

Fundraiser celebrates former Alexandria resident’s love for animals



Donna Rhodes

Nine-year-old Joseph enjoyed spending time with some adorable miniature goats during an Old Fashioned Animal Fair in Alexandria last Sunday that benefitted the family of Sandy Blais who passed away in mid-September.

BY DONNA RHODES
Contributing Writer

ALEXANDRIA – A special fundraiser for Sandy Blais took place at the Alexandria Town Hall last Sunday to celebrate her life and love for animals as friends and neighbors sought donations to help her family and beloved animals that are now left dealing with her loss.

Blais lost a brief fight with cancer on Sept. 14 of this year at the age of 63. In those years, however, she made a lasting impression on her community where she was well

known for her crafts, baking and willingness to always help others. While living in Alexandria she was employed at Parkhurst Hardware in Bristol, drove a school bus for Newfound Area School District for 17 years, and was known for her work at Bristol Veterinary Hospital. Her biggest love in life though was her family and the animals she rescued at Misfit Farm.

Wishing to assist her family and their farm in sad and troubling times, friends Jennifer Tuthill, Marla Walls and others decided to acknowledge that love by holding an

Old Fashioned Animal Fair to benefit those she left behind.

“Sandy was my best friend,” said Walls, “and we all felt we needed to do something. She loved animals so much that Jenny and I came up with the idea to hold an animal fair.”

Adorable ducks, chickens, rabbits, miniature goats, donkeys and a couple of beautiful ponies were stationed around the town hall last Sunday where people of all ages were able to spend some time getting to know them all.

SEE ANIMALS PAGE A7

Plans for “Keep the Heat On” fundraiser underway

PLYMOUTH — Plans for the annual fundraising event to “Keep the Heat On” (KTHO), a well-known financial home heating fuel assistance program of the Plymouth Area Community Closet (PACC) are well underway. The popular auction and raffle event will be hosted and live streamed from the Squam Lakes Science Center in Holderness on a soon to be determined January 2022 date.

The KTHO committee organizes this annual appeal for donations on behalf of the Plymouth

Area Community Closet (PACC) in their mission to assist our region’s needy families. Residents eligible for support are those living in one of the 15 communities served by the PACC. (Alexandria, Ashland, Bridgewater, Ellsworth, Campton, Dorchester, Groton, Plymouth, Rumney, Hebron, Holderness, Waterville Valley, Thornton, Wentworth, and Warren).

The State of New Hampshire’s Fuel Assistance Program helps families some, but it does not include funds for

other essentials. With continually increasing costs for necessities like food, clothes and prescription drugs many PACC fuel assistance clients need additional aid. Consequently, KTHO donations are also authorized to benefit PACC’s other programs. Martha Richards, a seasoned member of the KTHO committee said that KTHO has raised and distributed over \$400,000.00 over the past 16 years. This funding enables PACC to sustain a robust home heating fuel assistance program

SEE KTHO PAGE A7

New Hampton Historical Society to host program on historic barns

NEW HAMPTON — The New Hampton Historical Society presents “The History of Agriculture as Told by Barns” Tuesday, Nov. 9 at 7 p.m. at the Gordon-Nash Library, 69 Main St., New Hampton

The evolution of barn architecture tells the story of New Hampshire agriculture. Barns changed from early English style, to Yankee style, to gambrel and then pole barns to accommodate the changing agriculture. Majestic barns represent Yankee ingenuity, hard work and skilled craftsmanship. Learn how barn styles evolved to meet

the needs of population growth and changes in society. This presentation will be a chronological walk through time, with photo illustrations of barns around the state that are examples of these eras of agricultural history.

“Barn Talk” will be presented by John Porter who was raised on a dairy farm in Lebanon, New Hampshire, graduated from UNH with a B.S. Degree in Animal Science and then went on to get a master’s degree in Animal Nutrition and Farm Management from Cornell University. He served as a Dairy Specialist for the

UNH Cooperative Extension from 1974 until his retirement in 2006, and currently operates his own consulting company, Farm Planning Services, LLC. He has edited, published and contributed to books on the NH Dairy Industry and the preservation of old barns.

The Historical Society thanks New Hampshire Humanities for providing our 2021-2022 Presenters and Programs.

Our programs are free and open to the public. Please note: Masks will be required at this indoor presentation.

Playoff battle of the Bears goes to Newfound

Newfound moves on to Division III semifinals

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Sunday’s Division III field hockey quarterfinal matchup between Newfound and Winnisquam pretty much had everything that you could want from a playoff field hockey battle.

The two squads of Bears went back and forth, with Newfound taking the two-goal lead in the first half, but the visitors scored in the third quarter to cut the lead to just one. Newfound held on to the end, scoring a late goal to secure the 3-1 win to advance to the Division III semifinals.

“It is supposed to be a battle,” said Newfound coach Kammi Williams. “I field like the first half we outplayed them, but in the third quarter they outplayed us. So, the

fourth quarter we went very defensive-minded with Lindsey (Lacasse) back on defense.”

“I have never been so impressed with this team,” said Winnisquam coach Samantha Magoon. “All five seniors gave it their all today. I couldn’t be more proud.”

