

# Volunteers revive a long dormant tradition for New Hampton’s Old Home Day

**BY DONNA RHODES**  
dhrhodes@salmonpress.news

**NEW HAMPTON** — More than 24 hours before New Hampton’s 119th Old Home Day got underway, a team of dedicated volunteers gathered at the town’s historic, circa 1879, Town House to prepare what could be considered by many residents as the highlight of the celebration — a traditional Yankee Bean Hole beans.

The idea to bring back a free Bean Hole bean luncheon to Old Home Day originated with lifelong New Hampton resident Tom Smith. After attending a few of Bridgewater’s Old Home Day celebrations where their beans are a focal point in the day, he told New Hampton locals that he would really like to bring that tradition

back to his town.

“We used to do it back in, I don’t know, the 30’s or somewhere around that time, and I decided it’s a unique thing that we could do again here,” said Smith.

Reaching out to residents who might be interested in the somewhat arduous task, he finally found a crew of volunteers who were ready to roll up their sleeves, burn a few hairs off their arms from the hot coals, and start the tradition once again in New Hampton.

“It was brought back to the town in 2011, and they’ve really done a good job. I can’t take credit for anything but the idea. There’s a lot of work involved that people don’t realize,” Smith said.

Sherry Boynton and

her husband David were among the original volunteers and the couple has dedicated themselves to preparing the meal each year, even after they moved up River Road into Bridgewater.

Sherry said their group started out by borrowing equipment from the Lucas family in Bridgewater to get the dinner started and borrowed some tips on how it all is done as well. Since then they have purchased their own equipment but still stay in touch with their mentors in Bridgewater.

“We’ve now got a Bean Hole Bean Mutual Aide Society going where they taught us and we all work together. I even provide Bridgewater with salt pork for their Old Home Day beans the week af-



**DONNA RHODES**  
A group of volunteers comprised of Carl Buzzell, Alan Smith, Stephen Uhlman, Dave and Sherry Boynton, and 11-year-old twin interns Ben and Moriah Smith spent hours last Friday preparing traditional bean hole beans for the 119th New Hampton Old Home Day celebration, which took place the following day. (Missing from the photo are Diane Sharp and Diane Avezedo.)

ter our Old Home Day,” she said.

“We’ve share everything but the recipes,” her husband David joked.

Participating in this year’s preparations were two possible future

members of the “Bean Hole Mutual Aide Society,” 11-year-old twins Ben and Moriah Smith.

Ben said he became interested in the process last year when his father helped lower the pots of beans and all their se-

cret ingredients into the ground to simmer overnight.

“My dad couldn’t come but I still wanted to help out again this year. I think it’s a cool process, but it’s kind of

SEE **TRADITION**, PAGE A13



**DONNA RHODES**  
Bristol’s fourth annual Making It In Bristol event featured many local home businesses or those off the beaten path and included young entrepreneurs Aya and Kaiya who sold lemonade to benefit a project to build a new kitchen facility in the community’s Old Town Hall.

## Local artisans showcase their skills at Making It in Bristol event

**BY DONNA RHODES**  
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**BRISTOL** — Last Saturday’s Making It In Bristol showcase fell prey to some summer rains, but the swift move to Bristol’s Old Town Hall provided everyone with cover from the weather and room for shoppers to browse all the items that community crafters and artists had to offer.

Presented for the fourth year by the Bristol Historical Society,

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Making It In Bristol organizer Lucille Keegan was pleased that people were adaptive to the change that day.

“It was a hard decision to make. We all watched the weather on Friday and finally decided to move it to the Old Town Hall. Despite that, only one vendor decided not to come,” said Keegan.

Twenty-one others did make the show though, bringing all of their talents to place out on display. Spread throughout the hall was several booths ranging from handcrafted furniture to photos, paintings, jewelry and even locally produced fudge from the Mill Fudge Factory on Central Square.

Local artist Besie Symmington was sketching portraits during the event while Rebecca Frame and her granddaughter Adelaide were painting even more of their renowned miniature watercolors as well.

Terri Phillips had

a booth filled with all sorts of handcrafted placemats, jewelry and other goods and said she was happy to be a part of “Making It In Bristol.”

“I’ve been doing this for two years now and I love meeting everyone,” Phillips said. “It puts a smile on my face when people like what I make.”

Craig Brown had lovely scroll saw artistry, P&S Country Crafts had their handcrafted cheese boards, Lazy Susans and even bat houses for sale, while Jodie Favorite of Your “Favorite” Decorator brought along her fabric crafts, including Christmas Stockings, tote bags and some photo albums depicting her window treatments, upholstery and other services.

There were hand-knit sweaters for kids, Geek Chick & Company’s Novelty and Handmade Gifts for the Nerdy had some great items available as well.

SEE **BRISTOL**, PAGE A13



**DONNA RHODES**  
As part of this year’s Hebron Family Fun Day, the Friends of the Hebron Library held a Cow Patty Bingo fundraiser. Excitedly awaiting the start of the contest last Saturday were Judy Dodge, co-chair of the Friends, library trustee Bill York and librarian Robin Orr.

## Family Fun Day offers entertainment for all ages in Hebron

**BY DONNA RHODES**  
dhrhodes@salmonpress.news

**HEBRON** — Hebron held its yearly Family Fun Day last weekend that included the

Friends of the Hebron Library’s classic Cow Patty Bingo fundraiser, which earned more than \$1,500 for the library and \$1,000 for one lucky participant.

Delilah and Daisy of Tannery Farm helped determine the winner of the contest as they

SEE **HEBRON**, PAGE A12



**DONNA RHODES**  
Martha Sawyer admired Stefmir, one of two ponies from Patten Brook Farm that Hayes Broome helped lead children on pony rides aboard during the Alexandria Church Fair.

## Community comes together for Alexandria Church Fair

**BY DONNA RHODES**  
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**ALEXANDRIA** — The 2017 Alexandria Church Fair last Saturday was another big success,

bringing the community together for live music, great bargains and great food as well with proceeds from the day benefitting the church

missions.

The Women’s Aid to the Church group was among the 30 vendors who took part in the

SEE **FAIR**, PAGE A12





DONNA RHODES

At last weekend’s annual Church Fair, Alexandria Police Chief Donald Sullivan had a table set up to show the public the types of ingredients being used to manufacture methamphetamine.



COURTESY

Alexandria Police Department erected an educational booth at the town’s Church Fair last weekend called “Hidden in Plain View,” which showed everyday items found in a teenager’s bedroom that could indicate a drug problem.

# Alexandria police help parents detect signs of addiction “Hidden in Plain View”

BY DONNA RHODES  
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ALEXANDRIA — During the Alexandria Church Fair last Saturday, the public was also invited to visit a drug-awareness tent prepared by the Alexandria Police Department, which gave parents and loved ones a first hand look at things they should be on the lookout for that could indicate someone may be caught up in the state’s drug crisis.

“Hidden in Plain View” is just what it indicates; common items that a person in the know would recognize as signs of drug use, all sitting right out in the open.

“Parents tell us all the time they keep an eye on their kids, but then we walk into their bedroom and see all sorts of things they didn’t realize were signs that those kids are using drugs,” said Police Chief Donald Sullivan.

To bring about better awareness of these simple indicators, the department set up a sim-

ulated bedroom and laid out all the items they routinely see when they are brought into a home.

Among the items found on a nightstand were dirty spoons (used to “cook” drugs), burnt pieces of aluminum foil, cords used to tie off an arm for intravenous injections, and even razor blades used to prepare a powdered narcotic for use. There were also a straws, some with the ends cut to create a scoop, sterile wipes used for injections, a scattering of needle caps, and small containers like an Altoids tin box that are used to store pills.

“Even something simple like a coloring book is used by someone coming down from a methamphetamine high to help keep them calm. We see a lot of that, believe it or not,” Sullivan said.

Pens with no “guts” inside are also used as straws for drug delivery, standard household glue is sniffed, and small digital pocket scales are used to weigh drugs.

Large quantities of loliops can also indicate a problem. Drug users have been known to roll them in drugs and suck on them to obtain their desired effects.

“It’s ever changing but these are the type of things we’re finding right now,” the chief said.

In addition to the room simulation, there was a table lined with items used to manufacture methamphetamine. Common household items such as Sudafed (pseudoephedrine) tablets, lithium batteries, camping fuel, acetone, along with antifreeze and automobile injector cleaners are mixed in plastic bottles and “cooked” to create the drug.

“Other common signs are cold packs that help separate the pseudoephedrine from cold tablets and coffee filters they use to strain the mixture,” Sullivan said. “There’s a whole lot of chemistry involved in these ‘One Pot’ meth labs.”

Collections of Gatorade and Powerade bottles can also indicate a problem. They’re made of a sturdier plastic than most water or soda bottles and therefore preferred for mixing the chemicals.

The chief added that disturbing occurrence was when he went to two stores and purchased all the sample ingredients

for the display. Employees in both stores failed to see the connection between the types of items he was purchasing and the drug they are used to create and therefore asked no questions.

In addition to the simulation and displays, the department also had a slide show featuring numerous photos of all the drugs they have seized

in the town.

“This isn’t just a city thing. It’s in quiet, rural towns like Alexandria, too. Drugs are actually 80- to 90-percent of what we do here now. We’re spending so much time on it and watching families being torn apart. We hope that today’s exhibit will help prevent some of that in the future,” said Sullivan.

## The Tavern adds a new dimension to the dining experience at LinCross Roast Beef

BRISTOL — LinCross Roast Beef and More, a sandwich and baked goods shop in downtown Bristol, just added a little “more” to their service with the opening of The Tavern, a comfortable place where adults can enjoy a cold mug of beer, a glass of wine and some of the delicious foods they also offer through their abutting restaurant.

Co-owner Jodi Lingsch said the opening for The Tavern was scheduled to take place last Friday and the family was glad to meet the deadline they had set for themselves.

“We’ve been working on this for months and pushed to open today because it’s National Beer Day,” said Lingsch.

While the family-owned restaurant has been at the downtown Pleasant Street location for more than a year, The Tavern was a new concept for their ever-growing business venture.

Lingsch said her husband Christopher built the beautiful wooden bar while her brother helped with the tables and benches that created the comfortable atmosphere.

“After that, we all chipped in for the painting and decorations and I think it came out nice,” said Lingsch.

Customers on Day One agreed with her assessment.



DONNA RHODES

Jodi Lingsch was all smiles as she tapped a cold beer for some of the first customers to stop by The Tavern last Friday, a new branch of LinCross Roast Beef and More on Pleasant Street in downtown Bristol.

