



COURTESY
During a vicious storm that hit the state Sunday into Monday, the Pemigewasset River overflowed its banks, flooding fields, forests, homes and business in Thornton, Campton, Plymouth and other towns along its shoreline.



DONNA RHODES
Heavy rains turned the typically peaceful Fowler River in Alexandria into a raging force of nature that clogged large drainage pipes and tore away a large section of Fowler River Road.

Powerful storm batters Pemi-Baker and Newfound regions

BY DONNA RHODES
drhodes@salmonpress.news
REGION — A storm that began on Sunday evening and lasted through Monday

packed high winds and heavy rain that resulted in downed trees, power lines and damaging floodwaters, leading to evacuations and road

closures from Waterville to Warren and all points in between.
In Warren, the Baker

River became so engorged with water that it swept a home downstream and smashed it

against a bridge. The Rumney Fire Department had to close Main Street in their town as

water overflowed the banking and some of their fire/rescue equipment.
SEE **STORM**, PAGE A11

Lights On event introduces community to local after-school programs

BY DONNA RHODES
drhodes@salmonpress.news
BRISTOL — The Newfound Area School District, Project Promise, and the Tapply-Thompson Community Center invited families to join them last week for the National Lights On After School festivities at Newfound Regional Middle School, where children and their parents could explore their organizations and all they make available to children between the hours of 3-6 p.m.
“All over the nation there are lights on (on Oct. 26) to show the importance of keeping kids safe after school,” said Project Promise Director Susan Severans. “We’re very happy that families from all our schools are here to take part in this event tonight.”

ton Community School, Bridgewater-Hebron Elementary School and Danbury Elementary School. Teachers and students from Newfound Area School District pitched in to help make the event a success, too.
Rain this year once again restricted the celebration to an indoor event but that didn’t dampen the spirits of all who attended.
In the middle school gym there were multiple activities that kept everyone entertained. Many lined up for face painting, cookie decorating and the ever-popular Cake Walk.
Other crafts were creative bookmarks with NRHS art teacher Laura, and a paracord bracelet table, headed up by students.



JOE SOUZA
We are the champions
Newfound captains Kylee MacDonald, Kaylan Santamaria, Julianne Marchand and Hayleigh LeTourneau hold up the Division III championship plaque after beating Mascoma in the finals at Bedford High School Sunday afternoon. Due to the widespread power outages on Sunday and Monday, the full story on the game was not available as of deadline on Monday morning. The full story and more pictures will appear in next week’s edition. We apologize for the inconvenience.

Community flocks to downtown Bristol for Halloween fun

DONNA RHODES
drhodes@salmonpress.news
BRISTOL — Children of all ages, along

with many adults, got into the spirit of Halloween for the annual
SEE **HALLOWEEN**, PAGE A11

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DONNA RHODES
Krystal Sorrell’s trunk was one of more than a dozen stops around Danbury Elementary School’s parking lot when boys and girls enjoyed some holiday fun and picked up some candy along the way.

Danbury Elementary School hosts Trunk or Treat event

BY DONNA RHODES
drhodes@salmonpress.news
DANBURY — The

sun shone bright, but it was still a howling good time at Danbury

Elementary School when their tradition-
SEE **TRUNK OR TREAT**, PAGE A11




DONNA RHODES
Eleven-month-old Piper enjoyed her first Halloween with her twin sisters Paige and Mackenzie as well as her parents Michael and Shayna. The family now lives in Northfield, but made a special trip to Bristol to enjoy the holiday with grandparents Marie and Lawrence Boyce of Alexandria.

Halloween fun in Bristol

ALL PHOTOS BY DONNA RHODES





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Bristol's Erika Crooker competes for Miss Teen title

BRISTOL —Erika Crooker of Bristol was recently selected to participate in the 2017 Miss Teen pageant competition that will take place on Sunday, Nov. 26.

Crooker learned of her acceptance into this year's competition when the pageant announced their selections following interviewing in the local area. She submitted an application and took part in an interview session that was conducted by this year's Pageant Coordinator.

Crooker will be competing for her share of

thousands of dollars in prizes and specialty gifts that will be distributed to contestants. She will be competing in the Miss Teen division, one of four divisions that will have young ladies ages of seven through 20 competing in modeling routines, which include Casual Wear and Formal Wear. Most importantly, she will display her personality and interviewing skills while interviewing with this year's judging panel. Personality is the number one aspect that each contestant is judged on during all



phases of competition. If Crooker were to win

the title of Miss Teen, she would represent her community at the National Competition that will take place in Orlando, Fla. More than \$30,000.00 in prizes and awards will be presented at the National Competition while each winner enjoys this expense paid trip of five nights and six days in Orlando, Fla.

Community businesses, organizations, and private individuals will assist Crooker in participating in this year's competition by

becoming an official sponsor to her. Through sponsorship, each contestant receives all the necessary training, rehearsals, and financial support which will allow her to become a very confident and well-prepared contestant in this year's Pageant.

Any business, organization, or private individual who may be interested in becoming a sponsor to her may contact the Miss Teen pageant coordinator, at 1-877-910-4190.

Franklin VNA & Hospice

presents Caregiver Strain

Nov. 6 at Minot Sleeper Library

BRISTOL —Tobias Nyatsambo is no stranger to discussions of caregiver strain, as the force behind both the VNA's Hospice Volunteer program and the walk-in grief support group held at the Franklin VNA, he has seen first-hand how caregiving affects people.

"Caregiving helps us be in touch with our mortality and the resilience of a human body and spirit," he gently intones.

He recognizes what so many people struggle with. Caregiving is never only about the person being cared for, it's about the whole family, the whole caregiving unit, and finding resources and ways to provide the best care to that whole group can be challenging.

services and supports such as Medicare, Medicaid and Long Term supports and services, Veteran's services and supports, caregiver support and the Affordable Care Act, while the Franklin VNA & Hospice provides quality Home Health Care, Hospice and education to individuals and families in the community so individuals can reach their highest level of independence.

This multi-pronged approach has proved successful before and knowing how to access support groups, in home care and financial or resource assistance has proven to improve outcomes for caregivers and the ones they care for. With an estimate that by 2030, there will be nearly half a mil-

lion residents of New Hampshire over 65, the number of people who will need this kind of care is only expected to keep growing.

Barbara Norman-din, Executive Director at the Franklin VNA & Hospice, says, "This kind of in-home caregiving can be such an opportunity for families to come together, especially as people approach end of life and consider Hospice care, but they need to have the right support system so they don't get overwhelmed. They need to know we are there to help."

NANA and the Day Away Program will also be in attendance to discuss the parts that they play in their communities and what they can offer.



DONNA RHODES

Alexandria police pleased with results of Drug Take Back Day

Alexandria Police Chief Donald Sullivan and Administrative Assistant Becky Huntoon were stationed at the Alexandria Transfer Station last Saturday for National Drug Take Back Day. This year, the department also upped the ante a bit by not only collecting unused, expired and/or unwanted prescription drugs, but by seeking donations for local food pantries as cold weather and the holidays near. At the end of the day, they were pleased to announce that they were able to collect an entire large box of prescription medications, all of which will all be safely disposed of and won't end up in the wrong hands or the water systems through improper disposal. "Even more impressive was everyone's generosity in donating food, gift cards and money to help those less fortunate as we enter the winter season," the chief said on the department's Facebook page. "Finally a huge shout out to Becky Gallup Huntoon for coming up with the idea of combining the two events."

PSU awarded \$1.9 million federal grant to expand mental health services, fight opioid crisis

PLYMOUTH — Plymouth State University (PSU) announced earlier this week that it was recently awarded a \$1.9 million Federal Behavioral Health and Workforce Education Training Program grant to expand mental health services in New Hampshire and to fight the opioid crisis. The funding will support PSU's graduate programs in K-12 school psychology and school counseling, and clinical mental health counseling. This marks the third consecutive time since 2013 that PSU has received this grant, which is intended to grow the behavioral health workforce in rural and medically underserved areas.

"New Hampshire has a significant shortage of mental health professionals – the shortage of school psychologists is critical," said Cynthia Waltman, Ph.D., NCSPP, professor of counselor education and school psychology, Plymouth State University. "These shortfalls create gaps in prevention, early intervention, treatment and recovery support, especially in our most under-served communities and populations. Our program integrates graduate-level students

into New Hampshire schools, mental health centers and, in the fu-

ture, into correctional facilities, to gain prac-

SEE PSU GRANT, PAGE A11



COURTESY

Late bloomer in New Hampton

A volunteer foxglove is in bloom in garden of a New Hampton Garden Club member, confused by weather no doubt, but happily showing off its bells. On Nov. 7, there will be a program on the Eastern Coyote in New England by Chris Scheduler, representative for Project Coyote in New Hampshire and Vermont at the club's monthly meeting. This takes place at Gordon-Nash Library at 11 a.m., following the business meeting at 10 a.m. The public is invited to this event.



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Naloxone (NARCAN) distribution event scheduled in Lincoln

BY DEB NARO
Contributor

Do you know someone at risk for a drug overdose? Naloxone, more widely known as Narcan, can be a life-saving medication in the event of an overdose of heroin, fentanyl or prescription pain relievers. Naloxone is used in emergency situations to block the effects of opioids and reverse overdoses. Research has shown that with basic training, non-medical professionals, such as friends and family members, can administer Naloxone. With the passage of a state law in 2015, trained individuals are allowed to possess and administer Naloxone with immunity from civil, criminal, and professional liability to the prescriber, dispenser, and administrator of Naloxone.