The game started with some good chances from both teams, as Kelsey Rotonelli had a nice defensive stop for Winnisquam on a good bid from Savannah Bradley of Newfound and then Winnisquam’s Lexi Poole had a shot blocked at the other end. Bradley made another run in, but again it was Rotonelli there to make the defensive stop. Kaitlyn Carey also had a good defensive stop for the visitors, as Adeline Dolloff made a



Newfound’s Savannah Bradley and Winnisquam’s Lexi Poole battle for the ball in action Sunday.

SEE BATTLE PAGE A7

JOSHUA SPAULDING

Epic WWI drama ‘The Big Parade’ to be screened at Flying Monkey



Silent film megastar John Gilbert (center) crouches in a foxhole in “The Big Parade” (1925), the landmark World War I silent film blockbuster. The movie will be screened with live music on Wednesday, Nov. 10 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 Main St., Plymouth. Tickets \$10. For more info, call (603) 536-2551 or visit www.flyingmonkeynh.com.

PLYMOUTH — It was the ‘Saving Private Ryan’ of its time — a movie that showed audiences war as experienced by a front line soldier whose life is changed forever by the experience

of its time — a movie that showed audiences war as experienced by a front line soldier whose life is changed forever by the experience

It was “The Big Parade” (1925), a sprawling World War I epic and a box of-

“The Big Parade” will be screened one time only on Wednesday,

Nov. 10 at 6:30 p.m. General admission is \$10.

The show will feature live accompaniment by silent film musician Jeff Rapsis.

“The Big Parade,” released just a few years after World War I ended, was hailed by critics as

the first Hollywood film to depict the harsh reality of combat and its impact on troops. Its battle scenes were staged on a massive scale and still retain their ability to shock audiences.

The picture, based on the best-selling novel “What Price Glory?” follows the story of a young man (John Gilbert) who rebels against his privileged background by enlisting in the army just before the U.S. enters World War I.

He is shipped out to France, where he falls in love with a local French woman before being transferred to the front. There, he and his squadmates face the German war machine, where they must endure the ultimate tests of duty and honor in a battle they come to see as meaningless.

In addition to vivid war scenes, the film contains a famous dramatic sequence in which the French woman (Renée Adorée) realizes her love for the soldier, and

tries to find him to say goodbye as the massive convoy of troops pulls out for the front. Another celebrated sequence depicts the light-hearted first meeting of the soldier and the girl, in which he teaches her how to chew gum.

‘The Big Parade’ went on to become the top-grossing movie of the entire silent film era, earning \$6.4 million domestically and making director King Vidor into the Steven Spielberg of his day. It stood as MGM’s biggest single box office hit until the release of “Gone With the Wind” in 1939.

“We felt screening ‘The Big Parade’ was a suitable way to mark Veterans Day,” said Flying Monkey manager Brooks Bartlett. “World War I is now part of history, but this picture is from a time when it was foremost in people’s minds. What was then called ‘The Great War’ was the 9/11 of its day, and this film captures that intensity and allows us to experience it today.”

Rapsis will improvise a musical score to the film in real time. In creating accompaniment for the “The Big Parade” and other vintage classics, Rapsis tries to bridge the gap between silent film and modern audiences.

“Live music adds an element of energy to a silent film screening that’s really crucial to the experience,” Rapsis said. “‘The Big Parade’ is filled with great scenes that lend themselves well to music. It’s a real privilege to create a score to help this great picture come back to life,” Rapsis said.

MGM’s silent blockbuster “The Big Parade” will be shown with live music on Wednesday, Nov. 10 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 Main St., Plymouth.

Admission to the screening is \$10, general admission seating. For more info, call (603) 536-2551 or visit www.flyingmonkeynh.com. For more info on the music, visit www.jeffrapsis.com.

DOT officials unveil Ten-Year Plan

PLYMOUTH — State transportation officials explained the N.H. Ten-Year Transportation Plan to a nearly full house at town hall Monday afternoon, then taking input from the public at the end of the 90-minute session.

GACIT, or the Governor’s Advisory Commission on Intermodal Transportation, is holding a series of public hearings statewide to bring the citizenry up-to-date on where things stand transportation wise and what lies ahead. Chaired by District 1 Executive Councilor Joe Kenney, the session brought to town NH D.O.T. Commissioner Victoria Sheehan, Project

Director Peter Stamnas and others from that agency and the Lakes Region Planning Commission.

With Nov. 8 as the deadline for public comments, Stamnas noted that due to the impact of the COVID virus highway revenues were off substantially due to less driving. But New Hampshire’s federal allocation would be up by 28% to help with this. Of the state’s approximate 5,000 total miles of roads and highways, there are 118 “red-listed” bridges in need of work scheduled to be addressed over the next seven years.

Among projects having an impact locally are a proposed round-

about at the junction of Tenney Mt. Highway and Smith Bridge Road, upgrades along Route 25 out of Meredith east, and even the changing of I-93 and I-89 exit ramp signs to reflect actual mileage as opposed to sequential numbering.

The Lakes Region Planning Commission’s Susan Slack noted that \$51 million had been allocated to her 30 town territory.

Taking questions from the audience, state

Sen. Bob Guida of Warren questioned how electric car owners would be paying their share of maintaining the highways seeing as they were not paying the per-gallon state and federal gasoline taxes. Presently the state tax is 22 cents per gallon at the pump, the federal 18.

State Rep. Suzanne Smith referred to the left-turn lane off Tenney Mt. Highway at the covered bridge as “the suicide lane.”

