

# Newfound Landing

THURSDAY, SEPTEMBER 6, 2018

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COMPLIMENTARY

## Massive pre-dawn fire leaves several homeless in Bristol

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — Several residents in Bristol were forced to flee their homes early Monday morning when fire broke out in a building at 50 Beech St. The fire, believed, initially at least, to have started in the back of the multi-family residence, had flames shooting high into the pre-dawn sky when fire fighters arrived shortly before 5 a.m. and quickly spread to a neighboring apartment complex at 40 Beech St.

A resident in that building said that as they were grabbing their pets to evacuate, the windows began to explode from the intense heat of the fire.

“I got two of my three cats then had to get out. All I have now is them and my car,” she said as



Flames tore through a multi-family residence located at 50 Beech St. in the early morning hours on Monday, then spread to another apartment building next door, promoting a four-alarm fire.

DONNA RHODES

she watched fire fighters battling the blaze.

In just a short time

the first alarm call for mutual aid expanded to a second, then a third and

finally to a fourth alarm, bringing in fire fighters and equipment from all over central New Hampshire, including Concord.

As neighbors watched in shock, embers were falling to the ground, prompting a few nearby homeowners to pull out

their own hoses to wet down their roofs.

“This is an old house. I’m not taking any chances,” said one man as he sprayed his roof where numerous burning chunks of debris had landed.

With a push from a light breeze, those em-

bers also made their way down to South Main Street where the owner of Bristol Diner kept a close watch on his property as well.

Bristol Fire Chief Ben LaRoche reported that there were no civilian injuries and fortunately only one minor incident among the fire fighters. One resident with a medical condition had to be assisted out of the building and left his beloved dog behind but fire fighters were able to enter the apartment and rescue the grateful pup. Sadly, a few other pets in were lost in the two buildings however.

The homes were both multi-family dwellings, thought to have as many as eight apartments between the two of them, with approximately 20-25 people currently in residence. Among the many other concerns for fire fighters that morning was the number of dwellings in close proximity to the two that were involved and they fought to prevent the flames from

SEE FIRE, PAGE A10

## Tree topples, sending car into Newfound Lake

BY THOMAS P. CALDWELL

Contributing Writer

ALEXANDRIA — A Hebron man passing the area of West Shore Road known as The Ledges experienced what many drivers on that stretch have feared, but in the form of a tree rather than a boulder.

Richard Abenna was on his way home from

sailing on Newfound Lake on Sept. 4, about 1:30 p.m., when a large tree tumbled from the cliff over the highway and struck his car, sending it — along with the boat and trailer — into the lake.

Abenna said he was traveling with the windows open and heard what sounded like an

earthquake, and the next thing he knew, he was upside-down in the water.

Although the accident happened at the deepest part of the lake, where the water is 182 feet deep, the car got hung up on a rock and, because his windows were open, Abenna was able to es-

SEE LAKE, PAGE A11

## New Boston teen earns Girl Scout Gold Award for work with NLRA

Project aimed at keeping New Hampshire lakes clean

NEW BOSTON — Knowing that many of New Hampshire’s lakes are too dirty to swim in,



COURTESY

Holly Rohlfs, 17, of New Boston, coordinated the landscaping changes at this property on Newfound Lake, which includes steps and a patio that will absorb water runoff, as part of her Gold Award project called NH Clean Lakes: Guide for Home and Boat Owners.

Holly Rohlfs decided that keeping Newfound Lake one of the cleanest in the state would be her priority in going for her Girl Scout Gold Award.

The Gold Award is the highest level of achievement a Girl Scout can earn.

“I learned a lot about construction, water sampling, marketing, and overall lake safety,” Rohlfs, 17, of New Boston, said in her Gold Award final report. “I learned what it was like to be in



COURTESY

**Holly Rohlfs** charge of a large group of girls leading a trail, or, more importantly, what it is like telling adults what to do.”

Rohlfs worked with SEE ROHLFS, PAGE A11

## Nearly 300 participants turn out for Run Your Buns Off race

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — The annual Labor Day Weekend Run Your Buns Off 4.2 mile run/walk was once again a big success this past weekend, when 276 participants, their friends and loved ones showed up at Basic Ingredients Bakery on the Mayhew Turnpike in Bristol to cheer them on as they supported three local non-profit groups in the Newfound Region. The course sent them up Mayhew Turnpike



DONNA RHODES

Three-year-old Claire of Grafton held up a special sign at the start of the annual Run Your Buns Off 4.2 Mile Run/Walk last Saturday morning to help cheer her daddy on to a strong finish.

to North Whittemore Point Road, down Whittemore Point Road South then back to Basic Ingredients.

Run Your Buns Off was created when fitness instructor Audrey Goudie and Garlyn Manganiello, owner of Basic Ingredients, calculated that Goudie’s favorite 4.2 mile run through Bridgewater and parts of Bristol was sufficient exercise to burn

the calories in one of Manganiello’s locally famous sticky buns.

The Newfound Area Charitable Foundation was then formed to distribute all the money they raise through Run Your Buns Off and each year designated local nonprofit organizations are chosen to be their beneficiaries. Money raised from this year’s event will provide additional funding for New-

found Lake Region Association, the Mayhew Program, and Slim Baker Foundation and Outdoor Education Center.

“We were very happy we could select three charitable groups this year,” Goudie said.

Besides entry fees for the event, people lined up to purchase tickets for two special raffles. The first of-

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# Two hopefuls vie for position of County Attorney

*Both aim to strengthen drug courts, encourage collaboration*

BY JUSTIN ROSHAK  
justin@salmonpress.news

REGION—Sept. 11 marks the state primary election, as well as the election for County Attorney, a key elected legal office.

The County Attorney's team prosecutes all felonies in Grafton County, except first and second-degree homicides. They prosecute misdemeanor and juvenile appeals to the county superior court, and conduct grand jury proceedings. They advise police departments on criminal investigations and legal training. In more abstract terms, the County Attorney sets the tone for law enforcement county-wide, as he or she ultimately decides how cases will be prosecuted.

Natch Greyes has worked as a Littleton prosecutor for the past four years, and represents Littleton, Franconia, and Sugar Hill. In that role, he reviews cases large and small, and represents the state in the Littleton Circuit Court. A graduate of William and Mary Law School, he is 29.

Marcie Hornick has worked as a public defender for the past fifteen years, and leads the Littleton office of the New Hampshire Public Defender, which covers northern Grafton and all of Coös. In that role, she deals with cases of all sizes, hires and manages attorneys, and assigns and carries cases up to Superior Court. She is the Grafton County gov-

ernor for the NH Bar Association, and was appointed by Governor Maggie Hassan to the Judicial Selection Commission, which helps pick judges. A UNH and University of Maine Law School grad, she is 59.

The Courier spoke with each candidate in person, and interviewed them for the job.

Both candidates agreed that alternative sentencing options should be reinforced, and played down the prosecutorial role of county attorney in favor of an emphasis on treatment and community efforts.

"I would work with all law enforcement across the county...they don't necessarily feel as heard as they would like to," said Hornick, who emphasized that she has strong relationships with local, county, and state stakeholders.

She praised the work done by Lara Saffo to establish alternative sentencing routes for certain drug-related crimes.

"My quest would be to continue to strengthen it," she said—for instance, by expanding it to misdemeanors.

Currently, drug court only applies to felonies, so for instance, marijuana-related charges are automatically routed through the conventional court system.

Greyes also said he would expand local law enforcement outreach efforts, expand drug courts to the misdemeanor level, and work with

community partners on the issues of domestic and sexual violence.

Both candidates emphasized the need for restorative justice, and alternatives to jail time and fines for addicts in particular:

"The drug court that we have in Grafton County is great—we led on that," Greyes said. "The problem is, we set it up before the opioid crisis, and the opioid crisis changed everything."

He said his top priority would be helping addicts become "functional members of society."

"Putting people in jail or giving them a big fine doesn't reduce crime," Hornick said, who added that certain crimes are not prosecuted the

same way across Grafton County, an imbalance she would seek to redress.

She would encourage prosecutors to train together, to establish common expectations and understanding.

Both candidates agreed that while Grafton County was big, its southern and northern corners face similar law enforcement challenges.

Both candidates expressed a nuanced view on the county attorney's role: each admitted that they had a responsibility to convict the guilty and protect the innocent, but insisted that they saw the role as much broader than that.

"I wouldn't run for County Attorney if I

didn't believe in holding people responsible...I'm not afraid to send someone to jail," Hornick said, but added, "They may be criminals, but they leave families."

"The thing about being a prosecutor is, your job is to be a shepherd of justice, said Greyes. "You have very broad discretion about what you do. It's not just about going into the courtroom, it's about figuring out how to solve community problems...I want to do things like trying to prevent the crimes."

finally, we asked them why they want to be Grafton County Attorney.

"I would be good at it," Hornick said. "I'm already looking at both

sides of a case when it comes across my desk."

Greyes promised to work with legislators to obtain further resources:

"I'm hoping one of the things I can do is create a Grafton County Task Force for drugs, and work with federal partners better, and get some of that federal funding," he said.

In personal details, Greyes describes himself as a "passionate" Democrat, while Hornick serves as President of the Littleton Food Coop and alternate on the Littleton Conservation Commission.

Vote for your choice for County Attorney on Sept. 11.

## SLA to host Sixth Annual Ridge Race to support Squam Trail Network

HOLDERNESS — On Sunday, Sept. 30, the Squam Lakes Association (SLA) will host the Sixth Annual Squam Ridge Race, a 12.2-mile ridge race which traverses a majority of the Squam Range crossing three summits with amazing views of Squam Lake and the surrounding watershed. All proceeds from the race will go directly to maintaining over 50 miles of SLA maintained trails around the Squam Watershed.

"As visitation increases in the Squam Range every year, so does the wear and tear on the trails," said SLA Director of Operations, Brett Durham. "In just over 12 years, roughly \$100,000 has gone into maintaining the Old Bridle Path alone."

The Old Bridle Path, which is famous for taking hikers up to West and East Rattlesnake, sees thousands of visitors every year and has two scenic peaks that overlook Squam Lake. Maintenance along all SLA trails from the race includes maintaining water bars to prevent erosion problems, trail reconstruction, clearing brush and downed trees, signage and upkeep in the parking areas.

Registration is \$75 before September 27th and \$85 the day of the race. This race has more than 3,000 feet of elevation gain and is mostly single track trails. Anyone is



COURTESY

On Sunday, Sept. 30, the Squam Lakes Association (SLA) will host the Sixth Annual Squam Ridge Race, a 12.2-mile ridge race which traverses a majority of the Squam Range crossing three summits with amazing views of Squam Lake and the surrounding watershed.

welcome to run or just hike the 12.2-mile route as a participant of the event. You may also decide to get out and enjoy the day with the four mile race which climbs to the top of Mount Livermore and loops back to the start / finish area. All participants will be entered into the prize drawings to be held during the event, and have access to food and beverages donated by local restaurants and businesses at the start finish area. Hand-made medals will go to the top finishers in their division and prizes to the top finishers overall. Register for the Ridge Race online at squamlakes.org.

The Squam Lakes Association is also looking for volunteers to help fire up the grills, work

aid stations along the ridge, be time keepers, photograph the action at the finish line, and more. There are a number of different ways volunteers can support this event, both on the trail and at the finish line. The food is great, the beverages are cold, and the energy is infectious! Join the celebration and support the trails. Visit squamlakes.org or call the SLA's Community Engagement Coordinator, Melissa Leszek, at 968-7336, ext. 11 for more information about volunteering for this event.

The SLA would like to thank the dozens of generous sponsors who make this event possible. As of today, Ridge Race sponsors include Ridge Line Presenting Sponsor – Burleigh Land Limited Partnership; Start Line Sponsor – The Alpine Clinic; Finish Line Sponsor – Rockwold Deephaven Camps; and Trail Sponsor – Grappone Automotive Group. Also included are Aid Station Sponsors – Sheehan Phinney Bass & Green PA, Asquam Marina Holderness Harbor, Inn on Golden Pond, Rumney Animal Hospital, Squam Lake Marketplace, Riveredge Marina, Sippican Partners Construction Management, and Squam River Landing.

Switchback Sponsors include - Six Burner Bistro, Cottage Place on Squam Lake, Common Café & Tavern, E & S Insurance, KTM Auto, Keller Williams Realty, RS Eastman Property Management, New World Auto, Melcher and Prescott Insurance, Meredith Village Savings Bank, Michelle Eastman Realty, Squam Boat Livery, New Hampshire Mobile Marine, Peabody and Smith Realty, MegaPrint, and Runner's Alley.

Special thanks go to the Webster Family, Webster Land Corp, and Burleigh Land Limited Partnership for providing access to the trails and venue for this race. SLA is still seeking sponsors and in-kind donations for the Ridge Race Raffle. If you would like to participate, please contact Pam Smith at the SLA office. Parking (start and finish line) will take place at Burleigh Farm Road off of Route 113 in Holderness. Registration/number pick up opens at 7:30 a.m., and the race will start at 9 a.m. This event is limited to the first 200 registrants.

The Squam Lakes Association is a non-profit organization established in 1904 and for over 100 years has been working

SEE RIDGE RACE, PAGE A11

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# State issues cyanobacteria warning for Lake Winona in New Hampton and Center Harbor

REGION — A cyanobacteria bloom has been observed in Lake Winona in New Hampton and Center Harbor, New Hampshire. Samples collected Aug. 28 and 29 contained roughly 100,000 to more than one million cells/ml of *Anabaena/Dolichospermum*. New Hampshire uses a threshold of 70,000 cells per milliliter of lake water as a guideline for posting advisories or lake warnings for recreational exposure to cyanobacteria. The bloom was accumulating along shorelines and seemed to be isolated, but quickly grew over the last few days. The bloom can be elusive and disperse or accumulate along other shorelines. Volunteers helped survey the lake and found few accumu-

lations around the lake. The worst part of the bloom was estimated to have cell concentrations in the millions per milliliter. As a result, the New Hampshire Department of Environmental Services (NHDES) has issued a cyanobacteria lake warning for those who use the waterbody for recreation. It is advised to look out for accumulations in other areas of the lake, coves or shorelines. Please continue to monitor your individual shorelines for changing conditions.

This warning is not based on a toxin evaluation and is intended as a precautionary measure for short term exposure. NHDES advises lake users to avoid contact with the water in areas experiencing elevated cyano-

bacteria cell conditions typically where lake water has a surface scum, green streaks or blue-green flecks aggregating along the shore. NHDES also advises pet owners to keep their pets out of any waters that have a cyanobacteria bloom.

