



# Newfound Landing

THURSDAY, SEPTEMBER 15, 2016

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COMPLIMENTARY

## Danbury Grange Fair salutes famous faces of history

BY DONNA RHODES  
dhrhodes@salmonpress.com

DANBURY — The joys of rural life were showcased at last weekend's 102nd Annual Danbury Grange and Community Fair, encompassing craft vendors, a parade, raffles, judging of locally grown flowers and vegetables, and plenty of delicious food to keep everyone smiling throughout the day.

The theme of the fair this year was "Famous People in History," and many "familiar" faces appeared throughout the parade. Among them were Jackie and John F. Kennedy riding in a classic Mustang convertible, New Hampshire's very own Gen. John Stark and his men, Betsy Ross, and even Bon-

nie and Clyde cruised through town, clinging to the side of an antique black sedan.

Other floats saluted Walt Disney, biblical characters, legends of baseball and others who have made an impact on American lives.

After the parade, the excitement mounted as everyone awaited the annual Danbury Bed Race. Five teams signed up to take turns running an antique metal-framed bed down to the finish line on North Road, including one special group this year.

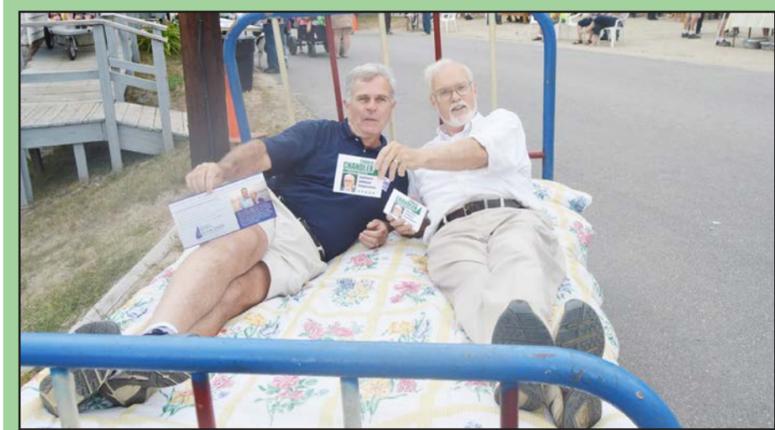
"The Candidates" team included Charlie Chandler and Brian Gallagher, each vying for State Senate District 2 in their respective political party. While the two

SEE GRANGE FAIR, PAGE A13



Six-year-old Mairenn of Bridgewater and her four-year-old cousin Juliette of Danbury displayed some of the candy they collected during the Danbury Grange and Community Fair parade.

DONNA RHODES



DONNA RHODES

### Strange bedfellows

Two of New Hampshire's District 2 Senatorial candidates, Republican Brian Gallagher (left) and Democrat Charlie Chandler (right), got "in bed together" at the Danbury Grange Fair just three days before the state primary last weekend. Results on how these and other candidates fared in the primary elections will be published next week's edition of our papers.

## Newfound School Board retains 'insurance' Agrees to return \$938K to reduce taxation

BY THOMAS P. CALDWELL  
Contributing Writer

BRISTOL — With an unaudited year-end fund balance of \$1,388,394, the Newfound Area School District has continued to maintain and even expand services while realizing savings that allow the district to return money that will reduce taxation.

The Newfound Area School Board on Sept. 12 voted to place \$99,999 of the fund balance into the school building maintenance expendable trust fund and to retain \$350,000 to cover unanticipated expenses in the 2016-17 school year, leaving \$938,395 to reduce the assessments to the seven member towns.

Bridgewater board member Vincent Paul Migliore praised the administration for its strong fiscal oversight and clear budget presentation, but he argued that the time has come to stop retaining funds that could go to further reduce taxation. He argued that placing \$99,999 into building maintenance made sense, but "I don't see the need to retain any of that money this year, certainly not the \$300,000."

Alexandria board member Suzanne Cheney described the retaining of money as "insurance"

against unexpected issues the district may face.

"I would like to keep SEE NEWFOUND, PAGE A13

## Bristol looks at regionalization

BY THOMAS P. CALDWELL  
Contributing Writer

BRISTOL — Town officials have invited representatives of the Newfound Area School District and its member towns to a discussion on regionalization, to take place on Thursday, Sept. 22, at the Old Town Hall.

Town Administrator Nik Coates said the idea for the meeting originated with Selectman Rick Alpers, who had attended a conference in which Laconia City Manager Scott Myers and Belmont Town Administrator Jeanne Beaudoin discussed their experi-

ence with a shared fire chief. The discussion prompted Alpers to suggest looking into what would work in the Newfound Area.

Coates said the open discussion will look for ways that communities can cooperate to save taxpayer money, from small things to bigger efforts. He gave examples ranging from looking into expanding the community newsletter to include other towns' announcements to investigating whether the school district could share information technology services and security.

The possibility of sharing highway equipment between towns is another area of potential regionalized cooperation, as is a shared health officer and a regional television station.

To get the conversation going, Alfred "Butch" Burbank, town administrator for Lincoln, will talk about what his town is doing for regional services.

At another upcoming meeting, on Tuesday, Oct. 18, at 7 p.m. at the Minot-Sleeper Library, the Bristol building committee

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24 pages in 2 sections  
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## Central NH begins to feel effects of widening drought

BY DONNA RHODES  
dhrhodes@salmonpress.com

Skies have been sunny for the greater part of this summer, and while that may seem very beneficial for outdoor activities, there is a down side to that as well — specifically, dry wells, low water levels for fishermen and boaters, and even an impact on wildlife and forests.

WMUR Meteorologist Kevin Skarupa said the southern and central regions of New Hampshire gradually worked their way into drought conditions beginning in June this year, while typically November is the month most temporary drought conditions occur.



DONNA RHODES

A cove off the Pemigewasset River in Bristol, typically the site of a vibrant water flow, is one of many areas in central New Hampshire left with little to no water this summer due to drought conditions that have struck the state.

"We never saw this coming in the spring, but here it is, and it's probably only going to

get worse before it gets better," Skarupa said. The key to restoring the state water table

to normal conditions would be a tropical storm. Skarupa, along with the state water table

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# 102<sup>nd</sup> Danbury Grange Fair

ALL PHOTOS BY DONNA RHODES



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# 102nd Danbury Grange Fair

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## PET of the Week Hoagie



Hoagie arrived at New Hampshire Humane Society in May. There really is nothing about this extremely handsome cat you could not be totally enamored with. He's resplendent in his lovely luminous white coat, and those spectacular yellow eyes will pierce your heart. Look down at his paws and see he has that special feline gene that created extra toes, his paws look ever so much like oven mitts!

Hoagie wasn't in the best of shape when we first took him in – but we've fatten him up, brought his vaccines

up to date, freed him of the parasites that were living off his body, and generally given him hope that a new forever home awaits. Hoagie of course, rests blissfully at our animal shelter, he may be hard of hearing making a firm pre-requisite, we want him to be an indoor cat-assured of safety at all times. Perhaps about four years young, Hoagie and his new family will enjoy many years of cozy companionship. Visit this majestic boy – you be glad you did.

Call 524-3252 or check [www.nhhumane.org](http://www.nhhumane.org)

## North Country Notebook

### One season ends, another begins: Time for the garden to die



By JOHN HARRIGAN  
COLUMNIST

My garden is like a weekend guest—it arrives all of a sudden, we get to know each other again, and then it's gone.

I put it in just yesterday, over Memorial Day weekend, in the usual manner: corn to the rear, then beans, then beets and carrots and radishes and lettuce, and finally three round mounds of cucumbers. It all has a seasonal cadence, near the end a foxtrot with frost.

And now most of it has seen its day, ready to be pulled, gone to seed.

I remember riding in a car with my mother and her mother, when I was very small, driving down the Vermont side of the Connecticut River, in Lemington, along the steep and dark and



JOHN HARRIGAN

Two harbingers of the seasons: A garden about to become "so yesterday," as the kids would say, and a furnace about to chuff.

spooky side of Monadnock, our Monadnock, not to be confused with Thoreau's love story in Jaffrey, and my grandmother saying that most of the wildflowers had gone to seed. I heard it as "Gone to sea," and in the wonders of childhood imagined thousands of flowers floating down the river, floating all the way to the sea.

No, gone to seed, as in "Job done, time to die." There is my Black-Seeded Simpson, for instance, bolting for the sky, too late to reach, its leaves long since too bitter to eat.

sun along the road to Landaff, my own little garden, and as I spent another happy summer there, given up by my parents for the season, up it grew, with me.

So the other day I went out to the garden for a cuke, and contemplated the havoc of what just yesterday was straight and neat. It is a disheveled mess, awaiting the heap that will begin its transition back to soil. If you want an example of something holistic, contemplate a garden.

But pulling up a garden planted just a moment ago is not a sad thing for me, any more than thinking about when to start dragging trees for the outdoor furnace or splitting up a little more kindling. It is all about loving the life.

*(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer's telephone numbers and town. Write to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or Box 39, Colebrook, NH 03576.)*

## Newfound Landing

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

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## Letters to the Editor

### Clinton has proven herself untrustworthy

To the Editor:

The State Department recently announced that there were 30 emails related to Benghazi recovered from Hillary Clinton's private email server. Why did Hillary Clinton delete emails related to Benghazi off of her personal email server? Better yet, why did she even conduct official State Department business on a private email server?

Clinton repeatedly said that she turned over all work-related emails to the FBI. Not surprisingly, it is now clear that she lied about that. If these emails were recovered, imagine what the contents of the other emails she attempted to wipe from the 13 de-

vices that housed her personal emails may have contained.

Four Americans died during the Benghazi attack. Their families, and the American people, deserve to know all the facts behind the events surrounding the attack and the response by Hillary's State Department and the Obama Administration.

Clinton's corrupt actions, repeated lies, and scandals should give all voters pause. We need someone we can trust to serve as our next president – that person is Donald Trump.

*Francine Wendelboe  
New Hampton*

### Volunteers making a difference

To the Editor:

Day Away would like to thank all its volunteers who have made, and continue to make, Day Away a success. We are a program located in Bristol, servicing the surrounding towns. In November, we will be entering our third year as a social program for those with early onset Dementia/Alzheimer's Disease.

It is a day of fun filled activities from 9 a.m. to 3 p.m. Each Thursday begins with coffee and pastry upon arrival, and the day continues with different activities such as making crafts, light exercising, having lunch made by a volunteer kitchen staff followed by a nice walk.

We get several visits from a wonderful therapy dog as well as local entertainers playing various instruments accompanied by a sing-a-long. Volunteers make each Thursday as special as the previous Thursday for our participants.

This day gives the caregiver a well needed re-

spite knowing the person she/he has brought to Day Away is cared for by trained staff and a Registered Nurse.

Volunteers in this program make a difference and have from the beginning. A trained volunteer stays with the participant one-on-one all day.

Would you like to be a volunteer or know someone who might like giving four hours of their time to help? Do you know someone with Dementia/Alzheimer's who could benefit from this program? Are you a caregiver who could use 6 hours of respite?

Remember all our volunteer staff is trained and a licensed Registered Nurse is always present at Day Away.

Those of us at Day Away always welcome new volunteers and new participants. Please contact Fran Olson at [franeolson@gmail.com](mailto:franeolson@gmail.com) or phone 744-6828.

*Lorraine Bohmiller  
Bristol*

### Why we must amend the New Hampshire Constitution

To the Editor:

New Hampshire was the very first state to adopt a form of government separate from the British Empire. New Hampshire's first constitution, only 911 words long, was adopted by the state legislature on Jan. 5, 1776 – six months before the Declaration of Independence was signed. The current New Hampshire constitution was adopted on June 2, 1784, replacing the original state constitution with a two-part document. The first part enumerates some of the unalienable rights which are the birthright of everyone, and the second part lays out the form of government for the state.

The Bill of Rights that constitutes Part First of

the NH Constitution is unique and remarkable when compared to most other modern state constitutions. It retains much of the fervor for self-governing rights that was expressed in Thomas Paine's world-changing "Common Sense," as well as the inspirational and powerful words of the Declaration of Independence.

Article 1 declares that: All men are born equally free and independent; therefore, all government of right originates from the people, is founded in consent, and instituted for the general good.

Article 2 declares that: All men have certain natural, essential, and inherent rights among

SEE LETTER, PAGE A5

**Underage drinking**

Think underage drinking doesn't affect a teen's brain? Think again.

IT'S A FACT. New research shows alcohol affects a teenager's developing brain differently than an adult's. Memory, learning and impulse control can be impaired seriously. The risk of addiction goes up dramatically. So talk to your kids about the dangers of alcohol and set clear rules about no alcohol use.

How to talk with your kids: [timetotalk.org](http://timetotalk.org)

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Oscar E. Foote, Sr., 97

CENTER HARBOR — Oscar E. Foote, Sr. of 81 Daniel Webster Highway passed away peacefully, surrounded by his family, on Sept. 10, 2016 at the home of his daughter, Donna Foote Wall, 11 days before his 98th birthday.



Born in Concord on Sept. 21, 1918, he was the second born and eldest son of Henry B. Foote and Roseanna (Mitchell) Foote in a family of twelve siblings.

He grew up in Meredith, Laconia, Concord and Penacook, and lived for a little while as a boy in New Brunswick, Canada, where his mother had been born.

He loved dogs, and in his youth had a small sled dog team winning ribbons in the New England Sled Dog Derby Junior competition.

He was married at 18 and a dad at 19, and spent his whole life dedicated to providing for his family and trying to treat other people as he wanted to be treated.

