THURSDAY, JULY 30, 2020

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Come for the berries, stay for the scenery at Kemah Farm



Mike and Debbi (Brown) Provost of Kemah Farm in Alexandria are proud to carry on the tradition of berry farming, begun by Debbi's father Harry Brown nearly four decades ago. They are joined in the operation by her brother Stephen Brown (not shown in the photo).

Debbi Provost of Kemah Farm (right) helped visitor Pauline Burton of Hebron (left) select which of ten varieties of blueberries grown on the Alexandria farm she preferred to pick last weekend.

BY DONNA RHODES

drhodes@salmonpress.news

ALEXANDRIA

Views of Mt. Cardigan, Firescrew Mountain and other landmarks are a peaceful backdrop to berry picking at Kemah Farm in Alexandria, where the public is welcomed to not only gather fruit from any of the 10 varieties of berries they grow, but to relax and enjoy the beauty of rural

New Hampshire.

Kemah Farm (an Indian term for "facing the wind") dates back several decades to when Harry Brown of Halifax, Mass. purchased the property and it's 1800's cape-style farmhouse in

"He considered it a place to sit back and relax," said his daughter Debbi Provost. "Mv mother was a teacher so my brother and I have

been coming here since we were babies."

The family spent all their summers at the farm and in the mid-80's her dad decided to bring the 98-acres of land back into production by planting blueberries, raspberries. strawberries, rhubarb, grapes and vegetables. Harry's crops were sold for many years at local shops in Bristol and also helped feed hikers at the nearby Mt.

Cardigan AMC lodge.

When his farmstand across from today's Village Pizza eventually closed, he took on a new approach, son Stephen Brown said, beginning

a "pick-your-own" business for their berry crops.

When Mildred and Harry passed away, their children Stephen Brown and Debbi Brown Pro-

vost vowed to continue their dad's interest in growing berries while providing a peaceful place for people to enjoy a summer day.

SEE **KEMAH** PAGE A6

Park is Open for Business



BY RUTH WHITTIER Contributing Writer

BRISTOL — Pull off route 3-A on your way to or from the lake on Saturdays between 10 a.m. and 2 p.m. between now and October and browse the new open Bristol Market located at Millstream Park. There is something for everyone here.

Driving by, I was drawn in to the festive crowd when I saw Polly Worthen's Tie Dye clothes colorfully dis-

played on racks and blowing in the gentle wind. I had to stop in and buy three Tie Dye tops and a matching Scarf that can become a mask. Polly's sister Sally and mother Lynn soon joined me. We had a great time together. Sally's son Johnny proudly displayed the Bird House he bought from Paul and Sue Country Crafts. I went over to Paul's booth to talk with him. He is my neighbor on Peaked Hill where he makes and sells Bird and Bat Houses, Bird Feeders, Hand Crafted Wood products. These items were fully on display at the Bristol Market.

When I spied my good friend Nancy Mills selling her Brownies Beads, we caught up on news while I admired Nancy's fine array of jewelry for which she would surely win a prize in a juried Art Fair.

To the left was Lucile Moses, owner of Back in Time Soap Makers. The

SEE MARKEY PAGE A6

Bridgewater readies for an Old Home Day like no other

BRIDGEWATER — This year brings an Old Home Day like no other to the Bridgewater Town House, located on Bridgewater Hill Road, Saturday,

Due to the Coronavirus pandemic, we are limiting activities this year to just a stylized photo with individual photographs and a social distanced welcoming from 11:30 a.m. to 1 p.m.

We ask you to come and have your individual picture taken at the Town House. The individual photos will later be combined to produce a collage creating the impression of the traditional group photo.

Please cue up in your cars and say in your vehicle until asked to step out. Please wear a mask at all times, except when being photographed, and please respect the personal space of others by staying six feet apart.

To reach the Town House, take River Road to Bridgewater Hill Road, bear left up the hill, and continue to the top. From Route 3, take Dick Brown Road and turn right onto Poole Hill Road, then left onto Bridgewater Hill.

Run Your Buns Off race goes virtual



The Newfound Area Charitable Fund (NACF) has announced plans for the 11th Annual Run Your Buns Off 4.2 Miler. This year's 4.2 mile road race will be virtual.

BRISTOL — The Newfound Area Charitable Fund (NACF) has announced plans for the 11th Annual Run Your Buns Off 4.2 Miler. This year's 4.2 mile road race will be virtual so that everyone near and far will

be able to participate and stay safe, and we guarantee it'll be every bit as much fun!

So, to accommodate the times we are living in, the NACF Board decided to do something a little different - make

this year be all about giving back! That's right, we've deemed this year our "Year of Giving Back" where we get to thank you - our loyal sponsors, runners, walk-

SEE RACE PAGE A6

Celebrate "New Hampshire Eats Local" Month with Local Foods Plymouth



Matt Coulon and Wendy Wright, owners of Wendy Town Farm in Pike recently joined 25 other farmers and vendors to sell local food to the Plymouth community via Local Foods Plymouth.

PLYMOUTH — This August, Local Foods Plymouth – our community's on-line weekly farmers market - will join over 70 partners throughout the state to highlight New Hampshire Eats Local Month -- a month-long celebration of local food and New Hampshire farmers and food producers. A strong local food system keeps our communities vibrant, our economy growing, and our rural landscapes healthy.

Local Foods Plymouth (LFP) is proud to be a partner of this statewide "Eat Local" effort. Anyone living in or visiting the Plymouth, NH area can place their local foods order through www.localfoodsplymouth.org Creating an account is easy and free. Orders can be paid for by check, Pay Pal or Credit Card. LFP orders are placed on-line Saturday at noon through Wednesday at www.localfoodsplymouth.org. Pre-bought orders can then be picked up at the PARE/Local Foods Plymouth office at 79 Highland Street in Plymouth on Thursdays from 3:30pm - 5:30pm or shoppers can choose home delivery by requesting "delivery" in the New Hampshire the special notes box at checkout. Shoppers will find many products that vary seasonally including salad greens, berries, vegetables, breads, baked goods, prepared meals, meats, cheese, raw milk, flowers, plants, eggs, condiments, sweets, jams, maple syrup, herbs, locally made hand sanitizer, shampoo, cards, crafts and more.

"As part of NH Eats Local Month, LFP will be offering special activities and membership raffles during our Thursdays pick - up time," said Brandon Miller, LFP Manager. "During this trying time for us all we want to make local food buying fun! Last week we gave out free mini-whoopie pies from Huntoon Farm in Danbury."

"We are seeing unprecedented interest in local foods by New Hampshire consumers all year round," said Gail McWilliam Jellie from

Department of Agriculture, Markets & Food. "August is a great time to celebrate the bounty and diversity of New Hampshire grown foods and the farmers that produce them."

It was the New Hampshire Department of Agriculture back in 2006 that played a key role in helping launch Local Foods Plymouth by awarding the program a small grant to start the state's first web-based farmers market.

"The current health concerns presented by COVID-19 have certainly been challenging," said Samantha Cave from the NH Food Alliance. "But there is potential for positive growth and connectivity, too. New Hampshire food producers are still working hard to provide us with fresh, healthy food. We can show our support by buying local food and getting others excited to eat local!"

