

Bear boys looking to bounce back from tough year

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Veteran coach Jason Hill is hoping that a combination of experience and youth will be the key for the Newfound boys' soccer team this fall.

"The 2020 NRHS boys' soccer team has a balance of experience and youth," said Hill. "The team will be looking to improve upon last year's disappointing 1-15 campaign."

Like everyone else in the state, the schedule for the Bears has been shortened a bit and has focused on local teams, keeping the kids close to home as much as possible.

The Bears will have an experienced midfield anchored by four upperclassmen. Seniors Garrett King, Matt Karkheck and Tyler MacLean and junior Bodhi Smith will be counted on to control



Adrian Ehmann is back for his senior season for the Newfound boys' soccer team.

JOSHUA SPAULDING

the middle of the field for the Bears.

Likewise, the defense will also be led by a quartet of upperclassmen who will seek to shut down opposing teams. Juniors George Belville and Logan Glidden and seniors Adrian Ehmann and Hayden Reynolds will be leading the way on the defensive side of the ball.

Up front, it will be a bit more of the youth movement for the Bears, as sophomore Gavin Brooks and freshman Josh Blouin looking to provide some scoring as the team's strikers.

Sophomores Tyler Kulacz and McGowan Willey and freshmen Conner Sullivan, Beckett VanLenten and Eli Sylvain-Stott will also be chipping in for the Bears.

Freshman Hayden

SEE **SOCCER** PAGE A9

Voting opens on proposed NHEC bylaw amendments

PLYMOUTH — Ballots are mailing today to members of New Hampshire Electric Cooperative (NHEC), who will decide if the company's bylaws should be amended to make it easier for NHEC to provide access to broadband internet for its members.

Members have the option of returning a paper ballot, or voting securely online using the login codes provided in their paper ballot mailing. The deadline for returning ballots is October 14, 2020. The proposed amendments must be approved by a two-thirds majority of voters casting ballots.

The member vote marks a milestone in NHEC's efforts to expand access to broadband internet to its members. The NHEC Board has explored ways it could help improve access to broadband internet for several years, but the COVID-19 pandemic has added urgency to those efforts. In response to NHEC members' requests for help, the NHEC Board has voted unanimously to approve the proposed bylaw amendments. The bylaw changes would allow the NHEC Board to move quickly and efficiently to pursue broadband opportunities.

A special meeting will be held at 10 a.m. on Tuesday, Oct. 20 for members to receive the results of the vote. Given the current restrictions on gatherings, the meeting will be held via Zoom Webinar. Registration and login information for NHEC members will be provided with the ballot and on NHEC's Web site: www.nhec.com/broadband.

NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 115 New Hampshire communities.

Bears have some big shoes to fill this fall



JOSHUA SPAULDING

Tiffany Doan is one of four senior captains for the Newfound field hockey team.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound field hockey didn't graduate a lot of players from last year's team, but the Bears still have some pretty big holes to

fill.

Those two seniors were the goalie and the leading scorer, so that leaves some big shoes behind. In addition, the Bears lost one of their key starters from last

year to a private school, so coach Kammi Williams has her work cut out.

"We have very low numbers and it's im-

SEE **BEARS** PAGE A9

Why become a hospice volunteer?

Pemi-Baker Community Health offering a free training



BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — Hospice volunteers know that helping others at the end of their lives is tremendously rewarding. Being part of a hospice team gives you the profound privilege of bringing comfort, peace and care to patients, caregivers, and their families during their transitional journey.

Volunteers feel a greater appreciation of life itself, a deeper understanding of what's truly important, and an authentic sense of fulfillment.

Why volunteer?

As a hospice volunteer, you become part of a person's life when you are needed most. That sense of fulfillment is priceless. Also, without caring volunteers like you, there would be no Medicare-certified hospice programs. Medicare law requires that 5% of hospice care hours are provided by volunteers.

Who volunteers?

People just like you. Adults, young adults,

and in some cases mature teens from all backgrounds, experiences, and cultures. Effective hospice volunteers embrace the fact that their role is one of compassionate service.

What skills do I need?

Most agencies like Pemi-Baker Community Health, will provide the training and orientation you need to feel confident and comfortable with whatever level of support you choose to give. Training can include things such as grief counselling, boundaries between the volunteer, the patient and the family, and emergency medical support.

Do you love music? Sharing stories? Playing cards? Whatever passions, talents, or interests you bring can also be valuable assets. The most precious asset, of course, is simply caring.

What does a hospice volunteer do?

Ultimately, hospice care is about providing patients, caregivers, and families with the most comfortable and compassionate end-of-life ex-

perience possible.

Your responsibilities will vary. In many cases it's as simple as companionship. Sitting and talking. Or just listening. Or playing a patient's favorite music.

You may also assist patients with tasks they can no longer perform for themselves. It may include anything from light household chores to lending emotional support to the patient's family during this difficult time.

If you prefer to work in a different capacity, some hospice providers have opportunities to help with administrative office tasks.

What is the time commitment?

As with most things around hospice volunteering, your commitment can vary. It depends a lot on the time you're willing to commit and the needs of the patients you are matched with. You can work all that out in advance when you apply.