During World War II, he joined the Navy receiving training at Wentworth Institute in Boston and serving as Fireman 2/class aboard the LST 378 Land Sea Transport ship in France and England. At one point

during the war he and two of his five brothers were all serving at the same time.

After returning to civilian life, he and his wife Ozie settled in Norfolk, Va., where he worked for New Car Carriers, and where they had a small farm. In a few years, they set out for the sunny state of Florida, where he worked for Duval Engineers in Jacksonville, installing and maintaining the pumping systems which allowed excavation in wet areas including construction at Cape Canaveral which later became Cape Kennedy.

In 1963, they returned to their roots in New Hampshire, where he continued to use his skills as a heavy equipment mechanic, working for AJ Paquette & Sons Paving, Cantin Chevrolet and Person's Concrete before retiring to raise raspberries with his wife which they sold at Moulton's Farm in Meredith. It pleased him that people

would be waiting at the farm stand to buy their berries

He was predeceased by his wife of 63 years, Ozelina (Hammell), who died in 2001, and his daughter Charleen Balazs, who died in 2000.

Survivors include his daughter, Donna Wall, and her husband Thomas of Center Harbor; his son, Oscar E. Foote, Jr. of New Hampton; two grandchildren, Belonie Paquette Grant and her husband Timothy of Biddeford Maine and Danielle Paquette Home and her husband Ryan of Ashland; two sisters, Margaret Rondeau of Suncook and Irene Nickerson of Penacook; two sisters-in law, Katherine Foote of Penacook and Gloria Foote, also of Penacook; plus numerous nieces and nephews.

A beloved father, grandfather, and brothe, he will be missed by all whom he cared for and all who cared for him.

Family and friends may call at the home of Tom and Donna Wall, 81 Daniel Webster Highway, Center Harbor, on Saturday, Sept. 17 from 1-4 p.m. Burial will be at a later date. The Mayhew Funeral Home in Meredith is in charge of the arrangements.

Towns

Alexandria

Judy Kraemer 744-3532  
judy7@metrocast.net

Plant critters

I have grown tomatoes for many years. In the garden, in the greenhouse and now in raised beds on the back deck. For the first time I have been besieged by Tomato Hornworm. On-line tells me there is no prohibitor to the little green worm, beyond hand picking. At first, tiny green critters were difficult to see, but easy to remove. As time went on they grew and became harder to see. The last one I found was almost 3 inches long and the size of my small finger in diameter. It seems they lay eggs in the soil and return next year. Disturbing the soil will help destroy them. Time will tell.

From the town

Selectmen's Meeting Sept. 6

The minutes from Aug. 30 were approved.

Items Reviewed and Signed

Notice of Intent to

Cut: 16-005-12-T Garden Map 417 Lot 9 & 10 on Cass Mill Road

Letter to State Fire Marshall requesting inspection of property (Map 412 Lot 18)

Business

The Selectmen reviewed a Regional Impact Notification (RSA 36:54) from the Town of Plymouth

regarding a Site Plan Review for a 100-foot Ground-mounted Personal Wireless Communications Tower at 583, Tenney Mountain Highway, Plymouth, NH 03264; the Plymouth Planning Board will be reviewing the application on Thursday, September 15, 2016 at 6:30 pm at the Plymouth Town Hall.

The Selectmen reviewed an Invitation to Newfound Area Regionalization Forum being held Sept. 22 at 6 p.m. at the Bristol Old Town Hall; Mr. Tuthill said that he will be attending the meeting.

The Selectmen announced the following upcoming meetings/events:

Wednesday, Sept. 7

at 6 p.m.: Town Moderator meeting with the Selectmen,

Supervisors of the Checklist, Town Clerk and Ballot Clerks to review election laws

NH State Primary, Tuesday, Sept. 13, polls open from 8 a.m. to 7 p.m. at the Old

Town Hall, 45 Washburn Rd.

Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

Grange Fair

The 102nd annual Grange Fair was held on Saturday, Sept. 10. The parade was grand, and the bed race competition was fierce. Approximately 200 people enjoyed the homemade baked beans and ham supper. Cardigan Mt Tradition played their bluegrass music on the stage to a full house. The auction ended the evening with the usual laughter and bidding wars. The fair, a Danbury tradition for generations, is sponsored by the Blazing Star Grange.

SEE TOWNS, PAGE A6

Letter

FROM PAGE A4

which are, the enjoying and defending life and liberty; acquiring, possessing, and protecting, property; and, in a word, of seeking and obtaining happiness.

Article 8 declares that: All power residing originally in, and being derived from the people, all the magistrates and officers of government are their substitutes and agents, and at all times accountable to them.

And Article 10 declares that: Government being instituted for the common benefit, protection, and security, of the whole community, and not for the private interest or emolument of any one man, family, or class of men; therefore, whenever the ends of government are perverted, and public liberty manifestly endangered, and all other means of redress are ineffectual, the people may, and of right ought to reform the old, or establish a new government. The doctrine of nonresistance against arbitrary power, and oppression, is absurd, slavish, and destructive of the good and happiness of mankind.

Article 14 declares that: Every subject of this state is entitled to a certain remedy, by having recourse to the laws, for all injuries he may receive in his person, property or character, to obtain right and justice freely, without being obliged to purchase it; completely, and without any denial; promptly, and without delay, conformably to the laws.

As we can see, there

should be no shyness about the right and authority of the people of New Hampshire to change their constitution and style of government when the living generation finds that old ways and new wrongs have the effect of depriving them of their unalienable rights and their ability to govern their own communities.

Systemic errors in our current state and national governments result in violations of the right of local community self-government. It is beyond argument that these violations are real, constant, and have gone without remedy by elected representatives and the court system of the state. It has been left to the people to take corrective action, by demanding constitutional change that will guarantee in specific, unassailable terms that it is the people who govern, that they have the authority, power and right to enact and enforce laws in their own communities that prevent the state from empowering corporations to violate community rights under color of state law.

In the name of the people, the state creates corporations by issuing charters. Corporations are therefore creatures of the state, and governable in their existence and in their actions by the people. But a long train of abuses and usurpations, in which courts and legislatures have elevated corporate power over general community rights suggests an unspoken plan to reduce our democratic rights to proportions manageable by a corpo-

rate minority. It is, as our state constitution enumerates, the people may, and of right ought to reform the old, or establish a new government. The doctrine of nonresistance against arbitrary power, and oppression, is absurd, slavish, and destructive of the good and happiness of mankind.

The peaceful remedy for these wrongs is for our state legislature to support the New Hampshire Community Rights Amendment and allow the people of the state to decide whether or not to adopt it as part of our constitution. This amendment has been drafted and proposed by the New Hampshire Community Rights Network (NHCRN). Contact NHCRN at info@nhcommunityrights.org.

Michelle Sanborn  
NHCRN Coordinator  
Alexandria

Plymouth Regional High School

Holiday Craft Fair  
Saturday, November 19th  
9:00 am - 3:00 pm

You cannot go wrong with a handmade gift for your loved one this holiday season!

Local New Hampshire artists and craftsmen will be showcasing their work in mediums such as pottery, paintings, jewelry, clothing, quilts, afghans, ceramics, woodwork, soaps, felting and more.

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# Churches

## Family Worship Center Ply. Assembly of God

Thursday, Sept. 15, 6:30-8 p.m., please join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys elementary through high school; Mpaact Club for girls, preschool through high school; and two Adult Bible Studies: one led by Pastor Glen Yunghans and the other by Scott Gusha. Do come for this great time of fellowship and learning.

Sunday, Sept. 18, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10 a.m.: Sunday morning service with Contemporary Music and Biblical Teaching. Nursery for ages newborn to three. There is a children's ministry during the morning service for Preschool, and grades K-4. You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Monday, Sept. 19, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Saturday, Sept. 24, 10 a.m., Men's brunch at the church. Please contact Pastor Glen or Willy Gusha for information and reservations.

Scott Gusha has accepted the leadership of the Operation Christmas

Child project. Boxes of school supplies and other items for children are needed. Scott has a list of needs and do's and don'ts on the table in the hall opposite the sanctuary. Please contact him for information.

Michelle Thayer has a ministry to the residents at Forestview Manor in Meredith.

Part of the Church roof has been repaired, and we are grateful to the company who did the job so well, and for the donations towards this project. The church is now holding a "Raise The Roof" project in an effort to pay this off quickly, so all donations can be made out to Family Worship Center and marked "Roof Project" and are greatly appreciated.

Our Mission Statement is "Transforming lives through God's Word."

Our church is collecting funds for prison ministry, also aluminum cans to support the cost of ministry supplies such as Bibles and printed literature. A collection barrel is at each church entry. Please continue to support this ministry. Money donations may be made to the church marked "prison ministry."

Prayer requests for the bulletin may be given to Candy Gusha at craftmom03264@yahoo.com.

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing fwcag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone

is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgodplymouthnh.org.

## Church of the Holy Spirit Episcopal

It is so wonderful to have the Rev. Randy Dales back for our services. His enthusiasm is very infectious. We are very grateful for the supply priests who conducted our services for the month of August. They were wonderful, inspiring and so supportive.

### Sept. 10: Plymouth Town Wide Yard Sale

The Town Wide Yard for Church of the Holy Spirit was a great success. We want to thank all the people who worked so diligently to make it such a successful church and community event. We want to thank especially Barbara and Bobby Brooks for all their contributions and help, as well as Bob and Anne Cochran who organized so much of the event.

### Sept. 11: Meeting with Canon Hannah Anderson

Our meeting with Canon Hannah Anderson was extremely successful and productive. We had a very good turnout. Although it was quite a long meeting, Hannah was most generous with her time. People had ample opportunity to express their feelings about past events as well as what is

occurring presently. We are looking forward to our possible gathering with Bishop Rob to discuss our future plans. This is an exciting time for us!

### Stewardship Campaign for 2017

Be on the lookout next week for your stewardship packet! In the meantime, we ask that as you prayerfully consider your pledge for the 2017 giving year, also think about why you love being a part of CHS and the Episcopal Church! If you'd like to assist with the campaign, please contact the Stewardship Committee chair Anne Hunnewell or the other members of the committee: Bob and Anne Cochran, Kathy Lennox and Christina Mason.

### Quilting Group

Just a reminder that the quilting group will be meeting on Friday, Sept. 16 at 10 a.m. in Griswold Hall.

## Holy Trinity (Roman Catholic)

### Weekly Meetings Thursday, Sept. 15

Day Away Program, Simard Hall, 9 a.m.-3 p.m.

~AA meeting Monday-Saturday, St. Matthew Hall 11 a.m.~

### Bible Study

Bristol Bible Study begins this Wednesday, Sept. 14 at 9 a.m. at the Marian Center. Bible Study continues in Plymouth at 3:30 p.m. in the St. Matthew Meeting Room. We will continue to study the Letters of St. Paul. Bring your Bible and your desire to grow closer to the Lord.

### What is your Question? Come to Alpha!

What's the meaning of life? Why are we here? Is there a God? Is this it? When: Tuesdays, September 20th to December 6th (No meeting on November 24th) Meetings are 6 to 8 p.m. at St. Matthew Hall includes a meal No commitment No cost Everyone welcome, Bring family, friends, neighbors! Try a session or two, and come back for more!

### Plymouth State University Campus Ministry

Plymouth State students! The only place on campus where you can have a candle - and light it! - is in the Reflection & Spiritual Care Center, across from Lamson Library, up the street from the shuttle bus stop. New international students found it recently. What about you? Stop on by and check out the Reflection Room.

Weekly student meetings of Catholic Campus Ministry are Tuesdays at 7 p.m. in the Reflection & Spiritual Care Center, across from Lamson Library, up the street from the shuttle bus stop. Meet new friends, enrich your spiritual life, and take on a leadership role! We pray, study the Bible, and discuss culture, campus life, religion, and other issues from a Catholic perspective,

and plan social, spiritual, and service activities. Something for everyone!

Learn about Campus Ministry at all Masses at St. Matthew Church the weekend of Sept. 17-18.

Monthly prayer services & suppers with Fr. Leo for students begin Sunday, Sept. 25, at 6 p.m. at Holy Trinity rectory. Students interested in attending should contact Kathy Tardif at km-tardif@plymouth.edu by Friday, Sept. 23, so that we have enough food for everyone.

Homemade comfort food: Students remember the monthly suppers that Fr. Leo hosts for the students long after they have graduated from PSU. Parishioners interested in providing a dish for these suppers should contact Sandy Abbott at 254-3431 or sandyabbott6@gmail.com.

### Haven Pregnancy Services - Volunteer Training

We are in need of some new volunteers so we are having a volunteer training, Mondays, Oct. 24, 31 and Nov. 7. Attendance is needed on all three days from 10:30 a.m. to 3:30 p.m.

## Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

Sunday, Sept. 18, 9:30 a.m. A Covenant of Being

Leader: Rev. Linda Barnes

Worship Associate: Paul Tierney Director of Music: Sarah Dan Jones

This month our theme is covenant. This service explores the intimate and unspoken covenants we make in our innermost relationships - as parents/children, couples, siblings, and friends. How does this, for better or worse, connect us to the past and make us responsible to the future?

Children and Youth Religious Education, Meredith Flynn, DRE

Room 1: Preschool-Kindergarten: Chalice Children- Core Message- Our church symbol is a Chalice.

Room 2: First-Third grade: In Our Hands- Core Message- I'm important and you are important.

Room 3: Fourth-Fifth grade: Windows and Mirrors- Core Question- Who are you and how does that effect the way you see the world.

Middle school: Neighboring Faiths- What is Religious?