“I give this place five thumbs up. The people who work here are absolutely wonderful and make you feel comfortable when you stop in. It’s a great addition to Bristol,” said Nora, one of many people on hand for opening day at The Tavern.

While The Tavern offers wine and a broad selection of domestic and imported beer for their customers, they also have a new brew on tap that locals may appreciate even more.

“Shackett’s Brewery made us a special LinCross Lager that is available in 16- and 23-ounce glasses,” Lingsch said.

And when it’s time for something to eat, The Tavern offers a full menu from LinCross’s sandwich shop, which specializes in their delicious roast beef, pulled

pork and steak sandwiches. There is also a “Build Your Own” option for sandwiches, along with homemade soups, side dishes, salads and baked goods that go well with any menu choice. They even provide a take-out option for those who prefer to enjoy their meal at home or on the road.

LinCross Roast Beef and More is located at 16 Pleasant Street in downtown Bristol. They are open Monday through Saturday from 11 a.m. until 7 p.m. and offer local delivery services from 11 a.m. – 6:30 p.m. on Thursday, Friday and Saturday. The Tavern will also be open from 11 a.m. to 7 p.m., Monday through Friday, and “late” on Friday and Saturday nights, with no specific time designated at the moment.



DONNA RHODES

## Fun and games

Eight-and-a-half year-old Rowan hosted a Game of Chance outside his dad’s house in Alexandria last weekend. He and his aunt constructed a game board from recycled materials and, depending on which container any of three balls landed in, participants received a prize. Rowan, who shares time with his mom in Gilford, said he has also sold lemonade and other items at his mom’s house in his quest to save money for his future.

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# Scholarship recipients give back to Rotary Penny Sale

BY DONNA RHODES  
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BRISTOL — Bristol Rotary held their 65th Annual Penny Sale at Newfound Regional High School last Thursday, presenting lucky ticket holders with the chance to win an abundance of great prizes, participate in a silent auction filled with more terrific items to bid on, and take a chance on a 50/50 raffle as well. Helping make the night a success were two grateful recipients of the Rotary’s scholarship fund, which the event supports each year.

Molly Schilling is the 2017 Rotary Scholarship winner, and said the \$6,000 the organization awarded her was deeply appreciated.

“I’m just so grateful that they picked me.

That scholarship is going to help me out so much,” Schilling said.

As this year’s Salutatorian for the NRHS Class of 2017, Schilling will leave soon to attend school at Colby-Sawyer College where she will study nursing.

Helping Schilling set up for the evening was Ben Learned from the Class of 2015 who also received a scholarship from Bristol Rotary. Learned, who is studying economics at DePauw University in Indiana, said “every little bit helps” and his gratitude is what brought him out to assist with this year’s Penny Sale.

Bristol Rotary President Bob Broadhurst said the organization is always pleased to present the financial awards to great students like

Schilling and Learned, and next year they will broaden that assistance to include a new Burt Williams Vocational Scholarship for a student going into the trades.

“A lot of students are opting for something other than college these days and we certainly want to support them as well,” Broadhurst said.

To raise money for those scholarship funds, this year’s Penny Sale offered three rounds that consisted of 100 prizes each. And the best part was that just one ticket had 100 chances to win.

“When we pull a ticket and hand out the prize, the ticket then goes back in the mix so they can have the chance to continue winning until that round is over,” Broadhurst explained.

Prizes donated for the



DONNA RHODES

Prior to the start of the Bristol Rotary Club’s 65th Annual Penny Sale last week, some of the organizers and volunteers posed before the 100 items available in the first round of action. From left to right are Bristol Rotary President Bob Broadhurst, Newfound Area School District Superintendent Stacy Buckley, Rotary scholarship recipients Molly Schilling (2017) and Ben Learned (2015) and Rotary’s Governor-Elect for New Hampshire’s Northern District, Larry Vars.

event included something for everyone. There was lawn equipment, toys, car services, passes to local attractions, tools and much more, each donated by generous businesses, civic groups and individuals.

Finally at the end of

those three rounds, all the tickets were combined into one bin to select winners for the 11 Grand Prizes available this year. Among those prizes were cash, scratch tickets, a picnic table, bicycles, a shopping spree at Hannaford Supermarket and 125 gallons of

heating fuel.

A special Powerball Raffle was also held, offering ticket holders a chance to win 50 Powerball tickets, courtesy of Shackett’s Store and Seafood Shack. Proceeds from that raffle benefited Tapply Thompson Community Center.

## Grafton County awarded federal funds under Emergency Food and Shelter National Board program

REGION — Grafton County has been chosen to receive \$18,906 by the State Set-Aside Committee under Phase 34 to supplement emergency food and shelter programs in Grafton County.

The award to New Hampshire was made by a National Board that is chaired by the Department of Homeland Security’s Emergency Food and Shelter National Board Program Federal Emergency Management Agency (FEMA) and consists of representatives from the Council of Jewish Federations, Catholic Charities, USA, The Salvation Army, American Red Cross, National Council of Churches of Christ in the U.S.A., and United Way World which will provide the administrative staff and function as fiscal agent. The Board was charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the country.

In the past, a local Board Granite United Way of Northern New Hampshire, Tri-County Community Action,

Grafton County Human Services Department, New Hampshire Catholic Charities, American Red Cross, The Salvation Army, Voices Against Violence, The Bridge House Homeless Shelter & Veterans Advocacy, The Bancroft House, and Grafton County Senior Citizen Council have worked together to determine how the funds are to be distributed. Grafton County Human Service providers, City and Town Officers and interested community members are invited to serve on this Local Board.

A Full Local Board Meeting has been scheduled to meet at the Grafton County Commissioners Administration on the basement floor at, 3855 Dartmouth College Hwy, N. Haverhill, NH 03774 at 10 a.m. on Wednesday, Sept. 6. Under the terms of the grant from the National Board, local agencies chosen to receive funds must: 1) be non-profit, 2) have an accounting system, 3) practice nondiscrimination, 4) have demonstrated the capability to deliver emergency food and/or shelter

programs, and 5) if they are a private voluntary organization, they must have a voluntary board. Qualifying organizations are urged to apply. Application forms are available at the Administration office of Tri-County Community Action Programs, Inc., 752-7001.

The Local Board is responsible for recommending agencies to receive these funds and any additional funds available under this phase of the program. Human Service providers who would like to submit proposals requesting funds for emergency food and shelter needs are required to attend and bring 8 copies of the Application form provided by Tri-County Community Action to this meeting. No requests for funding will be considered after 10 a.m. on the date of this meeting.

Further information on this program may be obtained by reviewing the EFSP Web site at: [www.efsp.united-way.org](http://www.efsp.united-way.org) or contacting the Local Board Chair, Amy Goyette NCRI, and TCCAP Operations Coordinator at 752-7001, ext. 204.



COURTESY

On Saturday, Sept. 2 at 9 a.m., runners and walkers will leave from Basic Ingredients Bakery located on Route 3A in Bristol to “run their buns off” for a 4.2 mile professionally timed run/walk. The reward for your hard work... a homemade sticky bun will be waiting for you at the finish line!

## Eighth Annual “Run Your Buns Off” 4.2 miler set for Sept. 2

BRISTOL — When is the last time you ran your buns off? Well, this Labor Day weekend, you can! Come and see what the locals and vacationers have been talking about for the last seven years.

On Saturday, Sept. 2 at 9 a.m., runners and walkers will leave from Basic Ingredients Bakery located on Route 3A in Bristol to “run their buns off” for a 4.2 mile professionally timed run/walk. The reward for your hard work... a homemade sticky bun will be waiting for you at the finish line!

Hosted by the Newfound Area Charitable Fund, the Run Your Buns Off race committee is excited to announce that two charitable organizations were selected, through an application process by the NACF board, as this year’s beneficiaries. The Tapply Thompson Community Center (TTCC) located in Bristol has been serving thousands of area youth since 1946 with year-round after school, summer and sports programming. The TTCC’s Teen Council is raising funds for a gymnasium renovation project and we want to be sure they reach their goal so it can be ready for decades of future use. The second beneficiary is the Day Away program which also serves the New-

found region by providing respite for caregivers of eligible individuals through a social day care program. “This year we are honored and excited to be able to assist both the young and the not-so-young in our communities through our beneficiary selections” says Garlyn Manganiello, NACF Vice-President and co-founder of the race.

“The NACF Board is dedicated to assisting local charitable groups and causes which promote wellness, fitness and health education, as well as activities in the Newfound region,” says Audrey Goudie, NACF President. “Each year, we select one or more local charities which exemplify these goals as the race’s beneficiary.”

Goudie continues, “Since the first Run Your Buns Off road race in 2010, we have given back over \$51,000 to worthy causes and programs in our community and that makes us very proud.”

Individual runners,

walkers and teams of all ages are encouraged to participate. The top three male and female runners, as well as the fastest team will be awarded prizes and everyone has a chance to win at the huge raffle filled with goodies, including a paddleboard, donated by local businesses and beyond.

Why not do your part to help support two great local causes all the while indulging in a delicious treat, having fun with family and friends and getting yourself some exercise on Labor Day weekend? The cost is \$22 per runner/walker, until day of race when the price is \$25. You can register for the Run Your Buns Off 4.2 Miler online today at [www.lightbox-reg.com/buns](http://www.lightbox-reg.com/buns) 2017.

For more information on becoming a sponsor or for registration questions, please email [runyourbunsoff@gmail.com](mailto:runyourbunsoff@gmail.com) and you can always stop by Basic Ingredients bakery and register in person!



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## Cady Corner

*Teenagers’ tobacco use hits a record low—sharp drop in e-cigarettes*

BY DEB NARO  
Contributor

Teenagers’ use of e-cigarettes fell sharply last year, while overall tobacco use declined to a new low, according to data that some antismoking advocates said could signal a turning point in the decades-long effort against youth smoking.

According to the National Institute on Drug Abuse (NIDA), teens are more likely to use e-cigarettes than cigarettes. When surveyed, 66 percent of teen respondents thought “just flavoring” was in their e-cigarette. Of those respondents, 13.2 percent said nicotine, 5.8 percent said marijuana, and 13.7 percent didn’t know.

Seven in 10 teens are exposed to e-cigarette ads through retail, Internet, television, movies or magazines. Boys are two times as likely to use e-cigarettes than girls. While these statistics are concerning, a new trend gives hope. The Centers for Disease Control and Prevention’s (CDC) annual report on youth and tobacco found that 11.3 percent of high school students used e-cigarettes in 2016, compared with 16 percent in the previous year. The change represents the first drop in e-cigarette use since 2011.