Other speakers referred to the need for safer bicycle and pedestrian passage along busy state highways. In many instances the travel way for them outside the white line is only in inches. Some near collision situations are prompting towns to ask D.O.T. for safety audits.

And maintenance of roadside ditches, many of which have filled up through the years with no place for stormwater to go but

under the pavement. Recently repaved Rte. 175 was referenced.

Input from the Plymouth hearing, New Hampshire’s 17th, will be forwarded to Gov. Sununu’s office, back to regional planning commissions for priority ranking, then to the state legislature for enactment into the state’s revised Ten-Year Transportation Plan.

Squam Lakes Natural Science Center offers homeschool programs

HOLDERNESS — Squam Lakes Natural Science Center is pleased to announce homeschool program offerings running monthly from November through April. This year our monthly homeschool series will be a series of one-hour, in-person programs held outdoors, followed the next week by a 30-minute virtual wrap-up featuring a live animal.

Homeschool programs are on the first Thursday of the month at the Science Center from 10 to 11 a.m. The virtual live animal wrap-up program is held on the second Thursday of the month from 10 to 10:30 a.m. Homeschool programs require ad-

vance registration and payment.

The All About series for ages four to six is all about New Hampshire wildlife. Each monthly program considers a different group of living things through activities, hands-on experiences, and a meeting with a live animal. Monthly topics are:

- November: Hawks
- December: Porcupines
- January: Skunks
- February: Groundhogs
- March: Owls
- April: Turtles

The Get HAPI series for ages seven to 10 focuses on increasing understanding of the four

concepts of community ecology: Habitats, Adaptations, Populations, and Interrelationships (HAPI). Through activities and investigations, participants will explore the topics in-depth. Monthly topics are:

- November: Adaptations
- December: Nocturnal Animals and Their Adaptations
- January: Interrelationships
- February: Populations

March: Habitats
April: Ecosystems

Homeschool programs are \$9 per member child per monthly session and \$11 per non-member child per monthly session. An adult must be present with child, at no additional cost however; each additional adult will pay child fee. Register online at nhnature.org and view the Calendar of Events.

Newfound seeking coaches for winter season

BRISTOL — Newfound Area School District is looking to fill some coaching positions for the 2021-2022 school year.

At Newfound Regional High School, they are seeking at varsity girls’ skiing coach and at Newfound Memorial Middle School they are looking for coaches for middle school boys’ basketball, middle school girls’ basketball B team and middle school skiing.

If interested, please send a letter of intent, resume, and names and phone numbers of 3 references to Pierre Couture – Superintendent, Newfound Area School District, 20 North Main St., Bristol, NH 03222.

Questions should be directed to Alex Sobolov, Athletic Director at asobolov@sau4.org or 744-6006 x1507.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	23 Shelby Lane	Res-Mtl. Bldg.	\$269,933	Raymond & Joan Lafleur Fiscal Trust	Thomas M. and Deborah J. Fay
Alexandria	N/A (Lot 1)	N/A	\$725,000	Ari B. and Jessica S. Pollack	Newfound Paradise LLC
Alexandria	N/A	N/A	\$189,933	John R. and Lynette M. Irons	Thomas and Evy G. Hunt
Ashland	Peppercorn Road	N/A	\$520,000	Malcolm C. Thomas	Andrew Markarian
Ashland	283 River St., Unit 45	Deeded Slip	\$58,000	Nhny Marina Development LLC	GSP Fiscal Trust and Graham A. Pogue
Bristol	Jenness Hill Road	N/A	\$55,000	Eric S. and Beverly L. Spurrier	Sean P. Cunningham and Katelyn A. Newell
Bristol	121 Lakeside Rd., Unit 121	Condominium	\$160,000	Robert Admirand and Gary S. Daniels	Robert Admirand
Bristol	NH Route 3A	N/A	\$225,000	Paul and Garlyn E. Manganiello	Bickford LT and Troy D. Bickford
Campton	Bent Pine Drive (Lot)	Residential Open Land	\$125,000	Cecile M. Roberti	Kevin and Suzanne Rankins
Campton	38 Canoe Run Rd.	Single-Family Residence	\$395,000	Desa C. Facey	Glen Morrison and Marie Frazzitta
Campton	Hogback Road (Lot)	Residential Open Land	\$45,000	James Holland	Scott P. and Lisa K. Foisy
Campton	8 Loft Circle	Single-Family Residence	\$610,000	Caroline Pomeroy	John J. and Christine M. Dunleavy
Campton	72 Susie Driscoll Rd.	Single-Family Residence	\$137,066	Bruce R. Burt	Paul G. Stutzman
Campton	N/A	N/A	\$29,000	Thomas F. and Maureen R. Crowley	Shawn and Monica Wiitala
Dorchester	Route 118	N/A	\$299,000	William E. Russell Fiscal Trust	Jurgilewicz Fiscal Trust and Robert P. Jurgilewicz
Groton	32 Jewell Hill Rd.	Single-Family Residence	\$350,000	Cindy Gliottone	Felix and Susan Cowey
Groton	N. Groton Road	N/A	\$126,600	Green Acre Woodlands Inc.	Elliot Eichen 2012 RET
Groton	N/A (Lot 8)	N/A	\$160,000	Lisa M. and Harrison VanAken	Nek Property Purchase LLC
Groton	N/A (Lot 4)	N/A	\$1,100,000	JH Treehouse LLC	Lucid Forest LLC
Hebron	62 Giovanna Rd.	N/A	\$205,000	Nek Property Purchase LLC	Ivy I. Storey and Andrew R. Serrano
Hebron	67 Groton Rd.	Single-Family Residence	\$200,000	Braley Fiscal Trust and Judy M. Rodgers	Diane M. Michalski
Holderness	Pleasant Place Drive	N/A	\$90,000	West Street Development LLC	Gregory S. and Joleen Y. Welford
Holderness	N/A (Lot 1)	N/A	\$90,000	West Street Development LLC	Jacqueline Hazel
Holderness	N/A (Lot 2a)	N/A	\$275,000	Carol D. Smith and Gary L. Johonnett	Robert E. Tadgell and Richard E. Pumfrey
New Hampton	45 Birch Way	Single-Family Residence	\$395,000	R. & Lillian Baier 2017 Trust	Matthew J. Lynch and Suki Brown
New Hampton	N/A (Lot 24)	N/A	\$415,000	John P. and Lucille S. Morrison	Chad Deluca
Plymouth	37 Binks Hill Rd.	Single-Family Residence	\$265,533	Edna C. Miller	Stacey H. Milanovick and Joshua Harding
Plymouth	37 Chiasson Rd.	Single-Family Residence	\$415,000	Jean Poulin	Brian S. Breault and Maria A. Lindner
Plymouth	250 Mayhew Turnpike	Single-Family Residence	\$235,000	Jody P. Yeaton	Tyler G. Haskell
Plymouth	70 Stinson Rd.	Single-Family Residence	\$685,000	Barnard Road 2012 RT and Claude S. Tsai	Andrew J. and Ann S. Petrou
Thornton	Mill Brook Road Ext.	N/A	\$110,000	George D. Wadsworth	Tyler D. Forbes
Thornton	Waterthorn Road, Lot 23	Residential Open Land	\$25,000	Bowman Reid RET and Lisa A. Bowman	Spencer Parish
Thornton	N/A (Lot K33)	N/A	\$34,000	Roger C. and Christine A. Wass	David M. Balsamo RET
Warren	12 Old Glen Cliff Rd.	Single-Family Residence	\$70,000	Mason Fiscal Trust and Bruce A. Mason	Lisa Mason
Waterville Valley	Windsor Hill Condo Unit 8 Condominium		\$125,000	Ellen G. English	David A. Fafel