I'm interested; how do

SEE **VOLUNTEER** PAGE A9

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Belser Road	N/A	\$149,933	Donna M. Randolph	Andrew H. Twombly
Alexandria	Cass Mill Road	N/A	\$64,000	Alexandria 4 Cors LLC	Stephen Emge
Alexandria	Cass Mill Road	N/A	\$195,000	Jacob R. and Sophia Fletcher	Richard and Deborah A. Abelli
Alexandria	N/A	N/A	\$280,533	Sal A. and Melanie J. Lanzo	Emily and James Rollins
Ashland	22 Circle Dr., Unit 34	Condominium	\$150,000	Kerin M. McGue	5 CS Trust and James Currell
Ashland	River Street, Lot 22	N/A	\$72,000	NHNY Marina Development LLC	James M. Joyce and Beth A. Nelson
Ashland	River Street, Lot 68	N/A	\$61,200	NHNY Marina Development LLC	Tyler B. and Heather V. Phillips
Ashland	283 River St., Unit 12	Deeded Slip	\$83,000	NHNY Marina Development LLC	Ethen F. and Nicole M. Nappen
Ashland	N/A (Lot 1)	N/A	\$225,000	Matthew A. and Jennifer C. Williams	Donald B. and Sally K. Albiston
Bridgewater	Dick Brown Road	N/A	\$300,000	Mark & Elda Givens Fiscal Trust	Joseph L. and Marie T. Kaminski
Bridgewater	N/A (Lot 7)	N/A	\$245,533	Ann Rudolf-Schlecht	Mary K. Palmer and Fred A. Ruoff
Bristol	Beech Street	N/A	\$28,533	James L. Basford	Eugenio Ianniciello
Bristol	65 Beech St.	Single-Family Residence	\$235,000	George F. and Rebecca L. Frame	Matthew I. and Meagan Hecht
Bristol	165 Chestnut St.	Residential Open Land	\$130,000	Stephen R. and Christene R. Metheney	Peter and Charlene Roy
Bristol	Hillside Ave.	N/A	\$85,000	Lance B. and Christine Laclair	Laurie A. Edson
Bristol	Sunset Drive	N/A	\$120,000	Ryan Desmarais	Richard and Gloria T. Poulin
Bristol	W. Shore Road	N/A	\$45,000	Robert A. Kittler	Victoria J. Bliss
Bristol	W. Shore Road	N/A	\$63,000	Robert A. Kittler	E.F. & T Associates
Campton	22 Bent Pine Dr.	Single-Family Residence	\$767,000	Bruce E. Cresswell and Katherine McArthur	Michael D. and Peta Gaye Prinn
Campton	Campton Valley View Condo Unit C9 Condominium	Condominium	\$162,533	Vicki R. Iles	Wendy and Chad Pelletier
Campton	27 Condo Rd., Unit 6	Condominium	\$66,000	Judith A. Eaton-White	Matthew J. and Iwona D. Niedzwiecki
Campton	Pinnacle Hill Road	N/A	\$25,000	Glenn L. Tedford Estate and Peter M. Clark	David A. Stukus 2011 Trust
Campton	178 Pinnacle Rd., Unit 2	Condominium	\$165,000	Paula Mignanelli	Charles and Christine Buhrman
Campton	Route 49	N/A	\$50,000	Anthony and Paula Mignanelli	Richard and Kimberly Lombardo
Campton	Route 49	N/A	\$90,000	Ralph E. Dexter Fiscal Trust	Randall and Donna Casrechini
Campton	15 Silver Dawn Rd.	Single-Family Residence	\$329,933	Thomas W. and Deidra J. Cotter	Rebecca J. and Jonathan P. Siek
Dorchester	Bickford Woods Road	N/A	\$159,933	David and Brenda L. Mento	Keith T. Flaherty and Mira Kautzky
Hebron	47 Panorama Lane	Single-Family Residence	\$770,200	NLE LT and Nancy L. Echlin	Anne Toroyan and Robert K. Oakley
Holderness	25 Glen Cove Rd.	Single-Family Residence	\$1,650,000	Brian M. and Angela S. Murray	Albert Benmayer
New Hampton	660 NH Route 132 N.	Single-Family Residence	\$274,000	Marisa T. and Montanna E. Heinlein	Douglas Maguire
New Hampton	Pine Meadow Road	N/A	\$259,000	Jane H. Knowlton Estate and Carl F. Knowlton	Pamela J. and Steen V. Gilpatric
New Hampton	152 W. Shore Rd.	Single-Family Residence	\$278,000	Brian J. and Mary E. Quinn	Carl F. and Camille J. Knowlton
New Hampton	N/A	N/A	\$200,000	Gerald M. Miller	Ripple Realty LLC
New Hampton	N/A	N/A	\$34,000	Daniel Dillon	Snapdragon Associates LLC
Plymouth	145 Davis Rd.	Multi-Unit Apartment Building	\$330,000	Paul H. and Christine L. Freitas	Morning Glory Assets LLC
Plymouth	8 River Rd.	Single-Family Residence	\$280,000	Bardsley Fiscal Trust and Walter G. Bardsley	Savanna J. Desmarais
Plymouth	N/A (Lot 3)	N/A	\$239,000	Jody Fisher Young Trust and Joan J. Williams	Eric Murray
Rumney	2425 Buffalo Rd.	Single-Family Residence	\$484,000	Dirrane Fiscal Trust 2017 and John B. Dirrane	Deepak R. and Kathryn Vatti
Rumney	648 Quincy Rd.	Single-Family Residence	\$371,000	Gregor A. and Jean E. Andersen	Timothy R. and Emily E. Cawley
Rumney	72 Salvation Ave.	Single-Family Residence	\$50,000	Roxanne L. Galica RET	Lawrence S. and Marjorie D. Strasner
Rumney	N/A (Lot 1)	N/A	\$273,000	Bruce R. Finch	Nanette J. Carpenter and John J. Brooks
Rumney	N/A (Lot 1)	N/A	\$189,000	Ronald J. Swiatlowski	Tracey A. and Thomas M. O'Hearn
Thornton	Covered Bridge Road	N/A	\$16,000	Richard H. Kent	Renee M. Westfield
Thornton	Snowood Drive	N/A	\$105,000	Kevin and Debra Dorsey	Neal and Joyce Haapaoja
Thornton	Snowood Drive	N/A	\$40,000	Anthony T. Takazawa RET	Mikhail and Natalya Musatov
Thornton	N/A (Lot 12)	N/A	\$530,000	John M. Symes	Michael F. Reilly and Maureen E. Norman
Warren	Breezy Point Road	N/A	\$35,533	Richard J. Lakin	Tracy Dunne
Warren	US Route 25	N/A	\$100,000	James F. Rafferty	Denise and Brandt Laauwe
Waterville Valley	18 Davos Way, Unit 15	Condominium	\$100,000	Golden Eagle Lodge Condo	Brent Watts
Waterville Valley	Golden Eagle Lodge Condo Unit 223 Condominium	Condominium	\$79,933	Christopher J. Simon and Tina L. Wang	Brian A. Messer
Waterville Valley	Mountain Sun Condo Unit 15	Condominium	\$20,000	Betsy A. Herlihy	Joseph E. and Jaime L. Hannon
Waterville Valley	28 Packards Rd., Unit 524	Condominium	\$77,000	Marimargaret Roberts	Lori Ann and Timothy J. Hughes
Waterville Valley	N/A (Lot 37)	N/A	\$199,933	Susan R. Mulder 2017 Trust	Jean M. Houghton
Waterville Valley	N/A (Lot 44)	N/A	\$445,000		Myra E. Barradas Frain Trust

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New classes start at Lakes Region Community College Sept. 28

Courses available for high school and college students with tuition assistance available
LACONIA — New classes begin Sept. 28 at Lakes Region Community College in Laconia. Online and on campus offerings are available and include English, Math, Business, Science, and Fire Science, to name a few. Special financial assistance is available for eligible high school graduates, and students still in high school are eligible to take courses for reduced rates.

Students who have already graduated from high school are eligible for nearly \$3 million that remains available in the GOFERR tuition assistance program. The generous grants are available to help students living in households negatively impacted by COVID-19, and eligible students may qualify for free tuition.

High school students can take classes at heavily discounted rates and earn both high school and college credit for the same course. In addition, if they meet the criteria, they are eligible to take up to two STEM (Science, Technology, Engineering and Math) courses for free in their 10th – 12th grade years.

For a complete course list, tuition assistance information, and registration materials, go to www.lrcc.edu or call 524-3207.

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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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Newfound cross country off and running

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound cross country team is ready for a new season and coaches Mike LaPlume and Amy Yeakel have a solid stable of runners returning to the courses.

“We are so pleased to have a season and be back at school with our cross country runners in this exceptional year,” Yeakel said. “We are running strong and we are ready and optimistic.”

The Bears will be led by junior captain Joe

Sullivan, who has had a solid first couple of years on the trails for the green and white.

He will be joined by a solid number of returning runners, all of whom have put up good results over the previous years. This group includes Ben LaPlume, Jeffrey Huckins, Ryder Downes, Connor Downes, Hunter Pease, Romeo Dokus and Logan Hinton.

On the girls’ side of things, Sadira Dukette and Gretchen McGowan are both back for their senior seasons and Leah

Deuso, the team’s top runner last year, and Julia Huckins are also back for another season.

The Bears will also be welcoming freshmen Evan Foster, Chloe Jenness and Sarah Buchanan.

The team had optional practices over the summer and started their official fall practices with the rest of the high school teams back on Sept. 8.

Like most teams around the state, the Bears will be running a shortened schedule that

features races that are fairly local. Newfound will host their only home meet of the season on Oct. 14. They will also be running twice at Gilford, once at Belmont, once at the Sandwich Fairgrounds and once north of the notches at Profile.

Newfound officially kicks off the season on Wednesday, Sept. 23, at Profile at 4 p.m.

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



JOSHUA SPAULDING
Joe Sullivan was named captain of the Newfound cross country team.

