

Newfound Landing

THURSDAY, OCTOBER 18, 2018

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COMPLIMENTARY

Fireworks erupt at school board meeting

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — An attempt to introduce a compromise ahead of an anticipated budget showdown exposed the serious rift that has developed among members of the Newfound Area School Board amidst expressions of deep taxpayer dissatisfaction.

Board Chair Jeff Levesque of Groton characterized the three-option suggestion, aimed at returning decisions on large capital expenditures to the voters, as a "temper

tantrum" on the part of Vincent Paul Migliore of Bridgewater.

Sharon Klapyk of Danbury joined the criticism, saying, "I'm calling your tantrum a lack of professional ethics."

Both called Migliore out for changing his position on a board policy which states that, once the board has made a decision, each member must stand behind that decision, regardless of his personal views.

Migliore said the reason he changed his mind was the way things had played out

this year after former school administrator Archie Auger of Bristol questioned the inclusion of money for a one-

time expenditure in the following year's default budget.

The school board had exploited a provi-

sion of RSA 40:13 that allows the board to define what constitutes a "one-time expenditure" to say Auger's \$800,000

amendment the previous year to provide money for the repair the high school roof — SEE **NEWFOUND**, PAGE A14

NHEC members will see 7 percent winter bill increase

PLYMOUTH — Rate changes effective with bills rendered Nov. 1 will result in an overall bill increase of 7 percent, or \$7.04 per month, for a typical residential member of New Hampshire Electric Cooperative (NHEC).

The bill increase is the net result of rate

changes to two charges on members' bills — Co-op Power (the actual electricity used) and the Regional Access Charge (the cost to access the regional transmission grid in order to get power to the NHEC distribution system).

For most residential

SEE **NHEC**, PAGE A14



DONNA RHODES

Back road beauty

Back roads along the ridges in New Hampton offered gorgeous views of the fall foliage last week.

Danbury Police Chief honored for dedication to law enforcement

BY DONNA RHODES

drhodes@salmonpress.news

CONCORD — Members of New Hampshire's Congressional Delegation joined with



DONNA RHODES

Congresswoman Annie Kuster presented Danbury Police Chief David Suckling with a New Hampshire Congressional Law Enforcement Award in Concord last week as Sen. Jeanne Shaheen looked on.

law enforcement officers from around the state at the New Hampshire Police Standards and Training Academy in Concord last Friday evening to celebrate 50 men and women who have excelled in serving their communities.

Among those honored that night was Danbury Police Chief David Suckling, who also serves as an Alexandria Police Officer. Suckling was recognized with a New Hampshire Congressional Law Enforcement Award in the category of "Dedication and Professionalism."

"We commend you for the determination

and professionalism that you have demonstrated in combating the opioid crisis in your community. Your extreme dedication has made a significant difference in the drug crisis in New Hampshire and particularly in the communities you serve. Your service was recognized by the New Hampshire law enforcement community when they nominated and selected you for this award," wrote Sen. Jeanne Shaheen in a congratulatory letter on behalf of herself, Sen. Maggie Hassan and Congresswomen Carol Shea-Porter and Annie Kuster.

Suckling was among 25 officers who received recognition in that category, while a select list of others from the municipal police departments, N.H. State Police, N.H. Fish and Game and N.H. Army National Guard were acknowledged in other categories.

Both Shaheen and Kuster were on hand for the ceremonies and took a moment to congratulate them all for their service, diligence, and in some cases their heroism.

Shaheen said she was

pleased to not only honor but to also acknowledge their families for their sacrifices and support as well.

"You all say you are just 'doing your job' but we want you to know that what you may deem as ordinary, we recognize as exceptional," she said.

Kuster said that first responders are the reason Granite Staters can rest easy knowing that officers all over the state are being vigilant. She also assured them that she is dedicated to working with them and advocating for them in Washington.

New Hampshire Law Enforcement is leading the charge in saving lives and protecting the state," said Kuster.

Retired Belmont Police Chief Vinnie Baiocchetti led the ceremonies and as each officer's name was announced, he read a brief descriptive of the actions that brought them their award.

Chief Suckling, he said, has not only made a significant difference in the drug crisis but has also sought out and attended several train-



COURTESY

Beautifying downtown

On Wednesday, Oct. 4, students Vivian Littlefield, Reagann Watson and Gracie Greatchus of the National Elementary School Honor Society (shown in photo) helped the Downtown Decorating Committee plant 100 daffodil bulbs around the monument area in downtown Bristol. Then, on Oct. 8, members of local Cub Scout Pack 59's Tiger Den assisted in planting more daffodils around Bristol's Musgrave Monument site and the committee was very grateful for all the helping hands. "It was especially good to have involvement from our youth. Thirteen boys, with help from their parents, made quick work of the task. Watch for blooms in the spring," said committee member Hilda Bruno.

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28 pages in 2 sections
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Alexandria Conservation Commission Photo Contest underway

BY DONNA RHODES

drhodes@salmonpress.news

ALEXANDRIA — The Alexandria Conservation Commission has announced that they are once again holding a photo contest, from which 13 entries will be selected for their 2019 calendar.

This year's theme for the contest is "Four Seasons of Alexandria: People, Places, Etc."

The contest is open to people from any town but all entries

must have been taken within the boundaries of Alexandria. There is a little bit of flexibility in the contest, however.

"Your photos do not have to have been taken only in this calendar year. You may have something lurking in your files from quite a while ago that will fit the topic," said Jenny Tuthill of the Conservation Commission.

In addition to the 13 photos

SEE **PHOTO CONTEST**, PAGE A14



ERIN PLUMMER

Thousands of pumpkins towered at the head of Pumpkin Fest.

Pumpkin Festival brings thousands to Laconia

BY ERIN PLUMMER

mnews@salmonpress.news

LACONIA — Hundreds of pumpkins and two days of events brought thousands to the area for the fourth annual New Hampshire Pumpkin Festival.

On Friday night and all day Saturday, downtown Laconia was the center of fall fun with plenty of food, games, and other special events plus a lot of pumpkins towering over the city. The event is organized by the Lakes Region Chamber of Commerce and more than 40,000 people were projected to come this year.

The festival held a soft opening on Friday night with a Zombie Walk, an annual event that started last year.

"I think we had a pretty good crowd," said Karmen Gifford, President of the Lakes Region Chamber of Commerce.

Saturday was the big day, with events, vendors, food, and much more spread through the streets of downtown.

The main attraction was the big pumpkin tower with pumpkins from all over the Lakes Region and beyond. Pumpkins came throughout the day, whether brought from other places or carved



ERIN PLUMMER

Members of the Laconia Congregational Church sold food and drinks during the Pumpkin Festival. From left to right Claudia Wright, Catherine Tokarz, Hollis Thompson, Tessa McCallum, and Sandy Brallier.



Schools across the area contributed pumpkins to the Pumpkin Festival.



ERIN PLUMMER

right at the festival, and volunteers loaded them up on the big tower. Later in the evening all of the pumpkins were lit.

Explore "Jack the Ripper's London" at Minot-Sleeper Library

BRISTOL — Just in time for Halloween, the Minot-Sleeper Library welcomes local historian Mike McKinley for a presentation, "Jack the Ripper's London," on Tuesday, Oct. 30 at 6:30 p.m.

In 1888, Victorian London was the center of the British Empire and British Culture. The city was seen by many as prim, proper, affluent, dignified, and exciting. Beneath this veneer,

however, there was another London of poverty, crime, and debauchery. This was the London of the poor, displaced, and dispossessed who resided in London's notorious East End.

In this year of 1888, a series of gruesome murders or prostitutes occurred in the haunting darkness of the alleyways in the East End's Whitechapel District. In a 12-week reign of terror, the perpetrator

of these hideous crimes, labeled by police as the "Whitechapel Kill" but best-known as "Jack the Ripper," dominated the headlines of London's newspapers.

Mike McKinley's talk will discuss the Whitechapel murders, with the main focus being on the terrible social and environmental conditions, which existed in the darker and more malevolent corners of London's

East End that provided a base and haven for such human predators as Jack the Ripper, who became the personification of all the evils association with London's East End.

All are welcome to attend the presentation "Jack the Ripper's London" at the Minot-Sleeper Library, 35 Pleasant St. in Bristol. The event is generously sponsored

by the Friends of the Minot-Sleeper Library. Refreshments will be served. Those will questions can all the library at 744-3352 or email librarian@townofbristolnh.org.

New Hampton Community School to host spaghetti dinner for breast cancer support

NEW HAMPTON — The New Hampton Community School will host a Spaghetti Dinner Fundraiser on Tuesday, Oct. 23, from 5:30-7 p.m. T

The event is being held to raise money

to assist the school's second grade teacher, Deidre Conway, who is battling breast cancer. Half the proceeds will be donated to the Lakes Region General Hospital's Breast Cancer Support program. Tick-

ets are \$5 each or \$20 for families and can be purchased in advance at the school or at the door that night. The New Hampton Community School is located at 191 Main St. and can be reached at 744-3221.

Moulton Farm gearing up for Farm Fest 2018

Horses, a plowing competition and fall family fun make a for a great weekend

MEREDITH — A plowing competition, tractor rides, horse drawn wagon rides, a tractor display and live music will part of the fun at Moulton Farm's "Farm Fest 2018" on Saturday, Oct. 20, and Sunday, Oct. 21, from 10 a.m. to 3 p.m.

Saturday's fun includes the Granite State Draft Horse and Pony Association's plowing contest in the farm's field. In this event, which begins at 10 am, teams of horses and ponies will complete using skills that were crucial to farmers in New Hampshire's past. The event is estimated to run until approximately 1 pm depending on the number of teams competing. The farm will also have a display of antique farm-related equipment on Saturday and Sunday.

In addition to the plowing competition on Saturday, local singer and guitarist Julia Veille will be singing at the farm on Saturday from 11 a.m. to 2 p.m. Visitors can also take photos to share with friends and family of the sheep visiting the farm, the various fall displays and games and then either walk or take a free tractor ride to and from the farm's "pick your own" pumpkin patch to search for the perfect pumpkin. The farm's corn maze, which celebrates Meredith's 250th birthday, will also be open. There is an admission fee to the maze, but the other events are free.

Sunday's fun includes free horse-drawn carriage rides around the farm from 10 a.m. to 3 p.m., music from the father and son duo Steve and Ben Kelley between 11 a.m. and 2 p.m. Free tractor rides will also be available to and from the pumpkin's patch on Sunday and the corn maze will also be open.

On both days, visitors



Farm Fest 2018 at Moulton Farm on Saturday, Oct. 20, and Sunday, Oct. 21, will feature a range of fall and farm related fun for all ages including a draft horse plowing competition, tractor rides, horse drawn wagon rides, pumpkin hunting and live music. More information can be found at moultonfarm.com.

can enjoy great food and snacks from the farm's kitchen & bakery as well as warm, freshly made donuts from the Cider Bellies stand at the farm.

Moulton Farm is located at 18 Quarry Rd., off Route 25 in Meredith and is open seven days a week. The farm practices sustainable agriculture and is dedicated to providing the highest quality fruits and vegetables while

preserving its rich soil for future generations. In addition to growing its own produce, the farm offers fall decorating supplies including a full range of fall favorites such as pumpkins and gourds. The farm also offers baked goods, prepared foods, and cider doughnuts from Cider Bellies, seafood from Sal's Fresh Seafood, and a quality selection of meats, cheeses and other

items from northern New England producers. More information can be found at www.moultonfarm.com or on Facebook at [Facebook.com/MoultonFarm](https://www.facebook.com/MoultonFarm).

Eagle Pond Writers Series presents Three New Hampshire Poets of Place event

PLYMOUTH — On Thursday, Nov. 8, Plymouth State will host Three New Hampshire Poets of Place presentation to honor the late Donald Hall who was the inspiration for (and co-founder of) Plymouth State University's Eagle Pond Writers Series.

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 undergrads and by providing graduate education that deepens and advances knowledge and enhances professional development. 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.

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Opinion

CADY Corner

Local police departments taking by unwanted prescription drugs Oct. 27

BY DEB NARO

Contributor

On Saturday, Oct. 27, from 10 a.m. to 2 p.m., CADY and the Drug Enforcement Administration (DEA) will give the public its 16th opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

Bring your pills for disposal to the following police departments in Ashland, Bristol, Campton, Lincoln, New Hampton, Plymouth, Thornton and Waterville Valley. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous; no questions asked.

Last April 2018, Americans turned in 474.5 tons (949,046 pounds) of prescription drugs at almost 5,842 sites operated by the DEA and more than 4,683 of its state and local law enforcement partners. Overall, in its 15 Take Back events, DEA and its partners have taken in 9,964,714 pounds—about 4,982 tons—of pills. In April 2018, the last Take Back Event, 357.5 pounds were turned in for the Central Region sites, and a total of 14,895 pounds in the State of New Hampshire.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these

drugs. Studies show that most of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

Substance abuse prevention requires community action and our collective commitment will help keep our children safe from the harms of substance abuse. In addition to this Take Back Event, permanent Take Back boxes are available 24/7 at the Bristol Police Department, Lincoln Police Department and Plymouth Police Department. You can help prevent prescription drug abuse by disposing of your unused, unwanted or expired prescriptions in these local Rx Medication Drop Boxes at any time of day. Thank you for being part of the solution by helping to limit illicit access by decreasing the supply of unused prescription medications in the home!

For more information about the disposal of prescription drugs or about the Oct. 27 Take Back Day event, go to <https://www.dea-diversion.usdoj.gov/>. You can also contact the CADY office at 536-9793.

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.

PET of the Week Bosley



Meet Bosley. This golden brown, white chested terrier mix little man is about eight years old, and still exudes a gigantic personality that overflows with love. He's the type of guy who bonds quickly and deeply, so much so that his drive to protect his people and keep them safe might be a bit over zealous. So we are recommending that his new angels continue his training so that he might learn to give his people enough space to make

their own mistakes. Bosley loves being that big man on campus, so

for him. Instead he would prefer a quiet home with soft beds to curl up in, yummy treats to fill his belly and someone to call his one and only love. His love and adoration is contagious and you will be smiling each and every day as you arrive home from your adventures and are greeted by this white toed, fleet footed furball's smiling face as he scurries across the floor to your door. For more information visit nhusmane.org or call 524-3252.