ABOUT THE REAL REPORT

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

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

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

Paul D. Norman, 62

GROTON- Paul Douglas Norman, of Smith Road, passed away at Concord Hospital on October 11, 2021, at the age of 62, after a long period of declining health.

Paul was born on December 31, 1958 in Boston, Massachusetts to Ernest F. and Alice Mae (Stevens) Norman. He spent most of his childhood living and going to school in Somerville, Massachusetts, but enjoyed most his summers at the family camp in Groton where he relished being in the outdoors. There he developed a passion for fishing and hunting which lasted throughout his lifetime. In 1975, his family moved to Groton permanently and he finished his high school education at Newfound Memorial High School.

As a young man, Paul held a number of jobs including working as a crew member on boats ferrying supplies to oil rigs on the Gulf Coast. After that, he returned to Groton and eventually made his home in the camp which had been his family's summer retreat. He can be remembered riding his motorcycle to Camp Wicosuta, where he worked for several years. Finally, he went to work at Freudenberg in Bristol, where he chose to work the night shift so that he could spend his days hunting and fishing. He loved working there and after



30 years retired from that employment only when his health prevented him from continuing.

Paul loved his family. Even though he did not have children of his own, he made every niece and nephew feel special. He was loyal to his friends and neighbors. He was apt to take care of others before he would take care of himself.

Paul leaves behind many trophies of his days hunting and fishing. He loved to tell stories about hunting deer and turkeys and catching fish, particularly through the ice. Surely his last days were filled with memories of hunt-

ing with his great uncle, Walter Stevens, and fishing with his best friend, Bruce Wakefield.

Paul was predeceased by his parents. He is survived by his sister, Dianne (Norman) Ljunggren of Groton; his brothers, Ernest J. Norman of Thailand; Brian S. Norman of Revere, Massachusetts; and David S. Norman of Groton; as well as many nieces and nephews.

A memorial gathering will be held in the lodge at Camp Wicosuta in Hebron, New Hampshire on Saturday October 30, 2021, from 11:30 to 2:30. Friends are encouraged to attend and share their memories of Paul.

In lieu of flowers, donations may be made to The Barry Conservation Camp by sending a check payable to the "Wildlife Heritage Foundation of NH" to New Hampshire Fish & Game, 54 Portsmouth Street, Concord, NH 03301. Please specify that the gift in Paul's memory is for "The Barry Camp Fund."

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CADY Corner

Adverse childhood experiences (ACEs): preventing early trauma to improve health

BY DEB NARO
Contributor

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.

Preventing ACEs can help children and adults thrive and potentially lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood, reduce serious behaviors such as substance misuse, and improve education and job potential. Together we can work to stop ACEs from being passed from one generation to the next.

