

Newfound Landing

THURSDAY, SEPTEMBER 3, 2020

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COMPLIMENTARY

Minot-Sleeper Library re-opens by appointment

BRISTOL — The Minot-Sleeper Library is pleased to announce it has reopened its building, inviting the community into the library by appointment.

With the library currently open at a limited capacity, appointments are meant to offer convenience for visitors by ensuring access upon arrival. Individuals and members of a single household may make a 30-minute appointment to browse the collection, check out items, and use any of the library's technology services, including computer stations, printing, copying, and scanning. Appointments will be available Monday-Friday from 10 a.m.-noon and 2-6 p.m. Anyone who is at high-risk of having complications from the Coronavirus virus may contact the library to schedule a suitable time to visit.

"The staff and trustees are happy to have our community back in the



building," said Library Director Brittany Overton. "I know there are many people who have been enthusiastic about getting back into the building and that is a testament to how loved and valued our library is."

In following safety guidelines and ensuring the library building is able to stay open to the community, certain precautions are in place. All who come to the library must wear a mask throughout their visit.

The library will provide a disposable mask for any visitor without one. For those who are unable or choose to not wear a mask, curbside service is available and the staff will work to provide high-quality

over-the-phone service to ensure all individuals' needs are met. The library has also arranged its computer stations and checkout area to allow for social distancing, the one bathroom shared by staff and the public

will be reserved strictly for the staff, and all staff and volunteers are doing their part to wear masks, gloves, and regularly clean the many common areas of the library.

Throughout the pandemic the library has offered a wide range of services, including virtual programming, over-the-phone technology support, curbside check-outs, and home delivery. All of these services will continue along with the reopening of the building, which is part of the library's third phase of reopening during the current pandemic. The staff and trustees will continue to closely monitor state and county data to determine when to move forward or retreat with the library's phased reopening.

Half-hour library appointments can be made by calling the library at 744-3352, emailing minot-sleeperlibrary@gmail.com, or online at minot-sleeperlibrary.org/currentservices.html.

Center for Women and Enterprise, Grafton Regional Development Corporation team up for business planning course

PLYMOUTH — Thursday, Sept. 17 from 5:30 – 8:30 p.m. kicks off a live, online 10 Week Business Planning Course. Center for Women & Enterprise and Grafton Regional Development Corporation have teamed up once again to bring this program to residents of Plymouth and the greater Grafton County community at no cost, thanks to a generous grant from The Clowes Fund.

This free course is targeted to those who are exploring a new

business venture and entrepreneurs in the early stage of business who are ready to chart their plan for success. Owners of existing businesses who launched without a plan will also benefit from this course.

Participants will explore and assess the financial and market viability of their business concept, especially in light of the current economic climate. They will identify their target customers and learn how to effectively market to those customers.

Options for start-up funding and ongoing costs will be explored. And a natural outcome of course participation is growing a network of fellow entrepreneurs because no one can do it alone.

"We couldn't be happier to continue our partnership with Grafton Regional Development Corporation to run this business planning course. Between our two organizations, New Hampshire entrepreneurs at all stages of the business cycle can

access the support they need to help their business succeed," says CWE director, Chandra Reber.

While the course is free, registration is required, as space is limited to provide a focused and individual experience for attendees.

Free registration opens at 9 a.m. on Aug. 27: <https://grafton-county10weekbizplan.eventbrite.com>.

For information about the course and how to register, call Madeline Brumberg at 318-7580 SEE **COURSE** PAGE A10

Time to build your scarecrow

BRISTOL — Fall is coming, and it's time for scarecrows on the square and throughout Bristol. Everyone is invited to create and display a unique scarecrow.

The scarecrows should be four to six feet tall, and on a solid frame. (The ground on the square is very hard so please contact us when you want to put up your entry and we can give you a hand if you need it.) Entries may begin arriving on Sept. 26.

You may display your entry on the common in the square, in front of your house or outside your business. Scarecrows in the square must have a tag with your name and contact information. Judging will take place during the week on Oct. 5.

To be eligible for judging you must submit an entry form by Oct. 4.

Entry forms will be available at the TTCC and on the town website, townofbristolnh.org, or by emailing lucillekeegan1@gmail.com.

Prizes will be awarded for the top three businesses and the top three individual entries.



"Read Around Newfound"

CHILDREN EXPLORE THE OUTDOORS AND GREAT BOOKS



BRISTOL — There's a new adventure waiting in the Newfound watershed! "Read Around Newfound" is a collection of three StoryWalk® exhibits installed around Newfound and a printable passport to fill out as you visit each one. A StoryWalk is a book displayed page by page along a path, combining outdoor exercise with great children's literature to inspire families to read, explore, and stay active.

At the top of Newfound Lake, located at Grey Rocks Conservation Area on North Shore Road in Hebron is a Sto-

SEE **READ** PAGE A10

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Grieving ahead of time

HOW TO COPE WITH AN EXPECTED OR IMPENDING LOSS

BY GUY TILSON, MDIV. MA
Hospice Chaplain and Bereavement Counselor
Pemi-Baker Community Health

PLYMOUTH — The old adage “Forewarned is forearmed” is a way of saying “If you’re aware something is going to happen, you can prepare yourself for it.” As with any cliché, there is an element of truth contained in it, but it certainly doesn’t tell the whole story. We know that life is messy and that there are so many variables in any one given circumstance that fool-proof preparation is unlikely.

In considering the wide range of experience of human loss, there is a phenomenon called “anticipatory grief.” It refers to the grieving and mourning that one undergoes when there is an expected and impending loss. A common example is learning that the end-point of treatment for a terminal illness has been reached, that further treatment would be ineffectual (and even painful), and that the patient is at the end of their life. If the patient is able to comprehend this news, both they and their support system (family, friends and acquaintances, and other caregivers) will probably experience anticipatory grief. Death is likely, but when? How

much time is there before that happens? What can we expect as part of the process of getting to that moment? Is there anything we can do?