Promotion of this year's NH Eats Local Month is in collaboration with the NH Food Alliance, the New Hampshire Department of Agriculture, Markets & Food, Seacoast Eat Local and the Monadnock Food Co-op. Find more information at nheatslocal.org www.facebook.com/ nheatslocal.

To receive the Local Foods Plymouth weekly e-newsletter about Plymouth's On-Line Local Foods Market send your name and e-mail to localfoodsplymouth@gmail. com or call 536-5030. The Plymouth Area Renewable Energy Initiative (PAREI) serves as LFP's fiscal agent working toward the overall mission to make our community more resilient through strengthening our local food supply systems and reducing the number of miles our food travels from farm to plate.

PSU innovator named to Leadership NH Class of 2021

PLYMOUTH — Acknowledging her nationally recognized work to transform the higher education learning experience for students, Plymouth State University professor Robin DeRosa, Ph.D., is among the 30 leaders from across the state to be named to the Leadership Hampshire class of 2021. The statewide program, which has a highly competitive selection process, focuses on building a community of informed and engaged leaders through collaboration and civic engagement.

"We are incredibly proud that Robin has been recognized by Leadership New Hampshire for her innovative work to transform learning in higher education," said Ann McClellan, Ph.D., Interim Provost, Plymouth State University. "Leadership New Hampshire will help Robin continue her trailblazing work to make public higher education more accessible, meaningful she'll bring that firsthand knowledge back to campus to work with students, faculty and other institutions as they tackle challenges facing theircommunities."

DeRosa currently serves as Director of the Open Learning &



Collabora-Teaching and focused on serving tive (Open CoLab). The communities. We know Open CoLab is a dynamic hub dedicated to innovative teaching and learning, linking theories, ideas and research with practice. The team focuses on instructional design, open education, interdisciplinary learning and increasing the public impact of higher education. One of the Open CoLab's major projects in the last year was to help found the New Hampshire Open Education Public Con-

sortium, a joint effort across the state's 11 public postsecondary institutions to lower the cost of textbooks and other learning materials for New Hampshire's college students.

The Open CoLab has also played a large role in helping PSU implement its Integrated Clusters education model, which supports interdisciplinary work, project-based learning that extends outside of the classroom, and empowering students to contribute to collective knowledge.

"The focus of my work at Plymouth State University, and with many other institutions in New Hampshire, has been to make higher education more accessible, affordable and impactful," DeRosa said. "But education is just one part of a

larger, complex system. Leadership New Hampshire will help me work more broadly toward improving the public good, linking our work in higher education to other services and sectors. Approaching our challenges holistically, and leaving our silos behind, will help us build a sustainable and equitable future for everyone in New Hampshire."

DeRosa also served for many years as an editor for Hybrid Pedagogy, an open-access, peer-reviewed journal that evaluates the best uses for technology and new media in education, expands the conversa-

open education, and determines the best applications for educational technology. The journal's readers are an integral part of the peer review process, making its academic publishing practices more transpar-

tion about e-learning

DeRosa joined PSU in 2000. She earned her bachelor's degree from Brown University and her master's and doctoral degrees from Tufts University.

For more information about Plymouth State University, visit www. plymouth.edu.

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Bristol Fire Department to receive federal grant

BRISTOL — The Federal Emergency Management Agency (FEMA) announced today \$2 million in direct assistance grants to 50 fire departments nationwide through the agency's FY2020 Assistance to Firefighters Grant COVID-19 Supplemental program (AFG-S). The announcement included a grant award to the Bristol, New Hampshire Fire Department for \$2,697. Additional phases will soon be announced.

The Fiscal Year 2020 Assistance to Firefighters Grant Program – COVID-19 Supplemental (AFG-S) is a supplemental funding opportunity under the Assistance to Firefighters Grant Program (AFG). AFG is one of three FEMA grant programs that focus on enhancing the safety of the public and firefighters with respect to fire and fire-related hazards. The AFG-S Program accomplishes this by providing financial assistance directly to eligible fire departments, nonaffiliated emergency medical service organizations, and State Fire Training Academies for critical Personal Protective Equipment and supplies needed to prevent, prepare for, and respond to the COVID-19 public health emergency.

FEMA obligates funding for this project directly to the recipient agencies. It is the recipient agency's responsibility to manage their grant award within federal guidelines with technical assistance and monitoring provided by FEMA Fire Program Specialists.

Additional information about FEMA's Assistance to Firefighters grant program(s) may be found at https://www.fema.gov/firegrants.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Price

\$269,933

\$20,000

\$180,000

\$100,000

\$219,000

\$185,000

\$421,200

\$170,000

\$295,000

\$151,533

\$199,933

\$280,000

\$309,932

\$180,000

\$107,533

\$135,000

\$350,000

\$247,533

\$271,000

\$310,000

\$55,000

\$195,000

\$72,533

\$90,000

\$32,466

\$77,000

\$224,533

\$117,000

\$207,533

\$380,000

\$123,000

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Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com www.thewarrengroup.com

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Leslie Dion named to Newfound Athletic Hall of Fame



Leslie Dion

BRISTOL — Leslie "Les" Dion graduated in 1975 from Newfound Memorial High School and was selected as an inductee into the 2020 Newfound Athletics Hall of Fame because of her contributions to athletics and recreation in the Newfound community.

Although not an athlete in high school, she did get involved as the

manager for the ski team in the winter. Her contributions for the area came later in life due to her involvement with the Bristol Community Center/Tapply Thompson Community Center.

After starting out as a volunteer softball coach, she later moved into a supervisory role when she became more involved in sports pro-

grams. During her time as the director of the Center, she has had a hand in developing Wells Field for youth baseball, adding numerous sports programs, creating the Bristol Multi Use Path, and maintaining Kelley Park for our young athletes to use.

One of the bigger highlights in her career was when she received the Wink Tapply Award

as a recreational professional. Her role in helping Newfound athletics is tremendous because, as many people know, the TTCC is where most of our students begin their athletic careers. She has helped create a culture for our athletes to learn and develop.

Newfound will be celebrating their fifth annual Athletics Hall of Fame Ceremony on Oct.

24 at Newfound Regional High School. This year, Newfound will be welcoming four individuals and one team. Congratulations to David Chorney, Cliff Cutter, Les Dion, James Gilbert, & the 1959/1960 Bristol Memorial High School Girls Basketball Team.

Welch Dickey Trailhead parking closed for construction

THORONTON — The parking lot that accesses the Welch - Dickey hiking trail will be closed Monday through Friday beginning on July 27 and ending Wednesday, Aug. 5 to accommodate the construction of a new concrete toilet building and demolition of the existing building. The new building will be purchased and constructed using Recreation Fee dollars and will replace the existing toilet building that has deteriorated after years of heavy use and exposure to the ele-

The parking area will open on weekends but remain closed Monday through Friday until installation of a new toilet building and associated groundwork is complete. The expected completion date is August 5th. Parking will be permitted along the West side of Orris Rd. Hikers will be detoured around the construction zone to access the trails. Hiking will be permitted on the Welch Dickey Trail throughout this project. Please follow the signs on where to park. For updated information visit the White Mountain National Forest Web site - https://www. fs.usda.gov/whitemountain.