In comparison, cigarette use is also decreasing. Eight percent of high-schoolers reported smoking last year and approximately 20 percent reported using “any tobacco product,” which can be defined as cigars, hookahs, pipes, smokeless tobacco as well as

e-cigarettes. However, it is important to note that tobacco use varies across different demographics and regions; for example, the high school smoking rate in West Virginia is more than double the rate in California.

The decline in tobacco use can be attributed to the widespread efforts of local, state and federal government, including: State and local taxes have increased the cost of cigarette and tobacco products; smoking bans have been implemented in restaurants, bars and public spaces across the country; education efforts have increased since the 1960s to emphasize the dangers of smoking on your health and others, vis-à-vis secondhand smoke; bans of tobacco advertising were replaced with antismoking mass media campaigns on television and radio

“The decrease in e-cigarette use is likely a result of several factors, including efforts by the government and public health groups to educate young people about possible hazards of the products,” said Brian King, senior author of the CDC report, in a news article. “While they don’t contain some of the harmful substances in conventional cigarettes, the inhaled vapor usually contains nicotine, which is highly addictive and can harm the adolescent brain, as well as ultrafine particulates and heavy metals.”

For more information on ways to talk to youth about smoking, visit [www.cadyinc.org](http://www.cadyinc.org).

## Newfound Landing

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## PET of the Week

The sweetest, cuddliness and sheer playfulness five-month old Bear, handsome little black kitten, will melt your heart when you see him. Found wandering by himself, he was brought in by a concerned citizen.

Somehow little Bear had become separated from his family.

We’ve provided vaccines, neutered him, and during the veterinary process found him positive for the feline Leukemia Virus. We’ve sent his blood for special testing to be sure it is the virus and not vaccine antibodies.

Bear is healthy now. He does have a virus present in his blood which presents zero health concern to humans. We strongly recommend that should he be adopted into a that already has cats, that they receive their leukemia vaccine as a precaution.

With a loving, indoor, safe home, we can expect Bear to lead a relatively normal life. It’s true, he may not live to a ripe old age, but surely he can enjoy life to



the fullest right now.

Bear would be happy in just about any home, friendly dogs, kind and respectful children, adults who can commit to an in-

door only home, and yes, even other cats, as long as they are already vaccine against the virus.

Please come and visit this adorable fellow.

## Letters to the Editor

### We are lucky to have the services of Bristol’s emergency personnel

To the Editor:

This letter is a heartfelt thank you to the extraordinary Bristol EMT personnel who responded to our recent medical emergency. Is every other town as lucky as we? The dispatcher calmly took my call and instructed me as to what to do. He would not let me off the phone, despite the fact that by then my neighbor (who is a police officer) had arrived. He did not hang up until he was sure that the ambulance had arrived.

The level of the skill exhibited by the technicians who came to the house, not knowing what they were facing, was outstanding. I didn’t even know my name at that point — I was completely undone by seeing the fear and pain on my husband’s face.

Yet these EMTs — one woman and two men, whose names, alas, I do not know — took over with a level of professionalism that had to be seen to be fully appreciated.

Everyone had a job to do, and did it with competence. It was like a well-choreographed ballet. They calmed my husband (they calmed me!) and performed their tasks with assurance.

I truly believe that if they had not come when they did and had not done what they did, I would be a widow today. I will be forever grateful to each and every one of them.

Sincerely,  
*Eileen Malone  
Alexandria*

### Help the Day Away program ease the burden for caregivers

To the Editor:

At the recent Hebron Fair, people who stopped by the Day Away Program booth were both amazed and pleased to learn that such a program exists here in the Lakes Region.

For readers who don’t know ‘Day Away,’ it is a social program for men and women with early stages of Alzheimer’s and related dementias. This program also provides the participant’s caregiver several hours, a short respite, to ‘catch a breath,’ 9 a.m. to 3 p.m. every Thursday. A Registered Nurse and an experienced staff are always on site. The program itself is a social program involving the whole person, mind and body. Inter-active games, creative crafts, challenging quizzes, delightful poems, and old-time sing-a-longs are just a small part of the program. Guest speakers, entertainers, musicians, and a friendly therapy Golden Retriever stop by on Thursdays. A wholesome lunch, cooked on the premises, and even snacks are part of Thursdays. Dietary needs of the participant are always considered.

Day Away is a non-denominational program

meeting every Thursday from 9 a.m. to 3 p.m. at Our Lady of Grace Chapel in Bristol.

As you read this letter, you can appreciate how important are the volunteers we have in this program. They are the ‘backbone’ of Day Away. They bring knowledge, wisdom, life experiences, and all sorts of talent to enhance, not only the lives of the participants, but staff as well. With more participants, there is a need for more volunteers. If you can come ‘on board,’ we will help with insight into the disease. The satisfaction you receive will be unlimited. The heart of a volunteer is not measured by size but by the depth of the commitment to make a difference. Together, we can make a person’s yoke a little easier, a burden a little lighter.

I personally want to say ‘Thank You’ to every volunteer in our program for their commitment to the Day Away Program and welcome all those who wish to be part of our program.

*Sandra Coleman, BSN, RN  
Director  
Day Away*

### A root-cause solution to the opioid crisis

To the Editor:

States are critical players in preventing prescription opioid overdoses. States run prescription drug monitoring programs (PDMPs), public insurance programs like Medicaid, regulate controlled substances, and license providers.

Equipping states with the data resources needed to combat opioid abuse is at the heart of this epidemic.

Funding for enhanced surveillance assists states in prevention by providing timely data on fatal/nonfatal overdoses and info on risk factors. In Fall of 2016, the \$12.8 million awarded to 12 states to track

opioid-overdoses for 36 months began that tracking. New Hampshire was among those awarded that funding through a competitive application process to improve the reporting and timeliness of data and share this with others key stakeholders, including healthcare professionals where this problem begins and must be stopped. That industry bases decisions on data. Hence, the need for empirical evidence. This is a positive step.

As the opioid crisis evolves, more scientific expertise is needed, to enhance surveillance, and tailor resources to address states’ changing needs. This fun-



North Country Notebook

Cougar, sturgeon, brook and river



By JOHN HARRIGAN  
COLUMNIST

On the afternoon of Thursday, July 13, Brian Motiejaitis was returning from work to his Bear Rock home in Stewartstown when he saw an animal standing in the road a hundred yards or so ahead.

for a fox,” he thought, and the closer he got, the more he thought “mountain lion.”

A half-hour later, his wife Kerry was nearing home when she encountered a large, cat-like animal walking up the road ahead. She caught up with it, pulled over, stopped and just stared.

“It was only maybe 15 feet away,” she said.

The animal turned and looked at her, walked up an old road, and lay down.

“It was without a doubt a cougar,” she said, mentioning in particular the long tail.

“It just laid there, peering at me through the grass,” she said.

More or less breath-

less from the experience, she burst through the door and said to her husband “You’ll never guess what I just saw!”

His unhesitating reply: A cougar.

“He sort of took the wind out of my sails,” she said ruefully.

+++++

For the early part of my life, the Mohawk River was a mysterious place. First, it was the nearest real river from home, although today, looking at it through older eyes, “river” seems a bit of an exaggeration.

Second, my nearest navigable waterway, Beaver Brook (we built rafts to navigate it) flowed right past our back yard, down over



Kerry and Brian Motiejaitis are certain about what they saw while returning home from work--one just ahead of the other--near the end of Stewartstown’s Bear Rock Road.

an old dam, into what looked like an impenetrable jungle, and into first the Mohawk and then the Connecticut, which is an actual honest-to-gosh river, all 406 miles of it, from Pittsburg’s Third Connecticut to Long Island Sound.

I’ve always wondered where the Mohawk got its name, a story lost to history but most convincingly resting with the famed, fierce and feared Mohawks of northwestern New York and points beyond.

Similarly, I’ve always wondered about the name Battle Bridge, a span carrying Route 26 over the Mohawk about halfway between Colebrook and Dixville Notch. I’ve long thought that the name derived from a battle at an encampment of Coashaukees--an offshoot tribe of the Wobanaki--and marauding Mohawks driven to snowshoe-clad wanderlust.

Local historian Granvyle “Bud” Hulse said he was told something different. “My father said some Italian stonemasons were building the bridge, and a fight broke out,” he said.

I like his story even better.

+++++

In the pages of Hawkeye, a hunting and fishing-oriented statewide paper published in Milford, there loomed the figure of a big fish--of the almost prehistoric kind.

It was a 78-pound lake sturgeon, netted this spring by Vermont Fish and Wildlife biologists in Lake Champlain. The fish had been tagged during similar test-netting back in 1998. Listed by the state as endangered, lake sturgeon



The Mohawk River, tumbling its way under the Carleton Hill Road bridge between Colebrook and Dixville Notch.



A lake sturgeon, several of the type netted by Vermont Fish and Wildlife Service biologists this summer in the Lake Champlain watershed.

is found only in Champlain and three of its rivers.

These huge fish, strange epidermal formations and barbels and all, are members of same family of sturgeon that once ranged in almost all rivers along the East Coast.

Indeed, a kid fishing in, say, the great eddy on the western shore of Amoskeag Falls in Manchester never knew what might take the bait.

While researching a story a few decades ago at the Manchester Historical Society, I came across an old journal account about a boy who was fishing there in the late 1700s when some-

thing took his line and ran with it.

The boy, who must have been fishing with something stronger than horsehair rope, fought the leviathan for more than an hour before tossing the line to helpmates and grasping it under the gills. “And I had him!” was the triumphal quote.

And it was, of course, a sturgeon.

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

STRATEGIES FOR LIVING  
When God intervened



BY LARRY SCOTT

As my father stepped from his second-floor office one morning in 1949, he could scarcely believe what he was seeing on the floor twelve feet below. Lying face down, bleeding from the left ear, and unconscious, he saw what was left of me following a fall that came perilously close to ending my life.

The stairway that led to the ground floor of our home, you see, was sided by a winding, smooth bannister that no self-respecting 10-year-old could ignore. The trick was to slide down the banister and reach the first floor in record time. This time I missed! How I survived I do not know but, surprisingly, my injuries were minimal. Except for a broken bone in my shoulder and reduced hearing in that left ear, I recovered completely within just a few months.

And now ... the rest of the story.

My parents were missionaries in the city of Cusco, Peru, and a week or so later my father received a letter from a lady in the United States whom he did not know.