Strategies for Living

The other side of Christianity

BY LARRY SCOTT

Maggie Gobran, sometimes known as the "Mother Teresa of Egypt," was invited to speak at the 2011 internationally televised Global Leadership Summit, sponsored by the Willow Creek Community Church, Chicago, Ill.

In concluding her remarks, Mama Gobran as she is affectionally known, made this comment:

Silence your words so that you may listen to your thoughts; silence your thoughts so that you may listen to your heart; silence your heart so that you may listen to God."

And then, resplendent in her all-white habit, she said, "I would like to end my presentation by thanking and blessing you."

Kneeling to the carpet, face in her hands against the floor, Mama Gobran spent the next five minutes in silent prayer. There was not a dry eye in the house as several hundred Pastors and church leaders watched in awe, profoundly moved by the benevolent "Mother of Cairo" prayed for us. It was a moment I will never forget.

The moment was typical Maggie Gobran for, beginning with a personal effort to express love and concern for the nearly 50,000 "garbage kids" in Cairo, the organization she eventually founded, Steven's Children, has so far blessed over 30,000 families with God's love and with practical help. She has opened a new world to children who had

no hope, many never living past five years of age, children who had no clue as to how to break the chains of poverty, disease, and hopelessness by which they were bound.

I make a point of this, for many of us in the Evangelical Church have been indicted for being intolerant, homophobic, anti-abortion, arrogant, and out of step with society. Here we have "the other side of Christianity." Yes, we have a message to share, and we do without apology, but we aren't all talk!

Mama Gobran is just one case in point, but she is an apt example of what I am writing about. She was raised in wealth and already successful in the business world, she made

a personal visit to the garbage slums servicing the city of Cairo, and that changed everything. She soon sold everything she owned, and together with an army of men and women who shared her vision and followed her example, she founded Steven's Children and initiated a process that led to primary and elementary schools, a manufacturing center that gave many of her kids a marketable skill, medical clinics, and a home for boys and one for girls who had been abandoned by their families.

We have silenced our words, we have quieted our hearts, and we have listened to God. Jesus put it this way, "Let the little children come to me, and do not

SEE STRATEGIES, PAGE A15

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Letters to the Editor

Jeff Steigler will go above and beyond as our Sheriff

To the Editor:

My name is Travis Austin, and I am the Police Chief of Hebron. Some of you may already know I was a candidate for Grafton County Sheriff this year. The result of the primary election was victory for my challenger, Jeff Steigler.

Throughout the campaign season, I witnessed firsthand Jeff's dedication to hard work, his exceptional listening skills, sanguine demeanor, remarkable leadership traits, and an obvious abundance of true experience and knowledge. I say "true" because as Jeff taught me during down time, "experience isn't the amount of time spent doing something but

how you have spent that time."

As we all know, most of Grafton County is composed of small rural communities. As a Chief of one of these communities, I have an intimate knowledge of its needs and challenges. I am confident that Jeff Steigler will not only go above and beyond in carrying out the statutory mandated requirements of the Sheriff's Office, but will also build and improve upon current relations and partnerships with all of the communities.

Travis Austin
Hebron

Ruthie Gulick has the experience and knowledge we need in Concord

To the Editor:

Join me in voting to elect Ruthie Gulick to the New Hampshire House of Representatives from Belknap County District #1 (Center Harbor and New Hampton).

Years as an attorney, in sole practice, serving a diverse set of clients in trying and complex situations has given Ruthie the necessary skills and insights to be a competent citizen advocate for the residents of District #1.

As a woman, wife, mother, and grandmother, Ruthie understands the firsthand challenges and rewards of raising a family and what health, educa-

tional, and safety supports are required to assist our families in succeeding.

Ruthie's tireless work on numerous local non-profit boards and her continued commitment to many public and private community programs have provided her with knowledge and practice for directing the effective and efficient use of public resources for the betterment of our towns.

Therefore, I feel that Ruthie has the experience, knowledge, and temperament to be a really good state rep.

Daniel Moore
New Hampton

Lots of advice on lightning, and it never left my head

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

A series of thunderstorms swept up from the valley and over my ridge the other night,

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

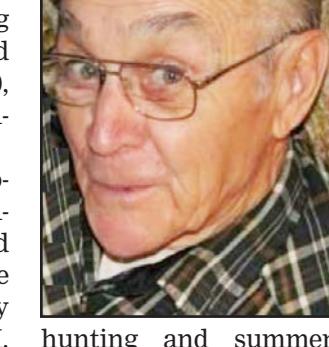


and I stole out to immerse myself in the event. Well, not literally—I had a porch roof over my head. Still, enough tiny droplets and vapor tend to get blown out ahead of each part of the storm to



COURTESY
Lightning connects heavens to earth in the Monument Valley, where just as on a pond or a golf course it doesn't pay to stand out.

Lewis J. Albert, 91



GROTON — Lewis J. Albert, 91, lifelong resident of Groton, died Wednesday, Oct. 10, 2018, at Speare Memorial Hospital.

He was born in Groton, the 10th of 12 children of Edward and Elise (Hache) Albert. He served in the US Army at the end of WWII. Upon returning home he worked as a machinist for IPC and Estey's Machine for quite a number of years, he then went on to serve as the Road Agent for the Town of Groton for over 25 years.

His free time was spent fishing and deer

hunting and summer times you would find him working in his garden. Lewis loved the Red Sox and rarely missed a game.

Family members include two daughters, Louise Martel of Groton and Diane Albert of Englewood, Fla.; a son,

David Albert of Bristol; six grandchildren; seven great grandchildren; and many nieces and nephews.

He was predeceased by his wife of over 50 years, Helen (Ordway) Albert.

A graveside service will be held on Saturday, Oct. 20 at 4 p.m. at the Ralph Hill Cemetery in Groton. In lieu of flowers, donations may be made in his memory to the Hebron Fire Department, PO Box 97, Hebron, NH 03241. Arrangements are under the direction of Emmons Funeral Home of Bristol.

make you wet, or think you are.

So I sat down in one of the rockers, alternately scooching it in and out in accordance to which way the rain was coming from, for it invariably reversed.

If you are anywhere near an open window or door in a thunderstorm, you're going to get wet, usually right at the end. These were small storms that came one after the other, the wind reversing at the end of one storm and then turning around the other way before the next. Sometimes, in between, the sun tried to poke through.

It was 2:30 in the morning. Nobody else seemed to be about, and that was fine, because it would have probably been one of the New Hampshire Electric Cooperative's line crews, summoned to find and fix a break. These squalls are small but they hit hard. Errant lightning plays about.

When we were very young, we were taught not to fear lightning but respect it. Our mother, quick to toss us out to play in a soft June rain, would draw us into the house for thunderstorms. But she encouraged us to watch, from windows, doorways and porch. The greatest free show on earth, she always said.

Later on, in my years at Clarksville Pond, one

of my jobs was to make sure each cabin had a boat, and to round up strays. If I wasn't paying attention, as teenagers are known to do, a sudden thunderstorm could sweep up the ridge and catch me just as I was towing a couple of stray boats across the pond.

It bears noting that the motive power was oars. One time, Rudy and his wife Joan had to be away for a day, and left us kids with the Hurlberts. This was uneventful enough until a thunderstorm loomed.

Into a small bedroom we all went. As the sky went dark, out came a lamp. And then, with a thud on the bed, out

came the big Bible. On our knees, we heard and repeated scripture until the skies cleared and the birds sang once again.

This was my first experience with that particular precaution regarding lightning, and one thing I can say is that it was a whole lot easier than towing boats across the pond.

But all I truly remember about the incident is that like all of the other advice on how not to get struck by lightning, it worked.

(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.)

David Allard, 68

TUCSON, Az. — David Allard, 68, died March 13, 2018.

David was born in Franklin, one of three children of Rodney and Dorothy (DesRochers) Allard. He grew up in Bristol and graduated from Newfound Memorial High School in 1968; he went on to junior college in Washington, D.C., and then returned to New Hampshire, living in Gilford and working locally until 1978, when he moved to Tucson. Prior to retirement, David worked for the Lear jet company as an inspection supervisor.

Family members include his wife, Ruth Allard of Tuscon, Az.; two sons, Tim and Scott Allard; a brother, Craig Allard of Kingston, and sister Barbara Allard of Ellijay, Ga.; one niece and nephews. He was predeceased by a son, Daniel Allard.

Internment services will be held on Saturday, Oct. 27, 2018 at 1 p.m. at Homeland Cemetery in Bristol. The service will be inclusive of services

son, Craig Allard of Kingston; and three grandchildren, Christine Allard, Steven Allard, and Zachary Allard.

Internment services will be held on Saturday, Oct. 27, 2018 at 1 p.m. at Homeland Cemetery in Bristol. The service will be inclusive of services for her husband, George Strom and son David Allard.

In lieu of flowers, the family requests memorials be made in memory of Dorothy Allard Strom to Four Seasons Hospice, 571 South Allen Rd., Flat Rock, NC 28731 or Compassus Hospice, 583 Highland Crossing, Suite 120, Ellijay, GA 30540.

She was the daughter of the late Joseph Frank and Marjorie Loretta MacComiskey DesRoches and the wife of the late Rodney Townsend Allard and George Earl Strom.

She was also preceded by a son, David Allard; a grandson, Daniel Allard; and two brothers, Robert and Dean DesRoches.

Surviving are a daughter, Barbara Allard of Ellijay, Ga.; a

son, Craig Allard of Kingston; and three grandchildren, Christine Allard, Steven Allard, and Zachary Allard.

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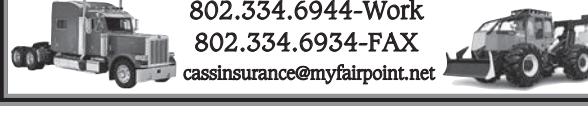
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802.334.6934-FAX

cassinsurance@myfairpoint.net

Membership meeting

October 22, 2018 @

5:00pm

Grafton County 4-H

Horse Club

Deer Creek Farm

22 Homer Rd

Thornton, NH 03285

www.deercreekfarm.org

Please join us for a membership meeting October 22 @ 5:00pm upcoming calendar. We will meet weekly until November 21, 2018 TBD picking up in January again in preparation for:

NH 4-H Horse Quiz Bowl TBA

NH 4-H Program Cover Design Contest TBA

NH 4-H Judging & Hippology Contest

(Hosted by our club) April 27, 2019 Grafton

County Qualifier Horse show June 1, 2019

(Hosted by our club)

For More info (603) 236-1571

For 4 H Horse Clubs Members must be eight years old as of Jan 1, 2019.

For members who own, have access to a horse or have serious intent to learn specifically about owning a horse to participate in horse activities.

For Cloverbud members ages (5-7) or

other clubs for ages 5-18 please go to

[https://extension.unh.edu/blog/4-h-](https://extension.unh.edu/blog/4-h-clubs-grafton-county)

[clubs-grafton-county](https://extension.unh.edu/blog/4-h-clubs-grafton-county)

Obituaries / Towns

A6 NEWFOUND LANDING, THURSDAY, OCTOBER 18, 2018

Eugene C. Avery, 67

BRISTOL — Eugene C. Avery, 67, died Monday, Oct. 8, 2018 at home surrounded by family. He was born on June 16, 1951 in Waterbury, CT one of seven children of the late Ernest and Phyllis (McClary) Avery. The family moved to Laconia while Eugene was a teen. He lived most of his life in the Lakes Region.

Gene was a skilled carpenter and owner and operator of Avery Maintenance for many years. He was a jack-of-all-trades and freely shared his fix-it-all knowledge with his family. He loved watching as they learned. His Family and friends recall his great sense of humor, sarcasm, and wit. He just loved his family! Gene would help anyone



anytime. When asked his age, he had always replied "67" no matter what his actual age was. He had a love for motorcycles, cars and Fox news. He was always generous with his time, had a huge heart and will be missed by all who knew him.

Family members include three daughters (Angela Koprowski and husband Geno of Spencer, Mass., Heath-

er Avery of Franklin, and Amanda LaFlamme of Bristol); three sons (Gary Avery of Spencer, Mass., Jacob Avery and his partner Samantha LaFlamme of Hill, and Zachary Avery of Tilton); 15 grandchildren and one great grandchild; two brothers, Douglas Avery and Ernest "Rob" Avery; three sisters: Wanda Hough, Karen Constant, and Melody Smock. He also left many nieces and nephews. He was predeceased by two brothers Rodney Avery and Donald Young.

Please join the family and friends at the Celebration of Gene's Life on Nov. 3, 2018 from 4 to 8 p.m. at the Laconia Elks, 17 Sugar Bush Ln., Gilford, NH 03249.

Janet Elizabeth Mabus Tozier, 82

S T O C K H O L M , Maine — Janet Elizabeth Mabus Tozier, 82, went peacefully to be with the Lord, Oct. 16, 2018, at the Aroostook House of Comfort in Presque Isle, Maine, after a courageous battle with cancer.

Janet was born in Randolph, Vt. Nov. 2, 1935, the daughter of the late William Mabus and Ethel H. McCombie. She grew up in S. Strafford, Vt., and attended the Newton Elementary School. She worked at Varney's Grocery Store in S. Strafford while going to high school. She graduated from the North Hampton Commercial College in North Hampton, Mass.

Her first job after college was at United Aircraft Export Division in E. Hartford, Conn. She later worked for GMAC in Hartford, Conn., where she met the love of her life, Roger Tozier. They were married April 7, 1956.

In 1958, while Roger was in the Army, they moved to Killeen, Texas, where their first son, George, was born. They then lived in Bangor, Maine, where she worked at the Bangor Savings Bank, before moving back to Connecticut — where she worked as a



payroll auditor for the state.

