

NH Marathon offers family a chance to raise awareness of little known disease

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – Each year, participants in the N.H. Marathon come to Bristol from all over the country and beyond, bringing with them many stories. Some are reaching for personal goals in life, some are veterans running with flags or in combat gear to acknowledge their national pride and achievements, while others have challenges they hope to overcome.

This year, the Steele family was among those touching stories as they raced to bring awareness to a very personal cause.

Five years ago, Katherine Steele, a



Donna Rhodes

Katherine Steele, running the 10K in last weekend's N.H. Marathon event to promote awareness of a debilitating lung disease know as LAM, hugged and kissed her daughter Emma as she passed by the Kids Marathon starting line on Lake Street last Saturday. Dad Adam was also among the marathon runners.

lifelong runner, was diagnosed with lymph-angioleiomyomatosis (LAM), and has fought ever since that day to beat the debilitating lung disease. While her parents, P.T. and Jane Hart call Bridgewater home, Katherine and her family now live in Hamilton, Va. Since her diagnosis, she has striven to maintain her physical well-being and signed on for a trial treatment for her disease at the National Institute of Health. As a result, her 10K run in this year's N.H. Marathon event came with a hope and a mission.

"I'm just trying to keep doing what I'm doing to bring awareness

SEE STEELE, PAGE A11

NH Marathon announces results

BRISTOL – Now in its 26th year, the 2018 N.H. Marathon in Bristol last Saturday drew runners from not only all across the United States but from as far away as Brazil. Other running events that day included a Half-Marathon of 13.1 miles, a 10K and a Kids Marathon.

The top finishers were as follows:

In the marathon it was 47-year-old Casey Carrol of Dover leading the way for the men with a time of 2:49:45. In second place was Adam Lazarus (age 28) of Baltimore, MD, and 29-year-old Andrew Ulrey of Loveland, Ohio came in third.

Twenty-six-year-old Lisa Kellendorfer of Portland, Maine was first for the women with a time of 3:22:44 (6th overall), followed by 36-year-old Beth Connolly of Manchester (13th overall) and 25-year-old Kate Mulcahy of Rutland, Vt. (16th overall).

For the Half Marathon 33-year-old Jaid-

iby Zapata of Milford was first with a time of 1:12:08, 31-year-old Bristol resident David Chourney was second with his time of 1:14:54 and Vojta Ripa, age 29 of Rochester, came in third at 1:15:41.

Top female runners for the Half Marathon were Lindsay Weigel, age 25, of Charleston, Mass. with an overall fifth place finish of 1:22:59, 30-year-old Somersworth resident Jen Giroux at 1:30:52 (8th overall), followed by 46-year-old Holderness resident Eliza-

beth Beeson, 9th overall, with her time of 1:32:09.

In the 10K, it was 43-year-old Ryan Twomey of Plymouth in first with his time of 40:21, 13-year-old Christopher Raymond of Strafford finished with a time of 43:21 and Emmett Collins, age 28, of Canterbury was third for the men with a time of 43:58.

For the women's 10K results, Stacie Buck (age 35) of Fredricksburg, Va. was seventh overall

SEE MARATHON, PAGE A11



Donna Rhodes

Newfound Regional High School was proud to open a new outdoor dining area for students last week, made possible through a Circle K Grant and the Class of 2018. Among those significant in the project were Mike McClay (Grounds Maintenance), Jayne Brayley (Lead Custodian), Amy Doolin (Class of 2018 Co-Advisor), Austin Boynton (Class of 2020 and project designer), Susan Moore (Class of 2018 Co-Advisor) and NRHS Assistant Principal Chris Ulrich.

Local business steps up to fund new outdoor patio at NRHS

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – Newfound Regional High School was pleased to officially open a new amenity last week — an outside dining area for students — thanks to the generosity of a Circle K grant and the NRHS Class of 2018.

Students at NRHS had expressed the wish for an outdoor patio where they would be able to relax and enjoy lunch in nice weather. Upon receiving a Circle K grant, teachers were polled for their thoughts and the administration agreed that the grant could best be used to make that wish a reality.

At graduation in June, the Class of 2018 offered to purchase one of three tables that now grace the new patio, which is located off the school cafeteria. Each of the durable tables came with a price tag of \$750, making it a generous donation from the class.

Assistant Principal Chris Ulrich selected Austin Boynton from the Class of 2020 to design the patio. Once he presented his design, and as plans for the project got underway, others pitched in. Jayne Brayley, the

SEE PATIO, PAGE A11



Donna Rhodes

Members of the Newfound Area Charitable Foundation were pleased to present a check to staff and participants in the Mayhew Program last week.

Run Your Buns Off organizers award proceeds to local charities

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – Members of the Newfound Area Charitable Fund toasted the beneficiaries of this year's 4.2 Mile Run Your Buns Off last week, thanking them for their contributions to the region as they handed them checks to contin-

ue their worthy missions.

Now in their ninth year of supporting Newfound area non-profits, recipients for 2018 were the Newfound Lake Region Association, heading up the protection and preservation of the Newfound Watershed; Slim Baker

Foundation, which promotes outdoor living experiences; and the Mayhew Program, assisting young boys through mentorship, camp experiences and more.

This year's Run Your Buns Off race saw a significant increase in participants, said board members

of NACF. In all 310 people of all ages ran or walked their buns off in support of the Newfound Region. Making it one of the "sweeter" events in the area, they were all rewarded in the end with a famed sticky bun from Basic Ingredients in Bristol.

SEE RYBO, PAGE A11

Local librarians focus awareness on books under fire

BY DONNA RHODES
drhodes@salmonpress.news

REGION – Last week was Banned Books Week, an annual event that the American Library Association states “draws national attention to the harms of censorship.” In synchronization with that message, Plymouth’s Pease Public Library and Bristol’s Minot-Sleeper Library joined libraries all over the United States in displaying some of the books in their collections contained on a list of what they term as “challenged” books. Each of the books have made



Minot-Sleeper librarian Paula McKinley feigned her shock behind a display of books that have made their way over the years onto the American Library Association’s Banned Books List.

the list due to formal protests made by members of the public but, for the most part, continue to be made available to readers. Diane Lynch of Pease Library said every library holds forms for those who wish to challenge a book that, once completed, are

sent to the ALA. Trustees of each library also review the challenge then determine if the book should be removed from their shelves. “For the most part, the reason they’re challenged is because they have a strong message, but very few things get banned,” said Lynch. “We haven’t banned anything since I’ve been here.” One exception to actual bans may be in schools, where parents can occasionally take a strong stance against books in their libraries or are required reading for a literature class. “Schools have more issues with things like that. But if a parent doesn’t want their child to read a book, maybe they can choose another rather than having the book banned,” she said. Most books are challenged for language, violence, sexual content, religious beliefs or for being considered unsuitable for the targeted age group, like “19 Minutes,” which was brought under scrutiny recently in a local school district. Brittany Overton, director of Minot-Sleeper Library, agrees that banning a book is not the solution in most cases. Her favorite book, the classic 1960 novel “To Kill A Mockingbird,” is a perfect example. It was challenged due to the inclusion of words that are no longer considered appropriate in today’s social climate. “By censoring certain words that are not [politically correct] today, we are essentially ignoring a part of our history, whether it was right or not,” she said. Libraries are finding that lately not only books are being challenged. Movie videos they offer are also under fire. Recently Bill Cosby books and videos, once thought to be humorous family entertainment, are being challenged due to his recent conviction for sexual abuse. “Authors and actors personal lives should not be something used to deem their material inappropriate,” Overton said. “Our jobs here in the library are not to determine whether someone’s personal life is acceptable. If a book or movie is interesting to the community, we’ll have it.” Last week, both Pease and Minot-Sleeper placed many of the books on the ALA Banned Book List on display. Overton’s staff added a bit of levity to theirs by wrapping the shelf with yellow “Caution” tape. The result was as intended—people stopped to see what books some have deemed inappropriate and were stunned by what they found. “It’s brought up a lot of good conversations,” she said. Besides “To Kill a Mockingbird” other well-known challenged titles included “Catcher in the Rye,” “One Flew Over the Cuckoo’s Nest,” “Catch-22,” “The Great Gatsby,” “Brave New World,” “Grapes of Wrath” and “The Kite Runner.” New Hampshire residents may or may not be surprised to learn that “Peyton Place,” purportedly a novel centered on past activities in Gilmanton, was also on the list, while arguably the most surprising book to make its way to the banned list is the Holy Bible. Lynch said “Captain Underpants,” a children’s book series on the list, was challenged to the ALA as well because it contained perceived violence, was unsuitable to the targeted age group and

Bristol police log

BRISTOL — The Bristol Police Department handled 195 calls for service, resulting in eight criminal arrests, 11 Protective Custody arrests, and 11 criminal offense investigations from Sept. 15-28. Officers also performed 31 motor vehicle stops, investigated 5 motor vehicle accidents, conducted 140 directed enforcement patrols and foot patrols, and conducted 221 business, vacation, and property checks.

Other call reasons

included Underage Drinking Party, two K9 deployments, shots fired calls, domestic disturbance with shots fired, domestic violence order services, restraining order violation investigations, criminal threatening, drug activity complaints, warrant checks, sex offender registrations, criminal investigation follow-ups, intoxicated persons, noise complaints, suspicious vehicles, suspicious persons, building fire, motor vehicle complaints, welfare checks,

residential alarms, business alarms, harassment complaints, telephone fraud, identity theft, unwanted person, animal complaints, road hazards, motorist assists, assist other agencies, juvenile complaints, runaway juvenile, paperwork services, and assist the fire department.

Arrests: Joshua Shaffer, 32, of Bristol – two counts of Second Degree Assault (a Felony), and Reckless Conduct w/Firearm (a Felony).

Michael Collins, 27, of Claremont – Driving After Suspension (a Misdemeanor), Suspended Registrations (Misd.)

James Andrus, 68, of Bedford – Driving While Intoxicated (Misd.), Conduct After an Accident (Misd.).

Suzanne Bixby, 57, no current address, arrested in connection with an outstanding Bench Warrant.

Richard Bixby, 56, Steep Falls Maine – Bench Warrant, Criminal Contempt (Misd.), Obstructing Government Administration (Misd.)

Ricky Jones, 54, Milo, Maine – Reckless Operation (Violation)

One Protective Custody – Child in Danger

One Juvenile – Reckless Operation (Violation)

Dustin Hawkins, 45, of Lebanon – Driving While Intoxicated (Misd.)

Ten juveniles were taken into Protective Custody and released to parents as a result of an underage drinking party.

*Identifying information for juveniles, and persons placed into protective custody are not released.

BARNZ's

MEREDITH CINEMAS
Meredith Shopping Ctr. • 279-7836
844-4BARNZS

Week of 10/5 - 10/11

A STAR IS BORN
Fri.-Sun.: 1:00, 4:00, 7:00, 9:45 PM
Mon.-Thurs.: 1:00, 4:00, 7:00 PM

R SMALLFOOT
Fri.-Sun.: 12:30, 2:45, 5:00, 7:15, 9:45 PM
Mon.-Thurs.: 12:30, 2:45, 5:00, 7:15 PM

PG VENOM
Fri.-Sun.: 1:15, 4:15, 7:15, 9:45 PM
Mon.-Thurs.: 1:15, 4:15, 7:15 PM

PG-13

Join us for an advance screening of:
First Man
on Thursday 10/11 at 7:00pm

Find us online at: [BarnZs.com](#) [Facebook](#)
Come try our new Luxury Reclining Seats with foot rests

OCTOBER

Breast Cancer Awareness Month

Advertise in our special page dedicated to Breast Cancer awareness, treatment, screening, health advances, etc., in the

October 4th, 11th, 18th & 25th editions of
the *Newfound Landing*, the *Plymouth Record*,
the *Baysider*, the *Meredith News*, the *Granite State News*,
the *Winnisquam Echo*, & the *Carrol County Independent*!

Deadline:
Friday of each week
Free editorial with advertising placement.
Contact: Lori at 603-444-3927
lori@salmonpress.news

**We Support
Breast Cancer Research**

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



FALL TRAIN RIDES

along the river

Hobo Harvest Time Express

New Hampshire's Classic Fall Celebration!
Sept. 15 to Oct. 14, 2018

Open Daily 10am to 3pm
Train Rides at 11am & 1pm

Large selection of Pumpkins for sale,
Games For All Ages & Antique Tractor Display
9 Life-Size Scarecrows!
featuring Batman & Robin, Gilligan and Mr. Spock...



Hobo Railroad
Lincoln, NH

Exit #32, I-93 - across from McDonalds

PSU to host inaugural ‘Governor’s Cup’ FIRST® NH Robotics Competition

PLYMOUTH — New Hampshire Governor Chris Sununu, FIRST® New Hampshire, the University System of New Hampshire (USNH), the Community College System of New Hampshire (CCSNH), Eversource, BAE Systems and Fidelity have partnered to present ‘The Governor’s Cup’ – an off-season robotics competition for the state’s high school FIRST Robotics Competition teams. Hosted by Plymouth State University (PSU) in its Active Living, Learning, and Wellness (ALLWell) North complex, the event will take place Saturday, Oct. 13.

In addition to providing the state’s high school robotics teams an opportunity to compete prior to the official FIRST Robotics Competition season, up to 50 high school seniors will have the opportunity

to earn one-semester scholarships to New Hampshire’s public institutions, including the University of New Hampshire (Durham and Manchester), Keene State College, Plymouth State University and New Hampshire’s community colleges. In addition, five seniors will be awarded \$2,000 scholarships, underwritten in part by Eversource.

“A crucial part of shaping the workforce of the future is ensuring that every child in the Granite State regardless of zip code has an opportunity to pursue a career in the STEM fields,” said Gov. Chris Sununu. “As Governor, expanding access to STEM programs for students has been a top priority of mine. Last year we invested nearly \$1 million in the innovative Robotics Education Fund. This year we have teamed up with the University System,

Community College System, and FIRST to create the Governor’s Cup. The Governor’s Cup is a truly unique opportunity for students from all across our state to further develop their STEM skills in a fun and competitive environment.”

More than 20 FIRST Robotics Competition teams from high schools across the state are expected to participate in this inaugural event. The FIRST Robotics Competition is a program that challenges high school students – working with professional mentors – to design and build a robot to contend in competitions that measure the effectiveness of each robot, the power of collaboration, and the determination of students.

“This is a total home run for Granite State students,” said Dean Kamen, founder of FIRST. “I applaud

Gov. Sununu, the Universities, and Community Colleges for their future-forward commitment to the state’s young people. Now, more than ever, it is essential that we inspire young people to engage in STEM. Here in New Hampshire, with our population aging and more of our high school graduates leaving the state, our businesses are challenged to find the skilled workers they need. The Governor’s Cup should stand as a challenge to Governors across the country to prepare and ensure promising and rewarding futures for the next generation of innovators, inventors, and creative problem solvers.”

FIRST POWER UPSM, the 2018 FIRST Robotics Competition game, finds teams trapped in an 8-bit video game. Each three-team alliance has three ways to help defeat the boss:

Tipping the scale or alliance’s switch in their favor to earn points; exchanging power cubes for power ups (force, boost, and levitate) to gain a timed temporary advantage during the match; and climbing the scale tower to face the boss. The alliance with the highest score at the end of the match, which includes autonomous and tele-

operated periods, defeats the boss and wins the game.

“We are thrilled to host The Governor’s Cup at Plymouth State University, and look forward to welcoming students, mentors, teachers and parents from throughout the state to campus,” said Plymouth State University President Don-

SEE FIRST, PAGE A11

PSU Dance Team launches shoe collection drive to raise money for Nationals Competition

PLYMOUTH — The Plymouth State University Dance Team is conducting a shoe collection drive Oct. 1 through Nov. 30 to raise funds for our team to compete at UDA’s Nationals competition in Orlando, Florida. The Plymouth State University Dance Team will earn funds based on the number of pairs collected as Funds2Orgs will purchase all of the donated goods. Those dollars will benefit our team. Anyone can help by donating gently worn, used or new shoes at Lakes Region Dance at 8 Maple St., Suite 1, Meredith, NH 03253 or The Hartman Union Building at 17 High St., Plymouth, NH 03264.