Because there is a big element of “not knowing” to this experience, the grieving BEFORE the ultimate loss has features that distinguish it from the grief after the actual loss. Added to the now familiar categories popularized by Elizabeth Kubler-Ross (denial, anger, bargaining, depression, and acceptance) are feelings of dread, uncertainty, powerlessness, and disorientation. There is often the feeling that this has no shape, form, or definition. It is ambiguous and nebulous. We might even use the word “squishy”, like Silly Putty. At first there might be something that feels like temporary relief (“We’re OK for now. We’re not at the end yet.”) which, depending on the duration of the “in between” experience, can morph into weary frustration (“When is this going to be over?”). It can also include the ache and horror of witnessing the progressive alteration of our image of the loved one (“It hurts so much to see her like this. That’s not my sister.”) As time stretches out, the burden of caregiving

and endurance become heavier. These auxiliary losses of awareness, independence, strength, and functionality deepen our vulnerability to an event that has not yet happened. Fatigue, impatience, avoidance, reluctance, and an overall depletion of emotional and physical resources can occur. (“Waiting for the other shoe to drop”) can feel endless.

In a best-case scenario, the “in between time” can offer opportunities for the patient to get their affairs in order; to address “unfinished business” in personal and family relationships, to say goodbye, to prepare spiritually for death, and even to plan their own memorial service. Caregivers can educate themselves about their loved one’s illness, seek out resources to help and support themselves and the loved one, and to plan for their own self-care for however long. There is no guarantee, however, that these opportunities will be acted upon. One or the other (or both) may not want or choose to do these things which can make the time more challenging.

It is helpful to know that anticipatory grief is not restricted to the event of an impending death.

You’ve been told that the company you work for is folding and that you will be out of work in sixty days. Your diabetes has progressed to the point where it’s become necessary to amputate your right leg. You and your spouse have come to the realization that there’s nothing more you can do to salvage your marriage and have decided to divorce. After one too many fender benders, your physician and your family are advising you to stop driving. Such experiences may not be life-threatening, but they curtail our familiar patterns of functioning in significant ways. They summon us to relearning how to live our lives as we await the particular event of loss and change.

In our current circumstances of living through the COVID19 pandemic, it’s as if we’ve been hit with a “double whammy.” As with the experience of a death, something has definitely happened to alter our lives. We’ve had to adapt and adjust as we hope for a resolution which hasn’t been discovered yet. We are living with various losses imposed on us by this event. There is this uncomfortable vagueness which arouses all sorts of reactivity- some cooperative, some hostile. With

a death, we know there are things to be done- settling the estate, canceling credit cards, closing bank accounts, etcetera. With the ongoing pandemic, things aren’t that clean, direct, or explicit. The notion of a «new normal» brings with it the possibility that there may be some patterns of living we might not be able to recover. We are enduring a prolonged time of «not yet.” It is an experience of anticipatory grief on a global scale. It’s a hard place to be, and it may be awhile before we have any answers.

As with any grief reaction, there are things we can do that can help to carry us through the process. Reaching out to others for support is essential to assuage feelings of isolation and aloneness. Sustaining your patterns of self-care is also important- make sure you’re eating, sleeping and resting, and exercising. Indulging yourself in your recreational interests and activities keeps alive your vitality and creativity- walk, run, shoot hoops, do your woodworking, listen to music, read a junky novel, work on your craft projects, try that recipe you saw in a magazine, watch movies, play board games. or weed your garden.

This is only a smattering of information about anticipatory grief. If you’re interested in learning more, Google will open up a wealth of articles and items about this topic and Pemi-Baker Community Health’s Palliative Care team and Caregiver support groups are also fantastic resources.

Guy Tillson, MDiv. MA, is the Hospice Chaplain and Bereavement Counselor for Pemi-Baker Community Health, which is located at The Health Place complex at Boulder Point in Plymouth, New Hampshire. His professional background includes ministry, teaching, and mental healthcare. He can be reached at gtillson@pbh-ha.org or at 536-2232, ext. 218. Visit our website for specific links from this article: www.pbhha.org

With 50-plus years of experience, serving more than 1,000 clients from 18 towns in central and northern New Hampshire, Pemi-Baker Community Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care and on-site physical, occupational and aquatic therapy.

Plymouth State University announces Alumni Award recipients

PLYMOUTH — The Plymouth State University (PSU) Alumni Association recently announced its 2020 Alumni Award recipients. Six alumni and one staff member were recognized for their commitment to serving PSU, their professions and their communities.

“Plymouth State University is extremely fortunate to have such exceptional, dedicated and caring alumni,” said Donald L. Birx, Ph.D., President, Plymouth State University. “Their continued service to the University helps to set us apart from other educational institutions and inspires current students to consider how they can contribute to the PSU community

– both while they’re on campus and when they graduate.”

The Alumni Awards are typically conferred at commencement, but the PSU Alumni Association has modified its annual tradition because of the coronavirus pandemic. The 2020 PSU Alumni Award recipients are as follows.

Graduating Senior Award of Excellence: Ashley Hichborn of Exeter; class of 2020, was honored for her selfless devotion to her classmates and to PSU as an alumni fellow, student senator, class officer and student body president. While on campus, Hichborn designed her own major to create a foundation for her future work

in advocacy marketing. She credits PSU with providing her with a well-rounded education and rich, real-world experiences and learning opportunities to help her confidently enter the workforce. Hichborn recently accepted a position focusing on graphic design and communications for Planned Parenthood of Northern New England.