HIGH SCHOOL SLATE

Friday, Sept. 18
NEWFOUND
Boys’ Soccer at Belmont; 4
Field Hockey vs. Plymouth; 4
Girls’ Soccer vs. Belmont; 4
Volleyball at Belmont; 6:15

PLYMOUTH
Boys’ Soccer at Inter-Lakes; 4
Field Hockey at Newfound; 4
Volleyball at Inter-Lakes 5:15

Monday, Sept. 21
NEWFOUND
Boys’ Soccer at Inter-Lakes; 4
Field Hockey vs. Littleton; 4
Girls’ Soccer vs. Inter-Lakes; 4
Volleyball at Inter-Lakes; 5:15

PLYMOUTH
Field Hockey vs. Kennett; 4
Golf at Owl’s Nest Resort; 3:30
Volleyball at Kennett; 6

Tuesday, Sept. 22
PLYMOUTH
Boys’ Soccer at Kennett; 4
Girls’ Soccer vs. Kennett; 4
Golf at Laconia CC; 3:30

Wednesday, Sept. 23
NEWFOUND
Cross Country at Profile; 4

PLYMOUTH
Field Hockey at Kennett; 4:30
Volleyball vs. Kennett; 6

Thursday, Sept. 24
NEWFOUND
Boys’ Soccer vs. Inter-Lakes; 4
Girls’ Soccer at Inter-Lakes; 4
Volleyball vs. Inter-Lakes; 6:15

PLYMOUTH
Boys’ Soccer vs. Kennett; 4
Girls’ Soccer at Kennett; 4

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — A season of adjustment is surely how it will be for most fall sports teams this year and the Newfound volleyball team is no different.

“We are really working hard at Newfound with the guidelines to have a completed season,” said coach Amy Fairbank. “My numbers were much lower this year, (but) this helped with spacing on buses and opportunities to focus on a smaller team, so there were some positives.”

The Newfound coach does have the ability to rely on four returning varsity players, who should be key to any success the team has this year.

Senior Bailey Fairbank, juniors Paulina Huckins and Emilie Ruiter and sophomore Malina Bohlmann will provide the backbone of the squad in the new season.

First-year senior Madison Perry will be the team’s setter, and while she is relatively new to the sport, Fairbank thinks she will fit in well.

“She is working real hard to be effective for us this year,” the Bear coach stated. “My returning varsity players are strong and they are versatile and can take on a challenge of a new setter.”

Senior Shyann Seymour and sophomores Danielle Walker and Mikayla Ulwick will be swing players between JV and varsity, a role Seymour also filled last year.

“They will fill in the varsity roster and add depth and experience to a young JV team,” Fairbank said. “Those three will be crucial in filling a position for a player we lost when she moved away.”

Because the middle school is not providing a season for volleyball, the eighth graders that would’ve played have been allowed to move up to the JV program for this season, helping to round out the roster. The JV roster includes senior Jazmin Ivers, sophomore Bailey Drapeau, freshmen Evelyn Connell, Isabella Kuplin, Moriah Smith and Katie Sweeney and eighth graders Isa Seefeld, Mia LeBrun, Alex Mooney, Isabella Valliere and Mikhaila Washburn.

“I am hopeful to have a strong season for these girls,” Fairbank said. “They have bene working towards this season for a long time.”

“With fewer matches, it will be challenging to prepare for the playoffs, but everyone is in the same boat,” she continued.

Bailey Fairbank is approaching 500 kills in her career and both Huckins and Bohlmann have their eyes set on some records in the future as well.

“I am hopeful they will build some great numbers this year with some strong competition,” the Bear coach noted.

Like most schools in the state, the Bears will be playing a modified schedule that features local teams only. They will be playing two games each Inter-Lakes, Winn-



JOSHUA SPAULDING
Paulina Huckins is one of four key returning players for the Newfound volleyball team.

isquam and Moultonborough, single games with Belmont and Mascoma and three games with Franklin.

The season kicks off on Friday, Sept. 18, at

Belmont at 6:15 p.m. The Bears are at Inter-Lakes on Monday, Sept. 21, at 5:15 p.m. and host the Lakers on Thursday, Sept. 24, at 6:15 p.m.

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

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CADY Corner

3.6 million youth still using e-cigarettes

BY DEB NARO
Contributor

About 3.6 million U.S. youth reported current (in the past 30 days) e-cigarette use in 2020, reflecting a decline from 5.4 million in 2019, according to the National Youth Tobacco Survey (NYTS) conducted in partnership with the U.S. Food and Drug Administration (FDA). NYTS also found that the types of e-cigarette products youth are using has shifted among youth e-cigarette users, pre-filled cartridges remained the most commonly used product type; however, disposable e-cigarette use has increased 1,000% among high school students and 400 percent among middle school students since 2019.

NYTS findings also showed that most (eight in 10) current youth e-cigarette users reported using flavored e-cigarettes. While the use of fruit and mint flavored e-cigarettes was common among users in 2020, the use of menthol flavored e-cigarettes was also prominent.

“Although the decline in e-cigarette use among our Nation’s youth is a notable public health achievement, our work is far from over,” said CDC Director Robert R. Redfield, MD. “Youth e-cigarette use remains an epidemic, and CDC is committed to supporting efforts to protect youth from this preventable health risk.”

CDC and FDA analyzed data from the 2020 NYTS, a survey of U.S. middle (grades 6-8) and high (grades 9-12) school students conducted during Jan. 16–March 16. In 2020, 19.6 percent of high school students and 4.7 percent of middle school students currently used e-cigarettes, a decline from 27.5 percent and 10.5 percent, respectively, in 2019. Consistent with 2019 findings, pre-filled pods/cartridges were the most commonly used device type among youth e-cigarette users. However, from 2019 to 2020, disposable e-cigarette use increased from 2.4 to 26.5 percent (1,000 percent) among high school e-cigarette users and from 3.0 to 15.2 percent (400 percent) among middle school e-cigarette users.

A majority of youth e-cigarette users reported using flavored e-cigarettes in 2020, including 82.9 percent of high school e-cigarette users and 73.9 percent of middle school e-cigarette users. Among high school students who currently used any type of flavored e-cigarettes, the most common flavors were fruit (73.1 percent); mint (55.8 percent); menthol (37.0 percent); and candy, desserts, or other sweets (36.4 percent). Among middle school students, the most common flavors were fruit (75.6 percent); candy, desserts, or other sweets (47.2 percent); mint (46.5 percent); and menthol (23.5 percent).

“These findings reinforce the importance of continuing to focus on the strategies that work to reduce youth tobacco product use while keeping pace with emerging trends in tobacco products,” said Karen Hacker, MD, MPH, Director of CDC’s National Center for Chronic Disease Prevention and Health Promotion. “Implementing these strategies at the national, state, and local levels is integral to preventing and reducing youth tobacco product use, including e-cigarettes.”

In addition to regulating the manufacturing, marketing, and sale of e-cigarettes by FDA, strategies to reduce e-cigarette use among youth include: increasing price, implementing comprehensive smoke-free policies that include e-cigarettes, restricting young peoples’ access to e-cigarettes, licensing retailers, developing educational initiatives targeting young people, curbing youth-appealing marketing, and implementing strategies to reduce youth access to flavored tobacco products.

For more information about e-cigarettes and vaping, visit our website at www.cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRG-Healthcare (934-8905) for help.

Letters to the Editor

Local governing authority – the time is now!

To the Editor:

Turbulence in our economic, social, and environmental fabric is not new, but the current administration and Covid-19 have magnified the great divides of society in a very public and personal way. We must be able to make binding local governing decisions that protect the health and safety of all the inhabitants – both human and natural. Our survival depends upon

it.

We have three options when it comes to taking action: 1) we can do nothing – which empowers the status quo to continue to marginalize people and Nature; 2) we can do what we’ve been doing for the past 50 years and fight against the harms we see using the current structure of law and government designed to protect the status quo – thereby condoning the exploitation of laborers,

local governments, and natural environments; or 3) we can do something different – create new standards of health and safety protections for real people, their communities, and Nature by actively opposing injustices that surround us.

