



THURSDAY, SEPTEMBER 29, 2016

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COMPLIMENTARY

# Athletes of all ages tackle Lakes Region Triathlon

BY DONNA RHODES  
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BRISTOL — Temperatures were in the mid-40's, but the sun was shining and the waters of Newfound Lake were warm when more than 200 men and women of all ages set out to tackle the challenging Lakes Region Triathlon last weekend, swimming, biking and running along the shores of the lake.

Tritanium Sport's Race Director Jana Loughlin was excited as competitors prepared for the second year of the Lakes Region Tri Festival.

"We have more entries than last year, which shows we're growing at a time when some triathlons are seeing a drop in registrations so that's

really exciting for us," said Loughlin. "People have already said they appreciate what we've done here, and will be back next year, and that's great to hear."

Lakes Region Triathlon was conceived and developed by Loughlin's father, Jan Buitendag of Gilford. He was the original producer of the former Mooseman Triathlon on Newfound Lake and when that faded away under later leadership, Buitendag set out to bring his own Lakes Region Tri Festival to the region instead.

"He loves doing this. If he ever won the lottery I believe he would use the money to develop the most amazing triathlon ever. That's his dream," said Loughlin.



DONNA RHODES

Triathlete Michelle Rosowsky pumped her fist as she raced out of Newfound Lake and headed for her bike during the Lakes Region Triathlon last Sunday. Rosowsky finished first for the women and sixth overall in this year's event.

On Saturday, the Tri Festival kicked off with the Sprint competition where athletes faced a 350-yard swim,

a 16-mile bike ride around the lake, then a 3.1-mile run.

Heather Baker of the Newfound Audu-

bon Center in Hebron was among those who dared to "tri" the Sprint race this year and said she's glad she did.

"The lake was actu-

ally pretty warm and I found myself looking at the scenery all around me while I was swimming and biking

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## Rescue personnel honored for saving life of Bridgewater resident

BY DONNA RHODES  
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BRIDGEWATER — A typical summer routine of stacking wood for the New Hampshire winter nearly turned tragic this past July 15, when 84-year-old Richard "Dick" Cunningham of Bridgewater began to feel poorly. Thanks to the men and women of the Bridgewater Fire Department, however, he is alive and well and grateful for their service.

Last Tuesday evening, Cunningham was part of the crowd that gathered to thank EMS Director Jake Fogarty, Fire Fighter/EMT Thomas Moore, Jr., EMT Ginny Merrill and Bridgewater Police Chief George Hill for saving his life through their swift and skilled response.

Cunningham had gone into his home when he began feeling ill on that hot summer day, and after his wife Mar-



DONNA RHODES

During a special ceremony last week, Bridgewater Fire Chief Donald Atwood awarded 'Save' pins and special certificates of recognition to members of his department who saved a resident's life in July. From left to right are EMT Ginny Merrill, FF/EMT Thomas Moore, Atwood, EMS Director Jake Fogarty, and Police Chief/EMT/FF George Hill.

tha offered him a glass of iced tea, he went to lay down.

"I really didn't feel good by then. Thank God she called 9-1-1," said Cunningham.

The couple live on Shore Drive, and Martha said she was glad they weren't far from the public safety building when she placed the call for help.

"They were there right away, and were just wonderful," she said.

Daughter Amy Cunningham was most grateful as well, saying she was glad they had the equipment they needed to save her father's life when he took a quick turn for the worse.

"He (Cunningham) was talking when I walked in that day, but he flat-lined before we even got him out of the house. It was fast," said Fogarty.

Bridgewater Fire Department recently received a donation of

a new cardiac monitor for and this was the first time it had been put to use in the town, shocking Cunningham's heart to revive him.

"We practice things like this regularly and CPR is an every two-year certification for members. When it comes to cardiac training, it never stops," Fogarty said.

When the Cunninghams' call was toned out to the fire department, Police Chief George Hill

SEE BRIDGEWATER, PAGE A12

## Newfound Regional High School welcomes public to open house

BY DONNA RHODES  
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BRISTOL — Newfound Regional High School held their second annual open house on Sept. 22, giving friends, family members and the general public the opportunity to not only see all that school offers, but the chance to join students and staff for a cook out, become familiar with

academic programs and enjoy the opportunity to meet some local organizations that are a vital part of the community.