Free emergency Naloxone kits will be distributed in Lincoln on Thursday, Nov. 9 at the Lincoln-Woodstock Community Center, 194 Pollard Rd., Lincoln. Starting time is 6 p.m. Individuals desiring a free Naloxone kit will be required to attend a brief training (Train-

ing takes about 15 minutes.) to review the intranasal naloxone process. No registration is necessary—the process is anonymous, and no questions will be asked. For more information, please call 348-4009.

Not a Substitute for Emergency Medical Care. When administering NARCAN® Nasal Spray, always be sure to call 911 right away, even if the person wakes up. Keep the patient under close watch. If breathing does not return to normal or if breathing difficulty resumes after two or three minutes, give an additional dose of NARCAN® Nasal Spray using a new device in the alternate nostril.

The Central New Hampshire Public Health Network and The Bridge Project are co-sponsoring this event as part of a statewide initiative. For help, seek emergency medical attention by calling 911, call the Poison Help line at 1-800-222-1222, or call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-HELP (4357).

PET of the Week Lucy



Lucy does not know she is a muted calico cat and should, by definition present an attitude of haughtiness and entitlement, rather, she is so glad to be cuddled by any humane, her purring demeanor wins over absolutely everyone!

We know Lucy is older, perhaps ten, but of course, a lady never divulges her age.

We know she was abandoned. We know she was desperately trying to survive away from the creature comforts she should never have been separated from. Lucy is so incredibly affectionate and likes to wrap herself around your shoulders, impersonating a warm,



fluffy scarf.

She seems indifferent to life at the shelter, other pets do not register disgruntlement or

ire. She truly could assimilate into any home, with one proviso, lots of laps, and cuddling, and cozy, comfy spaces with

a family that will not let her wander off.

Check www.nhhumane.org for more details.

Strategies for Living

When in doubt, then what?

BY LARRY SCOTT

Following Jesus' resurrection, Matthew, one of Jesus' disciples, tells us that "the eleven disciples went to ... the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted." Come again? After all they had experienced with Jesus, they doubted? In the words of John Ortberg, writing in Faith and Doubt, "This is an amazing picture. They have seen him, listened to him,

followed him, studied him, and seen him crucified and resurrected – and the last thing we read about them is "and some doubted." ... Then Jesus gives the disciples what is called the Great Commission. ... Jesus looks at these worshipping doubters and says: "You go! You doubters, go. You risk your lives for me. ... And you will find as you go that it is your own doubts that are healed." Disciples are not people who never doubt. They doubt and

worship. They doubt and serve. They doubt and help each other with their doubts (pages 176, 177)."

God, it seems, has called each of us to a life of faith and trust, and there is no other way. Like it or not, this is the way that it is. God is an Eternal Spirit -- Majestic, Sovereign, Transcendent -- and He has chosen most generally not to communicate to us through our material, human frame of reference.

But, as Ortberg has

pointed out, God has not left us without an intelligent, tangible, answer to our doubts, a solution that is provable to anyone with an open mind. His name is Jesus. I believe in God, in His benevolence, His care, and His overwhelming love – because Jesus did. Sure, it demands faith, but I have chosen to put my trust in Him rather than trust my own understanding. The perspectives that have been proposed by other

SEE **STRATEGIES**, PAGE A11

Newfound Landing

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Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food www.Ready.gov/blackouts



Letters to the Editor

Thank you for supporting Library fashion show

To the Editor:

The Friends of the Hebron Library would like to thank the many people who came out to support our Fashion Show on Oct. 23.

Put on by Nancy Spears of Imagine boutique in Bristol, a sell-out crowd gathered for an evening of

show and tell by her staff, with delicious food offerings and surrounded by tables beautifully decorated our first ever event of donations only admission was a huge success.

Thanks again!

Friends of the Hebron Library

Bridgewater Select Board refuses to enforce town rules

To the Editor:

The Bridgewater Planning Board is authorized to review and approve, deny, or approve with conditions Site Plans for many land-related activities. Examples include proposed new businesses, a change of use of an existing business, addition of a non-related business activity, and all proposed subdivision plans. However, the Planning Board does not have the authority to enforce its regulations. Rather, the Planning Board has the responsibility to notify the Select Board of any property not conforming to approved terms and conditions.

As with many other small towns, enforcement of planning-related regulations and conditions is the Select Boards' legal responsibility. The Select Board is legally empowered to enforce the terms and conditions of all projects approved by the Planning Board, all Zoning violations and any construction activities commenced without valid permits.

Over the past three years, the Bridgewater Planning Board has repeatedly informed the Select Board of compliance and enforcement issues. In July 2016, as requested by the Select Board, I submitted a report concerning four properties with outstanding compliance issues. To this date, a period of 15 months, the Select Board has done virtually nothing to address the problems.

Of the four issues, one is blatant and has continued for almost 15 years, yet could be easily resolved

through proper legal notification to cure. Another involves a business activity not presented to the Planning Board for approval, also easily resolved through a proper application to the Planning Board or a notice to cease the unauthorized activity. A third is complex and involves multiple issues but is resolvable through existing enforcement powers. The fourth involved failure to complete a building within the required time frame, since resolved by the sale of the property.

In addition to the problems above, the Planning Board approved an application for two three-bedroom condominium properties which were subsequently advertised for rent as five bedroom properties. A notice to cure from the Select Board would have resolved the situation immediately.

My question is, why won't the Bridgewater Select Board enforce the planning regulations approved by voters to protect the value and character of their Town? Since the Select Board has enforcement authority of Planning Board rulings and conditions, and they have shown a consistent unwillingness to do so, perhaps it is time to explain to the citizens of Bridgewater why they won't enforce regulations, or perhaps it's time for a change.

*Ken Weidman
Planning Board member
Bridgewater*

North Country Notebook

The rooftop deck and a load of logs mark one season’s march to the next

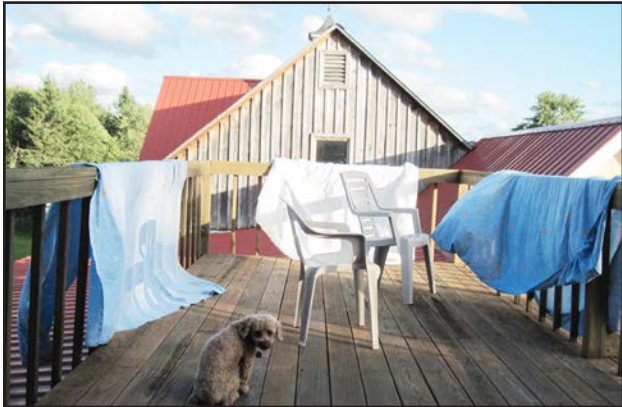


By JOHN HARRIGAN
COLUMNIST

I have a rooftop deck off my bedroom, the use of which will soon cease, on account of this thing called “winter.” It’s a great place to air bedding out, and to dry sheets if I don’t want to use clothes-line or dryer. It’s a great place to get a tan, too, but I never seem to have time, and the sun of summer is now long gone.

It’s also where I sometimes take visitors out after dark about this time of year, well bundled up, to lie flat for a few minutes and look up at the sky. If they are from more built-up areas of the country, as they often are, they are amazed at what they can see here and cannot see at home. Only the cold eventually drives them in.

It is, of course, total darkness, which you



JOHN HARRIGAN
I was airing out bedding on the deck one day, with a brisk breeze doing the work, and as usual Millie found a way to work herself into the frame.

can’t truly see unless you can escape all ambient light. Since I have no neighbors whose light reaches my house, all I have to do is turn off all of my household lights and step out with a flashlight.

The stars practically jump out at you, and the Milky Way is a multi-lane highway. Readers who live or have lived in northern Canada and Alaska will know what this means.

But with the deck, the old saying “Use it or lose it” surely applies. Soon, maybe next week, the door will be shut tight for the winter, and all buttoned up with plastic against the cold.

It takes round-wood, or un-split wood, at least twice as long to dry, so I try to have at least two or three log piles going in the barnyard, because one of the great benefits of having a big outdoor furnace is not having to split, and do all the handling that goes with it.

If I can stay a couple of years ahead on my log piles, I can drag a couple of trees up onto skids in front of the furnace door, cut them into three-foot sections and leave them where they rest, and not touch them again until I’m hooking them with a pulp-hook and throwing them in.

This is, I think, after



JOHN HARRIGAN
“X marks the spot,” as the two logs show, where Troy Lambert was unloading tree-length hardwoods for next year’s heating season, or maybe 1999.

all these years, the Holy Grail of wood handling, in terms of the number of times I have to touch each piece. But it only works if I stay well ahead on the logs.

+++++

I recently had to deal with a left elbow wound (meaning injury) the diameter of a pencil, in a hard place to heal, and received some major professional bandaging to give it a good start.

The problem was taking a shower. I live miles away from any help on this, and had to puzzle it out. Eventually I sealed it with a small plastic sleeve made out of a flimsy grocery-store plastic bag, and covered it with a heavier one made from a kitchen trash bag. All of this, of

course, I wrapped at either end with duct tape.

The other day it occurred to me that I could have just Googled “shower arm protection” or some such careful choice of words. One of my many failings is that I forget just how useful a computer can be, other than a tool for writing.

So the other day, elbow well on the mend, I Googled just that. And one of the first things that popped up was (you guessed it) plastic bags and duct tape.

