

New Hampton Community Church receives fund raised in memory of Zoe Anderson

BY DONNA RHODES
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NEW HAMPTON — Last Sunday morning, the members of the New Hampton Community Church had their sad hearts gladdened through a special presentation from the Newfound community that honored the life of 12-year-old Zoe Anderson, a resident of Colorado who lost her life in a boating accident earlier this summer.

Anderson’s grandparents, Marcia and Jerry Anderson of Hebron, are members of the church and Marcia was on hand last Sunday to accept donations to the church’s children’s programs that were raised through the Light a Light for Zoe fundraising campaign on Friday, Aug. 1, along the shores of Newfound Lake.



John McIntosh of Bristol Shores joined fellow Newfound Lake residents Rebecca Boudreau and Garlyn Manganiello when they presented New Hampton Community Church with a check for more than \$6,000 that was raised for the church’s new Zoe Fund for children’s programs. Accepting the check was Pat Stone from the church’s Division of Youth and Family Services, Financial Secretary Ruth Kimball, Zoe Anderson’s grandmother Marcia and Rev. Scott Mitchell.

Former Bristol police officer files suit against town for overtime pay

Court paperwork claims he was subjected to hostile treatment by Chief

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — A police officer is blaming Bristol’s Chief of Police for his “difficult decision” to leave before completing his employment contract with the town.

Jonathan Francis, who last May filed suit in federal court seeking additional overtime pay to cover all of the hours he spent at the New Hampshire Police Standards and Training Academy, did not initially bring up his reasons for resigning and taking a job with the Franklin Police Department. It was only after the town filed its response to his complaint that Francis defended his refusal to repay the town’s investment in his training as outlined in the town’s employment contract.

Bristol, like many other communities, requires employees whom they

pay to attend mandatory training to remain in the town’s employ for 36 months or to repay a pro-rated portion of the town’s investment in them.

In court documents, the town states, “The issue of sending an individual to the New Hampshire Police Academy has been a matter of concern for New Hampshire municipalities because, once an individual receives the police officer

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“When we lost our youngest granddaughter, Garlyn (Manganiello) and Becca (Boudreau) reached out to see if there was something they could do to help but I didn’t know what they could do ‘this side of heaven,’” Marcia said.

Co-organizer Rebecca Boudreau is the person who came up with the idea to sell glow sticks that could be placed along the shoreline though, each light designated as a tribute to Zoe’s passion for the lake she loved to visit.

“It was all so surreal how it came about though,” Boudreau

said.

She told the congregation that she woke up at 3 a.m. one night with the memory of an article she had read about people along Lake Sunapee lighting up the shore to show love for their lake. Right then and there, she knew that was the proper

tribute for young Zoe.

Boudreau told Garlyn and their other neighbors about her revelation the next day and the idea was a hit with all, including the Andersons.

“I wasn’t sure how we would do it — with fireworks or whatever — but I knew that was what we needed to do,” she said.

The group was unprepared for how big a hit that idea truly was however, until the glow sticks immediately disappeared from all the local lake area businesses where they were made available.

“We ordered 1,000 glow sticks and put out donation buckets for them, but we had to order another 1,000 because we ran out so quickly,” Boudreau said.

Most stores reported that they could have collected donations for even twice that number, had they been available. Many people, they noted, simply dropped donations in the buckets without even receiving a glow stick.

Overall, the lights

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Migliore wins recount, takes oath in District 9

BY THOMAS P. CALDWELL
Contributing Writer

MANCHESTER — Vincent Paul Migliore (R-Bridgewater) took the oath of office on Sept. 13 after a recount confirmed his win in the special election to fill the vacant House seat in Grafton County District 9.

The recount, which took place early that morning in Concord,



(Left) Vincent Paul Migliore takes the oath of office before Gov. Chris Sununu, with his wife, Louise, looking on, in a ceremony at the New Hampshire Food Bank in Manchester on Sept. 13.

gave Migliore two additional votes, for a 613-561 victory over Joshua Adjutant (D-Bristol) who had requested the recount. Grafton Libertarian John Babiartz’s tally of 28 was unchanged.

The original 50-vote margin separating Migliore and Adjutant represented four percent of the 1,200 votes cast in the election, so Adjutant had to bear the full cost of the recount. State statutes set a filing fee of \$10 when the margin is less than 1 percent; \$20 when it is between one and two percent, and \$40 when it is between 2 and three percent. Beyond that, a candidate has to pay the \$40 filing fee plus cover the entire cost of the recount.

Once Migliore received his confirmation that he was the winner, he went from Concord to Manchester, where the Governor and Executive Council were meeting at the New Hampshire Food Bank. There he took the oath of office before Governor Chris Sununu



A contingency from the Town of Bristol was on hand when Gov. Chris Sununu signed a bill to honor E. Maude Ferguson with a portrait that will be hung in the New Hampshire State House. Among those in attendance were Town Administrator Nicholas Coates, Selectman Donald Milbrand, Rep. Renny Cushing, State Sen. David Watters and Bristol resident Susan Duncan.

Sununu signs off on bill honoring the legacy of Bristol's E. Maude Ferguson

BY DONNA RHODES
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CONCORD — Representatives from the Town of Bristol were in Concord Tuesday morning when Gov.

Chris Sununu signed Senate Bill 142, which authorized the commission of a portrait of E. Maude Ferguson that will be hung on display in the New Hampshire

State House upon completion.

Ferguson was a resident of Bristol who led the way for women’s rights in the 1900’s. She was chair of the Le-

gal Status of Women, president of the Bristol League of Women Voters and was among the first women to be elected to the New Hampshire

SEE **FERGUSON**, PAGE A11

Kenney tours area's state parks

BY DONNA RHODES
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REGION — Each year, New Hampshire's Executive Councilor for District One, Joe Kenney, tours state parks in his northernmost district to not only discover what is happening with recreation, trails and natural resources in the area, but to meet the workers and surrounding community members to see how well they all integrate with one another.

This year, Kenney began his tour in Holderness with breakfast at Annie's Overflow Restaurant, which was hosted by the New Hampshire Division of Parks and Recreation.

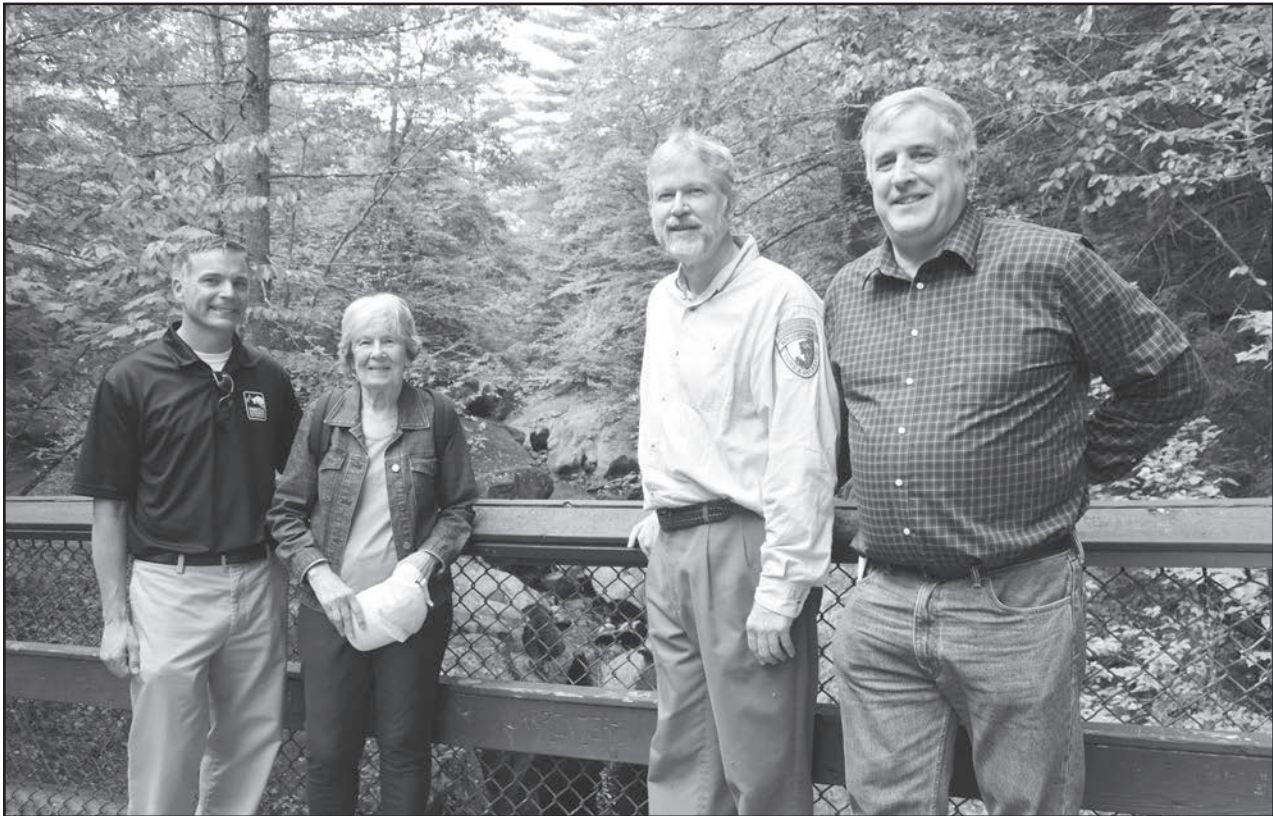
After an introduction to the work that has been done and is still in progress at Livermore Falls State Park, the group then moved on to the west side of the falls in Campton where construction plans are underway to make it a visitor-friendly destination along the scenic Pemigewasset River.

"I got the opportunity to see what's going on there, discuss issues they have with funding, and I also got to speak to (Campton Police) Chief Warn about complications he may foresee with safety at the park," Kenney said.

From Livermore Falls, the contingency travelled southwest to Sculptured Rocks natural Area. There he not only got to enjoy the beauty of the rural park but learn about its history and observe a timber cut currently underway in the surrounding forest.

Joining him in the visit was Jeff Rose, Commissioner of the Department of Resources of Economic Development.

"We wanted to show Councilor Kenney an example of how we manage our lands for recreation and natural



District One Executive Councilor Joe Kenney posed beside a scenic overlook at Sculptured Rocks Natural Area in Groton last week as he toured some of the state's natural and recreational resources. Featured in the photo are (left to right) Phil Bryce, the state's Director of Parks and Recreation, State Representative Sue Gottling of the House Resources, Recreation and Development Committee, Jeff Rose, the Commissioner of the Department of Resources of Economic Development, and Kenney.

resources as well and this is a great example," Rose said.

Others included in the tour were Chris Gamache, Chief of New Hampshire Parks and Recreation, Phil Bryce, Director of the Division of Parks and Recreation in the Department of Resources and Economic Development, State Representative Sue Gottling of the House Resources, Recreation and Development Committee, New Hampshire State Forest Nursery Director Shaun Bresnahan, and other forestry and economic resource officials.

Following a walk through Sculptured Rocks, Kenney then drove to Wellington State Beach where he enjoyed lunch and a tour of that recreational facility, too.

Included in the 2016-17 budget for the Department of Resources and Economics Development were \$1,185,000 in repairs and improvements to state facilities all across New Hampshire. Locally, that saw \$250,000 spent on the beach located on the east side of Livermore Falls State in Holderness where a parking lot, toll booth, equipment shed and two pit toilets were built, much of it done through its own local forces.

Among the projects slated for the next biennium are roofing projects on the Mount Washington Yankee Building, dam repairs at Pisgah Reservoir, Jericho Dead River Dam and May Pond, as well as a retaining

Apple picking season is underway at Cardigan Mountain Orchard

BY DONNA RHODES
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ALEXANDRIA — The summer sun is waning, and there's a feel of fall in the air, which means the time has come for apple picking in the Newfound Region, and Cardigan Mountain Orchard is a great destination for a nice, crisp early fall day.

The orchard has more than 950 trees growing on their mountainside property with more than a dozen varieties of apples, each ripening at different times throughout the picking season.

The orchard was first begun in the 1930's and the Bleiler family took over operations when they purchased the farm in the 1970's, adding more trees to the already abundant fields over the past 40 years.

Stephen Bleiler said that currently, his family is currently offering pick-your-own Gravenstein and McIntosh apples, with Cortlands just now becoming ready to pick as well. Among the other varieties grown at Cardigan Mountain Orchard are Macoun, Spartan, Honey Crisp, Empire, Red and Golden Delicious, Pound Sweet, Baldwin and Northern Spy.

Also available at the orchard is their own



Steven Bleiler and his wife Kristen show off some of the delicious Gravenstein apples currently being picked at the family's Cardigan Mountain Orchard in Alexandria.

freshly pressed cider, cider donuts, their homemade pickles, jams and relishes, hand crafted gift items, and mom Nancy's famed apple pies. A number of pumpkins just arrived, too, to make it a real fall adventure for families to enjoy.

For those who don't have time to make the scenic drive up to the orchard, the Bleiler family offers all their

fresh picked apples and apple products at Cardigan Country Store, located on the corner of Lake Street and Bristol Hill Road, across from the Bristol Town Offices. There people will find hundreds of other local food products and gifts as well as a rustic, cozy café where breakfast and lunch are served. The store is open Wednesday through Sunday from 8

a.m. until 5 p.m., with the café open from 8 a.m. to 3 p.m..