Among those organizations who had information booths and displays available were CADY, Tapply Thompson Community Center, cultural exchange programs, Stand Up

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DONNA RHODES

Members of the Newfound Area Charitable Trust awarded a check to the Slim Baker Foundation last week, and foundation members Clay Dingman, Bub Sheffield and Heather Huckins were pleased to accept the generous donation, made possible through the Run Your Buns Off 4.2 mile race. From left to right are Huckins, Becca Boudreau, Sheffield, Audrey Goudie, Garlyn Manganiello, Karen Lukeman and Janet Cote.

## Local organizations awarded proceeds from Run Your Buns Off race

BY DONNA RHODES  
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BRISTOL — On Sept. 20, the Newfound Area Charitable Trust invited their two major benefactors of the 2016 Run Your Buns Off 4.2 mile run/walk to stop by the start/finish line at Basic Ingredients Bakery and Gift Shop in Bristol, where they received do-

nations that will enable them to move forward with plans for each of their organizations.

First up was Clay Dingman, representing the Slim Baker Foundation. Speaking for the NACT, race organizer Audrey Goudie said that while the foundation had only requested \$500 in their applica-

tion for funds from Run Your Buns Off, the trust felt they deserved more.

"We thought that \$500 was far too small of a request so we're giving you \$2,500 and hope you can use it," Goudie said.

The Slim Baker Foundation has recently been busy working on their master plan for their conservation land.

They have also been clearing and marking trails along Inspiration Point with its scenic summit view of the Bristol area, and maintaining the lodge that is central to the property. The Slim Baker Lodge offers opportunities and educational programs for the public along with

SEE RACE, PAGE A12



DONNA RHODES

On Sept. 16, several local employers allowed their staff time off to participate in the Granite United Way's Day of Caring, when they volunteered to assist local nonprofit organizations with tasks that needed to be done. Featured on the left is a group who pitched in to clean up the Plymouth Whole Village Center's community garden for the fall. The photo on the right shows another hardy group of workers who removed truckloads of invasive plants that were threatening to kill trees at the Squam Lakes Science Center in Holderness.

# Local businesses give back during United Way's Day of Caring

BY DONNA RHODES  
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Granite United Way kicked off its annual Day of Caring events recently, inviting local businesses to partner with them by lending assistance to local nonprofit agencies who serve communities throughout the state.

On Sept. 16, it was the Central New Hampshire region's turn to roll up its sleeves, and in the Plymouth area, that meant a lot of great people helped cross a lot of chores off the wish list of places like the Whole Village Center, Pemi-Baker Youth Center, and Squam Lakes Science Center, which put in a request for volunteer assistance this year.

Master Gardner Liz Stevens headed up a hardworking crew who helped remove Asian Bittersweet, an invasive plant from a section of woods on the Science Center property.

"This is the most awesome group of volunteers. In just a few hours this morning they have already removed two truckloads of bitter-sweet," said Stevens.

Their labor saved a number of trees being choked by the vine and opened up a section of woodland 20-feet deep into the tree line.

Stuart LaSalle of the Laconia Area Land Trust said it was an easy decision for him to volunteer for the project.

"We're a nonprofit group that's benefited from Day of Caring in

the past and decided this year was our turn to give back," he said.

Employees from Taylor Community and Genesis Behavioral Health were other nonprofits that stepped up to help others that day.

Over at Whole Village in Plymouth, the annual community garden harvest and clean-up got underway with even more volunteers pitching in to get the work done.

Overseen by Master Gardeners Bob Richer and Deanna Lussier, they pulled up plants that had gone by, collected the last of the zucchini, tomatoes and other crops, then laid cardboard over the beds to keep them weed free until next spring. Richer, Lussier and fellow Master Gardner Joan Pushee planted and maintained the garden through the growing season and were pleased to have help "putting it to bed" as the harvest came to an end.

"I love to volunteer and love to garden so this was easy for me to sign up for," said Sue Switaj of New Hampshire Electrical Cooperative. "The fact that food grown here is used to feed children made it even better."

Vegetables grown in the community garden serve several programs at Whole Village Center, including the Head Start pre-school program, provide food for special dinners, and are even donated to Meals for Many and local food pantries, Richer said. Volunteers who work under the aus-

pices of Richer, Lussier or Pushee are even able to take a few vegetables home for their own families to enjoy throughout the summer.

Overall the Day of Caring was a busy day throughout Central New Hampshire. In southern Grafton County alone dozens of volunteers helped with storage and clean-up chores for Whole Village and the Head Start Program, per-

formed some building maintenance projects for the Pemi Youth Center, and helped with fall clean up at Camp Mayhew on Newfound Lake. Members of PARAEI also continued with weatherization projects for Whole Village and neighboring Bridge House, which recently had a solar array installed to keep electrical costs to a minimum.