High school: Youth Group- No class

Social Justice Community Outreach

Items such as small jars of peanut butter, jelly, and canned tuna or chicken can be deposited

in the basket in the foyer for the "GOT LUNCH! PLYMOUTH" program, as well as canned or dry packaged food items in the basket for our local Community Closet collection.

### Upcoming events

Mark your calendars for Friday, Sept. 23, at 7 p.m.

Will Ogmundson, Emmy award nominated composer and pianist, will be performing songs from his new album, Phoenix, as well as ragtime selections and the ever popular audience request medley. He has been the music director for Educational Theatre Collaborative (ETC) for several years, a featured pianist for New Hampshire Music Festival, and more. Learn more on his website www.williamogmundson.com and watch him on the following link to a segment on TV: <http://www.wmur.com/new-hampshire-chronicle/wednesday-june-15th-concert-pianist-william-gmundson/40003108>

Suggested donation at the door is \$15 per person. Refreshments will be available. This fundraiser will help fund the Starr King UU Fellowship Youth Group's service trip to Nicaragua in April 2017.

### Ongoing activities

Choir will meet again in starting Sept. 1 and on most Thursday evenings, 7-8:30 p.m. in the sanctuary.

### Lay Pastoral Care

Under the guidance of the Rev. Linda Barnes, the Lay Pastoral Care Associates are here for you. When you have a pastoral care need or know of a need in our Starr King family, please contact Rev. Linda or one of the associates listed here: Jay Apicelli, Brian Haskins, Linda Haskins, Deedie Kriebel, Amy MacDonald, Darlene Nadeau, Edie Patridge, Mary Tierney, Bill Trought, Stew Weldon

1st Friday morning Breakfast Group will meet again in the fall at the PSU dining hall at 8:30 a.m. for a casual gathering of SKUUF members and friends for good food and discussion followed by an occasional discovery outing. Contact Deedie at cdkriebel@gmail.com for information.

Starr King Men's Group will meet again starting Sept. 18, 6-8 p.m., and the 1st and 3rd Sundays following.

Sunday, Sept. 11, Second Sunday Hike Depart SKUUF rear lot at noon-time. Contact Mitch at mitch@newfoundfarm.org to register and receive updates. Rain cancels.

Bike the Rail Trail. We need a volunteer organizer for a Rail Trail trip on Sept. 17 (or a date of your choosing). If you are interested in leading this adventure or biking with us, please contact mitch@newfoundfarm.org to register and receive updates.

See Activities committee on the Web site at [www.starrkingfellowship.org](http://www.starrkingfellowship.org) SEE CHURCHES, PAGE A14

## Towns

### FROM PAGE A5

### Old Home Day

Once held in August, Old Home Day was moved to the Sunday following grange fair as many folks travel back home for the fair. This year, the event was sponsored by the South Danbury Church. The historical society sponsored an event at the schoolhouse in the afternoon.

While we are talking about annual traditions, mark your calendars for the Fireman's Turkey supper for Oct. 8.

### 1856 Breakfast

Sunday, Sept. 18 is the third 1856 breakfast in honor of Huntoon Farm's 160th anniversary. The a la carte items include codfish cakes, baked beans, fruit, johnnycake plus a 2016 breakfast sandwich for those with newer tastes. The seating for the breakfast is outside so rain really dampens the spirit of the day. Take outs are available. The final repeat event is Oct 16.

## Groton

Jo O'Connor 217-9002 grotonnews@yahoo.com

There was a Select Board Meeting on Sept.

6. Meeting announcements were made and minute approvals. Under new business we had the swearing in of our new Selectman Kyle Andrews. Welcome back Kyle, we are glad you have chosen to serve the Town in this capacity again.

New signs have been placed on Hall's Brook Road by the State Highway Department. There was some discussion in our last meeting about the number and placement of those signs. There have been a few moved or removed since that discussion.

On a sad note, Pam Ferriere has resigned as Supervisor of the Checklist. She regrets this decision but there are circumstances that require this. On the same night we accepted Pam's resignation, Gina Rescigno came forward to serve in this position at the request of the Supervisors. We are grateful since elections will have already taken place by the time you read this article and we have another big election coming up in November (I'm sure there's not much chance for you to have forgotten that one).

The Town House now has a cleaning person we are very happy for that. She does a great job!

The Announce-

ments for this week:

Select Board work session at the Town House, Tuesday, Sept. 27 at 4 p.m.

Planning Board meeting at the Town House, Wednesday, Sept. 28 at 7 p.m.

Zoning Board meetings at the Town House on Monday, Sept. 19 at 7 p.m. for work session and Monday, Oct. 17 at 7 p.m. for regular meeting.

Select Board office will be closed: Sept. 16 through 21, Sept. 26, the office will be closing at 1 p.m., and Oct. 24, the office will be closed from 1:40-3 p.m.

First Annual Cemetery Cleaning September 17th 9:00am to Noon at Rolfe Hill Cemetery (behind the Town House). We will be cleaning the stones to get off all the lichen and moss that has taken up residence there. If you would like to volunteer, please bring soft nylon brushes/toothbrushes and a bucket. Wear work clothes. The Cemetery Trustees will provide gloves but no harsh chemicals will be used. A picnic lunch will be provided. Please join us to honor those who have died by taking care of the beautiful monuments. If you have any questions, please call Elizabeth Jespersen at 273 2425.

# Silent film classic "The Freshman" on Thursday, Sept. 22 at Flying Monkey in Plymouth

*Celebrate football season with Harold Lloyd's comic masterpiece about college life, with live music*

PLYMOUTH — What happens when a first-year student's dreams of college collide with the realities of campus life?

The result is Harold Lloyd in "The Freshman" (1925), one of the most popular comedies of the silent film era. Filled with classic scenes and a great story, "The Freshman" endures as one of Lloyd's most crowd-pleasing movies.

See for yourself with a screening of "The Freshman" (1925) on Thursday, Sept. 22 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth.

The program will be shown with live music by Jeff Rapsis, a New Hampshire-based silent film accompanist. General admission is \$10 per person.

The program is the latest in the Flying Monkey's popular silent film series, which offers audiences a chance to experience silent film as it was intended: on the big screen, with live music, and in a theater with an audience.

"Put the whole experience back together, and you can see why people first fell in love with the movies," Rapsis said.

"The Freshman," the most successful film of Lloyd's career, was an enormous box office smash. Its release sparked a craze for college films that lasted well beyond the 1920s, and even a popular hit song, the collegiate fox trot "Freshie."

The story follows Lloyd, small town newbie, to Tate Col-

lege, where he hopes to achieve fame as Big Man on Campus. Instead, his quest to win popularity becomes a humiliating college-wide joke, with Harold getting tricked by upperclassmen into hosting the school's annual "Fall Frolic" at his own expense.

Realizing he's an outcast, Lloyd decides he can make his mark on the college football team, where he holds the lowly position of waterboy and serves as tackling dummy. On the day of the Big Game, can the bespectacled "freshie" somehow save the day and bring gridiron glory to dear old Tate?

For football fans, the film's climactic game sequence was shot on the field at the actual Rose Bowl in 1924. The crowd



COURTESY

Harold Lloyd and Jobyna Ralson co-star in "The Freshman" (1925), a genre-defining comedy about college life in the 1920s. Regarded as Lloyd's masterpiece, "The Freshman" will be shown on Thursday, Sept. 22 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth, N.H. General admission \$10 per person. For more information, visit [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com) or call 536-2551.

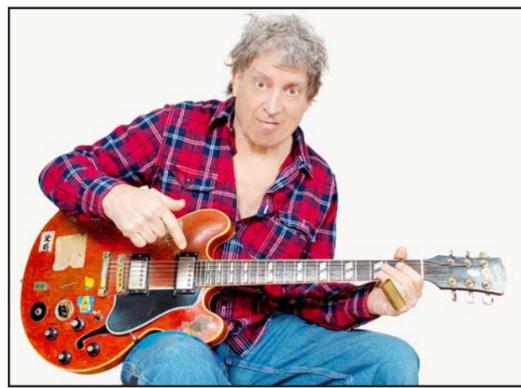
# Blues icon Elvin Bishop to perform in Plymouth

PLYMOUTH — The legendary blues guitarist/songwriter/vocalist Elvin Bishop will perform at The Flying Monkey in Plymouth on Friday, Sept. 16 at 7:30 p.m. Bishop first hit the national spotlight with the Paul Butterfield Blues Band, then with Southern Rock stylings in the '70's, and back to the blues roots in the blues. The Delta Generators will open the show. Tickets for this concert start at \$39.

Bishop has been performing his rollicking brand of electrified front porch blues for over 50 years. That is a lifetime in the music industry, and found him moving from blues to southern rock and back to the blues and subsequent Grammy nods.

Rolling Stone magazine sums it up best when they describe Elvin Bishop's live show, "A good time romp...raucous blues with high-energy soloing, mixtures of careening slide and razor-edged bursts, all delivered with unflagging enthusiasm and wit."

His guitar playing seems to improve with every performance, and



COURTESY

The legendary blues guitarist/songwriter/vocalist Elvin Bishop will perform at The Flying Monkey in Plymouth on Friday, Sept. 16 at 7:30 p.m.

his songwriting is filled with clever revelations and homespun wisdom. He is as slyly good-humored and instantly crowd-pleasing as he was when he was scoring Southern rock-styled hits during the 1970s. For five decades, he has never stopped touring or releasing instantly recognizable music featuring his groundbreaking playing, easygoing vocals, witty lyrics and good-time humor.

Bishop received a Living Blues Award for Best Blues Album of 2014 for "Can't Even Do Wrong Right." He also won three 2014 Blues Music Awards: Album Of The Year, Song Of The

Year, and Band Of The Year. With his "so-loose-they're-tight" road band behind him, along with friends Charlie Musselwhite and Mickey Thomas, Bishop has created one of the best albums of his career. In 2016, Elvin Bishop was inducted into the Blues Hall of Fame.

Don't miss good-time music that is sure to get you out of your seat and groovin' and put a smile on your face.

Tickets for Elvin Bishop are \$39 and \$49 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

scenes were shot at half-time at California Memorial Stadium during the November 1924 "Big Game" between UC Berkeley and Stanford University. Other exterior scenes were filmed near the USC campus in Los Angeles.

Beyond its comic appeal, 'The Freshman' today has acquired an additional layer of interest in its depiction of college life in the 1920s—a time of raccoon coats, ukeles, and many other long-gone fads and fashions.

"It was long before television, the Internet, cellphones, or Facebook," said Rapsis. "To us today, it looks like college on another planet, which I think adds to the appeal of a film like 'The Freshman.' But at its core, 'The Freshman' is still a great story about people, and that's why it remains such an entertaining experience today, especially when shown as Lloyd

intended it."

In 1990, "The Freshman" was selected for preservation in the U.S. National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant," named in only the second year of voting and one of the first 50 films to receive such an honor.

Lloyd, along with Charlie Chaplin and Buster Keaton, is recognized as one of the silent screen's three great clowns. Lloyd's character, a young go-getter ready to struggle to win the day, proved hugely popular in the 1920s. While Chaplin and Keaton were always critical favorites, Lloyd's films reigned as the top-grossing comedies throughout the period.

However, Lloyd's public image faded after his retirement in the 1930s, when he turned his energies to charitable causes

such as the Shriners. He retained control over his films, refusing to release them for television and only rarely allowing them to be screened at revivals, fearing modern audiences wouldn't know how to respond to his work or to silent films in general. He died in 1971.

In recent years, Lloyd's family has taken steps to restore Harold's reputation and public image. They've released his work on DVD, and arranged for more frequent screenings of his films in the environment for which they were made: in theaters with live music and a large audience.

Despite the passage of time, audiences continue to respond just as strongly as when the films were new, with features such as "The Freshman" embraced as timeless achievements from the golden era of silent film comedy.

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# Pianist William Ögmundson to perform at Starr King UU Church on Sept. 23

PLYMOUTH — Emmy-nominated composer and pianist William Ögmundson will perform a benefit concert on Friday, Sept. 23 at 7 p.m. at Starr King Unitarian Universalist Fellowship, 101 Fairgrounds Rd. in Plymouth. Ögmundson will perform works from his new album, "Phoenix," which was released this past May.

Proceeds from the concert will benefit the Starr King Youth

Group's 2017 service trip to Nicaragua. A \$15 donation is suggested.

A celebrated performer, Ögmundson has delighted New Hampshire audiences with his dynamic and virtuoso style for several years. He has been the music director for the Educational Theater Collaborative (ETC) at Plymouth State University and has been the featured pianist for the New

Hampshire Music Festival Orchestra. Ögmundson has also performed throughout Europe, including notable performances at Notre Dame Cathedral in Paris and St. Peter's Basilica in Rome.

More recently, Ögmundson has won acclaim as a composer. His score for the original ETC production of "Pollyanna!" was the highlight of the 2011 season. The 2013 production of "Marking

the Moment," a celebration of the Town of Plymouth's 250th birthday, featuring Ögmundson's music, won the Moss Hart Memorial Award at the New England Theater Conference.

Ögmundson was nominated for a 2012 New England Emmy Award for best original music for New Hampshire Public Television's "Bullies and Bystanders Be Aware."



William Ögmundson

COURTESY PHOTO

# LRSO announces 2016-2017 season

MEREDITH — The Meredith-based Lakes Region Symphony Orchestra (LRSO) is proud to announce its upcoming 2016-2017 season. Celebrating our 41st year, the LRSO begins another fabulous concert season on Saturday, Nov. 5 at 7:30 p.m. Due to auditorium seating renovations at Inter-Lakes High School (for which we are very excited!) this November concert will be held at Moultonborough Academy.