Recent Alumni Award of Excellence: Colin Murphy of Boston, Mass., class of 2013, was recognized for his long-standing commitment to PSU. He serves as an Advisory Board member for the Plymouth Sales Program, and arranged for his employer, Quick Base of Cambridge, Mass., to sponsor the program. Murphy volunteers with the PSU Admissions Office, representing the university at several college fairs each year to help recruit the next generation of Panthers. He also leads the Panther Business Club, organizing Boston-area alumni events and the club’s scholarship program.

Distinguished Alumni Service Award: Claire

Monier of Goffstown, class of 1962, was honored for her devotion to organizing her class reunion and her tireless service to the PSU Alumni Association Board of Directors. Prior to her retirement in 2007, Monier served as Executive Director of New Hampshire Housing Finance Authority for nearly 20 years. She also served on the Community Development Advisory Council of the Federal Reserve Bank of Boston and as Director of the New Hampshire State Council on Aging, and chaired New Hampshire Governor Judd Gregg’s Commission on Health Care Costs and Availability.

Alumni Achievement Awards (two recipients): Joe Gray, class of 1980, and Ron Bonneau, class of 1981, were both recognized for exemplifying PSU’s motto, «Ut prosim» (That I may serve), through special contributions to PSU Alumni Association activities and to their respective professions.

Gray, of Pittsfield was honored for his contributions to and achievement in arts through his

sculpture work. For more than 25 years, Gray has worked with and created art out of stone, selling pieces across the globe that reflect his love for the natural world. He was commissioned to install a sculpture on the nationally renowned Clipper City Rail Trail & Harborwalk in Newburyport, Mass. He has exhibited custom sculptures at the prestigious Boston Flower & Garden Show and the Newport (Rhode Island) Flower Show. He also created a tribute to the adolescent victims of the Holocaust, now on display at the Holocaust Memorial in Nashua.

Bonneau, of Caldwell, ID, was celebrated for his contributions to and achievement in athletics as both a competitive alpine skier and coach. He competed for PSU as a student and is currently in his 30th and final season as the head coach of the College of Idaho men’s and women’s alpine ski program. During his tenure, Bonneau has coached nine United States Collegiate Ski and Snowboard Association (USCSA) individual national champions, 39 first-team All-Americans and 105 national scholar-athletes. In 2016, he was honored as USCSA National Coach of the Year. He has also served as the Executive Director of the Northwest Collegiate Ski Conference during most of his tenure at the College of Idaho, helping generations of collegiate skiers in the region to have opportunities to compete. He also serves as the Vice Chair of the Collegiate Committee for U.S. Skiing.

Outstanding Graduate Alumni Award: Charles Lloyd, Ed.D., of Bow, graduate class of 2007, and 2011 recipient, certificate of advanced graduate studies, was hon-

ored for his leadership in education, working to transform the community college experience for students across the state of New Hampshire. Lloyd began his career at New Hampshire Technical Institute (NHTI), working in student life, teaching businesses and leadership classes, and coaching men’s basketball, and currently serves as President of White Mountain Community College. His passion and dedication to helping students achieve their goals through higher education has continued to grow over the years.

Faculty/Staff Award of Excellence: Lauren Lavigne, M.Ed., of Plymouth, class of 1994 and graduate class of 1996, was recognized for her dedication to engaging student-athlete alumni in campus activities, and for her efforts in organizing the Women’s Leadership Summit, an event dedicated to supporting PSU women through philanthropy, unity and personal growth. Lavigne has served in several roles in the PSU Athletics Department, including 14 years as women’s basketball head coach. Lavigne is the winningest head coach in school history. For her efforts, she was twice named Coach of the Year by the New England Women’s Basketball Association – in 2000 and 2002 – and she was inducted into the Queen City Athletic Hall of Fame in 2001 for her career contributions, both as a player at West High School in Manchester and as a player and coach at PSU.