Tracy at (603) 616-7103

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CADY Corner

Parents who host lose the most

BY DEB NARO

Now that school is out of session and summer has officially begun, we hope that everyone can take this time to relax and be with their families. With parties, BBQs and other get togethers taking place, we must remember the consequences of providing alcohol to minors. In an effort to combat underage drinking, state legislators have enacted laws that assign responsibility and accountability to adults who allow minors to drink alcohol at social gatherings.

According to the New Hampshire State Liquor Commission, "a person who hosts a party where minors drink alcohol or use drugs may be charged with a misdemeanor, fined up to \$2,000 and/or spend a year in jail." Unfortunately, too many teens say that alcohol is easy to get, and a U.S. government survey shows that most of those who drink alcohol do not pay for it. They instead access alcohol from social sources: older friends, family members, at parties or they take it from home without permission.

It may have happened already. A neighbor announces she is hosting a teen party, but you shouldn't worry — she's taking the car keys from every kid who comes in. Or a colleague says he's serving alcohol to his high school son's friends so they can "learn to drink responsibly." Speak up because silence can be misinterpreted. If you hear about a situation, say that you don't want other people serving alcohol to your teen or condoning teen drinking. Let your friends, neighbors, and family members know that the minimum drinking age is a policy that protects teens, and that you do not want your teen to drink.

Take action before a situation arises. Start talking to the parents of your child's friends early. Tell them about the risks of teen drinking and let them know that you don't want anyone to allow your teen to drink alcohol. Talk to adults who host teen parties. Let them know the overwhelming majority of parents support the legal drinking age and agree that it is not okay to serve alcohol to someone else's teen — and not okay to turn a blind eye to teen alcohol consumption.

Speak with local law enforcement so they know you encourage active policing of noisy teen parties that may signal alcohol use. Also connect with local alcohol retailers to let them know you want them to check ID's before selling alcohol. Limiting alcohol sales to legal purchasers is an important goal and well worth the time it takes.

For more information on how to keep your teen alcohol and drug free, visit cadyinc.org. If you or someone you know struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRG-Healthcare (934-8905) for help.



Cruise Nights roll on at Village Pizza

The weekly summer Cruise Night in Bristol is attracting not only more than 100 cars each Friday night, but even more admirers. Dennis and Lucy Ford are filling in for organizer Gordon Adams this year, and said they have been seeing near record numbers so far this summer. Antique and classic vehicles from as far away as Vermont have been taking part once again, and at the end of each Cruise Night, they delight folks along the foot of Newfound Lake with a short drive past Avery-Crouse Beach. Admission is free and there is a 50/50 raffle available for the public along with a special prize raffle for participating car owners. The fun all take place every Friday from now until Labor Day from 5-8 p.m. at Village Pizza, located at 825 Lake St. in Bristol.

Sustainable Bristol

BY LAUREN THERRIAULT

This week, I have two exciting events to inform you about. The first is Household Hazardous Waste Day which is on Aug. 1. It's at a new location, the Newfound Regional High School. The event runs from 8:30 a.m. to noon. This year you must wear a mask, stay in your car and you cannot get the container you brought the hazardous materials in back. Visit lakesrpc.org/serviceshhw.asp for more information.

The second event is a Roundtable event with Sustainable Bristol. It will be an online event for everyone's safety. We will be asking community members what challenges they face, successes they've had and activities, events and initiatives they would like to see in Bristol. The event is on August 5th at 6:30pm. Check out the Minot Sleeper Library website and email MSL for the link to the online event.

On a related note: looking at the list of Household Hazardous Waste that's acceptable for relinquishing made me think about the second and third step in that process; thinking about why you bought those items in the first place and how you can avoid those products in the future. If these items need to be specially treated to be disposed of, is it really safe for you to use and store them in your house? If you are sending leftover weed killers to HHW day, think about why you bought it in the first place. Despite Monsanto and the current EPA saying that ingredients in Roundup do not contain cancer causing ingredients, the makers of Roundup have paid out billions of dollars in cancer settlements recently. Now ask yourself if those pesky weeds in the cracks of your patio are worth the risk of contaminating your body, your children's bodies, your well/water system or your pets and the wildlife around your home. I'd hope you'd say

no. When disposing of fluorescent light bulbs could you consider buying LED lights to replace the burned out bulbs? This can apply to everything you put in the garbage, HHW or not, think about why you bought it and what you can change in the future to not buy something like that again. Good luck at HHW day and we hope to see you at the Sustainable Bristol Roundtable Discussion on the 5th!

Lauren's Green Tip of the Week: If the weeds are still bothering you try pouring really hot water on them, or a solution of white vinegar and dish

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Send sketch, get a patent: If only I'd heeded advice

When I first began working at Beecher Falls factory, where Ethan Allen furniture was made, the Machine Floor foreman assigned me to help move freight, where many new workers began. Thus, I started working for Freddie Stewart, who'd been at the factory forever.

Like most people working at the factory, I'd done all kinds of work before---shoveled roofs and driveways, worked on a farm, bagged grobaled boats, cleaned cabins. But at the factory, I punched a clock.

Two-wheeled carts (with dolly wheels front and back) would come up from the Rough Mill loaded with stock, and one of Freddie's jobs was to watch for those carts, look at their job tickets, and park them as close to their next destination as possible. Cartloads

of rough stock would be shaped and sanded by specialized machines before going on to assembly and finishing.

Eventually, I'd end up on fill-in duty, which meant taking the places of workers sick or on vacation. To me this was a great gig, because I got to learn just about every machine on the floor, especially ones that required two people---one to feed the machine, and another to take away.

Because most everyone was on piecework---meaning your depends on how many pieces above a certain rate you can handle---a fill-in man had to be a fast learner, especially when someone else's paycheck was involved. Learning not just handling so many pieces at a set rate, but beating it, depends on placement of feet, good timing, quickness of mind and eye,

and economy of movement.

This, not so incidentally, was my introduction to two men who remain favorites from my time at the factory, Gordon Riley and Franklin Bordeau. Gordon ran a three-drum sander, and helped me learn how to move arms and feet. Franklin, who was totally at home in the woods and loved to hunt and fish, was definitely on my wave-length. He ran a double-end tenoner, and taught me tricks of the trade---especially planning your day's order of jobs, crucial for efficiency in tearing up or down----and how to make best use of a break.

My other job was the slot and bore station, making the slot where a bed-rail goes into the bedpost, and inserting the pins it slips onto. Co-workers told me it was among the most

miserable setups on the floor. "You can't beat the rates," someone said.

I'm not the first person to think "can't" is not in his vocabulary, so I vowed to beat the rates. It took some practice, and patience (lots of that), but eventually I began doing exactly that. My paycheck grew accordingly.

One stubborn problem was the cannonball bedpost. It was the biggest bed we made. The bedpost was so big that I had to flip it to finish the slot, and I could barely make the rate.

And then I had an idea that grew from a dull lightbulb to a glimmer. If I could gain some space on a protective hood on the slot-cutting machine, I could eliminate having to turn the entire bedpost around. It would be a game-changer, for sure.

So that night I sketched the new part, and after several drafts made a detailed drawing, and checked the dimensions in the morning. Then I went looking for Billy Allen, the Machine Floor's all-around problem-solver and fabricator, a mechanical genius. "I was going to give you this sketch," I began. "Give me that sketch," said Billy.

The next day, I had the part before quitting-time, and the next time I did cannonball bedposts I could almost double the rate. That was more than half a century ago. In my one visit since, I didn't get to see if my part was still in use.