“Could it be,” she wrote, “that you had a particularly bad day on Wednesday. As I was working around my home I felt a special burden to pray for you. I stopped what I was doing, prayed for you and your family until the “burden” lifted and I write to let you know about my experience and to ask how you and your family are doing.”

My father wrote back – and never heard from her again – that that was the day his family was in desperate need of divine intervention.

I realize that to the skeptic the event has no merit. Grant the point ... but my Bible paints a surprisingly different picture from what you might think. There is a personal God ... and at times His love and care come through in rather spectacular fashion. Were we special? Not at all. But God does not care about any of us because of who we are; He

is available to each of us because He is God.

You have perhaps gathered from this column that when I write of tough times and sleepless nights, I know what I am writing about. Through the years I have had to live through some of life’s most difficult experiences and were it not for the watchful care of a loving Heavenly Father, I can’t imagine where I would be today. There have been times, I must admit, when it seemed God had gone AWOL and left me to dangle in the wind. I have, more than once, asked myself, “Where was God when the lights went out.” But He was there, standing in the shadows, and eventually I have been able to look back and marvel at how God has intervened in my life.

I trust it is a discovery that you, too, have made. If not, I can assure you that He is everything you could ever want in a caring and benevolent Father. God is a “gentleman,” however, and He will come into your life only by invitation. Your turn!

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Celebrate Old Home Day in Bridgewater!

BRIDGEWATER — Join in the fun this Saturday, Aug. 19 as the community comes together to celebrate Old Home Day at the Town House on Bridgewater Hill Road.


The day’s schedule of events kicks off at 10 a.m. with coffee, followed by a flag raising ceremony at 10:30 a.m. Sales of crafts and baked goods also begin at 10:30, with children’s games beginning at 11 a.m. At noon, everyone will gather together for

the traditional group photograph in front of the Town House, followed by lunch with bean hole beans and all the fixings compliments of the Old Home Day Association. Dick Mardin will present a special program on “The Making of Fiddles and Music” at 1:30 p.m., and this year’s celebration will conclude with a square dance at 8 p.m.


To reach the Town House, take River Road to Bridgewater Hill Road, bear left up the

hill and continue to the top, or take Route 3A to Dick Brown Road, turn right onto Poole Hill Road, then left onto Bridgewater Hill Road.





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Polly Robinson Hanson Alexander, 92

HEBRON — Polly Robinson Hanson Alexander, age 92, died Aug. 10, 2017.

Polly was born Polly Robinson Hanson on April 18, 1925 in Boston, Mass. to Albert and Beth Hanson. She was the oldest of three children, graduating from Portsmouth High School, Portsmouth, in 1943 and the Chandler Secretarial School while living with her Grandmother, Eva Hamlin. She attended Michigan State College, studying journalism, and was on the varsity synchronized swim team. Polly paid her way through college by working multiple jobs, including the Quincy Patriot Ledger and the Woods Hole Oceanographic Institute, and she saved on transportation by hitchhiking between Lansing, Mich. and Wollaston, Mass., much to the shock of her family and the truck drivers providing rides. She went on to receive an MS in Library Science from Boston University and for many years was the librarian at the Coolidge Junior High School in Reading, Mass.

Polly met her husband, Lee Marshall Al-



POLLY ALEXANDER

exander, on a blind date in Quincy, Mass. They were married Feb. 19, 1949 in Quincy, Mass. Throughout their 68 years of marriage, they lived and worked in a number of places, including Quincy, Mass., Brunswick, Maine, Tariffville, Conn., North Reading, Mass., Toronto, Canada, and retired to Hebron in 1985.

Polly was an avid bridge player who graciously credited her winning streaks to good cards rather than her amazing skill. She made many friends over the years who shared her love of the game. Polly also enjoyed flowers and in her retirement she created a small business called Polly's Pickin's, both cultivating and creating beautiful flower arrangements.

Polly and Lee had four children — Brooke Alexander (and partner Robert Brown) of Arlington, Va., Lynne Alexander

(and partner Christian Bratina) of Litchfield, Conn., Glenn Alexander (and wife Kerry Pugh Alexander) of Harvard, Mass., and Reed Alexander (and partner Doris Jurisson) of Cambridge, Mass. In addition to Lee and her four children, she is survived by her younger brother, Roger W. T. Hanson (Peggy); nine grand children (Kevin, Eric and Tyler Brown; Ilija, Julian and Margaux Bratina; Ruth Turner and Jane Alexanderr and Olivia Alexander); and great grandchildren Vera Turner and Eleanor Brown; and a cousin, Deborah Kreitner.

She was preceded in death by her sister, Judith Hutton. Polly was a kind and generous person who will be dearly missed.

A celebration of her life will be at 1 p.m. Sunday, Aug. 27, at the Union Congregational Church in Hebron.

The Mayhew Funeral Home and Meredith Bay Crematorium are assisting the family with arrangements. To view Polly's online book of memories, go to www.mayhewfuneralhomes.com.

Chad Stuart Masi, 47

ALEXANDRIA — Chad Stuart Masi died unexpectedly of a cardiac event July 19, 2017 at his home in Charleston, S.C., where he lived with his mother, Donna Masi.

Born in Franklin Oct. 17, 1969, the son of Donna and Edward Masi, he was raised in Alexandria until he entered the Army after graduating from Newfound Memorial High School. Chad served 1988-1992 in the 82nd Airborne unit with stays in Europe, and frontline Desert Storm in Afghanistan, protecting the Kurds. He was a commercial diver, post discharge from the army, working on oil rigs off the Louisiana coast and in Alaska. He joined Airforce reserves while in North Pole, Alaska, serving 1996-1997 repairing instrumentation and electronics on planes.

He moved to Port

Townsend, Wash. in 1999, to live near his sister, Bonnie. He worked as a diver cleaning municipal water tanks in Idaho, Washington and Oregon, preserving forestry in the Olympic Mountains area, plus had his own odd jobs business (wiring horse stables, felling trees, yard chores for elderly, etc.). He enjoyed many hikes and diving Puget Sound for Dungeness crabs and helping the local dive shop owner.

PTSD ("Gulf War Syndrome") chased Chad since his army days, but he was very proud to have served, an active member of the VFW and American Legion up until his death. His love of food often took him into their kitchens to cook for events and fund raisers.

Chad lived back in New Hampshire, in the Alexandria and Belmont

areas, 2004 - 2012 (except for 2007 in Boston), until his move to South Carolina.

A bizarre accident in June 2013 caused Chad to become an above knee amputee. Even this didn't stop his love of the outdoors, ocean, fishing and boating. He finally got his V.A. special water prosthesis in June 2017, allowing him to joyfully play in the waves at Folly Beach S.C. with mom looking on.

Chad was predeceased by his father, Edward, on April 25, 1994.

He's survived by sister, Bonnie Masi; brother Lance Masi; and mom, Donna, many friends, and three cats - Timmy, Buzz and Stinkums.

A memorial was held at Sunrise Beach, S.C., on July 31, 2017.

The family will hold a memorial gathering on Lance's mountain property in Alexandria.

Talk of the Towns

Alexandria

Judy Kraemer 744-3532  
judy7@metrocast.net

Gracious, did you miss me last week? We had a hiccup in the process, but no worries I do believe we're back on track this week!

My favorite side kick, Miss Kayleigh, spent a few days, for another adventure. Berries and flowers to pick, friends to visit and splash in the pool with. Oh, the giggles, laughter and little whispers! Nothing more rewarding than seeing young 'uns being young 'uns and making happy memories!

The Alexandria Church Fair was a huge success! There was something for the young and young at heart. Kudos to the Fair Committee, especially Deb Blouin for a job well done. "Many hands make light work!"

Paving began this week on the following roads: Cass Mill Road, Plumer Hill Road, Bailey Road, Mount Cardigan Road and Fox Hollow Road. If you have any questions, please call the Highway Department at 744-6516.

Budget Committee meeting Thursday, Aug. 17 at 7 p.m. in the Municipal Building.

All Town Board and Committee meetings are open to the public, unless otherwise noted.

That's it for this week folks! Have a wonderful week ahead! If you have an event you'd like to see here, please give me a call or send an e-mail.

Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

South Danbury Church

You've been reading this for a while now... during the summer months the South Danbury Church worship services will be a breakfast potluck at 8:30 a.m. All are welcome and

encouraged to attend. However, there is a slight change this week. As the pace of preservation work increases, we may need an alternate location for Sunday morning worship. If so, the time and location will be posted on the "Friends of Danbury, NH" and "Friends of the South Danbury Christian Church" Facebook pages, and on the signboard at the church. Volunteers are still needed and donations to help raise the \$80,000 piece to get the LCHIP grant. For more information, or to volunteer time or skills, email southdanburychurch@gmail.com, call or text 491-3196, Checks may be mailed to: The South Danbury Church Preservation Fund, 1411 U.S. Route 4, South Danbury NH 03230.

Grange Fair

Grange Fair is a little more than three weeks away. Volunteers are needed to help set up for the fair on Thursday night or Friday night before the fair and putting the stuff away, midday on the Sunday after the fair. Jobs include heavy work such as moving out the "benchknics" and setting up tables and light duty items like washing bean and salad bowls, wrapping silverware and setting the tables for the dinner. Many hands make light work. Do you bake beans the old fashioned way using dried beans? The fair supper uses 30 pounds of dried beans to feed the crowd. Whether you could bake a pound or two or three in that big crockpot of yours, bean bakers are in short supply. Email lisa.m.windsor@gmail.com or call Lisa at 252-4440 if you can help the Grange bring the 103rd annual fair to Danbury.

Grange hosts Bell Ringers!

Blazing Star Grange has scheduled a bell ringing concert on Saturday, May 5, 2018 at 7 p.m. There will be

36 feet of bell ringers stretched across the floor and the stage to add beautiful music to your spring. This is a special event that the grange is very pleased to be offering the community. Put it on your calendar now!

Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

Hebron Historical Society Pot Luck Supper and Program Aug. 26 5:30 p.m. Hebron Community Hall

On Saturday, Aug. 26, the Hebron Historical Society will sponsor a presentation by local archaeologists Doug and Ben McLane entitled "Native American Finds from Hebron and the Northeast." The program will be in a "show and tell" format featuring decades-worth of finds from the Hebron Beach and Grey Rocks areas as well as thousands of museum-quality artifacts from the Howard Sargent collection. Focus will be not only on the simple utility of these objects but also on their significance as art. Most of these treasures may be handled by the audience so the presentation will be especially interesting for young people.

The featured talk will begin at 6:30 p.m., preceded by a pot luck supper at 5:30 p.m. The public is welcome and there is no charge for admission, but donations would be appreciated.