All donated shoes will then be redistributed throughout the Funds2Orgs network of microenterprise partners in developing nations. Funds2Orgs helps im-

poverished people start, maintain and grow businesses in countries such as Haiti, Honduras and other nations in Central America and Africa. Proceeds from the shoe sales are used to feed, clothe and house their families. One budding entrepreneur in Haiti even earned enough to send to her son to law school.

“We are excited about our shoe drive,” said Alexa Hancock, President.

“We know that most people have extra shoes in their closets they would like donate to us and help those less fortunate become self-sufficient. It’s a win-win for everyone,” added Morgan Norris, Treasurer.

By donating shoes to the Plymouth State University Dance Team, the shoes will be given a second chance and make a difference in people’s lives.



DONNA RHODES

Young racers

With medals around their necks, participants in the Kids’ Marathon, sponsored this year by Mid State Health and the Bristol Rotary, proudly posed for photos at Bristol’s Kelley Park last Saturday after finishing the final mile of their summer long 26.2 mile running challenge. Top finishers in this year’s run were Emma Steele (Hamilton, Va.) and Isaac Denio (Manchester) in the Age 8 and under group; Gabrielle Valliere (Hill) and Zachary North (New Hampton) in the 9-11 year old category; and Emma Adams (Bristol) and Aidan Thompson (Melvin Village) in the 12-14 age group.



**DON'T
TEXT
AND
DRIVE**



**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.



**PLYMOUTH
OPTICAL SHOPPE**
Martin D. Kass, Registered Optician
• Repairs Done on Premises •
607 Tenney Mtn. Hwy., Suite 101
Plymouth, NH 03264 • 603 / 536-3569

Learn to play the piano this fall
with Melanie! Location: Holderness

Lakes Region Piano Studio
PIANO LESSONS

Professional Instruction • Beginner to Advanced Lessons
Discover music for your first time or work to succeed with the masters!
677-6952 • melaniesiek@yahoo.com



**35th Annual
TTCC Apple Festival & Craft Fair**

Annual Fundraising Event Supporting the
Tapply-Thompson Community Center Program



Delicious Homemade Goods For Sale:
Apple Pies, Apple Crisps, Apple Cider Donuts,
Baked Beans, Fresh Bread & More!



**Support the TTCC and enjoy some
great tasting food at the same time!**

Stop by to get your baked goods & do some
early Christmas Shopping with our local crafters on
Saturday, October 6th from 9am - 2pm
30 North Main Street in Bristol
Call TTCC at 744-2713 to pre-order your holiday pies!



Let No Woman Be Overlooked
BREAST AND CERVICAL CANCER PROGRAM

Department of Health and Human Services
Division of Public Health Services
603-271-4886

MENTION YOU SAW OUR AD for a FREE EXAM!
Free screenings for those who qualify.

www.salmonpress.com

**DO YOU WANT TO TURN
THAT CLUNKER INTO CASH?**

*Truck is moving daily and is ready to make
the clunker to cash switch for you!*

Call Caron's (603) 636-9900.



CARON FABRICATION, LLC
AUTO REPAIR
CHRIS CARON
115 LANCASTER ROAD, GROVETON NH
603-636-9900

From the Editor's Desk

The battle over banned books

It is a tale that has excited young readers the world over since its publication in the late 1990s. A nine-year-old orphan delivered as a baby into the custody of relatives who mistreat him terribly discovers that he is the child of two powerful wizards. His heritage earns him entry into a prestigious school of magic, where, over the course of the next decade, he uncovers the secrets of his past, battles the evil nemesis responsible for his parents' deaths, and learns the value of friendship while forging his own path in the world.

This is, of course, the story of everyone's favorite budding wizard, Harry Potter, and between the stratospheric success of J.K. Rowling's original series of books and the blockbuster films they inspired, he has become such a popular character that it's hard to imagine any corner of the world where his name is still unknown.

It may, however, surprise you to know that there are places right here in our own country where the right of libraries to circulate the Harry Potter books, and the right of locals to read them, have come under attack in recent years — so much so, in fact, that the series ranked at one time among the top 10 most frequently challenged and/or banned literary titles in the world.

The notion that a simple children's book about growing up in a world of magic might have a corruptive influence on the young may strike many of you out there as patently ridiculous. It certainly did us. But in many communities, particularly those dotting the region that we call the Bible Belt, the fear that Rowling's books might convince young readers with impressionable minds to turn away from the teachings of Scripture and experiment with the dark powers associated with witchcraft has garnered enough legitimacy that access to them has either been severely, or completely, restricted in communities from Michigan to Pennsylvania to Florida.

And Harry is not alone. According to the American Library Association (ALA), more than 350 books faced similar challenges by local authorities in 2017 alone, and the list keeps growing every year. Among the titles most frequently restricted or outright banned are "The Kite Runner" (for a graphic rape scene that becomes the defining moment in its main character's life); "I Am Jazz" (for supposedly promoting the lifestyle of co-author Jazz Jennings, a transgendered teen); "Thirteen Reasons Why" (for allegedly glamorizing teen suicide, though many have argued that it has just the opposite effect on the reader); and "Drama" (for its depiction of LGBTQ characters).

We certainly understand the concerns that have led parents, school boards, and community members to mount challenges against these books, and we are believers in the right of any community or school district to govern itself. When it comes to the question of banning books, however, we do not believe such a practice can, or should, be condoned

SEE EDITORIAL, PAGE A12

Newfound Landing

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

ESTABLISHED SEPTEMBER 18TH, 2014

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

Phone: 603-279-4516 • Fax: 603-279-3331

Frank Chilinski, President & Publisher

Ryan Corneau, Information Manager

Brendan Berube, Editor

E-mail: brendan@salmonpress.news

Joshua Spaulding, Sports Editor

Donna Rhodes, Reporter

Advertising Sales: Tracy Lewis

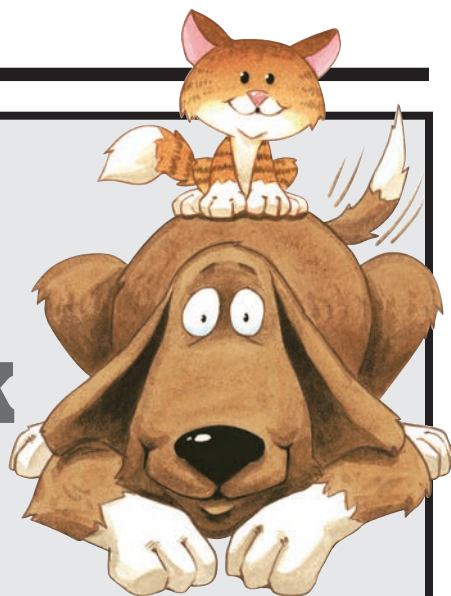
Distribution Manager: Jim Hinckley

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

SALMON PRESS PHOTO POLICY: As a community oriented family of newspapers, Salmon Press welcomes photos from readers, business owners, and other outside sources for publication in any of its titles. Any photos submitted for publication become the property of Salmon Press, and may be displayed in our newspapers, as well as on our Web site. They may also be made available for re-sale, with any proceeds going to Salmon Press and/or the photo re-print vendor.

Free in Print, Free Online. www.newfoundlanding.com

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.

Strategies for Living

The soul of America

BY LARRY SCOTT

Although I was but a nine-year-old child at the time, I still remember the whine of the bullet that buzzed just over my head and slammed into a nearby tree with a loud "splat." I got the message and charged off the flat roof of our home — double time.

I had arrived in Peru, where my parents were to serve as missionaries, in March 1947. Language study for my parents took much of the time in the interim, and now, in the fall of 1948, I was a curious nine-year-old watching the development of a military conflict that could well have cost me my life.

The army strongman, Gen. Manuel Odria, was leading a coup against the government of President Jose Bustamante. Supported by leftists and a segment of the Peruvian navy, President

Bustamante was fighting for his political life.

Government troops finally suppressed a rebellion supported by elements in the Navy, headquartered in Callao. We lived some ten miles north of Callao on the main avenue connecting to the capital city of Lima. I thought it a good vantage point for me to see what was going on; a sharpshooter in Callao apparently thought differently. Fortunately, he missed! On Oct. 3-4, with some two hundred fifty rebels and sixty or so army soldiers killed, President Bustamante was deposed, and on Oct. 30, Gen. Odria became the President of Peru.

As a child, that was my first encounter with the conflicts and death that has become so common in our society today. I was blessed to be born into a responsible, godly family; the death throes of a

society that has turned its back on God were unknown to me.

Political conflicts aside, America has been sheltered from the violence that is raging overseas, but we too are involved in a great war. It is philosophical and spiritual, a war for the soul of our nation, involving the existence of God, the definition of truth, the debate over right and wrong, and the meaning of morality. Ironically, while the influence of Islam is on the rise, the Christian faith is becoming more and more isolated from the national debate.

Despite the liberal view that man is basically good, we see little evidence that education, an adequate income, even roots in a responsible family, will lead to a life of peace and satisfaction. We are each driven by selfish ambition; we are all proud, indepen-

dent, and determined to have our own way. If we are to reach our fullest potential in life, what we each need is not a change of status; what we need is a change of heart.

Jesus said, "The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks."

I have witnessed the unbelievable change that comes to a person's life when Jesus Christ is welcomed as his Lord, and I have found a sense of direction in my own life that I would not trade with anyone. I am proud to be a Christian, and pleased to tell you again, it works!

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Letters to the Editor

Another bad deal on the table in Bristol

To the Editor:

Hello, Bristol, fellow taxpayers, and voters. I come to you again to make you aware that our town wants to spend \$900,000 to buy and renovate the property at 5 School St., the old doctor's office. There will be a public hearing to discuss this with the Budget Committee on Oct. 9 at 6:30 p.m. at the Old Town Hall where we have been voting.

The building cost is about \$350,000, and the renovations \$550,000. Bristol assessed the building at \$550,000, but when it got appraised for Bristol to buy, the valuation was \$350,000.

First off, wow! What is going on with our assessments — are all properties that far off the mark? Recently, the Hydro Damn sold for, I believe, \$8 million, and the assessment from Bristol is \$11 million; that is a \$24,000 tax difference. Sorry, I am getting off point, but this makes you wonder if our own properties are assessed correctly!

If Bristol buys the building, that will take \$12,000 away from our taxes every year for life. In 20 years, that is probably close to \$300,000 (taxes usually go up every year) of lost income. Bristol already spent close to \$200,000 for purchasing and designs of the property next to the current town

office for this purpose, but now have switched, thinking the School Street property will be better. Technically, the initial cost is cheaper than what was going to be proposed at our last town meeting, but when you remove the \$12,000 of taxes and add \$900,000, it makes you wonder if this is good deal for Bristol. Then Bristol still needs to renovate the police department, and they need to do something with the fire department as well.

These are a few reasons you need to come to one of the hearings on Oct. 9 or the one on the 11th held by the Select Board at the town office. Also, mark your calendars because currently, they set a date for a Special town meeting for Nov. 1 where this will be voted up or down by you. I know we are all busy, but I believe these two dates are important. The last thing our retired seniors need is another tax increase. We did a great job last March by reducing the huge 12.5 percent increase the town want, to a 4.4 percent increase and now we need to make sure the town does not spend more than they should.

*John Sellers
Bristol*

A report on a brief tour of the world as I know it

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 in May of this year.

Public Television carried a feature on Theodore Roosevelt this past Sunday. He is my favorite President, chiefly because he became an ardent conservationist and was largely responsible for what lands in the West we have left. This generally means lands free of exploitation or development. I'm not sure whether the bargain-basement granting of grazing permits constitutes exploitation. But then, what about long-range hikes and rafting ventures, and pack-horse hunting trips? If there is a President history has done a disservice, it is Roosevelt. Most Americans, if they can remember him at all, seem only to remember big game safaris. Today, it's hard to imagine a world that would have the room or the patience for a Teddy Roosevelt. Imagine a President taking off for a month for a camping

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



trip in the Rockies, or letting the White House lawn be home to ponies and goats. However, TR was an energetic guy, bouncing and bellowing his way around the White House like a top-hatted Tigger, and the documentary shamed me into getting up out of my living room chair (Command Central, with everything that matters within reach), and going outside for a tour of the immediate premises, my longest trip on crutches yet. Would-be rescuers, fear not--my trusty guard dog and interference runner Millie was with me every step of the way, scanning for danger. As always, she ranged out front, looking back and wondering why I was so slow, much slower than usual. Right off, not far into the trip, I determined that the pile of junk wood we left when the snow came down in earnest a few months ago was still right there, waiting. This kind of job doesn't go away when the snow covers it; we just think it does. In this



JOHN HARRIGAN

Some of these derelicts can be split, others are "junks"---not worth bothering with, but destined for the fire nonetheless.



JOHN HARRIGAN

Firewood on the porch will wind up in the living room fireplace or, when company's on hand, in the fire pit.



JOHN HARRIGAN

For the fun of it, my grandfather and uncle always called them "Daffydils," and I do too. These brave ones were pretty much the forerunners of the flower world.



JOHN HARRIGAN

Fierce guard dog Millie came along on the inspection tour, and wasn't the only one tucked out.

CADY Corner

E-cigarettes promote smoking progression in youth, depress quitting among adults

BY DEB NARO
Contributor

E-cigarettes are not an effective tool to reduce combustible-cigarette smoking, two NIDA-supported studies indicate. One study linked adolescents' use of e-cigarettes to higher odds of progressing from experimental to established use of cigarettes. A second study found that adult smokers who used e-cigarettes were less likely to have stopped smoking than adult smokers who did not use e-cigarettes. Both studies were conducted at the University of California, San Francisco, Center for Tobacco Control Research and Education. In the first, Dr. Benjamin W. Chaffee, Dr. Stanton A. Glantz,

and Dr. Shannon Watkins analyzed data provided by 1,295 boys and girls who participated in the nationally representative Population Assessment of Tobacco and Health (PATH) study. When first interviewed in 2013-2014, all the teens had experimented with cigarettes (i.e., had smoked 1 to 99 cigarettes in their lifetime) but were not yet established smokers (i.e., had not smoked 100 or more cigarettes in their lifetime). Nearly half had vaped. At follow-up interviews a year later, the teens who had reported using e-cigarettes in their first interview were, compared to those who had not, about twice as likely to have become established smokers,

and 1.5 to 2 times more likely to have smoked during the past 30 days. Dr. Chaffee says, "Not every adolescent who experiments with e-cigarettes will go on to smoke, and some who do go on to smoke might have done so regardless. However, convincing evidence shows that e-cigarette use substantially increases the odds of becoming an established smoker—even for youth who have an otherwise low risk for cigarette smoking." In the second study, Dr. Margarete C. Kulik, Dr. Glantz and Dr. Nadra Lisha analyzed data from a 2014 survey of adults in 28 European countries. More than 12,500 adults with histories

ed piece, all knots and gnarls, that wouldn't split. Because of this, it was slowest to burn. Sometimes, just before bed, he'd say "Throw on a junk, Bub," meaning the best piece to hold the fire overnight. And there was the fence. The thing people tend to forget about a fence is that once you put one up, you've got to take care of it. Deer jump over it, their hooves dragging just a bit here and there, and wind and fallen limbs have their way. Throw in the occasional bear or moose, two species known not to give a fig for a fence, and you've got a fence looking like a prize-fighter about to fall. But before the season's livestock comes in, the fence will get fixed. We don't want loose animals any more than the neighbors do. The four worst words anyone wants to hear, especially when there's another task at hand, like hay-

ing, is "Your ____ are loose" (add animal of choice here). Out on the front lawn, a scattering of daffodils held their bright yellow colors aloft in the wind, barreling down from Lower Canada's Eastern Townships with the usual abandon. The front lawn greened up almost overnight, almost right after the last snowbank left, almost right after the last frost, which of course won't be the last. And I'm never surprised to see a snowflake in May. I consulted with Chief Aid de Camp Baker Bob on lawn strategy. Among many other duties, Bob is in charge of making sure that the lawn mowers actually run. Also, he is Chief in Charge of Not Having the Perfect Lawn. We inform each other on Perfect Lawn commercials to scoff at, paying particular attention to commercials showing the frenzied persecution

of dandelions, which, in this part of the country at least, we eat. Here and there on the lawn were the remains of fireworks, set off with great glee on the advent of the New Year, or maybe it was the Equinox. Note to self: Buy more fireworks. The Fourth is not all that far away. The snow had barely gone away, and here I was thinking about the Fourth. There are still plenty of cold nights until then--a good case for still having plenty of wood for fireplaces, without and within. And so I ended my patrol at the porch, where there is plenty.