In 1972, she and her husband moved to Bristol, where they owned and operated Bristol Market for 30 years. Janet, her husband Roger, and their children all worked in the store. They also had a coffee shop and clothing store in Bristol. When they retired, they moved to Stockholm, where they have a cottage on Madawaska Lake. They lived at the lake in the summer, and went south in the winters to Myrtle Beach. They traveled across the country visiting their children who she loved dearly. She always had a smile for everyone. They saw all of the states while traveling, except for Alaska and Hawaii.

She is survived by her husband of 62 years, Roger, of Stockholm, Maine; three children, John Tozier and girlfriend Suzanne of Barrington, Maine. www.mockler-funeralhome.com

isun City, Calif., and Katherine Enright and husband Frank of Rhododendron, Ore.; a sister, Barbara Murray, and husband Robert of S. Strafford, Vt.; 12 grandchildren; five great-grandchildren; many nieces, nephews and cousins.

Janet was predeceased by a son, George, in 2007.

Funeral services will be held at 2 p.m. Saturday, Oct. 20, 2018 at the First Baptist Church of Stockholm, Maine. Friends may visit with the family from 1 p.m. until time of services. Following the service, all are invited to a time of continued fellowship and refreshments in the church dining hall. In lieu of flowers, donations can be made in memory of Mrs. Tozier through the Aroostook House of Comfort, PO Box 867, 18 Green Hill Drive, Presque Isle, ME 04769, where Janet spent her last days receiving the best care and comfort possible anywhere. Everyone there treated her and her family with exceptional compassion, and care. Arrangements by Mockler Funeral Home, 24 Reservoir St., Caribou, Maine. www.mockler-funeralhome.com

BOSCAWEN — Formerly of Bristol, Frances V. Sternier, 91, died Tuesday, Oct. 9, 2018 at the Merrimack County Nursing Home after a long period of declining health.

She was born in Queens, N.Y., the daughter of William and Sadie (Lundquist) Scott. She married Mauritz C. Sternier, Jr. on Sept. 4, 1948, and moved to Bristol in 1954. There, they owned and operated a gas station, restaurant, and cabins off Route 3A known as Indian Trail until 1963. From there, they moved to Smith Riv-

Frances V. Sternier, 91

er Road. Over the years she worked for IPC, managed a jewelry store, and lastly was employed in the accounting department of the Bristol Bank before retiring.

She was predeceased by her husband in 2000; by two sisters, Billie (Scott) Bruckert, and Mickey (Scott) Carpenter; and by two brothers, William Scott and Edward Scott.

She is survived by her three children (Mauritz C. "Skip" Sternier III of Poynette, Wis., William T. Sternier of Laconia, and Kathryn F. Cha-teauneuf of Sanbornton);

as well as two grandsons, Timothy S. Sternier of Madison, Wis. and Andrew J. Sternier of Oceanside, Calif.

Calling hours will be Friday, Oct. 12, 2018 from 6-8 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol. A graveside service will be held on Saturday, Oct. 13, 2018 at 10 a.m. at Homeland Cemetery in Bristol. In lieu of flowers, donations may be made in her memory to the Alzheimer's Association, 166 S. River Rd., Bedford, NH 03110 or Pope Memorial SPCA, 94 Silk Farm Rd., Concord, NH 03301.

Gene P. Tucker, 99

HILL — Gene P. Tucker, 99, died Thursday, Oct. 11, 2018 at home after a brief illness.

She was born in Elkhorn, Ind., one of five children of McGuyer and Elizabeth (Dillman) Porter. She grew up in Indiana and earned her diploma of nursing there. In 1947, Gene met Everett C. Tucker at a USO dance at Ft. Harrison. They married and moved back to his home in Alexandria, NH with the promise if after a year she didn't like New Hampshire they would move back to Indiana, they moved and there was no looking back.

In the 1960's, they moved to Hill and made their home there on New Chester Road. Gene worked as a nurse at Franklin Hospital until her retirement.

Family was every-

thing to Gene, and she spent so much time with her daughter, grandchildren and great grandchildren. She was a member of the Alexandria United Methodist Church and the Woman's Auxiliary there. Gene was an avid reader and was active with the Hill Book Club. She loved the Red Sox, but was known to turn the game off if they were losing, as she feared it was she who was causing the bad luck. Those who knew her best will remember her as a die-hard Democrat.

She is survived by her daughter, Pearl (Robert) Bean of Hill; two grandchildren, Marrissa Voelbel of Conway and Tucker Bean of Hill; two great grandchildren, Adaleigh and Alexander Voelbel; many nieces and nephews.

She was predeceased by a great granddaughter, Elliana Hope Voelbel.

A memorial service was held on Sunday, Oct. 14, 2018 at 2 p.m. at the Alexandria United Methodist Church. Interment was Monday, Oct. 15, 2018 at 10 a.m. at Homeland Cemetery in Bristol. In lieu of flowers, donations may be made in her memory to the Franklin VNH and Hospice, Chestnut Street. Arrangements were under the direction of Emmons Funeral Home of Bristol.

Richard H. Willette, 72

BRISTOL — Richard H. Willette, 72, died at his residence on Oct. 8, 2018 with his family by his side.

Born in Plymouth on May 24, 1946, he was the son of Wilfred and Barbara [Sullivan] Willette. Richard moved to Ashland in his early years, attended Ashland Schools, and was a 1965 graduate of Ashland High School.

Following his school years Richard served his country in the U.S. Army. Upon returning home he was employed at IPC in Bristol for many years. On Dec. 14, 1967, he was

married to the love of his life Elaine Omara with whom he shared 50 years of marriage.

He owned and operated Bristol Tire & Battery and the Exxon Station in Bristol. He enjoyed Fishing and most of all his family. He was predeceased by his brother Dave and sisters Donna,

Richard is survived by his wife of 50 years, Elaine [Omara] Willette of Bristol; his son, Robin Willette, and wife Jennifer of New Hampton; his grandsons, Richard Charles Willette and Ryan Thomas Willette; five great-grandchildren; and many nieces and nephews.

Services will be private, following Richard's wishes. Dupuis Funeral Home in Ashland is assisting the family. For more information, go to Dupuisfuneralhome.com.

Towns

Alexandria

Merry Ruggirello 744-5383

sunshine_eyes51@yahoo.com

■

The hills are ablaze with their quilt of color, even through the cloudy, rainy days. It won't be long before the task of cleaning the beauty from lawns begins as we ready for the coming season. As for me, the raking will wait until Spring because next week my bionics will be installed, which is going to put me on a new learning curve. I am blessed to have many guardian angels through this process, and I thank you all from the bottom of my heart.

Town

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on Saturday, Oct. 27 from 11 to 11:30 a.m. for additions and corrections to the checklist. Last day for

supervisors to accept voter registration applications. No additions or corrections shall be made to the checklist after this session, until General Election Day on Tuesday, Nov. 6. Party changes will be accepted at this session. The polls will be open from 8 a.m. to 7 p.m. on Nov. 6 for voting.

There is an opening on the Budget Committee, and for alternates as well. Please submit a letter of interest and mail it to Selectmen's Office, 47 Washburn Rd., Alexandria, NH 03222.

The Conservation Commission will meet one week earlier this month, on Wednesday, Oct. 24 at 6:30 p.m. in the Municipal Building.

The Alexandria Volunteer Fire Fighters Association is sponsoring a Pumpkin Open House on Friday, Oct. 26 from 5 to 8 p.m. at the fire

station. Games, goodies, pumpkins for the children, and fun for the whole family.

Alexandria UMC

The office will be closed on Thursday, Oct. 18 as Pastor Faith will be on vacation. There will be a Pastor Parish Relations Committee Work Session on Thursday, Oct. 18 at 6 p.m. in the Vestry.

Saturday, Oct. 20 from 9 a.m. until 3 p.m. is Wa-nakee Fall Work Day.

Sunday, Oct. 21, services begin at 9 a.m. Communion will be served, and the service is based on Mark 10:46-52. Sunday School will begin at 10:15 a.m.

Saturday, Oct. 27 is the AUMC Halloween Party which begins at 5 p.m.

Happy Birthday Wishes Oct. 19 to Donna Masi. May your day be filled with much love, laughter and many blessings!

Happy October Anniversary

versary wishes to Deb and Mike Blouin, Kris and John Day, Jeremiah and Riley Hall.

Heaven has gained another angel, our friend and neighbor, Gene Tucker. Although she was tiny in stature, she's left a big hole in our hearts. Our thoughts, prayers and sincerest sympathies are extended to her family and all who knew and loved her. Fly with the angels little lady, you've earned your rest.

It's time for me to head out and about for the day. Not many days to finish up what needs to be done before next week. Have never been on an adventure quite like this before, but I'm glad for and appreciate the encouragement, even the lectures, I've received through the process. Peace, love and laughter for us all in the weeks ahead.

SEE TOWNS, PAGE A7

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.

SEE TOWNS, PAGE A7

Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind the church.

Pastor Ernie Madden
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays:
9 a.m. - Early Worship Service, followed by coffee and fellowship in the church dining room.

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available

during the Contemporary Service.

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

Kidzone:

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

Alcoholics Anonymous Group:

Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of

our dear Lord and Savior.

Our Vision is to become a church that unchurched people will love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

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

We are handicapped accessible!

Our doors are al-

ways 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

ently 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 - Thursday, Nov. 15 in Fellowship Hall at 10 a.m.

Some of our members are continuing with the creation of small crafts that will

SEE CHURCHES, PAGE A9

Towns

FROM PAGE A6

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The South Danbury Church worship services are on Sundays at 11 a.m., with conversation and refreshments afterward. The cookbook sale was accompanied a pie sale of many flavors and type. The dreary weather was made more pleasant by a little comfort food form the church bake sale.

Fall Fest

The DCC fall fest will begin at 11 a.m. this Saturday, Oct. 20. Free activities for kids and families are planned during the day and ends with a paid bean hold bean supper with ham, pork roasts and salads. The supper starts at 4:30 p.m. and costs \$8/ adults and \$4 for children; under 6 is free. The winners of the Big Money raffle will also be drawn. First prize is \$500.

Veteran's Fundraiser

This coming Saturday is also the Corn Hole Tournament at the grange hall parking lot beginning at 1pm. Proceeds from the event benefit the Veteran Value Bucks Program which gives Veteran's \$20 in coupons to spend at Merrimack County Farmers Markets. Participant fees are \$10/person or \$20/ team. Registration can be done at the events section of MCCD.com or on the day of the event.

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

Groton

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

There will be boxes in the hallway of the Town Hall for non-perishable food item, warm clothing such as jackets, socks, hats, mittens, boots and also toys for

our yearly Thanksgiving and then Christmas boxes. We are trying to get a little jump on it this year, however, November is coming up quickly.

If you are interested in attending the Newfound Area School District Budget Committee Meetings they are as follows (obtained from the Newfound Area School District web site):

Oct. 18 - Danbury Elementary School - 6:30 p.m.

Nov. 7 - Bristol Elementary School - 6:30 p.m.

Nov. 20 - Newfound Memorial Middle School - 6:30 p.m.

Dec. 4 - Bridgewater-Hebron Village School - 6:30 p.m.

Dec. 11 - Newfound Regional High School - 6:30 p.m.

Dec. 18 - Hebron (location TBA) - 6:30 p.m.

Jan. 8 - Alexandria (location TBA) - 6:30 p.m.

Jan. 11 (budget hearing) - Newfound Regional High School (no time noted)

Snow date - Jan. 12 Newfound Regional High School (10 a.m.)

Feb. 2 (Deliberative Session) Newfound Area High School (10 a.m.)

The taxpayers are urged to get involved in the School Budget process.

We were saddened by the news of the passing of Lewis Albert on Oct. 10. There will be a graveside service on Saturday, Oct. 20 at 4 p.m. at the Ralph Hill Cemetery behind the Town House. Lewis was born in Groton, one of 12 children. He was our road agent for over 25 years. Instead of flowers donations may be made to the Hebron Fire Department, PO Box 97, Hebron, NH 03241.

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

The Town of Groton is currently accepting bids for a 8' tow behind York Rake (minimum

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

The Groton Historical Society will be holding a special program about Mary Baker Eddy and her connection to the Town of Groton. The program will be held Sunday, Oct. 28 at 2:30 p.m. at the Groton Town House. Two members of Sanbornton's Historical Society, Linda Saliello 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.

Trick or Treating for the Town of Groton will

take place Wednesday, Oct. 31 from 6-8 p.m. We hope everyone has a safe and happy Halloween!

Scheduled Meetings and Office Closures:

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

Select Board Meetings (open to the public) - 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

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

The Town Clerk/Tax Collector office will be closed Oct. 24 through 26 for the annual Town Clerk Educational Conference.

Total of all taxes due to the Town as of Oct. 15 are \$136,402.10. 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
hebronnnews@live.com

Hebron Area Women's Group

The Hebron Area

Women's Group will be meeting on Thursday, Oct. 18, at the Hebron Union Congregational Meeting room at noon. Our guest speaker is Becky Chase, MS

Recep., a Rehab Fit Exercise Specialist. The theme is "Staying strong and fit as we age." Our Hostesses are Barbara Stevens Jan Connor and Nadine Hession. Please bring non perishable goods for the Bristol Food Pantry. All area residents are welcome.

Supervisors of the Checklist in Session - Oct. 23 at 7 p.m.

The Supervisors of the Checklist will be in session at the Town Clerk's Office on Tuesday, Oct. 23, from 7 to 7:30 p.m. Party changes, new registrations, additions and correc-

tions to the checklist will be accepted. Last opportunity before the General Election 11/6/18.

Supervisors of the Checklist

Barbara Brooks, Judy Dodge, Audrey Johnson

Jamie's Spaghetti Supper

Oct. 20 5-7 p.m. We are holding a spaghetti supper Oct. 20, 5 - 7 p.m. at the Bridgewater town hall. \$6 Adults \$3 children under 12. We have silent auction items as well as a 50/50 drawing. Silent Auction Items Include:

100 gallons fuel from two different oil companies, Cord of wood, New Hampshire Maple Syrup, Honey and many other interesting items too numerous to mention. 50/50 items include many gift cards and assorted prizes. Please come and hopefully win but most important enjoy the fellowship.