The program will be held in the Hebron Community Hall (16 Church Lane, in the basement of the Union Congregational Church) which is directly across North Shore Road from the Hebron Common. The facility is fully handicapped accessible by entering via the office door to the right of the church entrance and using the elevator.

For more information, please call 744-3335.

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

Fridays 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, ashlandcommunitychurch.com.

We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our dear Lord and Savior. Our vision is to become a church that un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others do the same.

Real church. Real people. Real simple.

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

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Greetings from Family Worship Center Assembly of God church located SEE CHURCHES, PAGE A7

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**FROM PAGE A6**

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The Monkey turns into Margaritaville for one night only

PLYMOUTH — The Flying Monkey Performance Center presents a Margaritaville themed night with Mayer-Kirby Mayer Group on Thursday, Aug. 24 at 7:30 p.m. Peter Mayer is best known as lead guitarist and songwriting collaborator in Jimmy Buffett's Coral Reefer Band. Tick-

ets for this show start at \$24. Singer-songwriters Peter Mayer and Scott Kirby met in 1991 in Key West at the original Margaritaville Café. Peter, fresh from his debut Warner Brothers' album Piece of Paradise, had come down to work with Jimmy Buffett. Kir-

by had recently arrived from New Hampshire to resume to explore the art of songwriting. A long musical collaboration was born. Parrotheads will no doubt know Peter Mayer as the longtime lead guitarist and songwriting collaborator in Jimmy Buffett's Coral Reefer

Band. His distinctive styles melds jazz, rock and pop with stunning guitar work and songwriting on a dozen of his own albums. He has shared the stage with everyone from Chicago to Don Henley to Joni Mitchell in his 30-year career.

Brendan Mayer, Peter's son, spent much of 2014 touring with Jimmy Buffett as the featured guest artist each night. This evening in Plymouth, the Mayer, Kirby, Mayer Acoustic Group is accompanied by virtuoso harmonica player Gary Green, another NH native who rounds out this acoustic quartet.

Expect a fun filled night inspired by Jimmy Buffett's musical vibe. Tickets to Mayer Kir-



COURTESY

The Flying Monkey Performance Center presents a Margaritaville themed night with Mayer-Kirby Mayer Group on Thursday, Aug. 24 at 7:30 p.m.

by Mayer are \$24, and \$29 for premier seating. For more information on upcoming shows or to

purchase tickets call the box office at 536-2551 or go online at [www.flying-monkeyNH.com](http://www.flying-monkeyNH.com).

Fig Tree Gallery puts a spin on traditional crafts

ASHLAND — Four New Hampshire artists. One show. A feature at Fig Tree Gallery in Ashland, the next art show is called CRAFT, a multi-artist, mixed media project. Featuring four local artists, the art reflects their individual inspiration of our natural New England world. And what pairs best with local New Hampshire craft beer of course. Free refreshments, live music, raffles and an artisan meet and greet will all be part of the festivities at the show's opening on Sunday, Aug. 20.

"The concept of a multi-person, multi-media show is a new one to the gallery," explains owner Stacey Lucas. "We have so much local talent in our area, finding inspiration in our local beauty. It seemed like a natural collaboration."

Despite all artists of CRAFT deriving inspiration from similar subjects, their art is extremely diverse. Aisling Petipas, a gardener from Bristol, paints serene images of what she dubs "the forest from the trees," a metaphor for zooming in and appreciating the patterns and details in local trees she is surrounded by daily. Her rustic finished paintings 'mimic a depth and reflective nature, like that of a walk in the woods.'

"Painting is like storytelling," Petipas explains. "In this series, I hope to share a little glimpse into the wonderment of nature."

Hailing from Canterbury, husband and wife Tony and Kim Galica together make up Egg Rock Studio, a mix of art and rustic home furnishings, all created with natural elements. To-



COURTESY

Jesse Lacasse presents some of his handcrafted, vintage inspired works, created with local, antique barn board.

gether, they will bring in a sampling of their latest pieces, which include prints, paintings and Adirondack style furniture.

"Both the art and furniture we create is inspired by our natural surroundings," explains Tony. "Natural fish, wildlife and local landscapes are frequently found in our art."

Tony, a trained carpenter, and Kim, a self-taught artist, together have combined their passions for art to create a life making what they love.

The fourth artist of CRAFT is Jesse Lacasse, who has made a name for himself with his vintage replica style signs on local, antique barn board, Jesse's works are one of a kind, individually hand painted.

"I am inspired by old signs and graphics that were once found in small businesses and New Hampshire towns," says Lacasse, "...most of

the originals are gone and now live on in photographs."

From that inspiration, Lacasse hand crafts replica style works, so people now are able to appreciate the beauty of works once gone.

"I'm looking forward to focusing on painting more of my originals next," adds Lacasse. "Ideas have been swimming around in my head for years and they are finally coming to fruition. This show (CRAFT) had been a great opportunity to create some new and exciting works."

The works of all 4 CRAFT artists will be on display at Fig Tree Gallery from Aug. 18- Columbus Day weekend. Come meet them and enjoy free art opening festivities on Sunday, Aug. 20 from 1-4 p.m. Fig Tree is located at 84 Main St. in downtown Ashland. For more information, visit [www.figtreeNH.com](http://www.figtreeNH.com) or find them on Facebook.



COURTESY

For its 12th season, the Theatre Under the Stars is unveiling the Families First Fun Faire to Aug. 26 in Plymouth and Waterville Valley. Featuring invited acting troupes that work with, are made up of and run by young people, all of the Main Stage shows are pay what you can in tribute to the US military. The award-winning New York Times and Boston Globe featured, community-centric theatre is doing something different: In answer to the growing need of local and visiting families.

Theatre Under the Stars unveils new Families First Fun Faire

WATERVILLE VALLEY — For its 12th season, the Theatre Under the Stars is unveiling the Families First Fun Faire to Aug. 26 in Plymouth and Waterville Valley. Featuring invited acting troupes

that work with, are made up of and run by young people, all of the Main Stage shows are pay what you can in tribute to the US military. The award-winning New York Times and Boston Globe fea-

tured, community-centric theatre is doing something different: In answer to the growing need of local and visiting families.

Aug. 17-20 is the hysterical "Interac-

SEE FUN, PAGE A13

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# SUPER SENIORS

## 3 money-saving travel tips for retirees

Though a transient lifestyle is something few people aspire to during much of their lives, come retirement, the idea of staying in a place for only a short time has more appeal.

According to a 2014 study from the Transamerica Center for Retirement Studies, 36 percent of baby boomers want to spend their retirements traveling. Many are succeeding in doing just that, as a study from the luxury travel network Virtuoso found that today's seniors spent an average of just over \$11,000 per year on travel. That was more than any other generation, highlighting just how much older adults like to get out and explore the world.

Retirees who fear they cannot afford to travel can explore the various ways for seniors to cut costs and still satisfy their wanderlust during retirement.

**1. Take advantage of age-related discounts.**

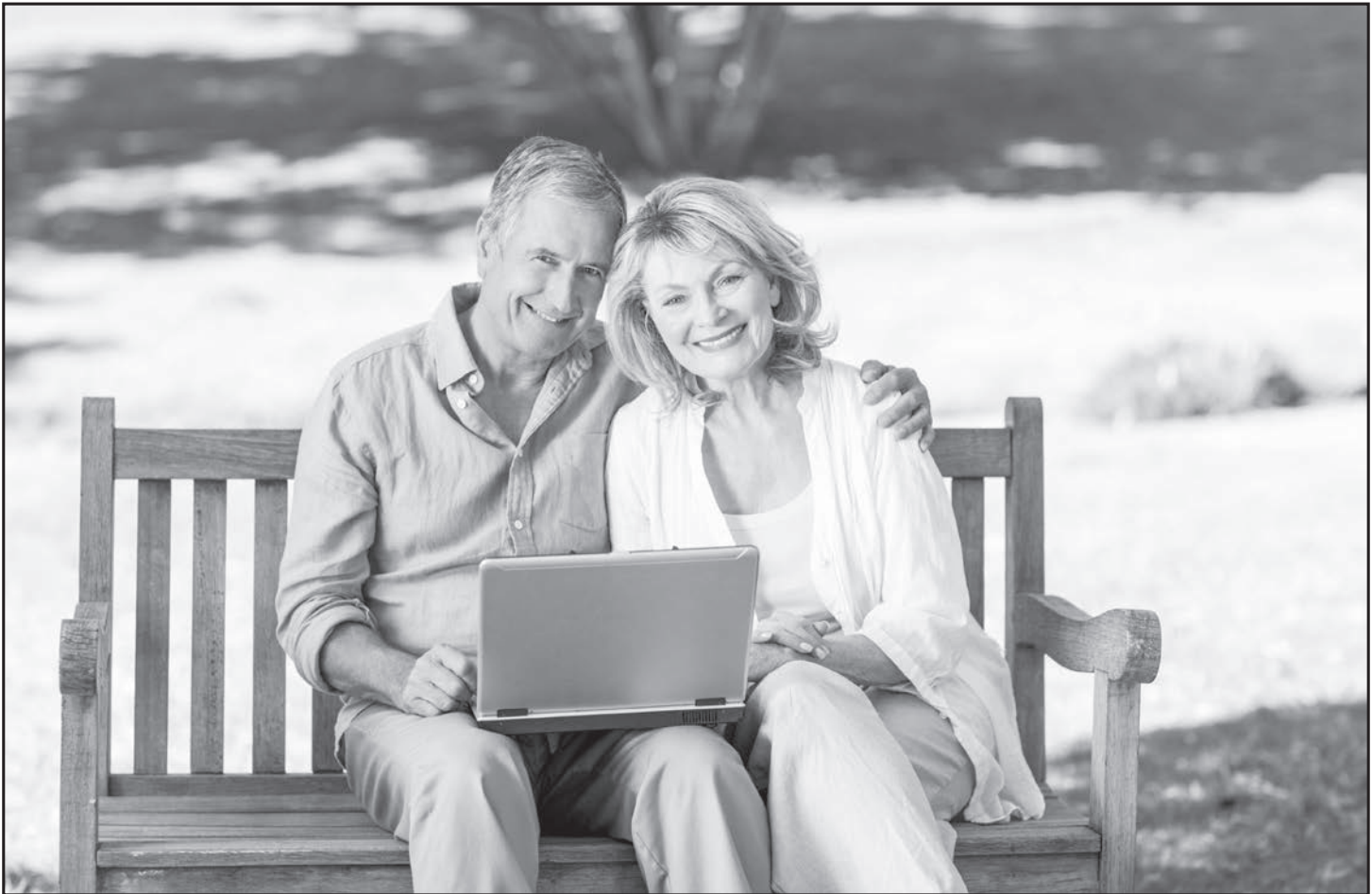
Some adults prefer to hide their ages, but when it comes time to travel during retirement, honesty is the best policy. Many businesses that cater to travelers offer discounts to seniors. Car rental agencies, hotels, travel agencies, and cruise lines may offer direct discounts to customers 65 and older, while membership in organizations such as AAA and AARP may make seniors eligible for additional discounts. Discounts on lodging and airfare might net the biggest savings, but even discounts on various smaller expenses can add up to big savings.