For more information about the PSU Alumni Association, please visit <https://www.plymouth.edu/alumni/>.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	165 Newfound Hills Rd.	Single-Family Residence	\$305,000	Michael Cincotti	Robert Debenedictis and Donald Picard
Ashland	8 Thompson St.	Single-Family Residence	\$154,000	Edgar and Katie Patten	Karen M. Flynn and Stephen R. Ostrowski
Ashland	N/A	N/A	\$50,000	Ehfar LLC	Cavezzali Fiscal Trust and Gillian M. Cavezzali
Bridgewater	Dinardi Road	N/A	\$57,000	Gianpaolo Magazzu	Kenneth I. and Bettina M. Johnson
Bridgewater	114 Ledgewood Terrace	Single-Family Residence	\$304,000	Kevin M. Cassidy	Brett A. and Jessica S. Dunn
Bridgewater	230 Pine St. N.	Single-Family Residence	\$305,000	Kenneth J. and Bettina N. Johnson	Christopher Olmstead
Bridgewater	Whittemore Point Drive	N/A	\$180,000	Michael J. and Lisa R. Doyle	Collins Fiscal Trust 3 and Alvin B. Collins
Bristol	Route 3A	N/A	\$930,000	McCarthy Dalessandro Fiscal Trust and Timothy J. McCarthy	Jamie A. and Debra K. Lussier
Bristol	Westlake Drive	N/A	\$160,000	Linda A. Wadland and Kathleen M. Silva	William S. and Jennifer K. Suttill
Campton	Campton Pond Road	N/A	\$265,000	Elizabeth H. Taoka	Meredith A. Gray and Matthew T. Vincent
Campton	37 Marden Dr.	Single-Family Residence	\$279,000	Michael Dalessandro and Simonettea Vandeitteli	Wayne R. Acker and Sherrill Baumgartner
Campton	1137 NH Route 175	Single-Family Residence	\$295,000	MLC 2018 RET and Myron L. Crowe	Donald A. Mason
Campton	57 Richardson Trail, Unit 3	Condominium	\$152,000	Brian P. O'Connor	Gregory R. and Teresa O. Prince
Campton	54 Whitehouse Circle	Single-Family Residence	\$305,000	Matthew J. Mimiaga	Stefan and Louise Slattery
Campton	N/A	N/A	\$80,000	Lawrence J. and Sara M. Berman	James R. and Patricia A. Sanborn
Dorchester	Route 118	N/A	\$199,000	John P. Ziemba	Albert A. Donatio LT
Holderness	70 Maple Ridge Rd.	Single-Family Residence	\$639,000	Cynthia Dusseault 2016 RET	Patrick V. and Lara D. McCann
Holderness	Route 175	N/A	\$20,000	Willis H. and Deborah C. Holland	Stanley E. and Karen Grafton
Plymouth	451 Daniel Webster Highway	Single-Family Residence	\$185,000	Jeffrey and Teresa Zimmer	Sarah and Christopher Chickering
Plymouth	654 Mayhew Turnpike	Single-Family Residence	\$250,000	Kenneth M. and Diana J. Kieley	John P. and Mira A. Miller
Plymouth	33 Pleasant St.	Single-Family Residence	\$323,533	Cavezzalli Fiscal Trust and Marco Cavezzalli	Ember and Benjamin Ludwig
Plymouth	9 River Ridge Rd.	Single-Family Residence	\$270,000	Maureen A. Horgan Trust	Thomas and Kelly A. McCarthy
Plymouth	Route 3A	N/A	\$356,000	Mill Brook LLC	Mountain Village Charter School
Plymouth	40 Russell St.	Commercial Building	\$207,000	Daniel Hodsdon	Brendan T. Joseph and Maria Palomz-Joseph
Plymouth	46 Russell St.	Commercial Building	\$228,000	Christopher Eaton	Brendan T. Joseph and Maria Palomz-Joseph
Thornton	Logan Street	N/A	\$29,000	Danny E. and Gloria M. Gallagher	Maxwell McNealy and Raylynn Tustin
Thornton	10 Pine Path	Single-Family Residence	\$229,000	Stephanie B. Waltrip	Darleen and Iad S. Joseph
Thornton	N/A (Lot 1)	N/A	\$45,000	Tousekani RT and Farhad F. Tousekani	Charles G. and Kathryn M. Moore
Thornton	N/A (Lot 12)	N/A	\$10,000	Stewart F. Grossman	Gerald Allain
Thornton	N/A (Lot 12)	N/A	\$10,000	Robert C. McKinney	Gerald Allain
Warren	Breezy Point Road	N/A	\$27,000	Ralph M. Norden	Scott LaClair
Waterville Valley	8 Forest Knoll Way, Unit A2	Condominium	\$308,000	Jeffrey J. and Kristin M. Buchanan	Garlick 2017 Trust and David S. Garlick
Waterville Valley	Golden Eagle Lodge Condo Unit 321	Condominium	\$105,000	Kenneth M. and Amy E. Salsman	Jeanie W. Shaw
Waterville Valley	28 Packards Rd., Unit 404	Condominium	\$149,000	Kim Zizza	Charles M. and Rebecca S. Hastings
Waterville Valley	Snows Brook Road, Lot 5	N/A	\$230,000	Harlan S. McCanne and Lao Lorenson-McCanne	Michael T. O'Rourke RET
Waterville Valley	8 Valley Rd.	Single-Family Residence	\$420,000	Leonard E. Emery LT and Margaret C. Turner	Henry J. and Sandy S. Conaty
Waterville Valley	23 Windsor Hill Way, Unit 69	Condominium	\$157,000	Henry J. and Sandy S. Conaty	Paul Ricotta and Melanie M. Rosay
Wentworth	6 Stanyan Hill Rd.	Single-Family Residence	\$100,000	Bruce G. Blackburn and Andrea A. Charbonneau	Michael B. Chase
Wentworth	N/A	N/A	\$65,000	Jeffrey J. Ingle	Jacob C. Russell

ABOUT THE REAL REPORT

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

REHABFIT

Posture and Health

BY CJ DUBE
Exercise Specialist
RehabFit

PLYMOUTH —The phrase, “stand up straight” is ingrained in the youth of today by their parents and grandparents. Though they may not know the science behind it, a common truth holds true. How you stand and sit shapes your health and directly represent your mood throughout your life. Good posture is an investment into your physical and mental health. Conversely, poor posture is linked with poor health, physical and mental. Taking the time to analyze your posture and consciously improve it can drastically improve your functionality and overall quality of life.

Posture is more than standing up straight to look good. It plays an integral role in long-term health. Holding your body in proper alignment, whether moving or standing still, will help prevent injury, pain and other health problems. Posture can be defined as how one holds their body in two ways, when you are moving (dynamic) and when you are not moving (static). It is important to have both good dynamic and static posture.

The key to good posture is the position of the spine. The spine is made up of three sections, cervical (neck), thoracic (trunk or mid back), and lumbar (low back). These three sections have a specific curve to them creating an “S” shape. These natural curves should be maintained. The head

should rest above the shoulders, and the top of the shoulders should be over the hips.

An increase or decrease in the curvature in any section of the spine can have rippling effects of dysfunction in the rest of the body. A slouched body position can have many negative side effects such as misaligning your musculo-skeletal system, neck, shoulder and back pain, decrease flexibility, wear away at joints making them more prone to injury, decrease your balance and increase your fall risk, make it more difficult to breathe and digest food, and affect your overall ability to move.

Studies have shown the dramatic effect posture has on your mood. Standing with your head down and back hunched over correlates with feeling isolated, sleepy, sad, and “zombie-like.” The opposite is true with standing with proper posture. You feel strong, empowered, confident, and alert.