We thank them for welcoming us to their facility. The November concert features the winner of our 2016 Student Concerto Competition Nanako Shirai, an amazing violinist from Hanover High School. Nanako will be performing Mendelssohn's "Violin Concerto in E Minor." Also on the November program, the "Overture to Don Giovanni" by Mozart, and Beethoven's magnificent "Symphony No. 7."

We return to the newly-renovated Inter-Lakes Auditorium for our glorious holiday concerts on Saturday, Dec. 10 at 7:30 p.m., and Sunday, Dec. 11 at 3 p.m. These holiday concerts are perennial family favorites for young and old alike. This year we feature local soprano



LRSO 2016-2017 Soloists (L to R): Nanako Shirai, Karen Jordan, Margaret Hopkins, Sally Wituszynski, Michael Gallagan.

COURTESY

Karen Jordan performing a variety of holiday classics. Snuggle in to the delightfully comfortable new seats at Inter-Lakes and enjoy this holiday spectacular.

On March 18, 2017, we present an original composition by local composer and former New Hampshire resident Ken Pitrowski. LRSO will be performing Ken's "Anishinaabeg Rhapsody," conjuring images of rippling grasslands and crashing waterfalls of nature. Also on the program are "Nimrod from the Enigma Variations" by Elgar, "Sinfonia Concertante for Violin and Viola" by Mozart, and the incomparable Symphony No. 9 "New World" by Dvorak.

April 9, 2017 is our family-friendly and activity-filled Family Concert. We will fea-

ture a local student performance, along with Benjamin Britten's famous "Young Person's Guide to the Orchestra". This special family concert is free for students, and only \$5 for adults.

We end the season on May 13, 2017 with "The Sounds of Sinatra!" Returning for a second appearance with the LRSO is sensational crooner Michael Gallagan with our tribute to Frank Sinatra. Those who attended our Holiday concerts in December 2015 recall Michael's incom-

parable showmanship and outstanding vocal facility. This will be a sold out concert. Please purchase your tickets early.

Tickets are \$15 for adults and \$8 for students college-age and under and are available online now at [www.LRSO.org/tickets](http://www.LRSO.org/tickets), or by mail using the order form on that web page. Save 20 percent with our adult discount season tickets, available now through the November concert.

Tickets will be available in October at the following ticket outlets:

Innisfree Bookshop and the Mobil station across from the town docks in Meredith; Greenlaw's Music in Laconia; and Bayswater Books in Center Harbor. Complete information is available at [www.LRSO.org](http://www.LRSO.org), and find us on Facebook at /LRSO1.

LRSO wishes to thank its sponsors for their generous support of our upcoming season: Bank of New Hampshire, E.M. Heath, Foley Oil & Propane, Fay's Boat Yard, Bellwether Credit Union, and Sharon Sat-

nick.

As always we appreciate your patronage and look forward to seeing you this season.

### About The Lakes Region Symphony Orchestra

The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing over 36 communities in the Lakes Region and beyond.

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# Mid-State bids farewell to founder, welcomes next generation of leadership

*Visionary CMO Frederick Kelsey passes baton to rural family medicine veteran Claire Reed*

PLYMOUTH — Frederick Kelsey, MD, FACP, has been an advocate for our community and its health since 1979. As Mid-State Health Center's founding Chief Medical Director, Dr. Kelsey's patient-centered leadership has kept us at the forefront of primary care innovation for almost two decades. Now, as he steps into retirement, we honor and appreciate Dr. Kelsey's tireless commitment to the health of Mid-State's patients and providers. He is a man of integrity, wisdom, and compassion who leaves a legacy of healing — healing the sick, healing the healers, and healing a fractured health care system.

That legacy will be nurtured by incoming Chief Medical Officer Claire H. Reed, MD, FAAFP. Dr. Reed is a family medicine practitioner with over 30 years of experience in primary

care. She earned her medical degree from Texas A&M Health Science Center and completed her residency in Wichita, KS. Since then, Dr. Reed has practiced in both Kansas and Wisconsin, most recently serving as Medical Director of Bridge Community Health Clinic in Wausau, Wis.

"Dr. Reed's commitment to rural community health is inspiring. She is a warm, enthusiastic and capable advocate for patients and clinicians, which simply makes her an excellent choice to succeed Dr. Kelsey. We are so pleased to welcome her to the Mid-State Team," said CEO Sharon Beaty. Dr. Reed says her goal is to continue Dr. Kelsey's work.

"Our priority for Mid-State Health Center is to keep providing high quality, accessible care that puts patients and their needs at the center of a team with



Mid-State Health Center's Sharon Beaty, CEO and Dr. Claire Reed, Chief Medical Officer.

services such as psychology, health coaching and dental care," she said.

Balance is a key concept in Dr. Reed's leadership style. She knew she'd found a home when she came to interview and saw how central balance was to Mid-State's philosophy of care. She was impressed with how

the healthy work-life balance kept clinician turnover low while a balance between integrated care and metrics kept patients happy and healthy.

"In big cities, fam-

ily practice often becomes just a gateway to consultants, and it's fragmenting primary care," Dr. Reed explained. "In small towns, we have more of an ability to practice

the full scope of family medicine, which covers everything from birth to death, and I really enjoy that!"

Dr. Reed and her family moved to Plymouth in mid-June, and they are thoroughly enjoying all the beauty the Lakes Region and the White Mountains have to offer. In her spare time, she enjoys reading, hiking, knitting and spending time with family. Please join us in welcoming Dr. Reed to the Mid-State family!

Mid-State is accepting new patients of all ages and encourages anyone interested in learning more about Mid-State's clinical team and its services to visit them on the web at [midstatehealth.org](http://midstatehealth.org) or by calling 536-4000.

## Stefanie Bissonnette celebrates five years at Pemi-Baker Community Health

PLYMOUTH — Pemi-Baker Community Health is proud to announce Stefanie Bissonnette's five-year work anniversary as a Hospice nurse. Stefanie loves being a home care nurse at PBCH. She enjoys the fact that PBCH is all about community and offers their staff the opportunity to do their very best. Stefanie came from southern NH where everything was at higher speeds, with bigger agencies that just looked at patients as numbers. Flexibility is huge for her which is why she has stayed in the home care setting so long. She started working in Hospice two years ago and felt it was a good fit for her. She has since come to love and enjoy it tremendously. The patients she gets in the hospice program are sometimes so sick, they just want to come home from the hospital to die, and Pemi-Baker is their only chance to come home and be with loved ones until the end.

When we asked two PSU nursing students who worked with Bissonnette to mention a few things they mentioned how she obviously really enjoyed what she did, al-

ways exuding such positive energy. They loved that she uses humor to make patients laugh while still showing such respect and care.

A former patient's family members continued the compliments, writing "Dear Stefanie, There aren't words to convey the gratitude we feel for you. Your thoughtful respect and guidance for our dad and our family during his dying was an incredible gift. We were all so relieved that you, who cared so beautifully for our mother, would be with us for Dad's transition from her to his new life"; "Dear Stefanie, My family and I cannot thank you enough for taking such good care of Dad in the final weeks of his life. The care and compassion you gave him was incredible! You are so good and God has called you to a very special ministry that you do so well. You helped make Dad's death a very peaceful one. Thank you and may God continue to bless you and your ministry"; and "Stefanie, Thank you so much for making 'M's' last weeks and days the best that they could be! You're a great nurse and we couldn't have asked

for any better. You gave your heart. If it wasn't for you, I don't know how it would have gone if it hadn't been for you as things started moving faster than I could handle. You are the very best!"

To get her Hospice certification, Bissonnette will sit for an exam in October. With more than 26 years' experience as an RN and with previous national certifications in Oncology and IV Therapy, there is no doubt about her huge wealth of knowledge. Pemi-Baker Community Health is proud and lucky to have such an experienced staff member. Good luck, Stefanie!

Pemi-Baker Community Health is a 49-year old nonprofit home health agency serving over 900 clients and their families annually from 12 member towns in central New Hampshire. Services include at-home healthcare, hospice and palliative care, on-site physical and occupational rehab therapy and fitness memberships including fitness classes in our 90-degree therapy pool and fitness gym. Please visit our website: [www.pbhha.org](http://www.pbhha.org) or like us on Facebook: Pemi Baker Community Health.

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Because there are seldom signs or symptoms of high blood cholesterol, many individuals are not aware that their cholesterol level may be too high. That's why, starting as early as age 20, everyone should have cholesterol levels checked at least once every five years. People at risk or over 65 should discuss with their doctors how often they should be tested.

### The Two Types of Cholesterol and their Differences

Low-density lipoproteins (LDL) carry cholesterol to all the cells in your body, including the arteries that supply blood to your heart. LDL cholesterol is sometimes called "bad" cholesterol because it can build up in the walls of your arteries. The higher the level of LDL cholesterol in your blood, the greater your chances of getting heart disease. High-density lipoproteins (HDL) carry cholesterol away from the cells in your body. HDL cholesterol is sometimes called "good" cholesterol because it helps remove cholesterol from your artery walls, then the liver removes the cholesterol

ol from your body. The higher your

HDL cholesterol level, the lower your chances of getting heart disease. When doctors talk about concerns

over cholesterol, they are usually referring to LDL cholesterol.

The Dangers of High LDL Cholesterol

Cholesterol can build up on the walls of your arteries, the blood vessels that carry blood from the heart to other parts of the body. This buildup of cholesterol is called plaque, and can pose these health dangers:

Arteriosclerosis. This is also referred to as hardening of the arteries. Over time, the plaque can build

up enough to narrow your arteries, and can slow down or block the flow of blood to your heart.

Coronary Heart Disease (CHD). Arteriosclerosis can occur in blood vessels anywhere in your body, including the ones that bring blood to your heart, called the coronary arteries. If plaque builds up in these arteries, the blood may not be able to bring enough oxygen to the heart muscle.

Angina. The buildup of plaque can lead to chest pain called angina, a common symptom of CHD. It happens when the heart does not receive enough oxygen-rich blood from the lungs.

Heart Attack. Some plaques have a thin covering, so they may rupture or break open. A blood clot can then form over the plaque. A clot can block the flow of blood through the artery, and cause a heart attack.

Factors you cannot control: High blood cholesterol can run in families. An inherited genetic condition (familial hypercho-

lesterolemia) results in very high LDL cholesterol levels. It begins at birth, and can cause a heart attack at an early age. Other factors you can't control are related to age and sex. Starting at puberty, men have lower levels of HDL than women. As women and men get older, LDL cholesterol levels rise. Younger women have lower LDL cholesterol levels than men, but after age 55, women have higher levels than men.

Lowering Your Cholesterol Can Affect Plaque

Lowering your cholesterol level reduces your chances of plaque rupturing and causing a heart attack. It may also slow down, reduce, or even stop plaque from building up and reduces your chances of dying from heart disease. Certain foods have types of fat that raise your cholesterol level.

What to avoid: Saturated fat raises your low-density lipoprotein (LDL) cholesterol level more than anything else in your diet. Choose leaner cuts of meat, low-fat dairy and monounsaturated fats, as found in olive and canola oils, as healthier options.

Trans fatty acids (trans fats) are made when vegetable oil is hydrogenated to harden it. Trans fatty acids also raise cholesterol levels. Trans fats are in fried foods and many commercial products, such as cookies, crackers, and snack cakes. Even small amounts of trans fat can add up, if you eat foods that contain small amounts of it. Read the ingredient list on labels, and avoid foods with partially hydrogenated oils.

Cholesterol is found in foods that come from animal sources

SEE CHOLESTEROL, PAGE A14

**PUBLIC AUCTION**  
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24 Mountain View Dr. 5 BR, 2½ BA Cape on .41± ac corner lot. 2,472± sf, FHW/oil, H/W, Assessed at \$182,400 (L&B).  
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**TOWN OF HEBRON**  
PLOW PROPOSALS  
WINTER SNOWPLOWING SEASON 2016-2017

THE TOWN OF HEBRON IS LOOKING FOR PLOW TRUCKS WITH OPERATORS FOR THE 2016-2017 SEASON.

ALL OPERATORS AND EQUIPMENT MUST HAVE EMERGENCY LIGHTING, AN 8.5 FOOT POWER ANGLE PLOW, AND CURRENT CERTIFICATE OF INSURANCE AND A VALID DRIVER'S LICENSE.

PLEASE RESPOND WITH HOURLY RATES AND EQUIPMENT DESCRIPTION TO THE SELECTMEN'S OFFICE AT PO BOX 188, HEBRON, NH 03241 BY FRIDAY, SEPTEMBER 30, 2016 AT 12:00 P.M. THE HIGHWAY SUPERVISOR AND/OR THE SELECT BOARD RESERVE THE RIGHT TO ACCEPT OR REJECT ANY OR ALL PROPOSALS DEEMED TO BE INSUFFICIENT.