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Hebron Town Hall

Hebron Village Store

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

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

DANBURY:

Danbury Country Store

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

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Churches

FROM PAGE A7

also be available for sale at the Christmas Bazaar on Saturday, Dec. 1. Next craft meeting will be on Monday, Nov. 19 downstairs in the church at 11:30 a.m.

Bring a sandwich and come for craft and/or fellowship!

Choir rehearsal continues at 4:30 p.m. every Wednesday.

Ongoing

Bristol Community Services is in need of everything!

Please help if you can!

Events:

The many who attended the dinner on Oct. 6 can attest to the fabulous-tasting roast pork.

Our next monthly church supper will be held on Nov. 10 in Fellowship Hall, boasting an awesome pot roast dinner!

Be sure not to miss!

Adults \$9. Children \$4. Serving 5:30 to 7 p.m.

Take Out Available: 744-8132

Ukelele players wanted! Christian Ed. And Music Committees have started up a ukelele band. We have several interested brave souls, and are looking for more!

The band is getting 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.

The Annual Fall Vesper Service took place at 5 p.m. on Sunday, Oct. 14 at Inspiration Point. A pot-luck supper followed at 5:30 p.m., just below, at Slim Baker Lodge.

There will be four delegates from our church attending the annual New Hampshire Conference of the United Church of

Christ on Saturday, Oct. 20 at Pembroke Academy, Pembroke.

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)**

Construction on the

Holy Trinity Christian Life Center is pro-

gressing pretty much

on schedule. The base-

ment is finished, but

the concrete slab has

taken longer because

of the rain. The old hall

has been demolished.

The gates to St. Mat-

thew lot will have to

stay closed for the time

being because the exte-

rior and interior walls

will be stored in the lot

until they are installed.

The university has

generously allowed us

to use the lots on both

sides of High St. where

they intersect with

Langdon. It is very im-

portant that you don't

park on Langdon on

the left hand side (the

side across from the

church) as you will

get ticketed. Park-

ing is still allowed on

the right hand side of

Langdon, as well as the

lot right across from

the church.

The Day Away fash-

ion show fundraiser

will take place on Sun-

day, Oct. 28 at 2 p.m. at

the Marian Center in

Bristol. The Imagine

Store of Bristol will

supply the clothing

and all proceeds will

go to the Day Away

program.

The Day Away pro-

gram provides their

caregivers a much-needed respite

and relief from con-

stant care and respon-

sibility every Thurs-

day from 9 a.m. to 3

p.m. For the partici-

ant, activities include

games, crafts, sing

along, bingo, local en-

tertainment etc.

Volunteers are needed from 8:30 a.m.-noon or 11:30 a.m.-3 p.m. Contact Sandra Coleman RN, BSN by email sjrhatt@roadrunner.com or call at 536-6304 for more information.

We are in the middle of updating our database. If you have had a change of address, phone number, email, or marital status, or if you have children that are no longer living at home, please forward that information to Christine at holytrinitybristol@gmail.com.

**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 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**

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

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

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

Thursdays: Healing and Eucharist, St. Mark's Ashland

We are updating our church directory so please fill out a welcome card found at the back of the church or in the pews even though your information has not changed.

Weld Wednesdays: Fall book group on "Crazy Christians" a call to follow Jesus by Presiding Bishop Michael Curry continues Wed. 5pm at Holderness School.

Last Sunday saw many of our furry friends and pictures of those who were unable to attend arrive in church for the Feast of St. Francis of Assisi and for the Blessing the animals. Gathered in the front of the sanctuary each received a

separate blessing by Deacon Maryan who also preached a very appropriate sermon for the all age service.

Winter clothing in good wearable condition is being collected for the Winter Clothing Sale at St. Mark's Sherrill Hall on Saturday, Oct. 20, 9 a.m. to noon.

Don't forget St. Mark's famous Ham Bean Supper with all the fixin's, including homemade pies on Saturday, Oct. 20 5-7 p.m. in Sherrill Hall. Entertainment by the popular Dick Mardin Band. All proceeds go to our outreach program. Come and have a stompin' good time! \$8 for adults \$4 for kids. Free to Veterans; family price discounts.

**Star King
Unitarian
Universalist
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Winter clothing in good wearable condition is being collected for the Winter Clothing Sale at St. Mark's Sherrill Hall on Saturday, Oct. 20, 9 a.m. to noon.

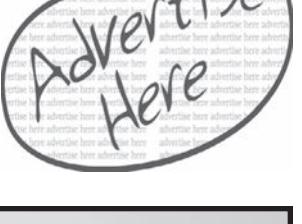
Sunday, Oct. 21 - 9:30 a.m.

"STUFF"

Reverend Douglas Wilson, Guest Worship Leader
Sarah Dan Jones, Music Director

I'm going to talk about stuff. Most people in this country have way more than enough stuff, but it's rarely talked about. Storage units are one of our country's great growth industries. I even have a couple of friends who created their own storage-unit business called Stuff It. Brilliant. I believe the hippie movement was crushed by the established forces not because we smoked pot or believed in free love, but because we were fed up with materialism. We had everything we needed and most of what we wanted, and were saying "enough, already."

Visit our Web site www.starrkingfellowship.org 536-8908



OCTOBER

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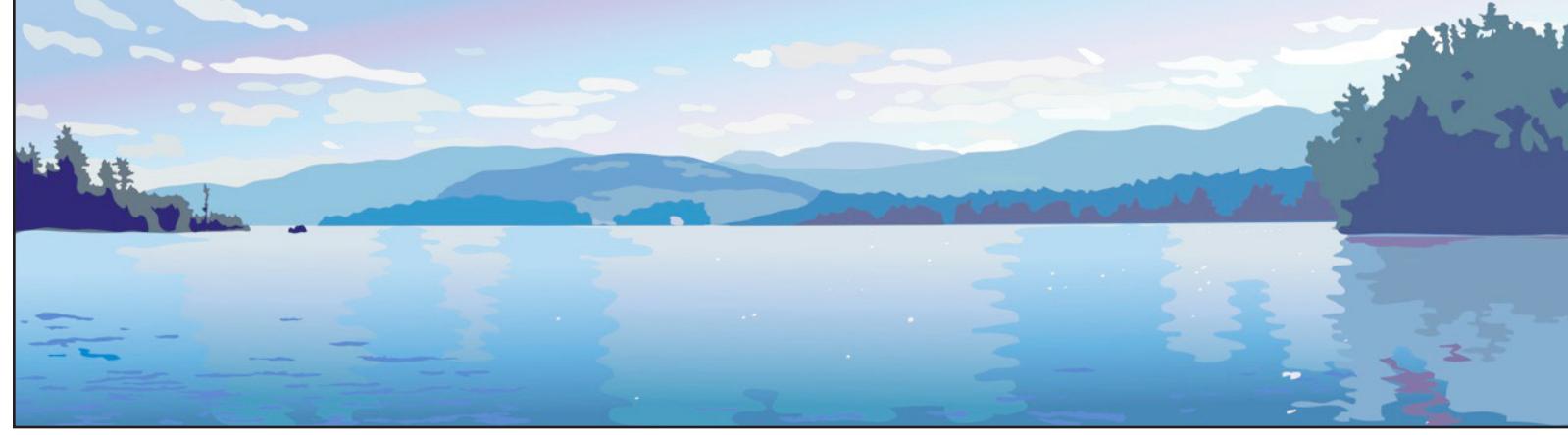
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Squam Lakes Artisans participating in NH Open Doors

CENTER HARBOR — Now situated in a year round gallery, Squam Lakes Artisans will participate in New Hampshire Open Doors on Nov. 3 and 4. NH Open Doors, organized by the League of NH Craftsmen, is billed as a weekend-long tourism and shopping event.

Artists, craftsmen, and business owners host special activities



"Lake Blues" by Marian Federspiel of Meredith, digital painter.

COURTESY

Squam Lake Artisans announces Veterans Day exhibit

HOLDERNESS — Squam Lakes Artisans will mark Veteran's Day on Sunday, Nov. 11 with a special remembrance at 2 p.m. The remembrance will include a reading of "The Wall Within," a poem by Captain Steve Mason and the exhibit of a sculpture by member artisan Fred Robinson titled "The Face Behind My Wall."

"If you and I were men of common conscience we might agree on a collective dedication to Walls Within. As for me they could all read: This wall is dedicated to mothers, fathers, sisters, brothers, wives, husbands, sons, daughters, lovers, friends and most of all dreams of the men and women who risked it all in Vietnam." Captain Steve Mason, who penned these lines, died from complications from exposure to Agent Orange.

Mason's work will be narrated by Robinson, a veteran of Vietnam, who served as an infantryman in the Army in Vietnam in 1971 and 72. His sculpture, displayed for the first time at the Center Harbor gallery, was inspired by Mason's poem that was read at the dedi-



COURTESY

Squam Lakes Artisans will mark Veteran's Day on Sunday, Nov. 11 with a special remembrance at 2 p.m.

cation of the Vietnam Memorial in Washington, D.C. Robinson will also be demonstrating throughout the afternoon his sculptured techniques using found materials.

Squam Lakes Artisans is a cooperative of New Hampshire artisans — photographers, painters, potters, as well as fiber, glass and jewelry artisans who sell directly to the pub-

lic. This is the cooperative's thirteen year, but first year at its new location at 23 Main Street in Center Harbor. The gallery is open Monday through Saturday from 10 a.m.-6 p.m. and Sunday from noon-5 p.m. For more information, call 253-9595 or visit their Web site: www.squamlakesartisans.com or Facebook: Squam Lakes Artisans Gallery.

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

during the weekend. Squam Lakes Artisans, a cooperative now celebrating its 13th year and first year as a year round gallery, will be featuring the work of twenty members. Members will be demonstrating their craft during the weekend, so it is a wonderful opportunity to get a closer look and better

appreciation of what inspires these individuals.

The gallery is located at 23 Main St. in Center Harbor next to the town's bandstand park and neighbor to Yikes Gallery. Saturday hours are 10 a.m. to 5 p.m. and Sunday noon - 5 p.m. To learn more about the cooperative, visit their Web

site, www.squamlakesartisans.com, or Facebook.com/Squam Lakes Artisans Gallery or phone 253-9525.

To learn more about NH Open Hours or to plan your itinerary and visit the main streets and byways of our state where artisans create, go to www.nhopenhours.com.

State Police activity log

REGION — State Police Troop F made the following arrests during the closing weeks of September. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

On Sept. 24, Ashley Smith, 25, of Grafton was arrested for Theft by Unauthorized Taking in an amount totaling less than \$1,000.

On Sept. 21, Gillian Mayes, 18, of Rumney

was arrested for Conduct After an Accident and Property Damage.

On Sept. 21, Eileen Clegg, 56, of Littleton was arrested on a Bench Warrant in Twin Mountain.

On Sept. 22, Samuel McHenry, 30, of Milford, Mass. was arrested for DUI greater than .08; Minor greater than .02 and DUI Impairment.

On Sept. 23, Madeline Henderson, 22 of Billerica, Mass. was arrested in Lincoln for DUI Impairment.

On Sept. 23, Bruce Dimond, 23, of War-

ren was arrested for Driving After Revocation/Suspension and Suspension of Vehicle Registration.

On Sept. 24, Kevin Greenleaf, 31, of Alexandria was arrested on a Bench Warrant.

On Sept. 24, Troy Regan, 28, of Bethlehem was arrested in Lincoln for Reckless Operation.

On Sept. 26, William Laramee, 61, of Groveton was arrested for Driving after Revocation/Suspension and Suspension of Vehicle Registration.

SLA to host Stargazing and S'mores with NH Astronomical Society Friday

HOLDERNESS — Join the Squam Lakes Association (SLA) on Friday, Oct. 19 from 7 to 9 p.m. and enjoy an evening learning about the night sky from a New Hampshire Astronomical Society. There will be a short indoor presentation followed by a viewing of the night sky where telescopes will give us a glimpse at

what we learned about inside. Participants are welcome to enjoy a small bonfire with s'mores in between stargazing. All ages welcome. Dress for the weather since most of the program will be spent outside looking at the stars.

For more information about this event, visit the SLA website (squamlakes.org) or contact

the SLA directly (968-7336). Throughout the fall and coming seasons, the SLA offers a variety of programs that include guided hikes, environmental programs, and conservation minded events to the public.

Keep a lookout on our website for upcoming events!

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

WE HAVE AN IMMEDIATE OPENING IN THE OFFICE

Full-time position in a fast-paced office environment. Computer experience and organization a must. Full benefits and 401(k). Download application from web site or send resume to: King Forest Ind. PO Box 230, Wentworth, NH 033282

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Reduce, Re-use, Recycle!

Having the conversation about Alzheimer's

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Having the Conversation about Alzheimer's

Needing to have a talk about Alzheimer's disease or memory loss with a parent can be a daunting task for many adult children. For seniors, the

idea of being diagnosed with Alzheimer's disease can trigger fear, anxiety, or even grief. It's no wonder some adult children put the conversation off, once they see the initial signs in their loved one. What's more, if the afflicted senior already has impaired judgment or memory loss from the disease, it may already be too late for a rational, cohesive conversation about it. In any case, it's wise to approach the topic with great sensitivity and care.

Taking A Loved One to See the Doctor

Symptoms related to the early signs of Alzheimer's disease, such as memory loss, confusion, mood swings, changes in personality, difficulty completing certain tasks or finding the correct word could also be caused by a number of other medical or psychiatric problems. Mentioning that a loved one's symptoms could be the result of another underlying issue may make him or her more willing to visit the doctor for a full examination and a proper diagnosis.

Family caregivers may also want to consider offering to go to the doctor with a loved one as part of a morning or afternoon outing, such as going to lunch, shopping, or some other activity. An enjoyable event

could take the sting out of having to visit the doctor for a firm diagnosis.

