and getting used to it all." Parsons also brings with him as an assistant coach Mitch Banuskevich, who played at Milford and at Plymouth

State. They will be joined by assistant coach Logan Belanger, who is familiar to many athletes from the baseball team. The Bears will be playing a full schedule, with games against Mascoma, Somersworth, Bishop Brady, Franklin, Fall Mountain, Farmington-Nute, Raymond, Epping-Newmarket and Newport. The season officially kicks off on Saturday, Sept. 4, at Mascoma at 2 p.m. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Soccer

FROM PAGE A1

as a competent goalie after her work the last two seasons and continues to work to improve each year with her ability to stop most of what is shot at her." With new players in the fold, the Bears are able to move around returning players to better suit the needs of the team. Junior Lily Karkheck was named co-captain at the start of the season and has been an anchor at sweeper for the Bears the last three years. However, with the arrival of freshman Isadora Robert, Karkheck has moved up into a more offensive distributive midfield position. "Once (Robert) gains some experience and confidence working with her back line, we are excited to see her potential grow over the next four years to hold down our defensive line," Smith said. Robert will be sandwiched between the two returning outside defenders in Emily Avery and Emily Huckins, while Hannah Bassett and Isabel Braley are also back for the defense and will provide experienced depth. "Resetting the defensive line has allowed us to push some of our more experienced and powerful players into more offensive roles this season," Smith said. "It has already paid off with seven goals in our preseason matches and first game against White Mountains." Midfielders Becca Dillon and Soraya Glidden will team with Karkheck to allow for better tran-

sitions through the midfield, something that was missing last year. MollyLu McKellar moves up the front line after previously serving as a midfielder and defender and has proven she belongs up front. "Although she can play anywhere we put her on the field, her ability to take on defenders and put balls in the goal has given the team an early boost of confidence and stability," Smith noted. Also returning up front are sophomores Rylee Barney and Taylor Mooney, bringing ball skills and speed to the front line. Elsa McConologue and Emma Carlson are also versatile players that can play anywhere on the field that they are needed. "We expect our girls to be positive role models on and off the field and use their platform as Newfound student-athletes out in the community," Smith said. "They look forward to things getting back to normal and being able to volunteer for some TTCC programs and again and work with the younger kids in our town. "They understand the future of our athletic programs are connected to these experiences for many kids and our positive interactions will only help the future for all the Newfound sports programs," the Bear coach said. The Bears will play a Division III schedule that features two games each with Berlin, Lin-Wood, Inter-Lakes and Mascoma and single games with White Mountains, Conant, Laconia, Fall Mountain, Monadnock,

Gilford, Kearsarge and Campbell. The season started with a loss at White Mountains Regional on

Friday and continued after deadline on Wednesday, Sept. 1 at Berlin. The girls host Inter-Lakes on Friday, Sept. 3, are at

Conant on Tuesday, Sept. 7, and will be hosting Laconia on Thursday, Sept. 9, all with 4 p.m. starts.

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

THE SALMON PRESS 2021/2022 NEW HAMPSHIRE

WINTER GUIDE

ADVERTISING DEADLINE WEDNESDAY, OCTOBER 21ST AT NOON

Glossy advertising is limited!

SIZE & PRICING INFORMATION

Full page with bleed.....	\$785
(8.5" x 10.5" w/live image area of 7.25" x 9.25")	
FULL PAGE without bleed (7.25" x 9.14") ...	\$785
2/3 PAGE (4.778" x 9.14")	\$575
1/2 PAGE vertical (4.778" x 6.954")	\$435
1/2 PAGE horizontal (7.25" x 4.5")	\$435
1/3 PAGE square (4.778" x 4.5")	\$310
1/6 PAGE vertical (2.187" x 4.812")	\$170
1/6 PAGE horizontal (4.778" x 2.188")	\$170
1/12 PAGE square (2.3" x 2.25")	\$100

GLOSSY PAGE PRICING (sizing same as above)

Full Page.....	\$1,500
Half Page.....	\$850

ALL ADS INCLUDE:

- FREE LAYOUT & DESIGN
- FREE LISTING IN OUR ADVERTISER'S INDEX

DISTRIBUTED TO MORE THAN 300 LOCATIONS THROUGHOUT NEW ENGLAND INCLUDING...

Massachusetts, Rhode Island Connecticut & New Hampshire

On NEWSSTANDS LATE NOVEMBER

TO PLACE AN AD PLEASE CONTACT:

Tracy Lewis
(603) 616-7103
tracy@salmonpress.news

or

Lori Lynch
(603) 444-3927
lori@salmonpress.news



Margaret Gillespie receives Horizon Award from Squam Lakes Natural Science Center

HOLDERNESS — Squam Lakes Natural Science Center held its Annual Meeting for Members virtually on Saturday, Aug. 21. Executive Director Iain MacLeod presented the Horizon Award to Margaret Gillespie, Naturalist.