The role of an activist is not to navigate systems of oppressive power with as much personal integrity as possible, rather activists should

confront and take down oppressive systems. The New Hampshire Community Rights Network (NHCRN) is a statewide organization of local activists that advocate for a people’s movement based on the inherent and inalienable right of ALL inhabitants to “reform the old, or establish a new government” because “the doctrine of nonresistance against arbitrary power, and oppression, is absurd,

slavish, and destructive of the good and happiness of mankind” (Art. 10 [Right of Revolution] of the NH State Constitution, Part First, Bill of Rights).

The NHCRN calls for a state constitutional amendment recognizing local lawmaking authority to secure rights for Nature and to govern the health and safety needs of local communities – free from state override and corporate interfer-

ence. To learn how the NHCRN works to empower communities and elected officials with the authority necessary to promote and maintain levels of resiliency necessary for survival, visit www.nhcommunityrights.org or email us at info@nhcommunityrights.org. The time is now!

MICHELLE SANBORN
NH COMMUNITY
RIGHTS NETWORK
ALEXANDRIA



Hanging out on the beach

A sanderling explores Leavitt Park beach in Meredith on an early evening before Labor Day.

Sustainable Bristol

BY LAUREN THERIAULT

Today, I am going to share one of my favorite gardening techniques that I find a lot of people don’t know about. It’s called Hugelkultur (pronounced Hoo-gul-culture) and is a permaculture practice. This is a German word Hugel-meaning hill and kultur-for culture, so basically it is a hill where you grow things.

To start building a hugel bed, add logs, sticks, stumps or other large woody material to the ground where you want the bed to be located. Pick a sunny spot and don’t use Pine, Black Walnut or Fur tree woods or any wood that’s been treated with pesticides or chemicals. Next

add smaller materials, leaves, grass clippings, compost, wood chips, manure, or old animal bedding in between the cracks to fill in and cover the wood. Anything you have on hand or can get from a friend or neighbor would work. You can also add a layer or two of newspaper or cardboard then finish off with an inch or two of topsoil or more compost for your planting. This creates a mound and is basically a much cheaper version of a raised garden bed. It’s more sustainable because you are using materials you already have instead of buying wood for raised beds and trucking in bags of topsoil. For the beds we just finished on our property we dug trenches and

added the wood to the trench, this keeps the mound from being too high, helps with water retention, and the soil we moved from the trench was used to cover the top once we took the weeds and roots out.

It’s hard to choose which aspect of the hugels I like best; that we get to use the dead wood around our property for something other than a brush pile, that I hardly ever have to water them because the rotting wood below acts as a sponge and holds water for the plants above, or that they extend the life of my plants by keeping them warmer than other garden beds. Every year the hugels get a bit flatter because the material underneath rots away into

fertile soil, which provides a home to many animals, insects and fungi.

Fall is a great time to build a hugel because there is an abundance of wood and leaves around and the winter will give it a chance to settle, collect water from snow melt and be ready for spring planting. You could even plant some bulbs or garlic in the hugel this fall and have some flowers and food early next spring. Good luck! Find us on Facebook and Instagram at Sustainable Bristol NH and email us at sustainability@town-ofbristolnh.org.

Lauren’s Green Tip of the Week: Turn off the lights when you leave a room and switch to CFLs when old bulbs die.



Point of Law

BY ORA SCHWARTZBERG

Attorney, Schwartzberg Law
Plymouth

Here is a nitty-gritty, detail of life that no one wants to talk about...

Part of getting your finances in order should include planning for your ultimate demise. Despite all our best efforts---none of us is going to get out of here alive; none of us!

Just think about this scenario---a parent passes away leaving behind a sizable mess. There may be a will, as barebones as it gets (often, extremely vague and decidedly unhelpful). There is no life insurance, little to no savings, some retirement accounts and a house. Everything lands on someone’s shoulders. There could be thousands of dollars in expenses from funeral, home repairs, storage fees, attorney, appraiser and court fees. This could take many months, if not years to

sort out.

If you have loved ones---don’t do this to them! Make solid plans for what you want to happen upon your death and communicate this to everyone involved.

Here are a few ideas of what you might want to do now, even if you already have a will:

Name a Beneficiary. The probate process only applies to those accounts or other property that are in your name at your death. By naming a beneficiary, these accounts or other property will be transferred, at the time of death, to the named individual, “by operation of law”, without any court involvement. Common beneficiary designation assets include:

Life insurance
Annuities
Retirement plans
Business interests

Create and Fund a Revocable Living Trust

(RLT). Once the RLT has been created, and you have properly transferred the ownership of your accounts and property to the RLT by re-titling them into the name of the trust, you remain in charge of all legal decisions until your death as the trustee, and you retain the enjoyment of those accounts and property as the current beneficiary. After your death, your named successor trustee will manage and distribute your assets – according to your wishes and without court involvement.

Own Property Jointly. Probate can also be avoided if the property you own is held jointly with a right of survivorship. Just like a beneficiary designation, joint ownership has the effect of automatically transferring the ownership upon your death. Joint ownership can be created with respect to real estate as well as bank

and brokerage accounts.

One concern you should have in implementing any of the above suggestions is that the creation of beneficiary designations or joint ownership property could subject the accounts or property to claims asserted by the new joint owner’s creditors. Moreover, this vulnerability begins the moment they are added. This means that your accounts or property could be seized by your new joint owner’s creditors even while you are still alive.

It would be prudent to work with an experienced estate planning attorney to assist you with these considerations, decisions and especially their implementation.

Attorney Schwartzberg is the founder of Schwartzberg Law and Legacy Strategies, PLLC in Plymouth.

“Man With A Movie Camera” to screen with live music Sept. 30



A scene from “Man With A Movie Camera” (1929), a Russian silent film to be screened with live music on Wednesday, Sept. 30 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person. For more info, visit www.flyingmonkeynh.com or call 536-2551.

PLYMOUTH—It has no story, but it tells everyone’s story. It’s a silent film, but it’s the world’s first music video. It has no actors because the star is you, the audience.

It’s “Man With A Movie Camera” (1929), Russian director Dziga Vertov’s celebration of city life via a dizzying collage of images and kinetic cinematography that’s left audiences breathless for nearly a century.

“Man With A Movie Camera” will be shown on Wednesday, Sept. 30 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance

Center, 39 S. Main St., Plymouth. General admission \$10 per person.

The screening will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating scores for silent films.

Dziga’s experimental documentary caused a sensation when it was released at the end of the 1920s, when motion pictures were still a new artistic medium.

Even with no story and no actors, “Man With A Movie Camera” was filled with eye-popping

visuals that anticipate later music/image films such as “Koyaanisqatsi.”

Although no official score was composed for the silent feature, director Vertov specified the type of music that he wanted played wherever the film was screened. Rapsis will create music that follows those guidelines.

“Vertov wanted a kind of kinetic, energetic music to be played with the film, rather than unobtrusive background music,” Rapsis said. “The goal is to create music that acts as an equal partner in conveying a kind of exhilaration that I think Vertov was going for.”

Filmed mostly in the bustling city of Odesa in the late 1920s, the film features a wide range of slice-of-life scenes showing everything from streetcars to sports contests. Vertov took his camera everywhere, from a birth hospital to a divorce court.

Most spectacularly, Vertov experimented with filming ordinary scenes (such as a crowded public square) at a very slow frame rate. When run at a normal speed, the result was a speeded-up view of

reality that few had ever seen or studied before.

Vertov’s wife, Yelizaveta Svilova, was an equal partner in creating “Man With A Movie Camera,” editing the film. She also appears in the film, editing it as we’re watching it.

“It’s a film filled with self-referential puzzles and meta moments,” Rapsis said. “It also plays like a piece of visual music, with fast sequences followed by slow ones and moods that often change.”

“Although ‘Man With A Movie Camera’ has some dark scenes, ultimately it’s a celebration — of life in what was then the fast-changing Soviet Union, but also in a way that speaks to life regardless of time or place,” Rapsis said.

“That’s what I’ll try to capture in the musical score, which will be performed live and largely improvised,” Rapsis said.