Adverse Childhood Experiences impact lifelong health and wellness opportunities. They are common and the effects can add up over time. CDC research has shown that 61 percent of adults had at least one ACE and 16 percent had 4 or more types of ACEs. Females and several racial/ethnic minority groups were at greater risk for experiencing four or more ACEs. Many people do not realize that exposure to ACEs is associated with increased risk for health problems across the lifespan. According to the 2017 Behavioral Risk Factor Surveillance System (BRFSS), preventing ACEs could reduce health conditions including depression, heart disease and obesity.

What can healthcare providers do? Anticipate and recognize current risk for ACEs in children and history of ACEs in adults. Refer patients to effective services and connect adults to family-centered supports and treatment approaches that include substance misuse treatment and parenting interventions.

What can employers do? Adopt and support family-friendly policies, offer family leave flexible work schedules, and Recovery Friendly Workplace Initiatives that help to promote individual wellness by empowering workplaces to provide support for people recovering from substance use disorders.

What can States and communities do? Improve access to high-quality childcare by expanding eligibility, activities offered, and family involvement. Use effective social and economic supports that address financial hardship and other conditions that put families at risk for ACEs. Enhance connections to caring adults and increase parents' and youth skills to manage emotions and conflicts using approaches in schools and other settings.

What can everyone do? Recognize challenges that families face and offer support and encouragement to reduce stress. Support community programs through volunteerism and financial contributions and advocate for policies that provide safe and healthy conditions for all children and families.

Raising awareness about ACEs can help to change how people think about the causes of ACEs and who can help prevent them. Shift the focus from individual responsibility to community solutions. Together, we can reduce stigma around seeking help with parenting challenges or for substance misuse, depression, or suicidal thoughts. We are all part of the solution in promoting safe, stable, nurturing relationships and environments where children live, learn, and play.

If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

Bears of the Week

COURTESY

Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of Oct. 22 are Yanni Ntourntourekas and Jason Frekot. They have been recognized for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn, in Bridgewater for sponsoring this week's winners!



North Country Notebook

Notes in an old jar, hanging from a tree



By JOHN HARRIGAN
COLUMNIST

A while back, I was reminiscing with son Mike about an overnight trip into the woods we took when we lived on Route 2 just east of Jefferson. It was not your typical sleepover in the back yard, but instead involved two of the principal peaks north of the Presidentials, and took us navigating the woods by dead reckoning.

The peaks were Mount Starr King at 3,907 feet, and its neighbor Mount Waumbek at 4,006. Our house, far below, was the so-called "red school house," opposite the Cedric Phelps Road (it was never a schoolhouse so far as I could determine, but was indeed a sort of institutional red).

This was in the mid-'80s, when Mike was



COURTESY

Hiking right into cold weather is nothing new to many of New England's major peaks, as attested to by this fieldstone fireplace near the top of Mount Starr King. (Photo courtesy northeasthikes.com)

around 12. We bush-whacked up the southeastern slopes of Mount Starr King, named for the Rev. Thomas Starr King (1824-1864). The going got more difficult as we neared the summit, mainly because the ground-cover became mostly scrub spruce. This became head-high and then waist high, and ever-more intertwined and impenetrable, and now and then I grabbed Mike by the knees and pushed him through to where he could grab a

handhold.

++++

Many summits have histories of being cleared of low growth for the views they could afford, Mount Starr King's included, but that was decades ago, so we didn't tarry. Instead, we took a couple of side-trails to views of the Presidentials, and then headed for the summit of Waumbek, reached via an old path through old growth along the

backbone of a connecting spine.

Somewhere in my reading I remembered mention of an old message-jar supposedly hanging from a tree atop Waumbek, so we fanned out (difficult for a group of two) and soon found it. Inside were several notes from visitors over the years, and I added ours to the mix and returned the jar to its perch.

SEE **NOTEBOOK** PAGE A10

Letters to the Editor

Last call

To the Editor:
What is happening in the world today is a sleight of hand trick. Watch this hand while the other hand is doing the real mysterious work. In this hand, we have multiple battles and issues; school boards, lockdowns, masks, vaccines, mandates, lost jobs (because of the vaccine), supply chain, inflation, fuel prices, food prices, rents, climate change, Joe Biden, Donald Trump, Sununu, local town/city issues and the list goes on, while on the other hand, the Devil/Satan is destroying every human possible by keeping them away from knowing God/Jesus

(not knowing of Them, but intimately knowing Them), including our kids and he already has killed millions of our babies.

This is a warning, an alert, DEFCON 1 alarm, which is the grimmest that is being sent. If you think the issues mentioned above are bad, wait to you see what is coming. Actually, you don't want to see what is coming. I alerted my school board in the five minutes they give to speak, hopefully so they see the truth of what is really going on. You can do the same with your five minutes and the battles/issues you're dealing with. I have to

say this is one way to get God and Jesus back into our schools.

Make your decision now. Whose side you are on, God's or the world? Before Jesus comes back to rule this world, there will be people hunted down like wild animals, billions, not one, not two, billions will be dead, and countries destroyed because we have forgotten who really is in charge, God/Jesus.

If you really want to make a difference in this world, then choose God/Jesus now before it is too late. Save yourself, save others and start talking about salvation through Jesus. Every one one of us needs to ask Jesus for

forgiveness of sins now, don't wait. God sent His only son Jesus to redeem us from this sinful fallen world. God only asked one thing of us and that is to repent, turn back to Him through Jesus. Jesus died on a cross and spilled His blood out for you. He rose from the died, went back to Heaven to prepare a place for you and He is coming back to collect us who have faith and trust in God/Jesus and then deal with the people that are left behind.