The nerves in your spinal column travel through the body, allowing your limbs to move. Compression on the nerves acts like a “dimmer switch” on a light, prohibiting nerves from fully functioning and thus affecting how you feel and move. In today’s world. Looking down at

your phone or slouched in front of the computer for hours on end are the main enemy to good posture. These activities create what is called Forward Head Posture (FHP), which stretch the spinal cord. This causes muscles to become tense and can pull bones out of alignment. This can result in neck and upper back pain as well as mood changes.

Correcting posture is possible through diligent and conscious effort. It takes a while for you to develop poor posture. Your current posture is the culmination of your life experiences. The mimicking of your parents and peers, the time spent in front of the computer or driving. Texting on your phone. All these things took time to develop poor posture. It is not going to be fixed in a day, or a week, or maybe even a month. However through conscious effort and persistence, you can improve your posture and how your body functions as a whole.

If you feel your posture could use some work and want to improve your daily life, we, at RehabFit are here to assist you. We can help determine the course of action that’s right for you and get you started on your journey. The time is now to start working on your posture.

COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com



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CADY Corner

Fall semester— A time for parents to discuss the risks of college drinking

BY DEB NARO
Contributor

As college students arrive on campus this fall, it is typically a time of new experiences, new friendships, and making memories that will last a lifetime. In light of the current coronavirus pandemic, it is particularly important this fall for parents to urge college students to take measures to protect their health.

Drinking alcohol impairs both physical and mental abilities, and it also decreases inhibitions. Reduced inhibitions from drinking and being intoxicated may affect a young person's ability to take the precautions needed to reduce the risk of contracting the coronavirus or spreading it to others, such as maintaining appropriate physical distance and wearing a mask. Encourage students to limit how much alcohol they or friends are consuming and remind underage students not to drink any alcohol. Students should also know the steps needed to protect themselves and others from COVID-19 if schools have resumed in-person or hybrid classes or while participating in activities outside of school.

According to the 2018 National Survey on Drug Use and Health (NSDUH), 54.9 percent of full-time college students ages 18 to 22 drank alcohol in the past month, and 36.9 percent engaged in binge drinking in the past month. NSDUH defines binge drinking as five or more drinks on an occasion for men and four or more drinks on an occasion for women. In addition, 9.6 percent engaged in heavy alcohol use, defined by NSDUH as binge drinking on 5 or more days in the past month.

The consequences of harmful and underage drinking by college students are more significant, more destructive, and more costly than many parents realize. And these consequences affect students whether they drink or not. The most recent statistics from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) indicate that drinking by college students ages 18 to 24 contributes to an estimated 1,519 student deaths each year.

Although some students come to college already having some experience with alcohol, certain aspects of college life, such as unstructured time, the widespread availability of alcohol, inconsistent enforcement of underage drinking laws, and limited interactions with parents and other adults, can intensify the problem. The first six weeks of freshman year are a vulnerable time for harmful and underage college drinking and for alcohol-related consequences because of student expectations and social pressures at the start of the academic year. The coronavirus pandemic will create additional stress and uncertainty this fall, so support for students will be critical.

An often overlooked protective factor involves the continuing influence of parents during the college years. Research shows that students who abstain from drinking often do so because their parents discussed alcohol use and its adverse consequences with them. During these crucial early weeks, keep the lines of communication open with your child, encourage them to share information about their daily activities and to ask for help if they need it.

For more information about how to talk to your child about alcohol, visit our website at www.cady-inc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.

Sustainable Bristol

BY LAUREN THERIAULT

I recently read that 25 percent of all the waste in landfills is paper. Isn't that astonishing? When people dug 30 feet deep into the landfills they found paper perfectly preserved. Without air, water and light the paper was the same as the day it was thrown away years earlier. Paper is compostable and should break down under normal conditions, however the middle of a landfill is not "normal conditions." What should we in Bristol do about this?

At this point the transfer station is not taking paper to be recycled and therefore all the paper that ends up in the compactor is headed for the landfill. That means it's up to you to figure out what to do about your paper. Here are some ideas;

Shred it and it could be used in the garden, added to compost, for worms, as pet bedding, or for packing boxes to ship. Save single sided paper and write notes or lists on it. Use it for wrapping paper. Cut up cereal boxes or other

mixed paper for kids to use for making art. Use old paper to make your own paper, there are lots of tutorials online. Use scrap paper to start a fire (safely that is).

If you're looking to reduce the amount of paper you use you could print double sided, buy recycled paper products, send documents online instead of using paper, ask for paperless bills, remove your name from junk mail lists or catalogue lists and buy items in bulk instead of smaller cardboard packages. Take a picture of a trail

map, brochure or event flyer instead of taking a copy home, it'll be easier to reference any-ways since you lose your phone less often than you misplace a random piece of paper.

Good luck reducing and reusing your paper! Remember less waste in the compactor at the Transfer Station saves the town money.

Lauren's Green Tip of the Week: Skip the plastic produce bag and wash your produce well when you get home from the grocery store.

Letters to the Editor

Dan Feltes is the governor I want in Concord

To the Editor:

When I think of someone who I want to be the Governor of our state, I want it to be someone who has worked hard in their life. I want it to be someone who has given back to the Granite State. I want someone with the experience in Concord to start working with the legislature on day one to fix the most critical issues facing our state. That someone is Sen. Dan Feltes.

As chair of the Resources, Recreation and Development Committee in the New Hampshire House, I have worked with Dan in his capacity as vice-chair of the Energy and Natural Resources Committee. He has successfully worked to help pass bills which would increase net metering for solar projects and support energy efficiency projects in New Hampshire--both issues which have been consis-

tently vetoed by our current Governor.

Dan has been a tireless advocate for working-class families including expanding access to healthcare for 50,000 Granite Staters, and fighting the vetoes of paid family and medical leave.