(This column runs in a dozen 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.)

Philip J. Bedard, 91

ALEXANDRIA — Philip J. Bedard, 91, of Lynn Ave., died Sunday, Oct. 29, 2017, surrounded by loving family.

He was born in Claremont, one of 12 children of Phillip and Alberta (Lancot) Bedard. Philip left school early to help at home and on the family farm. He later went on to work as a master mechanic on automobiles and later as an industrial mechanic subcontracting with a number of the factories in Claremont.

Philip opened Bedard & Son in Bridgewater in 1987, and was known in the area for his construction work.

Philip and his wife Cecile spent their free time traveling with the Gemini 8 Square dance club and also enjoyed snowmobiling during the winter months. He was known to spend free

time doing woodworking projects. He was a communicant of Holy Trinity Parish and a member of the Knights of Columbus, 4th degree.

Family members include his wife of 72 years, Cecile (Lessard) Bedard of Alexandria; a son, Roger Bedard of Alexandria; three grandchildren, Jeffrey Tomaso, Mark Bedard, and Sheri Hanley; five great grandchildren; his sister, Rosealma Lihatsch of Concord; many nieces and nephews.

He was predeceased in 2013 by his daughter, Suzanne Colella.

Calling hours will be Friday, Nov. 3, from 9-11 a.m. at Our Lady of Grace Chapel of Holy Trinity Parish, 2 West Shore Rd., Bristol. A Mass of Christian Burial will be celebrated immediately following, at 11

a.m. In lieu of flowers, donations may be made in his memory to the Newfound Area Nursing Association (NANA), 214 Lake St., Bristol, NH 03222 or to Holy Trinity Parish, 47 Langdon St., Plymouth, NH 03222. Arrangements are under the direction of Emmons Funeral Home of Bristol.

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Edmond O. Briand, 83

BRISTOL — Edmond O. Briand, 83, died Sunday, Oct. 29, at Franklin Regional Hospital after a period of declining health.

He was born in Fall River, Mass., the son of Oscar and Eitennette (Jean) Briand. He left school to join the Army, serving during the Korean conflict and then returned to New Hampshire and joined the National Guard.

Edmond worked as a long haul truck driver, self employed some of the time and working for others as well. In 1972, he moved to the Hanoverton, OH, area where he lived until moving to Bristol in 2007.

Since his retirement, he found joy in “tinkering” with things, help-

ing his neighbors, and volunteering within the community.

Family members include two daughters, Sheryl Pelletier of Bristol and Rhonda Murphy of Columbiana, Ohio; two sons, Keith Briand of Wooster, Ohio and Jay Briand of Lisbon, Ohio; nine grandchildren and nine great grandchildren.

A memorial service will be held Friday, Nov. 3, 2017 at noon in the chapel at the New Hampshire State Veterans Cemetery in Boscawen. Rev. Andrew McLeod will officiate. In lieu of flowers, donations may be made in his memory to the Newfound Area Nursing Association (NANA), 214 Lake St., Bristol, NH 03222.

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Edward Jones: Financial Focus
Checklist for Helping You Choose a Financial Professional

For reasons likely to remain obscure, October 30 is Checklist Day. But while the origins of this observance may be a mystery, the value of checklists is clear: They help us organize our time and break large jobs into manageable steps. You can use a checklist for just about any significant endeavor – including the task of choosing a financial professional to help you achieve your important goals. Here’s what such a checklist might look like:

Find someone with the proper credentials. Make sure a prospective financial professional has the appropriate securities registrations.

Find someone who has worked with people like you. You’ll want to seek out a financial professional who has experience working with people in circumstances similar to yours – that is, people of your financial status and with essentially the same goals and attitudes toward investing.

Find someone who will communicate with you regularly. During the course of your relationship with a financial professional, you will have many questions: Are my investments performing as they should? Should I change my investment mix? Am I still on track to meet my long-term goals? Plus, you will have changes in your life – new children, new jobs, new activities – that will affect your financial picture and that need to be communicated to your financial professional. Consequently, you need to be sure that whomever you work with is easy to reach and will be in regular contact with you. Many financial professionals meet with their clients at least once a year to discuss the clients’ portfolios and recommend changes, as needed, and also make themselves available, through phone calls and email, for any questions or concerns their clients may have.

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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Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

What a crazy bunch of weather we have had! The weekend started off really well and decided to do the downhill slide, which is typical of New England. Ayuh, I'm still being bombarded with acorns, and leaves as well now from the old oak trees!

Town

Tuesday, Nov. 7, the Board of Selectmen meet at 6 p.m. in the Municipal Building.

Thursday, Nov. 9, Budget Committee meets with the Planning Board, Conservation Commission and other budget lines at 6 p.m. in the Municipal Building.

These meetings are open to the public unless otherwise noted.

Alexandria United Methodist Church

A Halloween Party was held on Oct. 28 for the Sunday School children, adults and friends, young and not so young. There were games, goodies and fun for all! Stories were told by a frightful witch, but she left in such a tear to get back to her cave, I was unable to get her name. Don't be wandering into the cave in the woods, because she guards it very carefully!

On Sunday, Oct. 29, AUMC held an Appreciation Sunday for the Alexandria Fire and Police Departments. The Sunday School Children sang songs of encouragement for our honored guests, and passed out special bookmarks to mark the occasion. Thank you, Liz Flanders, and helpers, for designing and putting the bookmarks together. The history of AVFD was read by Merry Ruggirello and history of the Police Department was shared by Martha Flanders. The offering of the day was split with half going to the AVF-FA and the other half to the charity of the Police Departments choice. After the service, a delicious array of goodies were served and great conversation to make the morning complete.

Hope you have all fared well through the rain, winds and flood-

ing. Be careful in your travels, wet leaves can be very slippery.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Last Sunday's rededication of the South Danbury Church was a wonderful community celebration of the 150th anniversary of the church. The group continues their mission of building and serving beloved community into for the next centennial and a half.

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Nov. 5. Conversation and refreshments will follow. All are welcome and invited to attend.

Blazing Star Grange

Blazing Star Grange will meet o Nov. 2 at the grange hall at 7:30 p.m. The group will hold a business meeting and work on the new year's schedule.

Danbury Winter Farmers' Market

The first market is on Saturday, Nov. 4 from 9 a.m.-1 p.m. There will be a hall full of vendors offering all locally grown and made items. More vendors have joined us—Nannies Canning Pantry (not January or March), Huckins Farm, Ewe and I Farm (not in December), Amy Debuc (November and December). Get a custom made breakfast sandwiche until about 10:30 at which time lunch will begin being served. At 1:15 p.m., the vendors will meet to discuss the third Saturday order only market. Customers will need to register at harvesttomarket.com. Huntoon Farm is already registered as a vendor. Huckins Farm from New Hampton will be on board soon to offer their cheese, yogurt and milk. Ordering items in advance will aid the customer to get the sizes and amounts of products their desire from their vendors as well as creating less waste for vendors which in the end reduces costs and helps businesses be more sustainable.

Questions, call Donna at 768-5579.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Community Breakfast

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

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

Frdiays from 6:30-8:30 p.m. at Mill #3 (39 Winter 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, ashlandcommunity-church.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)

On Monday, Oct. 16, a group from St. Mark's met in Sherrill Hall for a "meet & greet" coffee for the prospective new priest, Rev. Kelly Sundberg Seamon had a chance to talk with her, ask questions, etc. Holy Spirit had a similar coffee hour following so that that group could meet her as well. Many subjects were covered and questions asked and answered. She apparently is willing to make a commitment to spend several years as Priest of both congregations and also minister to Episcopalian students at Plymouth State University. She will be preaching soon at both services after which a decision will be made.

St. Mark's Ham & Bean supper is on Saturday, Nov. 11, 5 – 7 p.m. In addition to all the wonderful home-cooked food, Dick Marden's band will entertain. Prices are as follows: \$9 for adults, \$4 for kids, all Vets 1/2 price, ask for family price.

The Thanksgiving Service will be held at the Holderness Community Church. More details next week.

Greeters, coffee hour hosts, etc. still needed at St. Mark's. Please sign up at the back of the church or at Coffee Hour.

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 sjrhett@roadrunner.com or 536-6304. For more information on Day Away, visit our Web site at www.respite-forcaregiverdayaway.wordpress.com

Plymouth Knights of Columbus Auction

The Plymouth Knights of Columbus Council No. 10307 annual Auction will be held on Saturday, Nov. 18 beginning at 5 p.m. with a delicious spaghetti dinner. Through the gen-

erous donations from our local communities, the Knights have raised several thousand dollars each year to be used locally to help out those who are less fortunate.

Divorce Support Group

Surviving Divorce is a support group that meets on Mondays from 6 to 7:30 p.m. at St. Joseph Church in Lincoln. The program is free and refreshments are provided. You can attend as many sessions as you like.

Caregiver Strain Seminar

Newfound Area Churches (NAC) will be hosting a Caregiver Strain Seminar at the Minot Sleeper Library in Bristol on Monday, Nov. 6 from 2 - 3:30 p.m. Presenters will be Elizabeth Change and Tobias Nyatsambo, both of VNA Hospice Franklin. Information will be provided on the issue of caregiver strain and resources to identify and combat it. Sandra Coleman of Day Away and Pat Wentworth and Bill York of NANA will also share. Light refreshments will be available. For more information, please call 744-3885 or 1-570-269-2000.