John Sellers
Bristol

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Animals

FROM PAGE A1

“Please Pet” was a sign on one large outdoor rabbit pen and that bunny didn’t need to ask the boys and girls twice for some cuddling.

The miniature goats were a big hit with the crowd as well as everyone held their hands out offering the treats their owner provided, while Walls’ donkeys, Diva and Dante, melted a lot of hearts with their big eyes and gentle demeanor. Baby ducks and gleaming white chickens got their share of attention, too.

Stella and Stefmir, Tuthill’s ponies from Patten Brook Pony Rides in Alexandria had

children lining up for short rides around the fields though and the pair brought smiles to all who climbed aboard. Four-year-old Tobias of Worcester, Mass. was in the area visiting family last weekend and he was thrilled to take his first pony ride on Stella, a pretty golden palomino.

Inside the hall were tables lined with locally donated items for both a silent auction and a raffle. Gift cards to area business, crafts, art, fresh apples and canned goods, candles and more were all up for bid. Just outside the door an antique horse-drawn sled drew some generous bids as well.

Hannaford’s Market also donated hot dogs

and chips that sold for lunch, and Sandy’s long-time friends also pitched in with more food. Homemade baked beans were provided by Merry Ruggirello, while lots of delicious baked goods from Donna Duquette and popcorn courtesy of Alice Jenness lined yet another table.

“We appreciate all the help from the community. We’re also really thankful to the Select Board for the use of the town hall, and for the beautiful weather today,” said Tuthill. “We know that Sandy would be pleased as punch about this day; she would have enjoyed this so much, but we’re all here to enjoy it for her.”

Donation buckets

were in place in both the town hall and around the field and visitors to the event were generous in giving what they could to help neighbors in need. Tuthill said 100-percent of the money received through the fair will be turned over to the Blais family to aid in the care of Blais’ animals and whatever other needs they may have.

During the Old Fashioned Animal Fair held at the Alexandria Town Hall last Sunday afternoon, four-year-old Tobias was sitting tall in the saddle as Johann Lawrence led him on his first pony ride around the field aboard Stella from Patten Brook Farm.



Battle

FROM PAGE A1

run into the zone for the hosts.

Ella Macdonald had a shot go wide for Newfound and Poole sent a good ball up the other way, but the bid from Brayden Rose went wide of the net. Newfound’s Cassie Zick made a nice clear of a crossing pass by Rose and Emma Griffin had a shot deflected wide for the visitors.

Winnisquam had the game’s first corner, with Carey getting in close with a chance that Newfound keeper Ali Normandin stopped and Maggie Bednaz cleared away the rebound. Doll-off had a shot go wide at the other end of the field.

Newfound was able to get on the board with 3:23 to go in the first quarter, as Bednaz ripped a shot top shelf past Winnisquam keeper Becca Kulengosky on a penalty

corner and Newfund had the 1-0 lead.

Sophia Braun had a couple of good defensive clears for the Winnisquam girls while Griffin sent a ball up to Rose, only to have Newfound’s Mackenzie Jenkins turn the ball the other way. Poole sent a ball through the crease for the blue and white Bears and Newfound came back with a couple of corners as the first quarter ended, but they could not convert and the score was 1-0 for the hosts after one.

Newfound had the early chances in the second half, with Bradley making a run that Carey was able to stop and then Macdonald sent a nice crossing pass that just missed Bradley. Doll-off had a shot that was blocked by Braun.

The hosts had the first corner of the half and Zick got a shot that went

off a defender and toward the net, but Kulengosky was there to make the save. Dolloff made another run that Rotonelli was able to stop and Macdonald sent a crossing pass into the circle that Rotonelli cleared.

Newfound doubled the lead to 2-0 with 8:41 to go in the first half, as Douville had her shot blocked, but Dolloff was there to put the rebound in the net for the 2-0 lead. Rotonelli continued her strong defensive play, with a good stop on Dolloff and Zick had a shot that was stopped by Kulengosky. Carey made a nice run in for Winnisquam and Poole also had a shot, but Douville was there to block the bid.

Winnisquam had a couple of late corners in the second quarter, with Poole getting a shot that Normandin stopped and Carey had a shot that Bednaz was able to block



Newfound keeper Ali Normandin makes a save during playoff action Sunday afternoon.

and the game went to the half with Newfound up 2-1.

The third quarter started with Newfound getting a couple of corners, but Braun and Carey turned in good defensive stops to keep the hosts from upping their lead. Zick sent a nice ball in to Bradley that she put wide and Griffin made a run for the visitors, only to find the Newfound defense in the way. Zick had a shot that Kulengosky stopped and Doll-off found the rebound, but again the Winnisquam keeper was there to make the save.

Newfound continued with a couple more corners, with Douville ripping a shot toward the net, but Rotonelli was there to tip the ball out of the zone. At the other end, Poole had a shot that Normandin turned away.

Winnisquam came back with a couple of good corner chances, but the hosts were able to turn the bids away. However, with 4:47 to go in the third, Lily Auger sent a shot in on net and Maddie Eberhardt was at the post to tip the ball into the net, cutting Newfound’s lead to 2-1.