**2. Don't overlook travel agencies.**

While many prospective travelers' first instincts are now to visit various travel websites in an effort to find the most affordable trips, it's important that travelers not overlook travel agencies when planning trips. Travel websites, though a valuable resource, only list the hotels and airlines that agree to be included on their sites. While many participate, some do not, and those that do not may instead work independent of travel websites or partner with travel agencies. Travel agencies have access to the latest information, and many specialize in certain countries, knowing all the attractions visitors to their countries want to see. Travel agencies may offer packages that include admissions to popular attractions, which can be more affordable than planning a trip a la carte.

**3. Travel as part of a group.**

Group travel may not appeal to everyone, but it should appeal to older, budget-conscious travelers. Retirees who are uncomfortable driving at home will likely be even less comfortable driving in foreign countries where the rules of the road are not the same. Traveling in groups, whether it's with a



retirement community, religious organization or another program, can save travelers substantial amounts of money. Many hotels and tourist attractions offer steep discounts for group tours, which

can even be arranged through travel agencies. A hidden benefit of signing up for a group tour is the chance to meet new people and develop new relationships with fellow globetrotters.

Many working professionals hope to spend the bulk of their retirement traveling the globe. While such a goal is potentially costly, there are various ways to save and still see the world.



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# ***SUPER-SENIORS***

## **Make vacations and travel a key component of retirement**

When the time comes to bid farewell to conference calls, meetings and daily commutes, retirees have open schedules to fill with whichever activities they choose. Travel is one exciting way to pass the time.

Traveling can be a rewarding prospect for active seniors, particularly those who successfully preplanned for retirement and have the income to fund various excursions. Many seniors, both in the United States and Canada, find that travel tops their to-do lists once they retire. According to Senior Travel magazine, new travel options are emerging for newly minted retirees looking for something a little different from the status quo.





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The list of destinations retirees have at their disposal is limitless. The following ideas are some of the more popular ways retirees choose to travel.

• Road trips rule. Taking to the highways and byways is an excellent way to see the country. Seniors can customize their routes depending on which places they want to visit. RV travel can be as comfortable or as rustic as travelers prefer. Many seniors spend months traveling in their campers, which offer many of the same amenities of home. Campsites and special RV hook-up sites offer the other necessities of traveling the open road.

• Genealogical tourism is

popular. People hoping to trace their ancestry and visit their ancestral homelands are one of the fastest-growing travel segments. Visiting an old church in Europe where ancestors were married or buying food from a market in which a great aunt or uncle once worked leads retirees on many international adventures. Such trips provide travelers with a unique opportunity to understand their roots up close and personal while enjoying some international travel along the way.

• Exotic tours can be exciting destinations. History buffs or adventure-seeking couples may be particularly attracted to exotic travel destinations that are slightly off of the beaten path. Travel tours may take vacationers to destinations such as excavation sites or backpacking through the rainforest. With passport in hand, seniors can go just about anywhere their desires take them.

• Enjoy a relaxing seaside trip. A seaside vacation can be the perfect trip for seniors who want to put their feet up and sip some cocktails while watching the waves lap the shores. Many beach resorts offer all-inclusive packages for different age groups. Meals, excursions and hotel rooms can be bundled into one affordable, confusion-free price.

• Go cruising. Speaking of all-inclusive vacationing, cruising seems tailor-made for those ages 50 and older because it offers the convenience of accommodations, food, entertainment, and transportation all in one. The various activities offered on the ship mean travelers can find ways to spend their time how they see fit. Cruising couples can opt to spend all of their time on the ship enjoying carefully prepared meals and entertainment or disembark and explore the various ports of call along the way.

Now that they have more free time, retirees can gear up for travel adventures to remember.

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Fair

FROM PAGE A1

annual sales, offering a selection of crafts and hand knit or crocheted goods, aprons and other beautiful items. Members of the congregation made all of the items and funds raised that day were to be earmarked for things such as church facilities and Sunday School supplies for the children.

Another busy spot was the toy tent and the church's White Elephant tent where bargains were found on every table. The book tent also provided readers with stacks of books to select from.

Alexandria Fire Department had displays of their latest safety equipment and the police department also set up a booth to educate the public about drug-related behaviors and what to keep an eye out for in their own homes.

All around the church lawn, crafters set up their own booths that included everything from handcrafted home décor and small furniture items to jewelry, locally



The White Elephant tent was a popular spot at last Saturday's Alexandria Church Fair, raising money for facilities, programs and missions at the Methodist church in Alexandria village.



Margret Clayman (left) joined local musician Lorraine Jones (right) as part of the entertainment at last weekend's Alexandria Church Fair.

produced art and much more. A silent auction was also held with more than 70 items up for bid, all donated by local merchants, said fair chairman Deb Blouin.

"We've been doing this for (more than 60 years) and it's always a

great day for both our church and the town," Blouin said.

A luncheon featuring hamburgers, hot dogs and Italian sausage was available from church volunteers and there was an abundance of baked goods and other



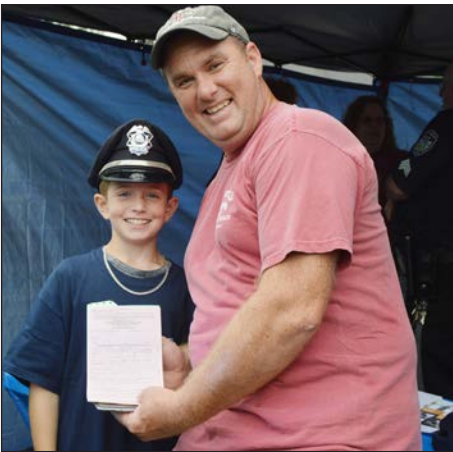
Six-year-old Taylor of Bristol enjoyed beading a tassel for a book mark, one of many crafts boys and girls enjoyed at the Alexandria Church Fair last Saturday.

treats like fresh lemonade and fried dough for sale as well.

The Alexandria Recreation Advisory Council had crafts and games

for the boys and girls to enjoy, and Patten Brook Farm offered pony rides in the field behind the neighboring town offices, too.

Activities throughout the day all took place to the sounds of talented musicians like Tom and Anita Larson, and Lorraine Jones and friends.



Besides crafts, food and entertainment, public safety officials were also on hand to interact with the crowd at the Alexandria Church Fair last Saturday. After talking with members of the police department, "Officer" Beckett was pleased to hand out his first speeding ticket to his dad Chris.

Hebron

FROM PAGE A1

grazed on the lawn outside the library. Marked off into 255 squares provided by Tapply Thompson Community Center, the first square graced with a "patty" from one of the cows determined the winner.

Children were able to get in on the action as well. For a quarter they could choose which of the two cows they thought would decide the contest. Once the winner was determined, a child's name was pulled from that cow's jar to see who would take home the quarters.

"This is the first time we've done Cow Patty Bingo. It's been a huge success though so we'll probably do this every year," said Judy Dodge, a co-chair for the organization.

Inside the library, "Cow Balloons" floated above the stacks of books and all types of treats



Barbara Brock of the Friends of the Hebron Library was pleased with the many donations they received for last weekend's silent auction held during Hebron's annual Family Fun Day.



A happy group waved for the camera as they enjoyed the season's last summer concert on the town common during Hebron's Family Fun Day.

were available for those who stopped by for their

open house and book sale that day. Dodge said there were coloring sheets and other types of entertainment for the children, too.

Besides Delilah and Daisy, a silent auction was also out on the lawn, offering numerous items up for bid, including local pottery, paintings and crafts. Proceeds from the auction were also earmarked for library programs and books.

"This has just been a great benefit and we're so grateful for everyone who supported it," said Librarian Robin Orr.

Other events that afternoon were guided hikes in the Hebron Town Forest, courtesy of the Conservation Commission, a vintage and antique car show, and outdoor games for children.

Hebron Fire Department also held a barbecue to feed the crowd that had gathered on the town common to listen to the music of balladeer Jim Barnes and The Uncle Steve Band. At 7 p.m., the band No Limitz took over the gazebo with some popular tunes from the 70's and 80's, then at 9 p.m. everyone was treated to a great fireworks display that marked the end of the 2017 summer concert series.

Edward Jones: Financial Focus

Stay Calm on the Investment "Roller Coaster"

Unless you live near an amusement park that does a lot of advertising, you probably didn't know that Aug. 16 is National Roller Coaster Day. Actual roller coasters provide people with thrills. But as an investor, how can you stay calm on the "roller coaster" of the financial markets?

Here are some suggestions:

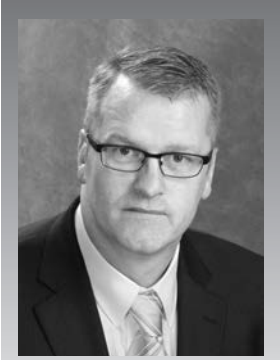
- Know what's in front of you. If you've ever ridden a roller coaster in the dark, you may find it scarier than if you boarded it in daylight – after all, it can be unsettling not to know where you're going. The same can be said about investing: If you have no idea what's in front of you, you might find the journey unnerving – and if that happens, you could make panicky decisions, which are usually bad ones. So prepare for the inevitable market volatility – it's a normal part of the investment landscape.

- Buckle up. When you're on a roller coaster, you need to buckle your seat belt or use a restraint. You want to have the excitement of the ride, but you certainly don't want to take unnecessary risks. And you can enjoy some of the excitement of investing without incurring more risk than you are comfortable with, too. One way to lower your risk level is to diversify across a range of investments – stocks, bonds, government securities, and so on. That way, if a market downturn primarily affects just one type of investment, you'll have some protection. However, although diversification can reduce the impact of volatility on your portfolio, it can't protect against all losses or guarantee a profit.