Weekly Meetings Thursday, Nov. 2

Day Away, Simard Hall, 9 a.m. - 3 p.m.

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

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

Sunday, Nov. 4

Faith Formation Ashland: St. Agnes Hall, 9:15—10:45 a.m. Bristol: Simard Hall, 10:30 a.m. - noon Confirmation: Plymouth: St. Matthew Hall, 10:15 a.m.-12:30 p.m. (including Mass) No Bristol Confirmation

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

Restoration Church (Assemblies 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:

10:30 a.m. Morning Service

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 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.

Upcoming Events:

Wednesday Nov. 1: We will be having a time of prayer along with worship for the launch of Restoration Church Plymouth on Sunday, November 5. This service starts at 7 p.m

Sunday November 5: During our 10:30 service we officially launch as Restoration Church Plymouth. Come on out and see what the Lord is and will be doing.

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, 101 Fairground Rd., Plymouth, 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, Nov. 5

Nursery and Religious Education – 9:30 – 10:30 a.m.

Contact: Jane Clay, DRE

Service 9:30 – 10: 30 a.m. – KEEPING SAB-BATH

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

A Sabbath is the spiritual practice of stepping aside from the busyness of our lives. On this Sunday we'll explore the paradox of abundance that comes from deciding, for a time, that enough is enough.

Visit our Web site

www.starrkingfellowship.org
536-8908

Religious Education News - The religious education class in Room 2/3, known as Dumble-dore's Army, is fighting the Hunger Horcrux for the first two weeks of November. In Harry Potter's world, Horcruxes are the “bad things” that Harry and his friends had to fight in the stories. Throughout the stories (and movies), Voldemort is the character creating the various Horcruxes. The real-world Horcruxes are wrongs that need to be righted, thus being the social action piece of this curriculum. The class will be doing a food drive for donations to the local food pantry. They are learning about food insecurities and hunger in our country as well as some statistics for New Hampshire. There will be a trunk in the front of the sanctuary that wants to be fed with non-perishable foods, such as canned foods, SEE CHURCHES, PAGE A7

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

Obituaries can be sent to: obituaries@salmonpress.com

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

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

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding the submission process.

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NH Klaviertrio to perform at PSU

NH Klaviertrio will play piano trios by Dmitri Shostakovich, Robert Schumann, and Rick Sowash.

PLYMOUTH — The NH Klaviertrio will perform piano trios by Dmitri Shostakovich, Robert Schumann, and Rick Sowash at Plymouth State University (PSU) on Sunday, Nov. 12. The piano trio is

comprised of Bo ena O'Brien on violin, Gary Hodges on cello and Carleen Graff on piano. They will be playing each composer's second trio.

Bo ena O'Brien was trained at Tanglewood,

Boston University and was coached by Marylou Speaker Churchill of the Boston Symphony Orchestra. She holds a certificate for Suzuki pedagogy, Suzuki Book 1, and is in her 28th year of teach-

ing at Concord Community Music School, where she is string department chair. O'Brien has also taught at St. Paul's school for 20 years, String Class at PSU, Holderness Preparatory School and Kimball Union Academy.

Gary Hodges earned his Bachelor's and Master's degrees at UNH. In addition to the cello, Gary also plays the viola da gamba. He is involved with string music education, teaching violin, viola, cello and chamber music. He has taught strings at the Pine Hill

Waldorf School and directs the Philips Exeter Summer School Orchestra.

Carleen Graff is a distinguished professor at PSU where she teaches piano performance, class piano and piano pedagogy. Dr. Graff is the founder of the Contemporary Piano Festival, and the Piano Monster Festival camp, held on the PSU campus. A frequent adjudicator for competitions and evaluations throughout the United States and Canada, she has performed solo and chamber recitals in New England, the Mid-

West and Germany, and her students have received numerous awards for their performances and studies.

The NH Klaviertrio will perform at 4pm on Sunday, Nov. 12, in Smith Recital Hall in the Silver Center for the Arts at Plymouth State University, which is located at 114 Main St., Plymouth. All tickets are \$10 and can be purchased by calling 535-2787 or online at <https://www.plymouth.edu/silver-center/season-events/music-theatre-dance/nh-klaviertrio/>.

'How I Go from Here to There' is theme of Arts in Early Learning Conference

PreK-Grade 2 educators, care providers, librarians, parents invited

PLYMOUTH — "How I Go from Here to There" is the subject of a lively, participatory — and fun — Arts in Early Learning Conference on Saturday, Nov. 18, from 9 a.m. to 3 p.m. at Pease Public Library, 1 Russell St., Plymouth.

The conference is designed for early-childhood educators (pre-K to grade 2), librarians, teaching artists, pre-school and child-care administrators and care providers, as well as parents and grandparents.

First lessons in early education and play help young children learn about how things work in the world and about all the exciting ways kids move and travel — in their imaginations, with their bodies through space, as well as travel in cars, sleds, planes — and rockets! This conference introduces a rich array of arts activities and concepts that will help young children explore the many learning possibilities centered around this theme.

Through music, creative movement, creative drama and visual arts, participants will experience a wealth of activities and ideas they can use with children in classrooms, child-care settings, community sites and at home. Participants will take away sample lessons as well as many user-friendly ways to link the arts and learning. Conference participants

will be singing, dancing, painting and creating unique "vehicles" for travel and exploration.

The conference is part of the Arts in Early Learning collaboration between VSA New Hampshire and the Arts Alliance of Northern New Hampshire, which is supported in part by an operating grant from the New Hampshire State Council on the Arts.

Teaching artist presenter Deborah Stuart was the editor and contributing writer for Start with the Arts, is a folk musician who has worked with children for 40 years and is active around the country as a speaker, trainer and children's musician. She will be joined by Will Cabell, a professional puppe-

teer, actor, musician and educator, by dancer and movement educator Kelly Doremus Stuart and by theater artist Richard Moses.

"We do this conference each year on a different theme," said Arts Alliance director Frumie Selchen, "and I'm still amazed at how much fun the participants have, and how inspired they are by the day to use the arts in their own teaching or care providing settings."

Registration is \$35 for the first registrant from a school, library, or center, and \$30 for each additional registrant from the same site. Arts Alliance members pay a reduced rate, and partial scholarships are

available on request. Students are also welcome to register. The conference is approved by Child Licensing, and professional development credits are

offered. Particular attention will be given to meeting the needs of children with developmental and learning differences. Morning snacks will be provided. Participants are asked to bring a lunch.

Preregistration for the conference is required; register online at www.aannh.org. For additional information, contact the Arts Alliance at 323-7302, or email info@aannh.org. Additional conferences will be held around the state later this fall and in spring 2018.

Churches

FROM PAGE A6

boxed Macaroni and cheese, soups, Hamburger Helper, pasta and sauces, cereals, and more. It would be wonderful if the trunk couldn't hold everything at the end of the two weeks!

Brown Bag Lunch Bunch — Second and fourth Tuesdays from 9 a.m. — noon. Join us for fun, fellowship and learning as we tackle those little "to-do" projects around our fellowship home. Pack a lunch, roll up your sleeves and prepare to have a great time together! Contact Brian Haskins with any questions.

Time and Talent Inventory — What threads can you contribute to the fabric of our fellowship? Whether it be serving

on a committee, teaching RE, Sunday flowers or refreshments or just a one and done activity such as painting a wall or mowing the lawn. Fill out an inventory and see what opportunities await you. There are copies on the table in the foyer and soon you will be able to view it on the website. Please add your completed inventories to the basket. If you have any questions see Mary Crowell.

The next meeting of the Wise Women in Training is Wednesday, Nov. 8 from 10:30 a.m. to noon.

The Activities Committee encourages you to participate in the abundance of interesting events happening in the area. Please visit the Events Page on our Web site: www.starringfellowship.org for further details.

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Diabetic eye diseases

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Eye of the Beholder

Diabetes is something that affects many aging adults. In fact, the American Diabetes Association estimates that nearly 25 percent of Americans over the age of 60 have diabetes – with type 2 being the most common. If not managed carefully, diabetes can contribute to everything from heart and kidney disease to nerve damage. What many may not know, however, is that the health of the eyes can also take a significant hit from diabetes. Diabetic eye disease, to be specific, is often cited as the leading cause of blindness in adults from the age of 20 to 74.

Rather than being just one isolated condition, diabetic eye disease actual represents an entire group of eye diseases that can affect those with diabetes. This includes diabetic retinopathy, diabetic macular edema, cataracts, and glaucoma. Before diving into each of these, let's explore the way in which diabetes affects the eyes.

How Does Diabetes Affect the Eyes?

When blood sugar, or glucose, levels become too high, fluid levels in the eye change and can cause the lens to swell. For those who have diabetes and reg-

ularly manage blood sugar levels, vision can be blurred until levels are back to normal. If, however, levels remain high over time, a variety of problems can occur – usually involving the blood vessels in the back of the eyes which can become damaged.

Below are the eye diseases that can result from these unstable glucose levels.

Diabetic Eye Diseases

Diabetic retinopathy: Similar to the description above, this disease is caused by damage to tiny blood vessels in the retina, due to chronic high blood sugar. In the early stages of diabetic retinopathy (non-proliferative), blood vessels can bulge or leak into the retina. In later stages, the blood vessels will actually close off – forcing new, fragile vessels to grow onto the retina. Because these vessels are weak, they're more likely to break off and cause bleeding. The accompanying scar tissue can lead to retinal detachment, which can lead to permanent blindness. The bleeding then causes floating spots to appear in one's vision.