The next year found me working about 150 miles to the south, at the Lorden Lumber Company in Milford. Now and then the company sent



Country, offering payscales hard to resist.

I was a general yard-hand for a while, learning the ropes, and eventually was placed alongside Vern, the softwood grader in the planing mill. Vern looked over lumber coming out of the planer and gave each piece a grade, one of the most important and demanding jobs in the mill. My job was doubling up the pieces for removal and piling, and using the swing-saw to cut off deformed ends and improve a piece's grade.

The planer was a Volkswagen-sized chine with four cut-

SEE **NOTEBOOK** PAGE A5

Towns

Alexandria

Merry Ruggirello 744-5383 sunshine_eyes51@yahoo.com

Gracious, it certainly has been mighty warm lately, and I hope everyone is finding a good way to stav cool! Looks like we will be having some rain later this week for the thirsty gardens, wells and rivers.

Town

The Annual Pig Roast sponsored by the Alexandria Volunteer Firefighters Association has been cancelled for 2020, for safety and health reasons, due to the Covid-19. We look forward to seeing you in 2021.

Board of Selectmen Meeting Tuesday, Aug. 4 at 6 p.m. in the Municipal Building.

Alexandria UMC

Sunday, Aug. 2 drive in service begins at 9 a.m. You can listen to the service in the comfort of your car and tune into 88.5 on your FM dial. This is Communion Sunday, so bring your crackers or bread and juice.

If you have prayer requests, please send an email to Carleen Stickat pixistick70@ gmail.com or give her a call at 530-2817. You may also send a note to her at 67 Barry Highlands Rd., Danbury, NH 03230 with your request and Carleen will put it in the Weekly Bulletin.

To have a get well card, anniversary or any other occasion, please give Liz Flanders a call at 744-9794 or send her a note, with address, to 81 Flanders Rd., Hill NH 03243. Many thanks Liz for sending so many

cards through the years. Your love, kindness and friendship means so much to many.

Sincerest sympathies extended to Lilly Glatz and family, at the passing of her mother. "Faith is to believe what you do not see: the reward of this faith is to see what you believe." Saint Augustine

Time for me to hit the "send" button and have some lunch! Hope you all have a wonderful and safe week ahead!

Bristol

Al Blakeley adblakeley0@gmail.com

Where did July go? My calendar says August starts this weekend. I'm hoping things slow down a bit and we can savor the rest of summer with cooler temperatures and cooler heads dealing with the pandemic. I don't envy the educational leaders dealing with all they need to consider for the opening of schools. So many variables in so many locations that affect the very lives of their constituents, the teachers, staff and children of our nation, especially right here in our community. I truly hope opening the schools will work.

This Thursday, July 30, another Concert in the Park will be held featuring The Cole Robbie Band. Concerts are from 6:30 - 8 p.m. at the Concert Pavilion at Kelley Park. Lawn seating, bring your own chairs or blanket and please practice social distancing and seating at least 6 feet from other groups. Concert attendees are asked to keep 25 feet distant from the pavilion. bring masks to wear when wandering close to

other folks in attendance and portable toilets and rest rooms will be available for use at your own risk! Concerts will be cancelled in case of inclement weather and decisions will be posted by 2 p.m. on concert day. No indoor concerts will be held. Other groups scheduled for the summer include: Jackie Lee and the Cold Steel Ramblers 8/6, Carroll Brown Aug. 13, Audrey Drake Trio Aug. 20, Michael Vincent Band Aug. 27 and Studio Two-Beatles Tribute Aug. 29. Refreshments will not be available at the park, but you are welcome to bring your own, remembering that no alcoholic beverages are allowed and please carry out

Minot-Sleeper The Library is making progress with its annual Summer Reading Program for all ages and is having a Phased Reopening which is now under

your trash. Enjoy it all!

way with curbside services, virtual programming, home delivery service for homebound individuals and weekly bulletins as to what is offered.

Communicating about these services and opportunities can happen using the following information:

Email: librariean@ townofbristolnh.org Web site: www.minotsleeperlibrary.org

Telephone: 744-3352

The MSL is offering a new service that many will be thrilled to take part in. A Mobile Computer Station! While the library is closed, a mobile computer station is available Monday - Friday, 10 a.m. – 6 p.m. in the library's parking lot under a tent canopy. The station offers a laptop computer with computer access for the public to use. A charging station and wifi is also available. To join the public laptop computer,

wifi, or charger, call the library to make an appointment.

The MSL is also partnering with Newfound Lake Region Association, Slim Baker Foundation and the Pasquaney Garden Club to help bring a Story Walk Passport Program to the Newfound Area. This new program brings Story Walks to popular walking and hiking locations: Grey Rocks Conservation Area, Slim Baker Lodge, New Chester Mountain Road and the Butterfly Garden. Story Walks are installations featuring book pages displayed along a walking path, encouraging viewers to read while also enjoying fresh air, exercise and the natural world around us. Beginning later this summer, Story Walks at the three locations will be on display and a Passport that can be marked at each location will be available

Book Bundle themes August: Picture Books - STEAM ahead with Fairy tales, a mashup of classic fairy tales with STEAM related curriculum; Junior Never going out of style classics, books that are handed down through the ages that are a classic for a reason, they are timeless gems; Middle Grade-Fairy tales remixes, books that change the stories you thought you knew revamped; Young Adult - Contemporary Heartache, books are realistic fiction tackling tough topics (coming of age stories, fighting for what is right, and love won and lost).

The first ever Bristol Sustainability Roundtable Discussion will be held on Wednesday, Aug. 5 at 6:30 p.m. on Zoom. Share ideas and problem solve on sustainability issues in our community. Learn more and RSVP at townofbristolnh.org/sustainability-committee.

Churches

Plymouth Congregational UCC

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

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

How do I access the currently working with Plymouth, is a multi-

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

Feeding Our Children Together

From the start of this school year, we have been providing 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School so that they will have enough to eat over our partners to support the needs of these children while the schools are closed.

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

Starr King Unitarian **Universalist Fellowship**

Starr King Unitarian Universalist Fellowship, the weekend. We are 101 Fairground Rd.,

our community, and our world to nurture justice, respect, and love. THIS WEEK AT

ing congregation where

different beliefs come

together in common

covenant. We work to-

gether in our fellowship,

welcom-

generational,

Sunday, Aug. 2 9:30 a.m.

STARR KING:

Sunday Services Continue!

Transitions, Part 1 Dealing with endings in our lives.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

www.starrkingfellow-

536-8908

Notebook **FROM PAGE A4**

ting heads that shaved rough lumber into the smooth-sided boards and two-by somethings (4, 6, 8, 10, and 12, all called "dimension") that lumber-buyers everywhere expect today.

The noise was incredible. The cutting heads made a high-pitched whine that would go right through your head. This was in a time before today's great concern about ear protection. All we had were rubber plugs.

Charlie Long ran the planing mill, and had the most responsible job on that side of Route 101-A. The head sawyer on the green-chain across the road had the other.

Charlie looked hard for telltale signs of stuff lurking inside the rough lumber---barbed wire, nails, arrowheads, copper-jacketed bullets---but

once in a while a hazardous piece would get by him, and some of the planing blades would get nicked, and as soon as Vern or I saw the result (a ridge along a surface or side) we hit the light switch, the signal for Charlie to shut down.