(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.)

TwinDesigns Gift Shop

Gifts - Souvenirs and Memories
8 Central Square Bristol

Covering the
Newfound Lake Area &
Surrounding Communities

Newfound Landing

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

A community publication full of local news, sports & happenings.

FREE IN STORES! FREE ONLINE!

Reserve your ad space today!
ONLY \$7.00/pci

Call Tracy Lewis at (603) 444-3927
Email: tracy@salmonpress.com

Thomas W. Kelley, 75

DANBURY — Thomas W. Kelley, 75 of Forbes Mt. Road, died Tuesday, Sept. 25, 2018 at Dartmouth Hitchcock Medical Center after a period of declining health.

He was born in Boston, Mass., the oldest of five children of John and Mary (Sullivan) Kelley. He grew up in Milton, Mass., graduated from high school and went on to serve in the US Marine Corps, upon his return, he studied at Boston College. In 1999, he retired from Freudenberg NOK in Bristol, where he had worked as an industri-

al engineer for many years.

Tom was a very private person who had an immense thirst for learning. He was a voracious reader, his library rivaled some public libraries, but he was always looking to grow and expand his knowledge. That learning extended to technology as well. He was always looking for the next advancements in the tech world. Tom also enjoyed being outdoors. Hiking, kayaking, and gardening kept him active outdoors.

Family members include his wife, Susan

Dispensa of Danbury; a son, Ian Kelley of Mexico; daughter Phoebe Kelley of California; granddaughter Andrea Kelley and great grandson Liam Kelley, both of Ticonderoga, N.Y.; and many nieces and nephews.

Private services will be held at the convenience of the family. In lieu of flowers, donations may be made in Thomas' memory to the Danbury Volunteer Fire Department, PO Box 149, Danbury, NH 03230. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Stephen M. Weissmann, 72

BRISTOL—Stephen M. Weissmann, 72, of Bristol died Sept. 30, 2018 at Goldenview Health Care in Meredith after a period of declining health.

Stephen was born Sept. 23, 1946, in Hanover, the son of James Fleming and Evelyn (Murray) Fleming. He was later adopted by his stepfather, George Weissmann, and as part of a military family, he lived in various parts of the United States during childhood and spent his high school years in Germany. He earned a Bachelor's degree with a major in psychology from Northeastern University in 1970 and

a PHD in psychology from Dartmouth College in 1974.

That same year, Stephen joined the faculty of Plymouth State College where he taught until his retirement in 1999. Much loved as a teacher, Stephen taught psychology and later computer education and served for several years as Chair of the Education Department. In his retirement, he took great pleasure in raising orchids and especially, traveling.

Steph leaves behind his wife of 49 years, Jane (Sivigny) Weissmann of Bristol; his brother, Chiam (Christopher) Weissmann

of Israel; and several half-siblings.

He was predeceased by his parents.

In lieu of flowers, contributions may be made to the New Hampshire Humane Society, 1305 Meredith Center Rd., Laconia, NH 03246.

Calling hours for Stephen will be held on Wednesday, Oct. 10, 2018 from 4-6 p.m. at the Mayhew Funeral Home, 12 Langdon St., Plymouth, NH 03264.

The Mayhew Funeral Home and Meredith Bay Crematorium are assisting the family with arrangements. To view Stephen's online book of memories, go to www.mayhewfuneralhomes.com.

John McKim, 64



He enjoyed music, the ocean, scuba diving, boating, riding his Harley Davidson, and spending time with his family & friends.

He is survived by his wife of 18 years, Cheryl Connolly of Bristol; three daughters (Crystal Carroll & husband Tim of Rock Hill, S.C., Shauna Offen & husband Shane of Danbury, and Crystal Goss & husband Danny of Bridgewater); grandchildren,

Aaron & Ella Ganus, Mitchell & Macy Carroll, Hayden & Liam "Mac" Offen, Colten Goss; and several nieces and nephews; a brother, Robert Mckim, and wife Cathy of Belmont; a sister, Sharon McKim of Union Hall, Va.; and was preceded in death by his sister, Patricia Wells of Sanbornton.

Calling hours will be held at Emmons Funeral Home, 115 South Main St., Bristol, on Tuesday, Oct. 2, 2018 from 5 – 7 p.m. A graveside service will be held on Wednesday, Oct. 3, 2018 at 10 a.m. in The Homeland Cemetery, Bristol.

In lieu of flowers, donations can be made to the Bristol Fire Company, 85 Lake St., Bristol, NH 03222.

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Welcome to October! More and more colors are creeping into the mountains and countryside. Have been out and about some, and fortunately the days have been gorgeous. Thank you, Natalie, for a wonderful afternoon last week. We did get much accomplished and lunch was fabulous! It's always good to catch up on the latest.

Town

Saturday, Oct. 6, the Conservation Commission will have Roadside Clean-up. If you are interested, please meet at the Municipal Building at 9:45 a.m.

Wednesday, Oct. 10, the AFFA (Alexandria Fire Fighters Association) meets at the Fire Station at 7 p.m. Everyone is welcome. A coming event to mark on your calendar is Friday, Oct. 26 from 5 until 8 p.m. will be the AFFA Pumpkin Open House. There will be face painting, snacks, pumpkins for the children and other surprises. Everyone is welcome to come and enjoy a fun-filled evening at the Fire Station.

Alexandria UMC

Thursday, Oct. 4, the PPRC will have a work session at 6 p.m. in the Vestry to begin filling out forms for the Annual Conference. Faith Formation Group, Adult Bible Study will begin at 7 p.m. in the Vestry.

Community Dinner Saturday, Oct. 6 at 5 p.m. in the Vestry. Come enjoy a fine meal out, loads of laughter, good companionship, and no dishes to wash.

Sunday, Oct. 7, services begin at 9 a.m. Sun-

day School will begin following church services. The Administrative Council will meet at 6 p.m. in the Vestry.

Now I'm off to finish some tasks I started this morning, but was kindly interrupted with telephone calls. I have also started reading the new Medicare booklet I received in the mail. Interesting to read, but some things are clear as mud and mind boggling with so many choices. Have a great week everyone, and may it be blessed with all good things.

Groton

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

I hope you were able to attend the informative meeting on Tuesday night with the Turnstone Corporation. There was much hot discussion and Turnstone tried to answer what they could. The Town has petitioned the court to have a Town Meeting on Oct. 23. Save that tentative date and come vote on the Warrant Article.

"The wording for the Article is as follows:

To see if the town will vote to raise and appropriate the sum of \$1,400,000.00 to design and construct a new Department of Public Works building and to authorize the municipal officials to issue and negotiate such bonds or notes and to determine the rate of interest thereon. Recommendations required (2/3 ballot vote required)."

There will be follow-ups to the public hearing that was held on Sept. 25 during the next couple of Select Board meetings. If you have further questions, this may be the time to come and discuss this building.

Reclaiming and grading on Sculptured Rocks Road will begin Monday, Oct. 15. The work area starts about 500 feet after 301 Sculptured Rocks Road and ends about 500' before Seven Kids Lane. Local residents will be allowed to pass through as needed. Should you have any questions or concerns regarding this, please feel free to contact the Town of Groton.

Avitar will be in Town to do data verification work starting around

the 3rd 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 8' tow behind York Rake (minimum bid \$1,000). This item can be seen at the Groton Town Garage on North Groton Road. 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., location TBA though we hope to be able to hold the program 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 Session –Tuesday, Oct. 2, 2018
SEE TOWNS, PAGE A7

CADY

FROM PAGE A5

of smoking cigarettes reported whether (1) they had ever used a tobacco-containing e-cigarette and (2) they still smoked cigarettes or had quit. The analysis revealed that those who had used an e-cigarette were nearly two-thirds more likely to still be smoking cigarettes than those who had not. Moreover, they smoked more cigarettes per day (average 15.6 vs. 14.4 cigarettes per day).

Dr. Heather Kimmel of NIDA's Epidemiology Research Branch comments, "E-cigarettes may serve to re-normalize the use of combustible cigarettes, decreasing

ing the motivation to quit."


"The evidence clearly shows that e-cigarettes do not help smokers cease tobacco use and are expanding the tobacco epidemic by attracting low-risk youth, many of whom advance to conventional cigarettes," says Dr. Glantz. "Harm reduction,' the fundamental assumption used to justify e-cigarettes, is wrong."

Both Dr. Chaffee and Dr. Glantz recommend prevention efforts to emphasize that e-cigarettes are not "harmless water vapor" and that long-term health risks are not yet known. They further suggest that policies regarding minimum age, indoor

air laws, youth-oriented marketing, and taxes for e-cigarettes should mirror those for traditional cigarettes.

What can you as a parent/guardian do? Have conversations with your child about vaping, Juuling, using e-cigarettes, and smoking cigarettes. Look for opportunities to bring up the topic and explore their view on the subject by asking open-ended questions. Listen. Set clear expectations by expressing your understanding of the risks. Be honest and share why you don't want your child vaping and smoking. Teach your child how to say no by rehearsing what to say if introduced. Model healthy behaviors by taking a walk or listening to music rather than turning to substances to relieve stress.

For ways to talk with your child about alcohol and other drugs, visit the CADY Web site at cadyinc.org. If you or someone you know struggle with addiction or substance use, call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-4357 for help. It's never too late!



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.

Insurance is complex. We are here to help.

(800) 852-3416



New Hampshire Insurance Department
CONSUMER SERVICES

The NHID Consumer Services staff helps people who have questions or complaints about their coverage.
(800) 852-3416

www.nh.gov/insurance

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 handicap 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.

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, Encourage, 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 – Thurs., Oct. 11. We would like to express our gratitude to author Bill Nieman for an excellent presentation last week on his book "Beyond the Sheepfold Gate"... a story about his father who was an Episcopal priest.

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.

Bible study began on Monday, Sept. 24 at 7 p.m.

Fall Vesper Service will take place on Sunday, Oct. 14 at 5 p.m. at Inspiration Point with a pot-luck supper to follow at Slim Baker Lodge. Come join us!

Ongoing

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

Events

Our next monthly church supper will be a delicious roast pork dinner to be held on Saturday, Oct. 6. We're also looking forward to November 10th's awesome pot roast!

Adults \$9. Children \$4. Serving 5:30 to 7 p.m.
Take Out Available: 744-8132

Ukelele players wanted! Christian Ed. And Music Committees 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 Doe.

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!

Holy Trinity (Roman Catholic)

Holy Trinity Christian Life Center progress

The asbestos removal company is busy removing all harmful materials from the existing parish hall. It will then be demolished which will create parking for while the center is being built to the side of the church.

We are grateful for all of the support, and all of your contributions. It's never too late to donate, and there are envelopes in the back of church for this purpose.

Faith Formation changes

By now, you have probably heard that the Diocese has become the twelfth state in the U.S. to restore the order of the sacraments of Initiation to Baptism, Confirmation and First Eucharist. This means that children will now be confirmed in the third grade. Parable magazine has the full article on this matter this month. Also check the bulletin from Aug. 12 which features an article on the changes. Faith Formation will begin Sept. 9 in both Bristol and Ashland. Families must register with the parish when they register for Faith Formation, and if the child was baptized at another parish, we will need a baptismal certificate.

St. Agnes Closing for the Winter

Recently the staff, parish council and finance council were asked for their input regarding the feasibility of continuing to keep St. Agnes open during the winter months.

As pastor, Father Leo, with input from the Finance Council, has the responsibility of insuring that the parish operates with fiscal responsibility. Sometimes these decisions are very difficult, and this is one of those times. Next month St. Agnes Church will close for the winter months. At present it is our intention to reopen the church next summer.

We have been advised that replacing one or both of the boilers would be preferable to buying parts for the old boilers.

As you may know, St. Agnes has been for sale for the past few years. We have had some interest, but no acceptable offers. We do however, remain hopeful. The boilers have to be operational at the time of any sale and we are concerned that operating them in their present state could lead to the sizable expense of replacement.

This expense would not be prudent, given

that we have other facilities available. The St. Agnes Hall will remain open for faith formation and other activities. On Thursdays, daily Mass and Eucharistic Adoration will move to the North American Martyrs Oratory in Bristol across From Our Lady of Grace Chapel.

Alpha

Come to Alpha! Have you ever wondered, "is there more to life than this?" Come to Alpha on Tuesdays beginning Sept. 11 at 6 p.m. and find out. This is not a class, but an experience of faith. The program is free and comes with dinner! Feel free to come to one session, or as many as you like! Alpha will be held at the Marian Center, (across from Our Lady of Grace in Bristol). All are welcome!

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.. 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 service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as

SEE CHURCHES, PAGE A8

Towns

FROM PAGE A6

16 at 5 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

All Town Offices will be closed Oct. 8 for Columbus Day holiday.

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 Sept. 28 is \$151,377.23. 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 online payment system, please call the Town Clerk at 744-8849.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Community Breakfast

The next Community Breakfast is on Saturday, Oct. 6 in the Community Hall of the Union Congregational Church of Hebron. For \$4, we will be serving eggs, bacon, sausage, pancakes (and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice, coffee and tea. But you must be an early riser as breakfast is served from 7:30 to 8:45 a.m.

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 walk-athon 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 hopes to see everyone at our event on Oct. 13.

HOLDERNESS SCHOOL DISTRICT
Holderness Central School

REQUEST FOR PROPOSALS

SNOW PLOWING & REMOVAL

3-Yr. Proposal
2018-2021

(Specifications available upon request
at: aulricson@pemibaker.org)

Please submit proposal in writing to:

Jon Francis, Facilities Director
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264

Proposals accepted until 1:00 p.m. Tuesday, October 9, 2018

The Holderness School Board reserves the right to accept, and/or reject any and all proposals, and act in the best interest of the district in its sole discretion.

TOWN OF BRISTOL
PUBLIC HEARING

The Bristol Budget Committee will hold a public hearing in accordance with RSA 32:5 on the proposed Special Town Meeting warrant for 2018 on Tuesday, October 9, 6:30 PM, at the Old Town Hall located at 45 Summer Street, Bristol, NH 03222. If a second public hearing is necessary, it will be held on Wednesday, October 10, at 6:30 PM at the Old Town Hall located at 45 Summer Street, Bristol, NH 03222.

All related information is available for review at www.townofbristolnh.org or may be obtained at the Town Office.

TOWN OF BRISTOL
PUBLIC HEARING

The Bristol Select Board will hold a public hearing in accordance with RSA 33:8-a for the purpose of discussing the proposed 2018 authorization at Special Town Meeting of a bond or note in excess of \$100,000 relating to the purchase and renovation of 5 School Street. The hearing will be held Thursday, October 11, 6:00 PM at the Bristol Town Office downstairs meeting room located at 230 Lake Street, Bristol, NH 03222.

All related information is available for review at www.townofbristolnh.org or may be obtained at the Town Office.

Artistic Roots welcomes four new visiting artists

PLYMOUTH — Artistic Roots welcomes Ben Adams - Photographer, Terry Moher – Bags, Carol Emery Phenix - Oils and Marcia Dionne – Fiber. We will hold a reception on Oct. 11 from 5-7 p.m. at the Gallery (73 Main St., Plymouth). Refreshments will be served and all are welcome.

Terry Moher has always had a passion for the arts, color, texture, and design. After teaching literacy for 35 years, she discovered a wealth of beauty in the world of textiles. She began collecting– Japanese fabrics, Australian Aborigine designs, fabrics with scripts in various languages (of course), Asian and African fabrics, batik, metallics, black and white designs. She took a quilting workshop at the Portsmouth Fabric Co. here in New Hampshire and created personalized quilts for family and friends for several years. An afternoon workshop sewing a handbag convinced her that this was to be her next pursuit. Convincing her husband that one of his Pendleton wool shirts, spattered with paint on the

sleeves, needed to be repurposed. Terry turned it in to a lovely tote. She then began her search of local thrift shops and Good Will stores for fine wools, beautiful Irish and Scottish tweeds, herringbone, camelhair and cashmere. Moher has hundreds of yards of luscious wools from which she creates her handbags, totes and baglettes, often pairing two or three different patterns.