For far too long we've seen actions that are out-of-touch with working-class Granite Staters coming out of the corner office. It's time for

a change and I am confident that Dan Feltes is up to the task of making sure our state works for everyone. Dan's record at the State House has proven that he is up to the task of making sure our state works for everyone. Join me and vote for Dan Feltes for Governor in the primary on Sept. 8.

SUZANNE SMITH
HEBRON

Is liberty worth standing for?

good moral compass on Tuesday.

Our country will not get better if Trump or Biden is President; it is the morality of the people that makes or breaks a country. We must vote for people that have a moral compass that is still working.

A friend of mine who came from South Africa (SA) is sorely concern about our country. He stated what has happened in SA is starting to happen here. Many little changes came about in SA and has caused big problems. Space prevents me from going into SA's problems but, figured you can in-

vestigate that. However, their thinking or moral compass has changed, and they have very little concern for their fellow SA property or life and that is starting to happen here in the USA. I am sure you have seen reports of the rioting in some cities in the USA, where people are hurt, even killed, and property damaged or destroyed. Image if that was in your town and your house or your business, how would you feel? This has got to stop, or we will lose our country.

I will not tell you who to vote for but ask you vote thinking of these

Let's be there for Bob

leaders. I care about temperament. Can this candidate work effectively in an institution that runs on relationships? It takes intellect, political courage, caring, and a sincere willingness to listen to opposing views to make change in Concord. Over the past four years in the New Hampshire Senate, and six years in the New Hampshire House of Representatives, Sen. Giuda has demonstrated all of these hallmarks of effective leadership and has brought immense value

to our region.

As a long-term Pemi-Baker school board member I had a front row seat to his recent policymaking success in the passage of Senate Bill 294. As prime sponsor, he advocated for and secured funding for accredited NH juvenile diversion programs, bringing sorely needed dollars locally to serve our most vulnerable, marginalized youth. These funds allow us to keep our kids in the community rather than linking them to costly juvenile justice

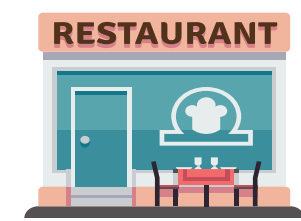
court systems.

Despite his many achievements, he is a grounded, trustworthy regular guy. I know when any of his constituents have a problem, we just need to reach out to Senator Giuda and solutions will be on the way. Let's be there for someone who has always been there for us! Vote Bob Giuda on Sept. 8 and Nov. 3. Thank you.

Sincerely,

TIM NARO
PLYMOUTH

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DANBURY:

Danbury Country Store

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Hebron Union Congregational Church

As we continue to be as safe as possible during the COVID-19 pandemic, our church is still closed and there are no services. However, a small group of parishioners are getting together every week with Rev. Mary Jane Barber and recording a church service for each Sunday. The services are available on our website for anyone to enjoy. To view the services please use these instructions:

<https://sites.google.com/view/hebron-churchnh>

At the top of the page, click on Church Services. To the right of the picture of the sanctuary, click on Church Services. That should bring you to the Vimeo page. Then click on Hebrew Church Service of your choice (listed by date). If you would like to receive a bulletin to follow-along with these services, please contact the secretary at the email address listed below.

In lieu of our annual Church fair we have created a Virtual Fair site that is available on our church website until Labor Day, Sept. 7th. You can shop some of our craft vendors and chuckle at those who volunteered to get “dunked” at our new Dunking Booth. Google ‘hebronchurchfair.org’ or go to this link: <https://sites.google.com/view/virtualchurchfair/home>

There is also a Town-Wide Yard Sale on Saturday, September 5th sponsored by our church. There will be yard sales at these locations:

416 North Shore Rd., 439 North Shore Rd., 20 Cooper Rd., 8 George Rd., 431 George Rd., 155 Groton Rd., 210 Groton Rd., 23 Hobart Hill Rd. and 252 Hobart Hill Rd.

Our church is located in the center of historic Hebron village at the intersections of North Shore Road and West Shore Road. Our administrative assistant's office hours are Tuesdays from 9:30-11:30 a.m. and Thursday afternoons from 1-3 p.m. and our phone number is 744-5883. Our address is 16 Church Lane, PO Box 67, Hebron, NH 03241. The secretary's email address is staff@hebronchurchnh.org. To find out more about our church, please visit the church Web site at www.hebronchurchnh.org.

Plymouth Congregational UCC

YOU ARE INVITED to
Join Pastor Mike Carrier
on Sundays at 9:30 a.m.
on Facebook Live. The
Sunday Bulletin for this
service as well as videos
and Bulletins from past
services can be found on
our church's Web site at
www.uccplymouth.org.

In order to protect everyone's health and safety, we have made the decision to suspend all

gathered worship services and meetings until further notice.

How do I access the church's Facebook Page? You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH."

Towns

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

Grange Fair Day AKA Danbury Community Celebration is Saturday, Sept. 12. Register your house for a display/yard float by Sept. 4 to get on the map. Remember, winners get \$25. Each map will contain voting slips. When the slips get returned, votes will be tallied and those slips become entries in the drawing for four \$25 cash prizes. Plan to set up a float or display in your yard and then travel the roads looking at what others have created. Breakfast Sandwiches will be available for pickup at the grange hall from 8:30 a.m. to 10-ish with a burger or hotdog lunch being available from 11 a.m. to 1-ish. Lunch will include

“Like” the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Dates to Remember
Sunday, Sept. 13 –

Please join us for Rally
Sunday as we celebrate
the Fifteenth Sunday af-
ter Pentecost.

Feeding Our Children Together

Beginning at the start of this school year, we will provide 3,000 calories to feed insecure chil-

children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

PCUCC is a vibrant

community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at www.ucplymouth.org.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

a burger or hotdog, condiments, a bag of Cape Cod chips, a water and a homemade chocolate chip cookie. Meals are available on a donation basis and available in a drive through manner. Also, please visit Facebook to submit photos of your vegetables, favorite Danbury picture, hobbies and past fair pics. While this isn't the normal Grange Fair, it is a socially distance celebration of community coming together to not let the Grange's annual tradition pass uneventfully.