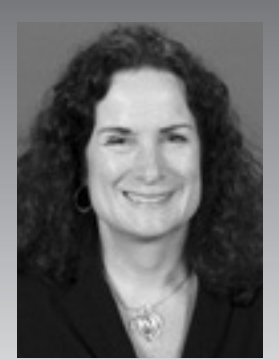
- Choose a strategy for the journey. Different people have different ways of handling a roller coaster ride. Some like to throw their hands up, enjoying the feeling of abandon, while others hold on tightly to the bar in front of them. When you invest, you also need a strategy that works for you, and the best one may be the simplest: Buy quality investments and hold them for the long term. How long is "long term"? It could be 10, 20, 30 years or more. Famed investor Warren Buffet says his favorite holding period is "forever." If you've chosen a mix of quality investments appropriate for your risk tolerance, you may be able to hold them until either your goals change or the investments themselves undergo some transformation.

- Stay for the whole "ride." When you hop on a roller coaster, you've got no choice – you're staying until the ride is over. As an investor, though, you can exit the investment world whenever you like. But if you take a "time out" from investing every time the market drops, you risk still being out of the market when it rallies – and the early stages of a rally are often when the biggest gains occur. Furthermore, if you keep investing during a "down" market, you'll be buying shares when their price has dropped, which means your dollars can go further – and you'll be following one of the basic rules of investing: "Buy low." You can't take out all the twists and turns of the investment road, but by following the above suggestions, you can help make the ride less stressful – and possibly more rewarding.

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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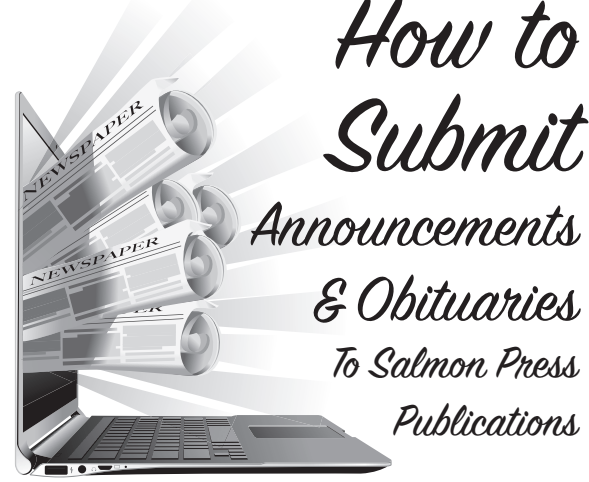
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The Supervisors of the Checklist will be in session at the Alexandria Town Hall on **August 26, 2017 from 11:00 to 11:30 a.m.** for additions and corrections to the checklist, in preparation for the Special Election for State Representative, District 9, on September 5, 2017.

George Whittaker  
Suzanne Cheney  
Loretta Brouillard



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Fun

FROM PAGE A9

tive Compleat Works of Wm Shakespeare Abridged,” where three actresses from the Valley Girls’ troupe at UMass-Amherst play all of the characters in all of Shakespeare’s works in under 70 minutes. Thursday, Aug. 17 in Plymouth at the Greene Street Amphitheatre (across from the Farmers’ Market at the Senior Center). Friday and Saturday, Aug. 19 and 20, in Waterville Valley at the Women of Grace Amphitheatre, at the base of Gazebo Hill behind the Town Square Ice Arena (Rain: Upper Floor, Town Square).

Aug. 24-26, the Free Family Fun Faire concludes with the Young People’s Players--a troupe of five to 18 year old kids-- in a revival of the hysterical original show, “Half Baked Hamlet.” Thursday, Aug. 24 in Plymouth at the Greene St Amphitheatre (across from the Farmers Market at

the Senior Center). Friday and Saturday, Aug. 25 and 26 in Waterville Valley at the Women of Grace Amphitheatre, at the base of Gazebo Hill behind the Town Square Ice Arena (Rain: Upper Floor, Town Square).

The Free Family Fun Faire will also feature free Sugar-Coated Shakespeare Matinee performances under the center tent in Waterville Valley’s Town Square every Saturday at 2:30 p.m. (Aug. 12, 19, 26), impromptu Strolling Players performances in and around Main Street Plymouth (Aug 17, 24) and WV Town Square every Friday and Saturday (Aug. 11-26), special visits with famous fairy tale characters in Waterville Valley Town Square and a Kid Vid Fest on Saturday, Aug. 26 in Waterville Valley, featuring films made by kids for kids.

Headlining the shows this year are some familiar and talented faces that have grown up on the

Theatre Under The Stars’ stages. Coming on board as Festival Director is Devon Lachapelle, who has been with the company since its very first year (2006). During her time growing up with the company, she was an original member of Young People Players and went on to direct two YPP shows. After receiving her BFA in Film from the prestigious Massachusetts College of Art and Design in Boston, Devon has lead the Film Week at the theatre’s Can Do Theatre Camps since they began and will do so again this year. She stars in 2 of the Main Stage shows and co-directs Half-Baked Hamlet. The Fun Faire’s newly anointed Festival Manager is Shannon Nelson-Maney, a veteran of many productions with TUTS since 2009. Shannon is a sophomore in the Theatre Department at UMASS Amherst where she starred in one of their Main Stage shows this past

year. She brings her Valley Girls’ troupe to the Main Stage for The Interactive Compleat Works’ in which she acts and directs, as well as co-directing Half-Baked Hamlet and leading the Theatre Week portion of the theatre’s Can Do Youth Theatre Camps. A new face to the company is Valley Girls founding member Allyson Waddell, a rising star at UMass Amherst, who has starred in many

productions in her young life! She performs in The Interactive Compleat Works. All Family Fun Faire shows are G or PG, 60-75 minutes long, with 6pm house open, 630pm show start. For all shows-- general admission seating. House opens at 6pm, curtain at 6:30pm. Indoor spaces means rain or shine! (There are a limited number of chairs for rent at the Waterville Valley site and some

concessions available) Take a beverage of your choice, pack a picnic, bring a blanket, cushion or camp chair and come out to see award-winning low or no cost family-friendly fare that puts the shake back in Shakespeare while honoring our troops (past and present). For more info (including show descriptions and schedule) call 368 7824 or go to [www.shakespeare-inthevalley.com](http://www.shakespeare-inthevalley.com).

Tradition

FROM PAGE A1

hard too, especially with all the heat from the pits,” he said.

Throughout the hours of preparation, Ben and his sister not only looked on to learn how bean hole beans are prepared, but assisted with water supplies and anything else the adult crew needed.

“A dying tradition continues, and Dave and Sherry are keeping it alive by training the next generation now. I think that’s great,” said volunteer Alan Smith.

Also assisting in the process were members of the New Hampton Public Works Department. Each year, the crew erects the poles that help raise and lower the two heavy bean pots, provide all the wood to keep the fires burning and even gather the piles of ferns placed over the pots to hold the steam inside when they are finally buried overnight.

“People love to see this. A few come as we’re preparing the beans but we get quite a crowd here when we dig it all up again around 11:30 Saturday morning,” said Sherry Boynton.

There were more than just the delicious beans for people to enjoy at New Hampton’s Old Home Day though.

Chairwoman Susan LeDuc said opening ceremonies took place outside the Town House at 10:30 a.m. last Saturday with the raising of the flag by the New Hampshire Civil Air Patrol Honor Guard. Kaycee Sawyer then sang the National Anthem.

“This is a patriotic event in our town, and we focus a lot of it on our veterans and current service members,” said LeDuc.

Local service members from New Hampton’s Police and Fire Departments also took part in the day. Their association-based support groups joined forces to provide a cookout for all, emergency response vehicles from each department were on hand for children and adults

to examine up close and boys and girls enjoyed games coordinated by the New Hampton Community Church.

Before the beans were uncovered and lunch began, everyone enjoyed the sounds of Gerry Grimo and the East Bay Jazz group.

There were craft booths, a tent filled with plants for sale and gift baskets raffles by the New Hampton Garden Club while the Historical Society offered displays and two great raffles as well. The town’s historical museum, just a short stroll along a path from the Town House, was also open for residents to reminisce and learn more about the town’s storied past. Mohawk Trail Riders, a

snow mobile club based out of New Hampton and Sanbornton, brought their trail groomer along for the show, and antique and classic vehicles also were present.

At 1:30 p.m., Dave Erler, who is not just the Senior Naturalist at Squam Lake Natural Science Center but a resident of New Hampton as well, brought a fun and educational live animal presentation to Old Home Day that was enjoyed by folks of all ages.

Activities for the annual celebration ended that evening with a square dance in the Town House, which was led by Sue Hunt & Friends.

Bristol

FROM PAGE A1

Bristol Historical Society had a booth of their own where books on the history of the town were on sale while albums filled with photos from the past were also displayed for people to browse through.

Finally, outside the entryway were two ten-year-old Bristol entrepreneurs, Aya and Kaiya, with their lemonade stand that was dedicated for a good local cause.

“We were thinking of what we wanted to sponsor (they sponsored the SPCA last year) and decided this year we wanted to help with this kitchen,” said Kaiya.

All proceeds from their sales were donated toward the construction of a new kitchen at the Old Town Hall, which will benefit both community and private events in the future.

(Right) Bessie Symmington not only displayed some of her beautiful art during the annual Making It In Bristol event last Saturday, she even did individual sketches for her customers.



Donna Rhodes  
Bristol Historical Society not only sponsored the annual Making It In Bristol event last weekend, but Julia Long and James Caldwell were among the volunteers who manned a booth for the society, filled photos and books on the town’s historic past, along with a donation jar for improvements to the Old Town Hall.



Donna Rhodes  
Rebecca Frame and her granddaughter Adelaide proudly displayed their artistic talents at “Making It In Bristol” last Saturday, an event which showcased local businesses, crafters and artisans.



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Opioid FROM PAGE A4

damental understanding is crucial to enable support at the state level for agencies to be empowered and advocate for allocations of those funds. Elected officials in NH must have the wisdom to make those types of decisions, but more importantly have the experience to ferret out where those opportunities exist or create them when needed. This is no time for on-the-job training with the problem as serious as it is in New Hampshire.

Advancing promising strategies to ensure the wellbeing of our residents must include:

Ways to use prescription drug monitoring

programs, which are state-run databases to track prescriptions and improve opioid pain reliever prescribing, inform clinical practices while protecting patients at risk.

Consider options to reduce prescribing to risky patients.

Evaluate data and find ways to assess Medicaid, and state-run plans to detect and address inappropriate opioid pain relief prescriptions, through use of prior authorization, drug utilization review, and patient restriction programs.