Carol Emery Phenix is a native of New Hampshire, and has lived in the White Mountains region for 33 years. She is a landscape, figure and portrait painter, but from earliest youth was fascinated with the illustrations that accompanied the usual youthful literary fare. In time, her primary artistic focus became centered on the illustration of imaginative fiction, which eventually led to the publication of work in two HarperCollins JRR Tolkien tribute books, Tolkien's World and Realms of Tolkien, as well as the covers for several other Tolkien themed books, and inclusion in the 1998 Tolkien Calen-

dar published by HarperCollins. In 2012, two of her pieces, “A Pleasant Awakening” and “A Conspiracy Unmasked,” were purchased for the permanent collection by the Greisinger Tolkien Museum in Jenins, Switzerland. She has also illustrated a number of covers for Bethlehem Books’ library of young adult fiction reprints, including the Texas Panhandle series by Loula Grace Erdman. Phenix

has a BFA in Illustration from the New Hampshire Institute of Art and is a happy alumna of the 2016 Illustration Master Class at Amherst College.

For photographer, Ben Adams, the mountains have been his home for as long as he can remember. Adams grew up with their mass dictating his movement and their towering heights cutting his days short. They have been

a constant presence in his life but he never truly respected them until they weren’t. Three years ago, he went away to college and left the mountains behind. It was through that distance that those already high peaks grew even larger, until he had no choice but to go to them. Since last summer, he has climbed 41 of the 48 4,000-foot mountains in New Hampshire, always with a camera around

his neck. The hikes produced a collection of amazing photographs and memories along the way.

Fiber Artist, Marcia Dionne, is a retired librarian. She has always loved fabrics and combining colors in a variety of ways to create beautiful quilts, handbags and many other fabric based items. She is currently living in Laconia, and is excited to show her work here at Artistic Roots.

Understanding breast cancer

BY MARTHA SWATS,

Owner/Administrator, Comfort Keepers

Magnitude and Impact

If you ask a random person on the street if he or she knows someone who has been affected by breast cancer, it’s likely that the answer will be ‘yes.’ As of 2017, there are more than three million breast cancer survivors in the United States, and awareness of breast cancer has improved leaps and bounds over the past few decades, with numerous organizations and foundations working tirelessly to provide education and community support. These efforts have not been in vain. In fact, the American Cancer Society approximates that breast cancer-related deaths have decreased steadily since 1989, due to finding cancer earlier through breast screening and

effective adjuvant therapy.

Although survival rates have increased over the past few decades, one hard fact still remains: breast cancer is the second leading cause of cancer death in women. The hope is that this will change as screening becomes better and therapy technology advances, but regardless, proactive measures should be taken by all adult women. Additionally, any incidence of breast cancer – regardless of how early it’s detected – should be treated with the utmost attention, especially by adult women 65 years of age and older.

Knowing the statistics about breast cancer is important as it highlights the overall magnitude and impact of the disease, but it’s also crucial to understand how it forms/

spreads and the risk factors involved.

What Is Breast Cancer?

Put simply, breast cancer represents the unsuppressed growth of breast cells, occurring when there are mutations or abnormalities in the genes that facilitate cell growth. As these cells multiply, rapidly and without regulation, a tumor often results. Tumors can either be threatening (malignant) or non-threatening (benign), with cancer being affiliated with the former. Below are some of the more common risk factors of breast cancer:

Old age

Family history of breast cancer (especially if a mother or sister is/was diagnosed)

Radiation therapy in the breast or chest region

Dense breast tissue

Frequent consumption of alcohol

Administration of estrogen and/or progesterone

A majority of malignant tumors form in the ducts that drain milk to the nipples, forming a type of breast cancer known as ductal carcinoma. Another common type, lobular carcinoma, forms in the milk-producing lobes or lobules. Other types include adenoid cystic carcinoma, low-grade adenosquamous carcinoma, and medullary carcinoma. Regardless of the type, breast cancer tends to go from ‘bad’ to ‘worse’ once the lymph nodes are involved.

Located just underneath the armpits, the lymph nodes are clumps of cells that provide filtering for the lymphatic system, which runs throughout the body. Once

SEE COMFORT, PAGE A12

HELP WANTED



3 LAKES LANDSCAPING

Landscaping Foreman/Leader
Plymouth, NH

Full time position available for Landscaping professional for hardscapes and snowplowing.
1 to 3 years experience preferred.
Valid driver's license and clean record.
Must be able to work outdoors in all types of weather. Overtime available.

603-728-8116 or email 3LakesLandscaping@gmail.com

Artistic Roots is the place to find unique handcrafted gifts. And take a class!

More info at artisticroots.com
73 Main Street • Plymouth, NH
Open 10-5 Daily



ARTISTIC ROOTS

Churches

FROM PAGE A7

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.

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

Rev. Kelly requests that everyone take part in the CHS and St. Mark's Renewal Works Spiritual Life inventory.

Next Wednesday, an All-Age session will be held from 5-6 p.m. in the Senior Lounge of Weld Hall, Holderness School. Everyone welcome. Call

Rev. Kelly at 536-1321 for further information.

Book group (on Bishop Curry's Crazy Christians) returns Oct. 10.

There will be a blessing of the animals (including photos of pets, and kids' stuffed animals) and celebration of St. Francis at both the 8 a.m. (Plymouth) and 9:30 a.m. (Ashland) services on Sunday, Oct. 7.

CHIPS (children of incarcerated parents) program will be collected during October and proceeds will be taken to the Diocesan Convention in early Nov. Each child will receive an age appropriate gift and a book chosen

by his/her parent. Please make checks payable to CHS or St. Mark's and put CHIPS on the memo line.

A winter clothing sale will be held in Sherrill Hall, St. Mark's on Saturday, Oct. 20, 9 a.m.-noon. Coats, vests, scarves etc. are solicited for the sale and can be brought to Sherrill Hall on Sundays or Thursday mornings at 11 a.m.

St. Mark's popular Ham & Bean Supper will be held from 5-7 p.m. on Sat. Oct. 20. Dick Marden's 'pickin' group' band will again entertain. Come and enjoy a 'stomp-in' good time, \$8 for adults and \$4 for children.



Harvard Pilgrim HealthCare

Medicare doesn't cover everything.

Let me show you how a Harvard Pilgrim StrideSM (HMO) Medicare Advantage plan can help meet your needs and budget.

Harvard Pilgrim is an HMO plan with a Medicare contract. Enrollment in StrideSM (HMO) depends on contract renewal.

Y0098_19030_M Accepted



Call me for information or to schedule an appointment:

Patty Stewart
Patty Stewart and Associates
35 Main Street
Plymouth, NH 03264
tel 603-536-3691
fax 603-536-3733

BRISTOL UNITED CHURCH OF CHRIST

15 Church Street • Bristol, New Hampshire

ROAST PORK SUPPER

SATURDAY, OCT 6TH FROM 5:30 – 7 PM

Roast Pork, Red Bliss Potatoes, Gravy
Garden Salad, Rolls, Beverages,
& Homemade Apple Dishes
with Ice Cream

PUBLIC WELCOME!

ADULTS: \$9.00 — CHILDREN 12 & UNDER: \$4.00
Take out meals are available.

For more information call the Church at 744-8132.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	85 Fairway Dr., Unit 4	Condominium	\$127,000	Ellery G. and Randil Kington	Kimberly A. Colgate (for Kathryn W. Miller Trust)
Ashland	65 Riverside Dr.	Single-Family Residence	\$175,000	Suk W. Song	Patrick J. and Tanya L. Ricker
Groton	908 N. Groton Rd.	Mobile Home	\$134,933	Patricia Wescott	Jonathan Beliveau
New Hampton	159 Dana Hill Rd.	Single-Family Residence	\$231,000	US Bank NA Trust	Gereley Properties Inc.
New Hampton	648 NH Route 104	General Office	\$230,000	Kathleen M. Connery	Sarah Ohl
Plymouth	39 Clay Brook Dr.	Single-Family Residence	\$320,000	David A. and Susan A. Paquette	Robert J. Dragon
Plymouth	225 Fairgrounds Rd.	Single-Family Residence	\$135,000	Joy J. Melo	Lisa Pabon
Plymouth	2 Main St.	Commercial Building	\$275,000	Joan Eversole (Trust)	Plymouth Dentistry & Realty
Thornton	Centennial Way	N/A	\$64,000	Frederick and Denise Schneider	Centennial Way LLC
Thornton	97 Doe Run Rd., Unit 17-14	Condominium	\$10,000	Pamela Pepin and Lisa Dumais	Scott R. Callahan
Thornton	97 Doe Run Rd., Unit 17-14	Condominium	\$141,000	Pamela Pepin and Lisa Dumais	Scott R. Callahan
Thornton	26 Orris Rd., Unit 3	Condominium	\$138,800	Ronald K. and Carol J. Mortimer	James R. and Natalina C. Serpa
Thornton	Woodwinds Road, Lot 44	Acc. Land Imp.	\$65,000	Daniel F. and Julie B. Fowler	Kathy Harris and Joshua Lemmon
Warren	455 NH Route 25	Multi-Family Residence	\$120,000	Lisa J. and John J. Darosa	Ryan S. Banfield

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

MARK ON THE MARKETS



BY MARK PATTERSON

Dec. 2, 2001 through Dec. 2, 2011 is known as the lost decade to stock market investors. If you had invested \$10,000 in 2001 and did not take profits at any time when they may have been available during

that period, you would have \$10,000 in 2011. I recall that period of time very well because it demanded a lot of work to make money for clients. It was also a period of time when it paid to be a "stock picker" as opposed to an index or mutual fund investor. There was money to be made if you chose stocks that you did not marry and were willing to take a reasonable profit. Four and half years after the "getting even" point, it seems that the markets have placed people back

into that complacent trance that really worries the contrarian and sometimes pessimistic side of my brain. Over the past few months I have attempted to touch on investment management topics like Mutual funds vs. Exchange traded funds, using option contracts for income and hedging, annuities that are tied to an index that can provide downside protection and lifetime income, indexed universal life insurance that is also tied to a variety of indices that have

market loss protection and tax free income and a death benefit. Any or all of these strategies can work to protect what you have accumulated and to increase income from your investments. The key is finding the right mix for your financial situation and risk tolerance. Assessing risk tolerance is not as easy as asking a few questions and putting check marks in the box next to a multiple choice response. My belief is that all clients are risk adverse until they can

prove otherwise. What I mean by that is; expectations must be reasonable to meet, based on the investable assets and age of the client. If a client truly has assets over and above what they need to sustain a comfortable life style, then we can stretch for additional yield. A difficult situation is when the client needs to take on too much risk because they do not have sufficient assets to sustain that lifestyle. Retirement and Social Security Planning sooner, than later, can make a big difference with the client's retirement income.

Long term care, life insurance or other types of asset preservation tools are much cheaper and attainable the younger you are. Long term care, in my opinion is very important for a certain

asset level or family health history, but may not be the best product for many people. There are some hybrid life insurance policies with living benefits that may be a better fit. It depends on the clients specific needs. The message I want to convey is simple: Protect the principal and assets that you have acquired, especially if you are nearing or have entered retirement. Even if you plan on working and investing for ten or more years longer, another "lost decade" may be lurking around the corner.

Mark Patterson is an investment advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.

Meet the Judges for 2018 Parade of Homes

REGION — In preparation for the annual Parade of Homes being held this Columbus Day Weekend, Oct. 6-8, the Lakes Region Builders and Remodelers Association announces their distinguished three panel of judges. Eleven beautiful homes are on the tour this year for the judges to evaluate in the towns of Laconia, Meredith, Moultonborough, Wolfeboro, Ashland and Hebron. The judges are brought in to look closer at the home builder's projects — evaluating them on craftsmanship, creative use of space, use of materials, overall design, interior design and more.

The highest number of points in each category will determine the winners in that category and then all the points will be tallied to determine the coveted, Best In Class.

Roy Sanborn is a New Hampshire native, a sales associate with Four Seasons Sotheby's International Realty in Meredith, and has been a REALTOR® for 18 years. He is proud to be affiliated with Sotheby's, a recognized worldwide leader in luxury real estate sales, and along with his partner, Ashley Davis, formed the Distinctive Homes Group within Sotheby's to represent the owners of fine homes in all price points in the Lakes Re-

gion. He is a member of the Lakes Region Builders & Remodelers Association. Roy writes a weekly column for the Laconia Daily Sun about the real estate market.

Randy Hancock, General Manager of Middleton Building Supply in Meredith, has been involved with the construction and building material industry for more than 40 years. He has been a member of the Lakes Region Builders & Remodelers Association for many years and has served on the board for the past five years as well as a member of the Meredith Chamber of Commerce. He has been very active with the Tiny House workforce development initiative

at the Huot Tech Center as well as helping to provide quality tools to students going directly into the trades as a professional right out of high school.

Susan Cerutti, Executive Director of Meredith Area Chamber of Commerce, has been affiliated with a variety of Lakes Region organizations over the years, member of the Altrusa Club of Meredith, volunteer and member of the League of New Hampshire Craftsmen, as well as serving as trustee of Lakes Region General Hospital. She is a graduate of Western Michigan University and received a Master's degree in education from Plymouth State College before embarking on a career

in education both in Laconia and subsequently at Moultonborough Academy, where she was the Director of the School To Work Program. Sue's husband Joe was the owner of Cerutti Custom Homes and a long-time member of the Lakes Region Home Builders. As Executive Director of the Meredith Chamber of Commerce, Cerutti has organized many events and interacted with a cross section of the business community. Home Builders and businesses in related industry make up a large percentage of

SEE JUDGES, PAGE A12

**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

Newfound Area School District
is accepting applications for
Substitute Teachers
(\$70.00/day or \$75.00/day certified)
Substitute Nurses
(\$125.00/day)
Substitute Custodians
(\$10.90/hr)

Applicants should submit a letter of interest, resume, job application and three current written references to:
Stacy Buckley
Superintendent of Schools
Newfound Area School District
20 North Main Street
Bristol, NH 03222
Application is available at:
<http://www.sau4.org/human-resources/employment-information>



Marine Patrol Officer Trainees
The State of New Hampshire's Marine Patrol Unit of the State Police is seeking individuals to join their team for the 2019 Summer Season.

Marine Patrol is the primary state agency responsible for ensuring safe boating on the State's waterways. Marine Patrol Officer Trainees are responsible for the enforcement of criminal, boating, and other laws to ensure public protection and safety.

Functions include: maintain law and order, detect and prevent crimes, apprehend suspects and prosecute violators, and provide security for the State's seacoast ports, lakes and rivers.

For more information regarding the minimum qualifications for this position please visit:
<https://www.nh.gov/safety/divisions/nhsp/ssb/recruitment/seasonal-trainee.html>

Apply Online
<http://das.nh.gov/jobsearch/Employment.aspx>

LOCAL PROPERTY MANAGEMENT
COMPANY SEEKING TO HIRE

SUPERVISOR OF MAINTENANCE

Candidate must have good supervisory skills, organization, and familiarity of grounds and building maintenance.

If you have a good eye, strong work ethics and take pride in a job well done you may fit right in.

Good opportunity with growing company
EOE

Year round position with benefits.

PLEASE CONTACT
726-7555

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

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

Marathon

FROM PAGE A1

at 46:03, 40-year-old Taryn Litterbrant of Dover placed ninth overall with her time

of 46:38 and Bristol resident Kendra Chevalier, age 31, finished 13th overall with her time of 49:01. For the complete results of last weekend's

events, including the Kids Marathon, visit www.coolrunning.com and click the link for the N.H. Marathon on the left side of the Web site.

Patio

FROM PAGE A1

lead custodian for the school, made the suggestion to recycle old roofing pavers for the patio and Mike McClay from the Grounds Department agreed to do

the work.

"They are the Miracle Workers, making this old school look new, and it was done with a lot of work by Mrs. Braley. In the end this all came out to be zero dollars for the taxpayers," Ulrich said.