Cardigan Mountain Orchard is open daily from 10 a.m. until 5 p.m. and is located at 1540 Mt. Cardigan Road in Alexandria. Maps and directions to the site, along with information on the apple varieties being picked each week, can be found at www.cardiganmntnorchard.com.

Alexandria police log

ALEXANDRIA — During the month of August, the Alexandria Police Department stopped 76 cars, made two arrests, handled three motor vehicle accidents and 46 other miscellaneous calls for service.

Crimes investigated included Burglary, Possession of Drug, Possession of Drugs with intent to distribute, Criminal Trespassing, two counts of bail jumping and three counts of indirect criminal contempt of court.

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Memories Last Forever

Community Center hosting 34th Annual Apple Pie Festival Oct. 7

BRISTOL — On Saturday, Oct. 7, the Tappan-Thompson Community Center at 30 North Main St. in Bristol will sponsor its 34th Annual Apple Festival. This year's events include a Craft Fair from 9 a.m. to 2 p.m. in the TTCC gym. The Apple Pie & Food Sale will include pies, apple crisp, fresh bread, home baked beans, apple brownies, fresh apple sauce and more.

Pies will sell for \$10 a pie and are made on Friday, Oct. 6 by area residents who come together at the Center and peel, slice, roll and bake 300 apple baked goods. We are still looking for volunteers for Friday, Oct. 6. If you can come down and help out please call the TTCC at 744-2713. If you would like table space for the Craft Fair it is \$30 per six-foot space & \$40 for an eight-foot table

space.

Pies can be reserved (uncooked frozen available) by calling before Friday, Oct. 6. We hope to see all of you there to enjoy apple pie a-la-mode and fresh perked coffee.



Sixth Annual Community Spelling Bee returns!

PLYMOUTH — After the excitement of last year’s 15th anniversary celebration, one might expect this year’s Community Spelling Bee to be ho-hum, but Darci McCarthy promises it will be anything but. “The Bee has become an annual highlight for the community, and such a great way to get the word out about PBL,” says McCarthy, director of Pemi-Baker Literacy. “Many of the changes to this year’s program are actually driven by our competitors. They really get into it!”

Among these changes is a new venue. The Bee will be held at the PSU Ice Arena and Welcome Center in Holderness on Friday, Oct. 27. Doors will



Last year's Spelling Bee winners, Letter Rip!

open at 6 p.m., with the Bee starting at 7 p.m. Many teams have participated every year in this spirited fundraiser. Teams often don bee attire, and represent themselves with names such as “Letter Rip,” “Kween Bees,” and “Beste Spellors.” This prompted a new contest this year: prizes for the best dressed team.

The participants do not let the silliness distract, however; competition is fierce. As usual prizes will be awarded to the team raising the most sponsorship money, and of course, the best spellers.

The enigmatic A.J. Coppola will be returning as emcee, armed with his trusty school bell and ruler to keep order at this raucous event.

Registration for teams opens Sept. 22. The rate to enter is \$60 a team, with early bird registration offering a discount price of \$45 until Oct. 6. Teams would be wise to act on that early pricing, as the Bee does fill up quickly. The number of teams is limited, so be sure to visit Pemi-BakerLiteracy.org as soon as possible for registration information and materials. Full registration ends Oct. 20.

The Bee is a great time even for the weakest of spellers. Purchase a ticket to come cheer the teams on as well as enjoy hors d'oeuvres and desserts for only \$20. A cash bar will be avail-

able. Teams will be looking for sponsors, so come support your favorite spellers. Raffle tickets (\$5 each, 3 for \$10) can also be purchased for such prizes as 100 gallons of home heating oil from Dead River, a beautiful quilt handmade by Sarah Bunkley, and gift certificates to local restaurants and ski areas. All proceeds benefit Pemi-Baker Literacy. Raffle tickets and tickets to the Bee can be purchased from board members or at the door, and will be available at the Plymouth Farmer's Market on Thursday, Sept. 21 and 28. Tickets for the Bee are also available at Chase Market in Plymouth.

The event is graciously sponsored by Bank of New Hampshire, Meredith Village Savings Bank, Noyes Insurance, Off Campus Rentals, Plymouth General Dentistry, Plymouth Rotary Club, Sunset Grill, Venture Print Unlimited, Inc.

Additional sponsorship this year is provided by Alpine Pool Service, Bridgewater Power Company, Construx, Inc., Mask Construction & Family, M & M Scoops, Singh Family Dental, Six Burner Bistro, Three Lakes Landscaping, Woodsville Guaranty Savings Bank.

Pemi-Baker Literacy is a privately funded, non-profit organization dedicated to the improvement of individual literacy skills in the Plymouth, Bristol and Lincoln area. Free one-to-one tutoring and small classes are offered to adults in reading, writing, math, English as a second language, basic computer skills and preparation for the High School Equivalency Test (HiSET/GED).

NHTI announces Summer 2017 graduates

CONCORD — The following students from your area graduated from NHTI, Concord's Community College, during the Summer 2017 term:

Campton

Ashley Boule (Associate in Science with a major in General Studies)

New Hampton

Samantha Tait (Associate in Science with a major in Hospitality and Tourism Management)

NHTI is a dynamic public institution of higher learning providing accessible, rigorous education, serving students, businesses

and the community by creating pathways for lifelong learning, career advancement and civic engagement. With 95 full-time faculty and over 300 adjunct faculty, NHTI Concord's Community College offers more than 80 academic programs to more than 7,000 students annually. NHTI

is a member of the Community College System of New Hampshire, and has been accredited by the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, Inc., a nongovernmental, nationally recognized accrediting agency, since 1969.

DMV offices closed for upgrades in October

REGION — The New Hampshire Department of Safety, Division of Motor Vehicles (DMV) will implement a new driver licensing system in October to replace the current system originally implemented in the 1980s. Implementation of the new system will require the closure of all DMV offices on Monday, Oct. 9, and Tuesday, Oct. 10, and will temporarily limit some services.

“Although temporarily closing DWV officers is required during this transition time, we are aware of how the closure will impact our customers,” said DWV Director Elizabeth Bielecki. “Hopefully, by providing the advanced notice, we will minimize

the inconvenience this closure will cause.”

During the transition, town/city municipal clerks will not be able to process the state portion of vehicle registrations from Friday, Oct. 6, through Tuesday, Oct. 10.

Online services, including online driver license renewal and online ticket pay, will not be available from Wednesday, Oct. 4, through Wednesday,

Oct. 11.

Ticket pay by phone will not be available on Monday, Oct. 9, and Tuesday, Oct. 10. To pay a ticket by phone on another day during normal business hours, please call 1-800-272-0036.

Customers are encouraged to complete the DMV transactions regarding driver licenses and registrations in advance of expiration dates if they

expire during the transition period. In the days following implementation of the new system, customers may experience longer than usual wait times and are asked to plan their visit accordingly.

Save time by completing forms in advance of your visit. Answers to frequently asked questions and forms are available at the DMV Web site at nh.gov/dmv.



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Talking to kids about drugs: What to say if you used

BY DEB NARO
Contributor

If you used drugs at some time in your life, it might be difficult to tell others, especially your children, not to do drugs. Everyone handles this problem differently. If you choose to tell your kids about your past, professionals suggest the following: Don't give a lot of details about your past drug use; Point out the problems your drug use might have caused. For instance, are there things you don't remember because you were on drugs? Did you argue with friends or family because of drugs? Did drug use keep you from saving money, getting better grades, or getting a better job?; Explain why you wouldn't use drugs now. Tell them that we now know more today about the dangers and bad effects of drugs; Be open to responses that your kids may have to your past drug use; and Say that you care and want your kids to avoid making the same mistakes you made.

Parents who used drugs in the past drugs often don't talk with their kids about drugs at all. They're afraid their kids will copy what they did. But research shows that when parents tell their children they don't want them to do drugs, kids are less likely to use substances. Kids want their parents' approval and are open to their guidance about drugs.

We all want to warn our kids against the dangers of drug misuse. But the single biggest reason so many are reluctant to start the conversation is because they are afraid they will be asked that uncomfortable question: "Mom, Dad...did you do drugs?" So, let's talk about how your personal

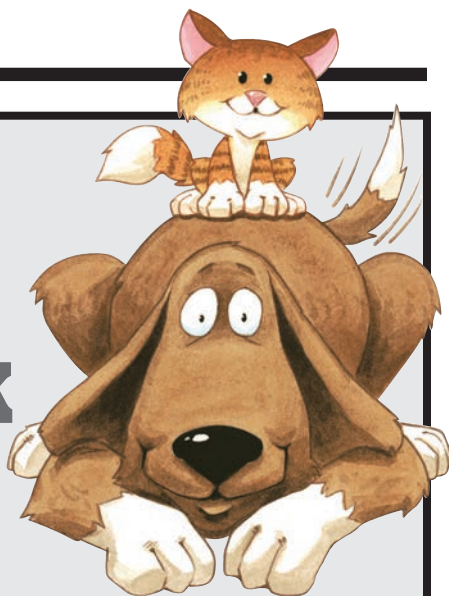
experiences might help steer your child in a good direction. Not all experts agree. For every psychologist who recommends openness and honesty about your past, another advises caution. A good place to start is by considering your child. Some kids demand candor. Others are happy just to talk. Use your judgment. You know your kids better than anyone. Some parents who used drugs in the past choose not to tell the truth, but risk losing their credibility if their kids discover the real story. Many experts recommend you give an honest answer – or no answer at all.

Like other important conversations you'll have with your kids, the point you're trying to make is what really matters. It's crucial your kids understand that you don't want them to use drugs, and then give your reasons why ("Drugs are dangerous, expensive, unpredictable, distracting, deadly..."). You've lived your entire life in a culture where drugs are a fact of life. From the headlines on TV to your own experiences, you've seen too many examples of how drugs can change young lives forever. Your own experiences with drugs are just part of the bigger picture. The real opportunity here is to share what you've learned.

It is important to not just talk, but to listen. You can anticipate that your child's first reaction when you raise the subject of drugs will be to be quiet. You can make it a two-way conversation. Ask what they think. Ask if it's a subject their friends talk about. Keep asking questions and listen deeply to the answers. It's okay to admit

SEE CADY, PAGE A11

PET of the Week Molly



Big fat cats seem to be the order of the day at New Hampshire Humane Society, we love them, the adopting public is in awe of their size, our staff veterinarian says "must lose weight!"

Molly, aged just six years old, is a very large cat. Surrendered by her family when they needed to focus on eldercare issues, she has lived her life mostly laying languidly on the back of the sofa and demanding food, which she received, regularly, and probably when one acknowledges the sheer girth of her midriff, gobbled up a little too much kibble.



She is a sweet, personable cat. Currently tipping the scale at 22.7lbs; in her defense, she has already shed 11/2lbs since be-

ginning her diet and exercise programme at New Hampshire Humane Society. We hope for a home that will continue

this regime, encourage her to walk about the house, monitor her treats. Obesity for Molly is both uncomfortable and detrimental to her health and longevity.

Fow now she has her own special accommodations at New Hampshire Humane Society, not confined to a cage and not residing with a group of other cats where she would undoubtedly help herself to more than her fair share. Come and see with Portly Princess, she really is a peach!

Check www.nhhumane.org for more details.

Choose Your Future, A Series to Save Newfound Lake

Part 5b: Who owns the view?

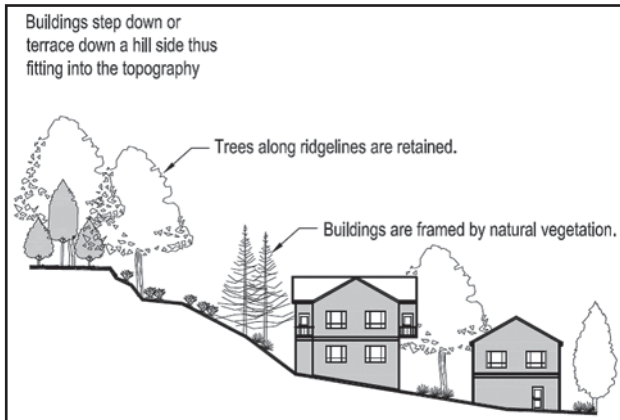
BY BOYD SMITH

Executive Director

Newfound Lake Region Association

This is your land and water – to protect what you love you have to take an active part. This second part of our fifth installment of the Choose Your Future series discusses one of the most important – and least understood – ways to maintain and enhance Newfound's beauty and economic health: views-hed protection.

A viewshed is what you see when looking out a window, gazing across the lake, or enjoying a broad vista from the top of Mount Cardigan. Newfound's beauty comes in large measure from hundreds of acres of undisturbed forests and ridgeline that frame the lake and reflect the



Isn't this beautiful? View of Newfound Lake from George Rd., Hebron

COURTESY PHOTO

(Left) Ways to protect views

moods of the sky.

For many years, development around Newfound was slow and small – quaint cabins that blended with the forest, lakefront, and hills. As Newfound's popularity grew, lakeside cabins became bigger and reflected their owners' more urban lifestyle. With waterfront property scarce, roads and lots have extended up hillsides for epic views of the lake and surrounding land. Where only a house or two is present on the northern hills, other parts of the watershed are seeing unprecedented growth, and the difference is clear. Even a single building, if prominently placed and

SEE NEWFOUND LAKE, PAGE A11

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Letters to the Editor

Where are the parent's rights?

To the Editor:

The is the 27th report to you on what is happening in Concord in the State House and related activity. I hope you find this one interesting, particularly if you are a parent.