Once Alzheimer's Has Been Diagnosed

How family caregivers approach a loved one to talk about an Alzheimer's diagnosis can depend on the relationship with him or her. Are you close enough to have a frank conversation, and will the senior readily welcome your suggestions and help? Or does he or she tend to keep things private, and could become embarrassed or self-conscious? Will he or she feel insulted? However family caregivers approach their loved one, it is imperative for him or her to feel supported and encouraged during this difficult time.

Researchers have found that families who don't discuss the

disease with their loved one may witness increased fear and paranoia. Instead, it is better to be open about it, while reassuring your loved one that it is a fairly common brain illness. Caregivers should tell him or her that there is nothing that could have been done to prevent it, but there are things that can help slow the disease and you will do your best to help. Also, allay any fear of abandonment. While it's scary to think of losing memory and forgetting the family, it is even more frightening to think that the family will forget them. A loved one's anxiety should be eased by telling him or her that no matter what happens, you will get through it together.

Discussing the Diagnosis

Hearing about an

Alzheimer's diagnosis from one's child can be hard to take, but chances are a loved one already knows that something is going on long before a doctor reaches a diagnosis and he or she has the right to know what is happening. Here are some suggestions on how to discuss the disease:

Informing a loved one may enable him or her to participate in making important medical, legal, financial, long-term care, and end-of-life decisions. How involved he or she is will depend on the current state of the disease symptoms.

He or she may not be able to totally understand the diagnosis, or may deny what you say. If so, accept this reaction for now, and avoid further detailed explanations of the disease until later.

You may choose to disclose the diagnosis at a family meeting attended by your loved one, other family members, a trusted friend, or even a member of the clergy or a social worker. You also may want to invite a healthcare professional who works with those who are cognitively impaired.

Write up some simple answers to a loved one's questions, or encourage them to speak with his or her doctor about concerns.

Let them know that you will provide ongoing help and support, and

do whatever is possible to improve their quality of life.

Treat the person as an adult, and don't downplay the disease. As the dementia progresses, remain open to the person's need to talk about their illness and its implications such as their ability to work,

drive, and manage finances.

Allow him or her to express his or her feelings, which may include anger, frustration, and disappointment. Be aware of non-verbal signs of sadness, anger or anxiety, and respond with love and reassurance.

Watch for signs of clinical depression, which could result from being told that Alzheimer's is a terminal illness, and consult with a physician if needed.

Find community support services. Support groups for those in the early stages of the disease can be helpful in expressing emotions and concerns.

Comfort Keepers® can help.

We have compassionate in-home caregivers who are specially trained to work with a family member who has been diagnosed with Alzheimer's and other dementias. Call your local Comfort Keepers® office to discover all the services we can provide assistance.

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.

Lakes Region Mental Health Center to hold 52nd Annual Meeting

PLYMOUTH — The Board of Directors of Lakes Region Mental Health Center will hold their Annual Meeting, "Embracing the Growing Years" on Tuesday, Oct. 23 at 5:30 pm at the Common Man Inn & Spa in Plymouth.

Although the evening's program will highlight the many ways the organization has experienced growth over the past year, the primary focus will examine the impact of trauma and adverse experiences on the growth and development of young children.

"The early years in childhood provide the best opportunity to develop a child's full potential; as well as form academic, social, and cognitive skills that determine not only success in school but also their entire life. Ensuring that young children have safe, secure environments in which to grow, learn, and develop healthy brains and bodies is not only good for the children themselves but also builds a strong foundation for a thriving, prosperous society. It's an important part of the work that we do," said Maggie Pritchard, Executive Director of Lakes Region Mental Health Center.

Lakes Region Mental Health Center served 1,077 children in FY 2018.

Cassie Yackley, Psy.D, the evenings' keynote speaker, has spent more than 25 years committed to understanding and effectively addressing the impact of traumatic/adverse experiences on children, caregivers/families, and systems. She brings together recent discoveries from developmental neuroscience, attachment, implementation science, and reflective practice to help audi-

ences develop skills of relationship and self-awareness in ways that transform organizations, promote staff professional growth and wellness, and improve outcomes for the consumers they serve.

"Cassie has collaborated with individuals, providers, and agencies across child-serving systems to employ this approach and we are delighted to have Cassie speak at our Annual Meeting," said Deb Pendergast, President of the Board of Directors for Lakes Region Mental Health Center.

Lakes Region Mental Health Center will present the 2018 Helen Holbrook Leadership and Service Award and the Dr. George "Pete" Harris Community Service Award at the Annual Meeting. The Holbrook Award is given to an individual in the community who leads by example and gives of themselves to strengthen the cause of mental health in the Lakes Region, while the Harris Award is presented to an individual in the community who promotes increased awareness, sensitivity, understanding and acceptance of mental health issues in the Lakes Region through educating the public.

Members of the community who wish to attend the Annual Meeting should register their attendance at www.lrmhc.org or contact Ann Nichols at 524-1100, ext. 445 or email anichols@geneisisb.org.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth, that serves

nearly 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based sup-

ports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the website at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

MARK ON THE MARKETS



BY MARK PATTERSON

On a very regular basis, I will sit down with a potential new

Mutual fund expense

client who brings their account statements into the meeting, which typically are full of managed mutual funds. These mutual funds have an assortment of fees attached to them that we can see, but sometimes they are disguised hidden deep in something called "statement of additional information," which

is a document mutual fund companies make available upon request but don't generally distribute to investors.

The most obvious fee attached to a mutual fund is the expense ratio. The expense ratio is typically not hard to find and ranges from about 0.07 to 2.65 percent, which sounds very high, and it is!

I did not realize that there were still mutual funds that had that kind of expense ratio, but I witnessed one yesterday in a new client account that his "investment representative" from a local bank brokerage placed in his account. Brokerage and wealth management arrangements in-

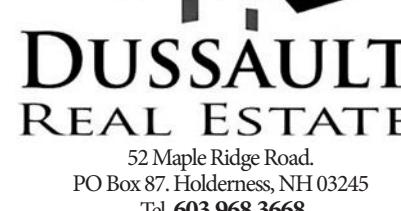
SEE MARKETS, PAGE A15



BRIDGEWATER Cape Style home with detached 2 car garage, workshop and other outbuildings on a large lot with frontage on Clay Brook. Situated in the low tax town of Bridgewater and just minutes to I93 and the towns of Plymouth and Ashland. \$195,000



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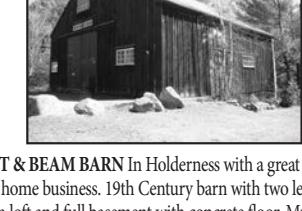
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Be aware.

Fire can happen anywhere.TM

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This year's FPW campaign, "Look. Listen. Learn. Be aware. Fire can happen anywhere," works to educate people about three basic but essential steps to take to reduce the likelihood of having a fire—and how to escape safely in the event of one:

LOOK

Look for places fire could start. Take a good look around your home. Identify potential fire hazards and take care of them.

LISTEN

Listen for the sound of the smoke alarm. You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from the home and where everyone should know to meet.

LEARN

Learn two ways out of every room and make sure all doors and windows leading outside open easily and are free of clutter.

Chimney maintenance a part of home safety

As temperatures drop and thoughts once again turn to lighting fires and sitting down with a good book, it's important to revisit chimney maintenance. Even though chimneys do not require daily upkeep, regular maintenance efforts help chimneys operate safely and prevent deaths and injuries while protecting homes from fire.

Various problems can arise when chimneys are not well maintained. Such problems include chimney fires, carbon monoxide poisoning and early failure of the chimney and heating sources that the chimney vents.

Carbon monoxide can be scary, as it is virtually invisible without a proper detector. The National Vital Statistics System says that, in 2015, 393 deaths resulted from unintentional carbon monoxide poisoning in the United States. When carbon monoxide is breathed in, it builds up quickly and combines with the blood, reduc-

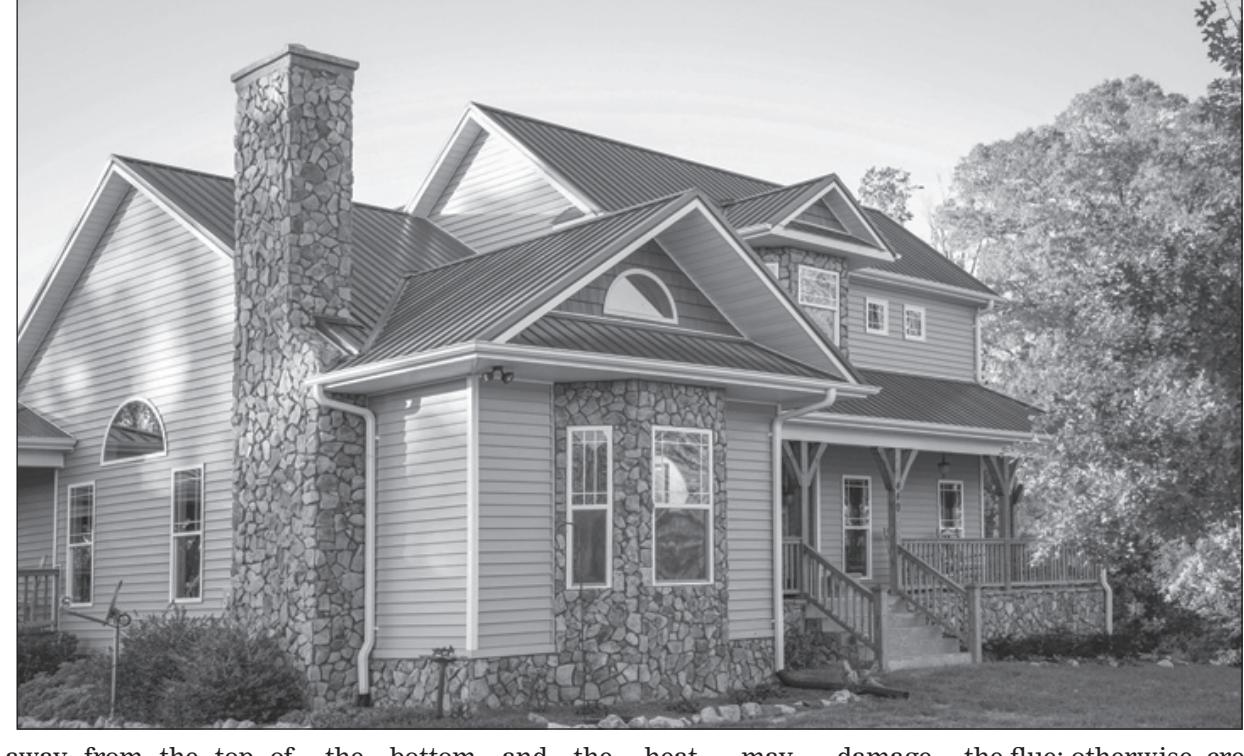
ing the blood's ability to carry oxygen. The Canada Safety Council says that body tissue and cells can't function without oxygen.

Chimney fires are another potential by-product of poor chimney maintenance. The Chimney Safety Institute of America notes that chimneys expel the byproducts of combustion, including smoke, water vapor, gases, unburned wood particles, hydrocarbon, tar fog, and assorted minerals, which can condense on the inside of the chimney flue. The residue, called creosote, is highly combustible. With the right conditions, a chimney fire can occur.

To avoid chimney fires and other risks, take these precautions, courtesy of CSIA, HomeAdvisor and Popular Mechanics.

- Have chimneys inspected annually and properly cleaned by a professional chimney technician.

- Make sure tree branches and other obstacles are cleared



away from the top of the chimney.

- Use seasoned hardwoods that have been split for several months to a year. "Green" wood creates more creosote.

- The top-down method of building a fire produces less smoke. This means using larger pieces of wood on

the bottom and the smallest twigs and kindling at the top. The fire will burn from the top and down, igniting the wood beneath as it goes.

- Put a cap on the chimney to keep out rain, snow and small animals.

- Keep fires small; otherwise, the intense

heat may damage bricks and mortar in the chimney. Repair any damage promptly before lighting another fire.

- Open the damper and fireplace doors so that air supply flows freely and can vent the smoke promptly, reducing residence time in

the flue; otherwise, creosote can form.

- Install smoke and carbon monoxide alarms throughout the home and routinely check the batteries.

Learn more about chimney maintenance and find a certified chimney sweep at www.csia.org.



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FIRE PREVENTION

Reduce cold-weather fire risk

Plenty of things heat up when the temperature drops, including the risk for fire hazards. Fireplaces, stoves, heating systems, candles, and even electric lights are used more often during the winter than any other time of year, so it makes sense that the risk of home fires increases when the mercury drops.

The U.S. Fire Administration says 905 people die in winter home fires each year. Cooking is the leading cause of all home fires and contributes to around \$2 billion in property loss each year. Understanding potential risks and exercising caution can help homeowners protect themselves, their families and their homes from fire.

Cooking

Home heating fires peak between the hours of 6 p.m. and 8 p.m., when many people are home preparing dinner. The following steps, courtesy of the American Red Cross, can improve safety

in the kitchen and reduce the likelihood of a home fire.

- Never leave cooking food unattended, as it can take just seconds for fires to ignite.
- Keep anything that can catch fire away from the stove or other appliances that generate heat.
- Clean regularly to prevent grease buildup.

Heating

The National Fire Protection Association warns that heating is the second leading cause of home fires, deaths and injuries in the United States. The NFPA offers these safety guidelines.

- Install heating appliances according to manufacturers' instructions or have a professional do the installation.
- Fuel-burning equipment needs to vent to the outside.
- Never use an oven to heat a home.

• Keep anything that can burn away from heating equipment, including portable space heaters.

- Clean and inspect heating appliances regularly.
- Turn off portable heaters when leaving the room or going to bed.

Electric

The National Safety Council estimates that between 600 and 1,000 people die each year from electrocution. Electricity also can contribute to home fires. The Energy Education Council offers these safety suggestions.