At the reopened Flying Monkey, accommodations are in place to keep patrons safe in the Covid-19 era.

Face-coverings are re-

quired to enter the theater, and should remain on at all times until movie-goers take their seats. Capacity will be limited to 50 percent; audience members are asked to observe social distancing in choosing seats.

“Films from the silent era were designed to be seen with an audience, and it’s totally safe to do so,” Rapsis said.

“Man With A Movie Camera” continues a monthly series of silent film programs at the Flying Monkey that include comedy, plus drama, horror, and an unusual Russian documentary. On the schedule:

• Wednesday, Oct. 28 at 6:30 p.m.: The original “Nosferatu” (1922). Celebrate Halloween by experiencing the original silent film adaptation of Bram Stoker’s famous ‘Dracula’ story. Still scary after all these years—in fact, some critics believe this version is the best ever done, and has become creepier with the passage of time.

• Wednesday, Nov. 18 at 6:30 p.m.: “Broken Blossoms” (1919). Can two outcasts in Edwardian London find peace and happiness in a cruel

world? Will Lillian Gish overcome her abusive father? Can Richard Barthelmess find love in a forbidden relationship? Great D.W. Griffith drama, with stellar performance from iconic silent actress Gish.

• Wednesday, Dec. 30 at 6:30 p.m.: Planes, Trains and Monty Banks. Rediscover forgotten silent comedian Monty Banks, born “Mario Bianchi” in Italy. In “Flying Luck” (1927), hapless aviator joins the U.S. Army Air Corps, with hilarious results. Preceded by an excerpt from “Play Safe” (1927), a hair-raising chase sequence set aboard an out-of-control freight train.

“Man With A Movie Camera” will be shown with live music on Wednesday, Sept. 30 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person. For more information, visit www.flyingmonkeynh.com or call 536-2551.

For more info on the music, visit www.jeffrapsis.com.



Members of the Lakes Region Symphony Orchestra String Ensemble will entertain at the Mill Falls Marketplace in Meredith, Sept. 19 at 4 p.m.

LRSO String Ensemble to perform at Mill Falls Marketplace

MEREDITH — Let’s make some music! With pent-up demand from performers and audiences alike, the LRSO String Ensemble will be performing a variety of music in a free outdoor concert on Saturday, Sept. 19 at 4 p.m. at Mill Falls Marketplace in Meredith. (The rain date is Saturday, Sept. 26 at 4 p.m.)

LRSO Concertmaster, violinist Margaret Hopkins, will be joined by talented colleagues violinists Bozena O’Brien and Muriel Orcutt, violist Sally Wituszynski, and cellist Kari Jukka-Pekka (JP) Vainio. The Ensemble will be performing a delightful mix of pieces including “La Vie en Rose,” “Haydn Serenade,” “Gershwin Lullaby,” “Bach Brandenburg No. 3” and more.

The concert is free, and is part of the Orchestra’s outreach to bring live music back into the Lakes Region. While the LRSO decided to cancel its fall performances, we are actively looking for rehearsal and performance spaces where we can resume orchestral music making in the Spring. LRSO performs with a home-town flair that is comfortable, familiar, and uplifting. Live orchestral music is an amazing experience!

Invigorate your senses – from the fall colors, to the fresh air, to the glorious sounds of chamber strings in this wonderful live event – free!

About The Lakes Region Symphony Orchestra The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing over 30 communities in the Lakes Region and beyond. For more than 40 years, the Orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform orchestral music ranging from classics to contemporary, all in the valued community setting of the Lakes Region of New Hampshire.



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HOLDERNESSESS — The Squam Lakes Association is excited to announce that we are hosting a virtual 8th Annual Squam Ridge Race this year! Runners and hikers can choose to participate competitively or for fun between 6 a.m. Saturday, Sept. 19 and 6 p.m. Sunday, Oct. 4. The 12-mile course will be the same as previous years. In addition to awarding prizes to the overall top three finishers for both the male and female categories and for each age group, we are also awarding prizes for the top three photos taken while running or hiking the course!

Registration is \$25 for both the 12-mile and three-mile race and can be paid on our website (www.squamlakes.org) or at the starting line using the QR code on the posted sign. We recommend that you



register before going to the race site. With registration you will receive a 2020 Squam Ridge Race sticker and a copy of the 2019 updated SLA trail guide and map. These materials must be picked up in-person from the SLA headquarters at 534 US Route 3, Holderness. Please call 968-7336 or email ridgerace2020@squamlakes.org

squamlakes.org in advance to schedule a pick-up time. All proceeds from the Squam Ridge Race go back into maintaining the trails in the Squam Lakes watershed. For participants running competitively, times must be logged and submitted via the Strava phone application. Instructions for using

Strava and submitting your times can be found on our website. If you are running or hiking the course without the desire to be competitive you do not need to use the Strava application. If you are tracking your time via a different application or on a watch, you can simply take a picture or screenshot of your time and email the photo or screenshot along with your name to ridgerace2020@squamlakes.org. These times will be posted as non-competitive results on the Squam Ridge Race page on the SLA’s Web site.

Thank you to the Webster Family (Webster Land Corp and Burleigh Land Limited Partnership) for the event location and trail access providing hiking enjoyment for everyone for the race and all year long.

Playhouse prforms powerful MLK drama on outdoor stage

MEREDITH — A giant of a man retires to a small hotel room. He’s exhausted and desperate for coffee and cigarettes to get him through the long night ahead. His call is answered by a pretty hotel maid who brings the coffee and stays for a conversation that leads him to confront his fears, hopes, dreams, and regrets as he considers his legacy in this world.

That man is Martin Luther King Jr. and the hotel room is room 306 of the Lorraine Motel in Memphis, Tenn. on April 3, 1968. But that’s where history ends and imagination takes over in playwright Katori Hall’s “The Mountaintop.” The award-winning drama will be the second show the Playhouse performs on the

newly created outdoor amphitheatre which was designed for a small, social distanced season of theatre.

Producing Artistic Director Neil Pankhurst added this show to the season once changes had to be made due to COVID-19 and says, “in most years, we choose our show titles well in advance to give plenty of time to plan and advertise them. That does not give us much flexibility to react to current events with our programming. Of course, 2020 is the year when all of that got turned on its head. Suddenly flexibility is the key word and the ever-evolving nature of this year gave us the ability to add in programming to allow us to explore what’s on this nation’s mind. Obvious-

ly, the murder of George Floyd and the Black Lives Matter movement is a topic that people are interested in exploring and we are grateful we are able to add a production that speaks to that.”

Like many theatres across the country, the Playhouse responded to George Floyd’s killing and its aftermath with a promise to explore stories that that can be forums for conversations and catalyst for deeper understanding and change. The theatre community as a whole was challenged to examine its own biases and to provide greater support for artists of color.

Katori Hall’s play, which had a Broadway run starring Samuel L. Jackson and Angela Bassett, is poetic, funny, and

powerful all at once. The Playhouse’s production is directed by DeMone Seraphin and performed by Theodore Sapp and Krystal Pope, three artists whose work is new to Lakes Region audiences. It will be performed Sept. 16-20 and 23-26 at 4 p.m.

“The Mountaintop” is sponsored by Gilford Home Center and performance protocols will follow or exceed the CDC and State of New Hampshire guidelines for social distancing, mask wearing, and other pandemic precautions. Patrons are encouraged to visit www.winnepesaukeeplayhouse.org prior to booking tickets to read the COVID-19 protocols for attending. Tickets can then be purchased by calling the box office at 279-0333.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Kudos again to the folks who keep our downtown looking so great! It is such an inviting scene to all who enter our downtown and I thank you all for all you do to keep it in such appealing splendor! We are very fortunate to have such hard-working volunteers who really care.