NHDES routinely monitors public beaches and public waters of the state for cyanobacteria. Once a cyanobacteria lake warning or beach advisory has been issued, NHDES returns to affected waterbodies on a weekly basis until the cyanobacteria standards are again met. Cyanobacteria are natural components of water bodies worldwide, but blooms and surface scums may form when excess nutrients are available to the water. Some cyano-

bacteria produce toxins that are stored within the cells but released upon cell death. Toxins can cause both acute and chronic health effects that range in severity. Acute health effects include irritation of skin and mucous membranes, tingling, numbness, nausea, vomiting, seizures and diarrhea. Chronic effects include liver and central nervous system damage.

The warning went into effect on Aug. 29, and will remain in effect until additional samples reveal cyanobacteria levels have diminished.

Visit the NHDES Beach Program Web site for photos and more information about cyanobacteria at <https://www.des.nh.gov/organization/divisions/water/>

[wmb/beaches/index.htm](https://www.des.nh.gov/organization/divisions/water/wmb/beaches/index.htm).

Updates on advisories and warnings may be obtained at [http://www4.des.state.nh.us/WaterShed\\_BeachMaps/WaterShed\\_BeachMaps.aspx](http://www4.des.state.nh.us/WaterShed_BeachMaps/WaterShed_BeachMaps.aspx).

Follow the Beaches twitter feed: <https://twitter.com/wmb/beaches>.

NHDES Beaches.

If you notice anything resembling cyanobacteria, please refrain from wading, swimming, or drinking the water. Keep all pets out of the water and contact NHDES immediately. Please call NHDES to report a cyanobacteria bloom at 848-8094.

## Authorities seek help locating missing woman

REGION — Attorney General Gordon J. MacDonald, New Hampshire State Police Colonel Christopher J. Wagner, and Woodstock Police Chief Ryan Oleson announce that they are seeking the public's assistance in locating a missing adult female, Trish Haynes. Ms. Haynes was last seen in the Grafton/Danbury area in late June or early

July 2018. Ms. Haynes is 26 years old, stands five feet, six inches tall, and weighs 110 pounds. She has brown hair and brown eyes. Photographs of Ms. Haynes are attached to this press release.

Anyone with information about Ms. Haynes is asked to contact the New Hampshire State Police at 271-3636.

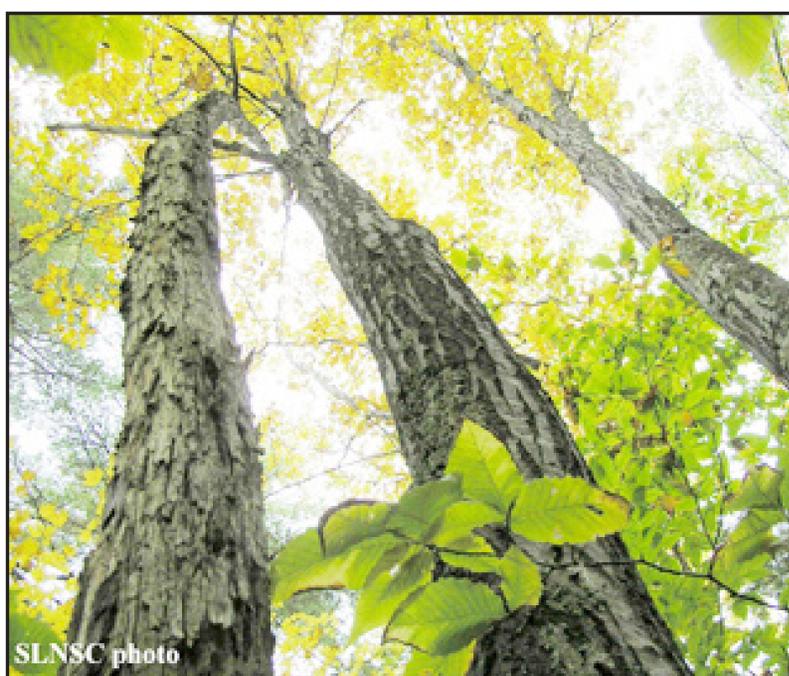
## Nearer to Nature Walk: Cotton Mountain and the Battle of the Invasives

HOLDERNESS — Squam Lakes Natural Science Center and Lakes Region Conservation Corps are holding a Nearer to Nature Walk on Saturday, Sept. 15 from 9 to 11:30 a.m. This program is geared for ages 15 to adult.

Invasive plant species threaten the ecology of a region, frequently out-competing native species but not providing equivalent sources of food and shelter. Science Center Senior Naturalist Dave Erler will help participants learn to identify these invasive intruders while exploring the Cotton Mountain Trail. Learn how to remove some of these unwanted species with Lakes Region Conservation Corps member Maggie Upham. Maggie will also share information about how to manage invasive plants in your own backyard.

There is no charge to attend this programs but reservations a required in advance. Please call 968-7194, ext. 7. Learn more about all Science Center programs and events at [nhnature.org](http://nhnature.org).

About Squam Lakes Natural Science Center



Squam Lakes Natural Science Center and Lakes Region Conservation Corps are holding a Nearer to Nature Walk on Saturday, Sept. 15 from 9 to 11:30 a.m.

The mission of Squam Lakes Natural Science Center is to advance understanding of ecology by exploring New Hampshire's natural world. Through spectacular live animal exhibits, natural science education programs, an informal public garden, and lake cruises, the Science Center has educated and enlightened visitors since 1966 about the importance of our natural world. Squam Lakes

Natural Science Center is located on Route 113 in Holderness, an easy drive from exit 24 off I-93, and is open daily from May 1 through Nov. 1. The Science Center is accredited by the Association of Zoos and Aquariums (AZA) and is the only AZA-accredited institution in northern New England. For further information about the Science Center, call 968-7194 or visit [www.nh-nature.org](http://www.nh-nature.org).

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## FDA Commissioner Scott Gottlieb, M.D., on youth JUUL use and other e-cigarettes

Protecting our nation's youth from the dangers of tobacco products is among the most important responsibilities of the U.S. Food and Drug Administration – and it's an obligation I take personally. We recognize that if the FDA is to end the tragic cycle of successive generations of nicotine and tobacco addiction, we must take every opportunity to disrupt that process where it starts: youth access to and use of tobacco products.

That's why, as part of our comprehensive plan announced in July, we're pursuing a policy to prevent future generations from becoming addicted in the first place by rendering cigarettes minimally or non-addictive. A key part of that plan was establishing the foundational framework for regulating non-combustible tobacco products for adults, like e-cigarettes. But as we work to keep kids from making the deadly progression from experimentation to regular cigarette use, it's imperative that we also make sure children and teenagers aren't getting hooked on more novel nicotine-delivery products.

Today, we're announcing several new actions and efforts aimed at doing just that as the first steps in a new Youth Tobacco Prevention Plan focused on stopping youth use of tobacco products, and in particular, e-cigarettes.

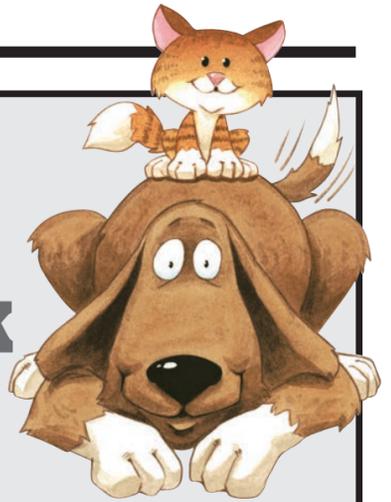
The troubling reality is that electronic nicotine delivery systems (ENDS) such as e-cigarettes have become wildly popular with kids. We understand, by all accounts, many of them may be using products that closely resemble a USB flash drive, have high levels of nicotine and emissions that are hard to see. These characteristics may facilitate

youth use, by making the products more attractive to children and teens. These products are also more difficult for parents and teachers to recognize or detect. Several of these products fall under the JUUL brand, but other brands, such as myblu and KandyPens, that have similar characteristics are emerging. In some cases, our kids are trying these products and liking them without even knowing they contain nicotine. And that's a problem, because as we know the nicotine in these products can rewire an adolescent's brain, leading to years of addiction. For this reason, the FDA must – and will – move quickly to reverse these disturbing trends, and, in particular, address the surging youth uptake of JUUL and other products. To address all of these concerns, the FDA is announcing a series of new enforcement and regulatory steps.

First, we're announcing that the FDA has been conducting a large-scale, undercover nationwide blitz to crack down on the sale of e-cigarettes – specifically JUUL products – to minors at both brick-and-mortar and online retailers. The illegal sale of these JUUL products to minors is concerning. We'll hold retailers accountable for continued violations. Let me be clear to retailers. This blitz, and resulting actions, should serve as notice that we will not tolerate the sale of any tobacco products to youth. It's clear there's need for strong federal enforcement of these important youth access restrictions and we'll continue to hold retailers accountable by vigorously enforcing the law with the help of our state partners. Today's action should serve to put retailers on notice to stop selling products to

SEE **CADY**, PAGE A11

## PET of the Week Chance



**CHANCE:** so named by his original shelter, all the way down in South Carolina, this sturdily built canine travelled a very long way for his "second chance". Sadly overlooked, he's been waiting since June 1st for his lasting forever home.

Medium sized brown dog, just about 50lbs – he seems to have faded into the background of the adopting public's consciousness and after this length of time, as the prettier, more obviously purebred, and cute tiny puppies leave the building, he remains, forlorn and lonely.



We know he would be a good dog with some guidance away from the shelter. For some dogs it's just is too loud, too busy, to

reactive for them to cope with the constant stream of visitors, and proximity of other canines.

Ideal home, Chance

is actually afraid of cats! He may be able to enjoy the company of another dog at some point in his life, maybe a local canine playmate. We must be very clear, he has had no experience that has been positive with children and really needs an adults only home.

Please come and visit this sweet two-year-old Shepherd mix today and chat with one of our knowledgeable adoption staff. We really want to make the right match for him.

Shelter is open on Weekends, 11-4 and every day except Mondays and Wednesdays Noon to 5p.m Check [www.nhhumane.org](http://www.nhhumane.org)

## Strategies for Living When Scars are Good

BY **LARRY SCOTT**

Sitting around a crackling fire in front of her home in Jinja, Uganda, Katie Davis and Mack, her stranger-turned-friend-of-the-family, were reminiscing on the long journey that had brought them together.

Mack turned to Katie and saw she was looking at the enormous scar on his leg. "Mack's eye caught mine and he smiled. 'I will wear this scar with me,'" he said, "I will wear it wherever I go. And I will think of you. I will always think of you and remember that God was so faithful to me and that you were faithful too." (Majors, "Daring to Hope," p. 93).

After coming to Uganda as an eighteen-year-

old, ostensibly to teach, she subsequently settled in Uganda with a people with whom she had fallen in love, finally adopting thirteen girls who would forever call her "mom." She soon became a fixture in Jinja, one the people knew they could always come to for help and encouragement.

Katie's friend Christine, knowing Katie's heart for the hurting, brought Mack to her home. "I have someone for you to look at.... I could feel the vomit surge hot in my throat as I caught that first glimpse of his leg: skin burned charcoal black, bone exposed, nothing even still alive enough to bleed." Katie knew this man. "As the village

drunk of Masese, he was a constant annoyance to me. ... He would stumble, swearing, through my Bible study as our group met outside" (Ibid, p. 35).

Katie and Christine took him to the hospital but the doctor was not encouraging. He suggested only two alternatives: they could amputate, or someone could dress the wound daily and hope for the best. But not at the hospital; the nurses had no time for something like that!

Mack's situation had required him to stay with Katie and her brood, and night after night, Katie had to unwrap the wound, scrape the dead flesh away, clean and re-bandage it. But Katie was

determined. "Something in me that I could not yet name rose up to fight. ... You will not lose your leg! Not on my watch. And so, I observed and learned as the doctor taught me exactly what to do to give Mack's leg the best chance of survival" (Ibid, p. 36).

Who would have ever thought that the village drunk from Masese would recover, learn of the love of God through Katie, become a friend, and a dynamic Christian.

It has always amazed me to note the dramatic changes that come to an individual once they have welcomed Jesus Christ as the Lord of their life. Some people

SEE **STRATEGIES**, PAGE A11

## Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.

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Offices at 5 Water Street, P.O. Box 729, Meredith, New Hampshire 03253  
Phone: 603-279-4516 • Fax: 603-279-3331

**Frank Chilinski, President & Publisher**  
**Ryan Corneau, Information Manager**

**Brendan Berube, Editor**

E-mail: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)

**Joshua Spaulding, Sports Editor**

**Donna Rhodes, Reporter**

**Advertising Sales: Tracy Lewis**

**Distribution Manager: Jim Hinckley**

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## Letters to the Editor

### Vote Joyce Weston for intelligent economic development

To the Editor:

If you live in Hebron, Holderness, or Plymouth, we hope you will join us in supporting Joyce Weston for the New Hampshire Legislature when you vote in the primary election on Sept. 11.

Joyce is committed to intelligent economic development. As members of Plymouth's Select Board and Planning Board, we recognize how critical that

is for the taxpayers in our region, and how necessary it is if we are to attract young families to settle here.

Joyce's focus will complement that of our incumbent legislator, Suzanne Smith. They share a passion for service and for our State, and deserve our support.

*Valerie and Jack Scarborough  
Plymouth*

### Vote for Joyce Weston for the NH House

To the Editor:

I'm Joyce Weston, a Plymouth resident and New Hampshire native, and I want to serve the residents of Plymouth, Holderness, and Hebron in the New Hampshire House of Representatives. I am a life-long Democrat and am proud of being a product of our public schools. I've recently retired from working 46 years as a book designer and have also completed a four-year term as Chair of the Plymouth Area Democrats. Now I want to continue working for our community in Concord.

My primary focus will be on retaining our young people, and to do that the state needs a change in direction. We want to attract young families, but the nation's highest property tax makes homes unaffordable for most young families. The cost of health care prevents entrepreneurs from taking a risk on

a new business, to say nothing about the burden of college debt which, in our state, is the highest in the nation.

We want to keep our graduates here, but there are too few good job opportunities. In 1980, 15 percent of all businesses were less than a year old, but the percentage of startups has almost shrunk in half to only eight percent. We need to reverse this trend by encouraging job growth through tax incentives, support for entrepreneurs, and apprenticeships for the trades. We need to make it known that we are open for business!

We need to invest in our future, and I want to make this happen. Please make Joyce your choice in the Democratic primary on Sept. 11.

*Joyce Weston  
Plymouth*

# Hey somebody, turn on the lights It's darker than a pocket in here

*Editor's note: Mr. Harrigan is currently on an extended hiatus. The following North Country Notebook column was originally published earlier this year.*

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



drilled.)