Susan Armburg of Granite United Way said

Day of Caring is also the kick-off for this year's statewide \$8.5 million fundraising goal through the Work Place Giving campaign, where pledges can be made through participating employers. This year they anticipate \$1 million of that goal will be donated through the Central New Hampshire region alone and they are grateful for all who participate.

Among the many local

employers who generously allowed their staff a day to help area nonprofit organizations in the Plymouth area were NHEC, Melcher and Prescott Insurance, PARAEI, UPS, Hannaford's of Bristol, the Taylor Community, Genesis Behavioral Health, Franklin Savings Bank, Meredith Village Bank, Laconia Area Land Trust, AFL of Belmont, Pike Industries and many more.



DONNA RHODES

## Arro makes an appearance

Bristol's new K9 Officer, Arro, enjoyed one of his first public appearances at Newfound Regional High School's Open House last week where boys and girls got to meet him and his partner, Officer Nick Kelley.

## Bristol Historical Society hosting program with Doc Sanborn

BRISTOL — The Bristol Historical Society is very pleased to announce a program to be held on Saturday, Oct. 15 at 11 a.m. in the meeting room at the Minot Sleeper Library. The speaker will be the author of "Sanborns' Camp," Doc Sanborn.

Following in the tradition of Garrison Keillor's "Lake Wobegon" series, "Sanborns' Camp" presents a nostalgic view of bygone days as its stories reveal the loves and lies, loyalties and deceptions of six generations of Sanborns as they pass through the Camp's

rustic walls and play in the sparkling waters of Newfound Lake. Woven throughout these stories the theme of Doc's coming of age is both poignant and risible.

The theme of coming of age is detailed more thoroughly in Doc's second memoir, "Escape From Xanadu," in which, at age eight, he is forced to live with his father—a mean-spirited man who had started a new family and didn't want Doc around to complicate this new chapter in his life. Thus begins a five-year trial of surviving his father's flare-ups of animosity,

living a Huckleberry Finn-style existence in a ramshackle shack on the banks of the Bellamy River, and forging a tenuous relationship with Crazy Frankie. The tensions increase as Doc approaches puberty and it's a race to see if he drowns in the river—as his father hopes—at gets shot by Crazy Frankie. Throughout these conflicts, Doc relates his puppy love crushes on his girlfriend, his schoolmate's, and his eight-grade teacher.

Books will be available for purchase and signing at this program. This program is open to the public.

## Bake sale will benefit new playground in Ashland

NEW HAMPTON — A bake sale will be held at the Open Air Market of New Hampton on Saturday, Oct. 1 by the Ashland Elementary School Student Council and the Parent Volunteer Team, with the proceeds to

support construction of a new playground. Seasonal veggies will also be available, and a craft fair will be in progress from 9 a.m. till 2 p.m. on Winona Road in New Hampton. Don't miss it!

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## Farmer's Market and Craft Fair to be hosted at Open Air Market of New Hampton, LLC on Oct. 1

NEW HAMPTON — As we near the end of our third season at the Open Air Market of New Hampton, we would like to invite you to join us on Oct. 1 for a Craft Fair and Farmers Market. Free admission! The market runs 9 a.m.-2 p.m., and is located on Winona Road, at the Ashland town line. Come meet the farm-

ers, artisans and local talent that gather here to share their hand made goods with the community and weekend visitors. Fresh picked seasonal greens, tomatoes can be found along with maple syrup by Mel Torsey, fresh eggs from our local co-op of farmers and that garlic cheese you love so much from Huckins

Farm. You will also find one-of-a-kind hand made jewelry, note cards, giant bubble kits, potholders, really unique wooden puzzles, great gifts, baked goods, coffee and music by Uncle Steve. Support local, it supports you! See you there! Email: mail@openairmarketNH.com www.OpenAirMarketNH.com

## 'The Four Seasons: Feeling Hot, Cold & Wet' theme of Arts in Early Learning Conference

PLYMOUTH — Using the arts to help young children explore weather and the seasons will be the subject of "The Four Seasons: Feeling Hot, Cold & Wet," a creative, hands-on and fun Arts in Early Learning conference to be held from 9 a.m. to 3 p.m. on Saturday, Oct. 15, at Plymouth Elementary School, 43 Old Ward Bridge Road, Plymouth.

Presented by the Arts Alliance of Northern New Hampshire and VSA NH as part their ongoing Arts in Inclusive Learning collaboration, the conference is designed for early childhood educators (pre-K to grade 2), librarians, teaching artists, preschool and child care administrators and care providers, high-school and college students interested in early childhood education, as well as parents and grandparents.