CASEY KUPLIN, HIGHWAY SUPERVISOR

# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	2 Cass Mill Rd.	Single-Family Residential	\$220,000	John & Joyce Johnson FT and John L. Johnson	Paul J. Davidson
Alexandria	138 Matthews Rd.	Single-Family Residential	\$145,000	Christopher Hinchcliffe and Kathleen A. Richard	John J. Norton
Ashland	105 Sanborn Rd.	Single-Family Residential	\$229,933	KSR Property Management	Thomas P. Otoole
Ashland	N/A	N/A	\$45,000	Linda Vanstelten	Karen Doggett RET and Karen Doggett
Bridgewater	Route 3A	N/A	\$75,000	Wayne D. Marschner and Kathryn E. Marshner	Michael K. Ethier
Bristol	Jonelle Drive	N/A	\$50,000	John P. and Elizabeth R. Morrison	Christopher M. and Ashley L. Dolloff
Campton	39 Donovan Farm Rd.	Single-Family Residential	\$222,000	Seamus Fernandez and Kelly A. McCollum	Bryan E. Schubert and Trude E. Brazien
Hebron	255 Spectacle Pond Rd.	Single-Family Residential	\$85,533	Dennis and Sylvia A. McQuillen	Jonathan M. and Monica D. Poulin
Holderness	130 E. Holderness Rd.	Residential Developed Land	\$47,533	Wolfsburg Farm LLC	Mackenzie Fleming and Molly S. Moran
Holderness	148 E. Holderness Rd.	Single-Family Residential	\$250,000	Robert L. Robinson	Andrew Keefer
Plymouth	Loon Lake Road (Lot)	Woodland-Prdv.	\$70,000	Cardigan Land Enterprises	Jean and Donna L. Poulin
Rumney	Camp Lane (Lot)	Residential Open Land	\$250,000	Fatherland FT and Joseph D. Carter	Edward G. Mayo and Karen Beaton
Thornton	6 Judges Rd.	Single-Family Residential	\$185,000	Harry E. George	David A. and Sheryl A. Mosso
Thornton	34 Waterthorn Rd.	Single-Family Residential	\$217,000	Joseph and Brenda Andreozzi	Nathan E. Bleu
Waterville Valley	32 Windsor Hill Way, Unit 128	Condominium	\$170,000	Cheryl A. Choiniere and William P. Serocki	Jason J. and Kristine M. Houle

## 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 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](http://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.

# MARK ON THE MARKETS

## Commission to fee?



BY MARK PATTERSON

This spring, a new law goes into effect designed by the Department of Labor known as the fiduciary rule. While there are many lawsuits in the making attempting to overturn parts of this rule, no one knows if there will be any changes. But as of now what the broker community knows is that soon, they can no longer use commissioned, or loaded funds with 12 b1 fees in a retirement account. What that really means is that all the IRAs and 401(k)s that were set up by brokers with A, B or C shares are now being converted to advisor class funds in a fee based ac-

count. The problem with this from the client's perspective is that they have been paying commission for fund shares in lieu of advisor class funds in a fee-based account for many years. Now those funds are being shifted into a fee-based account anyway. Brokers who sell products like loaded mutual funds in retirement accounts received an upfront commission for the sale of the shares and then a trail commission on assets in those funds. Because this new ruling requires that your broker, advisor or anyone else who works with your retirement money act in a fiduciary capacity, in other words, doing what's best for the client, not the broker. Investment advisors like myself are obligated to treat our clients with fiduciary care and that retirement money be placed in an account

that uses low-cost mutual funds, exchange traded funds or individual stocks and bonds. Products like indexed annuities, if used must be well justified and fee transparent. Asset management fees charged to manage those assets should be very fair and transparent to the client, along with any fees or cost charged by the fund itself.

If you are one of those clients that has been told that you are going to be moved to a fee account, maybe it is time to ask yourself, should I re-evaluate my retirement plan and asset mix to make sure that I am not paying too much in fees and my needs and objectives are aligned with the current portfolio make up. If your financial advisor did not treat you in a fiduciary manner before the new fiduciary rule, what makes you think

that advisor has suddenly learn to manage client money with the client's best interest in mind? There is a big difference between a sales organization concerned with product placement versus asset management and or allocation. Selling product requires sales skills. Managing money requires knowledge and training that typically

takes many years to acquire. The long-term effect of this new fiduciary rule, I believe will be positive. But there is a time we are entering where salespeople are expected to view their clients with a whole other set of eyes and skill set they may not possess. To re-evaluate your current retirement plan, a good place to start is at my website

[www.MHP-asset.com](http://www.MHP-asset.com). Then go to "tools", in the drop-down choose risk analysis to evaluate your current risk tolerance and potentially match up the portfolio that is more suited for you now.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

## Elaine Hughes Realty Group LLC welcomes new agent

ASHLAND — Elaine Hughes Realty Group LLC is pleased to welcome Erin Camire to their team.

Camire grew up in Belmont and moved to Bristol in 2008. She graduated from Lakes Region Community College in 2003 with a degree in Computer Technology and was also a member of the Belmont Fire Department for 12 years, starting as



COURTESY PHOTO

Erin Camire

an Explorer and moving her way up to Emergency Medical Technician on

the call company. Prior to beginning her Real Estate career she has been working in banking.

When she isn't working, she enjoys spending time with her husband, daughter, step-son, and two dogs. She enjoys riding her four-wheeler, painting, and sitting by the campfire.

Camire will be helping with both Sales and Rentals.

## Plymouth Tractor Supply to celebrate pets during Pet Appreciation Week

PLYMOUTH — If you're a proud pet owner or would like to be, mark your calendars for Saturday, Sept. 17 when the Tractor Supply Co. store in Plymouth will be celebrating your furry friends for Pet Appreciation Week's Main Event.

The main event on Saturday, Sept. 17 will include pet adoptions with community groups, samples, giveaways, drawings for gift cards, and other family friendly activities. In addition, deals on pet products, from food and treats to toys and crates, will be featured from Sept. 14-18.

"Pet Appreciation Week is a time when our love for animals really shines," said Bob Trask, manager of the Plymouth Tractor Supply store. "It's an opportunity for us to celebrate the love of pets, find great homes for local adoptable animals, and showcase the community partners and rescues who care for these animals year round."

In addition to supporting community groups

in their work to find good homes for dogs and cats, Pet Appreciation Week, Sept. 14-18, will help raise awareness of the importance of spaying and neutering pets and provide information on proper pet care and nutrition.

Pet Appreciation Week is open to the public — and all leashed, friendly pets — and will take place at Tractor Supply at 85 Boulder Point Drive.

Several activities will take place during the main event, including helpful staff ready to assist you with any of your questions and and some surprise vendors and activities!

Community partners for this year's Pet Appreciation Week include:

Come find out SepT. 17 on site at 10 a.m. to 2 p.m.

Contact the Tractor Supply store at 536-5009 for pet adoption details and other planned activities. For more information on Pet Appreciation Week, visit [Facebook.com/TractorSupplyCo](http://Facebook.com/TractorSupplyCo) or [TractorSupply.com](http://TractorSupply.com).

### About Tractor Supply Company

At June 25, Tractor Supply Company operated 1,542 stores in 49 states. The Company's stores are focused on supplying the lifestyle needs of recreational farmers and ranchers and others who enjoy the rural lifestyle, as well as tradesmen and small businesses. Stores are located primarily in towns outlying major metropolitan markets and in rural communities. The Company offers the following comprehensive selection of merchandise: (1) equine, livestock, pet and small animal products, including items necessary for their health, care, growth and containment; (2) hardware, truck, towing and tool products; (3) seasonal products, including heating, lawn and garden items, power equipment, gifts and toys; (4) work/recreational clothing and footwear; and (5) maintenance products for agricultural and rural use.

## 'Lakes Region Uncorked' returns Nov. 3

MEREDITH — Uncorked returns to Church Landing at Mill Falls in Meredith on Thursday, Nov. 3 from 5-8 p.m., where the rustic elegance of Church Landing creates the perfect atmosphere for guests to sample locally crafted food and beverages that are second to none.

In its fourth year, Lakes Region Uncorked has become New Hampshire's showcase event to enjoy locally-made wine, beer, mead, cider, spirits, fine foods and much more.

"We are grateful for the excitement and enthusiasm Lakes Region Uncorked generates year after year. It has quickly become an event that people look forward to and share with their friends and colleagues. Uncorked is great fun, supports small local businesses and is the largest fundraiser of the year for LRCS," said Christine Santaniello, LRCS Executive Director.

Each year, this event features new and returning vendors. Uncorked guests enjoy trying new products and sampling their favorites introduced in past years.

"We are excited to welcome New Hampshire-made spirits to the

tasting room this year. Libations are very popular and New Hampshire boasts some very fine local distilleries. Joining Uncorked 2016 are Tamworth Distilling, Tall Ship Distillery, Flag Hill Distillery and Haunting Whisper Spirits," commented Joanne Piper Lang, LRCS Director of Development.

All guests enjoy an assortment of fine foods - appetizers and hors d'oeuvres and New Hampshire made chocolates, cheeses, cakes, toffee and locally roasted coffees. This year, Uncorked will feature Chef Kevin Halligan, owner and executive chef of Laconia Local Eatery. The Chef will prepare dishes using fresh, local ingredients and pair small plates with wines and spirits featured at the event. A limited number of Celebrity Chef Tickets for a 5:30 or 6:30 p.m. session with Chef Halligan are available.

At every turn, guests will find Uncorked to be a truly special occasion - as they enjoy live harp music presented by Harpist Emilia Peppen, start their holiday shopping with silent auction items donated by local artisans and businesses and participate in an expanded 'Wall of Wine' charity

raffle where everyone is a winner!

Vendors in our Tasting Room include: Canterbury Aleworks, Coffin Cellars Winery, Farnum Hill Ciders, Flag Hill Winery and Distillery, Gilmanton Winery and Vineyard, Haunting Whisper Vineyard & Spirits, Hermit Woods Winery, LaBelle Winery, Moat Mountain Brewing Co., Newfound Lake Vineyards, Sap House Meadery, Squam Brewing, Tamworth Distilling, Tall Ship Distillery; Seven Birches Winery; Whippitree Winery; and Woodstock Inn Brewery. The Tasting room also features Hampshire Toffee, Huckins Farm; Oo La La Creative Cakes; Sweet to Eat Cheesecakes; Winnepesaukee Chocolates and Woodshed Roasting Company.

For those who truly want to make a night of it, overnight accommodations for Thursday night are being offered at a discounted rate at the Inn at Mill Falls and Church Landing. Availability may be limited. For reservations and details, call 1-800-622-6455.

"Because of the generosity of our corporate sponsors, ticket sales directly help the many

## Uncorked

FROM PAGE A11

people LRCS serves in Belknap and S. Grafton counties – people with developmental disabilities, brain injuries, and children and families in need of support, as well as elders and veterans, added Santaniello. This is a wonderful event for

the all of us living and working in the Lakes Region and for visitors who appreciate what our state has to offer.”

Special thanks are extended to the major sponsors of Uncorked who include: The Joe and Pasena Maroun Family Foundation- Title; CGI Benefits- Celebrity Chef; Franklin Sav-

ings Bank- Fine Foods; Bank of New Hampshire, Melcher & Prescott and Leone, McDonnell & Roberts- Grapes, Grains and Orchards; Prescription Center – Silent Auction; Mainstay Technologies- Wall of Wine; Meredith Village Savings Bank- Coaster and Bank of New Hampshire Pavilion – Music sponsor.

Tickets are \$55 in advance and \$65 at the door. Tickets for Uncorked with the Celebrity Chef session are \$75 in advance or at the door space permitting. Visit [www.lrcs.org](http://www.lrcs.org) or the Lakes Region Community Services Facebook page for more information. Tickets are available online at [www.uncorked16.eventbrite.com](http://www.uncorked16.eventbrite.com). For a print brochure or questions email [uncorked@lrcs.org](mailto:uncorked@lrcs.org).

Lakes Region Community Services is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families.

A dynamic human services organization, LRCS offers other essential and critical services to individuals in the greater Lakes Region from birth throughout their lifespan. At the core of LRCS' work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level.



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## Grange Fair

FROM PAGE A1

Have been running all over the state campaigning this summer, it was youth who outran them in this instance however as the Free Bears, a group of freshmen from Newfound Regional High School, took first place in the bed race once again. Their celebration was a jubilant one, collapsing the bed as they all piled onto it for a winning photo.

"It's a lot of fun! We've been doing the bed race for about six or seven years now and we've won every year but one of them," said Kyle Brabant.

Joining him on the team once again were fellow Danbury residents Leroy LaFlamme, Connor Springer, Nolan

Hayes, James Rogers, Wyatt Day and little Desmond Bannon who rode along with the teens for the very first time.

Holding onto his Honorable Mention ribbon for last place, Chandler looked on with a smile, vowing he would be back next year to seek "redemption."

There were also lots of challenging games available that had kids of all ages trying their luck at "The Big Cheese" maze, untangling classic wrought iron Tavern Puzzles, playing a fun frog jump and enjoying a number of classic wooden games that have stood the test of time.

Just up the road people gathered to watch tractor pulls and oxen demonstrations, while a lively horseshoe tournament drew big crowds as

well.

A silent auction, Dutch auction and a live auction later in the evening also gave everyone a chance to take home great prizes, ranging from local gift certificates to home décor items and furniture.

Inside the grange hall there were baked goods and children's goody bags available, an Apple tree grafting workshop in the morning, and a book signing from Danbury's very own children's author Mary Lyn Ray.

Live music for the day was provided by Lindsey Schust and the Ragged Mountain Band and Cardigan Mountain Tradition finished off the celebration later in the evening after all had enjoyed a homemade ham and bean dinner.

## Regionalization

FROM PAGE A1

will hold a public informational session on options to address the space needs of the Bristol town offices and police department.

The committee has been looking at space needs for all departments, but especially for those housed in the Bristol Municipal Building, and exploring options that include the recently purchased Smith property adjacent to the town offices and other properties that may be suitable for use by the town.

Meanwhile, ads have been placed with the NH Municipal Association, Primex, the NH Fire Academy, and the Salmon Press newspapers, seeking candidates for fire chief. Bristol's former chief, Steven Yannuzzi, had resigned, effective July 25.