While the patio is in now place, he explained that this is only Phase One of the project. Next spring, they hope to add some greenery around the perimeter to add to the ambiance of the new outdoor dining area.

RYBO

FROM PAGE A1

The finest result of the event was that the board members of NACF were able to give \$5,000 to Mayhew Program, \$3,000 to NLRA and an additional \$1,500 to the Slim Baker Foundation to promote their future initiatives.

Now in their 50th year of operation, this was the first time Mayhew Program of Bristol applied to be a recipient of the Labor Day weekend Run Your Buns Off event and they were very grateful for the donation. Their Director of Development, Monica

Zulaut, said the funding will help them with tuition costs for participants in their year round programs for young boys.

"I think this is great. Community support is critical to our success," Zulaut said.

She was not alone in accepting the donation from NACF. Eleven-year-old Tyrone was one of a few Mayhew boys on hand for the check presentation and he was excited about the possibilities the funds will bring.

"This was my first year with Mayhew, and it will help to provide for us at camp," he said.

Dustin, a local

13-year-old, also thought support the program received from this year's Run Your Buns Off participants was great.

"It's a fun, good learning place. What do I like best about Mayhew? Everything!" he said with a big grin.

As NACF looks back on the past nine years and now shifts their focus to the 2019 Run Your Buns Off 4.2 Mile Run/Walk, Garlyn Manganiello of NACF hinted that the best is yet to come.

"Please stay tuned for our 10th anniversary next year. It's going to be amazing," she said.

Banned Books

FROM PAGE A2

was "causing children to challenge their parents."

"People want to isolate their children today it seems, but you don't have to read these books if you feel they aren't appropriate for your child," she said.

On a historical note, Lynch also pointed out that in the early 1940's

the U.S. Post Office refused to deliver shipments of the classic book, "For Whom the Bell Tolls," because it was believed to contain Communist ideals.

Overall, librarians today feel their duty is to provide literature that suits the needs and wants of all readers. Subjects and language in one book may not be suitable for all readers; some may be offended by certain top-

ics while others learn from them. In the end, it's not up to a library to decide and they will continue to make these challenged books available to the public.

"Censorship is not the answer," Overton said. "There are other ways to deal with society's concerns."

For a year-by-year list of books that have been challenged, visit www.ala.org.

Steele

FROM PAGE A1

to LAM, and so far, I've raised \$5,000 for the LAM Foundation. That can go a long way," she said last week.

Katherine has grown up with running as part of her life. Her dad, P.T., has served as a track and field coach for many years, and as an adult, Katherine and her husband Adam have enjoyed running as well, participating over the years in many running challenges. Adam has taken part in the Bull Run 50-miler in Clifton, Va. and decided this year to sign up for the N.H. Marathon. Their six-year-old daughter Emma opted to do the Kids Marathon, and mom Katherine set her sights on the 10K race.

As hundreds of runners gathered in Bristol last Saturday morning, Katherine and Adam prepared for their long runs while Emma set out to finish her own marathon challenge. The children's marathon, sponsored by Mid State Health and the Bristol Rotary, was a process where children up to 14-years of age were challenged to log their summer running efforts in an attempt to reach 25.2 miles over vacation. Last weekend they came together to run that final mile, making their total distance a 26.2-mile marathon run.

"I ran all summer with my mom," she said prior to the start.

This year, Emma was among 35 young runners who took part in the Kids Marathon. Before their race got underway though, they lined up at their starting spot at Mill Stream Park on Lake Street and cheered on adult runners, who in turn cheered them on as well.

"Good luck today," many said as they gave high-fives to the children.

Emma kept her eyes peeled on the crowd though and finally got not only a high-five from her dad, but a big hug and kiss from her mom as she set out on the 10K run.

"Go mom, go," she cheered as Katherine Steele stepped back out onto the course.

Emma's grandfather trailed her for a bit as the kids headed out on their last marathon mile, but this time, he couldn't keep up with her

"She was passing people left and right the whole way," he said with pride.

When, one by one, the children arrived at the finish line in Kelley Park, they received huge cheers then gathered for awards.

As for Emma, she finished first in her age group with a personal best time of 7:43.

"I ran the whole way," she exclaimed as she stepped over the

timing mat.

After receiving a medal and trophy for her efforts, she, her one-year-old sister Sloane and their grandparents then watched for Katherine and Adam to arrive, cheering them each on as they crossed the finish line.

Considering her challenges, Katherine said she was excited about her results.

"I finished my 10K in 1:30:38 and ran 14:36 mile splits. Since 15-percent of my lungs are occupied by cysts, I'm just thrilled that I managed six consecutive sub-15 minute miles," she said.

Like little Emma, who amazed both her parents and grandparents with her results, dad Adam had a personal best time of 3:47:10 in the marathon, finishing an impressive 24th overall.

Katherine said she was excited to see her family perform so well in the event and was thrilled they could be part of the day.

"I've never seen such enthusiasm and there couldn't have been a better setting for this race," she said. "I'm just trying to keep doing what I'm doing and bring more awareness to LAM."

To support in Katherine Steele's mission to promote research and treatments for LAM, please visit their Web site, www.lam-foundation.org.

FIRST

FROM PAGE A3

ald L. Birx, Ph.D. "As a university, we value the FIRST Robotics mission to inspire students to collaborate, innovate and acquire skills to help them become leaders. As an engineer, I am excited to see how the students tackle the challenges of the competition - it will be a fun event!"

To be eligible for the scholarships, seniors must have participated in the 2017-2018 FIRST Robotics Competition season, and must be participating in the 2018-2019 season, including The Governor's Cup competition. The scholarships will be awarded to seniors on the three teams of the winning alliance and will be equal to one semester of free tuition at any of New Hampshire's public colleges, universities and community colleges. The additional \$2,000 scholarships will be awarded to five participating seniors who are nominated by their coaches and mentors for embodying the values and spirit of FIRST.

"Supporting workforce development efforts that will help power our economy and enrich our communities for years to come is one of the many ways that Eversource

is working to power the possible for New Hampshire," said Eversource New Hampshire President Bill Quinlan. "FIRST Robotics is a fun and exciting way to engage our next generation of workers in developing critical teamwork and STEM skills, and we're proud to join this partnership to help empower these students in becoming future leaders of our state."

The Governor's Cup FIRST Robotics Competition will take place Saturday, Oct. 13, 8 a.m. to 6 p.m. at Plymouth State University's ALLWell North Complex. The public is invited to attend. Parking and entrance to the event are free of charge.

For more information about The Governor's Cup, visit www.first-nh.org/governors-cup. For information about ALLWell North at PSU, visit www.plymouth.edu/allwell/north/.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development.

SEE FIRST, PAGE A12

THE FLYING MONKEY
A COMMON MAN FAMILY PRODUCTION
Movie House & Performance Center

"LEAVE NO TRACE" Oct 2-4
After clashing with their new surroundings, Will and his teenage daughter set off on a harrowing journey back to their wild homeland.

"Blaze" Oct 7-11 & 15-17
The story of Blaze Foley, the dissolute country-blues singer who's as about as unlikely a central character as you're ever going to see in a movie.

"Warren Miller's FACE OF WINTER" Nov 23 *2 Showings
Loving the pure joy of winter is something we have in common with the late, great Warren Miller—who helped create and capture the magic of skiing.

FREE Lift Passes to Waterville and a Sugarbush (Must be present of the film to receive passes, some restrictions may apply)

Bring in this ad in to get TWO movie passes to "LEAVE NO TRACE" for the price of one on 10/2, or 10/3

FLYINGMONKEYNH.COM
Main St., Plymouth, NH 03264 (603) 536-2551

2018 SalmonPress
GUIDE
Holiday Gift
Guide Published
Thursday, November 15th

in the Record Enterprise, Newfound Landing, Meredith News, Gilford Steamer, and Winnisquam Echo!

Advertising Deadline:
Wednesday, October 31st, 2017
AD RATE ONLY \$12.⁵⁰ PCI

Spread the
Holiday Joy!

Pick up your ad into any other
Salmon Press Gift Guide
for only \$14.⁵⁰ PCI

Gift Guide East:
Carroll County Independent,
Baysider, Granite State News

Gift Guide North:
Littleton Courier, Berlin Reporter,
Coös County Democrat

Contact us today to reserve
your advertising space!

Tracy Lewis (603) 616-7103 • Lori Lynch (603) 444-3927
Email tracy@salmonpress.news • lori@salmonpress.news

FIRST FROM PAGE A11

With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

About FIRST NH
Inventor Dean Kamen founded FIRST® (For Inspiration and Recognition of Science and Technology) in 1989 to inspire an appreciation of science and technology in young people. Based in Manchester, FIRST designs acces-

sible, innovative programs to help young people build self-confidence, knowledge, and life skills while motivating them to pursue opportunities in science, technology, and engineering around the world. FIRST NH is New Hampshire's local organization, and is dedicated to bringing FIRST programs to all students in the state. FIRST NH strives to make New Hampshire the first state in the nation where FIRST is available in every elementary, middle and high school. For more information about FIRST NH, visit firstnh.org

About Eversource
Eversource (NYSE: ES) is New Hampshire's largest electric utility, serving more

than 500,000 homes and businesses in 211 cities and towns, and also supplies water to approximately 9,300 homes and businesses in Hampton, North Hampton and Rye. Eversource is proud to be recognized as the top contributor to United Way in New Hampshire. Recognized as the top U.S. utility for its energy efficiency programs by the sustainability advocacy organization Ceres, Eversource harnesses the commitment of about 8,000 employees across three states to build a single, united company around the mission of safely delivering reliable energy and water with superior customer service. For more information, please visit our Web site (www.eversource.com).

Comfort FROM PAGE A8

cancer has spread to the lymph nodes, the prognosis tends to be poorer than if the cancer had remained solely in the breasts, due to the increased chance of the cancer spreading to other areas of the body.

Detecting and Treating Breast Cancer
Self-examination is an important component of detecting breast cancer. Women should regularly check the breasts for any unusual masses or lumps and have them checked by a health care provider as quickly as possible. Other indications of breast cancer can include pain in the breasts or nipples, swelling, skin irritation, redness (or scal-

iness), and discharge from the nipples. Although self-examination is vital in determining notable changes in the breasts, the mammogram is one of the primary tools used for screening breast cancer. Using low-level x-rays, the mammogram is designed to provide an in-depth look at breast tissue. Screening mammograms are used for those who have no symptoms of breast cancer, while diagnostic mammo-

grams tend to be more thorough and examine the breasts from additional angles. While still effective, there is some controversy as to whether older women should have mammograms and other screening tests conducted. The focus of the argument tends to come down to the life expectancy of older adults and the cost/probability of screening and treatment, should cancer be detected. Ultimately, however, the decision to be screened should lie solely in the hands of each individual woman. That doesn't mean a physician should not be consulted – quite the opposite, in fact. Consulting a physician (or team of physicians) will help your loved one understand what age-related factors determine the success of treatment. The treatment options for breast include surgery, radiation therapy, chemotherapy, and hormone

therapy. BreastCancer.org has put together a comprehensive, detailed guide on what to expect from each form of treatment, what's most appropriate given one's stage, and the potential side effects.

Comfort Keepers® Can Help
Our caregivers can help provide services that help your aging loved one live peacefully at home. If he or she needs to get to any scheduled medical appointments, our caregivers can make sure they get there safely and on time. Additionally, we can provide everything from light housekeeping to meal preparation. For a full list of our services, contact your local Comfort Keepers® location today.

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



Editorial FROM PAGE A4

here in the United States of America. To censor literature of any kind, no matter the reason, runs counter to the principles of free speech and expression upon which our country was founded. It is no mere coincidence that those freedoms were the first to be enshrined in our Bill of Rights. By protecting the right of individuals both to create and to

enjoy art and literature that provokes, challenges, and educates us and enriches the human experience, we nurture the freedom of thought that is fundamental to the preservation of our democratic values. To borrow an old cliché, but one that we feel bears repeating, censorship in any form is, simply put, un-American. Fortunately, a force has emerged over the past three decades to combat the rising tide

of bans and challenges across the country: Banned Books Week, an initiative begun in 1982 by the ALA that seeks to focus public attention on the problem each fall by encouraging libraries from coast to coast to spotlight banned and/or challenged titles. This year's Banned Books Week ended just this past weekend, but we see no reason to limit the celebration to just seven days. Your local library may still have a display

in its foyer of the titles in its own collection that have been subjected to challenges or bans, so take a look the next time you visit, and show your support for Harry, Jazz, and their beleaguered brethren by taking home a banned book for your own enjoyment or, better yet, passing it around to family and friends. Draw your own conclusions about these books, for that is an option that someone else may not have tomorrow.



PLYMOUTH





GENERAL DENTISTRY, PLLC

With over 20 years experience, Dr. Kirschner combines cutting edge dental technology, with a caring & gentle touch.

We give our patients something to smile about!

Call for an Appointment Today

Now Accepting:



Joan Kirschner D.D.S.

65 Highland Street, Plymouth, NH 03264

(603) 536-4301

pgdentistry.com

Judges FROM PAGE A9

the membership of the Meredith Area Chamber of Commerce The awards of excellence winners will be announced after the Parade of Homes event and also recognized at a ceremony later this month. The panel of three judges does not affect the popular "People's Choice Award," which will remain the same as it does every year. This is where the winner is determined by the visitors! Visitors have no special criteria

to judge on but to pick the home that resonates as the best out of all the homes. In order to vote, people must get their ticket initialed at each home. Then they fill out the back with their favorite house number. After they have visited their last home they drop their ticket in the People's Choice box. All eligible entries go into a drawing for prizes. For more information about this year's parade, go to: lakesregionparadeofhomes.com.

Paid Advertisement

Edward Jones: Financial Focus

Can You Count on a Bountiful Investment "Harvest"?

We're officially in autumn – the season when we bring in what we planted in the spring. But the concept of planting and gathering isn't confined to agriculture. In fact, it can be used in many walks of life, including investing. So what can you do to help work toward a successful investment "harvest"?

Here is (not quite) a bushel of ideas:

Plant the right "seeds." When farmers plant specific crops, they know about what to expect – how long it will take for them to grow, how much

Paid Advertisement

yield they'll produce, and so on. When you invest, you too need to plant "seeds" by choosing investments that are designed to help meet your goals. For example, to accumulate enough money for a comfortable retirement, you will probably need to own a reasonable percentage of growth-oriented vehicles, such as stocks – you generally can't expect the type of growth you need by investing solely in fixed-income investments, such as bonds and certificates of deposit.

Nurture your "crops." Agricultural workers are diligent

Paid Advertisement

about cultivating their crops through proper irrigation, fertilization and weed control. And if you want to keep your investment portfolio healthy, you also must find ways to nurture it. First of all, you will need to keep adding new dollars regularly, because the larger your overall investment base, the more you can expand its growth potential. But you might also need to do some "weeding" of your own, because over the years, you may have purchased some investments that, for one reason or another, are now no longer suitable for your needs. If that's the

Paid Advertisement

case, you might be better off by selling these investments and using the proceeds for new ones that could fill gaps in your portfolio.

Diversify. Farmers may plant a mix of crops: corn, soybeans, flax, legumes, fruits, and so on. Consequently, if one crop fails, it won't sink the farmer's entire business. As an investor, you, too, need to diversify, because if you only own one type of asset class, and a financial downturn hits that asset, your portfolio can take a big hit. But spreading your dollars among stocks, bonds,

Paid Advertisement

cash and other investments can help reduce the impact of market volatility on your holdings. (However, diversification can't guarantee profits or protect against all losses.)


Thus far, we've looked at ideas on how you can create a healthy investment crop. But once it's time to actually start harvesting your portfolio – that is, once you begin liquidating parts of it to support yourself during your retirement years – you also need to act carefully. Specifically, you need to establish a withdrawal rate that's ap-

Paid Advertisement


propriate for your situation, based on your age, lifestyle, income sources and other factors. You could be retired for two or three decades, so it's essential you don't withdraw so much during your early years of retirement that you risk outliving your money. A financial professional can help you determine the rate that's right for you.

The agricultural harvest season only lasts a few weeks. But doing a good job of growing and managing your investment crop can help you reap the rewards far into the future.