Let's suppose for a minute you are a parent of an 11-year-old child who is covered by Medicaid and one day this last July your child receives a letter from New Hampshire Department of Health and Human Services (DHHS) as part of the NH Healthy Families. This letter is directed to the child and not to you. It is a private communication from DHHS. It informs your child that effective July 1, a new coverage has been instituted and they will be covered if they so desire. There is no indication that your permission as a parent is necessary for this treatment or procedure.

As a parent, assuming your child let you know about the letter, a question arises: Do you or the State direct your child's health care? You look into the situation further you find that despite an effective date of July 1, on Sept. 12, DHHS is had a public hearing on the new coverage to accept public input on whether or not to provide the coverage. Crazy huh? Is this just to appease an already implemented plan? I went to this rescheduled, sparsely attended hearing last night to listen to several very vocal advocates about the supposed wonderful advantages of having tax payers pay for the new treatment and surgery. I also heard from opposition opposed to the services and

particularly the way that it was introduced to children as effective in July and yet the proposed rule change is just now taking public input in September. While the treatment is available to adults, children are also covered and it was obvious this life changing treatment could forever change the child's life in ways they could not fathom. And all of this potentially without parental input. Since last night's hearing was only for public offerings no answers were provided because even though the Commissioner and staff for DHHS were present, no questions were entertained. Frankly the whole evening was enlightening and disgusting at the same time.

What you ask was the treatment proposed in the rule change by DHHS as part of Medicaid? It was surgical and chemical treatment for "gender reassignment." That is for those individuals who believe they are trapped in a body that is opposite to the sex that they were at birth. Do you want your child to receive hormones or surgical procedures without your knowledge or consent? Again, the question: Do you or the State direct your child's health care? As a legislator, it is unclear what I can do to affect this DHHS rule change but I will try.

Please contact me at dave@sanbornhall.net or 320-9524 if you would like to talk or offer your opinion on this report.

Cheers!

Dave Testerman
Representative for Franklin and Hill

Random thoughts and shear-pins: The joy and bane of bush-hogging

On a tractor with a mowing machine, you had better keep your mind on the work at hand unless you are on good, flat, and predictable ground. This was particularly apropos last Thursday, on a steep hill riddled with rocks.

On this day, I was running a five-foot bush-hog, and paying a lot of attention to my up-hill front wheel, to see if there was even a hint of losing close contact with the ground. If your front wheel is not making firm contact, you're tipping. This hillside wasn't quite steep enough for that, but encountering a big depression with the downhill wheels could do it for sure.

When I'm on level and uniform ground I can think random thoughts while mowing. But on this piece, my mind was on looking out for two things: rocks, and depressions.

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Nomenclature Department: In conversations with anyone who in any way works the land, you'll hear the term in either of two forms, "bush-hogging," or "brush-hogging." To me, it's always been "bush-hogging," but I have no idea at all about how we wound up with close but different terms for the same job.

For the blessedly disconnected from all this, a bush-hog is a rotary mower, just like a regular lawnmower, but a whale of a lot bigger. In general they come in diameters of four, five and six feet. A drive-shaft from the rear of the tractor powers this device, which can mow grass, weeds, bushes, small saplings, and the occasional rotten stump. They most assuredly cannot mow rocks, although they try.

Try as a might to remember where every single rock is, from years and years of mowing, sometimes I forget. This year, "sometimes" has morphed into "often."

There is a shear-pin--a bolt, actually--in

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



the drive-shaft that is made of soft steel and is intended to break before an encounter with a rock or a fresh stump can ruin the tractor's transmission. This year, with my mowing only half done, I've gone through five pins. And this is not due to driver inattention, as highway accident reports so often say in this age of driver attention diverted by various electronic gadgets or yapping on the cell phone.

But nothing so trendy here. I'm hitting so many rocks because foot problems forced me to skip mowing last fall, and I lost a season of re-familiarizing myself with my earth-pals, the rocks. These days I hear a bump and the crash of giant blades against immovable rocks, and there goes another shear-pin.

"Why don't you spray-paint the tops of the rocks?" a reader asked the other day. I've thought about that, and I could almost certainly spot painted rocks, even through tall grass and weeds, in time to avoid hitting them.

But the downside is that I'd have to look at International Orange rocks all year long, except during deep snow. I'd rather shear shear-pins. Besides, whenever I break one it gives me a break from mowing, which safety experts are always telling people in high-risk jobs--miners, commercial fishermen, loggers, and farmers, in that general order--is a good thing anyway.

+++++

Why mow a pasture that has been grazed



JOHN HARRIGAN

The result of mowing and busted shear-pins---a pasture that looks like a park.

from the first of May until the advent of Thanksgiving? Because livestock are selective grazers, which means that they don't like goldenrod, thistles and crabapple any more than I do.

Thus most any pasture ends the season with dozens upon doz-

ens of clumps of vegetation. Bush-hogging cleans all this up, and can prevent denizens of the clump from releasing seeds.

+++++

At any rate, I had certain brief periods on this job when I actu-

ally had time to think. As a rule of thumb, this is a dangerous thing, as a yellow sign in my shop puts it: "Danger: Men Thinking." This was a gift from someone who has known me for almost fifty years.

+++++

But back to running a tractor and bush-hog. Any bit of euphoria tends to be brought to a crashing halt, another pin sheared, another break to replace it.

Still, I had a few moments to think about a lot of stuff, in particular seasonal stuff--putting four-foot, wind-stopping plastic around the house, from windowsills to a foot or so beyond the foundation. And a couple of weeks from now, going down from the office and out the barn door with shotgun in hand, looking for a partridge for supper.

Such a commute.

(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

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Pamela E. Ferriere, 70

GROTON — Pamela E. Ferriere, 70, of Groton died on Sept. 12, 2017 at Dartmouth Hitchcock Hospital, in Lebanon.

Born in Ware, Mass. on Oct. 3, 1946, she was the daughter of George and Jean (Moody) Etzel.

Pamela grew up in the Jewett City, Conn. and Voughtown, Conn. area, and graduated from Griswold High School, in Jewett City, Conn., class of 1964. She resided most of her life in Connecticut. She had been a permanent resident of Groton for five years, after summering in Groton for the past ten years.

Pamela worked most of her life in the health care field. She was a Certified Nursing Assistant,

and a Medical Coder for the Hubbard Hospital, in Webster, Mass. and the Speare Memorial Hospital, in Plymouth. She most recently was a volunteer for the Day Away Program in Bristol.

Pamela was an avid Bible student, and dedicated her life to church work and ministering to others.

Pamela is survived by her husband of 20 years, Robert A. Ferriere of Groton; her sons, Lloyd Frink, Travis Frink, Seth Frink, and Bert Congdon; her grandchildren; her brothers, Wayne, Paul, George and Glen; her sisters, Malissa, Jean, Marilyn and Pauline; and many nieces and nephews.

A Memorial Ser-

vice will be held in the Rumney Baptist Church, 375 Main St., Rumney, on Saturday, Sept. 23 at 11 a.m. A second Memorial Service on Saturday, Sept. 30 at 11 a.m. will be held in the Westminster Congregational Church, 395 Westminster Rd., Canterbury, Conn. Private burial was held in the South Killingly Cemetery, Danielson, Conn., on Saturday, Sept. 16.

Memorial donations may be made in Pamela's memory to the Day Away Program, PO Box 37, Bristol, NH 03222.

The Mayhew Funeral Homes and Crematorium, in Plymouth and Meredith, have assisted the family with their arrangements. www.mayhewfuneralhomes.com

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

Here we are at the end of a beautiful week-end! My little sidekick came for a visit on Friday. What a blast we had baking cookies, playing school, including recess, at AVS. Thank goodness I was a good "student"; no corner or dunce cap for me! It was heartwarming to hear the laughter and squeals of delight of a little girl having fun, not a care in the world. She was also a big help preparing dinner as well and I think we managed to fill those "hollow legs" for a while. At least until Heartland time, then on to popcorn!

From the town
Highway Advisory Committee meeting Thursday, Sept. 21 at 4:30 p.m. in the Municipal Building at 47 Washburn Rd.

Board of Selectmen meeting Tuesday, Sept. 26 at 6 p.m. in the Municipal Building.

Conservation Commission meeting Wednesday, Sept. 27 in the Municipal Building.

Budget Committee meeting Thursday, Sept. 28 at 7 p.m. in the Municipal Building.

AUMC
Church services Sunday, Sept. 24 at AUMC at 9 a.m.

Directly after services there will be a Trustees meeting in the Vestry to recap Spring and Summer projects as well as begin making the short and long range budgets.

The Sunday School Staff has been meeting to finalize plans for the coming year. Many special times ahead with the holidays coming. Looks like we will be having a busy year! Let's hope the weather holds out for sliding parties, family night and pizza parties! Sunday School begins Oct. 1 at 10:15 a.m.

That's what is up and coming for the next week or so. If you'd like to make an addition to the calendar of dates, please feel free to call me. I'm off to watch as the leaves turn and hope you have a wonderful week ahead!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church
The South Danbury Church worship service will be a breakfast pot-

luck on Sunday, Sept. 24 at 8:30 a.m. All are welcome and encouraged to attend. If there isn't time or opportunity to bring something, it's OK to come anyway. As a bonus, coming to the worship service is a way to see what's happening with the church preservation project.

Danbury Winter Market
With summer markets closing down soon for the season, it is time to remind everyone that the grange will sponsor the market at the grange hall on every first Saturday of the month from November thru April. The market will run from 9 a.m.-1 p.m., and will feature breakfast and lunch plus local foods and gifts.

Danbury Grows
Tom Curren will be guest presenter at the education tent at the Wilnot Farmers Market on Saturday, Sept. 23 from 9 a.m. to noon. He will represent Danbury Grows as well as discussing old varieties of fruits and vegetable and saving seeds from them. He also hopes to be a inform Wilnot Market customers that they can find many of their favorite vendors in Danbury during the winter market season.

Huntoon Farm is hosting a Farm to Fork Fall Fodder at the farm on Oct. 1. The casual event will begin with appetizers at 2 p.m., followed by dinner being served at 3 p.m. The meal will feature the farm's products and conversation with the farm family. Served outside with a tent for inclement weather, reservations are required.

Groton

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

We had a great sadness in Town this week with the passing into Glory of our dear friend Pam Ferriere. She is rejoicing with her Lord and Savior, but our hearts are heavy and our prayers go out to Bob and the rest of the family. She will be greatly missed by all.

Pam was active in special ways in the town and surrounding communities. There will be a memorial service for Pam at the Rumney Baptist Church at 375 Main St. (P.O. Box 300) Rumney, NH 03266 on Sept. 23 at 11 a.m. We hope many will be able to attend. I noticed in the Union Leader Article it mentions that in lieu of flowers donations could be made to the "Day Away" program in Bristol that operates out of Our Lady of Grace Chapel where Pam volunteered.

We also lost a great lady who fought a brave

fight against cancer, Esther Ward. Many of you knew her as she was very active in the community and with the Rumney Fire Auxiliary and the Meals for Many program in Plymouth and was very active her church. She came out to the Sunday Service on the 10th though she was quite weak and then passed away that Thursday morning. Ken, her husband, was Rumney Fire Chief for many years. We will miss her very much. Her service will have already been held by the time you read this article. Our prayers and support are with Ken at this time.

We'll miss these great ladies very much. Fall décor is going up at the Town House, and we are thinking about cooler weather; getting the harvest in and wood stacked. If you think you would like to help out in any way with the Holiday goings on in the Town, please let the ladies at the Town Hall know. We usually try to put on a Thanksgiving Meal and then boxes for the needy in Town. If you know of anyone that would benefit from this please let someone know about it. Also if you would like to help with the meal, or gift boxes at Christmas we will need volunteers for that also.

There was no Select Board meeting this past week, so nothing to report there.

The Groton Planning Board will hold a public hearing on Wednesday, Sept. 27 at 7 p.m. at the Groton Town House, 754 North Groton Rd., Groton, to further discuss the Town's Master Plan.

The Groton Conservation Commission is looking for your help to tackle roadside clean up. "Operation Clean Sweep" will take place on Saturday, Oct. 14 from 9 a.m.-noon meeting at the Town House. More information is available on the Town Web site at www.grotonnh.org.

Meetings and closures coming up:
Select Board meetings are scheduled for Oct. 3, and Oct. 17; all at the Town House in the front meeting area at 7 p.m.

Select Board Work Session at the Town House Tuesday, Oct. 3 and Oct. 17 at 5 p.m.

Planning Board Meeting and Public Hearing, Wednesday, Sept. 27 at 7 p.m. at the Town House

The Select Board Office will be closed Monday, Sept. 18 through Friday, Sept. 22.

The Town Clerk/Tax Collector offices will be closed Oct. 18 -20 for the Tax Collector's Conference.

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.

Sundays
9 a.m. — Early Worship Service, followed by coffee/fellowship in the church dining room.
9:25 a.m. — KidZone for K-grade six
Special Needs Ministry-high school-adults
11 a.m. — Contemporary Worship Service
11:15 a.m. — KidZone for K-grade 6
11:15 a.m. — Youth Sunday School
"Toddler Zone" is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

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

Axyon Youth Ministry, for grades six through 12
Frdriays from 6:30-8:30 p.m. at Mill #3 (39 Win-

ter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

Mondays
8 p.m. — Alcoholics Anonymous Group meets in the Church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Web site, ashlandcommunitychurch.com.