Coates said the town had received four applications in the first week since the ad appeared on the NHMA website. He hopes to have five to seven candidates for the first round of interviews, which will include an oral board and a practical session in which the candidates will respond to various scenarios.

While the town will be formalizing the selection process this week, Coates said finalists will interview with the Bristol Board of Selectmen and make the case for supporting a fictional request, such as arguing why updated codes are necessary, or why the town needs a new piece of equipment.

In developing the qualifications for a new chief, fire department staff had opportunities to meet with town officials and complete a survey on what they see as desirable traits and abilities.

"Staff gave good feedback," Coates said, adding that anyone from the community is welcome to stop by his office with their own contributions to the discussion.

At their Sept. 1 meeting, the selectmen also discussed the intern program in the fire department, which for several years has offered stipends to two students with an inter-

est in fire service. In the past, the town has given them a stipend and provided Workers' Compensation insurance, but in reviewing the contract, the town learned only employees qualify for Workers' Comp.

The options were to make the students employees of the town, or continue with internships without offering the insurance for injuries.

Selectmen voted to continue the internships, which offer sti-

pends of \$1,750 per semester, but to offer to cover injuries on a case-by-case basis under the town's liability insurance. The new contract for interns eliminated a dorm fee that the town had charged the students.

Coates explained that interns are not front-line firefighters, but they go to fire scenes to support those who are, so there is a slight chance of injury. The internships qualify for community college credit.

## Drought

FROM PAGE A1

with other meteorologists, are keeping a close eye on storms now developing off the coast of Africa. That, he said, is the "breeding ground" for most tropical storms and hurricanes and they are hoping one will eventually veer this way.

"The help for us (in New Hampshire) could come with a fall weather pattern brought on by a tropical storm, although we don't want to see any devastation from such a storm. Just the rains," he said. "There are several waves of storms coming off of Africa and we have a month of that weather activity left so we'll just have to wait and see."

If nothing heads to the northeast, however, that could make for a "tough November," Skarupa said.

"Without tropical storms to shake things up in the weather pattern this time of year, the jet stream generally stays the same," he noted. "There's no way to anticipate right now what will happen later in the year until we see if a tropical system heads our way."

New Hampshire generally has an average of 3.5-inches of rain per month each autumn. With a current deficit of seven to 10 inches of precipitation since the calendar year began, that means it would take up to five inches of rain a month, for a couple of months, to get things back on track.

## Newfound

FROM PAGE A1

this almost a constant figure, because we don't get feel that bump [in taxation]. It's sort of like insurance: You hope that something doesn't happen, but if it does, we're covered. Unlike insurance, which you don't get back, we get the money back if it's not used."

Danbury member Sharon Klapyk agreed, saying, "I'm not a gambler; I don't like to gamble, and I'd rather be safe than sorry."

"Being on the budget committee, I'm inclined to agree with Sue on keeping it a steady amount, like \$350,000. If we start messing around, giving back more in some years, it's not consistent," said Chair Jeff Levesque of Groton. "I'm concerned about the upcoming budget season, and fear losing some revenue. The teachers' contract is coming up ... Being consistent is the right way to be right now."

Business Administrator Michael Limanni said he had worked hard to renegotiate the district's transportation contract to save thousands of dollars; they upgraded the telephone and E911 services at all the schools through a multi-year contract that provided all new equipment at virtually no cost to the district; and an integrated purchase order system is

making it easier to track expenses.

Limanni said much of the surplus is a result of luck, as well: special education costs have been relatively low because of a reduced need of services; and fuel prices have been lower than anticipated. But he noted that one new student requiring special education services could cost the district \$250,000.

He also noted that the fund balance he listed is subject to adjustment during the audit that will be complete by the end of September.

State law allows a school district to retain as much as 2.5 percent of the unassigned fund balance — in this case, \$388,032 — and the school board has settled on \$350,000 as a reasonable amount to set aside.

Limanni noted that the retained funds also allowed the district to cover the cost items in the last teachers' contract without seeking additional money from the towns.

When it came to a vote, the board approved the two figures — \$99,999 for building maintenance and \$350,000 for other expenses — in a 5-1 decision, with Migliore as the lone dissenter on both votes.

Bristol still had no representation on the board, a result of the resignation of Ben LaRoche earlier this year.

On the 12th, the board

heard from two applicants for the position, Donna Sellers and Jason Robert, and, after a non-public session to discuss the candidates, it chose Robert as Bristol's new board representative.

Robert, a former eighth-grade science teacher at Newfound Memorial Middle School, currently teaches at Pembroke Academy, and his wife is a first-grade teacher at Bridgewater-Hebron Village School. He also has coached several athletic teams during his years at Newfound, as well as being involved in Pack 59 Cub Scouts and the Tapply-Thompson Community Center.

Levesque reminded him that, as a school board member, he would have to give up coaching and he would have to recuse himself from decisions that would affect his wife.

Sellers, who has worked as a substitute teacher throughout the district, had similarly agreed to give up her employment in the district if chosen as Bristol's representative. She also has been a school bus driver for 17 years and said she could bring a unique perspective to the board by having viewed the district from many angles.

New Hampton's representation on the board, Christine Davol, said the school board's decision was not an easy one to make, with two strong candidates.

By November, however, the ground is typically frozen, disallowing rain to penetrate the ground. That could potentially mean other woes in the future if this weather patterns continue, leaving early autumn remains dry and storm free.

Natural springs across parts of the state are experiencing difficulties with higher bacterial counts over this dry summer and some have had to be shut down for cleaning and testing. That adds to further inconveniences for those who must now look elsewhere in search of drinking or cooking water for their homes.

"I've had to rely on friends who have town water to fill jugs or take a shower," said one resident who wished to go unnamed. "Other than that, I've been collecting what little rain water we've had to just flush my toilet as I've waited for my well to come back up again."

Recreation is taking a bit of a hit, too.

Recent kayakers on the Pemigewasset River said there were several "bone spots" where they had to port their vessels and make their way around rocky outcroppings in the river bed. Despite the hardships of low water, they still enjoyed seeing a low-fly-

ing bald eagle, muskrat and families of merganser ducks in search of food.

"There were some tough spots out there for sure, but we still had a great day paddling and enjoying nature," they said.

Wildlife is yet another aspect of the drought taking a big hit. Many brooks and small ponds have left fish struggling in pools between the rocks with no way to make it up or down stream. Deer and other wildlife are left seeking places to find drinking water, and dry woods also means fewer berries and other food sources, affect-

SEE DROUGHT, PAGE A14



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## Drought

**FROM PAGE A13**  
ing bear, moose, fox, deer, coyote, and even birds which rely on the wild vegetation.

Because of the lack of natural food sources in the wild, people are reminded to secure garbage, bird feeders and other attractants to wildlife in order to prevent unwanted encounters as animals seek other resources.

While no water bans have been placed in

central New Hampshire towns yet, residents are still cautioned to use their water resources wisely in order to maintain a reliable source of water in their homes..

Skarupa said the last time New Hampshire has had a drought of this magnitude was in the 1940's, following the great hurricane of 1938 when thousands of acres of trees were toppled by high winds. During the decade that followed those trees rotted and conditions dried

out. Wildfires then ran rampant across the state, most frequently in the eastern sector.

Recent light overnight rains have kept the fire danger levels to "Moderate" but a few hot, dry days can rapidly make a change in those conditions. Residents and visitors should consult their local fire department's Web site for fire danger levels before considering any permitted brush burns on their property.

## Churches

**FROM PAGE A6**  
ship.org where you can access the up to date calendar of events.

Uncommittee Gatherings will meet again in the fall. Contact Gigi Estes, or Virginia Miller at seabean@roadrunner.com for information and any changes.

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a vol-

unteer member of the group. Contact Betty Ann Trought at baltrought@gmail.com or just come and meet with this welcoming group. Wise Women regularly meet every second and fourth Wednesday at 10:30 a.m.

Gentle Yoga meets in the Fellowship Hall on Wednesdays from 5-6 p.m., and Saturdays from 8:30-9:30 a.m. For information, contact Darlene Nadeau at 493-1478.

Bridge players meet on Thursdays in the

Fellowship Room from 12:30-3:30 p.m.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is www.starrking-fellowship.org, where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.

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## Cholesterol

**FROM PAGE A10**  
es, such as egg yolks, meat, and cheese.

### What you can do:

Eat foods rich in omega-3 fatty acids. Omega-3 fatty acids don't affect LDL cholesterol. They have other heart benefits, such as helping to increase high-density lipoprotein (HDL, or "good") cholesterol, reducing your triglycerides, a type of fat in your blood, and reducing blood pressure. Some types of fish, such as salmon,

mackerel and herring, are rich in omega-3 fatty acids. Other good sources of omega-3 fatty acids include walnuts, almonds, and ground flaxseeds.

Increase soluble fiber. There are two types of fiber: soluble and insoluble. Both have heart-health benefits, but soluble fiber also helps lower your LDL levels. Add soluble fiber to your diet by eating oats and oat bran, fruits, beans, lentils, and vegetables.

Add whey protein. Whey protein is one of two proteins in dairy products. The other is casein. Whey protein may account for many of the health benefits attributed to dairy. Whey protein given as a supplement lowers both LDL and total cholesterol.

Other preventions include watching your weight because being overweight tends to increase your LDL level, lower your high-density lipopro-

tein (HDL) level, and increase your total cholesterol level. It's also good

to be active. Regular exercise can help you lose weight and lower your LDL level while helping to raise your HDL level.

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# Newfound Landing Sports

Section **B**  
Thursday,

Thursday, September 15, 2016

## What's On Tap

The fall sports season continues with a full slate of games on tap for this week.

At Newfound, the volleyball team will be hosting Winnisquam on Friday, Sept. 16, at 6:15 p.m., will visit Moultonborough on Monday, Sept. 19, at 6:15 p.m. and will be hosting Sunapee at 6:15 p.m. on Wednesday, Sept. 21.

The Newfound soccer squad will be at Prospect Mountain on Friday, Sept. 16, at 4 p.m. and will then head to Franklin for a 4 p.m. game on Tuesday, Sept. 20.

The field hockey Bears will be at Pembroke for a 4 p.m. game on Friday, Sept. 16, and will return home to host Mascenic at 4 p.m. on Tuesday, Sept. 20.

The Newfound football team will be at Stevens for a 7 p.m. game on Friday, Sept. 16.

The Newfound and Plymouth cross country teams will be running at Laconia on Saturday, Sept. 17, at 10 a.m. The Bobcats will also run at Merrimack Valley on Tuesday, Sept. 20.

The Plymouth golf team will be hosting meets today, Sept. 15, Monday, Sept. 19, and Thursday, Sept. 22, all at 3:30 p.m.

The Plymouth soccer boys will be hosting Lebanon at 4 p.m. on Friday, Sept. 16, and will be hosting Kearsarge at 4 p.m. on Tuesday, Sept. 20.

The Bobcat girls' soccer team will be at Lebanon on Friday, Sept. 16, at 4 p.m. and will be hosting Kearsarge at 4 p.m. on Monday, Sept. 19.

The Plymouth field hockey girls will be hosting St. Thomas on Monday, Sept. 19, at 4:30 p.m. and will be hosting Hanover at 4:30 p.m. on Wednesday, Sept. 21.

The Bobcat volleyball team is hosting Laconia on Friday, Sept. 16, Kennett on Monday, Sept. 19, and Kingswood on Wednesday, Sept. 21, all at 6 p.m.

The Plymouth football team will be at Laconia on Friday, Sept. 16, at 7 p.m.

## Bears turn up heat in second half, scorch Spartans

### Newfound field hockey also shuts out Gilford

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — When the Newfound field hockey team is on its game, the Bears can control the pace.

While that didn't happen in the first half of the Thursday, Sept. 7, game against White Mountains Regional, the second half was a different story.

"It made a huge difference when Savanna Bony (Bony) took control in the second half," coach Karri Peterson said. "It makes a huge difference when she comes to play."

The veteran coach said with the team up by a slim 2-0 margin at halftime, she let the girls know that they had yet to take control of the game.

"Every game is a statement game," Peterson said she told the team. "You have to make a statement every time you step on the field."

"They were missing opportunities, they had to be a more aggressive," the Bear coach continued.

The Bears had plenty of chances in the early portion of the game, getting four corners in the first few minutes but they were unable to connect. Amanda Johnston had a shot go wide on one corner, while Hayleigh LeTourneau also had a shot just miss the net. In between, Lauren Boisvert found Johnston for a chance that was cleared by the White Mountains defense.



JOSHUA SPAULDING

Savanna Bony prepares to move the ball in action against White Mountains last week.



JOSHUA SPAULDING

Julianne Marchand gets the ball in close during action against White Mountains on Sept. 7.

The Bears were able to get on the board with 22:27 to go in the first half, as Bony sent a pass across the circle to Johnston, who was camped near the far post and poked the ball home for a 1-0 lead.

The Spartans came back with a corner at the other end of the field but Newfound's defense held tight. Johnston found Kylee MacDonald with a bid that was stopped by the Spartan defense and LeTourneau turned in a pair of strong defensive plays for the Bears.

Newfound got another corner and Mackenzie Ryan's shot was blocked and LeTourneau's follow-up shot went wide of the net. Bony also had a shot stopped by the White Mountains keeper and Boisvert's rebound shot was also stopped. The teams exchanged corners but neither converted. Johnston had a good chance stopped.

The Bears were able to double the lead with 6:15 to go in the first half, as Johnston sent the ball in to Julianne Marchand, who fired it in the net for a 2-0 lead.