There will be a celebration of Bill Cramton's life on Sunday, Sept. 27 from 1 to 4 p.m. at the Newfound Lake Farm, 113 Hunt Rd., Hebron. Please bring your favorite memories of Bill to share with those he loved. The Farm offers plenty of space to practice proper Covid protocol.

The TTCC Annual Apple Festival and Craft Fair will be very different this year. To carry on such a great tradition, a pre-order form will be coming out soon with information so folks can order apple pies and crisps, home baked beans, bread, rolls and apple sauce. Payment can be made by credit card by calling the TTCC at 744-2713 or by sending a check. Volunteers may not come as a group to do the peeling, prepping and baking at the same time, but may come individually for a time slot on Friday, October 9 if you would like. Call 744-2713 to help.

TTCC Adult Programs will be back in action soon. Some outdoor activities are continuing and the indoor activities will start up this coming week. Badminton will meet on Mondays and Fridays at 7 p.m. at the TTCC, Karate will meet on Wednesdays at 7 p.m. at the TTCC, Volleyball will meet on Tuesdays and Fridays at 7pm at BHVS, and Shape Up Newfound Exercise Class will continue to meet on Tuesdays and Thursdays at 6pm and Saturdays at 8am at Millstream Park or Kelley Park if outside and inside at the Bristol Elementary School. Pickleball enthusiasts will have to check by phone, text or email as the times vary. Each of these groups have group emails/texts that people can be added to for regular updates/announcements, just call the TTCC if you wish to be added.

The Bus and Wink books have arrived! If you ordered a copy, contact the TTCC to arrange for pick up or shipping. There are still copies available. Call 744-2713 to order yours. Proceeds from these book sales, per the Tapply Family's request, will aid the outdoor missions of the Slim Baker Foundation and the TTCC. More information? https://ttccrecorg/special_programs/bus-and-wink/

Everyone in Bristol is invited to create and display a unique scarecrow! Prizes will be awarded for: top 3 business entries and top three individual entries.

The parameters are: the scarecrow should be four to six feet tall and on a solid frame, entries may begin arriving on Sept. 26, judging will take place during the week of Oct. 5, To be eligible for judging, you must submit an entry form by October 4, 2020, you may display your entry on the common in the square, in front of your house, or outside of your business, scarecrows in the square must have a tag with your name.

Entry forms are available in person at the TTCC and Town of Bristol Offices, online at www.townofbristol-nh.org or on TTCC site, or by emailing lucilekeegan1@gmail.com or bristolevents@townofbristolnh.org.

CADY (Communities for Alcohol and Drug-Free Youth) events will include: Family Fun Night on Sept. 24, Vaping Unveiled ADULT Webinar on October 8, 2020, Vaping Unveiled STUDENT Webinar on Oct. 8. For more information, call TTCC at 744-2713.

Keep a look out for the Reading Pumpkin Program starting in October. It involves reading for points and when a certain amount of points are obtained, a certificate will be awarded for a free pumpkin at Walker Farm! The Story Walk Passport Program is ongoing featuring book pages displayed along a walking path, encouraging viewers to read while also enjoying fresh air, exercise, and the natural world around us. Story Walks are In place at: Gray Rocks ("Water is Water", a book about the water cycle by Miranda Paul), Slim Baker ("Strega Nona" by Tomie dePaola), Butterfly Garden: ("In a Garden" by Tim McCanna). For information, call the Minot-Sleeper Library (744-3352).

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

Danbury

Grange 2020 Celebration

The 106th annual grange fair, renamed the Danbury Grange and Community Celebration, held on Saturday Sept. 12 was a Covid conscious celebration of Danbury Spirit. A dozen households set up yard displays and a group of diehard Danburians tooted around town to view their neighbor's creations. Lunch and breakfast were served in the hall parking lot. Winning yard displays were: The Grangiest-Tracy and Amy Shepard, Best theme-Tim and Renee Gilpatric, Funniest – South Danbury Church. People's Choice- that display with most overall votes was South Danbury Church. Special thanks goes to Matt for his live blacksmithing demonstration. A clever addition to the day were bags of candy that were assembled by Linda Wilson and Tad Ellis as substitutes for the candy that they would

have gotten from the parade. Thanks to all the members that did displays to show the spirit of grange fair and to all that viewed and voted for the winning displays. The voters winning cash prizes were Ruth Bidwell, The Shepards and Karen Cole. See you on Sept. 11, 2021.

Grange Winter Market

The grange has decided to hold a winter farmers market this year. The market will run the first Saturday of the month November thru April. To provide social distancing, vendor numbers will be reduced, one way traffic in an out of the hall will be implemented and the number of customers allowed in the hall at once will be limited. The grange has decided to hold the market because supporting local farms and businesses is so very important. Farms need support. Customers need the fresh quality products. The Grange has been an important link in bringing these parties together.

A team of committed folks creates the winter market. To keep the burden of the market expenses off the shoulders of the vendors, many people rally behind the grange to aide in this process. The team supports local agriculture, sustainability, and food security. Me, your correspondent is one of the team leaders.

Sometimes I get tired and wonder about backing down from all

those responsibilities. I am tired and maybe I should just focus on my own family farm. Today, a farm event renewed my strength. A Blue Seal Delivery truck rolled onto the farm with a chicken grain delivery and a swag bag. The driver remembered us... said it had been 10 years since he's delivered milk maker(a dairy cow grain) here. He is right, it has been a while- way longer than a decade. During these years, our farm focus changed ; from dairy, veal, grain finished beef to grass finished beef, egg layers, turkeys, meat birds and a commercial kitchen. Survival in farming depends on changing to meet the demand.

While he waited for the liquid grain gold to travel from his truck to our tank, he said that turning off onto our road is just like it used to be and that in his travels, that isn't the case anymore. Farms have gone out of business. There are house lots on that farm land. I remembered why I do what I do- for the grange and for other farms as well as my own. I am feeling proud of what we've done, nostalgic of where we've been and grateful for our supporters who make this possible, I urge you to do your part as well. Make a farm or farmers market a part of your weekly shopping trips. Support local farms whenever you can. It may very well preserve some really nice views.

Churches

Plymouth Congregational UCC

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

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice.

How do I access the church's Facebook Page? You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Date Change to Remember

Sunday, Sept. 20 – Please join us for Rally Sunday as we celebrate the Fifteenth Sunday after Pentecost.

Feeding Our Children Together

Beginning at the start of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

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

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, 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.

THIS WEEK AT STARR KING:

Sunday, Sept. 20

The Saving Power of Universalist Theology

Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director

Our Universalist ancestors believed that all people are born worthy and that all are saved by the grace of something greater than themselves. Join us to explore our Universalist roots and imagine the saving power of humility and grace in our own times.

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For Zoom link and all other information visit our Web site: www.starrkingfellowship.org
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Hill Public Library

NEW HAMPTON:
Mobil Gas Station
Irving Gas Station
Gordon Nash Library

PLYMOUTH:
Tenney Mt. Store

RUMNEY:
Common Café
Stinson Lake Store

PUBLISHED EVERY THURSDAY!

Bears

FROM PAGE A1

portant for us to stay healthy and continue to improve each day,” the Bear coach said. “We lean towards focusing on the small things and trying to build our fundamentals and not focus on the outcome.” While there were some graduation losses, the Bears do return plenty of solid players, led by their four senior captains. Haley Dukette was an All-State player a year ago as one of the top midfielders in Division III and she will be looked at to control the middle of the field.