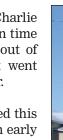
Like most who ran such machines. Charlie kept a shoebox containing items he had hit over the years. Invariably these incidents forced him to shut down while he got the gouged knives out and slid freshly sharpened blades in. Each time he had to shut down, the planing mill lost two hours of production time while the rest of us on down the line went out to do yard work.

I thought about this as the weeks and months went by, and conjured. If a rig like a long neon light could X-ray each piece of rough lumber, and mark problem pieces with a splotch of

paint, I thought, Charlie could be warned in time to pull the piece out of the line before it went through the planer.

I had just figured this out when I quit, in early 1968, for a job at a daily newspaper in Nashua. And, of course, promptly forgot about it. I was a darkroom and photo-engraving trainee. There was a lot to learn.

Decades later, on a lumber mill tour, I had a chance to talk with a planing mill operator, and I mentioned the X-ray idea. "Oh, they came out with those in the '80s," he said. "They've been around





Beecher Falls Factory, a division of Ethan Allen Furniture, provided more than 400 jobs at its peak; a minimal crew works there now. (Courtesy archipedia.org)

for years."

(Please address mail,

with phone numbers in case of questions, to campguyhooligan@ gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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Create Strategies to Help Achieve Your Financial Goals

Like most people, you probably have many financial goals: a comfortable retirement, long vacations, college for your children or grandchildren, the ability to leave something behind for the next generation, and so on. To achieve these various goals, you may have to follow different investment strategies - and you might have to make some tradeoffs along the way. To pursue this multi-goal/multi-strategy approach, try to follow a clear

 Define your goals – and invest appropriately. You will need to identify each goal and ask some questions: How much time will you have to achieve this goal? How much return will you need from your investments and how much risk are you willing to take? With a longer-term goal, such as retirement, you may be able to in-

vest more heavily in growth-oriented

course of action, including these

vehicles with higher expected returns. Keep in mind, though, that the value of these investments will fluctuate, and they carry more risk than more conservative investments. However, your long-term horizon allows time to recover from short-term dips. But for a shorter-term goal, such as an upcoming vacation, your investments don't have the same time to bounce back from large drops in value, so you might follow a more conservative strategy by investing in instruments that preserve principal, even though growth may be minimal.

 Know what you've invested for each goal. Once you know what type of strategy you should follow to achieve each of your goals, you'll need to enact that strategy. How? By matching specific investment accounts with the appropriate goals. You should know why you own all your investments. Ask yourself these questions:

What goal will this investment help me achieve? How much do I have allocated toward a specific goal? If I have an IRA, a 401(k) and another account devoted to achieving the same goal, are they all working together effectively? The connections between your different investment accounts and your goals should be consistently clear to you.

· Understand trade-offs. Your various investment goals may be distinct, but they don't exist in isolation. In fact, your strategy for achieving one goal may affect your ability to work toward another. For example, would significant investments in your child's education change your funding for retirement? If you decide to buy a vacation home when you retire, will that alter the legacy you'll be able to leave to your family? Given limited financial resources, you may have to prioritize some goals and make some trade-offs in your investment moves. • Track your progress. Each of your strategies is designed to achieve a particular goal, so you need to monitor the performance of the investments within that strategy to help ensure you're making progress. If it seems that you're lagging, you may need to explore ways to get back on track.

To manage these tasks successfully you may want to work with a financial professional – someone who car look at your situation objectively, help you identify and quantify your goals and suggest strategies designed to help you achieve them.

Trying to achieve multiple financial goals can seem like a daunting task but by saving and investing consistently through your working years following a clear strategy, being willing to prioritize and accept trade-offs and getting the help you need, you can help yourself move forward.

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Member SIPC

Silent film series returns to Flying Monkey Wednesday

PLYMOUTH—It's a comeback worth making some noise about.

After a four-month hiatus due to Covid-19. long-running silent film series at the Monkey will in August. resume

First up is Buster Keaton's classic 1923 com-"Three Ages," to be shown on Wednesday, Aug. 5 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth.

General admission per person. \$10

the reopened Flying Monkey, accommodations will be made keep patrons safe the Covid-19 era.

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

The screening will be accompanied with live music by Jeff Rapsis.

"In these times, we need laughter more than ever," Rapsis said. "So it was only natural to restart our silent film series with one of the era's legendary comedians, Buster Keaton."

Keaton himself never smiled on camera, earning him the nickname of "the Great Stone Face." But his comedies rocked Hollywood's silent era with laughter throughout the 1920s.

"Three Ages," a sendup of the then-famous drama "Intolerance" (1916), weaves together similar love stories told in three different epochs: the Stone Age, the Roman Age, and "Modern" (1920s) times.

The three-stories-in-one approach was Keaton's first attempt at a feature-length comedy. If "Three Ages" ran into box office trouble, Keaton planned to split it up into three shorter films to be released separately.

But the picture was a hit, due to inspired comic touches that still shine through today. "Three Ages" launched Keaton's spectacular run of classic comic features that lasted until the industry's transition to sound pictures in 1929.

Although "Three Ages" spans three historical eras, Keaton performs jaw-dropping physical comedy in each of them.

The "caveman" sequences feature Buster in a bearskin outfit; the Roman scenes include a



Buster Keaton's version of the fall of the Roman Empire is depicted in "Three Ages" (1923), a classic silent comedy to be screened with live music on Wednesday, Aug. 5 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person. For more information, visit www.flyingmonkeynh.com or call 536-

wild chariot race held during a snowstorm; and the modern era scenes include one of the great silent film chases.

Live music for "Three Ages" will be provided by silent film accompanist Jeff Rapsis, who uses a digital synthesizer to create a traditional full orchestra "movie score" sound.

"If you've never seen a silent comedy in a theater with an audience and live music, you're missing one of the cinema's great experiences," said Rapsis, who accompanies more than 100 silent film programs each year.

Rapsis emphasized the unique experience of seeing early cinema as it was originally presented.

"These films were designed for the big screen, live music, and large audiences. Put it all together again, and you get a sense of why people first fell in love with the movies," Rapsis said.

'Three Ages' opens a monthly series of silent film programs at the Flying Monkey that include more comedy, plus drama, horror, and an unusual Russian documentary. On the schedule:

• Wednesday, Aug. 26 at p.m.: "Why Wor-(1923)starring Harold Lloyd. Wealthy hypochondriac old gets caught up in south-of-the-border uprising, finding romance along the way. One of Lloyd's wackiest outings; he co-stars with an actual giant. Perfect escapist fun for these worrisome times!

 Wednesday, Sept. 30 at 6:30 p.m.: "Man With A Movie Camera" (1928). Russian director Dziga Vertov's celebration of daily life in the Soviet Union. Experimental documentary with no story and no actors, but filled with eye-popping visuals that anticipate later music/image films such as "Koyaanisqatsi."

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

• Wednesday, Nov. 18 at 6:30 p.m.: "Broken Blossoms" (1919). Can two

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

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

"Three Ages" (1923) starring Buster Keaton will be screened with live music on Wednesday, Aug. 5 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person. For more info, visit www.flyingmonkeynh.com or call 536-2551. For more about the music, visit www.jeffrapsis.com.