White Mountains had

SEE BEARS PAGE B3

## Newfound Hall of Fame tickets on sale

BRISTOL — Final touches are being put on the first Newfound Regional High School Athletics Hall of Fame to be held at NRHS on Saturday, Oct. 1, with

the reception from 2 to 3 p.m. and the induction at 3 p.m.

Inductees include Ray Bailey, Jr., '76, Alan Blakeley, Cathy Leaver, Bill Marston, '49, Charlie

Marston, '49, Earl Mills, Kammi (Reynolds) Williams, '87 and Chet Wells. The 1972 state champion girls' basketball team will also be inducted.

Tickets are only \$25,

and need to be reserved by Sept. 23. For further information or ticket reservations, please contact Athletic Director Peter Cofran, pcofrans@sau4.org or 744-6006, x1507.

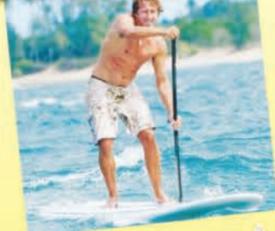
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# Bear net girls roll past Cardinals

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — After a disappointing start to the season the previous Friday, the Newfound volleyball team bounced back strong with a big effort against Stevens on Wednesday, Sept. 7.

“Our passing was pretty decent, the setters weren’t running around like Friday,” said Bear coach Amy Fairbank. “Our serving was our strong point.”

The Bears missed just two serves all night and dominated Stevens in a 3-0 win, 25-14, 25-12, 25-11.

“It’s hard to understand, for them to keep the pace going and not depend on the pace of the other team,” said Fairbank. “They slow down their game and we get out of sync.”

Out of the gate, Newfound got the first three points of the first game, with Ivy Guyotte netting an ace and Cierra Greene getting a hit for the 3-0 lead.

Greene then went on a strong service run for the Bears, as the lead grew from 3-1 to 15-1. Greene had five aces in that span and Ashley Dukette chipped in with a block and a hit, while Alyssa Shaw also had a hit to help continue the run.

After Stevens was able to get on the board, Dukette took over at the service line and recorded an ace and Megan Stafford had a nice get as the lead continued to grow. Newfound went up 19-3 before Stevens got their final point of the match. Guyotte had a nice hit and Grace Page stepped to the service line and finished things out, recording a three aces as the Bears got the 25-4 win for a 1-0 lead.

Newfound opened game two with five straight points, while Shaw recording four service aces in that time. Newfound got up 6-2 before Stevens got on the board again but then Greene came through with another service run, picking up a couple of aces as the Bears got out to a 13-3 lead.



JOSHUA SPAULDING  
Ashlee Dukette puts the ball over the net in action against Stevens on Sept. 7.

The Cardinals came back with some solid play, cutting the lead to 10 to just three at 13-10, but Newfound didn’t back down, as Kasey Basford turned in a strong service run with a couple of aces. Dukette and Guyotte finished things off with hits as the Bears claimed victory in the second game by a 25-12 score.

Stevens got its own serving run to start the third game, as Fairbank moved in some of her swing players into the lineup. The Cardinals scored the first six points of the game for a 6-0 lead but Newfound came back and scored the next nine points to take the lead back. Mackenzie Davis had a couple of aces in that span and Dukette came through with a nice hit.

After Stevens got back on the board, a Dukette tip got Newfound started again and Megan Gebhardt came through with three aces from the service line to push the lead up to 17-7. Stevens got another point but Shaw came up with a hit and Dukette had an ace as the Bears continued to open their lead, moving to 21-8. The Cardinals scored a couple

more points, but Dukette and Lexy Lane had hits and the Bears finished out the 25-11 win and the 3-0 victory.

Fairbank said that she was able to see the improvement since the start of the season in the swing players, some of whom had never played before.

“I was pleased I could see the level of improvement,” the Bear coach said. “Even though we have a lot of seniors, we have a lot of young girls.”

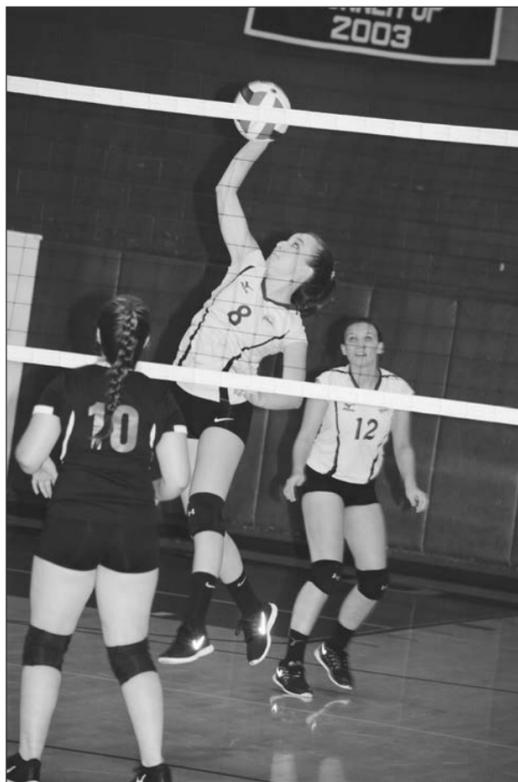
She said it’s a matter of making sure the bad habits get nipped in the bud before they become a regular part of a player’s game.

“I’d rather they do it right and not great then bad and OK,” Fairbank said.

The Bear coach also said she hasn’t used a libero much in the past, but strong play by Grace Page in the back row has led her to work in the libero on occasion.

The Bears started slow the next night, Thursday, Sept. 8, with Hillsboro-Deering in town. The Hillcats won the first set 25-18.

“Everything we tried went very bad,” Fairbank said. “I told the



JOSHUA SPAULDING  
Arya Prescott goes up for a hit in action on Sept. 7 against Stevens.

team I wanted them attacking the ball.

“Sometimes when we get into the game and it’s not going well, we start to play careful and push the ball,” the Bear coach continued. “I told the girls we need to start

playing a more aggressive game and I want them hitting.”

She noted that the girls started hitting the ball but it was going out and they were ready to stop hitting.

“We need to power

through those moments and become more of an attacking team,” Fairbank said. “They were rattled the first game because nothing was going right but they didn’t give up, they settled down and we put in our libero.”

Newfound came charging back and won 25-9, 25-12 and 25-5 to finish the 3-1 win.

“After the first game, everything seems to be right,” Fairbank said. “Everybody was getting their serving over and their covering was much better.”

Fairbank noted that Greene, Shaw and Dukette had big kills and strong serves, while Page was strong in the back row.

Newfound will be back in action on Friday, Sept. 16, at home against Winnisquam and will be at Moultonborough on Monday Sept. 19, before returning home to host Sunapee on Wednesday, Sept. 21, all at 6:15 p.m.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.



JOSHUA SPAULDING  
Jarrod Fairbank had both goals in his team’s game with Mascoma last week.

## Slow starts doom Bears in pair of games

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound soccer team came up with three goals last week but couldn’t come up on the right side of the scoreboard in a pair of games.

The Bears opened the week on Tuesday, Sept. 6, at Mascoma, dropping a 4-2 decision to the Royals.

On Friday, Sept. 9, the boys dropped a 3-1 decision to Stevens on their home field.

“Both games we struggled out at the start,” coach Jesse Mitchell said.

The Royals got out to a 3-0 start against the Bears in the first half and the Cardinals led 2-0

at the half.

“We played a strong second half in both games,” the first-year head coach continued.

Against Mascoma, Jarrod Fairbank scored both of the goals for Newfound, while against Stevens, Cian Connor planted the goal for the Bears.

Mitchell noted that the team continues to make strides as the players learn a lot of new things.

“This season is still very new to everyone,” Mitchell said. “New formation and style of play with me as the head coach.”

“We’re just trying to figure everything out and making everything

click,” Mitchell continued. “It’s slowly starting to become what we want.”

Mitchell noted that he was excited for the team’s games with Berlin (after deadline) and Prospect Mountain to see if the team is continuing to take steps in the right direction.

The Bears will be back in action in Alton on Friday, Sept. 16, against Prospect Mountain at 4 p.m. before heading to Franklin for a 4 p.m. game on Tuesday, Sept. 20.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

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# Crosby, Schilling lead Bears in Newfound Fun Run

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound cross country team hosted the first of two meets this season on Thursday, Sept. 8, welcoming runners from Moultonborough, Inter-Lakes, Laconia, Mascoma, White Mountains and Lin-Wood for the Newfound Fun Run.

In the boys' race, Nick Crosby led the way for the Newfound squad, as he finished in 22nd place overall in 25:34.

Joe Montgomery was second for the Bears, finishing in 26:11 for 25th place and James Moore was 28th in 26:17 to finish as the third Newfound finisher.

Pat O'Neill finished in 27:12 for 31st place and



TARA GILES - COOS COUNTY DEMOCRAT

Joe Moore (left) and James Montgomery run in the Newfound Fun Run on Sept. 8.

Tyler Austin finished in 28:51 for 35th place. Ashlar Dotson rounded out the field of Newfound runners with a time of 30:44 for 39th place.

Brothers Tyler (18:35) and Dylan (19:22) McLaughlin too the top two spots in the boys' race, just ahead of Ian Daly of Inter-Lakes (19:33).

For the girls, Molly Schilling led the way for Newfound, finishing in a time of 26:20 for eighth place overall.

Evelyn Cutting finished in 29:46 for 14th place overall, with Amy

Combs right behind her in 15th place in 30:10.

Sam Berridge rounded out the field of Newfound girls with a time of 31:12 for 19th place overall.

The Bears will be run-

ning at the Laconia Invitational at Robbie Mills Park on Saturday, Sept. 17, at 10 a.m.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

## Bears take steps in right direction in home opener loss

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL— In the first home game of the season, the Newfound football team made some significant improvements.

Despite playing against a team with more than double the amount of players, coach Ray Kershaw's team came out and scored the first touchdown of the game and went to the half tied at 12.

However, the low numbers caught up with the Bears in the second half and Epping-Newmarket came away with a 26-18 win on Morrison Field on Saturday, Sept. 10.

"They did a lot better," said Kershaw, referencing the team's opener at Monadnock. "They did really good."

The Bears came out of the gate and got the game's first touchdown, as Tiellar Mitchell ran for the score.

The other touchdown for the Bears in the first half also came on the ground, as Scott Sargent ran into the end zone and the Bears and Blue Devils were tied at 12 heading to the break.

Epping-Newmarket came into the game with 41 players on the sidelines, while Kershaw had 17 players to go with, which he said came into play in the second half.

"In the fourth quarter, especially, the lack of



RC GREENWOOD

Ben Morrill looks for room to run during Newfound's home opener on Saturday afternoon.

numbers, the kids were getting tired," the first-year head coach said. "That part was tough."

As players had to come off with injury or illness, the number of players left to choose from on the sidelines got smaller and smaller and Kershaw noted he had a lot of freshmen getting in the game near the end, which helped in the visitors pulling away for the win.

The third Newfound touchdown came on a pass from quarterback Cody McGee to Tyler Haskell.

"It's good that we are moving the ball," Kershaw said of his squad. "We're going in the right direction."

The Bear coach also praised his team's defense, which stopped four Epping-Newmarket drives in the red zone. However, a punt return

for a touchdown came back to burn the Bears.

"That really hurt us," Kershaw said. "But overall, the kids did really well."

The Bears, who fall to 0-2 on the young season, will hit the road this weekend for a game at Stevens in Claremont on Friday night.

"That will be a tough one," Kershaw said. "They have a pretty good team this year."

However, he noted that the Bears have a game plan in place and after a week of practice he was looking forward to getting out and seeing what the team can do against the Cardinals.

The Bears will be kicking off at 7 p.m. on Friday, Sept. 16, in Claremont.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

## Bears

FROM PAGE B1

a late corner in the first half with Johnston playing strong defense on the bid. Bony's late bid was denied and the game went to the half with the Bears up by a 2-0 score.

Peterson's halftime talk must have fired the Bears up because they came out controlling play in the second half, keeping the Spartans from mounting much of an attack. Bony and Marchand teamed up for a bid that was denied, while LeTourneau had a couple bids stopped. MacDonald was also stoned on a chance.

However, with 10 minutes gone in the half, Johnston scored her second goal, ripping a shot from the center of the circle into the net.

Two minutes later, Bony put in Newfound's fourth goal as the Bears continued to attack. Marchand sent in a bid to Johnston and MacDonald but they were turned away. Newfound had a pair of corners that were denied, sandwiched around a White Mountains corner that didn't result in a shot.

The Bears scored again with 11:37 to go in the game, as Bony sent a cross into the middle of the circle, where MacDonald was able to knock the ball out of the air and into the net for a 5-0 lead.

After a Spartan corner, the Bears got their own corner and upped the lead to 6-0, as Ryan sent the ball in from outside the circle and Johnston fired the ball in to complete her hat trick with 8:59 to go for a 6-0 lead.

Bony and Madison Hanley put pressure on the White Mountains goalie but could not convert while the Bears were able to convert on another corner, with Johnston finding Bony for the seventh goal of the game with 4:13 to go.

The Bears finished up with another corner but didn't score again and took the 7-0 win.

Peterson praised the work of her defense, which helped keeper Montana Bassett to record another shutout, this time by only having to make one save.

"Hayleigh (LeTourneau) controls a lot of things back there because she's fast," Peterson said. "And Mackenzie (Ryan) is really smart with what she does, she controls the players."

She also noted she got into the offense at the half.

"I kind of got on them at halftime a little," Peterson said. "They have a tendency that they're ready to go when it's a top team."