The house I live in today was undoubtedly supplied with water from a nearby rocked-in spring, by dint of ram and lead pipe. I know this because at various times I have dug up sections of the pipe. And although I didn't know it at the time, I actually stumbled onto the ram more than half a century ago.

+++++

When I dropped out of my first year of college in 1966 and came home without warning, my father was so incensed that he put me to work demolishing the ell of the farmhouse he and my Mom had bought, until I could find a paying job



COURTESY

This is a water ram, rendered in comic absurdity.

JOHN HARRIGAN

(Left) The necessary items: A no-nonsense flashlight, a box of matches, and a candle all seated and ready.



(this I soon did, at Beecher Falls Factory).

At the end of the ell was a cubicle for a three-holer (go figure), and near it I found a big metal object that turned out to be really big, and really heavy. This was a two-sectioned affair that looked like two bells welded together, a larger one atop a smaller one.

Many years later, I figured out that it was the old ram that had once forced water from a nearby downhill spring up into the kitchen. For several generations of farm families from the Civil War on, it had been an engineering marvel that almost magically bought water right into the home. It was one of drudgery's great emancipators, the other big one being, of course, electricity.

Rams were invented in England and France at about the same time, around 1770. This old ram had probably been in service from when the house was built, around 1850. Yet when the Rural Electrification Act came along in 1939, making

the electrification of far-flung towns and farms all over the countryside possible and feasible (for the customer, at least), into the scrap pile the ram went, with scant remorse.

+++++

After that blast of wind aroused me from my torpor, I made for the kitchen to find (a) the big flashlight I make sure is always ready, and (b) my candle. There are candles throughout the house, mostly because I like candles, but I always make sure there's one right there near the flashlight, trimmed, snugged into a holder, and ready to go. The strategy is that I know the house so well that I could feel my way to flashlight and candle, if indeed I had to cope with total darkness, meaning almost no ambient light (this has happened once or twice). Once this single candle is lit, I can use it to light one oil lamp after another, until the house looks and feels like a bulwark in the storm.

On this day the lights never flickered and I didn't have to light the candle, but I did make sure the two big emergency pails in the Fish and Game Room were topped off with flushing and dish water, because you never know.

*(This column runs in a dozen newspapers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)*

## Towns

### Alexandria

Merry Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

+++++

Electricity is one of those things we tend to take for granted until it's suddenly gone. It's hard to imagine life without it.

Yet we are not that far removed from a day when there were no electric pumps to move water from a well to a kitchen. For that, all we had was the ram--not the male version of a sheep, but rather a mechanical device.

A ram works by gravity and essentially enables water in a large vessel to push water out of a smaller one. This is made possible by valves and check-valves, all of which I would explain except that (a) I really don't know much more than that, and (b) I don't want readers to look like they're either bored or dead.

+++++

Before the invention of the ram, or gravity-driven pump, there were only three ways that families (read that "over-worked housewives and children") could get water into the kitchen: from an uphill spring piped into the house, known as "gravity flow" water; by hauling water bucket by bucket from a well or the nearest brook or pond; or (and this was a stretch) by actually building a house around a dug well.

(The term "dug well" has a hazy connotation. A well by definition, after all, is dug. A well can begin as a moist spot in the sand and become, via endless scooping, a great expanded slough with a little pool in its middle. Or it can be a wet place literally dug out, by someone shoveling heavy mud and muck faster than the water comes in. When you get down to sand, gravel or bedrock, you build a circular rock wall on the way up, and presto!--a dug well. Today, most wells are driven, i.e.,

will be a Trustees meeting following the services.

Sunday School will resume on Sunday, Oct. 7, following church services. If you would like to enroll your child/children please leave a message at the church phone, 744-8104 and your message will be returned. Parents and grandparents are encouraged to join in any time.

Happy Birthday Wishes to Sandra Hutchins and Jeremiah Hall on Sept. 11, and Arthur Arford on Sept. 25. If you would like to have your birthday and/or anniversary listed, please give them to Carlene Stickney.

Time for me to get busy and do a little weeding in the jungle. I am thankful for the beautiful weather we've been having, and trying to spend as much time as possible outside. Here is to a wonderful week ahead for everyone.

### Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

### Grange Fair

This Saturday, Sept. 8 is Grange Fair! Drop by Danbury for Breakfast,

Lunch and/ or dinner plus snacks, cotton candy and fried dough. The parade starts at 11am at Restful Road and goes to the Grange Hall. Expect traffic delays as Route 104 is closed during the parade. Danbury Grows will host the vegetable and flower display at the fire station. Drop off your prize fruits, vegetables and flowers by 9 a.m.; judging at 10-ish. Pick up your items at 2 p.m. Exhibit and crafts area opens at 9 in and around the grange hall. Tractor Pulling begins around 1pm near Spa Road. The horseshoe tournament takes place at Independence park at 1 as well. Cardigan Mtn. Tradition plays in the hall from 7 to 8:30 p.m. Spend the day, the grange fair way...

For information, call Lisa at 252-4440.

### Groton

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

The budget season has begun already, with department budgets due Sept. 27. It doesn't seem possible, but summer is winding down and the kids are back in school.

SEE TOWNS, PAGE A6



## North Country Home Health & Hospice Agency

**COME JOIN OUR GROWING TEAM**

North Country Home Health & Hospice is seeking motivated, experienced and positive professionals to join our growing team. If you are ready to join a dedicated and compassionate team of professionals – who truly make a difference in the lives of their patients – please give us a call and find out if the wonderful world of home health & hospice is right for you!

**We are currently hiring for all positions**

We offer a competitive salary and benefit package!  
Apply online at [www.nchhha.org](http://www.nchhha.org)

For more information, please contact Jennifer Everleth,  
Human Resources  
**(603) 444-5317 or [jeverleth@nchhha.org](mailto:jeverleth@nchhha.org)**

North Country Home Health & Hospice Agency is an  
Equal Opportunity Employer



**HELP WANTED- Full and part time**  
Work the rest of the season and have your job waiting for you in the spring.  
*Free golf*  
Contact Joe at 726-1093 or stop by in person.

WHITE MOUNTAIN COUNTRY CLUB  
2 COUNTRY CLUB ROAD ASHLAND, NH 03217



A Casella Company  
**TRANSFER STATION ASSISTANT**  
Bethlehem, NH  
*Minimal 26 hours required*

Transfer Station Assistant maintains and monitors the Transfer Station within defined policies, procedures and guidelines. Essential functions: Direct and assist customers in proper disposal procedures; monitor incoming traffic, inspect and screen loads for prohibited waste. Explain and enforce permit rules and regulations; provide recycle information. Educate customers of alternative disposal or recycling opportunities for unacceptable or prohibited waste at the Transfer Station. Contact vendors for pickup of materials to be processed and maintain records. Maintain cleanliness in disposal area and all paperwork as required by permit. The ideal candidate must be dependable and will enjoy meeting and assisting the public in a positive and helpful manner.

**MINIMUM QUALIFICATIONS:** Applications will receive evaluation based on: Basic knowledge of solid waste disposal practices. Ability to communicate effectively; direct and assist the public with disposal policy and procedure; maintain basic records; interpret and comply with written and oral instructions, remain calm and use good judgment during confrontational or high pressure situations; courteously meet and deal effectively with other employees, contractors and the public. NH DES Solid Waste Certification a plus.

**Submit your resume to:**  
NCES Attn: Kevin Roy, P.O. Box 9, Bethlehem, NH 03574  
or apply on-line at [www.Casella.com](http://www.Casella.com)

## 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.  
 Pastor Ernie Madden  
 Phone: 968-9464  
 Email: accernie@hotmail.com  
 Website: ashlandcommunitychurch.com

#### Sundays:

9 a.m. - Early Worship Service, followed by coffee and fellowship in the

church dining room.  
 10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.  
 Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.  
 Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

#### Kidzone:

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

#### Alcoholics

**Anonymous Group:**  
 Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love 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 unchurched people will love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

#### Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

### Bristol United Church of Christ ("the Church on the Hill")

#### We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

#### Sundays

Pastor: Rev. Andrew MacLeod  
 Intergenerational Service: 10 a.m.  
 Coffee Fellowship: Following service  
 Sunday School: Will resume on Sept. 16 at 10 a.m.!

#### Notes

Our Sunday services will revert back to it's normal 10 a.m. time beginning Sept. 2! Note also, we welcome the return of Rev. Andrew from his Sabbatical leave. He and Pastor Mike will share the pulpit that morning. At this time, we would like to thank Pastor Mike for ministering to our congregation's needs in Andrew's absence.  
 Wheelchair accessi-

bility can accommodate up to three wheelchairs in our Sanctuary!

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222  
 Phone: 744-8132

#### Office Hours

Main Office - Monday through Friday - 9 a.m. to noon

Pastor's hours: Monday through Thursday - 9 a.m. to noon and other times by appointment.

Rev. Andrew's Home Phone: 217-0704

Email: pastorbucc@myfairpoint.net

#### Weekly Events:

Mondays: A.A. Step meeting - 7:30 p.m.

#### Tuesdays:

Bone Builders - 9:30 a.m.

Senior Crafts: 9:30 a.m.

Senior Luncheon - Noon

AA Discussion - 8 p.m.

#### Wednesdays

Morning Reflection continues to be extremely successful, with Don Sorrie leading us in discussing devotions by women from the NIV Bible. Our participants are thoroughly enjoying these sessions, and look forward to further discussion, contemplation prayer, and peacefulness for the days ahead! Note: We are presently gathering on Wednesdays at 7:30 a.m. It has been so popular, that Don and the group have extended this gathering through September, and possibly October! Coffee provided. Come join us, and bring others for a time in God's word.

Fridays: Bone Builders - 9:30 a.m.

#### Monthly Events

WIC (Women/Infant/Children) Clinic - 2nd Monday at 8:30 a.m.

T.E.A. (Time, Encourage, Accept) - for Women

3rd Tuesday at 4 p.m. Meeting place varies.

Check with the church office for exact place and time.

Women's Fellowship - Next meeting - Thursday, Sept. 13

Several of our members are continuing their work on smaller, inexpensive crafts to be exhibited for sale at the annual Christmas Bazaar. It's not too late to join in the fun!

Our Women's Fellowship Bake Sale was held at the Bristol Olde Home Day celebration on Saturday, Aug. 25! Thanks to everyone who helped, we had another successful day!

#### Ongoing:

Bristol Community Services is in need of many items...in particular: peanut butter, baked beans, spaghetti sauce, instant potatoes, instant oatmeal, jelly, soups, rice, cereal and canned vegetables. Please help if you can!

#### Events

Our new menu for our monthly church suppers is out! Leading off on Sept. 8, a roast turkey dinner is always a favor-

ite! Following on Oct. 6, will be a delicious roast pork dinner, and Nov. 10 boasts another favorite, our famous pot roast! Stay tuned for more to follow!

Adults \$9. Children \$4. Serving 5:30 to 7 p.m.

Take Out Available: 744-8132

Our Ice Cream Nights for this season have been held on Wednesdays, at 7:30 p.m. The time was changed to 7 p.m. to accommodate the shorter daylight hours. During the course of the summer, we have visited Shackett's on West Shore Road, Newfound Grocery on Route 3A in Bridgewater, and The Big Catch on Shore Road in Bristol.

Rain did not seem to dampen anyone's spirits, as our turnout has been great and we've had fun, no matter the weather! We look forward to next season!

We are still hoping to form a Ukelele Band, come September. If interested, ukeleles and basic instruction will be provided. Sounds like fun!

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

### Holy Trinity (Roman Catholic)

Holy Trinity Christian Life Center Progress

The asbestos removal company is busy removing all harmful materials from the existing parish hall. It will then be demolished which will create parking for while the center is being built to the side of the church. We are grateful for all of the support, and all of your contributions. It's never too late to donate, and there are envelopes in the back of church for this purpose.

#### Faith Formation changes

By now, you have probably heard that the Diocese has become the twelfth state in the U.S. to restore the order of the sacraments of Initiation to Baptism, Confirmation and First Eucharist. This means that children will now be confirmed in the third grade. Parable magazine has the full article on this matter this month. Also check the bulletin from Aug. 12 which features an article on the changes. Faith Formation will begin Sept. 9 in both Bristol and Ashland. Families must register with the parish when they register for Faith Formation, and if the child was baptized at another parish, we will need a baptismal certificate.

#### St. Agnes Closing for the Winter

Recently the staff, parish council and finance council were asked for their input regarding the feasibility of continuing to keep St. Agnes open during the winter months.

As pastor, Father Leo, with input from the Finance Council, has

the responsibility of insuring that the parish operates with fiscal responsibility. Sometimes these decisions are very difficult, and this is one of those times. Next month St. Agnes Church will close for the winter months. At present it is our intention to reopen the church next summer.

We have been advised that replacing one or both of the boilers would be preferable to buying parts for the old boilers.

As you may know, St. Agnes has been for sale for the past few years. We have had some interest, but no acceptable offers. We do however, remain hopeful. The boilers have to be operational at the time of any sale and we are concerned that operating them in their present state could lead to the sizable expense of replacement.

This expense would not be prudent, given that we have other facilities available. The St. Agnes Hall will remain open for faith formation and other activities. On Thursdays, daily Mass and Eucharistic Adoration will move to the North American Martyrs Oratory in Bristol across From Our Lady of Grace Chapel.

#### Alpha

Come to Alpha! Have you ever wondered, "is there more to life than this?" Come to Alpha on Tuesdays beginning Sept. 11 at 6 p.m. and find out. This is not a class, but an experience of faith. The program is free and comes with dinner! Feel free to come to one session, or as many as you like! Alpha will be held at the Marian Center, (across from Our Lady of Grace in Bristol). All are welcome!

### Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday:  
 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we

### Towns

FROM PAGE A5

The shorter photoperiod has begun to take its toll on my garden. Thankfully, we've had plenty of sunshine and warm temperatures so tomatoes and such are still ripening up. All in all, it seems we've had a good growing season. It started out slow, but has gained speed and I think the freezer and shelves will be well stocked.

We're gearing up for the State Primaries next week, Sept. 11. Polls at the Town House will open at 8am and close at 7 p.m. Sample ballots are posted at the Town Hall upstairs and down if you want to take a peek at who's running.

The Tax Collector's Convention will be in September from 19th through the 21st, so our offices will be closed for that Wednesday and Friday.

Take advantage of the free library services to Groton residents at the Hebron Public Library. The library hours are Mondays, 4 - 7 p.m., Wednesdays, 1-5 p.m. and Saturdays, 9 a.m. - 1 p.m.

#### Scheduled Meetings and Office Closures:

All Town Offices will be closed Monday, Sept. 4 for the Labor Day Holiday.