We believe that you will love it at 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 un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others do the same.

Real church. Real people. Real simple.

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

Ashland Episcopal (St. Mark's Church)

Services at St. Marks resume every Sunday for the foreseeable future at 9:30 a.m. for the combined congregations of St. Mark's and Church of the Holy Spirit. Sunday School will be at the same hour. Children will meet in the Sanctuary for the procession and Children's message by Ruth Harlow before adjourning to their classroom in Sherrill Hall with Director Jean Murphy. All children are welcome.

The Community Breakfast will be held in Sherrill Hall on Saturday, Sept. 23 from 8 to 9 a.m. The breakfast consisting of eggs any style, bacon, sausage, home fries, English muffins, French toast & syrup, fruit, juice, tea or coffee is free for the community. Come and enjoy this fun meal.

Deacon Maryan Davis has spent the summer working with refugees from the Congo and Bhutan. They are eager to learn English and become new Americans. There is a constant need for diapers for the small children and if you can help, please either purchase packages of diapers or give a monetary donation. There is a collection basket at the back of the church.

SEE CHURCHES, PAGE A11

How to Submit Announcements & Obituaries To Salmon Press Publications

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

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

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Brendan Berube at (603) 279-4516, ext. 111
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This Newspaper is Recyclable

Documentary on Black history in New Hampshire to be shown at The Flying Monkey

PLYMOUTH — How does New Hampshire, a state with the motto “Live Free or Die,” confront and understand its participation in slavery, segregation, and the neglect of African-American history? What happens to our identity as residents of this state and as New Englanders when we begin to acknowledge all of our past?

“Shadows Fall North,” a film produced by the Universi-

ty of New Hampshire’s Center for the Humanities in collaboration with Atlantic Media Productions of Portsmouth, will address those questions and more. The documentary will be presented on Wednesday, Sept. 27 at 6:30 p.m. at The Flying Monkey Movie House and Performance Center. Doors will open at 6 p.m.

“Shadows Fall North” focuses on the efforts of two extraor-

inary women, historians and activists Valerie Cunningham and JerriAnne Boggis, to recover the stories of individuals who have been rendered nearly invisible—from men, women, and children laid to rest at the African Burying Ground in Portsmouth to the novelist Harriet Wilson to the twenty slaves who petitioned the state legislature for their freedom in 1779... and many more.

Through on-site footage and interviews, “Shadows Fall North” reveals how the work of dedicated citizens has been central in the push to make Black history part of New Hampshire’s history. And it asks what is like for Cunningham and Boggis to live in the state now, long after the era of slavery, long after the fight for Civil Rights, but as issues of race, identity, and belonging continue to

arise in the region and in the country.

The Sept. 27 screening is free and open to the public. A conversation and Q&A will follow. This event is supported by New Hampshire Humanities through an initiative of the National Endowment for the Humanities, “Humanities and the Legacy of Race and Ethnicity in the United States” and

is presented in partnership with Plymouth State University.

Read more and see the trailer at blackhistorynh.com. For information on the event in Plymouth, contact the Box Office at fmboxoffice@thecman.com or 968-9330. For information on the film and on future screenings, contact humanities.center@unh.edu.

Cowboy Junkies hit the road for Plymouth

PLYMOUTH — The Flying Monkey Performance Center presents Canadian alt-rock outfit Cowboy Junkies on Friday, Sept. 29 at 7:30 p.m. Tickets for this show start at \$39.50.

Cowboy Junkies don’t turn up their amps to 11. They don’t shout and strut and implore. Instead, they focus on the exact note, the exact word, the exact shade of emotion, and it’s the intensity of that focus that makes you snap to attention and listen.



The Flying Monkey Performance Center presents Canadian alt-rock outfit Cowboy Junkies on Friday, Sept. 29 at 7:30 p.m.

The band formed in Toronto in 1985, when Michael Timmins recruited his sister Margo and his brother Peter to join him and his friend Alan Anton. Michael plays guitar and does most of the songwriting, Alan plays bass, Peter plays drums, and Margo sings. Oh, how Margo sings! The New York Times has praised her “ethereal smoke-and-honey voice.” It was that voice that put the Cowboy Junkies on the map in 1988 with their cover of the Velvet Under-

ground’s “Sweet Jane,” which Lou Reed himself reportedly considered his favorite version of the song.

If you’ve heard it, there’s no need to say more, and if you haven’t, you should remedy that situation as soon as possible. Here’s what the Buffalo News had to say about a recent performance: “The band offered a breathtakingly intimate brand of twilit, deep-hued music, moving gracefully from a whisper to an implied scream, without ever becoming

unnecessarily loud. We heard every nuance, every subtle dynamic shift, every brushstroke on the snare drum, and nearly every breath singer Margo drew.”

Cowboy Junkies are coming to the Flying Monkey stage. Get ready to listen.

Tickets to see Cowboy Junkies are \$39.50, and \$49.50 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeynh.com.



British blues rockers Ten Years After to play the Flying Monkey

Legendary British Blues/Rock band Ten Years After will take the stage at the Flying Monkey, 39 Main St., Plymouth, this Saturday night in celebration of their 50th anniversary. Formed in 1967 and originally fronted by dearly departed singer and guitarist Alvin Lee, Ten Years After earned their place in rock history with their iconic performance of “I’m Going Home” at the original Woodstock festival, immortalized in the companion documentary, and found success on the U.S. charts with “I’d Love to Change the World.” For more information about Saturday night’s show or to purchase tickets, call 536-2551 or visit www.flyingmonkeynh.com.

British Hard Rockers UFO and Saxon invade Plymouth

PLYMOUTH — Rockers UFO and Saxon will rock The Flying Monkey Performance Center on Thursday, Sept. 28 at 7:30 p.m. Tickets for this show start at \$49.

There are even more stories about UFO than they’ve composed songs. Any band who have been in the music business for more than 40 years are bound to have experienced difficult times, but also dazzling successes and spectacular events. UFO’s success story began in London way back in 1969, when vocalist Phil Mogg, drummer Andy Parker, guitarist Mick Bolton and bassist Pete Way formed the group. Even in the ’70s, the band distinguished themselves with their very own, unmistakable style, touching a nerve among their growing following with rock numbers like “Prince Kajuku,” “Follow You Home” or “C’mon Everybody” from their albums “UFO 1,” “Flying” and “UFO Live.”



Rockers UFO (pictured here) and Saxon will rock The Flying Monkey Performance Center on Thursday, Sept. 28 at 7:30 p.m.

Pettin’” (1976)), featuring classics like “Doctor Doctor,” “Shoot, Shoot,” or “Rock Bottom.”

The band Saxon are truly monsters of rock. They are touring on their latest release, “Battering Ram,” together with the new live DVD “Let Me Feel Your Pow-

er,” both on the UDR label. Saxon are vocalist Biff Byford, guitarist Paul Quinn, drummer Nigel Glockler, guitarist

Doug Scarrett and bassist Tim “Nibbs” Carter.

Biff Byford of Saxon says “It’s great to be back on the road with UFO. The last time we toured together was in the 80’s so should be fun and a unique package for the fans. Keep the faith”

Tickets to see UFO / Saxon are \$49, and \$59 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeynh.com.


The global breakthrough arrived when German guitarist, Michael Schenker, joined the fold in 1973, having left his band Scorpions to follow an offer by Phil Mogg and Pete Way. UFO released three consecutive releases with Schenker (“Phenomenon” (1974), “Force It” (1975) and “No Heavy

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Monday; \$16 on Saturday and Sunday. Seniors are free
on Thursday and Friday, \$5 on Friday-Sunday;
children 5-12 are free with paying adult
Online: www.lancasterfair.com

HOPKINTON STATE FAIR

Friday, September 1-4, 2017

Location: State Fairgrounds, Contoocook
Tickets: \$12 for ages 5-12, \$5 for seniors 60+,
\$8 for youth ages 13-19, \$10 for 4 are free.
Four day tickets are also available.
Online: www.hopkintonfair.com

HILLSBOROUGH COUNTY AGRICULTURAL FAIR

Friday, September 8-10, 2017

Location: 15 Hill Dale Road, New Boston
Tickets: \$10 for ages 13 and older, \$5 for children 6-12 and
seniors are \$5, children 5 and under are free
Online: www.hilldalefair.com

DEERFIELD FAIR

Thursday, September 28 –
Sunday, October 1, 2017

Deerfield Fairgrounds
Route 43, Deerfield
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ages 12 and younger are free
Online: www.deerfieldfair.com

SANDWICH FAIR

Saturday, October 7-9, 2017

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Legendary looper Keller Williams jams in Plymouth

PLYMOUTH — Keller Williams set to Jam at The Flying Monkey Performance Center on Friday, Oct. 6 at 7:30 p.m. Tickets for this show start at \$25.

Keller Williams has taken part in a lot of different projects over the years. His most common guise is as a one-man band, using onstage looping technology to create a song track by track. First, he'll get a beat going, then sample and repeat it, followed by a bass guitar line and some keyboards before donning an acoustic guitar and layering in his six-string skills and laid-back vocals into the mix.

But he also has a band with modern-bluegrass master Larry Keel and Larry's wife, Jenny, aptly called Keller & The Keels. And there's also his funk band called More Than a Little, not to mention his frequent appearances with the venerable jam-band String Cheese Incident. Overall, between 1995 and 2016, Williams released a jaw-dropping 22 albums in various genres.

In fact, up until this year, there was pretty much only one thing Williams hadn't done: a solo acoustic album. But it's not like he hadn't tried. Four of the tracks on his new, first-ever solo acoustic release, "Raw," come from a project that Williams recorded and then abandoned six years ago.

"The plan was to play 12 different songs on 12 different guitars, and I did it," Williams says. "But it just wasn't right, so I didn't release it."

So what prompted him to return to that all-acoustic idea and



Keller Williams

COURTESY PHOTO

add six more new songs in the same mode? As it happens, the impetus came from a proposed

tour with one of Williams' idols, and a legendary guitarist in his own right.

"The tour was called 'Shut the Folk Up And Listen,'" Williams says about a run with

Leo Kottke. "And it was about just focusing on playing guitar and singing and telling stories through song. I was abandoning all electronics and just playing with a microphone and guitar."

Williams will play the Flying Monkey stage on October 6th, and the audience might hear some of those stripped-down songs, or they might not.

"It depends on the atmosphere," he says. "If I find myself in that situation to where these songs can be ab-

sorbed in the right way, then I'll definitely play them. But I'm very grateful to have a plethora of songs to choose from. With my solo shows, anything can happen at any time. There are no rules; the set could change in a second."

Tickets to see Keller Williams are \$25, and \$35 for premier seating. For more information on upcoming shows or to purchase tickets, call the box office at 536-2551 or go online at www.flying-monkeyNH.com.

Superfoods: The importance of fruits and vegetables

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Clearing the Plate

Think back to a time when you were a child and your parents made you eat all of the vegetables and fruits from your plate. Although it may have seemed like a chore at the time, it should seem obvious now that they were doing you a favor. Fruits and vegetables were important then for your growth and wellbeing, but as we begin to age, they become increasingly vital. In many cases, these are the foods that play an important role in reducing the risk of serious conditions and diseases later in life, including heart disease, stroke, hypertension, digestive problems, and even forms of cancer.

In fact, there are a number of fruits and vegetables that have been classified as "superfoods." This signifies that they represent an all-natural (generally plant-based) source of vitamins, minerals, and other nutrients conducive to healthy living. And because these foods are so nutrient-dense, they are ideal for aging

adults, who are often challenged with reaching their required daily intake of essential vitamins, folic acid, and niacin

Below you will find some of the fruit and vegetable superfoods that your aging loved ones can incorporate into their diets. Be sure that they consult a physician before modifying any diet, especially if they do not have a comprehensive understanding of their food allergies.

Fruit and Vegetable Superfoods for Seniors

Blueberries: Packed with vitamins C and K, blueberries provide seemingly innumerable health benefits. Regular consumption has been linked to maintenance of brain functionality, due primarily to high flavonoid levels. Its manganese levels help regulate metabolism, while the fiber lowers cholesterol and, in turn, maintains blood sugar.

Apples: Similar to blueberries, apples are a significant source of soluble fiber (daily consumption is said to reduce LDL cholesterol by 40%), but they're also

rich in potassium and vitamin C, both of which benefit blood pressure. Moreover, apple skin contains an antioxidant called quercetin that provides antihistamine and anti-inflammatory support.

Cherries: Did you know that cherries get their red color from an antioxidant known as anthocyanin? Not only does it provide the small fruit with a vibrant color, it gives it some pretty significant inflammation-reducing and triglyceride-lowering power. Cherries can also help regulate sleep cycles because of their melatonin richness.

Grapes: In addition to its abundance of resveratrol, a powerful antioxidant that helps promote heart health, studies have shown that the seed extract in grapes can potentially slow the development of Alzheimer's disease.

Asparagus: High in lycopene, which reduces the risk of prostate cancer, asparagus also helps the immune system with its plentiful supply of vitamin A. Additionally, its fiber contains prebiotics that promote healthy gut bacteria.

Broccoli: It's almost become a cliché, but broccoli could very well be considered a miracle food. With plentiful fiber, vitamins A, C, B9, and K, just about every aspect of your body is directly benefited. New research suggests that broccoli may also help aid in reducing the risk of certain cancers, due to its anti-carcinogenic compounds such as diindolymethane and glucoraphanin. What's more, many of its nutrients

(zeaxanthin, beta-carotene, and phosphorus) protect the eyes from macular degeneration and cataracts.