“It will be necessary for her to control the middle of the field offensively and defensively,” Williams said. Tiffany Doan was also All-State a year and was one of the top right wings in the division. She was also the team’s assist leader and will be counted on to pace the Bears on the offensive side of the ball. “We will be looking for her to set up goal scoring opportunities, control the tempo and pitch in goals of her own,” Williams stated. Kenzie Bohlmann returns at center halfback and is a spark plug and the glue on the defensive side of the ball and will

be asked to contribute on the offensive side of the ball this year. “She has looked fierce during the preseason,” Williams noted. The final senior captain is Alyssa McDonough, who is taking over in goal this year. She was the JV goalie two years ago and due to low numbers, stepped up and moved out on the field. However, she’s back in net this year. “She is determined to refresh her goalie skills and through hard work is showing improvement on a daily basis,” the Bear coach said. Williams also praised the work that the four juniors have done, as

they have shown great improvement from last year. Maggie Bednaz will be returning to left half-back and continues to deliver on ariels, Cassie Zick will be back at left midfield and has demonstrated improvement in ball carrying and shots on goal, Mackenzie Jenkins will be flying solo as the sweeper and continues to be a consistent force in the backfield and Lindsey Lacasse has been asked to move from sweep to right mid and her physical strength and conditioning has moved her into this vital role. Sophomore Matti Douville also returns to right back and her

strong drive and stick skills contribute to the team’s ability to run the fast break offense. Among newcomers, sophomore Sophie Wucher was injured in her freshman year but has shown continued improvement, freshman Isa LaPlume is up front and in midfield with the ability to be effective on the goal posts, classmate Savannah Bradley will be playing forward and brings solid speed to the table and classmate Elected Heath will be on defense with a strong drive and willingness to learn. “The girls are so coachable and I’m so excited to see how much we can improve,” Wil-

liams said. The Bears will play a regionalized schedule, playing two games each with Winnisquam, Franklin and Laconia plus single games each with Plymouth, Littleton, Gilford and Mascoma. The season kicks off with a home game against neighboring Plymouth on Friday, Sept. 18, at 4 p.m., where the Bears will honor the seniors. On Monday, Sept. 21, the Bears host Littleton at 4 p.m.

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

Volunteer

FROM PAGE A1

I apply? The next free VIRTUAL Hospice Volunteer training will start Tuesday, October 6th and run 5 weeks through November 3rd. All the training is done via zoom meetings in the comfort of your own home. Contact Lauren Bell, Pemi-Baker Community Health’s Hospice Volunteer Coordinator at 603-536-2232 or

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Elise Cushing expands business development services in Grafton County



Elise Cushing

PLYMOUTH — Elise Cushing has been promoted to Assistant Vice President, Business Development Officer for Meredith Village Savings Bank (MVSB). She will also be relocating from the MVSB’s Laconia office to the Bank’s office in downtown Plymouth, at 131 Main St. This relocation is in response to an increased need to support the quickly expanding business customer base in Grafton County. Cushing looks forward to engaging new organizations and deepening relationships with local business owners, municipalities and nonprofits.

“Elise continues to bring drive and enthu-

siasm to our business development efforts,” said Kathleen Doeg, Vice President of Business Development at MVSB. “Through her years of experience, she has demonstrated a keen understanding of the needs of businesses in our local communities. It’s been wonderful having her on the team, and I’m confident that she will thrive in Grafton County and Northern New Hampshire.”

Cushing joined MVSB in 2010 as a teller at the office in downtown Plymouth. In April 2012, she was promoted to Bank Services Representative at the office inside Hannaford in Plymouth, and was promoted that November to Bank Services Supervisor. She was transferred to the Ashland office in 2014, where she transitioned into the role of Branch Services Manager. She was promoted to Business Development Officer in 2016.

Cushing is a member

of the board for White Mountain Youth Hockey and an active volunteer for the Salvation Army.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Soccer

FROM PAGE A1

Dolloff has been preparing to do the work in the pipes for the Bears. Newfound will play a schedule that features two games each with Inter-Lakes, Winnisquam and Moultonborough, three games with Franklin and one game

each with Belmont and Lin-Wood. As always, the schedule is subject to change as conditions change. Newfound has a tough task right out of the gate, as the Bears will head to Belmont to take on the perennial powerhouse Raiders at 4 p.m. on Friday, Sept. 18. On Monday, Sept. 21, the Bears will

be on the road to Meredith to play Inter-Lakes at 4 p.m. and the first home game of the season comes on Thursday, Sept. 24, also against Inter-Lakes at 4 p.m.

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

Eric Petell, MVSB ranked first place in mortgage lending for Belknap County in May



Eric Petell

MEREDITH — Meredith Village Savings Bank (MVSB) was ranked first in mortgage lending for Belknap County in May 2020, according to the NH Registry Review. In addition, Eric Petell, who joined the MVSB mortgage lending team in November of 2019, was recognized as number one in the individual category. Individual mortgage lending is measured by volume of loans, while rankings by institution include purchase and refinance mortgages for all residential properties for the month of May. Petell was promoted to Mortgage Loan Originator for the bank in November of last year, after serving as Assistant Vice President, Branch and Business Development Manager for the Laconia office since July 2014. “I’m deeply honored and humbled by this recognition,” said Petell. “I’ve enjoyed my short time on the bank’s mortgage team so far, and welcome the change of pace and challenge. I’m passionate about serving customers and helping them reach personal goals like building or buying their dream home, updating an exist-

ing home or saving money through refinancing an existing mortgage.” Petell is based out of MVSB’s Main Office in Meredith on 24 NH Route 25. The Registry Review is New Hampshire’s statewide real estate and financial newspaper. Part of the Warren Group and read by real estate appraisers, real estate agents, brokers and banks, among many other industry professionals, the NH Registry Review is a weekly publication and daily website that stays up-to-the-minute on property transactions and new business opportunities. The Warren Group is the industry’s leading source for real estate and financial data, analytics and market insight. For more information, visit the registryreview.com. Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor,

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LRCC opens fall semester with new spaces & new protocols



Lakes Region Community College nursing students Chuck Weymouth and Jessica Lloyd enjoyed masked conversation and socially-distanced lunch on the school's terrazza Thursday. They welcomed the sunshine during a prescribed 30-minute break that allows complete air exchange in their classroom.

LACONIA — Lakes Region Community College opened its Fall semester Aug. 31 with online, hybrid and on-campus learning opportunities, and some new and freshly refurbished lab spaces to provide hands-on training.

“Electrical students are happy to see our updated laboratory spaces, and Culinary students are loving the progress made in Phases 2 and 3 of the renovation and construction of our new kitchens, walk-ins {refrigerators}, and restaurant in our Culinary wing,” says Marsha Bourdon, LRCC’s Business Affairs Officer. Construction is expected to be complete by the end of the semester.

Most serendipitous of all upgrades, however, may be those made to the

school’s HVAC (heating/ventilation/air conditioning) plant, a project in motion even before the school recessed for COVID in the spring.

“With new boilers, duct work, and blowers, we’ve been able to conduct tests of airflow and adjust circulation to ensure adherence to air exchange guidelines while also maintaining comfortable temperatures for everyone on campus,” says Patrick Cate, VP of Academic & Student Affairs. “Our original goal of reducing fuel consumption and energy cost will be met, but, like everything else everywhere, it’s taken a backseat to the health of students and employees this year.”

Armed with guidance

from the CDC, the NH Department of Health and Human Services, and the Community College System of New Hampshire, a team of administrators, plant maintenance staff and faculty worked tirelessly throughout the summer to re-open LRCC doors in ways that are “healthy, practical and safe,” says President Larissa Baia, adding “I’m proud to say that after one week of on-campus classes, things have gone very well, and we’re feeling great about seeing students back on campus.”

“Things have changed a little bit,” she said in a welcoming video address to students. “You’ll see that we’re doing social distancing, we’re all going to be wearing masks in all the classrooms, in the hallways, and in all of the buildings, but what hasn’t changed is our commitment to your education. We’re here to help, so when you have questions, please reach out...everybody here is here to help.

Kimberly Bean, who has worked in the school’s Financial Aid office for more than a decade, agrees that the campus looks different:

“As much as I usually complain about the mad rush of students lining up outside the office door during a ‘normal’ semester, this is a little quiet for my taste.