The Board of Trustees established the Hori-

zon Award in 1995 to honor exceptional and extended service to the Science Center. Volunteers, staff, and trustees have been recognized since then for their leadership, vision, passion, and commitment to the organization and its mission.

Margaret Gillespie's connection to the Science Center began in 1986 when she joined the staff as a naturalist. She was also coordinator for Project Learning Tree at the same time for the next 11 years. Throughout her 35 years at the Science Center, Margaret has inspired countless thousands of students and fami-

lies while sharing her passion for the natural world through engaging and innovative educational experiences. She also reached a larger audience through her writing. Margaret has written the natural history column for the Tracks & Trails member newsletter for over thirty years. Many of Margaret's columns were compiled, along with exceptional photography of the natural world, to create the book *Nearer to Nature*, published in 2016 to coincide with the Science Center's 50th anniversary. It is with much appreciation that the

marks for the Annual Meeting with a remembrance of trustee Tom Cowie. Tom passed away in early 2021 and is greatly missed and fondly remembered. Tom served as board Secretary, was a member of the Finance Committee, and chaired the Human Resources committee. His guidance and expertise were instrumental in the successful sale of the Holderness Inn in 2018.

Other business that took place at the Annual Meeting included honoring retiring trustee Tony Wagner, Ed.D. Wagner served on the board for

Campaign cabinet.

Officers elected to serve one-year terms are Justin Van Ethen, Chair; Sarah Brown, Vice Chair; Anne R. Lovett, Treasurer; Susan Lynch, Secretary. Trustees re-elected for a three-year term are Justin Van Ethen, Susan Lynch, and Martha Grant. New trustees nominated to serve a three-year term are Cathy Denious, Diane Garfield, Barbara Nan Grossman, and David Murphy. Full biographies of new trustees are available at nhnature.org/programs/annual_meeting.php.

Exhibits Assistant (15 years); Iain MacLeod, Executive Director (15 years); Margaret Gillespie, Naturalist (35 years). Their collective experience makes up 90 years of service to the Science Center.

Executive Director Iain MacLeod and Board Chair Justin Van Ethen thanked everyone for all of the support over the past year. The challenges were met when everyone rallied together to keep the Science Center operating to continue to bring people *Nearer to Nature* for many more years.

Employees recognized for service milestones included Aubrey Voelker, Animal Care Training Coordinator (5 years); Amanda Gillen, Marketing Manager (10 years); Jeremy Phillips, Naturalist (10 years); Dennis Capodestria,

The 2020 Annual Report and Financial Statements are available at nhnature.org/support. A full recording of the Annual Meeting is available at YouTube.com/nhnature or directly at https://youtu.be/u0_Zu3OPGOc.

BIG BOY TOYS

2003 100th Anniversary Road King Classic
Loaded & Sharp!

1997 Heritage Springer Soft Tail
One of the featured bikes at the 100th Anniversary Harley Davidson Rare Bike!


Call for More Info
603-569-4799

LOW COST SPAY/NEUTER

Rozzie May Animal Alliance, nonprofit serving NH and Maine.


Cat Cab service available.
Cats \$70-\$85. Military discounts.

Sign up on line
www.RozzieMay.org
or call 603-447-1373



REAL ESTATE

55 Plus MODEL HOME
OPEN SUNDAY 12 to 2



\$169,995 Come and take a look!
Garage, Porch, Appliances
*10% down - 25 years at 6%
Call Kevin - 603-387-7463
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

HELP WANTED

**Precision Lumber Inc.**

WATCHMEN WANTED

PART TIME WATCHMEN POSITIONS AVAILABLE

**Precision Lumber Inc.**
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM
603-764-9450

**BELLETETES**
BUILDING PRODUCT SPECIALISTS

ASHLAND - CASHIER

Are you friendly, outgoing and enjoy meeting new people? Belletetes is looking for a full-time cashier to work in our Ashland store. Hours include every other weekend. Must have excellent customer service skills.

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

Rick Ash, Hardware Manager
Belletetes, Inc., 20 West St., Ashland, NH 03217
or you may email to rash@belletetes.com

Competitive Wages	Paid Vacation	Paid Holidays	Paid Time Off
Health Insurance	Profit Sharing	Store Discounts	Much More!


**Precision Lumber Inc.**

IMMEDIATE OPENINGS
SAWMILL AND PLANER MILL WORKERS

DAYTIME SHIFT
BENEFITS INCLUDE
VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

Apply in Person
or email precisionlumber@lumbemh.com
to request us to email an application

**Precision Lumber Inc.**
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

**PSI Molded Plastics**


OPEN HOUSE / JOB FAIR
WEDNESDAY, SEPTEMBER 15th
7:00am to 11:00am
&
THURSDAY, SEPTEMBER 16th
4:00pm to 8:00pm

Machine Operators – All shifts
Assembler – 2nd and 3rd shift
Sanders – 1st shift

Pay starts at \$14.50 plus shift \$.75 differential for 2nd & \$1.50 shift different for 3rd.