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.




Ben Wilson, AAMS®
Financial Advisor
(603) 524-4533 Laconia, NH



Christopher D. Stevenson
Financial Advisor
(603) 524-3501 Belmont, NH



Keith Britton
Financial Advisor
(603) 253-3328 Moultonborough, NH



Jacqueline Taylor
Financial Advisor
(603) 279-3161 Meredith, NH

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning or qualified tax advisor regarding your situation.

Member SIPC

NEW HAMPSHIRE FAIR DAYS

**PARKER
VILLAGE**
1A Parker Village
Littleton, NH
03561
603-444-2013

**Mount
Washington
Cruises**
Weirs Beach, NH
603-366-5531
www.cruiseNH.com

Annalee®
Annalee Gift Shop
339 Daniel Webster Hwy
Meredith, NH
800-433-6557
annalee.com

**Kathy
Bagley**
Berkshire Hathaway
HomeServices
60 Whittier Hwy, Unit #3
Moultonborough NH 03254
781-706-1064
Vermi Realty
603-253-7766

**Roper
Real Estate**
Waterville Valley - Campton
Thornton - Plymouth Region
(603)236-3636
www.RoperRE.com

**TNT
ELECTRICAL
CONTRACTOR LLC**
CELEBRATING 11 YEARS IN BUSINESS
www.intelectricalcontractor.com
Weirs Beach, NH 03566
Office/Fax: (603) 528-5200
Cell: (603) 455-4217

**Finns
GARAGE**
Antique & Classic Car Sales
181 Waukegan St
Meredith NH 03253
(603) 520-0218
www.finnsgaragenh.com

LANCASTER FAIR

August 30 to September 3, 2018

Location: 516 Main Street, Lancaster
Tickets: \$15 (including rides) on Thursday, Friday and Monday; \$17 on Saturday and Sunday; seniors are free on Thursday and Monday and \$10 on Friday-Sunday; children under 36" are free with paying adult
Online: www.lancasterfair.com

HOPKINTON STATE FAIR

August 31 to September 3, 2018

Location: State Fairgrounds, Contoocook
Tickets: \$12 for ages 13-59, \$10 for seniors 60+, \$8 for youth ages 5-12, children 35 months and under free.
Four day passes are also available.
Online: www.hsfair.org

ROCHESTER FAIR

September 6 to 16, 2018

72 Lafayette St., Rochester, NH 03867
Tickets: \$9 general admin., children under 8 are free
Online: www.rochesterfair.com

HILLSBOROUGH COUNTY AGRICULTURAL FAIR

September 7 to 9, 2018

Location: 15 Hill Dale Lane, New Boston
Tickets: \$10 for adults, children 6-12 and seniors are \$5, children under 6 are free
Online: www.hcafair.com

DEERFIELD FAIR

September 27 to 30, 2018

Deerfield Fairgrounds
Route 43, Deerfield
Tickets: \$10 for ages 13+; ages 12 and younger are free
Online: www.deerfieldfair.com

SANDWICH FAIR

October 6 to 8, 2018

Sandwich Fairgrounds
Route 109 North, Center Sandwich
Tickets: \$10 for adults, ages 8-12 are \$3 and children under 7 are free
Online: www.thesandwichfair.com

**WINNER
WEEK 6:**

Remick

COUNTRY DOCTOR
MUSEUM & FARM
TAMWORTH VILLAGE, NH
58 Cleveland Hill Road,
(603) 323-7591
www.remickmuseum.org

**Lakes Region
Dance**
8 Maple St. Suite 1
Meredith, NH 03253
www.lakesregiondance.com
279-8400
lea.king.lrd@gmail.com

LRGHealthcare
care. compassion. community.
**LAKES REGION
GENERAL HOSPITAL**
80 Highland Street
Laconia, NH 03246
603-524-3211

**PATTY STEWART
& ASSOCIATES**
Individual and Group
health insurance and
Medicare supplements
35 Main Street
Plymouth, NH 03264
603-536-3691
email: patty.stewart@farnham.net

PLYMOUTH OPTICAL SHOPPE
"Where seeing is believing"
Plymouth, NH
603-556-5569

Allstate.
You're in good hands.
Sharon Thorne
603-536-5161
Plymouth.shorne@allstate.com
www.allstateagencies.com/shorne

LRGHealthcare
care. compassion. community.
**FRANKLIN
REGIONAL HOSPITAL**
15 Aiken Avenue
Franklin, NH 03235
603-934-2060

Mountain Laurel
603-968-3059
47 Main Street
Ashland, NH 03217
www.mountainlaurelflowers.com

**SANDWICH
ANIMAL HOSPITAL**
477 Whiteface Road
North Sandwich, NH 03259
O: 603-284-6206
F: 603-284-6110

**Maxfield
Real Estate**
Island Real Estate
A Division of Maxfield Real Estate
www.maxfieldrealestate.com
www.islandre.com
Serving The Lakes Region
Since 1954

**PRESBY
CONSTRUCTION INC.**
FAMILY OWNED SINCE 1948
244 Main St.
Franconia, NH 03580
www.presbyconstruction.com
(603) 823-5298

Dr. Howard S. Mitz
**NORTH COUNTRY
GASTROENTEROLOGY**
Independently Owned
603-444-0272
220 Cottage Street
Littleton, NH 03561

**Modern
FURNITURE**
www.modernfurniturevt.com

NEW ENGLAND WIRE
NOW HIRING!
human.resources@newenglandwire.com

**Belmont
Village
Apartments**
Belmont, NH
603-267-6787

SBP Builders LLC
Custom Home Building
Additions / Garages /
Roofs / Painting
603-991-8626
Littleton, NH

Remick
COUNTRY DOCTOR
MUSEUM & FARM
TAMWORTH VILLAGE, NH
58 Cleveland Hill Road,
(603) 323-7591
www.remickmuseum.org

BURNDY
150 Burndy Road
Littleton, NH 03561
NOW HIRING!
(603) 444-6781

**Salmon
press**
www.salmonpress.com
(603) 279-4516
Your source for
hometown news!
*Not eligible for contest.

**LITTLE VILLAGE
Toy & Book
SHOP**
Littleton, N.H.
603-444-4TOY
(4869)
Littlevillagetoy.com

**BOYS & GIRLS CLUB
OF THE NORTH COUNTRY**
GREAT FUTURES START HERE.
www.BGCNorthCountry.org
2572 Route 302
Lisbon, NH 03585
603-838-5954

**Cherryfield
Village
Apartments**
Somersworth, NH
603-692-3978



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



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

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 indicator 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.



PINK TOGETHER



Ashland Lumber
Division of BELLETETES, INC.

20 West Street
Ashland, NH 03217
603.968-7626
www.belletetes.com

We support
National Breast Cancer
Awareness Month!

HAND BUILT IN NEW HAMPSHIRE



North Woods
Manufacturing, Inc.

KITCHENS · VANITIES · COUNTERTOPS

We take great pride in our craftsmanship.

Contact Us!
603-788-5532
NorthWoodsManufacturing.com

Women's Life Imaging Center

is the region's premier imaging center for women.

Our Services:

- 3D Mammography
- Diagnostic Workup
- Breast Ultrasound
- Biopsy Procedures
- Bone Density

Provided with:

- Care and understanding
- Specialized experience
- Respect for your body and feelings

200 Route 108, Somersworth, NH 03878
~ An ACR Breast Cancer Center of Excellence ~

Visit our new website at www.womenslifeimaging.com



Women's Life Imaging Center

Affiliated with Frisbie Memorial Hospital and Wentworth-Douglass Hospital

Call us today to schedule your 3D mammogram, bone density exam, or both at (603) 742-6673.

In-Home Care Services



Care - Beyond Compare!

At Comfort Keepers®, we provide in-home care that helps seniors and others live safe, happy, and independent lives in the comfort of their own homes.

- In business since 2005 -
12 Yeaton Rd.
Plymouth, NH 03264
(603) 536-6060

© 2017 CK Franchising, Inc.
An international network, where most offices independently owned and operated.
ComfortKeepers.com

Companion Care
Light Housekeeping
Personal Care
SafetyChoice® PERS & Medication Management



a sodexo brand



STERLING MANAGEMENT, INC. - A VETERAN OWNED COMPANY

Managers of USDA Rural Development Properties
Belmont Village Apartments in Belmont, NH
603-267-6787
Download our Application at <http://www.sterling-management.net/application.pdf>





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 guid-



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 infec-

tions 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)

ed cyst aspiration to identify if a lump is a fluid-filled cyst or a 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 Friday. 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 community 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.

DeGrace
CONCRETE FOUNDATIONS

www.degracecontracting.com
603-968-7041

Zoë & Co.

Professional Bra Fitters

Put 'em Up!



Westerly, RI | 401.596.8050

Concord, NH | 603.224.2727



100% Buyer Friendly!

Waterville Valley • Campton • Thornton Plymouth Area
www.RoperRE.com



Vacation Rental Services
Carpet & Upholstery
Residential Cleaning
Commercial/Janitorial Cleaning & Floor Care
603-662-0645



FREE CLEANINGS FOR WOMEN UNDERGOING CHEMO!
Until there's a cure... Cleaning for a Reason

STERLING MANAGEMENT, INC. - A VETERAN OWNED COMPANY



Managers of USDA Rural Development Properties
Cherryfield Village Apartments in Somersworth, NH

603-692-3978

Download our Application at <http://www.sterling-management.net/application.pdf>





pinky promise

Promise her that you will take care of yourself. Huggins Hospital in Wolfeboro, along with GraniteOne Health partners Catholic Medical Center (CMC) in Manchester and Monadnock Community Hospital in Peterborough, have teamed together to ask you to *pinky promise*. Our GraniteOne Health hospitals make preventative care easy. Whether you need a 3D mammogram at Huggins Hospital or are looking for the most advanced breast health care and technology at CMC's Breast Care Center, we promise to be here for you.

Schedule your mammogram at Huggins Hospital today by calling 603.569.7547.



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?

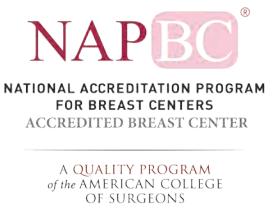
One of the largest changes in the treatment of breast cancer is oncoplastic breast conservation. Oncoplasty refers to the use of plastic surgery techniques to allow the surgeon to remove the tumor more completely and reshape the breast to create a superior cosmetic outcome. We have growing evidence suggesting 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.



Breast Care Center
Bedford Medical Park, Bedford NH
603.663.5270





***Speare Memorial Hospital offers
State-of-the-Art 3D Screening Mammography and
Stereotactic & Ultrasound Guided Biopsies***

3D Mammography detects
41% more invasive breast cancer
than 2D mammograms.

Designed to make your exam more comfortable.

Speare Memorial Hospital has a dedicated
and experienced team of mammography staff.

Monday - Friday 8am to 4pm
Plus late afternoon appointments.

Make your appointment today
Call 603-238-2232



PAID ADVERTISEMENT



TURNING THE TIDE ON OPIOID ADDICTION

**Chucky Rosa knows about life and loss firsthand.
He lost two of his sons to opioid overdose.**

Every day, Chucky takes a dip in the ocean to honor their memory and raise awareness for other New Hampshire families who are impacted by the crisis. And he's inviting people across the state to join him.

Let's fight this crisis together.

Visit www.ralinh.org



PAID FOR BY RX ABUSE LEADERSHIP INITIATIVE

What's On Tap

The local high school teams continue with a full slate of games in the coming week.

The first postseason action starts this week, with the Plymouth golf team competing in the Division III tournament on Thursday, Oct. 11, at Laconia Country Club at 9 a.m.

At Newfound, the field hockey team will be hosting Gilford today, Oct. 4, at 4 p.m. and will be at Winnisquam for a 3:30 p.m. game on Tuesday, Oct. 9.

The Bear cross country team will run at Belmont on Friday, Oct. 5, at 4 p.m.

The Newfound boys' soccer team will be at Trinity for a 4 p.m. game on Tuesday, Oct. 9.

The unified soccer Bears will be at Bow for a 4 p.m. game on Wednesday, Oct. 10.

The Bear volleyball team will be hosting Kennett on Tuesday, Oct. 9, and will be at Sunapee for a game on Wednesday, Oct. 10, both at 6:30 p.m.

At Plymouth, the boys' soccer team will be at Bow today, Oct. 4, at 4 p.m. and will host Coe-Brown on Tuesday, Oct. 9, at 4 p.m.

The Plymouth volleyball team will be at Milford today, Oct. 4, at 6 p.m., will be hosting Manchester West at 6 p.m. on Friday, Oct. 5, and will be at St. Thomas at 6 p.m. on Wednesday, Oct. 10.

The Bobcat field hockey
SEE **ON TAP** PAGE B6

Bears and Raiders battle to scoreless tie

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Lebanon has been a force in Division II field hockey for many years.

This year, however, the Raiders are in Division III and on Friday, Sept. 28, Lebanon came to Bristol to battle perennial Division III power Newfound.

And in the end, there was nothing to separate the two teams, as both goaltenders stopped everything that came their way and the teams settled for a scoreless tie after 75 minutes of field hockey.

Out of the gate, Newfound had a pair of corners, with Haley Dukette getting a nice shot on one but it was kicked away by the aggressive Lebanon goaltender. Caroline Marchand got in for a bid and Madison Hanley just missed connecting with Tiffany Doan on a bid. Mackenzie Bohlmann had a nice defensive stop at the other end and then Hanley found Marchand for a bid that went just wide of the net.



JOSHUA SPAULDING
(Left) Hayleigh Pabst slides out to make a save during action against Lebanon on

Newfound had another corner and Doan fired a shot on net that was tipped wide by Marchand. The Raiders came back with a couple of corners of their own but good defense from Hannah Eastman helped keeper Hayleigh Pabst keep the sheet clean. Pabst also came out with a sliding save for the Bears.

SEE **FIELD HOCKEY** PAGE B3

Fourth quarter touchdowns lead Bears over Royals

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — When Tiellar Mitchell scored on the first play from scrimmage of Saturday night's Newfound Homecoming game, it looked like the Bears would be



RC GREENWOOD

Shawn Huckins (27) and Rolando Sylvain-Stott look to take down a Mascoma runner on Saturday night.

on their way to a big win.

However, the Mascoma Royals are coached by former Newfound assistant coach Kyle Colburn and Newfound coach Ray Kershaw was aware that the Royals

would be prepared.

"The game today was all mental mistakes, but Mascoma, one thing I know about them is the heart they have, never underestimate that heart," Kershaw said.

"But I'm proud of the kids because they fought through."

The Bears scored two touchdowns in the final quarter to claim the 20-8 win over Mascoma and

SEE **FOOTBALL** PAGE B3

The Sandwich Fair

SANDWICH NEW HAMPSHIRE
A Family Tradition!

OCTOBER 6-7-8, 2018

Fairgrounds Open Daily at 8am

Agricultural Exhibits and Shows Daily

www.thesandwichfair.com

Midway by Gillette Shows

Home for Sale by Owner

Farmhouse built in 1897 and updated top to bottom in 2014: restored with the cape style addition by seasoned builders--3 bedrooms, 2 baths, living room, dining room, kitchen, mudroom, front hall with stairs. Circle driveway--Great curbside appeal for small business. Offers sandy beach on Baker River. First level-handicap accessible. Completely vinyl sided-no painting needed. SAU 48 Plymouth School District: Plymouth Regional High School bus pick up across the street. Views of mountains, cell service, full-house generator, cable access, artesian well-state tested. All new wiring (2014); professionally fully insulated, 98%-efficient Veissmann furnace (2014), central vacuum system. Sauna in basement. 3 porches: 3-season on south side, open porch at main entrance, and patio facing river & mountain view. Detached 2-car garage oversized-28x40- and open extended roof for equipment storage. Sugar House (or use it as a bunkhouse). Boundaries surveyed and marked. Easy access: 15 miles from I-91 (Vermont) and 18 miles from I-93. —immaculate. Call us for the asking price. We are willing to negotiate, 603-764-9321 for an appointment to view this property.