Select Board Work Sessions -Tuesday, Sept. 4 and 18 at 5 p.m., all at the Town House.

Select Board Meetings (open to the public) - Sept. 4 and 18 at 7 p.m. at the Town House

There will be a Planning Board Meeting Wednesday, Sept. 26 - 7 p.m. at the Town House

The Conservation Commission will meet at the Town House Thursday, Sept. 13 at 7 p.m.

NH State Primary Voting at the Town House on Sept. 11. Polls open at 8 a.m. and close at 7 p.m.

New Hampshire Tax Collectors Association convention - Sept. 19-21- Town Clerk/Tax Collector's Office will be closed.

\*\*\*

Total of all taxes due to the Town as of Aug. 29 are \$157,550.45. We do have a Tax Kiosk on the Town Web Site so you may find out your tax balance only and if you would like to pay your taxes online use the Red Button on the Town Clerk/Tax Collector's page. If you should have any trouble with the online payment system, please call the Town Clerk at 744-8849.

### Hebron

Bob Brooks 744-3597  
 hebronnhnews@live.com

#### "The Yard Sale" Sept. 15, 9 a.m. to 3 p.m., Newfound Country Store, Bridgewater

Jamie was diagnosed about five years ago with Muscular Dystrophy...unfortunately, his disease is progressing more rapidly than anyone thought. He is now permanently in a wheelchair. All the proceeds from "The Yard Sale" will go toward a stem cell transplant that Jamie is holding hopes of receiving. This will be done in Mexico and possibly give him a chance to walk again. \$18,000 must be raised to give Jamie the chance to get this appointment. Donations are being accepted from Aug. 2 through Sept. 13. If you have items for the yard sale please drop them off at Newfound Country Store (744-8616) or call Lynn at 254-9278. We as a community will have Jamie walk again!



*How to Submit Announcements & Obituaries To Salmon Press Publications*

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

Obituaries can be sent to:  
**obituaries@salmonpress.com**

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

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

*Please contact Executive Editor*  
**Brendan Berube at (603) 279-4516, ext. 111**  
*with any questions regarding the submission process.*

# Exercise and the brain

BY BECKY CHASE, M.S., RCEP  
AND LEAH BARON, M.S.

Exercise is vital for heart, lung, circulatory, muscular and bone health. Many people are unaware that exercise also has great health effects on the brain. With regular exercise memory, learning skills, cognitive function, and mood can improve. Exercise is being used as a treatment for cognitive impairments such as dementia and Alzheimer's and for mental illness such as depression and anxiety. The positive effects, treatment of disease and reduction of

cognitive decline of the brain are more reasons we should be exercising regularly throughout the lifetime! An increase in brain size is correlated to an increase in aptitude. Studies have shown that exercise over a six-month period has increased the volume of the prefrontal cortex, the very front of the brain, which is critical for complex cognitive, emotional, and behavioral functioning. The medial temporal cortex, the sides of our brain located behind the ears, also increases in volume and is crucial for long term memory. The hippo-

campus assists in verbal memory and learning, is located in the medial temporal cortex, and also increases in size.

Exercise is a treatment for and may slow the development of Alzheimer's, dementia and other cognitive impairments. White matter of the brain is where high volumes of brain cells are located. The integrity of white matter in the brain is an indication of how well brain cells and areas of the brain communicate memory and "executive function." White matter erodes with age but is built and re-formed with

exercise. Greater fitness correlates with healthier white matter, better memory, improved reasoning skills, and slower decline of cognitive ability.

Insulin in the brain controls food intake and regulates cognitive function. The development of insulin resistance in the brain contributes to neurodegenerative diseases like Alzheimer's and dementia. Inflammation in the brain can also impair signaling systems and further insulin resistance. Exercise can enhance insulin sensitivity and reduce inflammation

in the brain.

Depression is the leading cause of disability in the U.S. for ages 21 to 44. An estimated 15 percent of adult Americans will experience depression during their lifetime. Mental illness can be caused by any combination of genetic, biological, psychological and environmental factors. Exercise is used as a treatment for depression, and also anxiety, and can even take the place of an anti-depressant for mild to moderate depression. Exercise improves self-esteem and self-efficacy, serves as a distraction, increases energy, improves sleep, and leads to the release of feel-good chemicals in the brain like serotonin, dopamine and endorphins.

Many people do not start exercise with the goal of improving their cognitive function or brain health. Most start exercise at a young age for social reasons or at an older age to lose weight or improve heart health. However, many people maintain an exercise program when they realize the effect exercise has on their mood and feeling of well-being. If you are

already a regular exerciser, be aware of the positive effects exercise has on the mind and use it as motivation to keep up the good work. If you are not a regular exerciser, add brain health to the list of reasons why you need to start a regular exercise program.

RehabFit is a fitness center for everyone and specializes in medical fitness. RehabFit can cater to the athlete, the weekend warrior, those wanting to gain muscle and/or lose weight, and people looking to stay healthy and maintain good health as they age. Exercise specialists Becky and Leah have Master's of Science degrees in exercise physiology and are present to give older adults with medical conditions the guidance, attention, and supervision they need during exercise. RehabFit is a clean, well maintained fitness center with cardio machines, strength machines, free weights and large windows looking out to beautiful scenery. RehabFit offers several group exercise classes such as strength and balance for older adults,

SEE EXERCISE, PAGE A11

## Churches

FROM PAGE A6

watch as a Pastor Nate Gagne preaches via video during our service.

### Our Mission Statement: Just One More!

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

### A Shared Ministry of St. Mark's, Ashland and Church of the Holy Spirit, Plymouth

Rev. Kelly Sundburg  
Seaman, Rector & Vicar

Services: Sunday, 8 a.m., Griswold Hall, Plymouth

9:30 a.m., St. Mark's, Ashland

9:30 a.m. Sunday School, St. Mark's

Thursday: 11 a.m. Healing and Eucharist, St. Mark's

Save this date: Sunday, Sept. 16, 10 a.m. A Joint service will be held at the historic Trinity Church, Route 175, Holderness. Please note change of time. This was the original Episcopal Church in this area.

The Rt. Rev. A. Robert Hirschfield, Bishop of New Hampshire, celebrated the service on Sunday, Aug. 26 at both Griswold Hall and St. Mark's Church.

The Summer GOT LUNCH programs in Ashland-Holderness and Plymouth came to an end for 2018. Grateful thanks to the faithful volunteers and to all those who donated to this worthwhile program. A "thank-you" and review luncheon was held for the Board of the Ashland-Holderness program on Wednesday, Aug. 29 at Sherrill Hall. A planning meeting for 2019 is scheduled for October.

A list is being compiled for Birthdays and Anniversaries for St. Mark's. Please see the list at the back of the church.

There are welcome cards there also and everyone is asked to fill one out to assist in the updating of the parish directory.

The Caregivers Support Group will meet Sept. 19 and Oct. 17 from 12:30 - 2 p.m. at the upstairs conference room at the Plymouth Regional Center. Group facilitated by Guy Tillson. No fee or registration required.

### Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common cove-

nant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

Sunday, Sept. 9 -9:30 - 10:30 a.m.

Water Communion: Return Again to Each Other

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

Join us as we celebrate the return of regular Sunday services with a uniquely Unitarian Universalist ritual, water communion. We'll merge the collective waters of our lives, into a symbol of our beloved community and explore how we, like water, might come together in a way that is both beautiful and life giving. Please bring a bit of water from your summer. It could be from your home or travels. It could be from a swimming pool, a local pond, the rain, or the morning dew.

Visit our Web site  
www.starrkingfellowship.org  
536-8908

Yard Sale Sept. 8. The Fellowship will be taking part in Plymouth's town wide yard sale on Sept 8th. This is a major fundraiser for the Fellowship. It is also a great opportunity for everyone to downsize, recycle, and work together in community. You may drop off items in whenever the building

is open

Summer is over, and it's time for the SKUUF First Friday Breakfast Club again at the PSU Dining Hall. We will meet on Sept. 7 beginning at 8:30 a.m. \$9, or \$6.50 for Seniors, it is again an "all you can eat" buffet. Following breakfast, intrepid souls can join in a Docent-led outdoor Sculpture Walk in Meredith. Just unveiled in August is a bronze statue of the comic book character "Archie" done in honor of Bob Montana who created him in 1942. Montana was a resident of Meredith until his death in 1975. Carpooling to Meredith is encouraged.

Help Wanted - Nursery Position - Nursery care provider Sunday mornings, 9 - 11 a.m. for infants and children up to four years of age. Sept. 2, 2018 through June 16, 2019. Flexibility and availability for special occasion, such as congregational meetings and events. Qualifications needed: Experience in early childhood education. CPR certification for infants and children, and satisfactory completion of background check. If interesting in applying, contact Jane Clay, Director of Religious Education -dre@starrkingfellowship.org.

The Next Meeting of the Wise Women in Training is to be held on Wednesday, Sept. 12 from 10:30 a.m. to noon.

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 Online: [www.lancasterfair.com](http://www.lancasterfair.com)

## HOPKINTON STATE FAIR

**August 31 to September 3, 2018**  
 Location: State Fairgrounds, Contoocook  
 Tickets: \$12 for ages 13-59, \$10 for seniors 60+, \$8 for youth ages 5-12, children 35 months and under free.  
 Four day passes are also available.  
 Online: [www.hsfair.org](http://www.hsfair.org)

## ROCHESTER FAIR

**September 6 to 16, 2018**  
 72 Lafayette St., Rochester, NH 03867  
 Tickets: \$9 general adm., children under 8 are free  
 Online: [www.rochesterfair.com](http://www.rochesterfair.com)

## HILLSBOROUGH COUNTY AGRICULTURAL FAIR

**September 7 to 9, 2018**  
 Location: 15 Hill Dale Lane, New Boston  
 Tickets: \$10 for adults, children 6-12 and seniors are \$5, children under 6 are free  
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## DEERFIELD FAIR

**September 27 to 30, 2018**  
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# The Rest of the Story

A10 NEWFOUND LANDING, THURSDAY, SEPTEMBER 6, 2018



DONNA RHODES

When the sun rose Monday morning, 40 Beech St. (left) and neighboring 50 Beech St. (right) in Bristol much of the destruction caused by a four-alarm fire could be seen as firefighters continued to knock down the stubborn flames.

## Fire

FROM PAGE A1

extending to any other neighboring residences. One woman who lives across the street from the fires said the heat from the flames could be felt inside her daughter's bedroom, causing them some concern for a short while.

Central Square and South Main Street were closed for about four hours so tanker trucks could draw water from the Newfound River then pump it up to the scene. As a result, traffic had to be rerouted through town and some school buses were unable to reach stops for students who live in the Beech Street neighborhood.

The fire was brought under control in approximately two hours but flames continued to shoot from pockets of the buildings well beyond that and crews remained on scene for several more hours to finish extinguishing the massive fire.

When the scene quieted down later in the day, one woman said she was a visitor at 40 Beech St. and was still stunned by the morning's tragedy. She said she had awakened somewhere around



DONNA RHODES

Flames shot from the back of a residence at 40 Beech St. in Bristol when it also became involved in a fire that began in the building next door.

4:45 a.m. that morning to use the bathroom when she noticed a strange light outside the window.

"I looked out and saw this small glow that all of a sudden just blew into a huge ball of fire. I've never seen anything like that in my life and I just started yelling for everyone to get up and get out because the building was on fire," she said. "I never heard any smoke alarms going off at all."

Friends of the residents at 50 Beech St. said they heard similar stories from the people in that building where the fires first started.

"They told me some-

one happened to get up and when they looked out, they saw flames in the back of the building and started getting everyone out," one reported.

Of the two residences, 50 Beech St. received the heaviest damage, and was a complete loss. Next door a back extension to that building was completely destroyed but some held out the hope that the front quarters may be somewhat salvageable, despite heavy smoke and water damage. The State Fire Marshal's Office was called in to help conduct an investigation and the Red

Cross met with the displaced residents to lend assistance for food, temporary shelter, clothing and any other immediate needs.

Looking up the hill from the corner of Beech and South Main Streets, one local resident commented, "Boy that was a real catastrophe up there, but it could have been so much worse. Thank God for mutual aid. They all did a great job!"

Among the fire departments that rushed to assist Bristol fire fighters were Alexandria, Andover and East Ando-

ver, Ashland, Belmont, Bridgewater, Canton-Thornton, Center Harbor, Concord, Danbury, Franklin, Gilford, Gilmanton, Grafton, Hebron, Hill, Holderness, Laconia, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Waterville Valley and Wentworth.

*Editor's note: The names of those we spoke with who were displaced by Monday morning's fire have been withheld from publication out of respect for their privacy, and for the trauma they have endured.*



DONNA RHODES

More than 270 runners and walkers headed out on a 4.2-mile venture on Sept. 1 to raise money for local non-profit organizations through the annual Labor Day weekend Run Your Buns Off event in Bristol.



DONNA RHODES

Members of N.H. Boot Camp of Ashland, located in Mill Building #3, were among several teams who signed up for this year's Run Your Buns Off 4.2 Mile Run/Walk in Bristol last Saturday morning.

## RYBO

FROM PAGE A1

ferred numerous prizes, such as gift cards

to local restaurants, shops, some new tennis sneakers, and even a free Eco-Tour boat trip on Newfound Lake, provided by NLRA.

There was also a special raffle for even larger prizes. The top prize was a beautiful, relaxing backyard fire pit, a perfect addition to any home. Three other lucky ticket holders for that raffle took home either a gift certificate for 100-gallons of heating fuel from Dead River Oil Company, an overnight stay at Coppertoppe Inn in Hebron or private cooking lessons for six, courtesy of sponsor Garlyn Manganello and her business, Basic Ingredients.

Every participant was a winner, though, as they were rewarded with one of Manganello's sticky buns once they crossed the finish line.

Top runners in this

year's race were Bristol's own David Chorney, age 31, who came in first once again with a time of 26:17. In second place for the males was 15-year-old Matthew Giannasca of Dracut, Mass. with his net time of 26:33, while 33-year-old Forest Robertson of Danbury, Conn. finished third with a time of 27:17.

For the females, Lindsay Weigel, a 25-year-old from Roxbury, Mass., led the way on Sept. 1, finishing overall in third place with her net time of 26:45. Behind her with an overall seventh place finish of 28:23 was 46-year-old Elizabeth Beeson of Holderness. Third place for the women with another very respectable 12th place finish overall was Bedford resident, 38-year-old Emily Rivinius, who crossed the line with a net time of 29:41.

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## Lake

FROM PAGE A1

cape from the vehicle with only minor cuts and bruises.