Painter – 3rd shift starting pay \$16.00 plus \$1.50 shift differential

PSI Molded Plastics
Five Wickers Drive
Wolfeboro, NH 03894
603-941-0022



Break out of the same monotonous routine and find an exciting new job.

See the classifieds today!

**The Village of Loon Mountain**

The Village of Loon Mountain is located in the heart of the White Mountains, New Hampshire. We have 92 units, including lodge and townhouse condos. Our mission is to improve the quality of work/life by providing equal employment opportunities for all candidates and team members.

Current Full Time Positions Available:
Painters
Maintenance Technicians
Groundsmen
Housekeepers
Housepersons
Laundry Attendants

We offer competitive wages and the following benefits after the successful completion of a 90-Day introductory period:

- Health insurance
- Dental insurance
- Paid Holidays (5 holidays a year)
- Accrued Sick Time (5 Days a year)
- Discounted stays at all VRI managed properties
- One-week paid vacation after (1) year, two weeks paid vacation after (2) years

How to Apply:
In person: 72 Loon Village Rd. Lincoln, NH 03251
Email: info@villageofloon.com or call 603.745.3401

We are looking for motivated
and dependable individuals
to join our

Dining Services Team.

Full and Part Time Positions available
Visit our website for staff opportunities

www.newhampton.org/about/careers

SMART • FRIENDLY • SERVICE
SINCE 1898

BELLETETES
BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Contractor Sales

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

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

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

E.O.E.

▶Competitive Wages	▶Paid Vacation	▶Paid Holidays	▶Paid Time Off
▶Health Insurance	▶Profit Sharing	▶Store Discounts	▶401k

SMART • FRIENDLY • SERVICE
SINCE 1898

BELLETETES
BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Yard Associate

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

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

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

E.O.E.

▶Competitive Wages	▶Paid Vacation	▶Paid Holidays	▶Paid Time Off
▶Health Insurance	▶Profit Sharing	▶Store Discounts	▶401k

WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision, Short Term Disability, Long Term Disability, Life Insurance, 401k, 10 paid holidays, paid vacation time, paid sick time, and many other incentives!

Assembler – 2nd & 3rd Shift - Starting Pay \$14.50

Machine Operator – 2nd and 3rd Shift - Starting Pay \$14.50

Process Technician – 2nd Shift - Starting Pay \$19.00

Spray Painter – 2nd Shift - Starting Pay \$16.75

Sander 1st Shift - Starting Pay \$14.50

Machinist 2nd Shift – Starting pay depending on experience.

****\$1,000 SIGN ON BONUS**

****SUBJECT TO TERMS AND CONDITIONS****

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at www.psimp.com. You can also email your resume directly to donna.doyle@psimp.com, please be specific as to what shift and position.

PSIMP an Equal Opportunity Employer.
ISO 9001:2015 Registered.

To Heal, To Respect,
To Console

Now Hiring for Registered Nurses for the following Departments:

(Some departments include working 72 hours and getting paid for 80 hours)

Medical/Surgical	Operating Room/Surgery
Emergency Room	Intensive Care
Pediatric Acute	Labor & Delivery

We are looking for strong, driven, compassionate Nurse Leaders, come join us.

Sign on Bonus	Excellent Benefits Package
Subsidized Housing options	Very Competitive rates
Loan Repayments options available	

www.tchealth.org • 928-283-2432
TCRHCCHR@tchealth.org

1 hour from Grand Canyon, Monument Valley, Lake Powell and Flagstaff.

WE'RE HIRING

	<ul style="list-style-type: none">• Part Time• Full Time• Flexible Hours• Incentives• Higher Competitive Wages
--	--

Never satisfied with the plain or ordinary? Looking for the opportunity to be part of a team that offers the best quality and service the industry has to offer, serving the freshest local ingredients in an award winning restaurant in beautiful Waterville Valley?...

Kitchen Manager
Line Cook
Dishwasher
Pantry

To apply: wildcoyotegrill.com/careers or Call 603-236-4919

HELP WANTED
SALES REPRESENTATIVE

Our company that has been around for over 7 years is looking to expand. We are interviewing For Sales Representative Position.

What does the position involve?

- As a Sales Representative You will be responsible for inbound service requests on several client projects
- Acting as a point of contact
- Maintaining solid Customer relationships by handling questions and concerns with speed and professionalism.
- managing database records, drafting status reports on customer service issues.
- Build sustainable relationships and trust with customer accounts through open and interactive communication.