- Never force plugs into outlets.
- Check that cords are not frayed or cracked. Do not run cords under carpets or place them in high-traffic areas.
- Use extension cords only on a temporary basis.
- Make sure light bulbs are the proper wattage for fixtures.
- Install ground fault



circuit interrupters in kitchens, baths, laundry rooms, and elsewhere, making sure to test them regularly.

- Check periodically for loose wall receptacles and loose wires. Listen for popping or sizzling sounds behind walls.

Home fires are no joke and can be prevented with simple safety checks.



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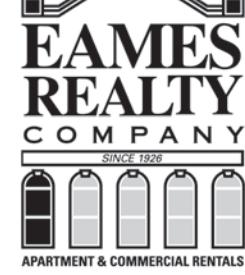
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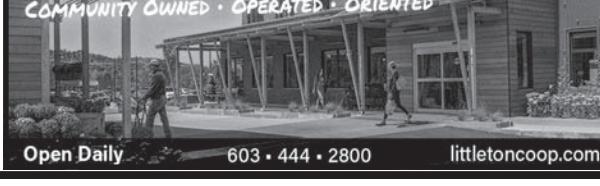
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The Rest of the Story

A14 NEWFOUND LANDING, THURSDAY, OCTOBER 18, 2018

Newfound

FROM PAGE A1

a project identified in the district's capital improvement plan — was not a stand-alone project but part of ongoing maintenance, allowing the board to place capital projects in the default budget in subsequent years.

Auger said he had made it clear that his budget amendment to override the district's tax cap was intended as a one-time expenditure to address a critical need, and he pointed out that the school district did not adopt the capital improvement plan until after that school district meeting. There had been no public hearing on the CIP, so voters had not had the chance to weigh in, he said.

Auger did not notice that the administration had included \$712,300 for capital improvements in this year's default budget until after the deliberative session, and asked the school board to reconsider its action before it went to a ballot vote.

Migliore supported holding a special school board meeting to address Auger's concerns, but Levesque said the matter could wait until the next regular meeting.

When they subsequently cast their ballots, voters defeated the proposed budget, which put the disputed default budget into effect.

It would not be until several meetings later that Levesque put the discussion about the default budget on the agenda, and by then residents of the member towns were angry, saying the board had made them distrustful and that if they did not reconsider, it would have consequences when it came time to vote on the next year's budget.

With a special meeting out of the question, Migliore attempted to introduce a policy change that would set a threshold for capital expenditures: Capital projects exceeding a certain amount would be placed on the warrant for voters to decide. Levesque finally allowed Migliore to make a formal request of the board at the Oct. 9 meeting, then labeled the presentation a "temper tantrum."

Capital Improvement Project

Project plans are established as guidelines to address needs over a period of years in such a way that it will not cause spikes in the tax rate. Yet, traditionally, during the budget process, those priorities may shift to take into account changing circumstances, and not all items on the plan are funded. By making the capital expenditures part of the default budget, it is the school board, and not the voters, who are deciding what gets funded.

Migliore pressed Levesque to call for a special school district meeting to address the budget dispute as a way of heading off a potential lawsuit. The Official Ballot Act gives SB2 communities that option as an alternative to imposing a default budget, but Levesque refused to do that. Other school board members also doubled down, saying the school dis-

trict attorney said they were within the law to put the capital items in the default budget.

With a special meeting out of the question, Migliore attempted to introduce a policy change that would set a threshold for capital expenditures: Capital projects exceeding a certain amount would be placed on the warrant for voters to decide. Levesque finally allowed Migliore to make a formal request of the board at the Oct. 9 meeting, then labeled the presentation a "temper tantrum."

The Options

Migliore, who previously objected to attempts to "get around" the tax cap, suggested doing just that with his first option. Using a chart, he explained that the school board could build a budget within the tax cap that did not include capital expenditures of \$25,000 or more. By not including those large expenditures in their budget proposal, the board would be able to address more of the academic needs of the school district, he said, and not risk having voters reject it and end up with a default budget that, because of recent changes in the law, is likely to be significantly less.

To address the pressing capital needs identified in the capital improvement plan, Migliore proposed that board members as individual taxpayers could

propose amendments on the floor of the deliberative session — just as Auger had for the high school roof — to increase the budget beyond the tax cap. As a board, they are prohibited from proposing spending beyond the cap, but as members of the public, they can ask for an override.

That proposal, Migliore said, would allow them to seek the funding they need while also returning to the voters the decision on how much to spend.

As another option

for the board to consider, Migliore asked that the policy committee review his proposal a new board policy: "Any and all expenditures deemed in any way to be an expenditure of capital for the planned maintenance, improvement, one-time expense, or for an otherwise newly established purpose in the Newfound Area School District in excess of \$24,999.00 shall be presented in a formal warrant article for consideration of, and a vote by those registered voters attending its next Deliberative Session to be placed on the Official Ballot."

Migliore said that, because of the long delay in allowing him to

make that proposal, there was little time for the committee to review and adopt the policy. He therefore had a third option for a parallel track while the policy committee did its review: He would be submitting a petitioned warrant article to do the same thing.

That remark prompted Levesque and Klapyk to challenge Migliore's ethics.

"If you don't agree with it, you don't have to vote that way," Migliore responded. "I'm proposing a solution that I think the school board should consider."

"It sounds to me as if you've given up any pretense of working with the board," Levesque said.

"I brought it to your attention in March that we could fix the default budget situation, and you chose not to. The gamble you made was lost," Migliore said.

"So you're saying this was my fault?" Levesque responded.

Christine Davol of New Hampton, chair of the policy committee, said she would take the policy to the committee for review.

Sue Cheney of Alexandria, also serving on the policy committee, said her fear is that,

because they are under a tax-cap budget, the capital items would get defeated.

Klapyk pointed out that the school district's history has shown that voters will not support building projects in the outlying towns. By putting in separate warrant articles that allow the voters to decide what gets funded, towns like Danbury would likely fail to get projects funded.

A separate discussion supported her claim. The school board is preparing to negotiate a renewal of the lease agreement with the Bridgewater-Hebron School. Those two towns had formed a separate village district to build a new school after

district voters had repeatedly turned down building projects aimed at addressing crowded classrooms. The village district built and maintains its own school, in Bridgewater, and leases the space to the Newfound Area School District for \$1 per year.

Despite all of the rancor expressed earlier, when it came time to make decisions, the school board unanimously approved a motion to send Migliore's policy proposal to the committee for review.

NHEC

FROM PAGE A1

NHEC members, the Co-op Power charge is increasing from 7.4 cents per kWh to 9.26 cents per kWh. That is slightly higher than last year's winter period rate of 9.08 cents per kWh.

The Regional Access Charge is decreasing during the winter period for most residential members from 2.9 cents per kWh to 2.5 cents per kWh. That is lower than last year's winter period rate of 2.8 cents per kWh.

The increase in the Co-op Power rate is primarily due to the expected increase in the winter price of natural gas, which is used to generate nearly half the power produced in New England. Millions of homes and businesses in New England heat with natural gas in the winter. This added demand results in higher natural gas costs, which adds to the cost of wholesale power. The decrease in the Regional Access Charge rate is due to a decrease in the costs to deliver energy to

the NHEC distribution system.

Also effective Nov.

1 are changes to some fees for services. The changes were made to

keep applicable fees in line with the cost of doing business. For

a complete listing of

NHEC's rates and fees,

please visit the Billing & Rates menu at www.

nhec.com.

NHEC is a member-owned electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities.

Photo Contest

FROM PAGE A1

that are chosen for the commission's calendar, all entries will be placed on display in the conference room at the Town Offices for everyone to enjoy in the year to come.

So, from scenes of Alexandria's landscape

in any season to photos including people, farm animals, flowers, birds or wildlife, it's almost anything goes in this year's competition.

Those interested in participating are asked to mail an 8x10 photo, along with their name, contact information and the location of where the photo was

taken, to Alexandria Conservation Commission, 47 Washburn Rd., Alexandria, N.H. 03222 or email it to Alexandriah@metrocast.net.

Deadline for submissions is Saturday, Nov. 10, and anyone seeking further details is asked to contact Tut-hill at 744-6883.

Pumpkin

FROM PAGE A2

teered at the table.

Hollis Thompson, chair of the church's

Personal Account Committee, said funds raised at their tables will go to the church's communications fund to help upgrade some

technology. This includes putting security cameras outside the church because of some vandalism.

Thompson said the day was going really good overall. She said they were a little concerned about the rain earlier that morning, but were happy with the nicer weather.

"It's just fun seeing everyone out here having a good time," Thompson said. "I love doing this for the church."

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Suckling

FROM PAGE A1

ing sessions that would better equip him in the job.

"He saved a life when he was the first on scene and recognized it was a drug overdose, and has been the driving force behind a partnership between Danbury and Alexandria to provide a three-week scholarship, which turned into a six-week scholarship, for a resident who was addicted but couldn't afford help," Baicchetti said.

Suckling said afterward that he was humbled by the award.

"I really work with a great group of people and this award should have gone to a lot of them as well," he said.

Asked why battling the opioid crisis is so critical for him, he explained that it's because it is the underlying factor in almost everything police do now.

"It's all we do in these small towns. It's the 'under stream' for a lot of other crimes," he said.

Burglaries, theft, domestic violence are often the result of drug use and Suckling said

he doubts there is not a family in this state that has not been affected in one way or another.

Besides the drug scholarship program he helped to organize, Suckling has also worked to educate people about ways they can detect drug use in their family.

An educational display he put together, called "Hidden in Plain Sight," was the result of a call he once received. When he went to the home he immediately recognized things in the child's room that showed not only drug use, but sales as well. His now display contains every day items such as dirty spoons, small pieces of burnt aluminum foil, sterile wipes, a set of scales, even pens with the ink cartridges and tips removed, as just a few of the indicators that someone may be using drugs.

Suckling also teaches EMTs about the items they may discover that are hidden in plain view so they can be aware of what might be going on when they receive a medical call.

In addition to that, he

is pleased to have taken part in several arrests of significant drug dealers in the area, hoping it may one day help stem the tide of drugs flowing into the communities he serves.

"It's really not looking any better right now, though," he said.

Besides Suckling's recognition for work in the opioid crisis, others were recognized for their work with missing and exploited children, underwater recovery, rescue and public safety incidents, and cold case crimes. Twenty N.H. State Troopers were also lauded for traveling to Puerto Rico after Hurricane Maria to assist with law enforcement in the weeks following the devastating storm.

This year marked the 20th anniversary of the Congressional Law Enforcement Awards. Baiocchetti said they were begun in 1998 by then Congressmen Charlie Bass and John E. Sununu as a way to recognize those who serve the state.

"It has truly become a model for not only this state but the whole country," he said.

Strategies

FROM PAGE A4

hinder them, for the kingdom of heaven belongs to such as these."

Ours is a divine mandate; we are not looking for credit or applause but I am pleased

to see that many organizations like Franklin Graham's Samaritan's Purse, the Salvation Army, World Vision and countless others like Steven's Children, are on the front-lines of poverty and suffering, working one-on-one

with the most disadvantaged, and spreading the message: God loves you, we care and, and we are prepared to do something about it.

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

Markets

FROM PAGE A11

side of banks are a topic for another article, just be aware in many cases the brokers are not bank employees. They often just have commission splitting arrangements with the bank. Selling product is their goal, not advice delivered in a fiduciary capacity.

So, why is it that it seems the client never really makes money in these mutual funds? Another key statistic to look at regarding your mutual fund is the turnover ratio. The turnover ratio is simply the amount of times that stock, or bonds are bought and sold which leads to increased operating costs and tax ramifications if this fund is not in a tax qualified account. These trans-

action costs lead to roughly 1.44 percent additional expense in the typical mutual fund. Cash drag is simply a term used to explain an additional 0.83 percent of expense per year in a mutual fund according to Ty Bernicke, CFP.

This cash is not used for tactical purposes, but only for liquidity in funds that must carry adequate cash for investor outflows.

All mutual funds carry these additional hidden expenses to some degree, however low-cost index funds fees are typically much lower.

Broker sold funds may also carry a load or commission that you must consider as well. Usually "A" shares have an upfront commission somewhere around 5 percent, so only 95 percent of your money is invested and is subject to these additional ongoing fees.

C shares usually don't have an upfront commission but have a very high expense ratio of which approximately 1 percent annually goes back to the broker as a trail commission.

I don't know many circumstances when you would not do better for yourself and your money to use low-cost mutual or exchange traded funds. If you wanted help you can hire an advisor on a fee basis to manage these funds. Make sure that the advisor you hire is working for you with a fiduciary duty and makes their fee structure very transparent.

If you would like to discuss this topic or anything else, give my office a call or send me an email.

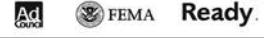
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AUG 2011



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Breast Cancer Awareness 2018



Breast cancer survival rates soar

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

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

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

The National Cancer Institute says that the change in age-adjusted mortality rates are an 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 percent, down from 21.8 percent in 2011, states data from the Canadian Cancer Society. Currently, over the last 25 years or so, the five-year survival rate for breast cancer among Canadians is 87 percent, and the five-year net survival rate for breast cancer in Canada recently decreased to 21.4 percent.

A similar scenario has unfolded in Canada. Breast cancer mortality rates in Canada recently decreased to 21.4 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.