A young man in a car that was following Abenna's 2003 Volvo scrambled down the rocky shore to help him out of the water, but Abenna did not get his name.

A tow truck responded to pull his Volvo from the water.

Alexandria police later posted on Facebook, "The vehicle has been removed, we have given the driver directions to the public boat launch for his next trip and the road is open."

## Ridge Race

FROM PAGE A2

to protect and conserve the natural beauty, peaceful character, and resources of the Squam

Watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open

spaces and wildlife of the Squam Lakes region. For more information call the SLA office at 968-7336 or email [info@squamlakes.org](mailto:info@squamlakes.org).

## CADY

FROM PAGE A4

minors.

Second, as part of this effort, we also recently contacted eBay to raise concerns over several listings for JUUL products on its website. We're thankful for eBay's swift action to remove the listings and voluntarily implement new measures to prevent new listings from being posted to the web retailer's site. Our overarching goal – one we hope everyone shares – is to make sure JUUL, and any other e-cigarettes or tobacco products, aren't getting into kids' hands in the first place.

Third, we're also taking additional steps to contact the manufacturers directly and hold them accountable. We need to examine all the

available information to understand why kids are finding these products so appealing – and address it. We don't yet fully understand why these products are so popular among youth. But it's imperative that we figure it out, and fast.

Fourth, we are planning additional enforcement actions focused on companies that we think are marketing products in ways that are misleading to kids. I will have more to say on this in the coming weeks.

Finally, as we pursue additional steps to keep kids from using tobacco products, we're also continuing to invest in our compelling, science-based campaigns to educate youth about the dangers of all tobacco products including e-cigarettes. Last fall, the first content from our

youth e-cigarette prevention campaign – an ad showing youth using a USB-like tobacco product – launched online. A full-scale e-cigarette prevention effort under "The Real Cost" brand umbrella is planned for a September launch.

Make no mistake. We see the possibility for ENDS products like e-cigarettes and other novel forms of nicotine-delivery to provide a potentially less harmful alternative for currently addicted individual adult smokers who still want to get access to satisfying levels of nicotine without many of the harmful effects that come with the combustion of tobacco. But we've got to step in to protect our kids. The youth-focused steps we're taking are consistent with our responsibility to protect kids and significantly reduce tobacco-related disease and death, and I intend to do everything within my power to fulfill that duty.

If you or anyone you know struggle with addiction or substance use, call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-4357 for help.

## Strategies

FROM PAGE A4

scoff at those who come to Christ when their life is in tatters, but that is, frankly, true of most of us. Our scars are but reminders that for us, our lives are now divided in two periods: BC and AC, before Christ, and after Christ, and the dif-

ference must be experienced to be understood. He has given us a new reason to live, a new level of peace and happiness we thought would elude us forever. As the Apostle Paul said, "For me to live is Christ, and to die is gain!" Right on!

You want to talk about it? Hit me up at [rlarry-scott@gmail.com](mailto:rlarry-scott@gmail.com).

## Exercise

FROM PAGE A7

chair mobility and flexibility for adults with pulmonary conditions and adults who cannot stand or walk for long periods of time. Strength interval training is great for people looking for a challenge strength and cardio workout. A weekly walking group has recently been created and a ski conditioning class is set

to begin in October. Other classes include yoga, gentle yoga, core fusion, TRX suspension training, a lower back pain class and golf conditioning. Classes are available to RehabFit members AND non-members. For RehabFit updates "like" the Speare Memorial Hospital Facebook page. Call 238-2225 or stop by RehabFit at Boulder Point in Plymouth for a tour or more information!

## Rohlf's

FROM PAGE A1

the Newfound Lake Regional Association (NLRA) to educate those using the lake that they not only have to be careful about draining and wiping off their boats as they go from one water body to another, but also that lawn fertilizers and landscaping choices can have an effect on the lake's health.

The Derryfield School student created a pamphlet, video and blog for the NLRA Web site. She also took on landscaping projects around the lake. Her video, soon to be posted at the Web site, may also be seen at <https://youtu.be/4usQQ9k67HM>.

Boyd Smith, Rohlf's advisor, said she also helped the NRLA by taking part in their programs, taking photos, and writing an article for their fall 2017 newsletter.

"Holly is a very smart, focused, thoughtful and hard-working young lady," said Smith. "She worked well in a variety of situations. I would hire her/partner with her again. I believe the Gold Award is an important opportunity offered by the (Girl Scouts) and would be happy to mentor future Gold Award candidates."

She exemplifies the Girl Scout DNA and takes the lead as a G.I.R.L. (Go-Getter, Risk-Taker, Innovator, Leader)™. To earn her Gold Award, each Girl Scout identifies and develops a Take Action project in her community that will stand the test of time, have a real and meaningful influence on people's lives, and leave a legacy that

lasts forever. It is one of the most challenging, exciting, and rewarding experiences a girl can have, and one of the most prestigious recognitions she'll accomplish in life. And it's only available at Girl Scouts.

Since 1916, Girl Scouts have been making meaningful, sustainable change in their communities and around the world. The Girl Scout Gold Award acknowledges the power behind each recipient's dedication to not only empowering and bettering herself, but also to making the world a better place for others. Gold Award Girl Scouts are courageous leaders and visionary change makers.

### About the Girl Scout Gold Award

- Gold Award Girl Scouts on average spend one to two years on their project.

- The average age of Gold Award Girl Scouts is 17.

- Since 1916, 1 million girls have earned the Gold Award or its equivalent.

- Gold Award Girl Scouts who join the armed forces enter one rank higher than other recruits.

- University research indicates that noting you are a Gold Award Girl Scout on a college

application is influential in the admissions decision-making process.

- A Gold Award project must be sustainable after the girl's involvement ends.

- 11 young women earned their Gold Award last year in New Hampshire and Vermont as part of Girl Scouts of the Green and White Mountains.

### About Girl Scouts of the Green and White Mountains

Girl Scouts of the Green and White Mountains is recognized throughout New Hampshire and Vermont as a leading expert on girls. Our innovative leadership programs help girls discover, connect, and take action as they develop strong values, a social conscience, and a deep sense of self and their potential. Through our exciting and challenging programs, Girl Scouts not only participate but also take the lead in a range of activities—from kayaking, archery, and camping, to coding, robotics, financial literacy training, and beyond! Serving more than 10,000 girls throughout New Hampshire and Vermont, girls discover the fun, friendship, and power of girls together. Visit [www.girlscoutsgwm.org](http://www.girlscoutsgwm.org).

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## Edward Jones: Financial Focus

### Consider Financial Gifts for Your Grandchildren

National Grandparents Day is observed on Sept. 9. If you're a grandparent, you may get some gifts or cards – or maybe even a phone call! But you might feel that it's better to give than to receive, especially when it comes to your grandchildren. And you can make a real difference in their lives by making a financial gift for their future.

For starters, think about your grandchildren's education. If college or some type of vocational school is in their future, you may want to help them meet some of the costs, which can be considerable. One common education-sav-

ing vehicle is a 529 savings plan. With this plan, earnings on withdrawals are tax free, provided they are used for qualified education expenses. (Keep in mind that 529 savings plan distributions not used for qualified expenses may be subject to ordinary income tax and a 10% IRS penalty on the earnings.) You also may be eligible for a state income tax incentive for contributing to a 529 savings plan. Check with your tax advisor about these incentives, as well as all tax-related issues pertaining to 529 savings plans. A 529 savings plan's contribution limits are quite generous.

And, as the owner of a 529 plan, you have flexibility in choosing where the money goes – if your grandchild decides against college or another type of advanced education, you can transfer the plan to another beneficiary. And due to recent tax law changes, the scope of 529 plans has been expanded to include qualified withdrawals of up to \$10,000 for tuition expenses per year per beneficiary at public, private or religious elementary or secondary schools. Be aware, though, that a 529 savings plan could affect any financial assistance your grandchild might receive. Although a 529

plan owned by a grandparent won't be reported as an asset on the Free Application For Federal Student Aid (FAFSA), withdrawals from the plan are treated as untaxed income to the beneficiary (i.e., your grandchild) — and that has a big impact on financial aid. So, you may want to contact a financial aid professional about the potential effects of any gifts you're considering. A 529 savings plan isn't the only financial gift you could give to your grandchildren. You also might consider giving them shares of stock, possibly held in a custodial account, usually known as an

UTMA or UGMA account. However, you only control a custodial account until your grandchildren reach the age of majority as defined by state law, at which time they take it over. They then can use the money for whatever they want – and their plans may not have anything to do with books or classes. Still, your grandchildren might be particularly interested in owning the stocks contained in the custodial account – many young people enjoy owning shares of companies that make familiar products. And your gift may even get your grandchildren

interested in long-term investing. No matter what type of financial gifts you give to your grandchildren, make sure your keep enough money to pay for your own needs. It's important to balance your personal savings needs with your desire to be generous. Giving financial gifts can be rewarding – to you and your grandchildren. Consider exploring some possibilities soon.

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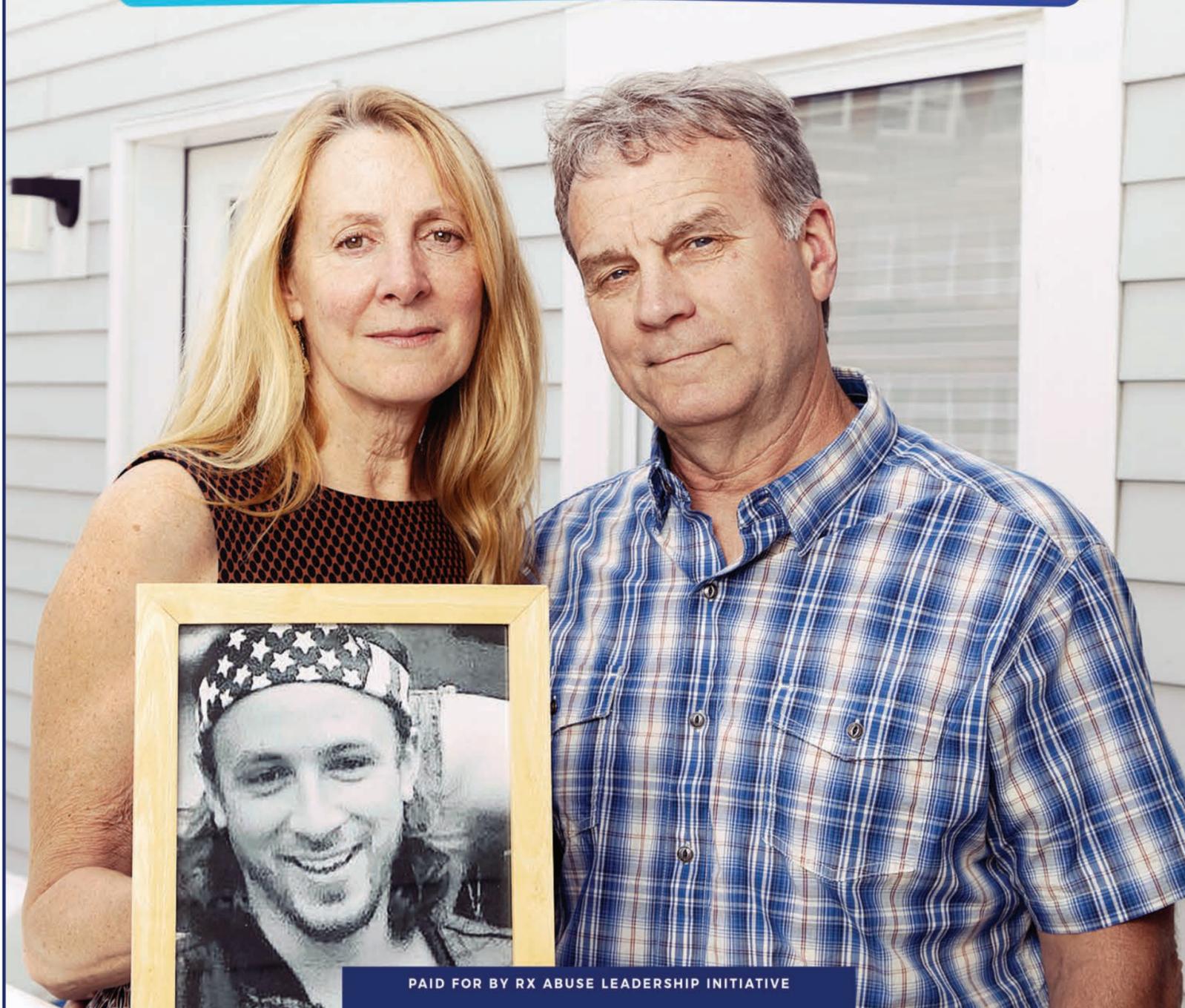
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# Newfound Landing Sports

Section **B**

Thursday,  
Thursday, September 6, 2018



JOSHUA SPAULDING

Madison Hanley pushes the ball up the field during her team's game with St. Thomas last week.



JOSHUA SPAULDING

Katy Drapeau looks for a passing lane in action last week against St. Thomas.

## Bears roll in season opener

*Marchand, Hanley lead offensive attack for defending champs*

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Different team, different coach, different season. Same results. The Newfound field hockey team picked up

right where it left off in last year's Division III state championship game, rolling to a 7-0 win over St. Thomas in the season opener on Tuesday, Aug. 28.

"It is a great way to get the season started," said head coach Kammi Williams. "Obviously it's a young team, not a lot of experience, so it's a good boost for them."

In the sweltering heat, the two teams played four 15-minute quarters as opposed to the normal two 30-minute halves.

Caroline Marchand, one of just three returning starters from last year's championship team, got off to a hot start with a number of chances right out of the box. The defense stopped one run, a nice look to Tiffa-

ny Doan went just wide and then Marchand had her own shot go wide of the net.

The Bears were awarded the game's first corner with 8:39 to go in the first quarter and Madison Hanley scored the first goal of the season, pushing the ball past the Saint keeper for the 1-0 lead.

The Bears didn't waste much time keeping the offense going, as less than three minutes later they were back on the board again. Marchand sent a nice ball in to Doan, who fired a shot on net and then followed up her own rebound and poked it in for the 2-0 lead.

Less than 30 seconds later, the Bears were at it again, as Marchand fired

a shot on goal that was stopped but Cassie Zick picked up the rebound and scored her first varsity goal, stretching Newfound's lead to 3-0 with 5:18 to go in the first quarter.

The Saints made a run into the zone but the defense of Mackenzie Bohlmann and Katy Drapeau kept the ball away from the net. Marchand and Zick went the other way with chances in close but they were denied.

Newfound had another corner but sent the ball wide and the teams went to the first break with the score 3-0 for the Bears.