BENEFITS

- Medical, Dental, and Vision Coverage Options
- Paid Time-Off
- Regular Raises
- Work-at-Home Opportunities
- Advancement Opportunity

In addition to becoming the best-in-the-business, you will need to be confident, fully engaged, a team player, and dedicated. You are also responsible for bringing a positive and enthusiastic outlook to work each day Apply email:joseph@dekalggeneticscorp.com

HIGH SCHOOL SLATE

Thursday, Sept. 2
NEWFOUND
Boys' Soccer at Inter-Lakes; 4
Cross Country at Gilford; 4
Volleyball vs. Franklin; 6:15
PLYMOUTH

Cross Country at Gilford; 4
Volleyball at Winnisquam; 6:15
Friday, Sept. 3
NEWFOUND
Field Hockey at Monadnock; 4
Girls' Soccer vs. Inter-Lakes; 4
PLYMOUTH
Boys' Soccer vs. John Stark; 4
Field Hockey vs. Hollis-Brookline; 4
Girls' Soccer at John Stark; 4:30

Saturday, Sept. 4
NEWFOUND
Football at Mascoma; 4
PLYMOUTH
Football at Pembroke; 2:30
Tuesday, Sept. 7
NEWFOUND
Boys' Soccer vs. Berlin; 4
Field Hockey vs. Winnisquam; 4
Girls' Soccer at Conant; 4
PLYMOUTH
Boys' Soccer vs. Bow; 4
Field Hockey at Kennett; 4
Golf at Eastman Golf Links; 3:30

Wednesday, Sept. 8
NEWFOUND
Unified Soccer at Plymouth; 3:30
Volleyball at Portsmouth Christian; 6:15
PLYMOUTH
Girls' Soccer vs. Bow; 4
Unified Soccer vs. Newfound; 3:30
Volleyball at Kennett; 6
Thursday, Sept. 9
NEWFOUND
Girls' Soccer vs. Laconia; 4
PLYMOUTH
Golf at Farmington CC; 4

All schedules are subject to change

DELIVERING FUN,
UNIQUELY TAILORED,
LUXURY EXPERIENCES
ABOARD THE
WINNI ADVENTURER,
A 28 FOOT BOSTON
WHALER OUTRAGE!

Let us host you...

HOURLY • FULL DAY • FISHING
SUNSET DATES • DANCE PARTIES
WINE & DINE • SWIMMING
AND SO MUCH MORE!

BOOK YOUR
Adventure TODAY!

FOR MORE INFORMATION VISIT
WINNIADVENTURES.COM

Enjoy@WinniAdventures.com • (925) 200-3914

Call us today for a free estimate

BRYANT PAVING
603-279-1499
177 Waukegan Street, Meredith
bryantpaving.com

Thanks for voting us Best Paving Company

Mathews Brothers providing energy efficient, and affordable windows that are durable and stylish in New England for 167 years., stop in and see our collection, today !!
Warm. Weather-tight. Perfect for replacement or new construction.

STANDARD SASH FEATURES 4 1-3/4" Stiles and Rails. 3/4" Dual-Pane Insulating Glass Unit with Low-E glass/Argon gas fill. Lift rail removed. Non-corrosive color-matched hardware. Equal glass size on sash emulate traditional wood appearance. Cam-action lock action draws sashes closer for a tighter positive lock. Low profile tilt latches. Integral interlocking meeting rail provides additional security. Duralite® warm-edge technology for reduced condensation.

Visit us at: Newport NH, Claremont NH, Bristol NH, Walpole NH, West Lebanon NH, Rutland VT, Ludlow VT, Middleton NH, Dover NH, Meredith NH, Hampton NH
800-528-2553 603-543-0123 800-254-5446 800-330-9737 888-393-2553 800-639-0834 800-803-5603 800-647-8989 800-333-0969 800-639-0800 800-265-8890

" Project Solution Specialists "

WE WILL BE CLOSED
FOR LABOR DAY
SEPTEMBER 6, 2021

www.belletetes.com

JAFFREY, NH 603.532.7716
ANDOVER, NH 603.735.5544
PEMBROKE, NH 603.224.7483
PETERBOROUGH, NH 603.924.9436
SUNAPEE, NH 603.763.9070
MOULTONBOROUGH, NH 603.253.4404
NASHUA, NH 603.880.7778
ASHLAND, NH 603.968.7626
WINCHENDON, MA 978.297.1162

Got Pellets? We Do!

Buy your wood pellets now and beat the rush in the Fall!

SMART • FRIENDLY • SERVICE
SINCE 1898
BELLETETES
BUILDING PRODUCT SPECIALISTS

We sell Maine Woods Pellets
40# bags or by the ton.

Stop in to our store and pick up
your wood pellets now before
they are gone or call and place
a delivery order, we're happy
to drop them off at your home!

20 West Street
ASHLAND
603-968-7626
www.belletetes.com