Participants will experience an array of hands-on activities — using music, creative movement and drama, and the visual arts — that can be readily adapted for immediate use in the early childhood classroom, day-care center, library or home. An additional focus will be on early literacy, with a display and discussion of a variety of books related to the weather and the seasons, and demonstration of their use in arts-based activities.

Particular attention will be paid to meeting the needs of all learners, including children with developmental and learning differences. Participants are welcome to bring their own questions and ideas.

"We're excited about traveling to Plymouth with this year's conference, which addresses a favorite early-childhood topic that gets to the heart of preschool learning," said Arts Alliance Executive Director Frumie Selchen. "Much of young children's focus is on understanding the world around them. The change of seasons and the experiences and

feelings that change provides is an important part of growing up in New Hampshire. Exploring this topic through the arts is a great way to learn!"

Lead presenter Deborah Stuart was the editor and contributing writer for Start with the Arts, the Kennedy Center's national early-childhood curriculum. She is a folk musician who has worked with children for 40 years and is active around the country as a speaker, trainer and children's musician. She will be joined by Will Cabell, a professional puppeteer, actor, musician and educator, by dancer and movement educator Kelly Doremus Stuart and by theater artist Richard Moses.

Registration for the first registrant from a school, library, preschool or child-care center is \$35; reduced rates are offered for each additional registrant from the same site as well as for Arts Alliance members and for students. Partial scholarships are available on request. Professional development CEUs are offered.

Preregistration for the conference is required; register online at www.aannh.org. For additional information, contact the Arts Alliance at 323-7302, or email programs@aannh.org. Morning snacks will be provided. Participants are asked to bring a lunch.

The conference is part of the Arts in Early Learning collaboration between VSA New Hampshire and the Arts Alliance of Northern New Hampshire. The Arts Alliance receives operating support from the New Hampshire State Council on the Arts and the Neil and Louise Til-

lotson Fund of the New Hampshire Charitable Foundation. Additional support is provided by host sites and partners, including the New Hampshire Department of Education and the New Hampshire Arts Learning Network.



COURTESY

## Newfound students graduate from Advanced Summer Program at St. Paul's School

This past summer, two Newfound Regional High School scholars graduated from the prestigious Advanced Studies Program at St. Paul's School in Concord, New Hampshire. These students, Charles Gould and Joshua MacLean engaged in a rigorous academic program to both increase their college and career readiness, and pursue their passion for learning. Gould remarked that the experience "altered the way [he] views education, [and] what I want in college," while MacLean found that ASP made him realize "there are so many options out there for fields of study [that] I don't have to do shoehorned into anything." Commenting on the freedom that they earned at ASP and universal focus of the student body, both strongly recommend committed underclassman to apply. Both Gould and MacLean are now in their senior year at Newfound Regional High School. Pictured, left to right: Charles Gould (Artificial Intelligence), Joshua MacLean (Mass Media), Head of Guidance Monica Jackson

## Climate change expert to speak at PSU

Colin Kelley to discuss connection between climate change and migration



PHOTO

Colin Kelley

examples of the linkages connecting climate and human migration.

Colin Kelley is an associate research scientist at Columbia University's International Research Institute for Climate and Society and a senior research fellow with the Center for Climate and Security. He received his Ph.D. from Columbia and was a postdoctoral fellow at the University of California Santa Barbara, focusing on climate variability and change, the climate-water-food security nexus and resilience in vulnerable regions. He was the first author of the recent study in the Proceedings of the National Academy of Sciences, "Climate change in the Fertile Crescent

and implications of the recent Syrian drought," which provided evidence that climate change has already begun to exert a measurable influence with respect to water and food insecurity and state stability.

Named for humanitarian and New Hampshire businessman Saul O Sidore, the Sidore Lecture Series was established in 1979 by PSU and the Sidore Memorial Foundation. The series brings a variety of speak-

ers to campus to address critical issues and events in politics, society and culture, topics that reflect Sidore's interests.

All Sidore lectures are free and open to the public, but reservations are recommended. A reception follows each lecture.

Free tickets are available at the Silver Center Box Office, 535-2787 or (800) 779-3869.

Information about the Saul O Sidore Lecture Series is online at plymouth.edu/events/sidore.