Newfound had a corner right out of the gate in the second quarter but good defense kept them from getting a shot off. Doan sent a nice ball in to Marchand, who had her bid denied by the keeper. Newfound had another corner and Marchand was turned away on the bid and on a rebound attempt. Doan also had a shot go wide of the net.

With 6:50 to go in the

first half, the Bears got on the board again, as Hanley sent a nice ball to Doan, who made a great drive into the zone and Marchand was able to tip the ball home for the 4-0 lead.

Haley Dukette made a bid in the zone as well but Newfound was unable to generate any more offense in the first half and took the 4-0 lead to the break.

Just 1:15 into the second half, the scoring picked up again, as Hanley put the ball in on a corner for the 5-0 lead. The Bears had two more corners, with Hanley and Marchand getting in close but they could not convert. Doan and Marchand connected on a bid that was denied and Hayse Broome had a nice bid at the corner of the net but couldn't quite put the ball in.

With 8:29 to go in the third quarter, Marchand took a great feed from Doan and fired it from the side of the zone and into the net to push the lead to 6-0. Lexi Douville

SEE FIELD HOCKEY PAGE B6

### What's On Tap

The month of September continues along with a full week of action for the local high school teams.

At Newfound, the cross country team will be hosting a meet today, Sept. 6, at 4:30 p.m.

The Newfound soccer boys will be at Mascoma on Friday, Sept. 7, and at Hillsboro-Deering on Tuesday, Sept. 11, both for 4 p.m. contests.

The Newfound field hockey team will host Laconia on Friday, Sept. 7, and will visit White Mountains Regional on Monday, Sept. 10, both at 4 p.m.

The Newfound volleyball team will be at Mascenic for a 6:30 p.m. game on Friday, Sept. 7, and will be at Epping for a 6:30 p.m. contest on Wednesday, Sept. 12.

The unified soccer Bears will be hosting Laconia on Wednesday, Sept. 12, at 3:30 p.m.

The Newfound football team will kick off the season on Saturday, Sept. 8, hosting Bishop Brady at 2 p.m.

The Plymouth golf team will be at Laconia for a match today, Sept. 6, will host matches at Owl's Nest on Friday, Sept. 7, and Wednesday, Sept. 12, and will be back at Laconia on Thursday, Sept. 13, with all matches teeing off at 4 p.m.

SEE ON TAP PAGE B2



Presents the 2nd annual:

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### Guest Speakers & Faculty



**Opening Remarks**  
**Denise Normandin, MA, RD, LD,**  
Project Director, Healthy PSU,  
Plymouth State University



**Roy Stever, MBA,**  
Contract Faculty in Marketing,  
Plymouth State University  
**PSU Cluster Approach Learning Model:  
North Country Balanced Communities**



**Pete Rizzo,**  
Owner, RizFit  
**Amor Fati (Love of Fate):  
Turning Obstacles into Opportunities**



**Eric Spieth, MBA,**  
Innovation & Entrepreneurship,  
Plymouth State University  
**Acts of Good/Best Self Journal**



**Retired General Donald Bolduc, MS**  
**Humble Warrior: A Lifetime of  
Courage, Leadership & Service**



**Ty Gagne, MPA,**  
CEO of Primex3  
**Trouble in the Presidentials:  
What a Mountaineering  
Accident Can Teach Us About  
Decision Making, and Managing Risk**



**Dr. Deborah Osgood,**  
Founder and CEO  
of Osgood & Associates, Inc.  
**Finding Your Summit:  
Leading Moves to Live Your Best Life**



**Panel Discussion / Q & A**  
Moderated by **Kim Bownes, MA,**  
Director of Athletics,  
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## Harvey being inducted into Newfound Hall of Fame

BRISTOL — The Newfound Regional High School third annual Athletics Hall of Fame will be held on Saturday, Sept. 29, with the reception from 2 to 3 p.m. and the induction of six new members starting at 3 p.m.

Dan Harvey graduated in 1960. He was an outstanding basketball player, using his height advantage for scoring, rebounding and blocking shots. He led the team in scoring as a junior with over 15ppg, and as a senior he averaged over 18 points a game. In addition, he led the team in rebounding and blocked shots. Harvey was a captain his senior year.

In his senior year, the team finished with a regular season record of 13-2, losing both games to Plymouth, by a total of nine points. Bristol Memorial High School got their revenge by de-

feating Plymouth in the Pemi-League Tournament, 42-41. During the season, Bears averaged 55 ppg, while allowing 38ppg.

In those days, they played in some really small gyms. One gym was so small that often on a shot the ball would hit the ceiling and be ruled out-of-bounds.

He ran cross country his senior year and was the number two runner, behind Ron Bucklin. Harvey was also a captain of this sport.

During the spring season, he occasionally played right field but most of the time he was the manager and scorekeeper for the baseball team. He and a friend had an agreement that if the friend played basketball then Harvey would play baseball. This brought a lot of joy to the two young men.



JACKSON PALOMBO makes a defensive stop as Tony Velez (14) and Steven Shute (76) come in to help. JOSHUA SPAULDING



Owen Brickley breaks away from a Bow defender in action on Saturday afternoon. JOSHUA SPAULDING

# Rematch goes to the champions

## *Plymouth football knocks off Bow in season opener*

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — For the past two years, the final hurdle in the Plymouth football team's quest for a Division II title has been Bow.

This year, the Falcons were also the first hurdle in Plymouth's hopes to defend the championship, as the Falcons came to George Zoulias Field on Saturday afternoon to kick off the 2018 season.

While there were mistakes, coach Chris Sanborn came away with a smile on his face after his team got the 19-7 win over the Falcons.

"This was an ugly win, but a win's a win," Sanborn said. "It's better to be 1-0 than 0-1."

He noted that he anticipates Bow being one of the top teams in the division this year, which could mean the Bobcats get even more points than normal for the win.

"Wins like that are big ones," he said.

Plymouth went with

a steady diet of the running game out of the gate, with Owen Brickley, Pat Malm and Ian Tryder doing the running on the first drive, but they were forced to punt.

Things worked out nicely on the punt, however, as Tracy Christiano pounced on a fumble on the first play for scrimmage for the Falcons and Plymouth had the ball back. Brickley, Joe D'Ambruso and Tryder got the ball on the ground, while a pass from Cody Bannon to Tony Velez got a first down for the Bobcats. Plymouth got down to the one-yard line, but a fumble on fourth and goal gave Bow the ball back.

The Bobcat defense didn't break, however, as five plays later the Falcons had to punt and Plymouth took advantage.

After a sack on the first play put Plymouth in second and long, Velez broke free and rambled 59 yards all the way to

the two-yard line to set up first and goal. Bannon then snuck the ball in from there and kicked the extra point and with 52 seconds to go in the first, Plymouth had the 7-0 lead.

Bow ran two plays to close out the first quarter and got a first down out of the gate in the second, but they were eventually forced to punt the ball away.

Bannon found Malm for a 13-yard gain on the first play of the next drive and then he hit Brickley with a screen pass for 22 yards and another first down. A penalty gave Plymouth another first down but on fourth and nine, the pass to Velez came up short and Bow got the ball back. Four plays later the Falcons were punting but a bad snap allowed Jackson Palombo to chase down the punter and set Plymouth up in good position.

However, the Bobcats could not get anything going and Bow got the

ball back as time was ticking down in the first half. Good defense from Steven Shute and Hunter Lessard helped quell the Bow drive and the game went to the half with Plymouth up 7-0.

Bow went three and out on the first drive of the second half and on the punt return, Brickley was able to run 80 yards to the end zone for the 13-0 lead for the Bobcats with 9:28 to go in the third quarter.

Bow came back with a lengthy drive, though stuffs from Palombo and D'Ambruso helped to slow the Falcons' progress. Eventually, the visitors were able to get in the end zone with 1:39 to go in the third and the extra point made it 13-7.

Plymouth punted away on the first play of the fourth quarter and the defense came up strong, as D'Ambruso found himself in the backfield on a pair of occasions, stuffing Bow runs. The Bobcats then came through with a

stop on fourth and four and got the ball back.

While Plymouth went three and out on the next drive, Velez provided good punt coverage and Bow took over. D'Ambruso again got in the backfield for a big stop and two plays later, Velez hauled in an interception to give Plymouth the ball back with 2:27 to go.

Two plays later, Brickley raced in from 34 yards out and Plymouth had the 19-7 lead with 1:36 to go.

Bow's final drive saw Camden MacDonald and Palombo both register sacks, sealing the Plymouth win.

"We left a lot of points on the field in the first half," Sanborn said. "You've got to capitalize on those chances."

"But we expected week one to be a little sloppy," he continued. "I thought we adjusted well

in the second half."

Sanborn pointed out that D'Ambruso struggled in the team's final scrimmage against Dover and the coaching staff challenged him and he stepped up in a big way, getting into the backfield with regularity. He also praised Kenny Maddocks for a big block on Brickley's punt return touchdown.

"We made a lot of mistakes," Sanborn said. "But we didn't give up a big play."

"They know how to win, they've seen it," Sanborn added. "They didn't panic, they were pretty calm."

The Bobcats will be back in action at home on Saturday, Sept. 8, hosting John Stark at 2 p.m.

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

### On Tap

FROM PAGE B1

The volleyball Bobcats will be hosting John Stark tonight, Sept. 6, at 6 p.m., will host Kennett on Monday, Sept. 10, at 6:15 p.m. and will be at Oyster River for a 6 p.m. match on Wednesday, Sept. 12.

The Plymouth boys' soccer team will be hosting Pelham on Friday, Sept. 7, at 4 p.m.

The Bobcat soccer girls will be at Pelham at 4:30 p.m. on Friday, Sept. 7, and will be hosting

Sanborn at 4 p.m. on Tuesday, Sept. 11.

The Plymouth field hockey team will be at Goffstown on Friday, Sept. 7, will be at Merrimack Valley on Monday, Sept. 10, and will return home to host John Stark on Wednesday, Sept. 12, all for 4 p.m. starts.

The Plymouth cross country team will be at Great Glen for a 10 a.m. meet on Saturday, Sept. 8.

The football Bobcats will be hosting John Stark at 2 p.m. on Saturday, Sept. 8.

### Field Hockey

FROM PAGE B1

had a good drive in that Marchand sent just wide and Dukette turned in a good defensive stop on the Saints. Drapeau and Marchand also got in close but couldn't convert.

With 52 seconds to go in the third quarter, Drapeau sent a cross through the crease to Marchand, who tipped it home for the 7-0 lead and the teams headed to the fourth quarter with that score.

The Saints had some solid pressure in the final frame. Bohlmann and Maggie Bednaz joined Dukette with solid defensive stops while at the other end, Marchand, Doan and Broome all had chances that were stopped short.

Zick also helped out on the defensive end of things and the Bears calmly closed out the shutout win without keeper Hayleigh Pabst ever touching the ball.

"It was good to get us

rolling," Williams said. "I feel good about where we are right now."

"But we still have more work to do," she continued. "For many of the girls, this is a whole new style (of play)."

She also noted that the schedule also features a number of teams that the Bears don't know much about, including the Saints, who moved down from Division II for the new season.

"Every time we step on this field, we don't know (what all the other teams might bring)," she said. "There's some really good teams in the division."

The Bears will be back in action on Friday, Sept. 7, hosting Laconia at 4 p.m. On Monday, Sept. 10, they will be at White Mountains at 4 p.m.

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

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# Bears look to make noise in new Division IV

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — As coach Ray Kershaw enters his third year at the helm of the Newfound football program, the numbers are continuing to inch upwards.

Kershaw notes that he has between 30 and 35 kids, a slight tick upward from last year as the program continues to grow.

"They're looking good, coming together," Kershaw said. "They're very excited about the season."

The Bears picked up a pair of wins last season and will be looking to make more noise this season, though they won't be doing it in Di-



JOSHUA SPAULDING

Shawn Huckins is a key returning piece for the Newfound football team.

vision III as they have done the last few years.

The NHIAA created a fourth division for

football this year and it is populated with eight of the smallest schools fielding football pro-

grams. However, Kershaw noted that in the grand scheme of things, it doesn't matter who

they play each week.

"We don't worry about that," the Bear coach said. "We just worry about who we're playing week to week."

After losing four-year starting quarterback Cody McGee to graduation, the Bears were looking to find a new signal caller and they did that in Logan Rouille, who joined the team midway through last season and has been working on picking up the offense.

"He's been looking good," Kershaw said. "He's picking it up quick."

Rouille will be helped out by an experienced backfield that will include Brett Pigeon, Tiel-

lar Mitchell and Shawn Huckins. Huckins will be serving as the team's fullback, making holes for Pidgeon and Mitchell. Aidyn Robbins will serve as the team's backup quarterback but will also likely see some time at running back and in the defensive backfield.

The Bears only lost two players off their line, so Kershaw sees that being a point of strength for his team in the new season. The line will be led by seniors Mason Greene and Connor McLaughlin, both of whom saw a lot of time there last year.

The Bears took some time in the preseason to head to football camp at Vermont Academy, where they played against Division II Kingswood and Division III Stevens.

"The kids had a great week there," Kershaw said of the trip to camp.

The Bears will be opening up the season against one of the teams that is expected to be near the top of the Division IV standings, Bishop Brady.

"That will be a true test right away," Kershaw said.

With eight teams in the division, the Bears will see everyone once, with the top four teams making the playoffs. In addition to the Bears and the aforementioned Giants, Division IV includes Winnisquam, Raymond, Mascoma, Farmington, Franklin and Fall Mountain.

The team's annual Homecoming night game will take place on Saturday, Sept. 29, against Mascoma.

The season opens on Saturday, Sept. 8, at home against Bishop Brady at 2 p.m.

Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## Small team, plenty of experience for Bear volleyball

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — With just a couple of graduation losses, the Newfound volleyball team is shaping up to have a pretty solid season, even though the numbers on the varsity team are on the small side.

"Even though a small team can make practices difficult, I think they have been playing together as a tight-knit group for a while that it will help us in the long run," said coach Amy Fairbank. "They were really committed to summer ball this year so I had a chance to see them and start to work some changes."

The Bears are returning seven players to the fold and there will be one swinger making up the varsity team.

The team will be led by a pair of captains in



JOSHUA SPAULDING

Ashlee Dukette is one of two senior captains for the Newfound

seniors Ashlee Dukette and Megan Stafford. Dukette is approaching 500 kills for her career

and Fairbank is sure she will reach the mark in her final season.

"I hope to see some

amazing hitting from her this season.

There are three other seniors on the team, with Aryn Prescott, Kasey Basford and Leslie Shattuck all returning to the fold for their final go-rounds in the green and white.