Auger had another bid for Winnisquam that was stopped and Carey and Jordan Boelig teamed up on a bid from the visitors that Jenkins was able to turn away. Winnisquam had a couple more corners in the final minutes of the third, but Zick and Bednaz had solid defen-

sive stops and the game went to the third with Newfound up 2-1.

The two teams exchanged corners early in the fourth quarter, but good defense from Carey and Zick helped their respective teams keep the ball out of the net. Griffin made a nice run up the field for the visitors but Bednaz cleared her crossing pass out of the circle. Dolloff had a long shot that deflected off a Winnisquam defender and almost went in the net, but it rang off the post. Zick and Macdonald teamed up on a chance as well, but Kulengosky held tight. Douville and Dolloff also teamed up for a chance.

The host Bears had three late corners and the third one resulted in a goal, as Douville ripped the shot from the top of the circle and into the net with 23 seconds to go to seal the 3-1 win.

“Between the third and fourth quarters, I told them, it’s not easy to win. Whoever told you it was easy to win, lied,” Williams said. “The Final Four is an honor; appreciate that, step up and play.

“Winnisquam is not going to roll over and die, they’re good players,” she said of her speech between quarters. “That’s the third time we played them, it’s hard to beat a team three times.”

“When it comes down to it, if you go out there with your heads held high, I couldn’t be more

pleased,” Magoon said. “If they show me that, plus good sportsmanship and in the end still have their heads up, I’m happy.

“They were really stepping it up in that third quarter,” the Winnisquam coach added. “But I’m happy for Newfound and wish them luck.”

Magoon noted that in her playing career at Winnisquam, Franklin was the big rival, but she said it feels like Newfound has kind of slid into that role the last few years.

“It’s always a good battle with them,” she said.

Newfound finished the regular season at 11-2-1 and Winnisquam finished at 10-3-1.

Newfound moves on to play top-ranked Hopkinton in the Division III semifinals, which take place today, Oct. 28, at 7 p.m. at Bill Ball Stadium in Exeter. Williams noted that New Hampton School was nice enough to let her team use the turf for practice on Monday and Wednesday as they prepare for the playoff game on turf.

“On turf, it’s a completely different game,” Williams said, noting her team could benefit from the artificial surface.

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



Cassie Zick fires the ball up the field in action against Winnisquam on Sunday.



Coach Kammi Williams has a huge hug for Maggie Bednaz after Sunday’s quarterfinal win.

KTHO

FROM PAGE A1

(oil, propane, wood, pellets) and expand support for the PACC Food Depot. PACC provides an average of 200 families per month assistance to obtain fresh meat, vegetables, and fruit through its Food Depot.

For many years, pro-

ceeds from ticket sales to a gala dinner and combined auction and raffle event generated the operating funds for KTHO. Last year, due to COVID pandemic restrictions the dinner party was cancelled. Instead, the KTHO committee created and sold tickets to its first “UnEvent,” a presentation

of the auction and raffle broadcast in real time over the Internet. Due to the persistent pandemic limitations, KTHO’s key 2022 fundraiser excludes a sizeable social gathering, but the “UnEvent” will once again be hosted from the Squam Lakes Science Center. Many local artisans, restaurants, and other businesses

are donating exclusive items for the auction and raffle. Tickets for the KTHO “UnEvent” will be on sale soon for \$45.00. Your purchased ticket automatically enters you into the raffle, and bids for auction items will be accepted online during the live web telecast. More detailed KTHO informa-

tion is coming soon, so watch this space!

The KTHO volunteer committee partners with the Plymouth Area Community Closet in their continued mission to aid our neighbors. Keep the Heat On—and the assistance it helps provide—is entirely non-partisan.

PACC is located at 5 South Main St., Plymouth. Fuel Assistance is available by phone on Tuesdays and Thursdays 9 a.m. to noon, tel 603-536-1101. The PACC Food Depot is open Tuesdays and Thursdays 8-10 a.m., tel. 603-536-9889.

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Breast Cancer awareness

How breast cancer treatments can affect the immune system



Treatment for breast cancer is highly effective. Five-year survival rates for breast cancer have increased dramatically in recent decades, and much of that success can be credited to cancer researchers and campaigns designed to inform women about the importance of screenings.

Breast cancer is highly treatable, but treatment typically leads to some unwanted side effects. According to Johns

Hopkins Medicine, women undergoing treatment for breast cancer may experience a host of side effects, including fatigue, pain, headaches, and dental issues. Cancer treatments, most notably chemotherapy, also can take a toll on women's immune systems.

Why does chemotherapy affect the immune system?

Cancer is caused by an uncontrolled division of abnormal cells in the body. According to Breastcancer.org, chemotherapy targets these abnormal cells, but also can affect fast-growing cells that are healthy and normal. So chemotherapy can damage cells throughout the body, including those in bone marrow. When bone marrow is damaged, it's less capable of producing sufficient red blood cells, white blood cells and platelets. Breastcancer.org notes that the body is more vulnerable to infection when it does not have enough white blood cells.

transplants, and even immunotherapy can affect the immune system. Surgery can overtax the immune system and compromise its ability to prevent infections and heal wounds caused by the procedure. Like chemotherapy, radiation therapy can damage healthy cells and lead to an increased risk of infection. And while immunotherapy is designed to boost the im-

Other treatments

Chemotherapy is not the only treatment that can affect breast cancer patients' immune systems. The Cancer Treatment Centers of America® notes that surgery, radiation, CAR T-cell therapy, stem cell

mun system by helping it recognize and attack cells more effectively, it also can lead to an overactive immune system that attacks healthy cells.