Diabetic Macular Edema (DME): The macula – the part of your retina that is essential for the vision involved with activi-

ties such as reading, writing, driving, and even recognizing faces – can become swollen from diabetes. This can then lead to the deterioration of one's sharp vision. In fact, DME is often cited as the most common cause of total vision loss for people with diabetes. It's also closely related to diabetic retinopathy, with about 50 percent of people with diabetic retinopathy developing DME. Blurred vision is the primary symptom of DME.

Cataracts: The lens of the eye allows us to focus in on what we're seeing. And as we age, the lens can gradually become clouded or fogged, indicating a cataract. These are quite common among older adults because of natural age-related factors, but for those with diabetes, cataracts can occur earlier and develop much more rapidly. Similar to DME, cataracts cause vision to become blurry or glared.

Glaucoma: Although technically considered a group of eye diseases, glaucoma represents damage made to the optic nerve (the primary connection between the eyes and the brain), caused by a gradual increase of normal fluid pressure in the eyes. Similar to cataracts, the risk of developing glaucoma increases the older we become – but having diabetes

makes the risk of glaucoma that much greater. Glaucoma symptoms can depend on the type, but generally include hazy vision, severe eye pain, or the appearance of bright lights or colors.

Detection & Treatment

If your aging loved one has diabetes and is beginning to experience vision problems, advise that he or she schedules a checkup. All of the aforementioned diabetic eye diseases can be detected by eye exams that check everything from tonometry (the pressure inside the eyes), visual acuity, and pupil dilation. These tests allow doctors to check changes in the lens, nerve tissue damage, and any alterations to the eyes blood vessels. If any of these diseases are detected, doctors will advise accordingly and may suggest treatment.

Treatment has become more sophisticated over the years, especially with the advent of Anti-VEGF Injection Therapy – used to treat DME specifically – and the National Eye Institute continues to bolster research efforts in refining detection/treatment approaches. Of course, our understanding of diabetes itself is also a vital factor. While the hope is that we will find a cure

for diabetes, a goal that the Diabetes Research Institute is actively working toward, it may be a long way off. In the interim, there are ways for seniors to reduce their overall risk of diabetic eye disease, as provided by the American Diabetes Association.

Risk Reduction

For those with type 1 diabetes:

Have a dilated eye exam by an ophthalmologist or optometrist within 3-5 years of diagnosis

Have an eye exam conducted annually, or more frequently, if possible

For those with type 2 diabetes:

Have a dilated eye exam by an ophthalmologist or optometrist soon after diagnosis

Have an eye exam conducted annually, or more frequently, if possible

General risk reduction tips for both parties:

Closely monitor blood sugar levels

Take diabetes medication as prescribed by a physician

Maintain a healthy weight

Monitor diet carefully, paying close attention to intake of fats and complex carbohydrates

Incorporate an exercise regime into your daily routine, with at least 30 minutes

of moderate activity (with physician approval)

Comfort Keepers® Can Help

At Comfort Keepers®, our caregivers can provide assistance with daily living and promote proper nutrition, conducive to diabetes management. Additionally, if his or her eyesight is poor, we can provide safe, dependable transportation to places in and around town – whether it's the grocery store, senior center, or doctor's office for a scheduled visit. Learn more about how Comfort Keepers can help your aging loved one by calling your local office today.

About Comfort Keepers


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

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RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	380 Bog Rd.	Multi-Family Residence	\$184,000	Rebekah E. and Yogesh K. Patel	Steven and Karen Swanson
Ashland	20 Circle Dr., Unit 46	Condominium	\$89,200	Thomas R. and Denise C. Anderson	Joanne M. Laferriere
Ashland	50 Highland St.	Single-Family Residence	\$110,000	John Moriarty	Thomas H. and Lori E. Smith
Bridgewater	56 Dick Brown Rd.	Single-Family Residence	\$149,900	Richard Fowler Estate	Elaina R. Putnam
Bristol	69 Akerman Rd.	Single-Family Residence	\$145,000	Zaccharia K. Lacasse and Crystal A. Borges	David C. and Kristinna C. Swain
Bristol	65 Lakewood Pines Rd., Unit 13	Condominium	\$116,533	Robert J. Macdonald	Nettie Luciano
Bristol	25 Red Fox Rd., Unit 8	Condominium	\$158,000	Mackenzie FT	Eric and Patricia Juntwait
Bristol	81 Wulamat Rd., Lot 97	Mobile Home	\$56,000	Stephen Schatz	Martin FT
Campton	509 Ellsworth Hill Rd.	Single-Family Residence	\$92,533	Julianne P. Patterston Trust	Mark A. Casale
Campton	500 Winterbrook Rd.	Single-Family Residence	\$168,000	Francis and Phyllis Kallus	Cheryl A. Bernard
Groton	18 Orchard Hill Lane	Single-Family Residence	\$47,266	USA VA	Benjamin A. and Amy M. Morse
Holderness	6 Coxboro Rd.	Single-Family Residence	\$225,000	Stephen W. and Donald M. Smith	Thomas P. McGee
New Hampton	68 Colony Lane	Single-Family Residence	\$111,000	US Bank NA	Michael F. Sharp RET
New Hampton	642 Dana Hill Rd.	Single-Family Residence	\$145,000	Nettie C. Luciano	Benjamin A. and Katelyn Smith
New Hampton	7 Shoreline Dr., Unit 7	Condominium	\$112,333	Ralph C. Merche	John J. and Janet McDonough
Plymouth	451 Daniel Webster Highway	Single-Family Residence	\$149,000	Kevin L. Pierce	Teresa and Jeffrey Zimmer
Plymouth	461 Main St.	Single-Family Residence	\$141,000	Crowley FT	Kathleen Corcoran
Plymouth	N/A	N/A	\$66,533	Stephen J. Curran	Matthew B. and Elizabeth F. Hinkley
Plymouth	N/A	N/A	\$53,533	Summit At Mount Fontenac	Matthew R. and Stacey Wills
Rumney	2685 Stinson Lake Rd.	Single-Family Residence	\$203,533	Richard Martin	Erin R. and Paul J. McCarthy
Thornton	129 Snowood Dr., Unit B2	Condominium	\$150,000	Geoffrey J. and Kathleen Langelier	Raymond and Donna Goyette
Thornton	N/A	N/A	\$55,000	Mountain River Development Association	Jonathan R. and Carla M. Demler
Waterville Valley	3 Innsbruck Way, Unit 55	Condominium	\$168,000	Samuel A. and Eileen M. Barrera	John P. and Deverie A. Barrera
Waterville Valley	35 Tyler Spring Way, Unit 42	Condominium	\$235,000	Paul M. and Candice A. Dimond	Brian E. Meckel

ABOUT THE REAL REPORT

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

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

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



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MARK ON THE MARKETS



BY MARK PATTERSON

Any time between the year 2000 and 2011 would have been a time when your clients would go along with a more "risk adverse" portfolio mix of investments. However, we are in that special time again that seems to erase 11 years of agonizing over our retirement accounts. I am now seeing people who are no longer earning an income or at least approaching retirement years who are in aggressive equity portfolios. Many in the last year or so have recovered from the 2008 2009 correction and are just seeing the retirement accounts ahead of where they were in 2007. Common scenario within these portfolios is that there are several equity mu-

Tough sell!

tual funds with different names but have a redundancy in their holdings and investment style.

Back in the 1950s, Markowitz and Sharpe developed "modern portfolio theory" that really advocates owning multiple low and non-correlated asset classes that mathematically reduce the risk, referred to as standard deviation, and over time provides better returns. Mutual funds with different names but redundant holdings are not multiple asset classes. Stocks (equities) in general are the same asset class but you can get proper diversification with in that asset class by using mutual or exchange traded funds that truly have different styles, capitalization size, regions or a host of other reasons why they are in fact diversified.

For example, diversification in the equity portion of your portfolio may have international stocks, domestic large-cap, domestic mid-cap,

domestic small-cap, emerging markets. Then you may have a commodity index, multiple sources of debt, maybe some real estate investment trust or otherwise known as REITs, potentially some natural resources like the energy sector, precious metals and so on and so on.

So, it really doesn't matter if we're in a bull market stocks like the last eight-plus years or in the middle of a flat to down bear market in stocks, if we are properly invested with the right mix of asset classes depending on your risk tolerance and needs a simple rebalancing every year or so should keep your investments heading in the right direction. I don't want you to think that you cannot have market risk even with a well-constructed portfolio, because you can sustain losses. With a well-constructed portfolio, your losses should not be as deep or long as if you were in the stock market or stock-based funds with no other di-

versification in your portfolio.

MHP asset management is an asset management firm whose purpose is to design investment portfolios, crafted with conviction and purpose. What I'm referring to when I state that we create portfolios with conviction and purpose means that we will not give you a "plug-and-play" portfolio based on your response to risk questionnaire, but we will extract the true purpose of this money we are managing on your behalf and design the portfolio so that it is fulfilling your family's needs. MHP asset management works for our clients as a fiduciary. My opinion, as I have stated numerous times, is that whomever is working with your money, must be working for you, not their broker-dealer.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.



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Storm

FROM PAGE A1

ment had to be staged on the opposite shore so they could respond to calls on either side of the raging river.