Maura Geldermann, who was a swing player as a sophomore last year, will be with the varsity team full time this year, serving as the starter in the middle.

Sophomore Bailey Fairbank was a key contributor for the varsity team as a freshman and is back this year for another season.

Junior Riley Pierce earned a spot as the swinger between the JV and varsity. Fairbank noted that she was the starting setter on the JV team last year, but with her quick feet, she will likely see time as a defensive player at the varsity level while continuing to set at the JV level.

While the varsity team is relatively small, the JV team has more than 22 players, so Fairbank pointed out that the

program will be all about rebuilding heading into next year.

Tanya Jollie, who has served as the JV coach in the past, is returning to the sidelines for the JV team and will be assisted by Marie Simpson to work with the large group of players at that level.

Seniors Madison Paige and Mackenzie Davis will be serving as the team's managers.

The Bears have played in a pair of jamborees and Fairbank has been pleased with the progress she saw in the early preseason.

The Newfound coach noted that the schedule this year will be a bit different, with a number of new teams on the schedule. The schedule will include two game each with Mascenic and Moultonborough with single games with Inter-Lakes, Epping, Portsmouth Christian, Winnisquam, Belmont, Prospect Mountain, Kennett, Sunapee, Mascoma, Franklin, Farmington and Campbell.

SEE VOLLEYBALL PAGE B8

## With the fall comes a new fantasy season

The high school sports season is in full swing, which means it's a busy time of year in my world.

It's also closing in on the start of the football season and that means, for the second year in a row, I am getting ready for another year of fantasy football. The league I am part of features 11 other people, spread out around the country, so we do our draft online, with every person getting a three-hour window for their pick.

As of this writing (Thursday, Aug. 30), we are just about through eight rounds of the draft. I still have yet to select a kicker (we get two), a backup quarterback or a utility player, but so far, I am not completely disappointed in my team. In fairness, I wasn't totally disappointed in my team after last year's draft but injuries did me in and limited me to a first-round playoff exit.

In our league, we start one quarterback, two running backs, three receivers, one defense and one kicker.

Since we are a keeper league, I got to protect two players and looking at rankings online, I protected running back Ezekiel Elliot and receiver DeAndre Hopkins. Also

### SPORTING CHANCE



By JOSHUA SPAULDING

in our keeper league, we get three "Plan B" players, which means we can protect them, but other teams can take them (at a cost of two draft picks) in the first two rounds. This is how I took Elliot last year, losing my third and fourth round picks after taking him in the second round. For my three Plan B players, I protected running back Dalvin Cook, receiver Travis Kelce and quarterback DeShaun Watson.

Because I was in the playoffs last year, I didn't get a great pick in the draft, going eighth overall in each of the first two rounds before the draft went to a snake style. Saquon Barkley was the first overall pick and by the time it got to me, there wasn't a ton of big names so I decided to take my own Plan B guy, Cook, with my first round pick. He's coming back from injury, but when he was healthy last year he was a beast for my team and I'm rolling the dice with him again.

With my second round pick, I went with

Rams receiver Robert Woods after my first choice, running back Kerryon Johnson, was taken the pick before me. In the third round I went with running back Chris Carson, who should see time early on in Seattle due to the injury of Rashaad Penny and I'm hopeful Carson can earn the starting job. In the fourth round, I went with receiver Jordy Nelson, which was a bit of a stretch, but there wasn't tons of elite talent on the board.

In the fifth round I was able to grab running back Tevin Coleman, who is set to be a backup in Atlanta, but is in a contract year and can be dangerous. Last year I got the Jacksonville defense with my sixth round pick and they had a great year. However, they were the top-ranked defense in the preseason and went off the board before I wanted to take a defense. I went with Houston's defense with my sixth round pick and Tennessee's defense with my seventh round pick. My eighth round pick went to receiver James Washington of Pittsburgh.

I have some ideas of where I want to go in

SEE CHANCE PAGE B8

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[www.salmonpress.com](http://www.salmonpress.com) | 603.279.4516  
Call to place your ad today or visit our website!

## Misc. For Sale

**ATV 2001, Artic Cat**  
4x4, running condition.  
Needs brakes. Has owners  
manual and 1,365 miles.  
\$400.00. Holderness, NH.  
603-968-7866

**MEREDITH - Blue Ridge Hickory  
Plank Flooring.** AA wood backing.  
1st grade. 1,050 sq.ft. in original  
boxes. \$1,900.00. Call 677-6994.

**OLD NH FISH and Game,** ca.  
1890, bearing laws, penalties and  
seasons on moose, caribou,  
furbearers, fish, etc. measures  
12"x18" May be seen at the  
Coos County Democrat,  
79 Main St., Lancaster, NH.  
Price, \$4; if mailed, \$8.  
Call 603-788-4939 or email  
lori@salmonpress.news

## Lost & Found

**Found Ads**  
Are published Free of Charge.  
30 words for 1 week.

**Lost Ads**  
Are Charged at our regular classified  
rates.

**Call Toll Free  
Mon-Fri 8:00-4:00  
1-877-766-6891  
or go to  
[www.salmonpress.com](http://www.salmonpress.com)  
24/7**

## HAVE YOU SEEN ME? I AM LOST!

**MY NAME IS BUDDY**  
I am a 5 year old, 16 LB. buff  
colored male cat. I live on  
Pinnacle Park Road  
PLEASE CALL MY FAMILY  
at 279-7000.  
Reward if found.

## Still Lost!

Shane - Shetland Sheepdog  
9 Years old  
We are hoping someone may  
have him or have seen him?  
-Lost in Laconia NH-  
August 27, 2016  
Do not chase. Old and New  
Leads appreciated.  
For more info see  
[www.facebook.com/  
shaneshetlandssheepdog](http://www.facebook.com/shaneshetlandssheepdog)

Call Owner 603-365-1778  
or Granite State Dog  
Recovery  
1-855-639-5678

## Boats

**05 JC Neptoon Ponton Boat**  
23' Low hours, great shape  
Mercury 115 HP  
\$9000.00 OBO  
includes dock space for rest  
of season  
Call Dicky 603-581-6256

## Thank-You

Our line ad classifieds  
are on our website!

[www.salmonpress.com](http://www.salmonpress.com)  
is the place to check our weekly  
classifieds online!  
More great coverage  
and information from the

**Salmon Press  
Town To Town  
Classifieds!**

Why place your ads  
anywhere else?  
1-877-766-6891

Thank you  
for browsing  
**The Town To Town  
Classifieds** in the

**West  
Meredith News  
Record Enterprise  
Winnisquam Echo  
Newfound Landing**

**Publication Rates (30 words)**  
\$12 - 1 Week  
\$20 - 2 Weeks  
\$27 - 3 Weeks  
\$36 - 4 Weeks

Call Our main Call Center  
1-877-766-6891  
Mon-Fri 8:00-4:00

or place online 24/7 at  
[www.salmonpress.com](http://www.salmonpress.com)

**Deadline:  
Monday 10:30 am**

## Fuel/Wood

**DRY FIREWOOD**  
LEGITIMATE DRY CUT AND SPLIT  
OVER 10-12 MONTHS.  
14,16,18,20,22,24 INCH AVAILABLE.  
2 CORD \$250 EACH.  
1 CORD \$275.  
IMMEDIATE DELIVERY.  
CALL 323-8658

## Estate Sale

**ESTATE SALE  
SATURDAY-SUNDAY 8th&9th  
9-4pm**  
Quality house hold, basement,  
full workshop equipment and  
garage  
furnishings. Reed and Barton,  
lenox, Canant Ball, Hooster  
hutch, Dough bin and more.  
9 Wolfeboro Common  
Monie 603-520-6241

## Pets/Breeders

**LOW COST SPAY/NEUTER**  
Mobile Feline Fix It Wagon,  
Cats \$70-\$85. Dogs at Conway clinic,  
starting at \$100. NH and Maine  
income qualified plans. Military  
discounts. Rozzie May Animal  
Alliance, a dedicated spay/neuter  
nonprofit. Sign up on line  
[www.RozzieMay.org](http://www.RozzieMay.org) or call  
603-447-1373

## General Help Wanted

**21+ ALCOHOL PROMOTERS**  
Must be outgoing, friendly, reliable.  
Ideal for retirees, college students,  
homemakers. Nights/weekends.  
0-6 hrs/week. 22.50+/hr.  
[Samantha@anchorpromotions.us](mailto:Samantha@anchorpromotions.us)

The Appalachian Mountain Club  
is searching for Lodge Crew at  
our Highland Center location in  
Bretton Woods, NH! Lodge  
Crew is responsible maintaining the  
neatness and cleanliness of  
facility buildings and grounds as  
well as the setup, serving and  
cleanup of meals.

Housing and meals are avail-  
able at a minimal cost to em-  
ployees 18 years of age or older,  
however, space is limited so  
don't delay in applying and  
reserving your spot now!

Call 603-278-3822 for more  
information. The AMC is an  
Equal Opportunity Employer and  
values diversity in the  
workplace.

## Professional/ Technical

**Marine Technician**  
Full service Marina and Fisher  
Plow Dealership, Squam Lake,  
IMMEDIATE full - time position  
for experienced Marine Techni-  
cian. Knowledge of marine repair  
and service. Pay based on experi-  
ence and productivity. Certified  
Fisher Plow Dealership - winter  
work includes installation and  
service of plows. Call Riveredge  
Marina 603.968.4411

**PLOW TECHNICIAN. FULL**  
service Marina and Fisher Plow  
Dealership, Squam Lake, IM-  
MEDIATE full - time position  
for experienced Fisher Plow  
Technician. Knowledge of au-  
tomotive repair and service.  
Pay based on experience and  
productivity. Certifications a  
plus, not required. Training  
provided. Factory Certified  
Fisher Plow Dealership. Call  
Riveredge Marina  
603.968.4411

## Editor

**Kids Karate**  
Tue/Wed/Thur  
5:30-6:30 pm  
Call/Text 603-524-4780

**REDUCE  
RECYCLE  
RENEW**

[www.SalmonPress.com](http://www.SalmonPress.com)

## Real Estate



**Equal Housing Opportunity**  
All real estate advertising in this  
newspaper is subject to  
**The Federal Fair Housing Law**  
which makes it illegal  
"to make, print, or published any  
notice, statement, or advertisement,  
with respect to the sale, or rental of a  
dwelling that indicates any prefer-  
ence, limitation, or discrimination  
based on race, color, religion, sex,  
handicap, familial status or national  
origin, r an intention to make any  
such preference, limitation or  
discrimination."  
(The Fair Housing Act of 1968 at 42  
U.S.C, 3604(c))

This paper will not knowingly accept  
any advertng which is in violation of  
the law. Our readers are hereby  
informed, that all dwellings advertised  
in this newspaper are available on  
an equal opportunity basis.  
To complain of discrimination call  
**HUD** toll free at  
1-800-669-9777  
For The Washington DC area,  
please call **HUD** at 275-9200.  
The toll free telephone number for  
the hearing impaired is  
1-800-927-9275.  
You may also call  
**The New Hampshire  
Commission for Human Rights**  
at 603-271-2767  
or write  
The Commission at  
163 Loudon Road,  
Concord, NH 03301

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advertiser will be liable for misinfor-  
mation, typographically errors, etc.  
hereincontained. The Publisher  
reservesthe right to refuse any  
advertising.

**Lake Waukewan, Meredith.**  
272-foot waterfront; sandy  
beach; #3 BR saltbox cape;  
walkout basement with large  
family room; screen porch.  
\$785,000. NH Conservation  
Real Estate. 603-253-4999.

## Apartments For Rent

**Holderness: Sunny, spacious,**  
2nd floor, unfurnished 1 BR in-law  
apt. \$850/month includes electric,  
cable and WiFi. Heating oil NOT  
INCLUDED. No smoking/No pets.  
Email responses to:  
[holdernessapartment@gmail.com](mailto:holdernessapartment@gmail.com)

**Meredith: 3 BR.** Private wooded  
setting. No smoking/pets. Heat,  
hot water included. One car Garage.  
\$1450/mo. One year lease.  
Call David 781-665-8400.

## Comm. Space For Rent

**OFFICE SPACE FOR RENT:**  
**Highland Street Plymouth.**

6 room office, newly renovated  
with plenty of Parking. 875+  
square feet. \$800 per month.

Call Russ at 603-536-1422

## PLYMOUTH SPACE FOR RENT:

9 Main Street. Former site of  
Pemi River Fuels. Approx. 700 sq  
ft.; 3 to 4 work areas depending  
upon configuration. \$750 per  
month including heat, snow  
plowing and trash removal.  
Tenant pays separately metered  
electric. Onsite parking is  
available. Security deposit  
required. Available immediately.

Please call Brian at 536-2300.

## Mobile/Modular Homes

**2 BEDROOM MOBILE.**  
Clean, quiet park in North Woodstock  
\$700/mth. + Security Deposit.  
Pets negotiable. call Dave  
603-387-9282

## Commercial RE

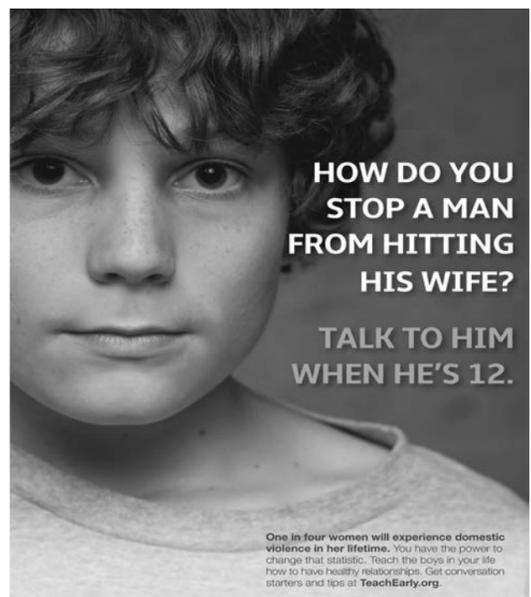
**Office space 800 sq ft.**

Recently updated. 2 story garage  
with loft. Paved  
private parking area. Hot water,  
yard maintenance, plowing in-  
cluded. Road Sign space 3'x2'. 3  
North Line Rd Wolfeboro, NH.  
Available September 1st. 7 miles  
from Rte 16, 3 miles from Down-  
town Wolfeboro.  
\$950/Month LEASE.