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

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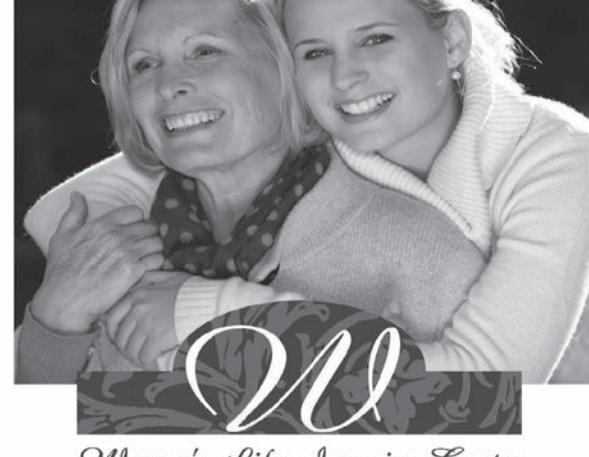
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Breast Cancer Awareness 2018

Speare Memorial Hospital Expands Breast Health Services

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

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

BREAST BIOPSY PROCEDURES

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

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



Facts and figures about cancer

- A global concern in every way, cancer affects people from all walks of life. But as prevalent as cancer is, some facts and figures may still surprise you.
- 8.8 million: The number of people, according to the World Health Organization, who died from cancer in 2015, making it the second leading cause of death across the globe.
- 70: Percentage of cancer deaths that occur in low- and middle-income countries. (Source: WHO)
- 22: Percentage of cancer deaths across the globe that can be traced to tobacco use. (Source: Global Burden of Disease Study 2015)
- 90: Percentage of high-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)
- <30: Percentage of low-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)
- 25: Percentage of cancer cases in low- and middle-income countries caused by 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)

• 25: Percentage of cancer cases in low- and middle-income countries caused by infec-



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

VACUUM ASSISTED STEREOTACTIC BREAST BIOPSY

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

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

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

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

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Q&A with Jessica Ryan, MD

Medical Director and Breast Surgeon at the CMC Breast Care Center



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

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

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

Other common misconceptions?

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

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

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

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

What breast health technologies are you most excited about?

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

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

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



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Marketing Association of Plymouth State (MAPS) holds ribbon cutting for renovated T-shirt printing and embroidery service outlet

PLYMOUTH — The Marketing Association of Plymouth State (MAPS), building on their recent achievement of being named a top ten American Marketing Association (AMA) Collegiate Chapter, held a open house on Sept. 27 to celebrate the new renovations done to the State House, home of the chapter's t-shirt printing and brand new embroidery machine provided by ColDesi, Inc., the U.S. leading supplier of embroidery machines and t-shirt printers. Plymouth State University (PSU) students, faculty, and administration attended the four-hour event to take part in the festivities, which included a ribbon cutting ceremony with remarks from Jacqueline Lee, co-president of MAPS, Plymouth State University president, Donald L. Birx, Ph.D., and Mark Stephenson, Director of Marketing at ColDesi, Inc. After, the public was welcomed into the State House and shown demos of both the t-shirt and embroidery machines from MAPS leaders.



COURTESY

The Marketing Association of Plymouth State (MAPS), building on their recent achievement of being named a top ten American Marketing Association (AMA) Collegiate Chapter, held a open house on Sept. 27 to celebrate the new renovations done to the State House, home of the chapter's t-shirt printing and brand new embroidery machine provided by ColDesi, Inc., the U.S. leading supplier of embroidery machines and t-shirt printers.

"We're teaching people how to run a business and learning that failure is OK as long as you are working to make it better," said Lee as she kicked off the ceremony. "We're building these business and life skills that we're going to use forever and this is going

to be here for generations to come."

Statement started up in the fall 2017 semester as a t-shirt printing business and the embroidery machine was acquired this past summer and a handful of MAPS members and the faculty advisors, Brad Allen, Ph.D.

and Greg Dumont, Ph.D. attended training for the new machine in New Jersey.

"Our partnership with ColDesi is a great example of what we call an "open laboratory" experience for our students where external partners play a major role in an ex-

perience that extends the classroom," said Allen.

Plymouth State has undergone a major change in how they deliver their courses. All with the intent to provide their students a cutting-edge 21st-century academic experience. They use a process called "Clustering" or "Clusters" which replaces traditional pillars of educational majors with a more interdisciplinary experience. Clusters allow students to explore different topics more fluidly and address issues as they would in the real world. The clusters program allows for graphic design students to contribute to Statement by helping MAPS members design apparel to print out or embroider.

Plymouth State University's President, Donald L. Birx, Ph.D., reflected on Statement giving real world experience to students.

Birx said, "It's fantastic. What you're going to have to say when you go out and get a job is amazing and I can't really believe it. It's great to see what you're doing here."

Mark Stephenson then went on to comment on this event, too, saying: "I've never seen an organization like this before. MAPS is extremely unique, very impressive and I'm very excited that we could participate in something like this."

Statement just fulfilled a t-shirt order for the Panther Parent Club for Homecoming Weekend and recently picked up an order for the Men's Ice Hockey team. It will be the first order to utilize the embroidery machine as the chapter begins a busy year as they aim to move into the top five chapters in the AMA. For their next big event, MAPS will be hosting the Chili Cook-Off to cap off marketing week on Friday, Oct. 12 on Mary Lyon Lawn at Plymouth State University from 2 to 4 p.m. Plymouth State students, faculty, alumni, local businesses and all other community members are invited to attend and/or participate. Entrance fee for competitors is \$5 per team and spectators can get in via a minimum donation of \$1.

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. 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 MAPS: Marketing Association of Plymouth State

MAPS is a collegiate chapter directly affiliated with the American Marketing Association (AMA) and a student organization at Plymouth State University. We have an open-door policy, which means any students can attend our weekly Tuesday night meetings. We provide opportunities to hone skills such as professional development, social media, fundraising, entrepreneurship, consulting, and apparel business management alongside various events we host throughout the school year. MAPS is an excellent way to gain real-world experience to help secure post-graduation jobs and we have had graduates have jobs lined up before graduation every year. To learn more about MAPS, visit our Facebook page or attend our weekly meetings every Tuesday night at 8:00 PM in Merrill Place Conference Center A.

HOLDERNESS — Join the Squam Lakes Association (SLA) and enjoy a nature friendly hike through Whitten Woods in Ashland. On Saturday, Oct. 20 from 9 a.m. to 2 p.m., learn about the wonders of Whitten Woods from AmeriCorps member, Michael Hoffman. While hiking up to a beautiful lookout over the Squam Range, Michael will discuss the history and previous land use of the area and the diverse plant life along the trail. What better place to have lunch after trekking up the trails? Over a gorgeous lookout of the Squam Range of course!

Michael Hoffman is an outdoorsman, environmentalist, conservationist, and a passion driven individual for the outdoors. With a recently acquired B.S. in Environmental Science and a summer spent serving with the SLA as an AmeriCorps member, he will provide his ongoing knowledge of ecol-



COURTESY

Join the Squam Lakes Association (SLA) and enjoy a nature friendly hike through Whitten Woods in Ashland this Saturday.

ogy and expanse of the Squam Watershed! By the end of the program, participants will have a richer understanding of the history of Whitten Woods and be able to better identify fall plant life for any future hikes.

All ages are welcome to come; however younger children must be accompanied by parents. Additionally, we are excited to partner with Eastern Adaptive Sports for this hike. For individuals in need of adaptive access, please indicate

this requirement upon registration, and contact Geoff Krill at geoff@easternadaptivesports.org. Registration is required and space is limited to 12 people! For more information or to sign up for this Adventure Ecology program, visit the SLA website (squamlakes.org) or contact the SLA directly (968-7336). Throughout the fall and coming seasons, the SLA offers a variety of programs that include guided hikes, environmental programs, and conserva-

tion minded events to the public. Keep a lookout on our website for upcoming events!

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

About ColDesi, Inc.

ColDesi, Inc. was founded in 1998 and has become one of the top companies in commercial embroidery systems. ColDesi also specializes in t-shirt printing equipment, rhinestone or spangle equipment services, heat transfer systems. ColDesi has helped more than 22,000 people with either establishing or expanding their custom apparel business and rely on customer satisfaction from their services to grow the business. They have 60+ employees, and offices in Tampa and New Jersey. According to their official Web site, ColDesi has estimated that between 125,000 and 200,000 custom t-shirts are printed using their direct to garment printers monthly. ColDesi also offers online and on-site training programs to help facilitate anyone looking into an apparel business. For more information about ColDesi, Inc., visit coldesi.com.

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Newfound Landing Sports

Section **B**
Thursday,

Thursday, October 18, 2018

What's On Tap

The regular season wraps up for most of the local teams as postseason action gears up.

At Newfound, the cross country team will be running at Merrimack Valley today, Oct. 18, at 4 p.m.

The Newfound soccer team will be at Inter-Lakes for the season finale on Friday, Oct. 19, at 3:30 p.m.

The volleyball Bears will be hosting Campbell at 6:30 p.m. in their season finale on Friday, Oct. 19.

The Newfound football team will be at Franklin for a 2 p.m. game on Saturday, Oct. 20.

At Plymouth, the cross country team will run at Kingswood today, Oct. 18, at 4 p.m.

The Bobcat soccer girls will be in action at Merrimack Valley at 4 p.m. today, Oct. 18.

The Plymouth boys' soccer team will be hosting Souhegan in the season finale on Friday, Oct. 19, at 4 p.m.

The volleyball Bobcats will be hosting Coe-Brown today, Oct. 18, at 6:15 p.m.

The Plymouth football team will be at Merrimack Valley for a 6 p.m. game on Friday, Oct. 19.

The Division II field hockey tournament quarterfinals are Saturday, Oct. 20, at 2 p.m. at the home of the higher seed and the semifinals are Wednesday, Oct. 24, at Bill Ball Stadium in Exeter at 5 and 7 p.m.

The Division III field hockey quarterfinals are Friday, Oct. 19, at 3 p.m. at the home of the higher seed and the semifinals are Tuesday, Oct. 23, at Bill Ball Stadium in Exeter at 5 and 7 p.m.

The Division II and III boys' soccer tournaments both kick off on Wednesday, Oct. 24, at the home of the higher seed at 3 p.m.

The Division II girls' soccer tournament starts on Thursday, Oct. 25, at the home of the higher seed at 3 p.m.

The Division II volleyball tournament opens on Wednesday, Oct. 24, at the home of the higher seed at 6 p.m.

The Division III volleyball tournament will kick off on Thursday, Oct. 25, at 6 p.m. at the home of the higher seed.

Bear net girls sweep past Eagles

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Newfound senior Ashlee Dukette has had a stellar volleyball career, one that left her on the precipice of the 500-dig milestone heading into last Tuesday's game with Kennett.

However, the Eagles didn't seem to want to have any part in Dukette reaching that milestone, as they purposely flubbed the final serve with Dukette just two points away from 500 and the Bears took the 3-0 win.

"We were focused more on Ashlee's kills than we were on playing," said Newfound coach Amy Fairbank. "The girls went in knowing that's what they wanted to do."

"But the other team just didn't want her to get it," Fairbank added. "We would've liked it to happen at home."

It was all Newfound in the first set, as Dukette got a kill on the first play and Megan Stafford followed with a service ace for a 2-0 lead. After Kennett got on the



JOSHUA SPAULDING
Newfound's Megan Stafford (10) and Kennett's Hope Sleime go to the net together in action last week.



JOSHUA SPAULDING
Ashlee Dukette goes up for a kill in action against Kennett last week.

board, the Bears went on another run, opening the lead to 10-1 behind three service aces from Aryn Prescott and a block and a hit from Maura Geldermann.

Hope Sleime got Kennett back on the board with a hit but Newfound answered with a kill from Kasey Basford and a service ace and kill from Dukette. The Bears kept upping the lead, taking a 16-4 advantage before Kennett got a service ace from Zoey Martins. Bailey Fairbank answered with a kill for the Bears and then Basford had a service ace. Prescott and Fairbank both had hits as Newfound pushed the lead to 20-5.

The Eagles made a slight run to cut the lead to 21-9 before Stafford had a hit and Fairbank had an ace to make it 24-9. Sleime had a tip for the Eagles but Newfound finished out the 25-10 win for a 1-0 lead.

Newfound got out to a quick lead in the second set, with Dukette getting an early kill and Fairbank landing two service aces. Geldermann, Prescott and Dukette each had kills to push the lead to 7-2 but Kennett closed the gap to 7-5. Geldermann had another kill and then Dukette had a pair of aces as the Bears went up 11-5.

Kennett came charging back and slowly closed the gap, cutting the lead to 12-9 but Fairbank answered with a kill for the Bears and Stafford also had

a kill. Tayla Hutchings and Sleime helped bring the Eagles back and they were able to tie the match at 16. Dukette followed with a hit and then Hutchings came back with a kill for the Eagles and they took the 18-17 lead. Prescott found a nice spot to tie the match at 18 and then Dukette added another point for a 19-18 lead for Newfound.

Basford came through with a nice dig for the Bears and then Dukette had a service ace as Newfound went up 21-19. Shaelyn Camille followed with a kill for the Eagles, and Stafford also had

SEE VOLLEYBALL PAGE B8

Learn to skate at Laconia rink

LACONIA — The 2018-19 Learn to Skate Program at the Merrill Fay Arena in Laconia has been officially announced.

LTS is a "learn to skate" program with an emphasis on skating skills. Each session includes one hour of on-ice instruction per week, games and fun activities including skating skills, stride development, fun-filled drills to encourage the child's love of the ice. Required equipment includes hockey skates with nylon laces, helmet (HECC approved helmet and face mask with side and chin straps). Players seeking equipment, check out the Lakes Region Lakers coaching staff, Andrew Trimble of the New England Wolves Junior Program and current New England Wolves hockey players. Costs is \$75 - when signing up for one session or \$100 total for two sessions. For more info, visit The Lakes Region Lakers web site at <https://www.lryha.org>.

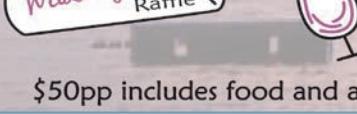
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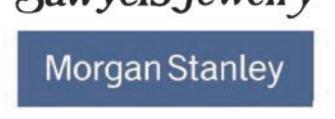
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\$50pp includes food and alcohol tasting, and an event tasting glass

*Must be 21+ to sample alcohol and to win Wine raffle.



Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news

JOSHUA SPAULDING



Bears in Plymouth

The Newfound cross country teams ran in the John Sanborn Invitational in Plymouth on Friday. Results were not available as of deadline on Monday morning. On the left is Kyle Rosendahl running in the boys' race and on the right is Sophia Pettit running in the girls' race. Newfound will be running at Merrimack Valley today, Oct. 18, at 4 p.m. in the final regular season race.