“Don’t get me wrong. I’m really happy to have students back and social distancing and all, but I miss having everyone come back to class at once,” she says, pointing to the major difference in this semester’s academic schedule. Most introductory courses met on campus the first week of September and are remote the next week, while upper level courses meet in person the second week and are remote the weeks before and after.

“It’s just different,” she finishes.

The number of students and personnel on campus at any one time has been reduced to fewer than 50 percent of capacity. Before parking their vehicle, every person entering campus must attest that they exhibit no COVID-19 symptoms and have not been in close contact with anyone who has been diagnosed with the virus. In addition, their temperature must not be elevated, and they cannot have traveled outside New England in the past 14 days.

The school’s typical cleaning regimen has been stepped up to reflect the times. Additional crews have been hired from L & R Cleaning.

“I’m happy to be doing it,” says Dave Fornea, a sanitizing specialist hired to clean surfaces—doors, handles...any place a hand might touch—

across campus every one and a half to two hours. A hazardous materials professional by training, he shows his artillery of cleaning supplies.

“Bleach kills everything,” he says confidently.

First-year Nursing students Jessica Lloyd of Laconia and Chuck Weymouth of West Ossipee are impressed with how the whole campus is working together.

“I really like the security checkpoint” she says, and “how they have people coming into the classroom at random times to make sure we’re far enough apart.”

Chuck adds, “They’re having us leave the room in the middle of long classes, so the air can exchange for at least 30 minutes...it’s just the new normal. I don’t think the school could be doing any more with their precautions.”

Jessica crosses her fingers. “We’re just hopeful that all this will let us stay on campus and not have to go remote.”

The school has worked hard to make onsite instruction possible for the fall. Joyce Larson, Director of Enrollment Management and Onboarding, says. While “there’s been a marked increase in enrollment in our online courses this semester, and I think many of our professors are excited to see how they can teach

online in new and engaging ways, it’s hard to substitute the hands-on training that goes along with programs like Nursing, Automotive, Advanced Manufacturing, and Marine Technologies. And some people just need that human component in learning. We’re teaming together to keep the campus clean and safe for everyone. Mask wearing, social distancing, good hand hygiene, and health screenings to keep people home who may feel sick...we are doing everything we can to reduce the risk of transmission.”

Lakes Region Community College offers more than 40 educational programs and workforce training for business and industry. Transfer agreements with a variety of regional four-year colleges allow students to receive their Associate’s degree at an affordable community college, and earn a Bachelor’s at a four-year school. Lakes Region Community College is part of the Community College System of New Hampshire. New classes start Sept. 28, and more than \$1 million in scholarships remains available this fall on a first-come, first-served basis. To learn more, visit www.lrcc.edu or visit LRCC’s Virtual Open House at www.lrcc.edu/virtual.

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BEFORE



AFTER





Easy ways to clean up leaves

Autumn is marked by colorful foliage and plummeting temperatures. Once those leaves reach peak color, they fall from the branches and collect on lawns, necessitating cleanup projects. For homeowners with big yards, such a project can be tiring and time-consuming. However, there are ways to make leaf cleanup easier.

One of the easiest ways to clean up leaves is to reach for a lawn mower rather than a rake. The mower will cut leaves down to smaller sizes, creating an effective mulch that can add nutrients back into the lawn. Davey, a lawn and landscape solutions service, says that mowed leaves also can be collected in a mower bag and added to garden beds or compost piles.

For those who prefer manual raking, select a rake with tines that will not skewer the leaves in the process. Big rakes also can make faster work of gathering leaves into piles.

The home improvement resource The Family Handyman ad-

vocates for the use of a lawn sweeper. This is a manual device that has a rotating sweeping brush that gathers up lawn debris and leaves into an attached hopper bag. Like mowed leaves, the bag can be emptied into a compost pile or distributed where needed.

Raking leaves onto a large tarp is another option. Once it's full, the tarp can be taken to the curb where many towns will collect the leaves seasonally. Otherwise, the tarp can be used as a funnel to put leaves into a gardening bag or another appropriate receptacle.

Leaf blowers remain a fast option for cleaning up yards, but they require electricity or gas and can be noisy. Still, they are a popular choice for large landscapes or when quick work needs to be made of leaf clean-up.

Leaves will fall in autumn, but luckily homeowners have various methods at their disposal to tame the mess.



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What is a Virtual Parade of Homes?

- An online, interactive event where you can virtually tour locally built new-construction & remodeled homes from your smart phone, or devices.

How do I virtually tour the homes?

- Since this event is virtual, all you need is access to the Internet. Click into any of the home detail pages to see a photos, read the home description and more. When you're ready, click the "View Virtual Tour" button. Then, to virtually "walk" through the homes, tap the circles on the floor of the space to move you around. Click on the 3D floor plan to see the home in "dollhouse" view.

Will I get to meet the builder?

- Yes, The builders will walk you through their projects and highlight some of their unique features. The interviews have been professional shot and pre-recorded. Learn more about the the builder, their company and specialties.

Do I need a ticket?

- YES. Visitors can purchase a ticket for \$10 and will have FULL access to all of the virtual parade features including: Enhanced Builder Profiles, 360 Virtual Tours, Voting Access for People's Choice, Meet the Builder Access and entered into the raffle drawing! Fee is good for entire household and last for months! Ticket sale proceeds go towards Lakes Region Builders & Remodelers Association's workforce development initiative.

Still have questions?

- Contact: lakesregionbuilders@gmail.com or 603-387-1817.



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Simple ways to improve a kitchen pantry

People have been spending more time at home in 2020 than in years past, and certain projects around the house have become a priority. One home improvement idea that serves the double benefit of creating organization and making cooking at home more efficient is to reimagine the kitchen pantry.

A pantry is a room or closet where food, beverages and linens or dishes are stored. Pantries can be highly useful spaces that provide ancillary storage in kitchens. Many modern homes are equipped with pantries, but older homes may require some modification to create more useful pantries. Whether starting from scratch or modifying an existing pantry, these tips can help projects go more smoothly.

- Maximize vertical storage. Utilizing vertical areas can help increase storage capacity. Build in extra nooks by investing in undershelf storage baskets. These baskets can instantly create designated areas for different types of ingredients. Homeowners also can look for ways to use the inside of cabinet doors or add extra shelves on walls or in eaves.
- Consider your needs. Figure out which items you would like to store in the pantry and then shop for corresponding storage systems. For example, storage solutions may feature wine bottle racks, baskets for potatoes and other produce, shelving for small appliances, and even pull out racks for baking pans or cutting boards.
- Use clear storage. Put ingredients in clear, airtight containers of similar dimensions so that you can easily find items you need. Transfer bulky items, like cereals and baking supplies, to storage containers for uniformity.
- Store bulk items elsewhere. Bulk shopping can be cost-efficient, but bulk items can quickly eat up real estate in the pantry. Designate another area for non-perishable bulk products, like paper goods or canned items, such as in a garage or utility room.
- Pull out drawers are convenient. Pull-out drawers can reduce the need to seek and reach for items. These drawers conveniently roll out so items in the back can be accessed without disturbing foods in the front. Drawers can be custom built for any pantry space.
- Make it accessible. Think about who will be taking items from the pantry. Put children's snacks on the bottom pantry shelf where they can reach them, and then organize other shelves for adults in the home.

A pantry remodel can add valuable storage space and make one of the busiest rooms in the house operate more efficiently.

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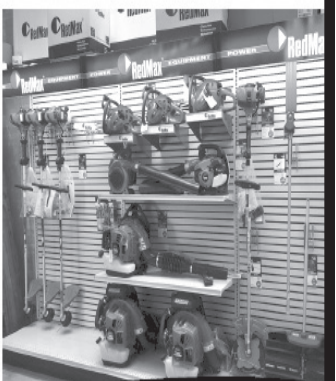

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