603-569-5580

## Campers/Trailers

**Citation Camper/Trailer**  
sleeps 5... must relocate  
priced for quick sale.  
send for details email at  
[morninglightbeam78@yahoo.com](mailto:morninglightbeam78@yahoo.com)  
or call to leave a message at  
603-540-3817



**HOW DO YOU  
STOP A MAN  
FROM HITTING  
HIS WIFE?  
TALK TO HIM  
WHEN HE'S 12.**

One in four women will experience domestic  
violence in her lifetime. You have the power to  
change that statistic. Teach the boys in your life  
how to have healthy relationships. Get conversation  
starters and tips at [TeachEarly.org](http://TeachEarly.org)

**START THE CONVERSATION  
TODAY AT [TEACHEARLY.ORG](http://TEACHEARLY.ORG)**



**This is how you say  
it's going to be okay.**

Every 8 minutes the American  
Red Cross responds to a disaster  
and makes this promise. This holiday  
season, you can help us keep it.

Donate today at [redcross.org](http://redcross.org)

**American Red Cross**

# TOWN-TO-TOWN CLASSIFIEDS

(4) FORECLOSURE  
**AUCTIONS** *Per Order of the*  


Tuesday, September 18th

**10 a.m.-Bristol, NH**  
**Selling to the Highest Bidder**  
**Above: \$40,000**  
175 Summer Street is a 1,181± sq. ft. Cape that includes 3 bedrooms, 1 full bathroom, a full walk-out basement and is serviced by public water and sewer. The home sits on .25± acres. Tax Map 114, Lot 58. Assessed Value: \$115,400.

**12 p.m.-Bethlehem, NH**  
**Selling to the Highest Bidder**  
**Above: \$40,000**  
138 Jefferson Street is a 960± sq. ft. ranch that includes 3 bedrooms, 1 full bathroom, with a metal roof. The home sits on .25± acres. Walk to town. Tax Map 204, Lot 111. Assessed Value: \$118,300.

**1:30 p.m.-Whitefield, NH**  
**Selling to the Highest Bidder**  
**Above: \$10,000**  
398 Parker Road is a 1,508± sq.ft. 1-level home that includes 2 bedrooms, 1 full bathroom. The home sits on .5± acres. Tax Map 228, Lot 13. Assessed Value: \$100,900.

**3:00 p.m.-Groveton, NH**  
**Selling to the Highest Bidder**  
**Above: \$10,000**  
4 Craggy Road is a 1,500± sq.ft. Cape with views that includes 3 bedrooms, 1 full bathroom and is serviced by public water. The home sits on .95± acres. Tax Map 220, Lot 12. Assessed Value: \$72,600.

**INSPECTIONS:** One-half hour prior to the auctions, if permitted.  
**TERMS:** \$5,000 deposit per property in cash, certified check or bank check at time and place of sale. Balance due at closing within 30 days or when the mortgagee's deed is ready for delivery. Subject to all terms of mortgagee's notice of sale.  
*Broker Participation Invited.*

*Est. 1976*  
**PAULMCINNIS INC**  
AUCTIONS • REAL ESTATE • RESULTS

FOR A PROPERTY INFORMATION PACKAGE  
GO TO [paulmcinnis.com](http://paulmcinnis.com)

Lic. #2089 - (603) 964-1301 - Ref. #18PM-30 ABCD  
Auction subject to all Terms of Sale. ©2018 Paul McInnis, Inc.

**55 Plus MODEL HOME**  
**OPEN SUNDAY 12 to 2**



**\$109,995**  
or  
**\$638 per month\***

**\$149,995 garage, porch, appliances**  
**\*10% down - 25 years at 6%**

**Call Kevin - 603-387-7463**  
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH  
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

**CAUTION**

**Drivers**  
**YOU HOLD THE KEY TO OUR CHILDREN'S FUTURE**

Each year, thousands of schoolchildren are killed or injured by automobiles. Remember, you hold the key to their safety and future in your hands.  
*Please drive carefully.*

CHOOSE CAR SEAT BY AGE & SIZE 

THE NUMBER OF PEOPLE WHO THINK THEY HAVE THEIR CHILD IN THE RIGHT SEAT.

← THE ONES WHO ACTUALLY DO.

**KNOW FOR SURE**  
**IF YOUR CHILD IS IN THE RIGHT CAR SEAT.**

 VISIT [SAFERCAR.GOV/THERIGHTSEAT](http://SAFERCAR.GOV/THERIGHTSEAT)  

**Advertise Here**

**NCH**  Upper Connecticut Valley Hospital

**\$3,000 SIGN-ON BONUS**

**MT / MLT**

Contact Human Resources at (603)388-4236  
Apply On-line at [www.ucvh.org](http://www.ucvh.org)  
181 Corliss Lane, Colebrook, NH 03576  
603-388-4236  
EOE

**Steel Erectors, Metal Roof & Siding Installers**  
**Foreman, Leadmen And Laborer Positions**

Will Train. Valid Driver's License required.  
Application available at:  
**CONSTRUX, INC.** 630 Daniel Webster Hwy. Plymouth, NH 03264 (603) 536-3533  
Leading Pre Engineered Metal Building Co.

**One Too Many, once again?**



**Don't Let Alcohol Put Your Life on the Rocks.**

Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

**Warning Signs of Alcohol Abuse**

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

If you or someone you know needs professional help for alcohol abuse or addiction, please call 1-800-NCA-CALL (622-2255) or visit [ncadd.org](http://ncadd.org) for more information.

**White Mountain COUNTRY CLUB**

White Mountain Country Club is hiring seasonal help for the 2018 season. This maintenance position includes free golf. Contact Joe at 726-1093 or stop by in person.

WHITE MOUNTAIN COUNTRY CLUB  
2 COUNTRY CLUB ROAD ASHLAND, NH 03217

**NCH**  Upper Connecticut Valley Hospital

**\$3,000 SIGN-ON BONUS**  
For two years of experience staff RNs

**REGISTERED NURSES**

Contact Human Resources at (603)388-4236  
Apply On-line at [www.ucvh.org](http://www.ucvh.org)  
181 Corliss Lane, Colebrook, NH 03576  
603-388-4236  
EOE

**NCH**  Upper Connecticut Valley Hospital

**FULL TIME OPPORTUNITIES**

- ULTRASOUND/ECHO TECHNOLOGIST – 40 hours
- OR NURSE SUPERVISOR – 36 hours
- MT/MLT – 40 hours (Day shift)
- RN CHARGE/E.D. – 36 hours (Night Shift)
- RN M/S – 36 hours (Night shift)

**PER DIEM OPPORTUNITIES**

- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
- RN

Apply Online at [www.ucvh.org](http://www.ucvh.org)  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603)388-4236 • [ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)  
EOE

**Golf Course Maintenance Person**

Responsible for mowing using turf mowers. Able to operate various types of equipment and sprayers. Able to provide basic preventive maintenance on equipment; Apply fertilizer; and maintain and operate irrigation as directed. May perform duties from other positions as needed or assigned to maintain proper operations of the resort property. Knowledge of safe, efficient mechanical operation of tractors and other motorized equipment. Must hold appropriate license/certification for any specialized work to be done.

Please send cover letter, résumé, and salary requirements to:  
Owl's Nest Resort & Golf Club, PO Box 1684, Campton, NH 03223 or [jobs@owlnestresort.com](mailto:jobs@owlnestresort.com).  
*Applications are available on our website*

**LOVE YOUR COMMUNITY:**  
*Spend Locally!*

[www.SalmonPress.com](http://www.SalmonPress.com)

# TOWN-TO-TOWN CLASSIFIEDS

- › Merchandise Planning Assistant
- › Direct Marketing Specialist

Two new opportunities,  
one great place to work.

Here's your chance to play an important role  
for a thriving brand. Everything you need to  
know is at [garnethill.com/careers](http://garnethill.com/careers)

Hope to meet you soon!

Beautiful, Naturally.™  
**Garnet Hill**



Your New Best Friend...

Log on to [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov), and click  
on the FREE Consumer Action Web Site.

A PUBLIC SERVICE OF THE U.S. GENERAL SERVICES ADMINISTRATION



RESORT  
PROFESSIONALS  
WANTED!



We are currently looking for:

- Houseman** – (Full and Part Time) - \$11.50hr
- Room Attendant** – (Full and Part Time) - \$12.00hr

Not only do we provide competitive wages, but we offer the best benefits package in the North Country. Benefits include: 401K with ER match, Profit Sharing, Resort Family Discounts, Family Gym Membership, Spa Discounts, Ski Privileges, Daily \$3 Employee Lunch, Christmas Bonus, Employment Assistance Programs and much more...

Come in and fill out an application at our front desk. Contact Lisa Pabon for questions or more information.

The Mountain Club on Loon  
90 Loon Mountain Road, Lincoln, NH 03251  
[mforsyth@mtclub.com](mailto:mforsyth@mtclub.com) | [mtclub.com](http://mtclub.com) | (603) 745-2244 x 5272



GIVE SAFETY A  
**Green Light.**

School is in session, and before you can say, "red light, green light, one...two...three", a child can dart out of nowhere, and get hurt. Please be prepared to stop and exercise extra caution when driving near playgrounds and schools.

**Please Drive Carefully.  
Our Kids Are Depending On You.**

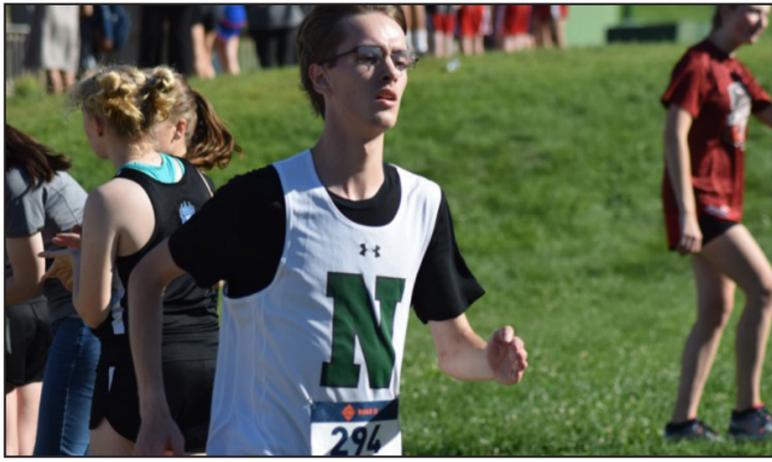
YOU ARE  
*you are not alone*  
NOT ALONE

The National Domestic Violence Hotline  
has answered over 3 million calls  
from victims of relationship abuse,  
their friends and family.

The National Domestic Violence  
**HOTLINE**  
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

The National Domestic Violence Hotline offers  
phone and chat services for anyone affected by  
domestic violence. Support is available  
24/7/365 by calling **1.800.799.SAFE (7233)**  
or online at [thehotline.org](http://thehotline.org).





BOB MARTIN — GILFORD STEAMER

**First meet**

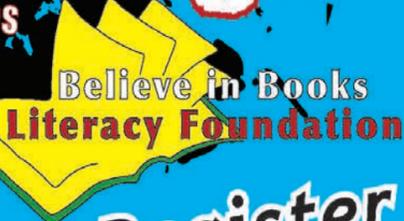
Kyle Rosendahl (left) and Connor Downs run for Newfound in the Early Bird Invitational, held on Aug. 30 at Gunstock Mountain Resort. Organizers had not provided complete results in time for early deadline on Friday. The Bears will be in action again today, Sept. 6, as they host a meet at 4:30 p.m.

**5K Obstacle Adventure**  
**Get Down, Get Dirty!**

"Raising funds for Literacy"

**100-Acre Challenge**

Conquering obstacles to benefit



**Saturday, Sept. 22<sup>nd</sup>**

100 Acre Wood  
Intervale, NH

**Register Now!**



- Inflatables
- Food Truck
- Live Music
- Kid Crafts
- Moat Beer

**Run, Swim, Crawl, Climb & more!!**

- Teams & Individuals
- Mini Acre Challenge for kids too!

**100AcreChallenge.org**

**Volleyball**

FROM PAGE B3

"We have a very diverse schedule this year," Fairbank stated. "Seeing lots more teams that we haven't seen in

a long time or ever, so it should be interesting."

The season officially kicked off on Friday, Aug. 31, and will continue on Friday, Sept. 7, at Mascenic at 6:30 p.m. On Wednesday, Sept. 12, the

team will be at Epping for a 6:30 p.m. contest.

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

**Chance**

FROM PAGE B3

the ninth, 10th and 11th rounds, but obviously that will depend on what other people do.

Where it goes from there is anyone's guess, but I guess I'm ready to

go. Finally, have a great day Chris Sanborn.

*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 Land- ing, Coos County Democ- rat, Berlin Reporter and The Baysider. He can be reached at josh@salmon- press.news at 279-4516, or PO Box 729, Meredith, NH 03253.*

**Home for Sale by Owner**



Farmhouse built in 1897 and updated top to bottom in 2014; restored with the cape style addition by seasoned builders--3 bedrooms, 2 baths, living room, dining room, kitchen, mudroom, front hall with stairs. Circle driveway--Great curbside appeal for small business. Offers sandy beach on Baker River. First level-handicap accessible. Completely vinyl sided-no painting needed. SAU 48 Plymouth School District: Plymouth Regional High School bus pick up across the street. Views of mountains, cell service, full-house generator, cable access, artesian well-state tested. All new wiring (2014); professionally fully insulated, 98%-efficient Veissmann furnace (2014), central vacuum system. Sauna in basement. 3 porches: 3-season on south side, open porch at main entrance, and patio facing river & mountain view. Detached 2-car garage oversized-28x40- and open extended roof for equipment storage. Sugar House (or use it as a bunkhouse). Boundaries surveyed and marked. Easy access: 15 miles from I-91 (Vermont) and 18 miles from I-93. —immaculate. This home is currently priced at \$329,000 and willing to negotiate-- 603-764-9321 for an appointment to view this property.

**What's Happening at Plymouth State University**

**Off to a great start!**

Students are back, classes are in session, and the University is humming with activity. Here are just a few of the many positive developments that we're excited about.

- **A Great First-Year Class**  
We proudly welcomed 1,200 first-year students to campus this semester. This outstanding group has a strong academic record and includes 200 more New Hampshire students than last year.
- **Improving Facilities at PSU**  
Renovations to our Physical Education Center will include a new Strength and Conditioning Laboratory. This academic hub will integrate classroom knowledge with hands-on expertise, offering transformational opportunities to students, the community, and the region.
- **A New Record of Support**  
Fiscal Year 2018, which ended on June 30, represented the University's most successful ever in terms of fundraising. We set another record at \$5.62 million, which enables us to provide more aid to deserving students and present new programs and initiatives that benefit the community. Thank you to all who contributed.

Visit [plymouth.edu/calendar](http://plymouth.edu/calendar) for information on upcoming lectures, exhibit openings, performances, athletics, and more. Most events are free and open to the public.

See further up here.