JOSHUA SPAULDING

The Plymouth Bobcats picked up another win last week, moving to 7-0 on the season.

Team effort moves Bobcats to 7-0

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The tradition of Bobcat Na-

tion day means that every kid in the Plym-

outh football program dresses for the varsity

game on Saturday.

This year, every sin-

gle kid who dressed for the game got in the game and played as the Bobcats rolled to a 48-0 win over Pembroke in the final home game of the season.

The Bobcats scored 42 points in the first half for the 42-0 lead and then added a touchdown in the second half for the 48-0 final.

Owen Brickley had an 80-yard touchdown run called back on the first play of the game but still ran for 114 yards and a touchdown.

Patrick Malm carried for 80 yards and two touchdowns on just four carries while Nathan Borger had eight carries to lead the team and finished with 33 yards.

Tony Velez hauled in a pair of passes from Cody Bannon for 51 yards, including a 14-yard touchdown.

JC Gaumer had a seven-yard touchdown run, Ian Tryder had five carries for 29 yards and found the end zone, while Elijah Kelly finished with 10 yards rushing including a touchdown.

The Bobcats will now head on the road for a 6 p.m. game on Friday, Oct. 19, at Merrimack Valley.

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

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Rain cancels Division III State Meet

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The Plymouth golf team traveled to Laconia on Thursday, Oct. 12, prepared to take part in the Division III State Meet. However, Mother Nature had other ideas.

Rain delayed the start of the meet, which was taking place at Laconia Country Club. Originally, they delayed the start until 11 a.m. from its 9 a.m. scheduled start. At 10:30 a.m., organizers announced that the rain had slowed down and after course inspection, they were planning an 11 a.m.

start. Golfers hit the driving range and the putting green to prepare and another downpour came through.

After another course

inspection just after 11 a.m., it was determined that the course was not going to be playable.

With the individual

tournament scheduled for Saturday, there was no rescheduled date. The NHIAA rules stated that the Division III championship went to the team with the best regular season record, Park selected Marcus Morel and Michael Ouellette to represent the Bobcats at the individual tournament, which was moved to Laconia Country Club on Saturday.

Morel finished seventh overall, firing an eight-over-par 80. He had a birdie on hole

seven and on hole 18 and shot par on holes four, five, eight, 12, 13, 14, 15, 16 and 17.

Ouellette finished 11th overall with a score of 88. He shot par on holes two, six, seven, 14, 16 and 17.

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The Plymouth golf team had plenty of time to pose for pictures during the rain delay in the Division III championship last week.

Left to right, Robbie Johansson, Michael Johansson, Zach Puga, Ben Spence, Marcus Morel, Michael Ouellette and Parker Keeney.

The Plymouth golf team had plenty of time to pose for pictures during the rain delay in the Division III championship last week. Left to right, Robbie Johansson, Michael Johansson, Zach Puga, Ben Spence, Marcus Morel, Michael Ouellette and Parker Keeney.

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Bears finish strong, earn fourth seed

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound field hockey team lost a lot of seniors from last year's championship team, so expectations for this year's team were measured.

But the Bears, under new coach Kammi Williams, have had an impressive season and after two wins in the final week of the season, they enter the postseason as the fourth seed in Division III.

The week began on Monday with a trip to Concord where the Bears dropped a 3-2 decision in overtime.

"We led just about the whole game," said Williams.

Caroline Marchand scored early in the first half to get Newfound out to a 1-0 lead and from there, the game went back and forth for the rest of the half. However, Brady was able to score on a corner with no time left on the clock in the first half to send the game to the break with the score tied at one.

Marchand continued with her solid season early in the first half when she beat the Brady goalie on a one-on-one bid, firing a hard shot into the net to give Newfound the 2-1 lead. Tiffany Doan had an assist on the goal.

With about six minutes to go in the half, the Giants began pressuring hard in the offensive zone and with three minutes to go, the hosts were able to tie the score at two and the game went to the



Tiffany Doan winds up for a hit in action earlier this season.

JOSHUA SPAULDING

extra session.

A yellow card early in the extra session left the Bears shorthanded for five minutes and the Giants were able to capitalize with the advantage and took the 3-2 win.

Williams noted that Mackenzie Bohlmann and Doan had the best games she's seen them play this season.

"Bishop Brady is a very good team, both teams brought it," Williams said. "We just came up on the short end."

"I told the girls that if that's the way they play every game, there's no way I'd be disappointed," she added.

Coming off the loss,

the Bears traveled to Winnisquam the next evening for a night game and Williams was pleased with how they bounced back.

"Coming off a loss, there was a carryover in a good way," Williams said. "We came out so quick."

Marchand scored three goals in the first 15 minutes of the game to send the Bears out to a quick lead with an assist to Doan on two of those goals.

In addition to Marchand, Williams praised the play of Madison Hanley, who had a big game against the blue and white Bears. And she also noted Katy Drapeau was good on defense and keeper

Hayleigh Pabst, who turned away some good bids.

"We controlled the field most of that game," the Bear coach noted. "It was a good solid win for us, especially off a tough loss."

On Friday, the Bears honored Drapeau, Madi Dalphonse and Hannah Eastman in their final home games and came out of the gate strong

against White Mountains, with Doan and Marchand both scoring in the first 15 minutes to put Newfound out to a 2-0 lead. Hayse Broome and Drapeau had assists on the first two tallies.

"Then we decided to take the rest of the game off," Williams said.

The Spartans had just three shots on goal

but put two of them in the net, while Newfound had 25 shots and managed just three goals.

"Maybe we got a little overconfident but White Mountains did not let up," Williams said. "We were all over their goalie, she had one heck of a game."

White Mountains scored on a corner early in the second half to tie the game before Newfound battled back and Marchand finally scored on a corner in the final three minutes to give the Bears the 3-2 win. Doan got the assist on the winning goal.

"It was an ugly win, but it was a win," the Bear coach said. "Caroline has been on a tear lately, the offense is really starting to click, but we're giving up too many goals on defensive corners."

As the fourth seed at 11-2-1, Newfound faced Con-Val after deadline in the first round of the playoffs.

"We clearly earned the fourth seed," Williams said. "Our two losses were to number one and number three. It's a new season now."

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



COURTESY PHOTO

Let's go Bobcats

Coached by Danee Morrison and led by captains Kameron Wells, Megan Gelsi and Lindsey Betts, the Plymouth Regional varsity cheer team will compete at "Cheer Madness" in Nashua on Sunday, Oct. 21.

Rainy days aren't just for spring

SPORTING CHANCE



By JOSHUA SPAULDING

Rain has been a problem in my world for the last few weeks. Of course, the rain is usually more of a problem in the spring season, but the past few weeks have been a bit rough, particularly when it comes to one of the teams that I cover.

The Prospect Mountain girls' soccer team has been the victim of Mother Nature when it comes to my coverage the last few weeks. I was scheduled to see the Timber Wolves three different times in the last three weeks and each time the game has been rained out. The first time the rescheduled game was moved to this past week and was then rained out again last Thursday. Then I was supposed to see the Timber Wolves last Tuesday and that game got postponed until the following day, which was the day I was in New York City for the Survivor event.

My hope was to see the Timber Wolves after deadline on Monday, but not surprisingly, it was supposed to rain on Monday.

Rain also proved a problem for the Division III golfers, who were slated to tee off in the Division III championships at Laconia Country Club. Former Plymouth coach Charlie Wheeler, who now is the general manager

Because the individual tournament was scheduled for Saturday, there was no opportunity to make up the championship. Two golfers from each of the qualifying teams and one from the other teams were invited to the individual championship (which normally would have included the top 14 golfers from the team event).

I know it must have been disappointing for a number of teams, since all it takes in the golf championships is a couple of golfers having a good day to propel a team into title contention, no matter where they were ranked in the regular season. Sadly, Mother Nature just proved to be a bit too much, just as she's been with the Prospect soccer girls and I this season.

Finally, have a great day Charlie Wheeler.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound 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.

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Yard Sale - 75 New Garden Road, Wolfeboro, 9-4, Saturday and Sunday, October 20 & 21. You'll be sure to find something you have to have...housewares, books, tools, toys. Please don't come early, we sleep late.

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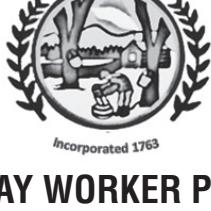
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Bobcats battle but come up short against Bears

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — Earlier this season, the Plymouth boys' soccer team dropped a 4-1 decision to Coe-Brown on the road in Northwood.

When the Bears traveled to Plymouth on Tuesday, Oct. 9, the Bobcats put up a good fight before eventually dropping a 1-0 decision.

"This does not deter us from where we want to be," coach Jesse Elderkin said to his team after the loss. "This

solidifies us as a top team.

"That was a great game," Elderkin continued. "They're a good team too."

Out of the gate, Devlin Costa had a good defensive stop while Yago Gonzalez just missed connecting with Pete Wingsted on a bid and then Carter Wilcox had a direct kick that was cleared out of the zone. Coe-Brown had a couple of chances in their offensive zone, with one

ing the lead to 23-19. Parsons answered with a hit for Kennett and a Sleime hit cut the Newfound lead to 24-23.

From there, the Eagles decided not to play for the game win while offering Dukette the chance to get her 500th dig, instead dropping the final serve to give Newfound the 25-23 win and the 3-0 victory.

Fairbank noted that while trying to get kills for Dukette, what ended up happening was that the other Bears came through with kills.

"I wasn't unhappy with this game," the Bear coach added.

Dukette got her 500th kill the next night in Newfound's 3-1 win over Sunapee. The Bears also defeated Mascoma 3-0 to close out the week.

Kennett will finish the regular season at Moultonborough on Friday, Oct. 19, at 6:15 p.m.

Newfound will finish its season on Friday, Oct. 19, at home against Campbell at 6:30 p.m.

The Division III tournament starts Thursday, Oct. 25, at the home of the higher seed.

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



JOSHUA SPAULDING

Remy Beaujouan gets his foot on a ball as a Coe-Brown attacker tries to get by him.

shot stopped by Roger Babin and the other going wide of the net. Costa had a crossing pass cleared out and then Remy Beaujouan cleared the ball out of the zone.

Plymouth had the game's first corner and Gonzalez headed the ball wide of the net. The Bears came back with their own corner that Costa was able to clear out. Costa and Tommy Carpenter came through with shots that were denied by the Bear keeper and Coe-Brown had a shot go over the top of the net while Wilcox blocked another bid.

Jarod Girouard sent Doug Cassarino in on a bid that was denied and Girouard had a shot on a corner that was turned away.

Plymouth had another corner that Costa

headed on net but that was turned away. Coe-Brown just missed connecting on a bid and Babin had a save on another chance. Wilcox and Nate Hixon were strong on the defensive end and Beaujouan had a nice clear from the goal with Babin down. Babin also made a good save on a direct kick and both Gonzalez and Carpenter had bids late in the first half before the whistle sounded to end the half with no score.

Gonzalez had an early shot go wide in the second half and then Cassarino just missed connecting with Carpenter on a bid. Babin had a save at the other end and Carpenter helped out by clearing the ball out. Wingsted headed a ball on net on a corner kick that was stopped and then

Gonzalez and Girouard teamed up on a bid that was also stopped.

The Bears were able to get on the board with 17:29 to go on a ball that the Bears sent past Babin to the far post.

Costa, Henry Greene and Gonzalez came back with chances for the Bobcats that they were unable to convert and both teams came through with corner kicks that were cleared away from the zone. Babin made a couple more saves in the Plymouth net and the Bears also sent a shot through the crease that missed connections.

Gonzalez and Costa teamed up on a bid that went wide and then had the ball cleared on a pair of late corner kicks, allowing the Bears to walk off with the 1-0 win.

"The name of the

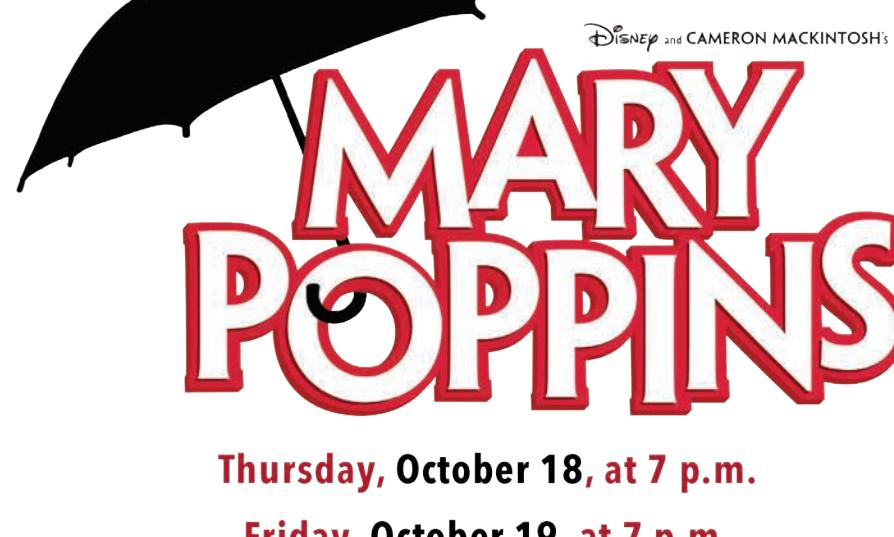
game was quality today," said Elderkin. "The difference was they finished and we didn't.

"But we totally rallied and played a completely different game than last time we saw them," the Bobcat coach continued. "We had plenty of opportunities to win, we were doing the right things, the goals will come."

The Bobcats moved to 7-5-1 heading to the final week of the regular season. The Bobcats will finish the regular season on Friday, Oct. 19, at home against Souhegan at 4 p.m. The Division II tournament opens on Wednesday, Oct. 24, at the home of the higher seed.

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

What's Happening at Plymouth State University



Thursday, October 18, at 7 p.m.

Friday, October 19, at 7 p.m.

Saturday, October 20, at 1 p.m. and 7 p.m.

Sunday, October 21, at 1 p.m.

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See further up here.

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