Market

FROM PAGE A1

most colorful and sweetest soap was English Rose, which I bought while Lucile told me all about the soap making process that includes olive, coconut, palm, castor and fragrance oil. It smells nice in my sors, donors and racers

Candles can be a useful item as well as a gift so I spent a long time examining Interlakes soy Candles more than \$65,000 back while the owner patiently answered my questions. Finally, I bought a big blue "Applewood" scented can-

Another great gift is maple syrup also one of funding from anyone or my favorite foods. Kraemer's Discovery booth had Woodcrafts, Fishing Ties, and Maple Syrup all made by Kraemer himself. Joe Kraemer is also a Fly Tying Instructor. I told him I don't fish, he said why not? He helped me pick out his medium amber syrup in a the NH Food Bank to very attractive maple leaf shaped jar.

Suddenly, I heard someone say "basil." I wanted some and found two nice women selling herbs and vegetables so I chatted with mother and daughter while buying and chewing on the fresh picked basil.

The following Saturday I visited two other booths. Art is selling Tea Light Candle Holders and he was promoting a poem, "Good-Bye Old Man Good-Bye" written by Robert Branagan. My friend bought two of his postcards featuring the poem and a stunning picture of the Old Man in the Mountain.

The other booth I visited belonged to George Girouard and his wife who sell beautiful handmade wool and cotton Quilts, Potholders and the specialty Homemade Pies: apple, blueberry, cherry, peach, strawberry rhubarb and blueberry pear which they keep in a cooler till sold. George displayed an interesting Butterfly House and a two level Condo Bird House. George is the contact person if you want to be a vendor at the Bristol Market. He said the Lions Club sponsors the event by paying for the insurance. Cost to set up a booth is only \$10 and if you would like to become a vendor come on Saturday and talk to George Girouard.

Other vendors deserve attention and I will see and visit them another Saturday. Come to the Millstream Park off route 3-A in Bristol on Saturdays from 10 a.m. to 2 p.m. for a relaxing and rewarding experience at the Bristol Market located on the banks of the rushing Newfound River.



Race **FROM PAGE A1**

ers and volunteers by making this year's event completely FREE and all about lighthearted fun.

Keeping in line with our theme of giving back to our generous sponwho have collectively allowed us to contribute to non-profits in the community over the past ten years, we are not seeking charging a race registration fee. Instead, the Run Your Buns Off committee has partnered with host a mobile food pantry to support families

and individuals in the greater Newfound area struggling with food insecurity. The event will be hosted on January 30, 2021, a time when food insecurity is at its peak. Given the buying power that the New Hampshire Food Bank has, it allows them to provide two full meals for just \$1. That \$10.00 donation could provide 20 meals! Hosting a mobile food pantry costs \$7,500 to guarantee a truckload of quality food for families. Although this is our gift to you, if you are interested in helping donate to this cause, we thank you in advance and you can find a link to do so on the

registration page. We are all in this together!

So what are you waiting for? Registration is now open (and did we mention, it's free!) vishttps://runsignup. com/Race/NH/Bristol/ RunYourBunsOff42MilerVirtualRunWalk and then go lace up those running/walking shoes. means a \$5 donation can Participants can log provide 10 meals and a their 4.2 miles from anywhere in the country or we welcome you to stop Basic Ingredients bakery in Bristol and run the actual RYBO course if you'd like. Just log your miles anytime between Aug. 1 and Sept. 5 (the date of our original road race). Then, we hope you'll post fun pics of your walk or run and share them with our followers on our Facebook

So, c'mon Newfound Community and beyond, we hope you will register today and join in on some Newfound free fun! Oh, and we didn't forget that infamous to-die-for sticky bun when you finish the race – well, this year you may not have it hot and waiting for you at the finish line, but upon completion of your walk or run, you will receive an emailed certificate entitling you to one free sticky bun at Basic Ingredients if you're in the area to redeem it this season. How fun is that?!

Kemah FROM PAGE A1

Debbi and her husband Michael retired and moved nearby in Alexandria so they could continue to maintain the property. Brother Stephen continues living in Massachusetts but assists his sister with the business and, since they took ownership of the property, not much has really changed. Enjoying nature and the great outdoors meant a lot to their dad and they share his same values.

"Dad was also very much involved in the Halifax Boy Scouts when we were young and he always invited them up here for a camp out every year," Debbi said. "To this day, the Scouts still come here to camp on Columbus Day weekend. I think that's wonderful!"

Harry Brown started his berry farm operations in 1984 with 24

blueberry bushes. Over the years, the numbers have grown to 400, with 70 new bushes planted by the family in recent years.

"There's everything from the small, sweet blueberries to the larger ones that many people like, too," said Debbi.

Throughout spring, summer and fall, Debbi and Mike routinely spend up to four or five hours at a time in keeping the fields and parking areas mowed, along with an additional few hours of hand trimming around the bushes. Other necessary tasks include regular pruning as well as fertilizing the plants twice a year.

"There's a lot of effort that goes into this," said Debbi. "People think it all just happens naturally but we spend a lot of time caring for our berries."

all worth it though, she said, when she sees people smile as

they spend time on their property. Offering people the opportunity to enjoy the view, the birds and wildlife, along with the peace and quiet, is just as important to her as the berries themselves.

"There's no rules, no hurry when you come here. We've even set up a place for people to have lunch or relax in the shade for a while. We really want everyone to just enjoy a day in the country when they come here because that's what my father always wanted," Debbi said.

In fact, they are currently busy refurbishing the house with the intention of offering it as a retreat for First Responders and others looking to get away from the stress of everyday life.

Their business is run on the honor system. Once visitors wind there way down the wooded country lane they will find a rustic kiosk where they can grab containers

for berry picking, leave a check or cash when they are done, and hopefully even write a comment or two in their guest book.

"Yum!" was all one young berry picker had to say, while others have commented on the scenery, their picking experience and how much they enjoyed their day.

Kemah Farm is located off Mount Cardigan Rd., approximately three miles from Alexandria Village and just a short distance beyond Cardigan Mountain Apple Orchard. "U-Pick" blueberry signs point the way. The price, as it has been for the past 10 years, is \$2.50/pint and the fields are open from 8 a.m. until 7 p.m. every day for as long as the berry season lasts. More information, directions and even favorite blueberry recipes can be found on their Facebook page or at www.kemahfarm.

salmonpress.com

Clarifying the difference between palliative care and hospice

BY ANNA SWANSON

Pemi-Baker Community Health

PLYMOUTH — Many people have heard of hospice care but they mistakenly think that it's just a way to help cancer patients be more comfortable at the end of their lives. Fewer people have heard of palliative care, and they may have no idea what it is. The truth is that hospice and palliative care are related but used for different reasons at different times, and everyone should be well-versed in what they offer. PBCH and NANA can help clarify some points of confusion.

What is palliative Palliative (pronounced pal-lee-uh-tiv) care is supportive care.

It is specialized medical attention, provided by a specially trained, interdisciplinary team of medical experts to help people who have serious, often painful illnesses. The care covers management of physical and emotional pain, as well as stress relief and feelings of helplessness. The palliative care team works to provide quality of life for the patient as well as the patient's fam-

Where is palliative care provided? Since palliative care can be offered alongside curative treatments such as chemotherapy, the services are available in a hospital setting, a clinic, a care facility or in the comfort of your own home.