Plymouth and Holder-ness saw flooding along the banks of the Pemigewasset River, too. Officials were forced to close Exit 25 off Interstate 93 once again this year, as the river rose over the bank and flooded the busy Route 175A.

Upstream in Campton and Thornton, flooding from the Pemi also forced road closures and numerous evacuations and the water even made its way into places like the Covered Bridge Farm Table Restaurant beside Blair Bridge. On Tuesday, the business staged a massive clean up effort as the waters subsided. On their social media page they posted, “Thank you to everyone who gave a hand today...We will rebuild! Our main dining room and lounge will be open Friday at 4 p.m.”

Bristol saw some flood waters reaching two to three feet above West Shore Road near Wellington State Beach. Both Police Lt. Kris Bean and Bristol Fire Department’s Chief Ben LaRoache each toured the town early on Monday to look for any other damage but found nothing else other than a few downed trees and heavy debris on the roads. As rain and winds continued however, they and their departments kept a close eye on roadways and rivers throughout the day.

Neighboring Al-exandria did not fare anywhere near as well though.

“It looks like a war zone,” Road Agent Jeff

Cantara said Monday.

He and the police department encouraged people to stay off the roads as crews scrambled to respond to numerous calls for downed trees and power lines, flooding, countless washouts and even a mudslide.

As a result of the high water and washouts, Town Pound Road, Bog Road, Mt. Cardigan Road, Brook Road and Fowler River Road and were closed on Monday, leaving residents on Cardigan Mountain stranded in their homes. By Tuesday, water had receded on Town Pound Road but Bog Road remained flooded and the other roads received severe damage that will take some time to repair.

“We didn’t lose any bridges, but we did have large drainage pipes that got plugged with debris and that created large caverns in a few of the roads. This week, we’re just trying to get back to some sort of safe travel through the town,” said Cantara Tuesday afternoon.

Cantara said he hoped to have access to the outlying sections of the town complete by the end of the week though, if only as a temporary fix.

“In a perfect world, we could have this all done in three weeks of steady, hard work. We’re still assessing everything though and just trying to get some roads re-opened for now. After that, there are some questions on funding that we’ll still need to get answers to,” he said.

Gov. Chris Sununu toured the North Country after the storm so he could look into an application for federal disaster funding to help towns hit by the storm. The governor was also scheduled

to stop by Campton Elementary School to meet with residents who were forced to seek emergency shelter so he could learn what their needs and concerns were as well.

At the height of the storm more than 300,000 people across the state were without power and many still remained in the dark on Tuesday. Scores of utility companies from all over New England and Canada were working almost around the clock to repair the damaged poles and lines, but said it could be as late as Friday before power is fully restored in all communities.

As the cleanup and repairs continue, safety officials wished to pass on the following safety tips: Never drive through water that is completely covering the road, as you never know what is going on underneath the water’s surface and your vehicle could also be swept downstream in an unexpected water surge. Be cautious around downed trees because sometimes it could be hard to see if the tree has pulled down wires along the road, and always treat every power line as active, even if the power is out in the area. If safety cones are not already in the vicinity, please call 9-1-1 to report the incident with an exact location of the downed trees or power lines.

PSU Grant

FROM PAGE A3

tical experience, and at the same time assist practicing professionals who are stretched thin.”

Approximately 70 percent of the program’s students are from New Hampshire and most remain and practice in-state upon graduation.

The PSU program will focus its efforts on integrated prevention and clinical intervention and treatment for at-risk youth and adults and their families, with an emphasis on meeting the needs of those who are at risk for mental illness and substance use, and who are least likely to seek help. The grant will support collaboration with statewide health centers, schools, community mental health centers and law enforcement agencies to address the state’s mental health shortfalls and the opioid crisis, as well as outreach to the state’s prison and refugee populations.

“The purpose of this grant and the goals outlined by faculty mem-

Trunk or Treat

FROM PAGE A1

al Halloween Trunk or Treat festivities got underway last Saturday afternoon.

Lining the front of the school were more than a dozen vehicles whose trunks were decked out for the holiday with all types of decorations, from bats and goblins and cobwebs to pumpkins, skeletons and witches. Children were invited to stop by to admire the “ghoulish” features each owner created then grab some candy as they made their way around the parking lot.

“This is safe. We all live so far apart from one another here so it’s just a fun thing for the

kids to do where we can all get together,” said Trunk or Treat participant Krystal Sorrell.

Sponsored by the DES Parent Teacher Organization, there were numerous other fun activities for the boys and girls to enjoy that day, too, as they tested out their Halloween costumes or got to enjoy their “back up” costumes for the upcoming holiday.

Throughout the two-hour Trunk or Treat event, children were able to play games both outside and inside the school, like a Spooky Candy Toss, some Halloween bowling, Corn Hole and a Sensory Bin filled with added treats. There was a photo booth to memori-

alize the day and Dan-bury Fire and Police officials were on hand to join them in the festivities.

As if that wasn’t enough, the children were also invited to take part in a costume parade for prizes.

“This is something we’ve done for several years now and it’s a lot of fun,” said Jessica Adams, the DES PTO Vice President. “For the walk-around parade we handed out prizes for the most creative costume, the fanciest, the best family costume and the scariest, which had to be non-violent or gory. It went over very well and I think everyone had a great time.”

Halloween

FROM PAGE A1

downtown parade and trick or treat festivities in Bristol on Tuesday.

The Bristol Police Department kicked things off by leading a parade of holiday revelers down North Main Street to Central Square, then stood by to make sure everyone had a safe and enjoyable time as they roamed about the town for several activities.

All around the square, business owners greeted the cos-

tumed boys and girls, many in costumes themselves as they passed out candy and other treats. Bristol Fire Department also had a table out on the common where they gave everyone special glow sticks to keep them visible and safe throughout the night.

Tapply-Thompson Community Center’s Teen Council hosted a Haunted Basement again this year, which brought about many thrills and chills for those who dared enter. And as if that wasn’t enough frights for the

night, Union Lodge #77 of the Masons also had people lined up for their haunted Halloween adventure in the lower level of their building on Pleasant Street.

Staff members and Friends of Minot-Sleep-er Library had treats galore for all who made their way along the busy streets, as did this year’s Green-heart International Exchange Students from Newfound Regional High School.

“We celebrate a type of Halloween at home SEE HALLOWEEN, PAGE A12

Strategies

FROM PAGE A4

er’s who have suggested an approach that keeps God out of the picture don’t square with reality in my world.

None of us is able to live without faith and trust – in something. The fundamental issues of life – our origin, our purpose, our morality, and our destiny – all demand our attention. We can, of course, “bury our heads in the sand” and simply refuse to think. If that, however, is not an option, then we either place ultimate trust in our feelings or we look for someone else to follow – and let them do our thinking for us.

When life has challenged my faith, when doubts overwhelm me with unanswered questions, I hold steady.

To think of this as the only heaven I am ever going to know is simply not acceptable. I will not surrender to my instincts and exploit the physical to my own peril; neither will I accept a tomorrow that will not ultimately bring righteousness and justice. And even if I am totally wrong, my life is still testimony to the fact that ignorance with Jesus has led to a far better life than the wisdom to be found in anything society has to offer.

Faith and trust, they are a choice, and I have chosen to follow God. I am convinced that I won’t be disappointed, and my proof can be summarized in one name: Jesus!

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Lights On

FROM PAGE A1

dents from Newfound Regional High School.

Representatives of Bristol Police Department were also on hand in support of Lights On After School. K9 Officer Nick Kelley and his four-legged partner Arro stopped by to greet the families and Lt. Kristopher Bean made his way through the crowd to say hello to everyone and have some fun as well.

“This is a great program for the whole Newfound area,” said Bean. “I think it’s great for the kids and that’s why we brought Arro down tonight- so people could see him and see the police department in a positive manner.”

While Arro was a hit with everyone, this year’s next biggest attrac-



DONNA RHODES

Nine-year-old Meredith of Bristol was pleased with the book-mark she was able to create during the Project Promise and Tapply Thompson Community Center’s annual Lights On After School event last week.

tion was the Gaga Ball ring, an inflatable arena for an exciting new indoor game.

Eight-year-old Tucker of Danbury said it was fun but a bit challenging at the same time.

“It’s kind of hard when the big kids are in there but I got some tips from my sister. You have to hit the other players with the ball below their knee and then they’re out. Once I knew that it was good,”

he explained.

While there were many other rules involved, all who clamored into the inflatable ring for a round of Gaga Ball also agreed it was a whole of of fun.

As part of this year’s festivities, DJ Walter Wright also lent his musical talents to the Cake Walk while Tapply Thompson Community Center provided a free dinner of freshly grilled



DONNA RHODES

During the National Lights On After School celebration in Bristol, Gaga Ball, a new indoor sport introduced for the night by Tapply Thompson Community Center and Project Promise, proved to be a big hit with both boys and girls alike.

hot dogs, chips and drinks for all.

Severans said this is the 10th year of the Lights On After School event and once again numerous area businesses donated to the cause. Among

them were Hannafords, Dunkin Donuts, Moulton Farm, Subway and Cactus Jacks, to name just a few.

“A lot of businesses came out to make this all possible and we’re grate-

ful to them all for their support,” said Severans.

Melissa Moore is the Assistant Director of the Project Promise after school program for the Newfound Area School District and said this is the fifth year in which their program, serving the needs of local children, has been funded by a federal 21st Century Grant.

“We’ll be re-applying for the grant again this year and hope we can continue to provide programs to keep children safe while their parents are still at work during the after school hours,” Moore said.