Registration forms
can be emailed or found
of on Facebook.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Union Congregation-

al Church, Hebron

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THE SALMON PRESS 2020/2021 NEW HAMPSHIRE WINTER GUIDE

SIZE & PRICING INFORMATION

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

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Artistic Roots announces September offerings

PLYMOUTH — Artistic Roots continues to expand hours. As of Sept. 1, the gallery will be open from 10 a.m. to 3 p.m. Our rules are still in place: masks are required, hand sanitizer is used on entry, there are arrows directing people through the store and we

ask that patrons social distance. We also have an online store, with delivery during our open hours. Visit our Web site, www.artisticroots.com.

Our Zoom classes continue this month! We will be offering three classes for kids. All these classes are free of charge. Suzan Gan-

nett will be teaching all classes. They are Paper Bird Finger Puppets on Sept. 13, Ocean Weaving in Sept. 20 and PomPom Hedgehogs on Sept. 26. All classes are held between 3:30 and 4:30 p.m. on Sundays. Please email suzanganett@gmail.com if your child would like to attend. Mrs. Gannett will send a list to supplies and the Zoom link to your email. We will hold a two session adult class, Zen Doodle Sheep, with Suzan Gannett. The dates are Sept. 16 and 23 from 3:30 to 5 p.m. Cost for members is \$40 and for non-members \$50.

Pam Miller is willing to offer a Metalsmithing Jewelry class in her studio in New Boston. You will learn the basics of sawing, forming, soldering, wirework and stone setting. Students will complete three or four projects of their choosing. Up to 3 people can schedule at the same time. Sign up is on the Web site. Cost for members is \$150 and for non-members \$175. Please note that scholarships are available for all our classes. To receive a scholarship, email executivedirector@artisticroots.com.

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Local students named to Dean's List at MCPHS University

BOSTON, Mass. — MCPHS University is pleased to announce the students who have been named to the Dean's List for the Spring 2020 semester:

- * Shivani Patel is a native of Ashland, and is pursuing a Bachelor of Science in Medical and Molecular Biology. Shivani will graduate in 2021 from the Boston, Massachusetts campus.
- * Kylee Macdonald is a native of Bristol, and is pursuing a Bachelor of Science in Nursing. Kylee will graduate in 2021 from the Boston, Massachusetts campus.

The Dean's List recognizes those students with a full-time course load who have achieved outstanding scholarship with a 3.5 GPA or higher for the academic term.

The mission of MCPHS University is to prepare their graduates to advance health and serve communities worldwide through excellence, innovation and collaboration in teaching, practice, scholarship, and research. Founded in 1823, MCPHS University is the oldest institution of higher education in the City of Boston. In addition to the original Boston campus, the University has branch campuses in Worcester, Massachusetts, and Manchester, New Hampshire. The University currently offers more than 100 unique baccalaureate, masters and doctoral degree programs and certificates in a variety of health-related disciplines and professions on its three campuses and online.



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Thank you for your cooperation.

We are thrilled to present at public auction antiques, silver, and paintings from an Orford, NH home along with special items gathered from estates and collections across New England. **THERE WILL BE NO FOOD SERVED SO PLEASE PACK A LUNCH.** There will be large tents set up and social distancing guidelines will be followed. **Masks are required.** Please call to reserve a seat. The following is only a partial listing.

PREVIEW ON SATURDAY SEPT. 5 FROM 12 NOON TO 6 PM AND 8-10 AM THE MORNING OF SALE.

ACCESSORIES: Important New England 19th c. dome-top box with original multicolor painted decoration, 32x16x13 in.; A collection of large samplers from Marlborough, MA with dates from 1814-1835 done by members of the Wilson and Phelps families; Unsigned early banjo clock; Scrimshaw 19th c. busk with figures, house, eagle and ship pictured; rare sailor made pie crimper with inlay motif and bird head design; 32 in. antique Swiss 8 tune music box with burl veneer case; late 18th c. needlework pocket book; paint decorated document box with landscape scene 19th c.; Gustav Stickley copper tray; collection of old veterinary themed signs and advertisements including wooden sand painted Dr. A.C. Daniels Horse and Dog Medicine sign; Dexter, Root Co. Coal, Grain and Flour Sign, Wilburs Gas Colic Cure paper advertisement framed; Carswell the Druggist Veterinary Remedies tin sign with bulldog; 10 ft. Osborne Farm Implements wooden sign; 2 handled splint Shaker style antique basket; early redware jug with speckled glaze; selection of early accessories and woodenware to include: butter churn in old blue paint; early mortar and pestle in old gray paint; old baskets; selection of utilitarian redware items; great selection of antique garden urns and accessories; old cast metal fountain of a boy with a frog; antique wooden litho train with cars; group of antique porcelain head dolls; 37 in Bronze statue signed Moreau; bronze portrait plaque by G. Borst; early Dartmouth College cane with carved Indian head; F. Greenleaf Littleton, NH log caliper with walking wheel; collection of early stereoviews; Sheet metal early 20th c. weathervane of a horse; early 20th c. sheet metal weathervane of a rooster; other early tin horse weathervane; selection of early cast iron cookware; lots of interesting smalls, selection of gold and silver jewelry.

FURNITURE: 35 in. wide late 18th c. CT slant front Queen Anne desk on frame with old reddish finish; Abel & Levi Hutchins Concord, NH tall clock with case labeled by David Young, Hopkinton, NH; great early 2 door cupboard/wardrobe in old red paint; Drop leaf taper leg harvest table; other drop leaf country Sheraton harvest table; early 19th c. paneled country corner cupboard; VT one drawer server in old red paint with dramatic cut out back splash; fine Sheraton mahogany card table with serpentine front; 12 drawer tall oak machinists cabinet; early paneled lift top trunk with blue and black painted decoration; a selection of Japanese tansu chests; late 18th c. NH highboy base in maple; good selection of period stands and side tables; other period furnishings and much more.