Increase access to abuse treatment services, including Medication-Assisted Treatment (MAT), for opioid addiction.

Assistance at putting effective practices to work in New Hampshire towns where drug addiction is common.

New Hampshire's legislature must work with state resources to garner available federal funding to implement approaches that will work for us. That's where experience and knowledge become critical to realizing these options even exist, and then understand what it takes for resource allocation to pursue them. This is analogous to having a modicum of actual experience with at least knowing this is a road worth traveling. One needs a basic understanding that opioids are actually regulated by the federal Drug En-

forcement Administration, but through 50 different state agencies making it a logistical nightmare for the DEA. A fundamental solution is to require labeling on individual dosages. UPC coding, and blister-packs simplify the matter. In lieu of loosely packing 30 or so pills in a vile, enacting federally mandated packaging restrictions would allow useful data to flow and as made reference above, to reveal the exact source of the problem, and allow remedies to be applied by appropriate personnel – be they the 50 state pharmaceutical regulators, clinical providers or even law enforcement when executing a drug bust. New Hampshire could lead the nation by mandating such a law. Will ways be found around this? Sure. But getting it under control requires a first step. And finding the first step requires an understanding. Understanding comes with wisdom and experience.

Making state-level policies that enhance prescription drug monitoring programs (PD-

MPs) or regulate pain clinics have shown some promising results. Here's some evidence that even simple monitoring works and the states where it's made a difference. Florida took a 2010 action to regulate pain clinics and stopped health care providers from dispensing prescription opioid pain relievers from their offices, in combination with establishing a PDMP. By 2012, the state – tracking this data – saw more than 50% decrease in oxycodone overdose deaths. These changes might represent the first documented substantial decline in drug overdose mortality in any state during the previous ten years. But again, you must understand the problem to know enough to legislate such a solution. New York proved to have another good approach when in 2012 it required prescribers to check the state's PDMP before prescribing opioids. Within a year it saw a 75% drop in patients' seeing multiple prescribers for the same drugs. More proof from

Tennessee who took similar steps to require prescribers to check the state's PDMP before prescribing painkillers. They saw a 36% decline in patients' seeing multiple prescribers for the same drugs.

I'm willing to devote my time to refine an effort like this on your behalf, but I need to get to Concord to do so. And that requires your vote for me on Tuesday, Sept. 5 -- the day after Labor Day -- to begin that work and then again in November 2018 to continue it. This is no small task, and one must at least be able to articulate the problem and understand its root-cause. I seek your vote to continue my 10-year bi-partisan efforts and experience on your School Board as your new, full-time state representative to find more creative solutions to many more of the challenges facing our state as well. Please vote for me on Tuesday, Sept. 5.

Respectfully,  
Vincent Paul Migliore  
Candidate for State Representative  
Bridgewater



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Aquila Theatre ©Lois Greenfield photo

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See further up here.



# Newfound Landing Sports

Section **B**  
Thursday,

Thursday, August 17, 2017



COURTESY PHOTO  
(Left) Karri Peterson will be inducted into the Newfound Athletic Hall of Fame on Sept. 23.



COURTESY PHOTO  
(Right) The 1987 boys' cross country team will be inducted into the Newfound Athletic Hall of Fame.

## 87 cross country team, Karri Peterson among Newfound HOF inductees

BRISTOL — The second annual Newfound Regional High School Athletic Hall of Fame induction will be held on Saturday, Sept. 23, at NRHS. The reception will be at 2 p.m. with the induction at 3 p.m.

Inductees include Ron Bucklin '61, Paul Fournier '88, Wally Laws '95, Karri (Reynolds) Peterson '88, Dan Plourde '94 and the 1987 Class M cross country state champions.

Peterson has been playing basketball since she could walk. She first started playing for the TTCC when she was six years old. She was a three-sport athlete, participating in field hockey, basketball and softball.

She is the all-time leader in points scored in basketball with 1,776.

She still holds the NHIAA record for most points in a state final with 36 in 1988 on the state runner-up Bears. In addition, she holds the school record for most points in a game with 49. Peterson was selected to the Class M All State First Team in both 1987 and 1988.

Coach Peterson has had an equally impressive coaching record in her more than 15 years of coaching at NRHS, in both field hockey and basketball. Her field hockey teams won the state championship in 2006, 2008 and 2009, while being runner-up in 2007. In addition, her

2007 basketball team was runner-up.

In 2016, her field hockey team lost in the state semifinals while her basketball team was defeated at the buzzer in the 2017 semifinals.

She has been selected as Coach of the Year in both girls' basketball and field hockey.

Coach Peterson is very active in the summer with programs for youngsters in both sports to aid in their skill development.

The boys' cross country team had one of the most remarkable runs any team could accomplish. The Bears were Class M State Champions in 1985, 1986 and 1987.

In 1987, the team was

undefeated, including Invitational wins at Hollis and Sanborn. The Bears finished fifth in the state-wide Meet of Champions to qualify for the New England Championships. The boys were the first Class M team to ever compete at this prestigious event.

In the New England, they finished eighth out of 18 teams, and were second for the state of New Hampshire.

Team members included Keith Arnold, Mike Buckland, Mike LaPlume, Bill Laws, Pat McPhail, Brad Taylor and Frank Trask. NHIAA Hall of Famer and long-time NRHS coach Earl Mills coached the team. Mills

was inducted into the NRHS Athletic Hall of Fame in the inaugural class last year.

Reservations for the reception and induction

are \$25 and are available by contacting Peter Cofran, Athletic Director, at 744-6006, ext. 1507 or at [pcofran@sau4.org](mailto:pcofran@sau4.org).

## Run Your Buns Off race set for Sept. 2

BRISTOL — When is the last time you ran your buns off? Well, this Labor Day weekend you can. Come and see what the locals and vacationers have been talking about for the last seven years.

On Saturday, Sept. 2, at 9 a.m., runners and walkers will leave from Basic Ingredients Bakery located on Route 3A in Bristol to "run their buns off" for a 4.2-mile professionally timed run/walk. The reward for the hard work is a homemade sticky bun waiting for you at the finish line.

Hosted by the Newfound Area Charitable Fund, the Run Your Buns Off race committee is excited to announce that two charitable organizations were selected, through an application process by the NACF board, as this year's beneficiaries. The Tapply Thompson Community Center (TTCC) located in Bristol has been serving thousands of area youth since 1946 with year-round after school, summer and sports programming. The TTCC's Teen Council is raising funds for a gymnasium renovation project and they want to be sure they reach their goal so it can be ready for decades of future use. The second beneficiary is the Day Away program, which also serves the Newfound region by providing respite for caregivers of eligible individuals through a social day care program. "This year

we are honored and excited to be able to assist both the young and the not-so-young in our communities through our beneficiary selections," says Garlyn Manganiello, NACF Vice-President and co-founder of the race.

"The NACF Board is dedicated to assisting local charitable groups and causes, which promote wellness, fitness and health education, as well as activities in the Newfound region," says Audrey Goudie, NACF President. "Each year we select one or more local charities which exemplify these goals as the race's beneficiary."

Goudie continues, "Since the first Run Your Buns Off road race in 2010, we have given back over \$51,000 to worthy causes and programs in our community and that makes us very proud."

Individual runners, walkers and teams of all ages are encouraged to participate. The top three male and female runners, as well as the fastest team will be awarded prizes and everyone has a chance to win at the huge raffle filled with goodies, including a paddleboard, donated by local businesses and beyond. Basic Ingredients bakery and gift shop items are for sale throughout the day.

Why not do your part to help support two great local causes all the while indulging in a delicious treat, having fun with family and friends and getting yourself some exercise on Labor Day weekend? The cost is \$22 per runner/walker, until day of race when the price is \$25. You can register for the Run Your Buns Off 4.2-miler online today at [www.lightboxreg.com/buns.2017](http://www.lightboxreg.com/buns.2017).

For more information on becoming a sponsor or for registration questions, please e-mail [runyourbunsoff@gmail.com](mailto:runyourbunsoff@gmail.com) and you can always stop by Basic Ingredients bakery and register in person.

## The time draws near for the fall sports season

Last week's paper contained information on the start of the fall sports season. By now, all the teams have begun practices and in just a few weeks the first games of the season will already be in the books.

Count me as one who is not ready. Not even close.

The start of the fall season actually snuck up on me this year, which is why I didn't get information on the football start dates in prior to last week's paper. For whatever reason, fall sports weren't on my radar and all of a sudden, they were here, ready to roll. I could've used an extra week or two.

The fall sports season is one of the busier times of year in my world, with soccer, field hockey, golf, cross country, volleyball and football all on the schedule every week. There's plenty to do every day and the laziness of the summer afternoons off quickly disap-

### SPORTING CHANCE



By JOSHUA SPAULDING

pear into a haze of rushing here and there every afternoon throughout September and October.

This year, things are made a bit more complicated by the relocation of my office. The company consolidated offices back in May and I am working out of the Meredith office now. While I enjoy the people I work with, the commute to work every day is a drag and after a few months, I'm already pretty tired of it. The fall sports season will likely make this even more of a drag, since my office is now further away from three of the schools I cover. I am closer to Newfound and Plymouth, which is great, but I'm further away from Kennebec, Prospect Mountain and Kingswood, meaning I'll have to leave the of-

fice earlier than normal to catch games at those schools each afternoon.

Part of my issue is that I don't really have good internet access at my apartment. I can access my iPad via the typical 4G service if I want to check e-mail, but my laptop is not connected in any way. At the old office, I'd stop in the office after my games, download pictures, record my radio report for WASR in Wolfeboro, send that to them and then head home. Now, it will be more of a chore if I want to go to the office after a game and it will mean another long ride home. I'm still not sure how I'm going to handle that yet, but I guess I will see when the situation comes along.

So, ready or not, here comes the fall sports season. Soon enough, the road races and feature stories on these pages will make room for tons of game stories from throughout the week. As

I get older, I'd come to appreciate the afternoons off every day in the summer, but that will soon be coming to an end. Maybe I'll get a day off sometime between the end of August and the end of October. Doubtful, but it could happen.

For now, I'll enjoy the final weeks of my summer (there's a trip planned next weekend) and slowly gather up the schedules. Like it or not, it's time to get moving.

Finally, have a great day Doc Walker.

*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](mailto:josh@salmonpress.news) at 279-4516, or PO Box 279, Meredith, NH 03253.*



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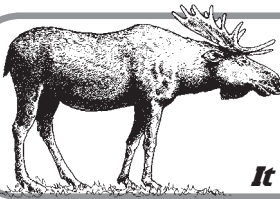
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