Halloween

FROM PAGE A11

DONNA RHODES

(Right) Ten-year-old Whistler, who had a “bunch” of fun dressed up as a cluster of grapes, and her friendly giraffe pal Adeline were among the hundreds of people who took part in this year’s downtown Halloween celebration in Bristol.



(in China), but it’s not like this,” observed student Jason Liang as he handed out candy to the children in the square.

While roaming from store to store, boys and girls who registered for the Zombie Hunt kept a close eye out for



DONNA RHODES

Super Mario brothers Jonathan and Liam enjoyed trick or treating at all the businesses in downtown Bristol on Tuesday night.

five designated Zombies with illuminated swords as well. Once they gathered a signature from all five of those specific characters, they were able to put their registration card into the mix for special prize drawings before they headed out for more neighborhood tricks and treats.

Central Square was adorned once again this year with dozens of jack-o-lantern luminaries courtesy of the Downtown Decorating Committee, along with the many scarecrows lining the common, making it an extra festive fall night for all.



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Nutcracker Christmas Fair
St. André Bessette Parish

St. André Bessette Parish Hall

31 Gilford Avenue, Laconia

Friday, November 3, 2017 ~ 5-8 P.M.
Saturday, November 4, 2017 ~ 9 A.M.-2:30 P.M.

“Merry Christmas” Decorations

Crafters	Theme Baskets
Children’s Book Table	Baked Goods & Cookie Walk
Jewelry Room	Children’s Sugar Plum Place With Games, Prizes, Face Painting & Santa
Gifts-To-Go	J & M Café Opening at 11:00 A.M.
Raffle Table (Penny Sale)	
Baby Items!	

Fr. Marc’s Homemade Pork Pies

What’s Happening at
Plymouth State University

NOVEMBER-DECEMBER



Free Biometric Health Screenings

PSU Nursing, Health Education & Promotion, and Exercise Science students will be offering a series of biometric health screenings to the community free of charge during the months of November and December.

Students under the supervision of faculty, will conduct measurements (typically done as part of annual health assessments) such as heart rate, blood pressure, cholesterol, height and weight, and blood sugar levels. Health Education & Promotion and Exercise Science students will be on hand to offer coaching on exercise and healthy living habits.

TESTING DATES AND LOCATIONS

November 17: 8:30–11 a.m. and 1:30–4 p.m. at ALLWell North (PSU)

December 1: 8:30–11 a.m. at the Meredith Community Center, and 1:30–4 p.m. in the Bradford Room (PSU)

December 8: 8:30–11 a.m. at the Plymouth Senior Center, and 1:30–4 p.m. in Heritage Commons (PSU)

For more information call Barbara McCahan at 535-2578 or Sandra Van Gundy at 535-2105.

Newfound Landing Sports

Section **B**
Thursday,

Thursday, November 2, 2017

What's On Tap

Playoffs continue for the local high school seasons.

The cross country Meet of Champions will take place at Nashua South High School on Saturday, Nov. 4, with the girls at 2:30 p.m. and the boys at 3:20 p.m.

The Division II and III football playoffs will open on Saturday, Nov. 4, at the home of the higher seed at 1 p.m.

The Division II and III boys' soccer finals are scheduled for Saturday, Nov. 4, at Southern New Hampshire University, with Division III at 1:45 p.m. and Division II at 4 p.m.

For girls' soccer, the Division II semifinals are today, Nov. 2, at 4 and 6 p.m. The finals for both Division II and III are being held on Sunday, Nov. 5, with Division II at Bill Ball Stadium in Exeter at noon and Division III at Laconia High School at 2:15 p.m.

The unified soccer semifinals are today, Nov. 2, at the home of the higher seed at 3 p.m. and the championship is Sunday, Nov. 5, at Bill Ball Stadium in Exeter at 2:15 p.m.

The Division III volleyball finals are Friday, Nov. 3, at Plymouth State at 7 p.m. and the Division II volleyball finals are Saturday, Nov. 4, at Pinkerton Academy at 5 p.m.



JOE SOUZA

Champions

With the final score in the background, members of the Newfound field hockey show their faithful supporters who is number one in Division III moments after beating Mascoma at Bedford High School Sunday afternoon. Due to Sunday and Monday's widespread power outages, the complete story on this game was not available as of deadline on Monday morning. The story will appear in next week's edition. We apologize for the inconvenience.

Marchand sisters power Newfound to finals

BY JOSHUA SPAULDING

Sports Editor

EXETER — One of the hallmarks of coach Karri Peterson's Newfound field hockey teams is aggressiveness.

Going into the Division III semifinals on Thursday, Oct. 26, Gilford coach Dave Rogacki, knew his team would need to match that ag-

gressiveness to have a chance.

As it turns out, the Golden Eagles were not able to keep up with Newfound's intensity and the Bears walked off with the 5-1 win and a trip to the Division III finals.

"It feels amazing," said Peterson on her team's first trip to the fi-

nals since 2009. "I loved for it to be a statement for these girls. They came in hearing that they (Gilford) were the defending

SEE BEARS PAGE B6

JOSHUA SPAULDING
(Right) The Newfound field hockey team races across the field to celebrate with their fans following their semifinal win last week.



JOSHUA SPAULDING

Hayleigh LeTourneau corraling the ball during semifinal action on Saturday.



JOSHUA SPAULDING

Savanna Bony looks to move the ball up the field in semifinal action last Thursday.



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



Nick Comeau (603), Joe Montgomery (605) and James Shokal (607) run in Saturday's Division III State Meet.



Manon DeGreef turns the final corner of Saturday's race at Derryfield Park.

Newfound boys and girls run in Division III State Meet

BY JOSHUA SPAULDING

Sports Editor

MANCHESTER — Newfound cross country coach Mike LaPlume set a goal for his boys' team at Saturday's Division III State Meet.

With a young group of runners still learning what they are capable of, LaPlume wanted his Bears to be better than five other teams.

With a solid grouping across the board, the Bears exceeded that goal, finishing 17th overall amongst 27 scoring teams. Mascenic won the boys' title, with Kearsarge second.

“I couldn’t be more happy,” LaPlume said. “The future looks really bright.”

“The grouping looked good and they all ran slightly ahead of where I thought they would,” the Bear coach continued.

Longtime coach Earl Mills, who was LaPlume's coach in his high school years, was also in attendance to see the future of Newfoundland cross country take a big step forward.

"We have four sophomores, two freshmen and kids coming up,"



Freshman Hunter Coleman led the way for Newfound at the State Meet on Saturday.

LaPlume said. "That's what I'm excited about."

Freshman Hunter Coleman led the way for the Newfound boys, finishing in 92nd place overall in 20:18.

Sophomore Kyle Rosendahl finished in a time of 20:31 for 100th place overall and James Shokal was the third Bear runner, finishing in 20:49 for 110th place.

Sophomore Connor Springer was the fourth scorer in a time of 20:51 for 112th place and sophomore Nicholas Comeau

finished in 120th place in 21:19 to round out the scoring.

Joe Montgomery ran to 121st place in 21:20 and Ashlar Dotson rounded out the field of Bears with a time of 21:44 for 130th place.

Newfound only had two girls able to run on Saturday at Derryfield Park, with exchange student Manon DeGreef leading the way in 90th place in 25:45.

Sophia Pettit finished in 129th place in 29:32 as the second Bear runner.

LaPlume said he was happy to see the kids listen to the coaching advice and see their training pay off.

"They're all running with each other, competing with each other and pushing each other," the Bear coach noted. "And they listened to us today for the first half-mile,

The playoffs bring one really busy week

The playoffs are traditionally the time of year when things kind of slow down in the local sports world. Not all the local teams make the tournament, so the schedule slowly ramps down.

However, there are some issues when it comes to the playoffs and those issues show up every single year. The biggest issue is that so many games are scheduled on the same day, at the same time, making it almost impossible to see every team when they make the tournament.

The playoffs began with the field hockey tournament and with Kennett and Plymouth both playing on the same day, I had to make a choice. Since it was a Tuesday and I was on deadline, I chose to go to Plymouth since it was closer to the office. The tournament continued on that Friday and I had to again choose, this time between Kennett and Kingswood, since I'd already seen Plymouth. I made the trip to Hanover to see Kingswood and then returned to Wolfeboro to see the Kingswood football team's game with Pembroke.

The playoffs really took off this past week, beginning on Tuesday with the field hockey semifinals in Exeter, where the Kennett girls took on Windham, the

SPORTING CHANCE



By JOSHUA SPAULDING

first of two trips to Exeter on the week.

Wednesday came through with a number of games on the schedule, including the Plymouth soccer boys at Con-Val, Plymouth volleyball hosting a meet and the Prospect Mountain soccer girls hosting Stevens. Since I had Music Man rehearsal, I couldn't make the later game, but went to Alton to see the Timber Wolves in their first round game.

Thursday's rain added a wrinkle to the schedule, with Newfound unified at Lacombe and Newfound field hockey in the semifinals in Exeter. The Plymouth soccer girls were scheduled to be at Bow but that game was postponed, as was the Prospect Mountain boys' soccer game at Berlin, with both being moved to Friday. Newfound and Prospect Mountain both had volleyball playoff games on Thursday as well and since I had to be in Exeter for the field hockey semifinals, I stopped in Epping to see the first part of Prospect Mountain's game against the Blue Devils.

On Friday, I made the trip north to Ber-

together really well," LaPlume added.