Kale: Often considered a close relative of broccoli, kale does just about everything, from protecting arteries to reducing cholesterol. And whether it's prepared raw or cooked, these leafy greens are an excellent source of iron and fiber. Kale also contains a plethora of carotenoids and flavonoids – powerful antioxidants that can help protect the body from chronic diseases.

Butternut Squash: Loaded with beta-carotene (essential for eye health) and vitamin C, this vegetable is a vital asset, especially when it comes to controlling blood pressure. And because of its high fiber, butternut squash is great for maintaining blood sugar and lowering cholesterol.

A Balanced Diet

Despite the fact these superfoods are nutrient-dense and help the body in a number of ways, they should not become one's entire diet. Balance and moderation are both vital when it comes to all aspects of physical well-being, and consumption of fruits and vegetables is no exception. You can still gain weight from the over-indulgence of healthy foods – especially if they've been processed. Be wary of "too good to be true" marketing devices, do your research, and always try to find the purest form of the foods listed above.

And remember that fruits and vegetables should represent a com-

ponent of your daily nutritional intake. If your senior loved ones are looking to understand what constitutes a balanced meal, encourage them to check out ChooseMyPlate. The site is a wealth of information regarding healthy eating, but it also looks at all angles of senior well-being, including recommended physical activities.

Comfort Keepers® Can Help

We understand how vital proper nutrition is for your aging loved ones. That's why our caregivers – we call them Comfort Keepers® – help promote nutritious eating habits, as directed by a physician/dietitian. Additionally, we can help with everything from laundry to light housekeeping, and even incidental transportation. Contact your local Comfort Keepers office today for additional information.

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.

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Zoe Fund

FROM PAGE A1

that shone along Newfound Lake that first night in September raised a little more than \$6,000 for the NHCC children’s programs in Zoe’s name. The church itself also received another \$1,505 for the Zoe Fund, unrelated to the glow stick campaign.

In addition to a check for the funds from Light a Light for Zoe, Boudreau also presented Anderson with a plaque lined by paintings of glow

sticks, which read in part, “Let your light shine before others that they may see your good deeds...”

“This is what Zoe was all about,” her grandmother said as she accepted the plaque and thanked all the organizers.

Rev. Scott Mitchell and his congregation were honored to receive the donations for the newly established Zoe’s Fund and thanked all in the Newfound Community who reached out to help the family in such troubling times.

Ferguson

FROM PAGE A1

shire House of Representatives for terms in both 1926 and 1928. She then went on to become the very first woman ever elected to the New Hampshire Senate and

was so popular that she was listed on both the Republican and Democratic party tickets for that election.

Rep. Renny Cushing of Hampton came up with the idea for SB 142 and Sen. Martha Fuller Clark of Portsmouth be-

Francis

FROM PAGE A1

certification, the officer can seek employment in other jurisdictions, those other jurisdictions being more willing to hire a certified officers [sic] knowing that they will not have to incur the costs of sending the officer to the New Hampshire Police Academy.”

Because the town pays not only the cost of the training that advances the candidate’s career, but also his food and lodging, and keeps him on the town’s payroll while taking classes, it wants

to be sure that he or she stays with the town long enough to make the investment worthwhile.

Francis, however, in an Aug. 30 response to the town, maintains that unprofessional behavior by Chief Michael Lewis and sloppy operating procedures that made his job more dangerous constituted a “failure to satisfy the implied covenant of good faith and fair dealing.”

Selectmen earlier this month placed Lewis on paid administrative leave without offering any explanation or details.

In Francis’ court filing, he offers an example of “unprofessional behavior” by the chief. According to the document, Francis responded, along with with New Hampshire State Police, to a domestic call in which a man was threatening to kill his children with a shotgun.

According to the filing, “Officer Francis reached for the shotgun in his cruiser. What he found was that the shotgun was not properly cleaned, and without a bullet properly chambered for immediate use, as required by standard operating procedures. Fortunately, the case was resolved without the need for Officer Francis to use his weapon.”

Recognizing that the situation could have gone much differently if he had needed a working gun, Francis expressed his concern to Lewis, who, according to the court filing, “just laughed.”

Francis then circulated an email about the incident and, according to the document, “learned that Chief Lewis asked others in the Department if they had seen ‘that [expletive] email’ from Officer Francis.”

“It was not unusual for Chief Lewis to voice his criticisms of officers in the Department, establishing an uncomfortable setting,” the document states. “Because of the

administrative tone set by Chief Lewis and the resulting unprofessional and dangerous practices in the Department, many officers have quit their jobs with Bristol; even some who had been employed by Bristol for many years.”

Francis also had faced financial hardship from unanticipated medical expenses in his family and, together with his concerns about the Bristol Police Department, he “made the difficult decision to look for other work.”

“When Officer Francis reported in January 2017 to Chief Lewis that he was considering a job with the Town [sic] of Franklin, Chief Lewis became angry, threatening repeatedly that the Town would sue him if he left...over the next several weeks, Officer Francis learned that Chief Lewis had spoken critically to other members of the Bristol police department about him, that Chief Lewis was telling people that the select board did not want Officer Francis at the department, that Chief Lewis had been in contact with the Town attorney, that Officer Francis was going to be ‘sued big time,’ and that Chief Lewis had called the chief in Franklin advising him not to hire Officer Francis,” Francis’ filing states.

Furthermore, Francis alleges that the chief used other methods to make sure he would not be hired by Franklin. He claims that when Franklin officers met with Lewis in the process of doing a background check, they found a note in Francis’ personnel file saying he had been arrested for a violation of the open container law, which Francis maintains is not true.

“At that point, Officer Francis felt that his career was at risk if he remained employed by the Town of Bristol. He made the decision to resign,” the filing states.

The filing continued,

“Officer Francis asked the Town Administrator [Nik Coates] to investigate the note in his personnel file about his alleged arrest. Officer Francis believes, and therefore avers, that the Town Administrator conducted the investigation and made a report to the Select Board about it. The Town has refused to provide Officer Francis with information about that investigation or a copy of that report.”

Lewis did not respond to our correspondent’s request for comment on Francis’ allegations.

Overtime issue

Bristol contends that it paid Francis for all of the time at the Police Academy that was included on his time sheet, as well as \$1,446.48 for overtime he later claimed. Francis, however, says he spent 71-hour weeks at the Academy, and he wants overtime pay for all hours beyond 40.

The Police Academy requires attendees to begin their training at 8 a.m. on Monday, but Francis said that required them to be at the academy by 7 a.m.

“Classes, physical training, and studies would take up the rest of each day from Monday through Thursday, with very little free time, until they were required to be in bed with lights out at 9:30 p.m. on those four days,” court documents state. “On Fridays, the sessions ended at different times, but usually in the afternoon.”

Francis is not the only police officer seeking payment for all of the hours spent at the academy. Vinny J. Scarnici, a part-time police officer in Pittsburg, also is seeking overtime for attending the academy. If successful, the decision would impact towns and cities throughout New Hampshire.

CADY

FROM PAGE A4

that these conversations aren’t easy for you, either. And, if things aren’t going well, suggest talking about it again another time.

Yes, it’s difficult to

know how to talk to your kids about drugs. You don’t want them to hold your history up as something to model, or as a tool to use against you. But you may be able to use your life experiences as a teachable moment. So even if you’re ner-

vous, don’t put off having the conversation. This is about your child’s safety and future. For more information on how to talk with your kids about drugs, visit the CADY Web site at www.cady-inc.org and www.drug-abuse.gov.

Newfound Lake

FROM PAGE A4

highly visible, has a disproportionate impact on the viewshed.

So, who owns the view? This question came up when cell towers were introduced. Around Newfound, it got personal when the Wild Meadows wind project was proposed. Now, the Newfound viewshed is undergoing incremental, but substantial, impacts from residential development in highly visible locations. The NLRA has never been against growth per se, but has

consistently advocated for low-impact development that blends with the natural surroundings to maintain property values and respect public resources.

With our watershed partners we are drafting a model ordinance for Towns to consider adopting if they want to protect their views. The approach is simple: stay off ridges and hill tops; minimize lot clearing and retain trees that screen your house; and use earth-tone and natural exterior colors. In addition, avoid using reflective glass, and use

only low level, indirect lighting.

Following our Good Neighbor Bill of Rights philosophy and taking a few simple steps, you can have a view and be nearly invisible to the rest of the world, thus stewarding Newfound’s beauty, as well as being a part of what unites us around Newfound.

The NLRA was founded in 1971 to protect and preserve the Newfound Lake watershed. Learn more on our website, our Facebook page, or contact us at info@NewfoundLake.org or 744-8689.

Churches

FROM PAGE A6

Readers, greeters, ushers and coffee hour hosts are needed. Please see the sign up sheet at the back of the church.

Holy Trinity (Roman Catholic)

The Day Away Program is looking for volunteers. The heart of a volunteer is measured by the depth of the commitment

to make a difference. Volunteers are needed. Will you join us? Together we can make our participants’ lives brighter. For more information please contact Sandra Coleman BSN, RN at sjrhatt@roadrunner.com or 536-6304. For more information on Day Away, visit our Web site at www.respiteforcaregiverdayaway.wordpress.com.

Special Anniversary Mass
Bishop Peter A. Libas-

ci invites all couples who are celebrating their 25th, 30th, 35th, 40th, 45th, 50th or beyond wedding anniversary (anytime during the year 2017), to attend a Special Anniversary Mass. This celebration will be held on Oct. 15 at 2 p.m., at St. Joseph Cathedral, Manchester. Please contact the parish office at 536-4700 by Sept. 22. We will need your last names, first names and mailing address. Please also in-

SEE CHURCHES, PAGE A12

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Churches

FROM PAGE A11

dicate your special anniversary year.

Be a guest. Bring a guest. Come and explore the meaning of life with the Alpha program. Session are Tuesdays at St. Matthew Hall. Find out what it's all about and enjoy a delicious meal free of charge!

Campus Ministry News

Plymouth State students! The only place on campus where you can have a candle – and light it! – is in the Reflection & Spiritual Care Center, across from Lamson Library, up the street from the shuttle bus stop. New international students found it recently. What about you? Stop on by and check out the Reflection Room.

Weekly student meetings of Catholic Campus Ministry are Tuesdays at 8 p.m. in the Reflection & Spiritual Care Center, across from Lamson Library, up the street from the shuttle bus stop. Meet new friends, enrich your spiritual life, and take on a leadership role! We pray, study the Bible, and discuss culture, campus life, religion, and other issues from a Catholic perspective, and plan social, spiritual, and service activities. Something for everyone!

Monthly prayer services & suppers with Fr. Leo for students begin Sunday, Sept. 24, at 6 p.m. at Holy Trinity rectory, a large white house with a porch, located behind Belknap Hall, at the corner of Langdon and Highland Streets. Students interested in attending should contact Kathy Tardif at kmtardif@plymouth.edu by Friday, Sept. 22, so that we have enough food for everyone.

Homemade comfort food: Students remember the monthly suppers

that Fr. Leo hosts for the students long after they have graduated from PSU. Parishioners interested in providing a dish for these suppers should contact Sandy Abbott at 254-3431 or sandyabbott6@gmail.com.

No matter what your personal history, age, background, race...no matter what your present status in the Catholic Church...no matter what your current family or marital situation...no matter what your own self-image is, you are invited, welcomed, accepted and loved here at Holy Trinity Parish.

Are you or someone you know interested in becoming Catholic? The RCIA program starts this October with an inquiry period where you can come and ask questions and learn more. Please call 536-4700 for more information.

Weekly Meetings Thursday, Sept. 21

Men's Group, North American Martyrs Oratory, 10 a.m.

Boy Scout meeting, St. Matthew Hall, 6 p.m.

Sunday, Sept. 22
Bristol Confirmation, Marian Center, 9:30 a.m.—noon.

AA meeting Monday - Saturday 11 a.m., St. Matthew Hall

Church of the Holy Spirit Episcopal

On Sunday, Sept. 10, we held a joyous, yet sad, celebratory service for the beautiful building that we have used for our spiritual haven for the last 93 years. It was wonderful to have so many of our former congregation return to celebrate with us. At the festive coffee hour we reminisced about all the happy and sad events that had taken place in the church build-

ing. This was our last 9:30 service in the church. We still are holding our 8 a.m. service in the building until PSU has finalized purchasing the church.

Venue for our 9:30 Service

Since Sunday, June 11, we moved our 9:30 a.m. service to our summer location at St. Mark's Church in Ashland. With the selling of our church on Main Street, we will continue our 9:30 a.m. worship at St. Mark's Church in Ashland.

Diapers for New American Families

This summer our Deacon Maryan Davis has been spent time working with The Rev. Johanna Young supporting refugee families who have come from the Congo and Bhutan to begin a new life in the United States. Adults eager to learn the English language are invited to attend Johanna's ESL (English as a Second Language) class sponsored by Ascenia (formerly Lutheran Services) in Concord. These refugee families bring their young children with them. Working with these children, Maryan has found there is a constant need for diapers for small children. Some of the single moms can find it difficult to purchase expensive diapers when there are so many other family needs to address. With this in mind, we would like to invite our faith community to donate packages of diapers in sizes 3-6 to the Ascenia Program over the next few weeks. This will afford a supply of diapers to be kept in the classroom for emergencies and a supply for parent's to take home as needed. A basket will be placed in the back of each church for collection.