Bears blank Spartans and edge Royals

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound soccer team came out a little flat in the first half of the game against White Mountains on Wednesday, Sept. 26. However, they had a great second half and came through with three goals to seal the 3-0 win.

“It was great to see us rise to the challenge and get a strong win,” said coach Jason Hill. “We have faced some adversity this season and have not had many bounces go our way.

“It was great for us



JOSHUA SPAULDING
Cian Connor had a goal for Newfound in a win over White Mountains last week.

to take over the game, finish our opportunities and get the shutout,” Hill added.

Justin Shokal had a couple of good break-aways in the first half but was unable to beat

the White Mountains keeper, who came charging out to make the saves.

However, the second half saw Shokal and Cian Connor begin to get things going by picking apart the defense of the Spartans.

The attacking produced a goal when Connor fed Shokal on a through ball and Shokal in turn found Reid Wilkins for a one-timer that went to the far post for the 1-0 lead for the Bears.

The Bears used that energy and came up with another goal just six minutes later as Shokal ripped a shot past the Spartan goaltender for

the 2-0 lead.

Midway through the half, the Bears got their final goal, as Connor beat three defenders and then fired a shot into the net for the 3-0 lead. All three goals were scored in a span of 12 minutes.

Jacob Pfister did the rest, as the keeper turned away nine shots on net to earn the shut-out. Hill also praised the play of sweeper Matt Libby and stopper Jack Gosson in front of the keeper. Matt Costigan, Adrian Ehmann and Ryan Lyford had strong second halves as outside backs and Colby Miles at forward and Tuan Nguyen at midfield earned their coach’s praise for

their work.

“The kids are mounting a comeback in the second half of the season and we are playing our best soccer right now,” Hill stated.

The Bears came through with a hard-fought 2-1 win over Mascoma on Saturday as part of Newfound Homecoming. Connor scored the game-winning goal in the final few minutes of the game to seal the win for the Bears.

The Bears will be in action on Tuesday, Oct. 9, at Trinity at 4 p.m.

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

Gruss cracks top 10 in home meet

Newfound boys run to third overall

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound cross country team hosted its second meet of the season on Thursday, Sept. 27, and the boys’ team came home with a third place finish overall behind Berlin and Gilford.

The Bears were led by Kyle Rosendahl, who finished in 19th place overall with a time of 21:36.

The next four Bears all finished in a group, giving the Newfound boys some solid placement for team points.

Joe Sullivan was 25th in 22:22, Luke Gordon was 26th in 22:29, Connor Downes was 27th in 22:30 and Nick Comeau finished in 28th in 22:39.

Ashlar Dotson provided some solid backup with a 31st place finish in 22:54 while Ryder Downes was 48th in 23:52 and Connor Springer was 53rd in 24:16.

On the girls’ side, Newfound didn’t have enough runners to finish with team points but Greta Gruss had a great day, running to seventh place overall in a time of 22:58.

Amy Combs was 33d



BOB MARTIN
Greta Gruss finished seventh at Newfound's home meet last week.



BOB MARTIN
Connor Springer runs during Newfound's home meet on Thursday.

in a time of 26:25 and Gretchen McGowan finished 42nd in a time of 27:41 to round out the field of Bears.

The Bears will be back in action on Friday, Oct. 5, when they

head to Belmont for a 4 p.m. race.

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

Bears sweep past Red Raiders

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound volleyball team opened last week with a win on the road in Belmont, sweeping the Red Raiders by a 3-0 score.

Newfound took the first game by a 25-21 score and then won the second game by the same score before closing things out with a dominating 25-8 score.

“Our defense was solid,” said coach Amy Fairbank. “Only six errors in the match.”

The Bear coach noted that the team changed up the offense a bit

going into the match and they are working through some of the issues, but she believes it will be more effective in the long run.

Ashlee Dukette and Megan Stafford each finished with eight kills, while Bailey Fairbank had six aces and Aryn Prescott added five aces.

The Bears will be back in action on Tuesday, Oct. 9, at home against Kennett at 6:30 p.m. and on Wednesday, Oct. 10, they will be on the road at Sunapee for a 6:30 p.m. contest.

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

Pair of speakers at next Trout Unlimited meeting

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



COURTESY PHOTO
Lou Zambello will speak at the next Trout Unlimited meeting.



COURTESY PHOTO
Lindsey Rustad will speak at the next Trout Unlimited meeting.

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 and like the group on Facebook.

Mayhew and McDermott tourney is Wednesday

CAMPTON — The Mayhew and McDermott scholarship golf tournament will take place on Wednesday, Oct. 10, at Owl’s Nest Resort in Campton. The tournament provides support for education and independent living.

Registration begins at

8:30 a.m. with a 10 a.m. shotgun start. Sponsorships are available on gold, silver and bronze levels and spots are open for golfers at \$125.

New this year will be Dixon Golf Endorsement with on-course games and challenges.

There will also be a

pre-event cookout on Tuesday, Oct. 9, at 5:30 p.m. at the home of Sarah and Jeff Caron at 8 Summit Road in Plymouth.

RSVP to the cookout or get more information at 536-1102 extension 1115 or e-mail denise.castonguay@becket.org.

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

A Special Section from

Newfound Landing

Some game days are harder than others

No matter the size of a school, when there is a tragedy, there is always someone in “your group” who that tragedy touches personally.

Surely not everyone on the Kingswood field hockey team knew Ramsie Taylor, but there were girls who did know her and that fact was not lost on their teammates as the girls took to the field on Wednesday afternoon.

Ramsie was a Kingswood senior and she was killed in a car accident on Wednesday morning. Coach Kaitlin Reilly noted that she saw her team come together throughout the day and rally around one another in this moment of sudden grief. She pointed out her pride in their support of one another.

It’s often said that tragedy brings out the best in people and in many ways, that is true. We see it on a regular basis whenever tragedy strikes a community. It’s disappointing that it often takes a tragedy to bring people together, but it does.

Reilly said her team members “sought out each other” when news of the death in their school got around. They were there to support each other, they were there to listen to each other and do what they could to help each other.

And though emotionally and physically drained, the Knights went out onto the field and came through with a hard-fought win over a good Goffstown team. Reilly said that when the girls were drained, the work they’d done in practice simply took over and led them through. And when the game was over, there were tears amidst the relief of coming away with a big win. Keeper Sam Tavares handed trainer Alex Dria and myself a crimson ribbon, similar to the ones that the girls were wearing in their hair that day in honor of Ramsie. While I couldn’t put mine in my hair (it seems there’s not enough of it), I did attach it to the mirror in my car.

I’ve been around this job long enough to see some tough moments in the high schools I cover. The death of a coach. The death of a student-athlete, a parent or sibling. These are things that can be part of what is usually a fun job.

Coach Reilly noted that the Kingswood community, though from a large geographic area, is a tight-knit, small community in many ways. And she pointed out that the community comes together quickly and tightly when something like this happens.

I didn’t know Ramsie Taylor, but I know friends of hers. I know that they were dealing with something that nobody should have to go through. And my thoughts go out to the Kingswood community and Ramsie’s family on this unspeakable tragedy.

And as someone who drives through the intersection of Routes 171



By JOSHUA SPAULDING

Field Hockey

FROM PAGE B1

Newfound had a pair of corners, with Marchand getting in close for a bid that was stopped and Doan sending as hot wide on another bid. Katy Drapeau had a good centering pass that was cleared out of the zone. Marchand also had a shot stopped and then sent a ball through the crease on another corner.

Lexi Douville had a shot on another corner that was stopped and then Marchand tipped Douville’s drive into the zone wide of the net. Drapeau and Doan teamed up on a bid that went wide and Doan was turned away on another bid by the Lebanon defense. Cassie Zick had a late chance in the half but the teams went to the break with the score still tied at zero.

Marchand came into the zone early in the second half with a bid and at the other end, Bohlmann and Drapeau turned in strong defensive stops. Drapeau sent a great ball ahead to Doan that was denied by the defense and Hanley had a shot stopped by the Lebanon keeper.

After a Newfound corner didn’t result in any shots, Dukette had a nice drive into the zone that was cleared away. The Bears had a few more corners that came up empty and Doan sent Marchand in on a bid that went wide. Douville and Dukette were strong on defense and Drapeau had a shot denied by Lebanon’s keeper and Marchand’s shot on the rebound went wide.

The Bears had another corner that saw Doan deliver a shot on net that was turned away and then Bohlmann and Douville each turned in good defensive efforts to close out regulation with no score on the board.

The 15-minute seven-on-seven overtime period saw Pabst make a big save right out of the gate and Lebanon got a pair of corners but could not convert, with Drapeau helping out with good defense. Marchand and Doan got runs into the zone that were denied and Newfound had a corner as well, but Dukette’s shot was stopped.

The Bears had back to back corners with Doan sending one shot on net that was stopped and then just missing Drapeau on another bid. Pabst made another save and Lebanon came through with a couple of close bids but neither team could get on the board and they settled for the scoreless tie.

The Bears beat Berlin 4-0 on Sept. 18 and got what coach Kammi Williams called the most beautiful goal of the season. Drapeau sent a nice pass in to Hayse Broome, who sent the ball to Doan and Marchand, who scored the goal. Marchand scored

and 28 at least twice a day, it’s time to fix it. There’s too many accidents and far too many fatalities in this one location. And each time there’s family, friends

three goals on the day and Madi Dalphonse added the other. Doan, Broome and Zick all added assists.

Pabst finished out the day by making a save on a penalty stroke as time was running out to preserve the 4-0 win.

Williams praised Drapeau’s play on defense, as she turned away every Berlin run into the zone.

Football

FROM PAGE B1

move to 3-1 on the season.

Mitchell broke free on the first play from scrimmage and went 66 yards for the touchdown just 18 seconds into the game and Logan Rouille tossed the two-point conversion to Mason Dalphonse for the 8-0 lead.

Things got better for the Bears on Mascoma’s first possession, as Rolando Sylvain-Stott dived on a Royal fumble, giving Newfound the ball back. Brett Pidgeon and Mitchell were able to move the ball up the field on the ensuing drive and it appeared that Rouille had gone in from 14 yards out but a penalty brought the ball back and the Bears were unable to get into the end zone, giving the Royals the ball back.

Mascoma was able to eat up the clock with a strong ground game and a couple of passes. Good defense from Pidgeon and the Bears eventually forced Mascoma to punt away and the Bears got the ball back in the final minute of the quar-

ter. Mitchell broke free for a 42-yard run to close out the quarter at 8-0.

The Bears continued to run the ball to open the second, with Shawn Huckins and Mitchell carrying the ball but the Mascoma defense stepped up on fourth down and got the ball back. The Royals then ate up most of the first half clock with a drive that eventually covered 86 yards and a screen pass from eight yards out put them in the end zone with 3:49 to go. The two-point conversion tied the game at eight.

Huckins had a nice kick return to set Newfound up in good position but the Bears went four and out on the ensuing drive. The Bear defense was able to stop the Royals in the final minute to close out the first half with the score tied at eight.

Mascoma opened the second half with a good drive but good defense from Tyler Boulanger and Mason Greene broke up Mascoma passes and then the defense stopped a fourth down run to give Newfound the ball back. The Bears

Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound

create any offense but Hayleigh and our defense stuck with it to give our offense a second chance,” Williams stated.

The Royals scored the first goal with 20 minutes to go and added another 10 minutes later. Newfound just missed an open goal opportunity and Williams praised Dukette, Bohlmann and Drapeau for

then ate up the rest of the third quarter clock with a long drive that included runs from Mitchell, Pidgeon and Huckins and the game went to the third quarter with the score tied at eight and Newfound driving inside the 20.

The Bears got to the seven-yard line on runs from Pidgeon and Huckins but they were unable to get in the end zone and Mascoma got the ball back. Good defense from Cody Barton helped Newfound force a three and out and the offense went back to work.

Mitchell, Huckins and Rouille carried the ball down to the one-yard line and then Rouille ran in from one yard out with 6:03 to go, putting Newfound up 14-8.

The Royals were unable to get anything going on offense on their next drive and Newfound put together one more scoring drive. Rouille, Mitchell, Pidgeon and Huckins carried the ball and Mitchell then broke free from 33 yards out with 1:09 to go for the 20-8 lead.

Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

their work on both sides of the field.

The Bears were scheduled to play Gilford on Sept. 25 but that game was postponed to Oct. 4.

Newfound will be at Winnisquam on Tuesday, Oct. 9, at 3:30 p.m.

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

Mascoma threw four incomplete passes to close out the game and Newfound had the 20-8 win.

“That was the best defensive game we’ve played,” said Kershaw. “But offensively, we made many mistakes again.

“They were bending, really close to breaking, but they hung tough,” the Bear coach said. “We knew this wasn’t going to be a blowout.”

Kershaw said that the opening play was an indication of what the Bears are able to do when they are ready to go.

“That’s the potential they have, they can score at any time,” Kershaw said. “We just have to get over the mental hurdles.

“This is a long way from my first year here,” the Bear coach added.

The Bears have this week off before traveling to Farmington on Oct. 13.

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

THE SALMON PRESS PRESENTS

THE NEW HAMPSHIRE 2018/2019

WINTER GUIDE

ALL ADS INCLUDE:

- Free Layout & Design
- Free Listing in our Advertiser’s Index
- Free Entertainment Listing in our calendar of events

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

Massachusetts, Rhode Island Connecticut & New Hampshire

ADVERTISING DEADLINE WEDNESDAY, OCTOBER 3rd 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

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

or

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



Town-to-Town
CLASSIFIEDS

www.salmonpress.com | 603.279.4516
Call to place your ad today or visit our website!



Misc. For Sale

Attention Deer Hunters
Brand New Browning X-Bolt Hunter
In the Box! Excellent Deer Gun
.270 caliber. Call 569-4799

ATTENTION HAT COLLECTORS
Selling Large Collection of Hats
Some very rare, include Hawaii
Five-0, Desert Storm and many
others. Large collection of reading
books & nautical instruction books.
Call 569-4799

MEREDITH - Blue Ridge Hickory
Plank Flooring. AA wood backing.
1st grade. 1,050 sq.ft. in original
boxes. \$1,900.00. Call 677-6994.

OLD NH FISH and Game, ca.
1890, bearing laws, penalties and
seasons on moose, caribou,
furbearers, fish, etc. measures
12"x18" May be seen at the
Coos County Democrat,
79 Main St., Lancaster, NH.
Price, \$4; if mailed, \$8.
Call 603-788-4939 or email
lori@salmonpress.news

Southern Motion, electric recliner,
new in February. Too big for me.
It is 41" W x 40"H. Seat
29"Wx24"deep. Arms 11"Wx24"long.
Denim colored microsuede. Asking
\$350.
Text me@ pamcna@yahoo.com

Lost & Found

Found Ads
Are published Free of Charge.
30 words for 1 week.

Lost Ads
Are Charged at our regular classified
rates.

Call Toll Free
Mon-Fri 8:00-4:00
1-877-766-6891
or go to
www.salmonpress.com
24/7

HAVE YOU SEEN ME?
I AM LOST!
MY NAME IS BUDDY
I am a 5 year old, 16 LB. buff
colored male cat. I live on
Pinnacle Park Road
PLEASE CALL MY FAMILY
at 279-7000.
Reward if found.

Still Lost!
Shane - Shetland Sheepdog
9 Years old
We are hoping someone may
have him or have seen him?
-Lost in Laconia NH-
August 27, 2016
Do not chase. Old and New
Leads appreciated.
For more info see
www.facebook.com/
shanesetlandsheepdog
Call Owner 603-365-1778
or Granite State Dog
Recovery
1-855-639-5678

Thank-You

Our line ad classifieds
are on our website!
www.salmonpress.com
is the place to check our weekly
classifieds online!
More great coverage
and information from the
Salmon Press
Town To Town
Classifieds!
Why place your ads
anywhere else?
1-877-766-6891



Thank-You

Thank you
for browsing
The Town To Town
Classifieds in the
West
Meredith News
Record Enterprise
Winnisquam Echo
Newfound Landing
Publication Rates (30 words)
\$12 - 1 Week
\$20 - 2 Weeks
\$27 - 3 Weeks
\$36 - 4 Weeks
Call Our main Call Center
1-877-766-6891
Mon-Fri 8:00-4:00
or place online 24/7 at
www.salmonpress.com
Deadline:
Monday 10:30 am

Fuel/Wood

DRY FIREWOOD
LEGITIMATE DRY CUT AND SPLIT
OVER 10-12 MONTHS.
14,16,18,20,22,24 INCH AVAILABLE.
2 CORD \$250 EACH.
1 CORD \$275.
IMMEDIATE DELIVERY.
CALL 323-8658

Pets/Breeders

LOW COST SPAY/NEUTER
Mobile Feline Fix It Wagon,
Cats \$70-\$85. Dogs at Conway clinic,
starting at \$100. NH and Maine
income qualified plans. Military
discounts. Rozzie May Animal
Alliance, a dedicated spay/neuter
nonprofit. Sign up on line
www.RozzieMay.org or call
603-447-1373

General Help
Wanted

Bosco Bell and Blueberry Station RT
28 Barnstead are looking for friendly
and reliable cashiers. Please apply
in person.