Who is on the pallia-

tive care team? A typical team would include a doctor trained in palliative care and, often, board-certified in Hospice and Palliative Medicine. Additionally, the team generally includes a palliative care nurse, a social worker, a chaplain or someone who can help with spiritual support if the patient requests it, plus a patient navigator or someone who can coordinate the process. PBCH and NANA collaboratively work with MidState Health Center's Providers: Dr. Diane Arsenault, MD, FAAFP, HPM, HMDC and Dr. Andrea Berry, DO, as their Hospice and Palliative Care Medical Directors.

When does palliative care start and who qual-

ifies? Palliative care can be provided as soon as a diagnosis is made and any time throughout an illness. It's probably best known for cancer patients, but people with chronic obstructive pulmonary disease (COPD), heart disease, or other illnesses that cause chronic pain or discomfort can also qualify. The focus of palliative care is to provide relief from the symptoms of the disease and even the treatment side effects, as well as help with emotional and spiritual issues. Palliative care is not curative but can be used alongside curative methods such as chemotherapy.

So, what is hospice care? Hospice care is also supportive comfort care. The focus is to provide physical, emotional, and spiritual comfort to people who are in a terminal condition, as well as for the family. The main difference with palliative care is that with hospice care, curative treatment is stopped. Through hospice, people who choose to end treatment that has perhaps stopped being helpful and often adds pain to their existence, can then navigate the end of their lives in a pain-free, dignified man-

What hospice is not-Many people, including some doctors, will say, "Well, there's nothing we can do now so you may as well go on hospice

care." That is misguided thinking. Hospice care is not giving up. Hospice is an active choice to provide people who have been diagnosed as terminal with a pain-free life for the time that they have left. They can enjoy family and friends in a setting of their choice. When the time comes, patients die naturally, with dignity, and with loved ones by their side if they choose.

Don't wait too long to go on hospice- Many people actually improve once they are on hospice care because of the support they receive from the hospice team. That is why hospice workers say the most frequent comment they hear is, "We wish we hadn't waited so long." The misconception that going on hospice means giving up is the reason why so many families wait until the last weeks of a patient's life to obtain help when they could have had several months of care.

People often live longer when receiving supportive comfort care. Researchers have found that people diagnosed with cancer who receive palliative and hospice care often live longer. Most choose to spend more time with family and friends. Some travel. Many plan the funeral or life celebration that matches their specific wishes. Palliative and hospice care allow each person to live the best

life possible until their health takes them close to the end of their lives. When that time comes, people die comfortably and with dignity.

Pemi-Baker Community Health has been the provider of choice for Hospice and Palliative Care in Grafton County for more than 50 years and Newfound Area Nursing Association is celebrating their 60th year servicing the Newfound Area. Now with an alliance forming between the two agencies, palliative care will be available for the additional 8 towns covered by NANA: Bridgewater, Bristol, Grafton, New Hampton, Hill, Alexandria, Danbury and Hebron.

For more information on Palliative and Hospice care, insurance coverage and planning ahead please visit the respective websites for your area: PBCH at www. pbhha.org or NANA at www.nanainc.org.

PBCH is located at 101 Boulder Point Dr., Suite 3, Plymouth, NH 03264. To contact us please call: 536-2232 or email: info@ pbhha.org Like our Facebook Page @PBCH4

NANA is located at 214 Lake St., Bristol, NH 03222. To contact us please call: 744-2733 or email: info@nanainc.org Like our Facebook Page @newfoundareanursingassociation.

Master Gardener training in Holderness Sept. 3 – Nov. 19

HOLDERNESS UNH Cooperative Extension will offer a 12week Master Gardener training starting in September 2020. This class will be a hybrid of on-line sessions and some outdoor classes in and around Holderness. The training will be held each Thursday, 9 a.m. – 4 p.m. from Sept. 3 through Nov. 19. Weekly sessions will cover topics such as basic botany and plant physiology, soil science and ecology, entomology, plant pathology, horticultural research, and various gardening techniques. In addition, trainees receive instruction in adult learning, project management, and public speaking.

The Master Gardener Program is part of a national effort to train people who are passionate about gardening so that they can become volunteers who share science-based horticultural knowledge with the public.

After the 12-week training. participants are expected to complete a 55-hour internship to become a Master Gardener. As a Master Gardener, a commitment of 20 hours of volunteer time and 10 hours of continuing education are required annually. Volunteers fulfill that commitment in various ways such as, responding to questions through the UNH Extension Education Center Infoline. providing garden-related talks to community groups or working on

educational gardens in schools, nature centers, museums, community gardens, health care facilities and more.

Participants must submit an application and be interviewed before being accepted into the program. Applications will be accepted on a rolling basis, until the program is full. Space is limited, early application is recommended. To apply, visit: https:// unh.az1.qualtrics.com/ jfe/form/SV_50Bpvzhb-ZgLTKx7. A \$300 fee will be charged to all accepted participants. Scholarships are available.

For questions, contact **UNH Extension Master** Gardener Coordinator. Ruth Smith at ruth. smith@unh.edu.

Plymouth entrepreneur wins 2019 Comfort Keepers award

Owner/Administrator Comfort Keepers

PLYMOUTH — Comfort Keepers Franchising, Inc. (CKFI), the franchisor of Comfort Keepers in-home care, recently recognized Martha Swats, owner of the Plymouth Comfort Keepers® office, for an outstanding achievement with the Quest for Excellence Award for the second year in a row. In addition, Swats received President's Club award for 2019. These awards recognize Comfort Keepers franchisees who are providing stellar services, are 100 percent in compliance, and achieve top revenue and growth for the 2019 calendar year.

Comfort Keepers is a leading franchise that offers in-home care services to seniors and others needing assistance, allowing them to live comfortably in their own homes, maintain their

independence, and enjoy enhanced quality of life. Martha has owned the Plymouth Comfort Keepers franchise for eight

"Comfort Keepers is very fortunate to have Martha in Plymouth providing quality services to seniors and other adults in need while helping them maintain joy, family and connection in their lives," said Carl McManus, CEO Comfort Keepers, North America. "Her hard work, tenacity, and commitment to her clients truly deserves to be recognized and applauded."

Martha believes much of her success can be traced back to her wonderful employees and the mission of Comfort Keepers: to provide clients with the highest level of quality of life that is achievable. Our caregivers are dedicated to helping their clients. Families in New Hampshire can have peace-

of-mind knowing their loved ones are in the hands of compassionate and trustworthy individuals who have a genuine concern for others.

"I am honored to receive these awards," Martha said. "I take pride in the type of service we provide to our clients, knowing that what we do helps them live better lives. It feels great to be recognized for doing work that I find meaningful."

About Comfort Keep-

For more than a decade, Comfort Keepers in central and northern New Hampshire has been Elevating the Human Spirit through its in-home care for seniors and other adults by empowering them to maintain their independence and realize joy in the everyday moments. For more information, call 536-6060 or visit NHComfortKeepers.com.



www.NewfoundLanding.com

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HEBRON:

Hebron Post Office(Outside Box) Hebron Town Hall Hebron Village Store

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PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café Stinson Lake Store

A new publication full of local news, sports & happenings from the following communities: Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton





Champs and coach admire trophy

Bristol's 'dream team' joins Newfound **Hall of Fame**

BRISTOL — The 1959-1960 Bristol Memorial High School Girls Basketball team was selected for induction into the 2020 Newfound Athletics Hall of Fame. These ladies fought to capture the 1960 Pemi League Championship, this being the first girls basketball title in school history. At the time, this team was believed to be one of the best girls' basketball teams ever assembled in the area.

Leading the way for the team was first year head coach, Arthur Dean. Coach Dean was also a Social Studies teacher at BMHS. Under their coach's leadership, the girls compiled a record of 14-1. Going undefeated in league play, the girls single loss came against their non-league opponent, New London, in the final game of the regular season.

This group of highly competitive athletes had often requested to scrimmage the boys team. Coach Dean had to continuously turn the girls down. But, instead, refocused their attention in practices to being in top physical condition. Many of the ladies will recall this proud moment was highlighted by a parade of cars guiding the team back through BMHS, all the while blaring the horns cheering on the team.

Member of the team consisted of: Martha (Lynch) Morrill, Barbara Gendron, Nancy Morrison, Margaret (Powden) Kulacz, Phyllis (Avery) Schofield, Marilyn Ford, Ellen (Simpson) Kelly, Nancy (Kenney) Moulton, Lois (Duff) Philbrick, Beatrice (Hackett) Nyberg, Brenda (Adams) Sharp, Nancy (Gove) Tilton, Manager Janice (MacKinnon) Barrett & Head Coach Arthur Dean

Newfound will be celebrating their Fifth annual Athletics Hall of Fame Ceremony on Oct. 24 at Newfound Regional High School. This year, Newfound will be welcoming in 4 individuals and 1 team. Congratulations to David Chorney, Cliff Cutter, Les Dion, James Gilbert, & the 1959/1960 Bristol Memorial High School Girls Basketball Team.

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To view full descriptions of the positions and to apply, please visit https://jobs.usnh.edu

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NO ADS CAN BE ACCEPTED ON MONDAYS

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Cliff Cutter joins **Newfound Hall of Fame**

BRISTOL — Clifford He was a three-year varsity member of the basketball team and a 4 year varsity member of the baseball team.

On the basket-Hall of Fame because of ball court, Cliff was a large presence, making himself a mismatch for many opponents. He is one of only seven recorded players to reach the

1,000 career point total. Cliff was also recognized as an all-state performer during his junior and senior seasons.

On the baseball field, Cliff's size proved valuable from his power at the plate. He recorded a career batting average near .400 and produced an impressive 25 homeruns. It is believed that his mark of 25 career homeruns still stands to this day. For all of his baseball efforts, Cliff received all-state honors each of his 4 years while on the Newfound baseball team.

Newfound will be celebrating their 5th annual Athletics Hall of

Fame Ceremony on Oct. 24 at Newfound Regional High School. This year, Newfound will be welcoming in 4 individuals and 1 team. Congratulations to David Chorney, Cliff Cutter, Les Dion, James Gilbert, & the 1959/1960 Bristol Memorial High School Girls Basketball Team.

HELP WANTED

"Cliff" Cutter gradu-

ated in 2001 from New-

found Regional High

School and was selected

as an inductee into the

2020 Newfound Athletics

his high school athletic

achievements. During

his time at Newfound,

Cliff participated in

baseball and basketball.





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for more information. www.newhampton.org/about-us/careers



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Ashland Lumber has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

You may apply in person or download a **driver application** from our website. All applications should be submitted to:

Dan Uhlman, Manager Ashland Lumber, 20 West St. Ashland, NH 03217 or email at duhlman@belletetes.com

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Lumber Counter

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

You may apply in person or download an application from our website. All applications should be submitted to:

> Dan Uhlman, General Manager 20 West Street, Ashland, NH 03217 or you may email to duhlman@belletetes.com

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Building Inspector/Code Enforcement Officer for Town of Plymouth

The Town of Plymouth is seeking applicants for our part-time Building Inspector/Code Enforcement Officer position for 16-20hrs/wk. The ideal candidate will be familiar with building construction, plan review, zoning ordinances, and be able to interact diplomatically with contractors, residents, and colleagues.

The position is responsible for code enforcement, inspecting residential and commercial buildings, alterations for compliance with Town, State, and Federal codes and regulations, and ensure that applicants meet building codes.

Candidates with a professional background in electrical, plumbing, heating, and mechanical trades would be a plus.

Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to townadmin@plymouth-nh.org

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

It is anticipated interviews will begin the week of September 1 and the successful candidate will take office as of October 5, 2020.

Organization: Town of Plymouth Type: Employment Post Date: Wednesday, July 15, 2020 Close Date: Until position is filled Salary: 20,000



Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours required on a rotating schedule

You may apply in person or download an application from our website. All applications should be submitted to:

> Dan Uhlman, General Manager 20 West Street, Ashland, NH 03217

or you may email to duhlman@belletetes.com

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HEBRON PLANNING BOARD Notice of Hearing

APPLICATION FOR MINOR SITE PLAN REVIEW FOR ONAWAY CAMP TRUST ONAWAY POINT

APPLICATION FOR SITE PLAN REVIEW FOR CAMP PASQUANEY

You are hereby notified that the following Application for a Minor Site Plan Review will be heard at a Public Hearing to be held on Wednesday, August 5, 2020 at 7:00 PM. Meeting to be conducted via ZOOM video conferencing*

Application for Minor Site Plan Review: Onaway Camp Trust located on Onaway Point Tax Map 6 Lot 15 would like to construct a 38'X 62' Infirmary with living quarters for nurse and the new EDA.

Application for Site Plan Review: Camp Pasquaney: Camp Pasquaney located on Pasquaney Lane Map 5 lot 3 would like to replace the current Infirmary with a new structure 75' x 26'. They would also like to construct a dumpster shed to keep out the bears and make the area look better.

*INSTRUCTION FOR JOINING THE ZOOM **CONFERENCE:**

Join Zoom Meeting

https://zoom.us/j/95939691274?pwd=eTlDNldwWUlSZF lhcHNkcU15eVY0dz09

Meeting ID: 959 3969 1274 Password: 4SUqPa

By Phone

1-929-436-2866 Meeting ID: 959 3969 1274

Password: 498962

For problems logging in call 603-744-9994 or email taxcol@hebronnh.org

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SIA to host Nature Rocks: An Exploration of Geology & Art!

HOLDERNESS — Join the Squam Lakes Association (SLA) for a rock painting session at the SLA barn (534 US-3 in Holderness) on Friday, Aug. 7 from 10 a.m.-noon!

During the session, you will paint things found in nature such as flowers and trees on small rocks to keep in your garden, yard, or home. Lakes Region Conservation Corps (LRCC) AmeriCorps member, Dena Hoffman, will lead the session and teach participants about the basic geology of the world around us as well as the history behind the Granite State and the Appalachian Mountains.

Geology greatly impacts the soil beneath our feet and gives us the stellar view of the mountains we see in the Squam Range. New Hampshire has a rich geologic history intertwined with the formation of the supercontinent, Pangaea. Rocks are both fun to learn about and enjoyable to paint to decorate your home or yard. Participants will gain an understanding of basic geology, New Hampshire geology, and how geology influences the Squam Watershed.

Registration is required. For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.



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