"We have a tendency to play to the level of our opponents," she continued. "In the first half we were missing a ton of opportunities because we were reaching for the ball."

Newfound came up with a big 2-0 win against Gilford on Friday, Sept. 9.

The Golden Eagles controlled play at the start but Newfound came back with some chances and eventually capitalized on one of those chances.

With 12:15 to go in the first half, as freshman Caroline Marchand put the ball away at the right post on a penalty corner.

Gilford had a great scoring bid but couldn't connect.

MacDonald provided some important insurance with 4:08 to go on an assist from LeTourneau to make it 2-0 and the

Bears hung on.

"Hayleigh had the big cross to get the ball to Kylee and Kylee redirected the ball and the goalie did not even had a chance to stop the ball," Peterson said.

Peterson was quick to praise the work of the bench in the game, as there were some injuries that left some starters unable to finish the game.

"Many of our bench players came up big for us today in the win," Peterson said.

Already down a player due to a concussion, the Bears had another player get hit in the head with a ball. Bony took a stick to the knuckles and had to sit for part of the first half and then took a ball to the mouth in the second half and had to have stitches. Mackenzie Ryan was also hit by a ball and had to sit in the second half. Hanley played significant minutes up front on the forward line and Johnston moved to center midfield. Kaylan Santa Maria moved to defense, an entirely new position for her. Madison Dalphonse came on and played big minutes in the midfield as well.

"I'm just waiting to get my whole team back intact," Peterson said. Newfound finished with a 14-5 advantage in corners and Bassett turned in eight saves for the shutout.

The Bears will be back in action on Friday, Sept. 16, at Pembroke and Tuesday, Sept. 20, hosting Mascenic, both at 4 p.m.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

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### Use "Open Enrollment" to Help Improve Your Financial Outlook

It's Open Enrollment Season, so if you work for a medium- or large-sized company, you will need to make some choices regarding your employee benefits — and these choices can have a big impact on your financial situation.

Depending on your employer, your benefits package may include various types of insurance, plus access to a 401(k) or similar retirement plan. Here are some suggestions for getting the most out of these benefits:

• **Health insurance** — Companies regularly change plans and providers, so the coverage and premiums you had last year may not be the same this year. In any case, look at all aspects of your coverage options — premiums, deductibles, co-pays and total out-of-pocket limits. A lower premium may seem attractive, but you could end up paying even more if the coverage is not as good. So, choose wisely.

• **Life insurance** — You may want to take whatever life insurance your employer offers, but it still might not be enough. To determine how much life insurance you need, consider a variety of factors — your age, income, family size, spouse's income, and so

on. If your employer's coverage is insufficient, you may want to supplement it with a separate policy.

• **Disability insurance** — This could be a valuable employee benefit — but, as is the case with life insurance, your employer's disability coverage may not be enough for your needs, especially if you'd like to protect yourself against an illness or injury that could sideline you from work for a long time. Consequently, you might want to consider purchasing your own disability policy.

Apart from reviewing your insurance options, you may want to examine your 401(k) or similar retirement plan. Of course, your employer may allow you to change your 401(k) throughout the year, but you've got a particularly good opportunity to do so during open enrollment, when you're already looking at all your employee benefits. So look at your contribution level. Are you putting in as much as you can afford? Your 401(k)'s earnings can grow tax deferred, and you typically contribute pretax dollars, so the more you put in, the lower your taxable income for the year. (Taxes are due upon withdrawal, and withdrawals made

before age 59½ may be subject to a 10% IRS penalty.)

At a minimum, invest enough to earn your employer's matching contribution, if one is offered. And increase your own contributions whenever you get a raise.

As far as your investment choices, you'll want to spread your dollars among the different investments within your 401(k) in a way that reflects your risk tolerance and time horizon. During the early stages of your career, when you have many years to go until you retire, you can probably afford to invest more heavily in growth-oriented accounts. These will fluctuate more in value, but you have time to potentially overcome the downturns. When you're nearing retirement, you may want to shift some of your assets into more conservative vehicles — but even at this point, you still need some growth opportunities. After all, you may spend two or three decades in retirement, so you'll need to draw on as many resources as possible.

Open enrollment isn't just a time to fill out a bunch of papers. It's also a chance to reconsider — and maybe even upgrade — many areas of your financial outlook.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at 279-3161 or email Jacki at [Jacqueline.Taylor@edwardjones.com](mailto:Jacqueline.Taylor@edwardjones.com).

Her office is located at 14 Main Street, Downtown Meredith.

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**ASHLAND'S 10TH TOWN WIDE YARD SALE**  
Sautrday, Sept 17th, 9am-2pm  
Maps \$1 at Memorial Park, Corner  
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Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

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Interested qualified candidates should send a letter of interest, resume, , job application, and letters of recommendation to:

Stacy Buckley – Superintendent,  
Newfound Area School District  
20 North Main Street  
Bristol, NH 03222

For more information and a copy of the application go to:  
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School Administrative Unit #48  
47 Old Ward Bridge Road  
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[fgonsalves@pemibaker.org](mailto:fgonsalves@pemibaker.org)

**WENTWORTH ELEMENTARY SCHOOL**

Wentworth, NH 03282  
  
2016-2017 School Year  
  
**IMMEDIATE OPENING**

**SPECIAL EDUCATION 1:1 PARAPROFESSIONAL (Licensed Nurse Assistant Preferred)**  
**Duties include: specialized feeding and daily hygiene routine.**

Please send letter of intent, resume, certification and recommendations to:

Mrs. Frances Gonsalves, Director of Special Education  
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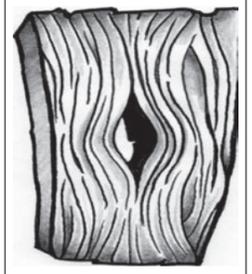


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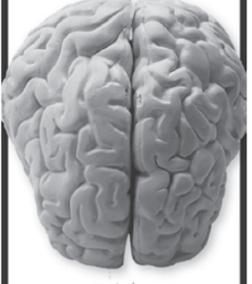
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**(2) AUCTIONS**

**Three Unit Multi-Family & Vacant Lot  
Franklin & Hill, New Hampshire  
Thursday, September 29, 2016**



Franklin, NH @ 11:00 a.m.: 2 Munroe Street is a three unit multi-family located on the corner of Munroe and Central Street (Route 3). The units combined total 3,260± sq.ft. Two of the units have significant fire damage. The property is serviced by municipal water and sewer. Zoning: R3. Tax Map 134, Lot 252. Assessed Value: \$126,000.

Hill, NH @ 1:00 p.m.: 136 Shop Road is a .6± acre property with frontage along Mill Brook. Public water at street. Zoning: Village. Tax Map V, Lot 136. Assessed Land Value: \$18,000.

**Inspection:** One hour prior to the Auctions, if permitted.

**Terms:** Five Thousand (\$5,000.00) Dollar deposit per property in cash, certified check or bank check at time and place of sale. Balance due at closing within thirty (30) days of sale. Subject to all terms of mortgagee's notice of sale.

Broker Participation Invited

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**(3) FORECLOSURE AUCTIONS** 

Tuesday, September 27, 2016 Per Order of the

**10:00 a.m.-Strafford, NH - Selling to the Highest Bidder Above: \$55,000**  
202 Roller Coaster Road is a 1,296± sq.ft. manufactured home that was built in 2008± and includes 3 bedrooms and 2 bathrooms. The property totals 1.08± acres. Tax Map 7, Block 22. Assessed Value: \$130,200.

**12:00 p.m.-Laconia, NH - Selling to the Highest Bidder Above: \$59,000**  
63 Pine Street is a 1,298± sq.ft. New Englander style home and includes 3 bedrooms and 1 bathroom. The home sits on a .09± acre lot and includes a 2 car detached garage. Municipal water and sewer. Tax Map 448, Block 184, Lot 60. Assessed Value: \$105,500.

**2:00 p.m.-Middleton, NH - Selling Absolute.** 300 Kings Highway is a 1,296± sq.ft. Cape style home that was built in 1978± and includes 2 bedrooms and 1 bathroom. Full basement and sits on a 1.030± acre lot. Tax Map 16, Lot 11. Assessed Value: \$139,600.

**Inspections:** One half hour prior to the auctions, if permitted.

**Terms:** \$5,000 deposit in cash, certified check or bank check at time and place of sale. Balance due at closing within 30 days or when the mortgagee's deed is ready for delivery. Subject to all terms of mortgagee's notice of sale.

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**FIRE CHIEF  
TOWN OF BRISTOL, NH**

The Town of Bristol, NH located on beautiful Newfound Lake, (17.1 square miles, 3,300 year round residents, 6,500+ in the summer) is currently seeking qualified candidates for the position of a full-time Fire Chief to oversee the Fire/EMS department with a current budget of \$932,000. Governed by a 5 member Board of Selectmen, the Fire Chief, who also serves as the Town's Emergency Management Director, has a staff of 6 full-time FF/EMS and 30 call members. The Town is looking for a dedicated individual who has demonstrated abilities in managing all administrative and technical aspects of fire protection, emergency medical services and emergency management, a valid NH CDL license, a Bachelor's degree (major fire science, fire engineering, public administration or a closely related field), ten years of fulltime experience in an organized fire department with three years in a supervisory capacity, NH Firefighter Level II Certificate (Level III preferred), fire suppression & prevention work, Hazardous Materials Awareness/Operational Level, NH Incident Command, Nationally Registered EMT-A (P preferred) OR any equivalent combination of education and experience which demonstrates possession of the required knowledges, skills and abilities. Applicant must pass all pre-employment background checks and tests and must live within Bristol or a contiguous community.

Interested candidates should send applications and resumes or any inquires to Human Resources, Town of Bristol, 230 Lake Street, Bristol, NH 03222 or email [finance@townofbristolnh.org](mailto:finance@townofbristolnh.org). Position open until filled.

**The Town of Bristol is an Equal Opportunity Employer. (EEO/ADA)**



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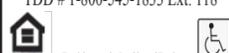
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## Newfound searching for hoop coach

BRISTOL — Newfound Regional High School has an opening for a varsity boys' basketball coach. Please

send letter of intent, resume and names and phone numbers of three references to Superintendent Stacy Buckley,

SAU4, 20 North Main St., Bristol, NH. 03222. Questions should be directed to Peter Coffran, Athletic Director at pcofran@sau4.org or 744-6006, x1507.



**Have a Question About Divorce, Parenting or Guardianship?**

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Internal Medicine • Laboratory Services • Rheumatology • Medical Imaging

# LRGHealthcare

care. compassion. community.

## JOB FAIR

**Wednesday, October 5th, 2016 | 4-7PM**  
Lakes Region General Hospital Atrium  
80 Highland St.  
Laconia, NH 03246  
(603) 524-3211 Ext.3124

**Are you a caring, compassionate person dedicated to providing the highest quality of care while seeking a work environment that offers the same?**

If so, LRGHealthcare is the place for you!  
We value our employees and offer a collaborative team approach to patient care.

**We have available positions for nurses, LNAs, housekeepers, registration, and more.**

For a complete listing of open opportunities at LRGHealthcare, please visit [lrgh.org/jobs](http://lrgh.org/jobs)

LRGHealthcare offers a competitive salary and benefits package, in-house training and education, and flexibility in scheduling. We are proud of our tradition of providing top quality care for patients and invite you to become a part of our team!




# Healthy Living

## Community Education Programs

### Living Well

Chronic Disease  
Self-Management Program  
Thursday's, 9/15-10/20  
1:00-3:00 p.m., FREE  
Bessie Rowell Comm. Ctr., Franklin  
Co-Sponsored by Franklin VNA

### Advance Directives

Questions & assistance in completing advance directives. FREE  
1<sup>st</sup> Tuesday of month, FRH  
11:00 a.m.-12:00 p.m.  
1<sup>st</sup> Wednesday of month, LRGH  
9:00-10:00 a.m.  
934-2060 ext. 8369 to register

### Matter of Balance

Fall Prevention Program  
Wednesday's, 9/14-11/2  
9:30-11:30 a.m., FREE  
Northfield Pines Comm. Center

### Balance & Flexibility

Thursday, 10/20  
6:00-7:00 p.m., FREE  
Hillside Medical Park, Gilford  
524-2852 to register

### Powerful Tools For Caregivers

Tuesday's, 9/20-10/25  
1:00-2:30 p.m., FREE  
Bessie Rowell Comm. Ctr., Franklin

### Stop Smoking with Hypnosis

Saturday, 10/8  
Lakes Region General Hospital  
9:00 a.m.-12:00 p.m., \$85.00

### Hypnosis For Pain Management

Saturday's, 9/10 & 9/17  
9:00-11:00 a.m., \$75  
Franklin Regional Hospital

### Bariatric Surgery Info Sessions

2<sup>nd</sup> Tuesday of month, LRGH  
Info: 527-2946

### Senior Safety Day

Saturday, 10/15  
Info: 934-2060 ext. 8369

**527-7120** LRGHealthcare [lrgh.org](http://lrgh.org)  
care. compassion. community.

Please remember to register! Programs may be cancelled due to low registration.



**5 JEANS SIZES!**

"I have never been successful in losing weight & becoming healthy, until WINH. I'm so happy with the way WINH taught me how to maintain my goals through portion control and understanding my habits.

I started this journey in January and I've lost 5 jeans sizes, 40 pounds and gained so much knowledge to keep me going for the rest of my life.

Finally my outside matches my inside!"

~Jules - WLNH/Binnie Media

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- Group Support
- Bariatric Surgery

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**Weight Institute**  
of New Hampshire

[winh.org](http://winh.org)  
527.2946

A Dept. of Lakes Region General Hospital