Got Lunch Plymouth Drive

On Aug. 21, the Plymouth Got Lunch program

concluded its program for the summer of 2017. We want to thank all the people who contributed money and volunteered time. We successfully provided nutritious lunches to over 100 children in the Plymouth School system.

Episcopal Church Women

The next ECW meeting will be on Thursday, Oct. 5 at Griswold Hall. We will be reorganizing the Hall and labeling the spaces to make it more efficient, especially since it will become our worship space after the North Main Street church sale is completed.

Holy Spirit Quilters

The CHS quilters will meet on Friday, Sept. 29 at 10 a.m. All are welcome to join them for the morning! If you have any questions, please contact Lois Grant at lsg@comcast.net or Anne Hunnewell at hunnewell.anne@gmail.com.

Restoration Church, Plymouth (formerly Family Worship Center Ply. Assembly of God

Greetings from Restoration Church Plymouth located at 319 Highland St., 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 schedule has changed to the following:

Sunday:

9:30 a.m. Bagels and Coffee

10:30 a.m. Morning Service (currently meeting in the fellowship hall)

Monday: First and third Monday of the Month

10 a.m.-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Aug. 20, the active membership of our church voted to merge with Restoration Church, based out of Dover. We now have a lead Pastor, Rev. Nate Gagne, who is over both the Dover campus and also the Plymouth Campus of Restoration Church. In Plymouth we have a location Pastor as well. His name is Chris Pike, he and his wife will be our local contact. That is the reason for the name change for this article as well. For the next few weeks we will be meeting in the fellowship hall on Sundays as the church get a well needed make over in some areas including, bathrooms, nursery, teen room, and also the auditorium. For right now the only service we will be having is our Sunday Morning service from 10:30-11:45 a.m. We are excited and anticipating just what the Lord has planned for this church moving forward. We invite everyone to come out on November 5 as we officially launch as Restoration Church Plymouth. There will be more details as this day draws closer.

Our Mission Statement:

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

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

Sunday, Sept. 17 – Home at Last

Rev. Dr. Linda Barnes, Worship Leader

Being at home in our own skin seems a tall order for those of us who have heeded the stories about who we should be rather than who we are. Join us as we explore how we might lean into our authentic natures to be home, at last, in the company of our true selves.

Soul Matters for Snow Birds? – If you're a snowbird interested in being part of a Soul Matters Sharing Circle or if you're inclined to stay home and participate in a Soul Matters group remotely, please contact Rev. Linda at minister@starrkingfellowship.org. A reliable internet connection and a willingness to meet via video conference.

Interested in Becoming a Member of Starr King?

Join our Path to Membership, a three-

week series to learn more about Unitarian Universalism and our Starr King UU Fellowship. The dates are Oct. 15, 22, and 29 at 11 a.m. after the Sunday Service. The sessions will last about two hours. A sign-up sheet can be found on the bulletin board in the foyer or email: admin@starrkingfellowship.org. Though this is not a requirement for membership, it's a great way to learn more about the Fellowship, share stories and meet others.

Special Collection for September – Our Special Collection for this month will go to aid those affected by Hurricane Harvey. The collection will be taken on Sept. 17.

Daughters of Corn Dance Tour is coming to SKUUF on Sunday, Sept. 24, at 7 p.m., and our Youth Group is very happy to host friends from Nicaragua. Theses young ladies will be performing traditional folk dances and Michael Boudreau, executive director of Compas de Nicaragua, will also present information and a video on the various programs coordinated by the organization. There will be carved gourds and coffee for sale to benefit Compas directly. Light refreshments will be served and a suggested donation of \$10 per person at the door will go directly to Compas. See Jane or Bob Clay for more information.

Vespers Services - On second Fridays Starr King UU Fellowship will be offering a Vespers service. Vespers is an evening worship service that offers a peaceful end to a hectic week. We will meet for casual, all generations service that includes music and candles for about 30 minutes and then share a meal (probably pizza). Join us for our first service on Friday, Oct. 13 starting at 6 p.m. Everyone is welcome.

Fellowship Fair – Are you looking for a fun way to get involved? Our wonderful array of Committees will be holding a Fellowship Fair after the service on Sept. 24! Stop by and sign up. Share your talent and a bit of your time to make our Fellowship, your Fellowship.

We are looking for volunteers to help set up the sanctuary for Sunday

services. Please contact Joe Kelaghan (josephkelaghan@gmail.com) or

see him at the Fellowship Fair!

The Activities Committee encourages you to participate in the abundance of interesting events happening in the area. Please take a look at the Activities board outside the Fellowship Hall, pick up the latest copy of our monthly newsletter in the foyer, or visit the Events Page on our Web site: www.starrkingfellowship.org. Contact Mitch Manseau for further details.

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Newfound Landing Sports

Section **B**
Thursday,
Thursday, September 21, 2017

What's On Tap

The local high school teams will have a full slate of action in the coming week.

At Newfound, the soccer boys will be hosting Winnisquam today, Sept. 21, at 4 p.m. and Prospect Mountain on Monday, Sept. 25, at 4 p.m., then will visit Belmont at 4 p.m. on Tuesday, Sept. 26, and Stevens at 6 p.m. on Thursday, Sept. 28.

The Newfound field hockey team will be hosting Laconia on Friday, Sept. 22, at 4 p.m. at Kelley Park and will be at Kearsarge on Wednesday, Sept. 27, at 4 p.m.

The football Bears will be hosting Kearsarge in the lone home night game of the season on Saturday, Sept. 23, at 7 p.m.

The unified soccer Bears will be hosting Inter-Lakes at 3 p.m. on Monday, Sept. 25.

The volleyball Bears will be hosting Mascoma at 6:15 p.m. on Monday, Sept. 25, and will be hosting Franklin at 6:15 p.m. on Wednesday, Sept. 27.

At Plymouth, the soccer girls and boys will be hosting Kennett on Friday, Sept. 22, with the girls playing at 3:30 p.m. and the boys

SEE ON TAP, PAGE B2

Bears sweep Timber Wolves in Alton

BY JOSHUA SPAULDING

Sports Editor

ALTON — Entering the Sept. 11 game in Alton, the Prospect Mountain and Newfound volleyball teams had their respective seasons off to solid starts.

With a veteran squad of returning players, the Timber Wolves may have had a bit of an advantage going into the game against an inexperienced Newfound squad.

But by the time the teams left the Prospect Mountain gym, the Bears had handed the Timber Wolves their first loss with a 3-0 sweep.

“The rotation we have now, we’ve been working with it for a while,” said Newfound coach Amy Fairbank. “I knew we could battle.

“We had a couple of errors today, but I have confidence in quite a few of the girls,” the Bear coach continued. “But they’re changing what they’re doing out there, they’re working on it.”

“Not the result I was hoping for,” said Pros-



JOSHUA SPAULDING

Ashlee Dukette rises up for a kill in action at Prospect Mountain last week.

pect coach Mike Christy. “We were sloppy defensively and we just made too many errors.

“In my eyes, we gave them a victory,” Christy continued. “We’re better than what we did

tonight.”

The Timber Wolves and Bears started out evenly in the first game, with Ashlee Dukette getting a big hit for Newfound and Hannah Bureau and Jordan In-



JOSHUA SPAULDING

Arya Prescott sets the ball during her team's win over Prospect Mountain on Sept. 11.

goldsby coming through with hits for the Timber Wolves. Newfound was able to open up a 10-3 lead behind an ace from Megan Stafford but a hit from Kaylee Duquette for the Timber Wolves

got them back into the game, closing the lead to 11-8.

Dukette came through with a big kill for the Bears and Bureau answered with a hit for the Timber Wolves and then an ace from Jane Holiday pulled the Timber Wolves to within 12-11. However, behind some big hits from Dukette, Newfound ran off six points in a row. Bailey Fairbank also had a good hit for the Bears before a hit from Bureau got Prospect back on the board.

Kasey Basford and Stafford turned in strong plays for the Bears as they opened the lead up to 23-12. Prospect got strong play from Ingoldsby, including a service ace and Bureau also added an ace and Prospect got the lead down to 24-19, but Newfound got the final point and the 25-19 win.

A great service run from Holiday got the Timber Wolves off to a great start in the second game, getting a 6-0 lead before Newfound got on the board. The Bears got an ace from Basford and a good hit from Fairbank to climb back in the game, cutting the lead to 7-5. A couple of nice hits from Ingolds-

SEE VOLLEYBALL PAGE B8



COURTESY PHOTO

Cofran honored

New Hampshire Athletic Directors' Association's State Award for Merit 'for outstanding service and contributions to local and state athletics in New Hampshire' was presented to Newfound Athletics Director Peter Cofran.

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Help fight hunger at Newfound games this week

BRISTOL — NHIAA football teams for the past four years have participated in the “NH Tackles Hunger” program. One game a year fans are asked to bring items that the local food pantry can use to help area residents. Newfound brought in the most food in 2015 for all schools in Division 3

September has now been dedicated to be “Hunger Action Month” and the athletic teams at Newfound Regional High School are looking to make a big positive impact on Bristol Community Services. This week is Homecoming Week and Athletic Director Peter Cofran and the Student Athletic Leadership Team (SALT) are asking all fans to bring some non-perishable foods to any game they attend this week.

In addition, a \$250 gift card has been sent Cofran from WMUR, and athletes will be doing their shop-

ping later this week. Photos have been requested by WMUR and will be shown on TV as well as their social media page.

The events this week included cross country and volleyball on Wednesday, soccer on Thursday, field hockey on Friday and the football game on Saturday. In addition, SALT will be collecting during lunch on Wednesday and/or Thursday for any students/staff who would like to contribute.

If any residents would like to contribute donations but will not be attending any games, please contact Cofran at the high school at 744-6006, x1507 or pcofran@sau4.org and items will be able to be left at the high school.

Donations will help the Bristol Community Services Food Pantry.



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

Two more shutouts for Newfound field hockey

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound field hockey continued its strong start to the season with two more shutouts, giving the team five shutouts in the first six games.

The week opened on Wednesday, Sept. 13, as the Bears hosted Berlin. Newfound controlled much of the game and dominated in every aspect but could not find the back of the cage in the first half.

“Berlin was playing a very defensive-minded game as they plugged up their defensive 25 with all 11 of their players,” Newfound coach Karri Peterson stated. “We had an abundance of opportunities but just couldn’t finish one off.”

The two teams went to halftime with the score tied at zero and the Bears were able to get on the board in the second half.

With less than three minutes gone in the half, Caroline Marchand was able to get her stick on the cross from sister Julianne Marchand and finished it off for a 1-0

lead.

Kylee MacDonald finished off a cross from Jasmine Peterson with just more than 10 minutes to play in the game to push the lead to 2-0.

Newfound took 30 shots on net and had 17 penalty corners, while keeper Montana Bassett had to make just two saves on the day.

“(We) gave up two defensive corners, but with Kylee MacDonald on the fly, she stole each possession and went the other way with the ball, not allowing Berlin even a look at the cage,” Peterson said.

She went on to add that the defense of Hayleigh LeTourneau, Mackenzie Ryan and Hannah Eastman played strong and Peterson put the ball back into the offensive end from the midfield, giving the team opportunities to score. Savanna Bony controlled the middle of the field and Julianne Marchand was strong on the outside, according to the Bear coach.

On Friday, Sept. 15, the Bears hosted Pembroke and came away



RC GREENWOOD
Caroline Marchand looks to push the ball up the field during action against Pembroke last week.

with a 5-0 win.

The Bears allowed the Spartans into the offensive 16 just once in the first half and allowing just one corner.

Newfound got on the board with 8:32 to go in the first half, as fresh-

man Tiffany Doan finished off a pass from Julianne Marchand to make it 1-0.

The Bears continued to attack and scored twice quickly, with Peterson finishing off corners twice in one minute

to up the lead to 3-0. LeTourneau and MacDonald had the assists on the tallies and the 3-0 lead held until halftime.

“In the second half we did quite a few lineup changes and played people in different positions

trying to find the secret formula to scoring,” Peterson said.

Julianne Marchand scored with 6:13 to go on an assist from Peterson and then added another with 2:43 to go on an assist from Caroline Marchand.

The Spartans were able to get a shot and a corner in the final minute of play and the defense held tight. The Bears had 22 shots and 11 corners and Bassett only had to turn away two shots to earn the shutout.

Newfound will be in action on Friday, Sept. 22, for the Homecoming tilt with Laconia at 4 p.m. at Kelley Park. On Wednesday, Sept. 27, the team is at Kearsarge at 4 p.m.

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

Lakes Region Tri Festival coming to Bristol this weekend

BRISTOL — Lakes Region Tri Festival will take place on Sept. 23 and 24 at Wellington State Park, Newfound Lake, with sprint and

Olympic distance triathlon events.

The reason behind the events is to keep the triathlon tradition going in the Lakes Region Area after Iron Man cancelled both its former events: the Mooseman event, held annually at

Wellington State Park, followed by the Timberman event, held annually at Ellacoya State Park. Tritanium Sports strongly feels that the Lakes Region has some of the most beautiful triathlon venues in the US and it would be a

loss not only to the local communities, but also to triathletes from all over if these are left to fall by the wayside.

The races are open to triathletes, aquabikes and relay teams.