PRINTS; PAINTINGS, ARTWORK, AND FRAMED ITEMS: Important 34x30 in. advertising poster for the Amoskeag Manufacturing Co. Locomotive & Steam Engines Manchester, NH; 20x26 in. litho for the Hinkley Locomotive Works Boston, MA; fine early technical drawing/watercolor of The Bartlett Locomotive 15x25; 18x12 painting of cows signed Troyon; 37 inch bronze statue of a woman signed Moreau; small 19th c. oil on canvas beach scene with figures out for a stroll; set of 4 family portraits by Belknap in period stencil decorated matching frames - relined; lovely 19th c. oil on canvas landscape with landscape and towns scene - relined; Val D'Aosta vintage ski poster framed; Geo. Bigelow signed painting of sheep; large W. Kaula oil on canvas landscape; fine atmospheric landscape signed George Hallowell; early 19th c. oil on canvas portrait of a gentleman; small Hudson River Valley oil on canvas scene with boats and landscape signed Degrose 1864; early 19th c. sandpaper charcoal scene of Center Harbor NH;

PORCELAIN, GLASS, & CHINA: good assortment of Waterford crystal stemware; lots of other porcelain plates and good glass and china; unmarked art pottery umbrella holder with floral pattern and matte green glaze;

Sterling Silver: We have a very large selection of sterling silver items to offer including multiple flatware sets, candlesticks, Sterling water pitchers, bowls, tea sets, plates, lots of sterling serving items, sets of tea spoons, fine boxed sterling silver tea set, please see website for more pictures and details.

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

Dan Uhlman, General Manager
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First Shift (5:00 AM - 1:30 PM) Monday - Friday
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday
Third Shift (11:00 PM - 7:30 AM) Friday - Tuesday

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/
Equal Access/Affirmative Action institution

**TOWN OF PLYMOUTH, NH
PART-TIME POSITION AVAILABLE**

The Town of Plymouth is seeking applications for a part-time clerical position

(16-24 hrs/wk) performing a full range of office duties at the Selectboard's office – hourly range is \$13.00 - \$16.00.

Minimum Qualifications: High school diploma. Computer knowledge and experience in a professional office setting are required. Excellent customer service and teamwork skills are also required. Helpful: Knowledge of municipal operation and familiarity with the Town of Plymouth.

The Town of Plymouth is an EOE/AA employer. Please submit a resume with a cover letter by September 8, 2020 to: Kathryn Lowe, Town Manager, Town of Plymouth, 6 Post Office Square, Plymouth, NH 03264



Division of BELLETETES, INC.

Yard Customer Service

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

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

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

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HELP WANTED
Administrative Assistant
Union Congregational Church of Hebron

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

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

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

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



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SLA to host program on foraging for fall fungi

HOLDERNESS — In Autumn, when cool rains soak the soils and wash away recently fallen leaves, we may notice some hues among the soft understory that weren't there before. These squishy, and sometimes slimy, figures poking out of the leaves have many names, shapes, colors, sizes, and...flavors! Join Lakes Region Conser-

vation Corps member, Moses, on Friday, Sept. 11, from 9 a.m.-1 p.m., for an introduction to the wonders of fall fungi. As you explore the fungi of Belknap Woods you'll learn how to identify some of the different characteristics that help classify certain fungal families, as well as the ones that are safest to forage.

If you wish to take home any fungi that we find, please bring a mesh type bag or basket to hold the mushrooms. Emphasis on any vessel that has holes in it. Holes are the utmost important part because as you move casually through the woods harvesting fungi from the earth you are also spreading their

spores. This allows for the distribution of the species to proliferate through the forest. As always, bring plenty of water, snacks, hand sanitizer, and adequate clothing for the weather that day. Please also bring a facemask to be worn while around larger groups of people, such as at the trailhead.

Registration for this program is required. Please register by visiting our Web site, www.squamlakes.org, or calling 968-7336. All ages are welcome. Program leaders will email registrants a day or two before the program with details regarding location and safety protocol.

Throughout the year, the Squam Lakes Asso-



ciation offers free programs open to the public on a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the Lakes

Region Conservation Corps members who spend their year on Squam performing important conservation work in support of the Association's mission.


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STAY STRONG

Read
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ryWalk presented by the Newfound Lake Region Association. The story, "Water Is Water" by Miranda Paul explores the different states of water and the water cycle with beautiful illustrations of the four season. In Bristol, Slim Baker Foundation at the top of New Chester Mountain Road hosts another StoryWalk featuring the classic story, "Strega Nona" by Tomie dePaola. The StoryWalk takes readers along one of the several trails near Slim Baker Lodge, sharing the wonder of the story's magic pasta

pot with Strega Nona and Big Anthony. Also in Bristol, behind the Minot-Sleeper Library at 35 Pleasant Street, in the butterfly garden is a StoryWalk presented by both the library and the Pasquaney Garden Club. Readers will celebrate gardens of all kinds with the story "In A Garden" by Tim McCanna. You can print out your StoryWalk Passport and get directions to each

StoryWalk location at minotsleeperlibrary.org/storywalk.html. The StoryWalks will remain on display until October, giving families plenty of time to enjoy each one. Read Around Newfound is a collaboration between Minot-Sleeper Library, Newfound Lake Region Association, Slim Baker Foundation, and Pasquaney Garden Club.

Course
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or email mbrumberg@cweonline.org or Britta Hallberg at 536-2011 or email hallbergb@grafftonrdc.org.

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