Cancer treatment is often highly effective. However, patients may need to work with their physicians to combat treatment side effects that can adversely affect their immune systems.

mun system by helping it recognize and attack cells more effectively, it also can lead to an overactive immune system that attacks healthy cells.

Cancer treatment is often highly effective. However, patients may need to work with their physicians to combat treatment side effects that can adversely affect their immune systems.

We support National Breast Cancer Awareness Month

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BRISTOL – The Newfound Lake Region Association invites you to join Watershed Steward Karen Candia for a Guided Hike along the Goose Pond Trail at 10 a.m. on Oct. 21. Participants will enjoy a roughly 1.8 mile hike along the perimeter of Goose Pond while learning more about beavers, a keystone species that is critical to the health of wetland ecosystems. Beavers and their dams prove beneficial to surrounding wildlife, however they also present challenges for humans in the area, and participants will learn more about the human-beaver conflict and how to coexist with beaver populations. Perhaps signs of beaver activity will be found as well!

This program is open to all ages, though children must be accompanied by an adult. Goose Pond Trail is a moderate hike, and participants should bring plenty of

water and appropriate attire, including water-proof shoes. Bug spray, sunscreen, and snacks are encouraged. Register and learn more at: NewfoundLake.org/events.

NLRA's Watershed Stewards are part of a regional AmeriCorps service program that increases NLRA's capacity to conserve and protect the Newfound watershed. Along with leading guided watershed exploration twice a month through October, they spend their service term maintaining conserva-

tion areas, connecting with the community, and collaborating with other local organizations. The Newfound Lake Region Association's mission is to protect Newfound Lake and its watershed. The Association - through education, programs and collaboration - promotes conservation and preservation of the region's natural, social, and economic resources. For more information about the NLRA, upcoming events, and this year's Watershed Stewards, please visit NewfoundLake.org.

Notebook

FROM PAGE A4

After a light lunch, I took a compass bearing on the headwaters of a little brook over the hump in the Kilkenny Basin, although I didn't really need it, having hunted the area often. But that's why they make maps and compasses. Best friend John Lanier was supposed to pick us up on the Kilkenny Loop Road at around noon the next day. We'd never live it down if we were late.

We made our bunks the old way, collecting fir balsam boughs soft on their ends with spring growth, and layering them so the softest parts of the boughs were uppermost, like shingles.

+++++

Making camp this way always reminds me of accounts about people who travelled through the primeval forests of the East in the late 1600s, with only what they could carry on their backs. These were the trappers, long-hunters, adventurers, and explorers. Ultimately, they supplied the information needed by the treaty-makers of wars between European rulers, who annexed and ceded huge parts of the New World like so many chessboard pawns.

The surveyors and map-makers were often commissioned by the nobility, who were granted lands in the colonies and beyond as the spoils of war. They could afford provisioners and camp-helpers, and established a series of base camps so they could hopscotch across the land, doing their meticulous work.

A Colonial surveying team was using rod and chain to detail what the Indians already carried (more or less) in their heads. Known today as First People, they described great swathes of lands in terms of watersheds--the lands drained by the Androscoggin,

Piscataqua, Merrimack, Ashuelot, and Connecticut rivers, for example. These lands, often vaguely described, were often "sold" by alleged chiefs or sub-chiefs--the supposed representatives of people who had no notion of private property, all lands being held in common.

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At some point early in my newspapering career, when I was mentally collecting material that would stay with me for life, somebody told me about the old habit that summit visitors had of leaving notes in bottles.

This, I think, was Casey Hodgdon of Gorham, a high-country forest ranger who as a side-job held surveying rods for famed mapmaker and mountaineer Brad Washburn. Casey carried a good deal of mountain legend and lore around in his head, and I was lucky to hike with him for many a mile.

Early travelers and, in a way, explorers were the advance scouts for successive waves of peak-baggers, who at least at first wanted to leave evidence that they had visited such places, so unusual were their destinations. The notes said, in essence, "Kilroy was here." Often, they contained an addendum or two, like directions to the nearest spring.

Either way, I've looked all around whenever I've reached some seldom-known summit in some seldom-known place, a summit once known to some and perhaps sought by many, but now overgrown by hardy, century-old spruce, with no evidence of anyone at all but a few notes in a jar, over there somewhere, swinging from a branch.

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



Taylor
Community

CAREER OPEN HOUSE

AT SUGAR HILL | WOLFEBORO

Saturday, October 30th, 10 am – 3pm

83 Rolling Wood Drive, Wolfeboro NH 03894



We are interviewing for the
following positions:
LNAs, LPNs and RNs,
Waitstaff, Dishwashers,
and a Recreation Coordinator.

Do you know Taylor Community?
Come meet our staff & supervisors.

Just for visiting you will be entered into a drawing
for one of four \$25 gift cards.

We will be serving complimentary hamburgers,
chips and drinks between 11:30 a.m. and 1:00 p.m.

For more information about the open house please contact our
Director of HR, Eliot Davis.

taylorcommunity.org

TEXT OR CALL 603-464-9851