They offer world class, USAT sanctioned events with participation medals for all finishers by Ashworth Awards, awards to the winner in each of the standard age groups (ages 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 59, 60-64, 65-69, 70-74, 75-79, 80+) as well as Clydesdales and Athenas, free high tech t-shirts to all who register up to two weeks before the event, generous referral refunds, safe course with excellent traffic control, accurate distance markers, all splits electronic timed (All Sports Events), aid stations stocked with Powerade, water, and friendly volunteers, online entries until the day before each event and race day registration accepted, discounts on registration fees for early entries, a fair refund policy for early entrants, complimentary pre-race coffee, complimentary post race food and drink and a family friendly environment.

They are also looking for local businesses who would like to partner with them as sponsors. Potential partners, sponsors and volunteers can look at www.lakes-regiontrifestival.com to see what opportunities there are for them to get involved. The group motto is "Support local, think global."

Edward Jones: Financial Focus

Five Tips for Women Business Owners

Women are an integral part of the workforce, but they have had to overcome many obstacles along the way. Of course, challenges still remain, but women's success in the working world is worth commemorating – which will happen on American Business Women's Day Sept. 22. Are you a woman considering “setting up shop” on your own? If so, here are five tips to consider:

- Balance your goals. It's possible – perhaps even likely – that your business goals will conflict with your personal financial goals. After all, if you're purchasing new equipment or services for your business, you've got less money – at least for the time being – to put away for your own retirement or your children's education. Hopefully, your investment in your business will pay off in greater income, but, in any case, you will need to balance your personal and professional goals.
- Create a retirement plan. As mentioned above, your ability to contribute to a retirement plan may be affected by the amount you put into your business – but that certainly doesn't mean you shouldn't have a retirement plan. In fact, for your future financial security, it's essential that you launch such a plan. Fortunately, small-business owners have a choice of plans, including an “owner-only” 401(k), SEP-IRA and SIMPLE IRA. Although the various plans have different requirements and contribution limits, they all offer tax-deferred earnings, which means your money has the opportunity to grow faster than if it were placed in a vehicle on which you paid taxes every year. (Taxes are due upon withdrawal, and withdrawals prior to age 59 ½ may be subject to a 10% IRS penalty.) Plus, your contributions to a retirement plan may be

tax deductible.

- Arrange for “backup.” Virtually all working women are familiar with the conflict between their careers and their roles as caregivers. Women are still more likely than men to drop out of the workforce for an extended period of time to care for young children or elderly parents. And your caregiving responsibilities won't end just because you are now a business owner. Consequently, you need to have someone you trust available to step in for you when your family obligations call you away from work.
- Design a succession plan. When you want to retire, would you like to keep the business in your family? If so, you'll need to create a succession plan that works for you and whomever you'd like to take control. Such a plan can be complex, so you will need to work with your legal and tax advisors – and you'll want to give yourself plenty of time to work out the details.
- Build an emergency fund. Maintaining an adequate cash flow will always be a key task – one that involves your sales, billing cycles, inventory and other elements of your business. One way you can help yourself avoid troubles is to maintain an emergency fund consisting of a few months' worth of your business expenses. You'll want to keep this fund in a liquid, low-risk account. Running your own business can be extremely rewarding, but it's never going to be an easy road. However, with perseverance and careful planning, you can smooth out some of the bumps along the way — and give yourself reason to celebrate American Business Women's Day.

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

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Combs cracks top 20 in Laconia

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The Newfound cross country team ran at Saturday's Laconia Invitational at Robbie Mills.

Due to early season issues, including the weather, it marked the first race for the Bears.

Amy Combs led the way for the Newfound girls, finishing in 19th place overall in a time of 27:27.

Manon DeGreef, in her first cross country race for the Bears, placed 23rd overall in a time of 28:20.

Sophia Pettit rounded out the field of Newfound girls with a time of 35:26 for 59th place overall.

On the boys' side of things James Shokal led the way for the Bears with a time of



Amy Combs picked up a top-20 finish in Saturday's Laconia Invitational.

22:40 for 32nd place.

Hunter Colman was

second for the Bears

with a time of 23:25 for



Kyle Rosendahl runs for the Newfound boys during Saturday's race in Laconia.

44th place and Kyle Rosendahl was the next Newfound runner, finishing 57th in 24:34.

Connor Springer finished 65th in 25:10 and Nick Cuomo rounded out the scoring for Newfound in 25:17 for 66th place.

Ashlar Dotson finished 74th in 26:07, Wyatt Day ran to 96th place in 28:20 and Jason Ling finished in 31:09 for 106th place.

The Bears were slated to run at Waterville Valley on Saturday, but that meet was cancelled. The team will be at Moultonborough on Thursday, Sept. 28, at 4 p.m.

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



Jeremy Rineer putts during a home match at Owl's Nest on Sept. 12.



Mike Ouellette led the way for the Plymouth golfers at Owl's Nest last week.

Bobcat golfers off to good start

BY JOSHUA SPAULDING
Sports Editor

CAMPTON — The Plymouth golf team continues to play well as the season moves along, picking up a win at home last week after posting its two best scores ever in the previous week.

"It's been a great start," said coach Charlie Wheeler. "Last year our good start was in the 190s and 200s this year we're in the 170s."

"The difference between this year and last year is there are six guys that should be shooting in the 40s," Wheeler continued. "That's what happens when you open the course up to them in the summer and let them play golf."

The Timber Wolves fired a 179 on their home course at Owl's Nest Resort on Tuesday, Sept. 12, to sweep a four-team match. Prospect Mountain finished second with a 92, followed by Laconia at 211 and Stevens at 213.

Mike Ouellette finished first overall for the Bobcats, tying for the second best score of the day, firing a 42 from the second spot in the Plymouth lineup.

Marcus Morel was next for the Bobcats, as he shot a 45 from the fifth spot in the lineup.

The next three scores for Plymouth were all 46s and two of those scores counted toward the team's score.

AJ Colgate in the top spot, Jeremy Rineer in the second spot and Zack Ross in the fifth spot all fired 46 for the afternoon.

Michael Johansson shot a 48 and Robby Johansson shot a 54 to round out the field of Bobcats in action at Owl's Nest.

The Bobcats opened the season on Tuesday, Sept. 5, at Derryfield and shot a 175, falling to the host Cougars and beating Lebanon and Ste-

vens. The score was the best score for the team in the last two years and they improved on it on Thursday, Sept. 7, fired a 172 at Campbell's Scottish Highlands to sweep the match from host Pelham, Gilford and Conant.

"Eight and one is a good spot to be in," said coach Jeff Park. "With the championships here (at Owl's Nest), it's all about getting into the playoffs."

"And I think we can do something in the playoffs," the Bobcat coach added.

The Bobcats will be in action on Monday, Sept. 25 at Bow and will be back at home on Wednesday, Sept. 27, against Belmont, Laconia and Gilford, with both matches at 3:30 p.m.

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

Jumping back into the fantasy football world

SPORTING CHANCE

By JOSHUA SPAULDING



league, a league that has been in place for 20 years and features a number of kids that I was in marching band with at UNH. There was an open team and I agreed to jump back into the fantasy game. The good news was that it was free and pretty low-pressure, so that made things a bit easier on my end.

Our draft played out over the course of a few weeks and was all done online, with each team getting a few hours to come out with each pick. However, since it was a keeper league, each team got to protect

two players from last year's roster and then three "plan B" players who other teams could take in the first two rounds, but for which you'd get two of the other team's draft picks in the coming rounds.

The team I inherited did not have tons of star power so I made the decision to protect Raider quarterback Derek Carr and Houston receiver De'Andre Hopkins while using my plan B protection on running back Adrian Peterson and receivers Travis Kelce and Emmanuel Sanders. As it turned out, nobody took my plan B players, so all three remained on my roster.

I used my first round pick on Minnesota running back Dalvin Cook and in the second

round, I made the decision to take Ezekiel Elliot, someone of whom I'm not a fan of personally, but who puts up decent fantasy numbers. However, he was someone else's 'plan B' player, so I forfeited my third and fourth round draft picks. I also figured that he would be out for the first seven weeks of the season on suspension, but I figured in a keeper league, he was a good guy to have on the roster moving forward.

The rest of my picks were pretty standard fare, as I grabbed Detroit running back Theo Riddick to round out my running back squad and receivers Tyler Eifert and Mike Wallace to round out my receiving corps. I grabbed Kyle Rudolph as my utility

player, Adam Vinatieri and Phil Dawson as my kickers and Sam Bradford as my backup quarterback. I was not impressed with my defensive picks, as I got Jacksonville and Atlanta, but they were what was available.

The first week made me look like a genius, as the Jacksonville defense had 10 sacks in a huge win and I rolled to victory. Elliot and Cook had decent days and Hopkins was strong too. It helped that my opponent had Tom Brady, who for once did not have a great week.

As I write this, the second week is in progress, so we'll see what comes of it. But I'm guessing Jacksonville won't get 10 sacks again. That's just a wild

Huge second quarter sends Plymouth past Sachems

BY JOE SOUZA
Contributing Writer

PLYMOUTH — With several key players back from last year’s Division II state championship team, the Plymouth Regional football team has picked up right where it left off last season.

Nolan Farina scored three touchdowns, set up two other scores on long receptions, and Garrett Macomber rushed for two scores as the Bobcats steamed past Lakes Region rival Laconia, 44-7, in a Division II North clash here Saturday afternoon. Farina was in the middle of everything for the Bobcats, who moved to 3-0 with the win. The senior finished with 146 yards rushing on just four carries -- scoring on rushes of 33, 34 and 78 yards. Farina also caught two passes for 93 yards, setting up both of Macomber’s TD runs.

“We just beat a pretty good team in Laconia and are 3-0 now. They lost a tough battle with Hanover and crushed Kingswood last week,” Plymouth coach Chris Sanborn said. “Their quarterback is very good. He throws a real nice ball. We didn’t do a great job putting a pass rush on him and there were a couple of jump balls they came down with, but we only gave up seven points.

“We know we’ve got to get better each week,” added Sanborn. “After week one, we got better against Kennett and we got better today.”

Plymouth got off to a quick start, but the hosts faced a little adversity for the first time this fall.

After stopping the Laconia offense, Connor Magowan broke in on the left side and blocked Ryan McCrea’s punt. Laconia’s Jakob Steele jumped on the loose ball in the end zone for a safety for a quick 2-0 Plymouth lead. Owen Brickley returned the ensuing free kick 27 yards, setting the Bobcats up at the Laconia 35. Macomber went for two yards before Farina broke loose for a 33-yard touchdown. Danny Carey kicked his first of six PAT, giving Plymouth a 9-0 lead with 8:38 on the first quarter clock.

The Sachems answered with an impressive 13-play scoring drive that chewed up nearly eight minutes of the first quarter. The drive was aided by three offside penalties on the Bobcats. It also featured a number of power runs by Drew Muzzey (80-yards on 19 carries) and Bradley Weeks (seven carries for 30 yards) as the visitors looked to keep the Plymouth defense on the field.

Riley Roy connected with Steele for a 10-yard TD pass. Riley Sykes booted the PAT kick, making it 9-7 with 37.1 seconds left in the first quarter.

“We did a lot of things well today, but I didn’t



JOE SOUZA
Plymouth Regional’s Anthony Velez tries to knock down this pass to Laconia’s Jakob Steele in Division II schoolboy football action. It was Laconia’s only touchdown as the Bobcats rolled to 3-0 with a 44-7 victory.

like our execution,” Sanborn said. “We were not disciplined today and that’s not us.”

Faced with adversity for the first time in three games, the Bobcats responded and they did in impressive fashion as they went 61 yards in just four plays. Plymouth quarterback Ben Olmstead (three of six for 178 yards and a TD) connected with Farina for 53 yards, setting up a six-yard TD run by Macomber and the Bobcats were back in control with a 16-7 edge.

“On that next drive we went right down and scored... and that was key,” Sanborn said. “We’ve been playing well offensively and pretty good defensively. We’ve been bending but not breaking.”

That kicked off a huge

second quarter for Plymouth, as the hosts scored every time it got the ball.

Macomber would go in from nine yards out for a 23-7 lead with 6:30 left. The TD was set up by a 46-yard pass play from Olmstead to Farina, moving the ball to the nine. Farina would find the end zone for a second time, going in from 34 yards out to make it 30-7 with 3:03 remaining in the first half.

The Bobcats would close the first half scoring with 29 seconds on the clock. Olmstead hooked up with Jordan Docen, who broke free of a Laconia defender and went 85 yards for a TD to make it 37-7 at the half-time break.

“The kids played hard,” Sanborn said. “It was hot today, and the kids played hard

throughout. I think our conditioning paid off.”

Plymouth maintained control in the second half.

After stopping the Bobcats on the opening drive of the third quarter, Laconia put together a decent drive. The Sachems marched from their own 24 down inside the Plymouth 25. The Bobcats would make a stand. Macomber sacked Laconia quarterback Roy for a three-yard loss on a second-and-10 play from the 22. Two plays later, Macomber dragged down Roy, who picked up three yards trying to scramble away from the Plymouth pass rush.

On the next play, Farina would go 78 yards for a touchdown and a 44-7 Plymouth lead with 4:23 on the clock in the



JOE SOUZA
Plymouth Regional senior Jordan Docen hauls in a pass over Laconia’s Ryan Dee (hidden behind official) in Division II schoolboy football action Saturday. Docen broke away for an 85-yard touchdown in Plymouth’s 44-7 win.

third quarter.

“Our red team did a great job this week in practice, getting us ready,” Sanborn said. “The second group guys came in and held them. They did a really good job.”