Energetic person for Bristol
area property maintenance
business. Lawn maintenance,
snow removal, docks, minor
construction.
Randy 707-2119

PAINTER WANTED
Interior/exterior
Will pay for skills and experience.
Please call Mark (603) 651-8605

TAXI DRIVERS WANTED-CLEAN
DRIVING AND CRIMINAL RECORD
A MUST. DRUG TEST REQUIRED.
CALL 393-5614.

Part-Time Help
Wanted

CLEANING HELP WANTED -
LINCOLN THREE DAYS A WEEK
APPROX. 15 HOURS TOTAL 6
HOURS EARLY TUES MORNINGS
4 HOURS LATE THURS AFTER-
NOON/EVENING 5 HOURS LATE
SAT AFTERNOON/EVENING
CLEAN BACKGROUND-RELI-
ABLE TRANSPORTATION A
M U S T !
EMAIL JESSICA@TWINRIVER-
SCLEANING.COM TO APPLY

Lawn/Garden

JACKSON LANDSCAPING
CLEANUP-YARDS-BEACH.
WINTER HOME PREP/DOCK
REMOVAL. LAWN MOWING AND
MAINTENANCE. WEEDING AND
PRUNING. POWER WASHING,
SMALL PATIOS AND WALKWAYS,
TRASH REMOVAL, AND OTHER
ODD JOBS. FULLY-INSURED AND
FREE ESTIMATES.
CHRIS JACKSON
603-393-4708

Real Estate

EQUAL HOUSING
OPPORTUNITY
Equal Housing Opportunity
All real estate advertising in this
newspaper is subject to
The Federal Fair Housing Law
which makes it illegal
"to make, print, or published any
notice, statement, or advertisement,
with respect to the sale, or rental of a
dwelling that indicates any prefer-
ence, limitation, or discrimination
based on race, color, religion, sec,
handicap, familial status or national
origin, r an intention to make any
such preference, limitation or
discrimination."
(The Fair Housing Act of 1968 at 42
U.S.C. 3604(c))
This paper will not knowingly accept
any advertising which is in violation of
the law. Our readers are hereby
informed, that all dwellings advertised
in this newspaper are available on
an equal opportunity basis.
To complain of discrimination call
HUD toll free at
1-800-669-9777
For The Washington DC area,
please call HUD at 275-9200.
The toll free telephone number for
the hearing impaired is
1-800-927-9275.
You may also call
The New Hampshire
Commission for Human Rights
at 603-271-2767
or write
The Commission at
163 Loudon Road,
Concord, NH 03301
Neither the Publisher nor the
advertiser will be liable for misinfor-
mation, typographical errors, etc.
hereincontained. The Publisher
reservesthe right to refuse any
advertising.

Apartments For
Rent

Second Floor, One-Bedroom
Apartment for rent. Heat and hot
water included. \$850/month. No
smokers, no pets. Security and
references. Off-street parking and
snow removal. Prefer tenant to be
40+ 530-2752.

Comm. Space
For Rent

PLYMOUTH SPACE
FOR RENT:
9 Main Street. Former site of
Pemi River Fuels. Approx. 700 sq
ft.; 3 to 4 work areas depending
upon configuration. \$750 per
month including heat, snow
plowing and trash removal.
Tenant pays separately metered
electric. Onsite parking is
available. Security deposit
required. Available immediately.
Please call Brian at 536-2300.

Rental Sharing

LACONIA: 1 ROOMMATE WANTED.
Clean, quiet, sober environment.
Will go Fast!
\$140-\$150/week. Call 603-455-2014

Seasonal Rentals

Seasonal Rental
Moultonborough.
Winnepesaukee waterfront.
3 bedroom ranch. Furnished,
beach, dock, large yard.
Non-smoker. No pets.
\$1,400/month, includes
heat, electric, snow and trash
removal. Available Sept-May.
603-455-7844.

Public Notices

On October 18, 2018 at 6:30 PM
there will be a Candidates' Forum at
the Campton Historical Society Hall
at 529 US Route 175 in Campton.
Candidates for State and county
offices will there. This is not a debate
but an opportunity for Campton
voters to meet their candidates who
will speak for themselves on their
positions and ideas. Questions from
the audience will be welcome after
each presentation.

55 Plus MODEL HOME
OPEN SUNDAY 12 to 2
\$109,995
or
\$638 per month*
\$149,995 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'

NCH Upper Connecticut
Valley Hospital
\$3,000 SIGN-ON BONUS
For two years of experience staff RNs
REGISTERED NURSES
Contact Human Resources at
(603)388-4236
Apply On-line at www.ucvh.org
181 Corliss Lane, Colebrook, NH 03576
603-388-4236
EOE

MAKE THE
RIGHT
MOVE!
Advertising works.
603-279-4516
salmonpress.com

ANYONE, ANYTIME
CAN ASK FOR
HELP
For anyone looking for help with addiction,
recovery is real, it's great, it's available...TODAY.
ANYONE.
ANYTIME.
NEW HAMPSHIRE
Can experience addiction • Can ask for help
Can recover • Can save a life
www.anyoneanytimenh.org
NH STATEWIDE ADDICTION CRISIS LINE
If you or someone you know is experiencing a
substance use or an addiction-related crisis
1.844.711.HELP (4357)
FOR INFORMATION VISIT:
NH Alcohol and Drug
TREATMENT LOCATOR
www.nhtreatment.org
FOR INFORMATION CALL:
2-1-1
Get Connected. Get Answers.

Buy Local

TOWN-TO-TOWN CLASSIFIEDS

Looking for New Customers?



FROM THE LAKES REGION TO THE GREAT NORTH WOODS.

- The Baysider
- Meredith News
- Berlin Reporter
- Gilford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
- Winnisquam Echo
- Newfound Landing
- Coös County Democrat
- Carrol County Independent

CALL 603-279-4516 TO PLACE YOUR AD TODAY!

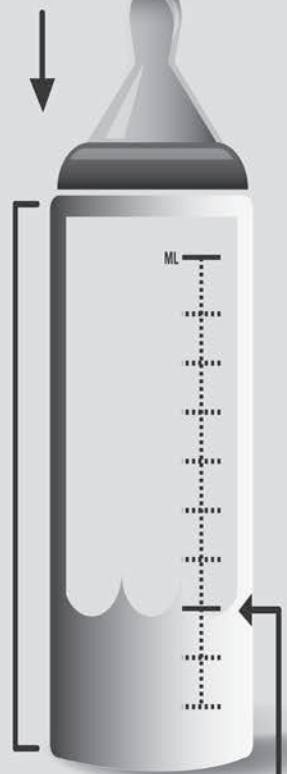


CHOOSE CAR SEAT: BY AGE & SIZE



THE NUMBER OF PEOPLE WHO THINK

THEY HAVE THEIR CHILD IN THE RIGHT SEAT.



THE ONES WHO ACTUALLY DO.

KNOW FOR SURE IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

VISIT SAFERCAR.GOV/THERIGHTSEAT



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

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

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

Leading Pre Engineered Metal Building Co.

NCH Upper Connecticut Valley Hospital

FULL TIME OPPORTUNITIES

- ULTRASOUND/ECHO TECHNOLOGIST – 40 hours
- OR NURSE SUPERVISOR – 36 hours
- MT/MLT – 40 hours (Day shift)
- RN CHARGE/E.D. – 36 hours (Night Shift)
- RN M/S – 36 hours (Night shift)

PART TIME OPPORTUNITIES

- HOUSEKEEPER – 20 hours/Sat & Sun
- PER DIEM OPPORTUNITIES
- COOK
- PATIENT ADMINISTRATIVE SUPPORT LEVEL I
- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
- RN

Apply Online at www.ucvh.org Upper Connecticut Valley Hospital 181 Corliss Lane, Colebrook, NH 03576 Phone: (603)388-4236 • ucvh-hr@ucvh.org EOE

NCH Upper Connecticut Valley Hospital

\$3,000 SIGN-ON BONUS

MT / MLT

Contact Human Resources at (603)388-4236 Apply On-line at www.ucvh.org 181 Corliss Lane, Colebrook, NH 03576 603-388-4236 EOE

RODGERS SKI & SPORT

5 Railroad Street, Lincoln, NH 03251 (603) 745-8347

HELP WANTED FULL TIME/PART TIME – IMMEDIATE OPENINGS

Retail Sales Associate

We are looking to add a self-motivated individual to join our sales team in our Apparel & Accessories department. Candidates must be available on Weekends and Holidays, have a positive attitude and a positive approach to customer service. Duties include but are not limited to addressing customer needs and providing the necessary knowledgeable information on the products, restocking and light cleaning. One year retail experience and a passion for skiing/snowboarding a plus.

Benefits include: Competitive Pay Discounted and/or free skiing privileges at area mountains Please apply in person

Ski Tech/Rentals/Sales Associate:

We are looking to add a self-motivated individual to join our sales team in our Service & Rental department. Candidates must be available on Weekends and Holidays, have a positive attitude and a positive approach to customer service. Duties include but are not limited to addressing customer needs and providing the necessary knowledgeable information on the products, ski mounting and tuning, rentals and light cleaning. One year rental/service experience and a passion for skiing/snowboarding a plus.

Benefits include: Competitive Pay Discounted and/or free skiing privileges at area mountains Please apply in person

Advertising works. Call 1-877-766-6891 salmonpress.com

NCH North Country Home Health & Hospice Agency

REGISTERED NURSE

COME JOIN OUR GROWING TEAM! New Day, New Management, New Staff.

We are currently looking for a full-time, Registered Nurse to join our team.

Must be a graduate of a certified Registered Nurse educational program and hold a valid and current New Hampshire Registered Nurse license. Two to five years med-surg experience required. Advanced degrees and certification a plus. Prior Home Care experience preferred.

We offer a competitive salary and benefit package! For more information, please contact Jennifer Everleth, Human Resources (603) 444-5317 or jeverleth@nchhha.org • Apply online at www.nchhha.org

North Country Home Health & Hospice Agency is an Equal Opportunity Employer

- › Merchandise Planning Assistant
- › Direct Marketing Specialist

Two new opportunities, one great place to work.

Here's your chance to play an important role for a thriving brand. Everything you need to know is at garnethill.com/careers Hope to meet you soon!

Garnet Hill

UPPER VALLEY PRESS, INC.

Staff Accountant

Upper Valley Press, Inc. a progressive, 100% employee owned company, is seeking an experienced and motivated individual to join our finance team. The position requires general ledger and cost accounting experience. An accounting degree is desired. Duties and responsibilities include GL, AR, AP, Payroll, FA and financial analysis. The ideal candidate will possess the ability to multi-task and work independently.

- Specific job duties include:
- Maintains and balances a general ledger by inputting journal entries, reconciling accounts and verifying the accuracy of accounts.
 - Analyzes financial information by developing Excel Worksheet reports, verifying information and analyzing trends.
 - Develops and implements accounting procedures by analyzing current procedures, recommending changes.
 - Answers accounting and financial questions by researching and interpreting data.
 - Provides accounting support by reviewing financial information, obtaining supplementary information for preparing financial statements.
 - Processes payroll using ADP Workforce Now and prepares payroll reports.

Upper Valley Press, Inc. provides excellent wages and benefits, 401k & ESOP retirement saving plans and much more. This is an excellent opportunity for an experienced Staff Accountant to join a progressive and customer-oriented company!

Interested candidates may send resume and salary requirements to:

Upper Valley Press, Inc. Attn: Human Resources 446 Benton Road North Haverhill, NH 03774 charrington@uvpress.com

CLASSIFIED SELLS IT ALL

• ROLL-OFF CONTAINERS • STORM DAMAGE • ROOFING MATERIALS • RENOVATIONS • CLUTTER REMOVAL • YARD CLEANUPS • NEW CONSTRUCTION • HOME CLEANOUTS •

DON'T BE HAUNTED BY YOUR UNWANTED TRASH

GET ORANGE!

THE DUMPSTER DEPOT®
Waste Recycling Services

Great Service at "YOUR" Convenience, Not Ours!

SAVE WITH OUR DUMPSTER DEPOT BUCKS

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 11/1/18.

Got a trashy question? CALL US TODAY

Like us on Facebook **TOLL FREE 1-866-56-DEPOT**
LOCAL 603-783-8050

WWW.DUMPSTERDEPOT.COM

• SMALL DUMPSTERS • FRONT LOADER DUMPSTERS • REAR LOAD DUMPSTERS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOADER DUMPSTERS • REAR LOAD DUMPSTERS •

On Tap

FROM PAGE B1

team will be hosting Hanover on Friday, Oct. 5 at 4 p.m. and will be at Oyster River on Tuesday, Oct. 9, at 4:30 p.m.

The Plymouth soccer girls will be at Bow on Friday, Oct. 5, at 4 p.m. and will host Milford at 4 p.m. on Wednesday, Oct. 10.

The cross country Bobcats will be running at Kennett at 2 p.m. on Saturday, Oct. 6.

The Plymouth football team will be hosting Kingswood at 2 p.m. on Saturday, Oct. 6.



PLYMOUTH STATE UNIVERSITY

Multi-disciplinary. Innovative. Hands-on.

See how much further you can go at Plymouth State.

Attend a fall Open House, or schedule a Campus Information Session and Tour to get an inside look at all PSU has to offer.

Open House Dates:
Monday, October 8
Saturday, October 27,
Monday, November 12

Register online at plymouth.edu/visit or call (800) 842-6900 to reserve your space today.

See further up here.

"A Showcase of Homes built by premiere Lakes Region Builders."

1 Governor's Retreat
36 Waumbec Rd., Wolfeboro

2 Lone Pine Cottage
7 Black Point Rd., Moultonboro

3 Spectacle Point
101 Bartlett Landing Rd., Moultonboro

4 Nos Reve "Our Dream"
148 Black Cat Island, Moultonboro

5 Lakeside Addition
7 Stone Dam Island Rd., Meredith

6 Wingspread Residence
7 Doublehead Rd., Ashland

8 Highland Cottage
153 Pease Rd., Meredith

10 The Ganzey
421 Endicott St., North, Laconia

7 Mountain View
56 Clover Ridge Rd., Meredith

9 Lake Ridge Retreat
89 Upper Mile Pt. Dr., Meredith

11 Rocky Retreat
232 Liberty Hill Rd., Gilford

12 SPECIAL TINY BONUS!
Lakes Region TINY HOUSE
Built by students at Huot Tech Center
Tiny House For Sale!
Patrick's Pub Parking Lot - 18 Weirs Rd., Gilford
*Special Viewing - No Ticket Required To Enter

Parade of HOMES
LAKES REGION BUILDERS & REMODELERS ASSOCIATION

Columbus Day Weekend • OCTOBER 6TH, 7TH & 8TH
OPEN FOR TOURS 10AM - 4PM DAILY

Visitors will get to view spectacular homes in amazing settings!
Come and talk to us about your building & remodeling projects.
~ Lakes Region Builders & Remodelers Association

ONE TICKET • GOOD ALL WEEKEND
START AT ANY HOME -
Download "app" for tickets or purchase at first house
Costs \$20/ea • 18 & Under Free

www.LakesRegionPARADEOFHOMES.com

FREE MAP APP
paradecraze®

App Store Google play

PRESENTING SPONSORS:

MEDIA SPONSOR:

BENEFITS: