

Newfound Landing

THURSDAY, JULY 29, 2021

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COMPLIMENTARY

Old Home Day celebrates the history of Hill



When the Town of Hill holds its Old Home Day festivities on Saturday, July 31, the public is invited to not only celebrate the 80th Anniversary of New Hill Village, but enjoy a self-guided tour of Old Hill Village, where local Eagle Scout Tylet Kulacz recently placed new signs designating places of interests along the Pemigewasset River where the town was first built in 1753.

COURTESY

BY DONNA RHODES
CONTRIBUTING WRITER

HILL — There will be fun for all in the Town of Hill this weekend, when their Old Home Day celebration kicks off bright and early on Saturday morning and continues until the last of the fireworks fade away in the evening sky.

Unlike many communities that hold annual Old Home Day celebrations, Hill holds its celebration every 10 years. The exception to that tradition was five years ago when, in the middle of their 10-year cycle, “New” Hill Village turned 75 years old and a special Old Home Day was held to celebrate the landmark anniversary. After 2021, the next Old Home Day in Hill will not take place until 2031.

The original Town of Hill was founded along the banks of the Pemigewasset River

SEE HILL PAGE A7

Climbing walls, dragons, and a little Rock ‘N Roll — it’s all happening in Bristol!

BRISTOL — The Bristol Community Events Committee has some great entertainment scheduled for the rest of the summer – you really should check out what’s happening in Kelley Park!

On Thursday, July 29, the Blacklite Band will be rocking the Kelley Park Pavilion from 6:30 – 8 p.m. The Thursday night concerts are bring your own blanket or chair, and refreshments are being sold by the Bristol Police Department. Concert may be cancelled for inclement weather.

On Tuesday, Aug. 3, many communities around the country will be celebrating National Night Out, and Bristol is no exception. We invite you to join your neighbors for a night of community spirit and fun. From 6 – 8 p.m., the Bristol Police Department, Bristol Fire Company and Community Events Committee will be hosting some fun activities for all ages, including a rock-climbing wall and ice cream! While the kids are playing the folks can sit back and enjoy the sounds of the Uncle Steve Band who will play in the pavilion from 6:30 – 8 p.m. Following that excitement, the final summer movie in the park – “Raya and the Last Dragon” will show on the big screen beginning at 8:15 p.m. Be sure to bring your own chairs and blankets!

The popular band Annie & the Orphans will be playing in Kelley Park on Thursday, Aug. 5 from 6:30 – 8 p.m. The band specializes in rock ‘n roll and their unique blend of musical talent and showmanship, along with their mixture of music from the Fabulous Fifties and the British Invasion of the Sixties, continues to amaze their audiences. “Rock ‘n Roll with Anatole” is more than an expression, as this group always gives their audience a high energy performance and promises to get your toes tapping!

SEE BRISTOL PAGE A7

Minot-Sleeper Library hosting Cosplay Party

BY MELANY A. CAMPBELL
Minot-Sleeper Library

BRISTOL — The Minot-Sleeper Library will host a Cosplay Party event for teens as an end-of-summer celebration on Wednesday, Aug. 4 from 1-3 p.m. at the library. The week prior, the library will host a costume creation event for those participating in the cosplay party.

Bristol Community Services in downtown Bristol, at 24 Pleasant St., is sponsoring these two upcoming events that are being hosted by the Minot-Sleeper Library, at 35 Pleasant St. The events sponsored by Bristol Community Services have been specifically created for teens 13 - 19! Both are centered on cosplay and literary dress up and take place next month at the library. These events are meant to go together, one as a pre-event, and the other as the main event.

The first event will be on Wednesday, Aug. 4 from 1-3 p.m. This event will be a costume creation event that will be held in the Minot-Sleeper Library’s meeting room. This event is free to all teens that wish to participate. At this event, 10 vouchers for supplies from Bristol

Community Services will be given out to participating teens, generously provided by Bristol Community Services. Each voucher will allow teens that possess one to receive any 5 free supply items that they may need in order to create their cosplay/literary dress up costumes. Then they will have some time at the library to start creating their costumes.

The following week will be the end of summer cosplay/literary dress up party. This event will also be free to all teens that wish to participate. This event will take place on Wednesday, August 18 from 1-3pm at the library in its meeting room. The library, as host, will provide drinks and snacks, including DIY cupcake decorating, a prize for best costume, as well as a chance to meet others interested in cosplay. Board games, puzzles, and books will be available for teens to enjoy during this party as well.

Those who plan to attend should register for both or either of the events by stopping by the library’s front desk, calling the library at 744-3352 or emailing minot-sleeperlibrary@gmail.com.

These two events

were created by the Minot-Sleeper Library’s summer intern, and approved by the intern’s mentor, Brittany, as well

as the library’s Assistant Director and Youth Services Librarian, Paula. Creating these two

SEE PARTY PAGE A7

Hebron Fair returns July 31



HEBRON — On Saturday, July 31, the Hebron Fair will return to the picturesque Hebron Common on the north end of Newfound Lake. The last Saturday in July will once again see the town dotted with the colorful canopies of craft, art, and food vendors. The fair runs from 9 to 3, rain or shine, and admission is free.

In addition to many

returning vendors and nonprofit organizations, several new purveyors will be joining the festivities, including some local food trucks. There will be some church-run tents at the fair as well: Hebron Fair commemorative t-shirts; a “modified midway” featuring the “dunking booth” and some old-fashioned kids’ games, plus home-made goodies for sale.

You’ll also want to save the date for the Hebron Yard Sale Day on September 4, from 9 to 3. Since some of the usual church-run booths will not be at the fair this year, many of the items that would have been sold at the church’s white elephant auction, and book tents will be for sale outside on the church grounds. Plus, there will be other yard

sales at various locations throughout town that day. Check hebronchurchfair.org for a list of participating addresses the week before the yard sale.

As always, the fair is sponsored by the Union Congregational Church of Hebron. Please visit hebronchurchfair.org for more info and updates.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Matthews Road	Residential Open Land	\$35,000	Ronnie and Tanya A. Sjahfiedin	James F. Daley
Alexandria	20 North Rd.	Single-Family Residence	\$199,933	Jeffrey G. White Trust	Barbara A. Wenzel
Bridgewater	Maple Street	N/A	\$150,000	B.C. McLaughlin IRT	William R. Rosa
Bridgewater	N/A (Lot 4)	N/A	\$2,575,000	Deborah H. Cummings Trust	Ryan P. Cahill and Sarah Pierce
Bristol	17 Village West Dr., Unit 12	Condominium	\$187,533	William J. and Mary Lapanus	Louis A. and Meghan E. Travers
Campton	765 Ellsworth Hill Rd.	Single-Family Residence	\$279,000	Gregory R. Kent and Judith S. Blinn	Lisa A. and John M. Nally
Campton	8 Streamside Rd., Unit 1	Condominium	\$165,000	Todd Gross	Eric C. Searson and Nicole D. Bigos
Campton	N/A (Lot 42)	N/A	\$90,000	Michael D. Carey	Douglas and Patricia Staruk
Groton	N/A	N/A	\$80,000	Lucille M. Lapointe	David W. and Michele L. Peterson
Holderness	299 Lane Rd.	Residential Open Land	\$350,000	George W. and Austine R. Howard	Jason R. and Amy M. Sharpe
Holderness	69 Mount Fayal Rd.	Single-Family Residence	\$680,000	Donald F. Lester RET	John Reese and Wendy Lepore
Plymouth	24 Carmel Dr.	Single-Family Residence	\$452,533	David H. and Ellen H. Hand	Matthew A. and Angela M. Paris
Plymouth	Pleasant Street	N/A	\$196,000	CCK LLC	Stanley K. Scism
Rumney	33 Basin Brook Rd.	Single-Family Residence	\$65,000	Rose M. Peloquin	Heather I. Mercurio
Rumney	Buffalo Road	N/A	\$340,000	Robert and Sandra A. Bedsaul	Ctfeigo LLC
Rumney	204 Rumney Route 25	Mixed Use (Commercial/Industrial)	\$65,000	West St. Development LLC	Empire Electric LLC
Rumney	N/A (Lot 1)	N/A	\$475,000	Terri L. Aubin	William E. Russell Fiscal Trust
Rumney	N/A (Lot 2)	N/A	\$475,000	Terri L. Aubin	William E. Russell Fiscal Trust
Rumney	N/A (Lot 3)	N/A	\$475,000	Terri L. Aubin	William E. Russell Fiscal Trust
Thornton	Centennial Way, Lot 5	Residential Open Land	\$40,000	Centennial Way LLC	Keith A. and Suzanne J. Lacombe
Thornton	Centennial Way, Lot 16	Residential Open Land	\$50,000	Centennial Way LLC	Michael Miller
Thornton	Centennial Way, Lot 17	Residential Open Land	\$50,000	Centennial Way LLC	Michael Miller
Thornton	Lumber Drive	Residential Open Land	\$35,000	Rex and Cheri Caulder	Paul Lykyk and Bridgette Anderotta
Thornton	Route 175	N/A	\$130,000	Maria Demarco	Jeffrey Nemea and Kimberly Wyman
Thornton	N/A (Lot 13)	N/A	\$67,000	Anthony J. Scott	Darren Winkowski
Wentworth	Atwell Hill Road	Residential Open Land	\$210,000	Michael Thieriot	Shirley and Christopher Meadows

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column “Type”: land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Silent film epic “Ben-Hur” to screen at Flying Monkey



Actor Ramon Novarro stars in “Ben-Hur: A Tale of the Christ” (1925), one of early Hollywood’s great Biblical epics. The film will be screened with live music on Thursday, Aug. 5 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the theater at 536-2551.

PLYMOUTH — One of early Hollywood’s greatest epics returns to the big screen with a showing of “Ben-Hur: A Tale of The Christ” (1925) on Thursday, Aug. 5 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth.

The screening, the latest

in the Flying Monkey’s silent film series, will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating music for silent films.

Admission is \$10 per person, general admission. Tickets are available online at [\[monkeynh.org\]\(http://monkeynh.org\) or at the door.](http://flyingh-</p></div><div data-bbox=)

The silent version of “Ben-Hur” was originally slated for a screening earlier this year at the Flying Monkey, but was postponed to Thursday, Aug. 5.

“Ben-Hur,” starring Ramon Novarro and Francis X. Bushman, was among the first motion pictures to tell a Biblical-era story on a large scale.

The film, which helped establish MGM as a leading Hollywood studio, employed a cast of thousands and boasted action sequences including a large-scale sea battle.

The film is highlighted by a spell-binding chariot race that still leaves audiences breathless with excitement.

Set in the Holy Land at the time of Christ’s birth, “Ben-Hur” tells the story of a Jewish family in Jerusalem whose fortune is confiscated by the Romans and its members jailed.

The enslaved family heir, Judah Ben-Hur (played by Novarro, a leading silent-era heartthrob) is inspired by encounters with Christ to pursue justice. This leads him to a series of epic adventures in his quest to find his mother and sister and restore his family fortune.

‘Ben Hur,’ directed by Fred Niblo, was among the most expensive films of the silent era, taking two years to make and costing between \$4 million and \$6 million. When released

in 1925, it became a huge hit for the newly formed Metro-Goldwyn-Mayer studio.

The chariot race scene in “Ben-Hur,” with Novarro and other cast members driving teams of horses at high speed on a mammoth dirt racetrack in a gigantic replica of a Roman stadium, was among the most complicated and dangerous sequences filmed in the silent era. It remains noted for its tight editing, dramatic sweep, and sheer cinematic excitement.

The chariot race was re-created virtually shot for shot in MGM’s 1959 remake, and more recently imitated in the pod race scene in “Star Wars Episode I: The Phantom Menace.”

Besides Novarro in the title role, the film stars Francis X. Bushman as Messala, the Roman soldier who imprisons the Hur family; Betty Bronson as Mary, mother of Jesus; May McAvoy as Ben-Hur’s sister Esther; and Claire McDowell as Ben Hur’s mother.

“Ben-Hur” was based on the best-selling 1880 novel by General Lew Wallace, which interwove the story of Christ’s life with the Ben-Hur clan, a fictional Jewish merchant family.

Celebrity “extras” in the chariot race scene included stars such as Douglas Fairbanks, Harold Lloyd, Lionel Barrymore, John Gilbert, Joan Crawford, Lillian Gish, Mary Pickford, and a very young Clark Gable.

The film was remade

by MGM in the 1950s in a color and widescreen version starring Charleston Heston that garnered 11 Academy Awards. Some critics believe the original 1925 version offers superior drama and story-telling.

In creating music for silent films, accompanist Jeff Rapsis performs on a digital synthesizer that reproduces the texture of the full orchestra and creates a traditional “movie score” sound.

For each film, Rapsis improvises a music score using original themes created beforehand. No music is written down; instead, the score evolves in real time based on

audience reaction and the overall mood as the movie is screened.

“Ben-Hur: A Tale of the Christ” (1925) will be shown on Thursday, Aug. 5 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the Flying Monkey at 536-2551.

For more information on the music, visit www.jef-frapsis.com.

Welch honored by USA TODAY

REGION — The New Hampshire High School Sports Awards is an athlete recognition program, celebrating the best athletes in the state. The awards program presents the Athletes of the Year in each sanctioned sport.

This program is part of the USA TODAY High School Sports Awards, the largest high school sports recognition program in the country. Athletes of the year from each state will be featured as honorees in the 25 sports included in the national awards show that premieres on the USA TODAY Newswire and Sportswire streaming channels at 8 p.m. EST on Thursday, Aug. 5. It will also be accessible on demand on the USA TODAY High School Sports awards website.

The USA TODAY High School Sports Awards show is free to watch thanks to its sponsors. Sign up for updates to keep up with show updates, honoree selections, presenter announcements and more.

Plymouth’s Dylan Welch was named the Male Skiing Athlete of the Year and Catherine Stow of Gilford was named Female Skiing Athlete of the Year.

Newfound Landing

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Rafting for Wishes raises more than \$285,000



The top fundraising teams.

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH – The rafts were back on Meredith Bay and teams from across the state returned for 24 hours on the lake or 10 hours in a virtual space for the 11th annual Rafting for Wishes, raising more than \$285,000 and counting.

After a year off as a physical event because of the pandemic, the annual fundraiser for Make-A-Wish New Hampshire returned to Hesky Park and Meredith Bay from Friday night through Saturday night.

As in years past a series of rafts were put in the water and different teams had representatives on the rafts for 24 hours. Some teams took part virtually as well for a 10-hour event starting on Saturday morning.

The floats returned to the water for the first time in two years after last year's event went entirely virtual because of the pandemic. Festivities kicked off around 6 p.m. on Friday with opening ceremonies.

"Because of you during the toughest year we were still able to bring over 80 wishes to life," said organizer Nikki Lyons Lahey during the opening ceremony. "Thank you for helping us bring hope to kids who need it most."

She also credited all the volunteers and committee members who have helped so much.

"They have truly been the love and the glue that

holds this together," she said.

This year's goal was set at \$250,000. By the beginning of the event, they had raised around \$200,000. By the day after the event, they raised more than \$285,000.

Last year Lyons Lahey said there was a point when they didn't know if they would have a Rafting for Wishes event. They decided to have a virtual event where teams would do the rafting from different locations. The event raised around \$225,000 and seven teams alone raised enough money to make one wish come true.

"We are thrilled to share that despite this being one of the hardest years we've had in 35 years as a chapter we were still able to bring over 80 wishes to life," Lyons Lahey said after this year's Rafting. "Something we are truly proud of and an accomplishment that would not have been possible without all of our passionate and dedicated volunteers and supporters."

She said they had to delay some wishes that involved travel, but they've been able to start booking some travel wishes recently.

"The dollars raised this weekend will bring hope and happiness to so many families throughout New Hampshire!" Lyons Lahey said.

Lyons Lahey said for this year's event they wanted to follow all the

pandemic guidelines. She said they are grateful for the state that things are in right now.

"It feels really good; it feels good to see so many people," Lyons Lahey said.

This year they allowed teams to go virtual in a 10-hour event that started Saturday morning.

One of the special guests at the opening ceremonies was Madelyn, a 4-year-old from Greenland who had her wish granted. Maddie wished for a Princess Lake House and she her family got to stay in a house on Winnisquam and have a nice lakeside vacation.

"It's amazing how much Make-A-Wish does for their children," said Maddie's mom Amanda Patterson.

Her dad, Tyler Eidell, said he was overwhelmed by how much Make-A-Wish has done for Maddie, who is battling interstitial lung disease.

"She's had it so rough for so long," Eidell said. "To see what everybody's done for her is heartwarming."

Patterson said Make-A-Wish also takes care of siblings and has been great for Maddie's older sister Kayleigh.

As the teams floated on the rafts, many fun activities went on in Hesky Park including a cornhole tournament, movies in the park, fireworks, Saturday morning exercises, and many more.



Members of Team Unicorns and Cookies float out to the raft at the start of the 11th annual Rafting for Wishes.



Teams take to their rafts to raise money for Make-A-Wish New Hampshire.



Wish kid Maddie and her family talk about the great Princess Lake House experience they got.

Rafting for Wishes 2021 ended with closing ceremonies on Saturday night.

After the event Lyons Lahey said the event went amazing and the weather was ideal.

"We couldn't have done it without the incredible support of the Lakes Region and especially the town of Meredith!" Lyons Lahey said. "Our in person and remote teams rallied yes-

terday. We surpassed our best ever money raised of the \$260,000 from 2019 with 100 less participants. We've never seen more passionate participants."

All invited to NLRA Annual Meeting



NLRA celebrates 50 years of conservation at their Annual Meeting and Membership Gathering, open to the public, to be held August 7th. Photo: Carole Binder

HEBRON — The Newfound Lake Region Association's Annual Meeting and Membership gathering will be held on Aug. 7 from 9-11 a.m. at Grey Rocks Conservation Area. This annual meeting holds

special significance as NLRA observes its 50th anniversary. It is a time to revel in the beauty of Newfound Lake and the diligent efforts of multiple generations to keep Newfound clean, as well as lay out plans for

the future protection of Newfound Lake and its watershed. This event is open to the public, but only current NLRA members are eligible to vote. Attendees can renew or join prior to the meeting at Newfound-

Lake.org/membership.

Agenda highlights include the confirmation of new trustees and 2020-21 board officers, an update on land conservation, and questions and conversation. Interactive programming after the meeting will give attendees the chance to immerse themselves in the watershed and the work that protects it. Programming includes a bird-watching hike, a discussion about the future of NLRA's Grey Rocks Conservation Area, a tree identification tour, a landscaping for water quality demonstration, and mini tours of Newfound Lake aboard the NLRA pontoon boat (limited to 8 participants). You can view the full agenda and register to attend at NewfoundLake.org/annual-meeting.

Board President Rob

Moore and Rebecca Hanson will also present the Founder's Award, which is presented every year to an individual or group that has provided significant active service as a member or volunteer, given a significant financial or in-kind contribution to the conservation of Newfound, or, an individual or group that, through leadership and scientific discovery, has contributed to a better understanding of the importance of the Lake

and its watershed.

Newfound Lake Region Association works year-round to conserve and protect Newfound Lake and its watershed through water quality monitoring, land conservation, stormwater management, invasive species watch, educational programming, and public events. More information on these programs and initiatives can be found at NewfoundLake.org.



CADY Corner

Addressing the impact of COVID-19: Related caregiver deaths on youth mental health

BY DEB NARO
Contributor

More than 1.5 million children around the world are estimated to have lost at least one parent, custodial grandparent, or grandparent who lived with them due to death related to COVID-19 during the first 14 months of the pandemic, according to a study published today in The Lancet. The study highlights orphanhood as an urgent and overlooked consequence of the pandemic and emphasizes that providing evidence-based psychosocial and economic support to children who have lost a caregiver must be a key part of responding to the pandemic.

The analysis used mortality and fertility data to model rates of COVID-19-associated orphanhood (death of one or both parents) and deaths of custodial and co-residing grandparents (ages 60-84) from March 1, 2020 to April 30, 2021, across 21 countries. This study was funded in part by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health.

In the paper, "COVID-19-associated deaths" referred to the combination of deaths caused directly by COVID-19 and those caused indirectly by other associated causes, such as lockdowns, restrictions on gatherings and movement, decreased access or acceptability of health care and of treatment for chronic diseases.

Traumatic experiences, such as the loss of a parent or caregiver, are associated with increases in substance use, mental health conditions, and other behavioral and chronic health conditions.

"Studies like this play a crucial role in illuminating the COVID-19 pandemic's long-lasting consequences for families and the future mental health and wellbeing of children across the globe," said NIDA Director Nora D. Volkow, M.D. "Though the trauma a child experiences after the loss of a parent or caregiver can be devastating, there are evidence-based interventions that can prevent further adverse consequences, such as substance use, and we must ensure that children have access to these interventions."

The authors estimate that 1,134,000 children lost a parent or custodial grandparent due to COVID-19-associated death. Of these, 1,042,000 children were orphaned of a mother, father, or both – most lost one, not both parents. Overall, 1,562,000 children are estimated to have experienced the death of at least one parent or a custodial or other co-residing grandparent (or other older relative).

The countries with the highest numbers of children who lost primary caregivers (parents or custodial grandparents) included South Africa, Peru, United States, India, Brazil, and Mexico. The study found that for every country, COVID-19 associated deaths were greater in men than women, particularly in middle- and older-ages. Overall, there were up to five times more children who lost a father than who lost a mother.

"We know from our research that loss of a parent or caregiver can upend children's lives and potentially affect their development if they are not in a stable home setting. If we take into consideration variants of concern or possible severity of illness among youth, we must not forget that the pandemic continues to pose a threat to parents and caregivers – and their children," said Chuck A. Nelson, III, Ph.D., study author, Boston Children's Hospital.

If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

Letters to the Editor

Bailing out bad investments

To the Editor:

I have made some bad investment decisions in my life — like investing in real estate when the interest rate was double digits. I made my mistakes, learned from them, and moved on. I never expected the state taxpayer to compensate me for those errors.

Now the people who invested in the Financial Resources Mortgage Ponzi scheme, which robbed nearly 150 people of \$20 million, are going to be bailed out by the New Hampshire government. That's our taxpayer dollars going to people who were effectively gambling. This case has

been tried in the New Hampshire courts three times, and the court ruled against them, but somehow it got slipped into this year's budget.

I feel it is not the role of the government to use public money to pay people back for bad investments, and I suspect a lot of you feel the same way.

And I suspect it is some wealthy investors who influenced the Republican-controlled House to put this into their budget.

And Sununu signed it — he approved.

Rep. Joyce Weston
Plymouth

Sustainable Bristol

BY LAUREN THERIAULT

Last year, I had a conversation with some local friends which has stuck with me almost a year later. We talked about all of the decisions we make to be eco friendly, sustainable, plastic free, vegetarian/vegan, and or supporting local farmers. One commented that it is important for her to buy organic food yet finds that the organic choices are more likely to be wrapped in plastic. Another said that she has been trying to avoid items that use palm oil, another is a vegetarian and in order to not spend hours a day making food she buys plastic wrapped vegetarian foods.

I like to make my own clothes which removes the icky feeling of buying clothes made

by underpaid and poorly treated workers, but finding fabric that is made by fairly compensated workers and with environmentally friendly practices, and also affordable, is very tough. Hearing about all of these choices made me aware of the multitude of decisions shoppers face with every item they add to their cart. How can we combat this decision fatigue? The first step is to figure out what is within your budget and time constraints and the abilities then to evaluate what means the most to you. Thinking about your own sustainability is just as important as the planets. If you are burnt out or not sleeping because you're too busy making every meal from scratch, buying second hand, and researching every purchase that is

not sustainable.

What is your top goal? Is it buying organic, vegetarian, plastic free? Figure out which is the most important and go from there. I try to buy plastic free as much as I can, but still find myself buying a lot of things wrapped in plastic because I just don't have the time to make my own yogurt, bagels, bread and other foods my family eats daily. Instead of buying snack sized yogurt cups I buy the biggest container of yogurt and the biggest bag of toppings. Yes, it's still plastic but it's less in the long run, just be sure to buy only the amount you will finish before it expires. If buying organic is your top priority, could you look at farmers markets and local farms instead of the grocery store? If eating vegetarian is

your goal/lifestyle could you make a big meal on Sunday and portion it out. Trying to quit palm oil? Don't go cold turkey, start slowly with one less item a week or less of each item until you don't need or want it anymore. My kids would flip a nutty if they didn't have Cheez-Its, and I'm not about to make them myself, because I don't have time or desire and a quarter of them end up crushed in the backseat of the car anyways. But we can slowly phase them out for a better alternative, or buy a bigger box and stretch it to last longer and reduce the packaging coming home.

Good luck battling decision fatigue in your own eco conscious practices.

Comfort Keepers Alzheimer's Disease: Dealing with difficult behavior

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementias.

Caring for a loved one can be a rewarding experience, but it's not without challenges. These challenges can be significantly more impactful for those caring for a senior with Alzheimer's disease or other form of dementia. Changes in behaviors can occur

for a variety of reasons, including over-stimulation, physical discomfort, confusion, exhaustion caused by sleep problems, medication, or changes in routine.

Understanding the cause of behavioral changes is critical for caregivers, families and friends. And, it's helpful for caregivers to know how to manage behaviors that will allow them to provide safe and effective support and diffuse tense situations.

These behaviors can include:

Depression
Anxiety
Confusion
Aggression or anger
Suspicion
Hallucinations
Pacing or wandering

The most important thing that caregivers need to remember is that challenging behaviors may not be entirely avoidable. It's also not the fault of the person with Alzheimer's or dementia. These behaviors are sometimes a common product of the disease. And, there is specialized support a caregiver can use to help keep a challenging behavior from escalating.

While there is no guaranteed approach that will work with every person or situation, there are some methods that can help caregivers manage trying times:

Staying calm— It's not uncommon for caregivers to feel attacked or helpless when they are caring for someone exhibiting difficult behaviors. Remembering that it isn't personal and that it's a symptom of the disease, can help caregivers

manage their emotions and avoid contributing to tense or difficult situations. Arguing or reasoning can often escalate an outburst, so it's necessary for caregivers to stay calm and supportive

Keeping a schedule— Seniors that suffer from Alzheimer's disease and other dementias often find it reassuring to have a set schedule for meals, activities and daily tasks. Creating a schedule, and sticking to it as much as possible, can help prevent anxiety, confusion and anger.

Exercise— Exercise, with approval from a physician, is a great stress reliever for both seniors and caregivers. And, participating in activities together helps foster important emotional connections.

Participating in activities— Whether it's an enjoyable hobby, household chore or physician-approved exercise, participating in joyful activities has shown to help manage challenging behaviors. These can be pre-scheduled or intro-

SEE COMFORT PAGE A5



COURTESY

NHCS PTO hard at work

The New Hampton Community School PTO family and friends revamped the playgrounds and outdoor classroom on July 21. They built two sandboxes and moved new wood chips under the existing equipment. Thanks for the help we received from Paul Lang, Gilpatric Metal Recycling LLC., and Verrill's Trucking and Excavating for the use of their "big machines."

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Thoughts from a mind in the middle of nowhere



The camp porch, in mind at least, is the best place for man (and dog) to be. (Courtesy West Milan Sporting Tours)

There are proper ways to approach a camp, especially when it might be occupied. I was taught to yell “Halloo the camp!” so inhabitants could make themselves presentable.

Today, this hallooming

business seems as quaint (and rare) as boiling the tea, a custom of yesteryear whenever people met on the trail. Who knows what thereafter went into the tea? Some customs never change.

“Boiling the tea,”

written about by Thoreau and many others, was the origin of one of the main events at the legendary Pittsburg Guides’ Show. Competitors vied to be fastest at starting a fire from scratch and getting a cup

of water to boil.

At age 13 or so, I tagged along with Fish and Game biologist Karl Strong on the 44-mile Grouse Line Survey, which went by extremely jagged line from Second Lake dam to Dixville Notch.

Talking spooked the birds, so we went along quietly. For our third night, Karl said, we’d have a roof over our heads.

As we approached a camp where friends awaited, Karl, no stranger to custom, put a finger to his lips and picked up a stone and threw it down onto the tin roof, saying “That’ll get their attention,” and it did.

Supper was already on the stove. It was great to be warm and dry. The night was clear, and the only thing hitting the roof was an occasional spruce-cone.

+++++

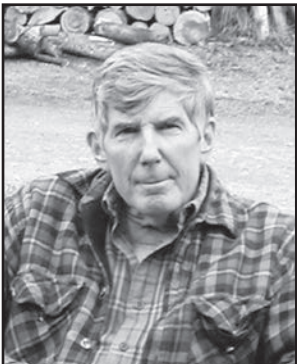
There might be better places on a rainy day than the porch of a camp in the middle of nowhere, but I don’t know of any. Dog and book complete the scene.

Back in the planning stages, when I sketched and re-sketched the camp many times over, I always came back to a metal roof. It was all for the sound of the rain.

In town, miles away by map and mind, the same prevails. All of the farm’s buildings have metal roofs. The shop always smells of cedar, and there’s usually some there to split.

+++++

Most camps have their best sides, most often the front. The back is reserved for the flotsam and jetsam it takes to run a camp. One side is apt to feature propane tanks. The other looks out onto a pathetic little clearing in the ever-advancing fe-



cundity of the temperate zone rain forest.

In our case, the trail approaches the camp from the front, so at the first “Halloo” anyone inside can look out the front window and see who’s coming.

“Oh sure,” the joke goes, “just in time so anybody guilty of anything can flee,” which leads to the riposte, “The door’s only wide enough for one.”

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

Changing the Conversation

Alternatives in the management of chronic pain

BY TARA GRAHAM
Central NH Community Opioid Response Program

Johns Hopkins defines chronic pain as a long-standing pain that persists beyond the usual recovery period or occurs along with a chronic health condition, such as arthritis. Chronic pain may be “on” and “off” or continuous. It may affect people to the point that they can’t work, eat properly, take part in physical activity, or enjoy life.

Chronic pain is a major medical condition that can and should be treated. However, chronic pain patients can encounter both benefits and risks associated with the treatments, par-

Comfort
FROM PAGE A4

duced when difficult behaviors are recognized. For example, caregivers can ask for help folding laundry to ease anxiety or can play music or sing to calm someone feeling confused, angry or depressed.

Mindful communication— Caregivers shouldn’t underestimate the power of communication. Caregivers can use soothing tones, speak in a friendly way and make eye contact to convey normalcy, understanding and compassion. This can help seniors experiencing anxiety or frustration to calm themselves.

Comfort Keepers® can help

At Comfort Keepers®, we provide specific training for our caregivers and individualized care plans to provide care and support to seniors with Alzheimer’s disease and to their families. Our specially trained Comfort Keepers engage clients in intellectual, physical and emotional interactions that complement medical treatment and improve the quality of life

ticularly when opioids are involved. Opioids have a high potential for causing addiction, even when they are prescribed appropriately and taken as directed. All too often this addiction can lead to overdose.

According to the Centers for Disease Control and Prevention (CDC), from 1999 to 2019, nearly 247,000 people died in the United States from overdoses involving prescription opioids. Overdose deaths involving prescription opioids more than quadrupled from 1999 to 2019. Data has shown that about 80% of people who have used heroin, first misused prescription opioids.

It is extremely easy

for everyone involved. And, they can facilitate stress management activities, support for physician-approved diet and exercise plans, provide transportation to appointments and will evaluate a home for safety as part of an in-home assessment. For more information on how in-home caregiving can help those with Alzheimer’s disease or dementia, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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to become addicted to opioids. It can take as little as five days to a few weeks. When you take opioids repeatedly over time, your body slows its production of endorphins. The same dose of opioids stops triggering such a strong flood of good feelings. This is called tolerance. One reason opioid addiction is so common is that people who develop tolerance may feel driven to increase their doses so they can keep feeling good.

There are also genetic, psychological and environmental risk factors to addiction. Per the Mayo Clinic, known risk factors of opioid misuse and addiction include: poverty, unemployment, family or personal history of substance abuse, young age, history of criminal activity or legal problems, risk-taking or thrill-seeking behavior, heavy tobacco use, history of severe stress, depression or anxiety, among many others. Women are also more likely than men to develop a dependence.

The good news is there are alternatives when it comes to pain management. The most common being non-opioid, over-the-counter pain relievers such as aspirin, Tylenol and ibuprofen. Topical analgesics also work well

for some, as well as the use of cold and heat. When that isn’t enough, there are also medical interventions that may provide relief, such as physical therapy, chiropractic intervention, massage, acupuncture, surgery or injections and nerve blockers.

Lifestyle changes are also proven to be effective when it comes to pain management. Getting more exercise, losing weight, and mindfulness and breathing techniques have helped people overcome their pain. Addressing any mental health related concerns can also have a whole-body effect when it comes to well-being and pain management.

Also available right here in our state, even virtually, are courses you can take on chronic pain self-management. These programs engage adults with chronic pain and their caregivers to build practical skills to manage and overcome the challenges of living well with chronic pain.

It’s called the Chronic Pain Self-Management Program (CPSMP), a workshop that is held once a week for two and a half hours, for six consecutive weeks (seven weeks for virtual workshops). Workshops are led by two trained leaders, one or both of whom are peers with chronic

pain themselves. The CPSMP was developed in conjunction with Dr. Kate Lorig and the staff of the Stanford Patient Education Research Center. It was derived from Stanford’s Arthritis Self-Management Program and the Chronic Disease Self-Management program.

Presented by UNH Cooperative Extension, these workshops help participants:

- Discover problem-solving strategies to deal with fatigue, pain, frustration, isolation and poor sleep
- Uncover physical activities for maintaining and improving strength, flexibility, and endurance
- Learn how to pace activity and when to rest
- Discover the importance of good nutrition in pain management
- Improve communication with family, friends and health professionals
- Understand appropriate use of medications and how to evaluate new treatments
- Benefit from support and encouragement from others also living with chronic pain

The CPSMP has been rigorously evaluated in two randomized clinical trials funded by Health Canada and the Canadian Institutes of Health Research (CIHR). The research studies found

that, on average, people who have participated in the CPSMP have more vitality or energy, less pain, less dependence on others, improved mental health, are more involved in everyday activities, and are more satisfied with their lives compared to those who have not taken the program. Southern New Hampshire Area Health Education Center (SN-HAHEC) is a license holder and is responsible for leader training, program fidelity, and outcome evaluation.

You can register for these workshops at: <https://extension.unh.edu/tags/chronic-disease-self-management-program>. There are also opportunities to become a workshop leader and help others in your community. You do not need to be a health professional to lead these workshops. In fact, it is recommended that leaders be individuals either living with chronic pain or a caregiver for someone with chronic pain.

Seeking help is a sign of strength. It is never too early or too late to guide yourself or someone you know on a path to wellness. Please visit findwellnh.org to explore the many options available right here in our own community.

PSU awarded federal grant to expand youth mental health services

PLYMOUTH — In 2020, the American Mental Health Counselors Association (AMHCA) projected more than 103 million American adults and nearly 14 million children would experience a negative mental/behavioral health condition and/or develop a co-occurring substance abuse disorder due to the confounding stressors of the COVID-19 pandemic. As the pandemic has stretched into 2021, the need for mental health support has never been greater. In order to help meet that need in New Hampshire, particularly in the North Country and Lakes Region, Plymouth State University (PSU) has been awarded a \$1.92 million four-year grant from the Behavioral Health Workforce

Education and Training Program for Professionals. This marks the fifth time since 2013 that PSU has received this grant, which is intended to grow the behavioral health workforce in rural and medically underserved areas. The University will be focusing its efforts on integrated prevention and clinical intervention and evidence-based treatment for at-risk children, adolescents and transitional-age youth (18-25 years), with a special emphasis on meeting the needs of those at risk for mental illness, substance use, intimate partner violence and suicide, and those least likely to seek continuous help. The funds will also be used to focus on New Hampshire's opioid

crisis and post-pandemic behavioral health needs. "The needs are great for all populations. We've been fielding calls regarding college-age students who are really struggling with anxiety and depression and trying to find qualified individuals to support them is challenging," said Robin Hausheer, EdD, NCC, School Counseling Program Coordinator. "One of our focus areas is addressing mental health issues post-COVID-19." The grant, funded by the U.S. Department of Health and Human Services, will permit the University's professional counseling and school psychology programs to recruit more students by offering stipends during their internships, as

most graduate students are unable to work while completing their coursework and clinical internships. The majority of PSU's graduates obtain jobs in New Hampshire upon graduation, thus the grant will lead to an increase in the number and quality of mental health professionals in the state. Over the course of the last nine years, nearly 80 percent of PSU's school psychology, school counseling and clinical mental health counseling graduates have been employed in the state, and of those graduates, 15 percent have sought employment in the North Country. Over the course of the next four years, PSU will be placing interns in 116 training sites across the state, 98 percent of

which are interdisciplinary in focus. All but 12 of those sites are located in rural areas. "The most important aspect of this funding is that it allows us to really support our students with trainings and stipends, which in turn allows us to support our greater community," said Cynthia Waltman, Ph.D., Professor of Counselor Education and School Psychology. "We really need to increase and develop the behavioral health workforce in New Hampshire for all age levels. This grant allows us to take the next step in serving the people of our state." Another factor that has limited workforce development is the lower wages paid to behavioral health professionals,

particularly in rural areas, which is exacerbated by the debt associated with student loans and can often deter individuals from pursuing a degree in behavioral health. As part of the grant, PSU will provide information about loan repayment programs in its recruitment materials and throughout the course of its graduate program. The University will also partner with local recruitment agencies to offer workshops related to employment opportunities in the state. PSU also offers professional development opportunities to the community at-large. Plymouth State has partnered with two regional organizations, Communities for Alcohol and Drug-Free Youth (CADY) and Mid-State Health Center, to address the state's ongoing opioid crisis by offering peer recovery support training. Each session has trained 35-40 individuals. PSU's Supervision Institute addresses the challenge of recruiting, supporting and training internship supervisors by hosting and facilitating a weekend-long program that features national supervision experts and covers supervision of interns in the field and related legal and ethical topics. This year's program will be offered in Concord in November. This year, the University is placing a focus on resiliency, particularly regarding mental health practitioners and the clients they serve. Michael Ungar, Ph.D., a world-renowned resilience expert, will be presenting for PSU's students and faculty via Zoom in September 2021. To learn more about Plymouth State University, visit www.plymouth.edu. About Plymouth State University Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The Plymouth State Learning Model is organized around seven dynamic, theme-based hubs called "Integrated Clusters," which emphasize open, integrative and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

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Hill

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in 1753 under the name of New Chester. In 1837 the residents decided to rename the community Hill after New Hampshire Gov. Isaac Hill. In 1937 plans for a flood control dam along the river, which would affect the riverside town, was announced and so the resilient residents picked up their community and moved it up the riverbank. The town gathered at the “old” town hall in June of 1941 to announce the completion of the move then reconvened in “new” Hill Village town hall later that same day. All this and more is what people can discover on July 31 at the Hill Library where the historical society will have an exhibit of the town’s unique history. The historical society will also hold a fun and educational Scavenger Hunt and the gate at Back Rd.

Bristol

FROM PAGE A1

The Bristol Community Events Committee would like to thank the following local businesses –who are helping to sponsor summer fun for 2021: Franklin Savings Bank, Granite Group Realty, TD Bank, Very Excellent Chinese Restaurant and West Shore Marine.

Bristol’s 2021 Summer Events Brochure is still available – you can pick one up at many locations throughout town including the Bristol Town Office and TTCC. Be sure to mark your calendars for Aug. 28 – Bristol’s Old Home Day.

For information on concerts, movies in the park, Old Home Day and more you can contact the TapPLY Thompson Community Center at 744-2713, or the Town of Bristol at 744-3354, ext. 136.

You can find a complete list of concerts and other great summer fun by visiting www.townofbristolnh.org or www.ttcrc.org. Follow the Bristol Community Events Committee on Facebook at www.facebook.com/Bristol-Community-Events.

Party

FROM PAGE A1

events as well as the Minot-Sleeper Library’s new podcast for teens, “Checking in with the Minot-Sleeper Library,” have been part of the Minot-Sleeper Library inclusive internship project, grant-funded through the Public Library Association. The project aims to help make this library more inclusive for the people in the community.

leading into Old Hill Village will be open from 10 a.m. until 4 p.m. for those who want to reminisce or come explore the riverside community that used to be. Hill Historical Society members will also be on hand in the old village that day to sell maps of the original town for those who want to take the self-guided tour. New this year will be signs that were recently created and erected as an Eagle Badge project by local Boy Scout Tyler Kulacz, pointing out where places of interest once stood more than 80 years ago.

The day will include much more than that, however.

The celebration will begin at 8:30 a.m. with a 5K road race through both the old and new village. There will also be a pancake breakfast in the Jenny D. Blake School cafeteria from 8:30-10 a.m.

At 9 a.m. the rest of

the fun gets underway. It will all start with “Kids Corner” on Maurice Wheeler Ball Field (behind the school and the town library) where there will be games, races and all kinds of fun for children to enjoy. At 10 a.m. a Bouncy House will also join the action.

Out on the Common (in front of the school) and beside the pond, on the other side of Crescent St., crafters and “Carnival Vendors” will be ready to welcome the public from 10 a.m. until 7 p.m.. Committee member Lynn Christopher said among those vendors will be local nonprofit organizations, with all proceeds from their booths benefiting

their individual causes. Food vendors will open up at 11 a.m., and from 11 a.m.- 2 p.m. a Dunk Booth will provide additional fun on the Common.

At noon, crowds will gather along Crescent St. when this year’s Carnival-themed parade will kick off. Christopher said the committee hopes this year’s parade will be extra special with horses, floats, antique cars and more rolling through the village.

Immediately following the parade, there will be opening ceremonies in front of the flag stand at the pond as well as words delivered by town officials who will dedicate a tree that was re-

Rower with local ties kicks off Tokyo Olympics

Gervie Stone a well-known face at Camp Onaway

TOKYO, Japan — The U.S. women’s single sculls and women’s double sculls advanced out of their heats on Friday as racing got underway at the Sea Forest Waterway at the Olympic Games Tokyo 2020.

In the women’s double sculls, three-time Olympian Gervie Stone (Newton, Mass./Princeton University), a counselor at Camp Onaway on Newfound Lake and Kristi Wagner (Weston, Mass./Yale University) moved on to Sunday’s semifinals after finishing second in their heat. With three to advance, Stone and Wagner got off the line in fifth position with France and China taking the early lead. New Zealand made its move in the second 500 meters to grab the top spot, with the U.S. moving into fourth just behind China. New Zealand continued to build its advantage on the rest of the field during the third quarter of the

race, as Stone and Wagner passed China and then France to move into second position with just 500 meters to go. New Zealand won the race in a 6:53.62, with the U.S. crossing in a 6:55.65. France finished third to also advance to the semifinals.

“It’s always a shock to the body to race 2k after all the short pieces and taper,” Stone said. “I think that we did a decent job of ripping off that band-aid. We advanced directly, which is the first goal, and got that second-place spot, which will be helpful, hopefully, in lanes for the semifinals. There are things we can improve on – always want to go faster.”

Stone and Wagner will get a chance to race for the medals (after deadline) Wednesday thanks to a third-place finish in Sunday’s semifinals. With three to advance, Stone and Wagner got off the line in sixth position

cently planted in honor of Selectman James Michael Brady who passed away on Oct. 30, 2020 while still serving the community.

From 1-2 p.m., a car show will take place around the Common along with a Touch-A-Truck event for kids of all ages to enjoy. On Maurice Wheeler Ball Field Pony Rides will be available from 1-3 p.m. and kayak racing on the pond will be held during that same time period. Kayaks will be provided and safety officials will be on hand to oversee the event.

Rounding out the afternoon excitement will be a special comedic performance on the

but were able to close the gap by the midway point of the race. In the third 500 meters, the U.S. duo moved into a qualifying position and tried to close the gap on the two leading crews.

“I think one thing that we did improve on from our heat to today was the second 250,” Wagner said. “I think we lost a lot in that, especially to New Zealand in the heat, and I think today we started moving a little bit sooner. It still wasn’t quite as much as we wanted, but we came into the middle 1,000 in a little bit of a better spot than Friday.”

The Netherlands and Canada battled each other at the head of the field, with the Dutch boat taking an early lead before the Canadians held the top spot through the middle 1,000 meters. In the final sprint, The Netherlands was able to chase down Canada to earn the victory. The Dutch crew won the race with a time of 7:08.09,

Common from juggler Bryson Lane, who will entertain folks of all ages from 3-4 p.m.

Throughout the day DJ Dean Ward will be on hand to make announcements and keep the crowd entertained, but from 4-6 p.m., it will be Errol Wayne on the bandstand to provide music as everyone enjoys a chicken barbecue, available from the Hill Fire Department and served at the school cafeteria.

From 7-9 p.m., the band Beechwood will take over the bandstand for a Street Dance that will lead up to the fireworks on the ballfield at dusk, which will end the fun-filled day.

followed by Canada in a 7:09.44. The U.S finished with a time of 7:11.14.

“You have to place top three to race for the medals,” Stone said. “We did that. That is the first priority. One of the guys I row with wrote us an e-mail and said the semifinal is like the Wednesday of the work week. It’s kind of true. It’s really hard, and it’s not the most fun race. But, we have to get through it to get to the fun part. We went out there, and we knew that we had to be tough in the headwind and that’s exactly where we were. It wasn’t the prettiest of starts, but we were tough through that base rhythm and enjoyed every gust of headwind we got.”

Stone and Wagner were scheduled to take on The Netherlands, Lithuania, Canada, Romania and New Zealand in the final.

McDowell gets best-ever Olympic triathlon finish for American man

BY JOSHUA SPAULDING

Sports Editor

TOKYO, Japan — While the men’s triathlon didn’t get off to an auspicious start on Monday, July 26, the end result was a good one for the United States.

In his first Olympics, Kevin McDowell recorded the highest finish ever for an American man in the triathlon, finishing

in sixth place overall with a time of 1:45:54 at Odaiba Marine Harbor.

“The support system around me has been incredible,” McDowell said. “I got an overwhelming amount of messages and letters sent from home, and I’ve been reading them this week. I read my last three today from both my parents, my sister

and my grandparents. It meant the world to me to read those last ones and remember where I came from.

“Ten years ago, I was so sick. I didn’t know what would happen, but I was so passionate about this sport,” he continued. “To be up here being in contention at the Olympic Games, I’m living the dream right

now. I have to thank my coach, Nate Wilson. He took me on this year and really helped shape me as a person and put belief in what I could do.”

McDowell, who is a cancer survivor, came out of the water following the swim portion of the race way out of contention, in 47th place, just five places from the back. He started the

eight-lap bike course in the second chase pack, more than 35 seconds down, but by the halfway point, the lead group and both chase groups had merged to form a large pack of 30 riders. McDowell pushed hard in the final stretch and was able to get a good position going into the transition.

He exited the transition in third place behind Andrea Salvisberg of Austria and Alex Yee of Great Britain. McDowell hung with Yee, considered the best runner in the field, and even took the lead briefly midway through the 10K run, but Yee, Kristian Blummenfelt of Norway and Hayden Wilde of New Zealand eventually pulled away and formed a three-man pack at the front. Blummenfelt had the most left in his gas tank and put it in another gear, winning by more than 10 seconds over Yee, with Wilde in third.

After winning the bronze medal at the 2011 World Championships, McDowell was diagnosed with Hodgkin’s Lymphoma and took six months off to complete chemotherapy. He returned to elite compe-

tition a year later and is now a seven-time World Triathlon Cup medalist and recently celebrated 10 years cancer-free.

“I wanted to race like that little Kevin who has always had this fire and grit,” McDowell said. “I wanted to race with no regrets and just be proud out there. Everyone has been saying how proud they were, so I was thinking, ‘Let me give back to what everyone has given to me through this journey.’ I just want to go and put on a show and make everyone proud. I went out and gave it all I had.”

The other American in the field, Morgan Pearson, finished in 42nd place in 1:52:05.

The race got off to a rocky start when the starter gave the command to race while there was still a camera boat in front of half the field. While half the field jumped in, the other half stood there with their hands on their heads. Eventually the rest of the field was brought back to the start and the race started again.

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

BRISTOL — The Bristol Community Events Committee is excited to announce another family movie night in Kelley Park! On Tuesday, Aug. 3, the film will be “Raya and the Last Dragon” and thanks to a generous sponsorship by Very Excellent Chinese Restaurant, Bristol’s summer movies in the park will be free admission for anyone who would like to attend.

The movies will be held at dusk (approximately 8:30 p.m.) at the end of Kelley Park that is closest to Newfound Memorial Middle School. Be sure to bring your own blankets or chairs for seating, and maybe some bug spray! In case of inclement weather,

the movie will be relocated inside of the TapPLY Thompson Community Center. Inside space will be limited and it will be floor seating only.

Attendees can make it a perfect summer night out by turning it into a “Dinner & a Movie” night! Very Excellent Chinese Restaurant will be happy to deliver your pre-ordered meal directly to the movie site! Movie goers can Pre-Order their Movie Meal by visiting the website at www.veryexcellent.com, or by calling 874-1621 on the same day the movie is scheduled. Simply tell them you want delivery to the movie night in Kelley Park and your dinner will arrive fresh and hot at 8 p.m., allowing you

time to enjoy with family and friends prior to the start of the movie. All movie night orders must be placed no later than 6:30 p.m., and will be delivered to Kelley Park at 8 p.m. There will be only one delivery, so be sure to get your order in!

Raya and the Last Dragon is rated PG and runs for 114 minutes. Prior to the movie, come to Kelley Park for all the fun of National Night Out hosted by Bristol’s Police and Fire Departments and the Events Committee. There will be a climbing wall and other activities, music by the Uncle Steve Band and food from 6 – 8:30 p.m.

Bristol’s 2021 Summer

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Beside family get-togethers, there is nothing better than getting together with old friends and getting re-acquainted, laughing, telling stories and comparing aches and pains... We had the good fortune to do just that last weekend with college friends. I suggest that if the chance comes along, please do the same with your old friends as often as possible, perhaps without the aches and pains!

Tonight, Thursday, July 29 the Blacklight Band will be at Kelley Park for Bristol Summer Concert in the Park at 6:30 p.m.! Bring the family, the neighbors, friends and join in the fun. A chair might help the enjoyment even more unless you plan to dance the night away...

The Hebron Fair will be held on the Hebron Common from 9 a.m. until 3 p.m. on Saturday, July 31. For information, contact: www.hebronchurchfair.org.

The town of Hill will hold their Old Home Day celebration on Saturday, July 31 as well. For information, contact: www.townofhillnh.org.

On Tuesday, Aug. 3, the Community Event “National Night Out” with the Bristol Police Department will be held on Kelley Park from 6 until 8:30 p.m. This will include a number of events all offered for free! These include: a cookout from 6 – 8 p.m., a Climbing Wall on the soccer field, Ice Cream, a Police Dept. demonstration, a Fire Department activity, the Uncle Steve Band concert from 6:30 – 8 p.m., and the Movie in the Park “Raya and the Last Dragon” will be held indoors at the TTCC from 8:15 - 10:30 p.m.

Next Thursday, Aug. 5, Bristol Summer Concerts in the Park will

feature Annie and the Orphans! The concerts start at 6:30 p.m. and generally finish around 8 p.m. Spread the word and invite any and all to enjoy the fun!

Aug. 7 will be a busy day around the area: The Friends of Minot-Sleeper Library Book Sale will be held from 9 a.m. until 2 p.m. at the MSL, The Newfound Lake Region Association Annual Meeting and Gathering will take place at 9:00am at Grey Rocks (registration required), Family Archery ages eight and up will take place at Slim Baker Area at 9:30am (www.slimbaker.org), Parade of Cars will be held at Whittemore Point Rd, with line up starting at 305 Whittemore Point Rd. North at 10 a.m. (744-8010, The Buskers will be featured at the Hebron Gazebo Concert and BBQ at 6 p.m. A busy day, so plan ahead and enjoy it all!

The Bristol Rotary Club Annual Penny Sale will be held at Newfound Regional High School on Aug. 12 at 6:30 p.m. Proceeds benefit the Bristol Rotary Club Scholarship Fund.

The Minot-Sleeper Library Youth Summer Reading features STEAM Boxes to Go and Book Bundles! STEAM Boxes are targeted for different age groups to provide fun STEAM related crafts. The Book Bundles offer fun stories related to different themes. Depending on the age group each Book Bundle will include a book(s) and activities. To reserve a STEAM box To Go or a Book Bundle, please contact the library: minotsleeperlibrary@gmail.com or 744-3352.

The Mill Stream Farmers Market is held every Saturday at the Mill Stream Park in Bristol on Saturdays from 10 a.m. until 2 p.m. Many vendors are selling a variety of goods including: meats, fish, maple syrup, vegetables, knit goods, soap, blankets, jellies and jams, jewelry,

plants and bird houses with many new items each week. Please avail yourself of the many local wares.

Where did the month of July go? I can hardly believe the end of the month is upon us. Let’s hope August brings lots of sunshine and slows things down a bit so we can claim a long, warm summer. I think we are pretty well ‘caught-up’ with rain! Enjoy all the rest of your summer.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The Church’s annual fair has been replaced this year by a “Summer Happy Hour” on Friday, July 30, from 3:30 to 6 p.m. Enjoy free lemonade and cookies while you shop: Homemade pies. Baked goods and treats. Dog treats, too. Take-home casse-roles, soups, sides, and more. Smoked meats from The Refinery Restaurant in Andover. Local produce and products. Author Mary Lyn Ray and her children’s books. All proceeds benefit the South Danbury Church.

On Sunday Aug. 2, Rev. Gail Kinney will lead Sunday worship at 11 a.m. All are invited and everyone is welcome!

To learn more about the church and its activities, follow “Friends of the South Danbury Christian Church” on Facebook, call or text 491-3196, or email southdanburychurch@gmail.com. The South Danbury Church, located at 1411 U.S. Route 4 in South Danbury, NH 03230, is listed in the National Register of Historic Places. An Open & Affirming Congregation of the United Church of Christ, UCC, contact them if you need a ride to attend worship or events. They are happy to help.

Grange Fair

Grange Fair falls on Saturday, Sept. 11 this year. Outside activities will be on as usual. The plan is being finalized to offer a takeout ham a bean dinner and offering outside music during this time. A silent auction will be available for bidding throughout the day with winning bids being announced at the end of the dinner hour.

Eat Local Month
August is Eat Local Month. The celebration starts off on August 1st with a request that NH eats pancakes—all made with as many local products as possible. Go out for breakfast or make your own, sourcing maple syrup, eggs, bacon, sausage, fruit and mixes from your local farms and businesses. It’s called the Big Bite, so take some big bites of a pancake breakfast near you!

Groton

Anne Joyce
AML8347@gmail.com

The upcoming Select Board meetings are Aug. 3 & Aug. 17 at 7 p.m. The Select Board Work Sessions are Aug. 3 at 5:30 p.m. & Aug. 17 at 6 p.m. These are open to the public. The Select Board office will be closed Thursday, July 29 all day. The Select Board meeting minutes, non-public work session meeting minutes & work session meeting minutes were all approved. The Conservation Committee will hold meetings on an as needed basis.

New business began with a disposal agreement being signed. A question was raised regarding what this was. It was explained that this is the material left over after road work is done, stuff that is taken out of the ditches, for example. A letter with an attached invoice was forwarded to Map 5, Lot 30 for an illegal fire in the amount of \$1,394.63. This is the amount the town was billed by the Rumney & Hebron Fire Departments.

The ServPro Quote for mold remediation services to the Town Garage came in at \$12,500. This is to remove the affected dry wall in the ceiling only. There is not enough money in the DPW budget to cover this cost. This is being tabled until the cost of replacing the material removed & remediation can be determined. Sara will reach out to NHMA to see if the disaster relief fund can be utilized.

A comment was made that this amount would have covered the cost of the bond for one year on the new building.

The contract for Bryant Paving to pave River Road in the amount of \$106,356.50 was signed. An amended septic plan for Map 5, Lot 145 was signed as it had a minor change in the size of it. An amended building permit was also signed, changing the shed from wood to metal.

Two Junkyard licenses had the background checks completed & they were signed. Awaiting one final background check.

Ruth Millett, the town clerk forwarded a list of properties that the town would be deeding if taxes remained unpaid to the Select Board.

Three of the lots that were approved at Town Meeting will be moving forward to sell. They are Map 1 Lot 91, Map 7 Lot 36 & Map 10 Lot 29.

Under department items, Robert (Bubba) Ellis from the DPW reports the culverts on River Road have been completed.

Norm from the Transfer Station announced the transfer station is again accepting construction, furniture & other large items as the cement pads have been completed. Also, he asks that any resident who paid for & received a paper transfer station permit from the town clerk to see the transfer station attendant to receive the actual sticker that attaches to your windshield.

Under announcements, the Groton Historical Society reports the 2022 calendars are available for purchase for \$10.00 & are available at the Town Clerk’s office.

Groton Old Home Day will be Aug. 21, 5:30 – 9 p.m. at the Everett Hobart Memorial Park on Sculptured Rocks Road. Line up for the parade will be at 5 p.m. The parade will begin at 5:30 p.m. with cash prizes being awarded. Live music by The Fog will begin at 5:30 p.m. Food, fun, raffles & games will be available. The BBQ will begin at 6 p.m., hamburg, hotdogs & free drinks are all provided free. Fireworks are back & will begin at dusk.

Finally, the reevaluation for 2021 has been completed. All property values have been updated to market value as of April 1. Taxes are based on the combined budget for the town, school & county. The tax rate is determined by tak-

ing the total of all these budgets divided by the overall value of the town to arrive at a tax rate to pay these bills. The New Hampshire Department of Revenue Administration (DRA) calculates the total amount needed to pay these bills. This takes place in October of every year. This is explained in further detail on the front page of the Groton Web site (grotonnh.org).

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Fair/Hebron Yard Sale Day news!

No donations for White Elephant, rummage, etc. for This Year’s Hebron Fair Please! But save items for the Hebron Yard Sale Day on Sept. 4.

We are not taking the usual donations for the Hebron Fair this year! Please do not drop off rummage, white elephant, books, plants, or auction items at the church since these booths will not be at this year’s fair.

Although we are not offering the above at the 2021 Hebron Fair, don’t miss out on the Hebron Yard Sale Day for an opportunity to purchase white elephant and auction items plus books and more, on Saturday, Sept. 4 between 9 a.m. and 3 p.m. at the church.

Donations for the church’s portion of the yard sale day will be accepted on Thursday, Sept. 2 from 5 to 7 p.m. and again on Friday, Sept. 3 from 9 a.m. to 3 p.m. at the church. Please note we will not be selling rummage at the yard sale, so keep those items for next year’s fair, or contribute them to Ladders in Plymouth, Bristol Community Services, or the charity of your choice. Also, refer to the No-No’s List on the fair website for items we cannot accept. Thanks!

Plus, there will be other yard sales at various locations throughout town that day. A list of participating addresses will be posted the week before the yard sale. If you are interested in participating at your own location, email Dian West at dian03241@gmail.com. Include “Yard Sale” in the subject line. There is no fee, but donations are gratefully accepted. Please check hebronchurchfair.org for updates

Churches

Christian Science Society, Plymouth

This past Tuesday church members gathered for a work day to plant new shrubs and do some yard work. The former large trees flanking the steps have been replaced by young yew “Capistan” bushes which will give more light to the front of the building. We will be mulching and refreshing the grass. We are grateful for all who pitched in! We’d love to have you join us at our Sunday services which are held at 10 a.m. each week in our church building at 7 Emerson St. in Plymouth. This week the subject of the Bible lesson is “Love.” The sermon which will be read starts with the verse

from Psalms, “We have thought of thy loving-kindness, oh God, I the midst of thy temple.”

On Wednesday evenings, we have a meeting at 6 p.m. which includes short readings from the Bible and from the Christian Science textbook, and also time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our Bible study and prayer. Everyone is most welcome to this meeting.

Both the Sunday and the Wednesday services are available to attend on Zoom and we love to have visitors from near and far. Visit our Web site at cs-plymouth-nh.org to request a link to these services.

We hold Sunday school for children and young people up to the age of twenty. We welcome all youngsters who

would like to participate. Students become familiar with the Bible, and learn truths which can help them in their everyday lives. It meets the same time as the church service. There is also a nursery for little ones.

On www.jsh.christianscience.com there are many resources both to listen to and read. You can sign up for a free newsletter with helpful articles which will come by email. This week there is a helpful audio podcast on the power of persistence.

On www.christianscience.com you can learn more about Christian Science. It’s also possible to link to and read The Bible and the Christian Science textbook “Science and Health with Key to the Scriptures” by Mary Baker Eddy. There are also on-line biographies of Eddy.



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Taking everything one hour, one minute at a time

It's very early on Monday morning in Tokyo. I am sitting in the press tribune at Odaiba Marine Park awaiting the start of the men's triathlon. The view is stunning.

But, for a while late last week, I really wondered if I would get here.

After the multitude of paperwork checks and other tests going through the airport, I arrived in my room at 11 p.m. on Thursday night, knowing I'd have to be in a quarantine for three days and any plans I had for the first few days were not going to happen. That part I was prepared for.

However, it came to me as I sat there that I had to take COVID tests on my first days in Tokyo and I was stuck in my hotel room without access to said tests. It took me until late Friday before I was able to get ahold of someone who lined up delivery of the

SPORTING CHANCE

By JOSHUA SPAULDING



tests for me.

But those three days, sitting in my hotel, leaving for 15 minutes each day to go across the street to buy some food, were interminable. I probably slept more in those three days than I did in the previous three months. While that may be an exaggeration, the problem with the quarantine was that I just didn't have anything to do. Yes, I had my script for Laughing Stock (opening at the Village Players Theater in Wolfeboro on Aug. 14) and my copy of Dan Egan's new book 30 Years in a White Haze. Both of them got some time. There was also plenty of watching Olympic coverage from the Japanese, which while hard to understand, was still interesting to watch. There is

a lot of badminton and softball on television in Japan.

But, I struggled to get through the days. My hotel room is pretty small and as such, there is no place to sit besides my hard desk chair and the bed. So as soon as I got tired of the desk chair, into the bed I'd go and it wouldn't take long until I was out.

And, I will make it perfectly clear, there's still a chance that things could go south. I know I am not free and clear yet and will count every minute and every hour that I am able to be here and do what I am doing as a blessing. With all that's going wrong and still can go wrong here and around the world, there's no telling what tomorrow will bring.

For the sake of the athletes who have worked hard to get here and deserve the chance to compete with the best in the world, I hope that



JOSHUA SPAULDING

ODAIBA MARINE PARK is the site for the triathlon at the Tokyo Olympics.

things go smoothly. And hopefully, I have more to write about in the coming weeks.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford

Steamer, Winnisquam The Baysider. He can be reached at josh@salmon-press.news at 279-4516, or PO Box 729, Meredith, NH 03253.

Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and

Circle Program announces leadership transition

Chelsea Francek steps down from leadership role

PLYMOUTH — The last year and a half presented new challenges for everyone, and the nonprofit sector was no exception. Nonprofit leaders had to respond to the rapidly changing environment, guiding staff, programs, services, and volunteers during a period of uncertainty. Circle Program successfully weathered this difficult period and continues to make a positive impact on the youth served through its year-round mentoring and summer camp programs. This would not have been possible without a dedicated staff, Board, and volunteer-mentor commitment to serving Circle's mission.

Given all of this, the Board of Directors announced today that Chelsea Francek will be stepping down from her role as Executive Director effective September 1st due to personal reasons.

According to Francek, "I had a wonderful experience and appreciate the opportunity to have been able to make an impact to the mission of Circle Program. Circle's mission to empower, transform, and enrich girls' lives truly does speak for itself. The girls have helped me gain a new understanding of the challenges, hurdles, and opportunities affecting their generation."

Francek's leadership at Circle Program will be missed and the Board and staff wish her well with her future endeavors. The Circle staff will continue to ensure all programming and support remains consistent for all of the participants during this period of transition. Board President Sarah Crane has appointed a search committee to begin the next phase of finding Francek's successor.

"Circle Program will continue our mission to empower, transform, and enrich girls' lives through community, connection, camp, and mentorship," commented Crane. "A search committee has been formed to facilitate the recruitment process, and will oversee a seamless transition for the next Executive Director."

More information on the position, including job description and application instructions will be available after July 27 on Circle Program's Web site at circleprogram.org.

Circle Program is a non-profit organization based in Plymouth. The organization provides a unique combination of year-round mentorship and residential summer camp to financially disadvantaged girls throughout New Hampshire.

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