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

lin to see the Prospect Mountain soccer boys win an exciting second round game in the final seconds of the game and then returned to Wolfboro for the Carroll County championship game between the Kennett and Kingswood football teams.

Saturday was another busy day, with a soccer game for Plymouth in Windham and volleyball games for Prospect Mountain (in Tilton), Plymouth (in Milford) and Newfound (in Farmington). However, the day started with the cross-country State Meets at Derryfield Park in Manchester, where I saw all five of the local teams competing. The Kingswood boys and Kennett's Kim Bowles advanced to the Meet of Champions with their top performances on the day. I then made the trip down 93 to Windham to see the Plymouth soccer boys and then across the state to Farmington to see Newfound earn its first berth in the semifinals with an upset win over Farmington before heading home.

All told, it was a busy week, but in the end, I saw most of my play-off teams and was able to get someone to take pictures or write stories about the games I missed. And because of Music Man going

SEE CHANCE PAGE B6

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Bears punch ticket to Final Four

Newfound upsets Farmington to earn semifinal bid

BY JOSHUA SPAULDING
Sports Editor

FARMINGTON — The Newfound volleyball team has been an up and down team all year.

But as the playoffs roll around, the team seems to be more on the ‘up’ side of things.

The Bears got the upset of fourth-seeded Farmington with a 3-1 win on Saturday night, earning the team’s first-ever semifinal berth.

“They were so focused today,” coach Amy Fairbank noted. “There was a lot of time with team bonding and practicing some things we hadn’t been good at.

“They collectively decided to come to play,” the Bear coach continued. “They all wanted it.”

The Bears got out to a quick start in the first game, with Bailey Fairbank coming through with a hit and Farmington got its first point of the game following a great volley that earned a loud roar from the crowd on both sides. The Tigers were able to take the 4-3 lead but a nice tip and block from Megan Stafford pulled the Bears even. Maura Geldermann also had a good block at the net and then had a hit as the Bears went out to an 8-5 lead. Stafford had an ace and the Bears were able to open the lead to 11-5.

Farmington was able to get a couple of points but couldn’t get closer than 12-9 before Ashlee Dukette came through with a bid hit. Mackenzie Davis added a pair of service aces and the Bears opened the lead to 17-9. A Stafford block and a Dukette hit helped the lead get out to 20-13 and Aryn Prescott had a good hit to help close out the 25-17 win and the 1-0 lead.

Farmington came out with the first three points of the second game before Dukette had a hit to get Newfound on the board. Dukette had a couple more kills and Geldermann added a nice hit but they Bears were unable to catch up, trailing 7-5.

The Tigers opened the lead to 10-5 before Dukette had a hit and also came back with a block, keeping Newfound in it at 14-9. However, Farmington got six points in a row to go up 20-9 before Newfound battled back a bit, led by a good play from Fairbank, finding an open spot on the court. Stafford came back with a block as the Bears cut the lead to 21-17. Fairbank and Prescott helped get the lead down to 23-19 but Farmington finished strong and got the 25-19 win to tie things up.

Dukette and Stafford had hits and Stafford



JOSHUA SPAULDING
The Newfound bench reacts as the final point goes in their favor in quarterfinal action on Saturday.



JOSHUA SPAULDING
Maura Geldermann reaches for a block in action against Farmington on Saturday.



RC GREENWOOD
Aryn Prescott goes up for a kill in action against Sunapee last week.

had a pair of blocks as Newfound got out to a 7-2 lead in the third game. Dukette also found an open spot on the court with a good push and then had a kill as the Bears held off a Farmington rally. Kasey Basford also had a hit as Newfound led 11-7. Danessa Duclos had a great return of a good Farmington hit and the Bears went up 14-10 before the Tigers closed the gap to 14-12. However, an ace from Stafford and a hit from Geldermann got Newfound back in control.

Farmington was

able to cut the lead to 22-20 but the Bears got three of the final four points to take the 25-21 win.

Behind good hits from Dukette and Fairbank, the Bears charged out of the gate in the fourth game, getting out to an 11-2 lead. Farmington tried to get back in it, cutting the lead to 13-9, but Dukette had a pair of big blocks and Davis had an ace as Newfound opened up the 17-9 lead.

Dukette then added a service ace and Basford also added an ace as Newfound closed

out the 25-16 win and the 3-1 victory.

“Everything I asked them to do, they did,” Fairbank said. “They committed to it 110 percent.

“We knew we had to be better offensively than they are,” the Bear coach continued, noting she wasn’t even upset when they lost the second game. “We were a high and low team, so a deficit doesn’t phase us, that’s not out of the ordinary for us.

She praised the work of her blockers, Dukette, Geldermann

and Stafford.

“The blocking was great for us tonight,” Fairbank stated. “They all went up and did something.”

Dukette finished with 14 kills and Fairbank added 11, while Stafford, Prescott and Geldermann all had four kills.

Newfound defeated Sunapee 3-1 in the first round of the tournament on Thursday, Oct. 26.

The Bears were in action in the Division III semifinals after deadline on Wednesday night against Inter-Lakes. The finals are Friday night at Plymouth State at 7 p.m.

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

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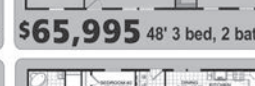

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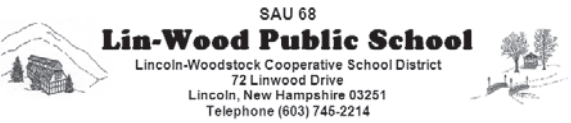
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NHTSA

Bears

FROM PAGE B1

state champs. I'm proud of what they did today." "We reacted so poorly to their aggressiveness," Rogacki said. "We'd make one aggressive move and then stop and they'd just have one after another."

"This game is not made to be standing in one place," the Gilford coach added.

Newfound had a couple of corners right out of the gate, with Jasmine Peterson getting in close and both teams got good defensive plays, while Newfound got another corner and Jillian Lachapelle came through with a strong defensive play for the Golden Eagles to keep things even.

Julianne Marchand had a nice centering pass for the Bears and Laurel Normandin was able to break up the pass. Kylee MacDonald followed that up with a ball in to Peterson, but the defense con-

tinued to step up for Gilford and kept the ball out of the net. Peterson also missed Caroline Marchand on a bid and also had a shot deflected.

Gilford keeper Jenna DeLucca made a save on a Newfound corner and then the defense stepped up to stop another corner. Savanna Bony had a run into the zone but Lachapelle stepped up to meet her and pushed the ball out of the zone. Lachapelle continued to step up with good defense and Gilford was able to turn that into a couple of chances, with Julie Auld making a good run down the side that led to a corner, which went wide.

The Bears got on the board with 12:46 to go in the half, as Julianne Marchand got in alone and poked the ball through DeLucca and then ran around the Gilford keeper and poked the ball in for the 1-0 lead.

Just more than a minute later, the Marchand sisters teamed up, with

Julianne Marchand getting credit for the goal on an assist from Caroline Marchand with 11:11 to go.

The Golden Eagles got on the board just two minutes later, as Laurel Gingrich made a run into the zone and got the Gilford crowd back into it, cutting the lead to 2-1.

The Bears didn't back down and less than a minute later, they earned a corner and Peterson sent a cross into the circle, where Julianne Marchand finished off her hat trick to make it 3-1.

Newfound had a few chances down the stretch of the first half, but Gilford came up strong on the defensive side of the ball to send the game to the half at 3-1.

The Golden Eagles had a couple of great chances early in the second half, with Nicole Berube getting a good look. On the ensuing corner, Peterson, Bony and Mackenzie Ryan teamed

up for the bears to keep the ball out of the net. Kolbi Plante and Lachapelle continued with the strong defensive play.

With 15:15 to go in the game, Peterson made a nice cross into the zone and Caroline Marchand tipped it home for a 4-1 lead.

Then, just less than two minutes later, Caroline Marchand added her second goal of the game, finishing off her own rebound to make it 5-1. Both teams had corners down the stretch, with Bony coming up with nice defense for the Bears and Lachapelle doing the same for the Golden Eagles and the score finished off at 5-1 for the Bears.

"I said on the bus, I just wanted to score first," Peterson said. "I didn't want to have to play from behind."

"That was going to be key, not having to play from behind," Peterson continued. "It was a huge plus getting the

first goal, it set the tone early.

With a two-goal lead at the half, Peterson knew it was going to be a long 30 minutes to get through the second half, but with the two extra goals, she was able to relax a bit.

"Once they start scoring, it becomes easier for them," the veteran coach said. "Once they got rolling, they got more comfortable."

Rogacki pointed to his team's highs and lows throughout the season as an indication of his team's character.

"Considering the state championship as a huge high, then we lost Ava (Doris, goaltender who was killed in a car crash in the offseason)

as a huge low," Rogacki said. "The resiliency these kids showed coming back over and over, shows you the character of these kids."

"Going to the semifinals is a reward and we've been here five years in a row," the Golden Eagle coach added. "This is the place we like to be, if you meet the goals throughout the year, you get the reward."

The Bears moved on to the Division III finals against Mascoma Valley, winners over Monadnock in the other semifinal game.

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

Chance

FROM PAGE B2

into show week, I had to miss Sunday's field hockey semifinals, which really bummed me out.

Finally, have a great day Joe Souza, and thanks for your coverage help this week.

Joshua Spaulding is the Sports Editor

for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 279, Meredith, NH 03253.

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