Plymouth received contributions from several players with Farina leading the charge. Macomber, the 2016 Division II Player of the Year, finished with 54 yards on the ground and two TDs on eight carries.

“They are a very good team,” Laconia coach Craig Kozens said. “They are head and shoulders above the rest of the division.”

Steele also had 23 yards on seven rushing attempts for the Sachems. Roy completed seven of 11 passes for 85

yards and a TD. Steele was his top target, with three catches for 22 yards. Weeks caught two for 13 yards, while Kaleb Bartlett had one catch for 28 and Ryan McCrea had one for 23 yards.

The Bobcats will face a stiff test Saturday afternoon when they play host to Bow, a rematch of last year’s title game. Kickoff is slated for 2 p.m.

“Bow is a power running team,” Sanborn pointed out. “I don’t think they thought they could match up with us last year and they spread it out. But they have all their linemen back and I expect they’ll try and power run the ball.”

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

Eastman lifts Bobcats to OT win over Kennett

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — After an opening loss, the Plymouth field hockey team bounced back with a hard-fought tie and then a big win over previously-undefeated Kennett.

“I think the girls are feeling good,” said coach Ashley Laufenberg.

The first game of the season involved a road trip to Hanover on Aug. 31 and the Bobcats surrendered an early goal and two more before halftime to trail 3-0 out of the gate.

The Bobcats got a goal in the second half, as Emma Campbell finished off a feed from Olivia Eastman to cut the lead to 3-1, but Hanover answered with two more goals in the second half and took the 5-1 win.

“Certainly you could tell that Hanover’s turf skills were evident,” Laufenberg stated. “But the intensity levels were great the whole game.”

She praised the work of Avery Stone on defense, Campbell up front and Jackie Gaumer and Kelsey Johnston all over the field.

On Tuesday, Sept. 5, the Bobcats worked through the rain drops and around weather delays in order to pick up a 2-2 tie with Merri-

mack Valley.

“We had a perfect first 10 minutes,” Laufenberg stated.

Mariah Luscher scored on an assist from Johnston in the first three minutes to give Plymouth a 1-0 lead. Not long after that, Gaumer found Eastman, who buried the ball in the net and Plymouth’s lead was 2-0.

“We had a 2-0 lead going or us but the energy seemed to let out,” the Bobcat coach stated. Valley got a goal before the half to cut the lead in half and then tied the game in the first eight minutes of the second half.

“Obviously it was good to get those goals right off the bat,” Laufenberg stated, adding that Lauren Bolton was strong in the midfield, allowing the Bobcats to keep control on the host’s defense.

The week ended on Friday, Sept. 8, with the first home game of the season and a big 2-1 win over Kennett.

“It was a great win for us,” Laufenberg stated. “We’ve had some tough games against them in the past.”

The Eagles came out strong out of the gate but the Bobcats withstood the pressure and began putting on pressure of their own.

“I think Kennett started to get a little flustered,” Laufenberg stated.

With 10 minutes to go before halftime, the Eagles got a 1-0 lead, scoring off a corner and they took that lead to halftime.

“The intensity levels were strong but we still had nothing to show for it,” the Bobcat coach said.

However, Eastman scored off a rebound on a penalty corner with 17 minutes to go to give the Bobcats life and tie the game at one.

The Bobcats had a couple of other opportunities but could not convert and the game went to seven-on-seven overtime.

Within the first three minutes, Tristan Keller ripped a shot in on a corner and Eastman was able to tip the ball into the net for the game-winner.

Laufenberg praised Keller’s work on the defensive side of the ball, noted Bolton was strong in the midfield and Campbell had a good defensive day at forward.

The Bobcats were slated to play at Lebanon on Sept. 12, but due to the lockdown situation at Dartmouth-Hitchcock, which is located just a few miles from Lebanon High School, that game was postponed until Sept. 22.

In addition to that game, the Bobcats will be at Kingswood at 6 p.m. on Wednesday, Sept. 27.

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

Bobcat soccer girls get first win of season

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — It was a busy week for the Plymouth girls’ soccer team and the Bobcats came away with their first win of the season as a reward for the hard work.

The Bobcats opened the week by hosting John Stark on Tuesday, Sept. 12, and played a scoreless first half until just a minute before the halftime whistle, when the Generals were able to get one in the net and took the 1-0 lead to the break.

The Bobcats struggled a bit more in the second half and conceded four goals as the Generals took the 5-0 win.

Coach Kyle Reed praised the play of Margaret Gocha, Emily Boyd and Ellie Barker

in the contest.

The girls played host to Lebanon on Friday, Sept. 15, and fought their way to a 1-0 win, the first victory of the season.

Both teams had chances throughout the game but neither team was able to convert for most of the game and the scoreboard remained knotted at zero heading to the final few minutes.

However, with 2:30 to go in the second half, freshman Jordan Levesque was able to take advantage of a late Plymouth surge of momentum and popped the game’s first goal into the net for the 1-0 lead and the Bobcats held on for the 1-0 win.

“Great play by all members of Plymouth’s squad to give (us) the

first victory of the season,” Reed stated.

The Bobcats were right back at it the next day, traveling to Goffstown for an unusual Saturday tilt. Plymouth held tight through the first half, conceding just one goal to the Grizzlies at the break, but with a limited bench, the Bobcats struggled to stay with the hosts in the second half and Goffstown added three more goals for the 4-0 win.

The Bobcats will be back in action hosting Kennett on Friday, Sept. 22, at 3:30 p.m. and will be hosting Coe-Brown on Monday, Sept. 25, at 4 p.m.

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

Chance

FROM PAGE B3

guess.

Finally, have a great day Vaughn Beckwith.

Joshua Spaulding

is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Couri-

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





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**LOOK TWICE
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Bears can't keep up with defending champs

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Coach Ray Kershaw wants to see improvement from his Newfound football team in each game.

After the first half of his team's game against Stevens on a hot and stick Saturday afternoon on Morrison Field, the second-year Bear coach was not seeing the improvement he was hoping for.

By the end of the game, though Stevens took the 50-24 win, Kershaw was happy to see the improvement he was looking for.

"You can see with this group, when they want to play, they can play," Kershaw said. "It's just trying to get them to stay consistently work had and not put heads down when something goes wrong.

"Every game we've been going in the right direction," Kershaw continued. "In this one, we went back in the first half but in the



JOSHUA SPAULDING
Cam Anderson looks for room to run again Stevens. He had two touchdowns for the Bears.

second we went forward again."

Stevens marched right down the field on the first drive of the game, keeping the ball on the ground and eating up yards chunks at a time. Shawn Huckins made a nice stop on defense to prevent a touchdown at the one-yard line, but one play later, the Cardinals were in the end zone with 8:41 to go. Tieller Mitchell stopped the two-point conversion and Stevens had the 6-0 lead.

The Bears went for

it on fourth and one on their next drive and got stopped, giving the Cardinals the ball back and they again took to the ground and six plays later took it in for a one-yard touchdown run. Mitchell again stopped the two-point conversion and the lead was 12-0 with 5:23 to go in the first quarter.

Brett Pigeon recovered a fumble on Newfound's first play from scrimmage of the next drive, but again, the Bears were stopped on fourth down and Ste-



JOSHUA SPAULDING
Shawn Huckins evades a Stevens tackler during action on Saturday. Huckins returned a kickoff for a touchdown in the loss.

vens took four plays to get to the end zone, with a 35-yard pass ending the drive. Mason Green stopped the two-point conversion and the score was 18-0 with 2:45 to go in the first quarter.

Newfound got good field position thanks to a Tyler Haskell kick return and Haskell had a long run negated by a penalty and the Bears had to punt the ball away. Green closed out the first quarter with a sack and the Bears came through with good defense to

open the second quarter. Cody McGee and Mason Dalphonse had a nice stops and Haskell had a sack before Mitchell came up with a stop on fourth and 12 to give the Bears the ball back.

The Bears were unable to generate any offense and punted away again. Stevens couldn't get the offense moving, with Rolando Sylvain getting a nice stop on third down and Newfound got the ball back. The Bears fumbled, however, and Stevens needed just two plays to get in the end zone with 4:26 to go and the two-point conversion made it 24-0.

Haskell caught a pass from McGee on third and 11, going 58 yards to the seven before going down with a shoulder injury. One play later, Cam Anderson rushed in for the touchdown and then carried the two-point conversion in and it was 26-8 with 2:40 to go in the half.

Stevens came right back and added a late touchdown for the 34-8 lead at halftime.

Out of the gate in the second half, an interception gave Stevens the ball back but a sack from Huckins forced a Cardinal punt. The Bears went three and out and Stevens was able to score on the next run, eventually going in from 13 yards out for the 42-8 lead with 3:46 to go in the quarter.

The Bears turned the ball over on downs and Stevens closed out

the third on a drive. However, on fourth and goal at the 12 early in the fourth, McGee had a big stop and Newfound got the ball back.

However, the first play resulted in a safety and it was 44-8 for the Cardinals. The visitors couldn't take advantage of the ensuing free kick and Newfound got a 55-yard touchdown run from Anderson on the second play of the next drive after AJ Muse picked up 25 yards on the first play of the drive. Anderson also carried in the two-point conversion to make it 44-16.

Stevens got another touchdown but Oceanne Skoog came up with the stop on the two-point conversion. On the ensuing kickoff, Huckins raced 65 yards up the field for the touchdown, with Muse getting the two-point conversion to make it 50-24, which stood as the final score.

"They pulled themselves up and decided to play," Kershaw said of the second half. "We just need to get them to play all four quarters."

Kershaw noted that the team seemed to get a spark from Haskell having to leave the game with an injury.

"That lit a fire under them," the Bear coach said. "They can do it, as coaches we know that."

Kershaw said he's pleased with the improvement the team has shown as the season has rolled along, particularly given the high number of new kids.

"There's a lot of new kids," he said. "I knew it would be a slow process at the beginning, but every game we wanted to get better."

Newfound will be hosting its Homecoming game on Saturday, Sept. 23, against Kearsarge at 7 p.m.

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

Volleyball

FROM PAGE B1

by and another from Duquette allowed Prospect to push the lead to 12-6.

Newfound fought back, with Arya Prescott getting a good hit and Fairbank added an ace to cut the lead to 12-10. Nice placement from Holiday allowed the Timber Wolves to stay in the lead but Newfound came back and tied the game at 13. A good tip from Dukette and an ace from Mackenzie Davis got the Bears back on top. Duquette had a good block for the Timber Wolves to keep them in it but Basford and Dukette teamed up on a nice play for the Bears to keep them ahead.

Dukette added an ace and Fairbank had a good save of a ball seemingly heading out of play as Newfound stayed in the lead. Bureau and Duquette had hits for

the Timber Wolves but Fairbank and Maura Geldermann came back by finding perfect spots for the Bears to open the lead. Dukette finished off the 25-19 win with a huge kill and Newfound was up 2-0.

Newfound got out to a 2-0 lead in the second game, with Stafford getting a nice block and that lead grew to 3-1 and 4-2 before Ingoldsby pulled Prospect even with a good hit and a service ace. Basford and Fairbank combined on a nice play for the Bears and Prescott also had a hit by Gabriela d'Empaire-Poirier and Tiffany White came through with big plays for the Timber Wolves to put them up 7-6.

The teams went back and forth, with Ingoldsby getting a hit and Holiday adding a service ace to put the hosts up 10-7 but Newfound came back and tied the game at 10 on a Dukette kill. A couple of good volleys kept the teams going

back and forth, tying at 11, 13 and 14 before pulling ahead by two. A good tip from Duquette cut the lead to one, but Dukette ripped a shot down the line and Fairbank had an ace to open up a 24-16 lead for the Bears and they finished off the 25-17 win.

"Attitude had a lot to do with it," Fairbank said. "They go out there with a pretty positive attitude.

"It's nice to have a couple of girls we can rely on and others can step up," the Bear coach continued. "There's a sense of relief."

She noted that she had three blockers who can all be effective at any time and the same goes for the back row players, who rotate in and out to keep everyone effective.

She also noted that having a freshman (Bailey Fairbank) on the team helps to keep things a bit looser as well.

"The good thing

about this group is they aren't down," Christy said. "They're ready to come in tomorrow and work on things.

"I'm confident we'll build on this, it's just a bump in the road," the Timber Wolf coach added. "It was the first home game, they wanted to impress and put a little too much pressure on themselves to be perfect.

"I know we're better than this," Christy added.

The Timber Wolves dropped a 3-2 decision to Nute on Sept. 13.

Newfound returns to action on Monday, Sept. 25, at home against Mascoma and will be hosting Franklin on Wednesday, Sept. 27, both at 6:15 p.m.

The Timber Wolves will be hosting Hillsboro-Deering on Fridays, Sept. 22 and Trinity on Monday, Sept. 25, both at 6 p.m.

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What's Happening at Plymouth State University

SEPTEMBER 22-24



2017 Homecoming & Family Celebration and Reunion Weekend

Sept 22-24

Visit PSU for a weekend of great events! Whether you're coming back to campus or it's your first time visiting, there's plenty of fun to go around. Theater, soccer, dance, field hockey, harvest festival, tailgating, volleyball, tennis, an art exhibition, reunions, a golf tournament, a motorcycle group ride, and oh yes—football!

Many events are free, and community members and friends of PSU are welcome to attend! Find out more about all the weekend events and register at plymouth.edu/homecoming.



See further up here.