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## September is National Recovery Month

BY DEB NARO  
Contributor

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental health disorder and/or substance use disorder to live a healthy and rewarding life. The theme for Recovery Month 2016 is "Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!" which highlights the value of family support throughout recovery. The theme also invites individuals in recovery and their family members to share their personal stories and successes in order to encourage others.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate National Recovery Month. They speak about the gains made by those in recovery and share their

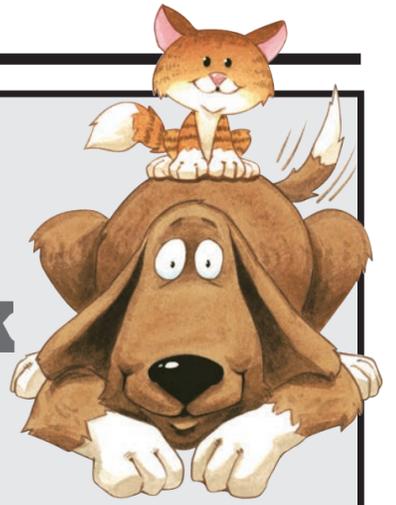
success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental illness and substance use disorders.

Now in its 27th year, Recovery Month highlights the achievements of individuals who have reclaimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible. Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

If you, or a family member or friend, are in need of treatment or recovery services, there are resources you can access. Visit the CADY website at [www.cady-inc.org](http://www.cady-inc.org) for a link to area resources or visit one of the following: [www.nhtreatment.org](http://www.nhtreatment.org); [www.hopeforrecovery.org](http://www.hopeforrecovery.org); and [www.nhcenterforexcellence.org](http://www.nhcenterforexcellence.org) or call the NH Statewide Addiction Crisis Line at 1-844-711-HELP. SAMHSA also hosts a National Helpline at 1-800-662-HELP (4357) for information and treatment referral as well as other SAMHSA resources for locating services.

We invite all individuals to be active change agents and spread the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

## PET of the Week Bear



Even in the best of homes accidents happen. So began the life of Bear a very handsome sturdy fellow. We have a canine birth certificate that states his mother's name and breeding, we know he was born in Florida, but who was the father(?) well that fact is a little hazy.

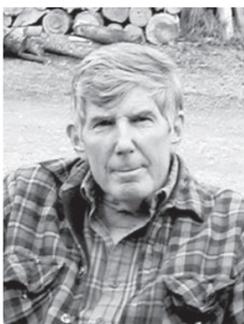
Bear is a small stocky mini Husky mix with energy plus. Surrendered because he was too active by his former owners, he is jaunty and busy



and knows ALL his commands. Bear lived with three little dogs but no cats.

Ideal home: one that is active, involving plenty of walks and hikes, and one that will include him in every activity - he's up or every car ride and road trip you are planning. Aged just about 3 years old he is vibrant and robust a wonderful pet just waiting for a second chance. Call 524-3252 or check [www.nhhumane.org](http://www.nhhumane.org)

## North Country Notebook



By JOHN HARRIGAN  
COLUMNIST

Doug Ross was out walking his dogs in a field in Newington one day during the first week of August when he (and the dogs) came upon something that looked like a dead animal, with tiny little babies crawling around its belly. Newington is a town just above Portsmouth, along the Piscataqua River.

"Piscataqua," by the way, is a pretty tough name for some people to pronounce, and even local radio announcers sometimes have a hard time with it, especially if they are new on the job and are from somewhere far away, maybe places where people are accustomed to having their home towns mispronounced--- say, Spokane or Des Moines or Presque Isle---and so you'd think they'd be more sensitive. Nobody seems to have much trouble, however, with Moose Jaw, Saskatchewan, or Deadhorse, Alaska.

This brings us to Coös County, which so many people to the south, and even some in the north, mistakenly pronounce as "Cooze," when of course it's Co-oss, as in "coöperate." It is a great hand-me-down from the Coashaukees, an offshoot tribe of the Abenakis. Let's not even bother with "Um-bagog." Oh well, okay, it's "Um-BAY-gog."

Where were we? The dead animal. Doug didn't poke it with a sharp stick or any-

## It's a possum (or opossum) if it's playing dead, with babies



Doug Ross and his dogs were romping around a field in Newington when they came upon this possum, which promptly played dead, and its babies, which didn't.



Here is a thornapple view of an upright and definitely-not-playing-dead possum, which has a reproductive tract difficult to describe.

thing, but instead recognized it right away as a possum. Doug is a former Fish and Game Commissioner and longtime outdoor guy, and knows his wildlife.

"I initially thought the mother had been hit by a car and was dead, with her babies getting the last bit of milk," he said. "However, upon closer inspection I saw that she was alive and well, either playing possum or just relaxing in the sun."

Possums, whose range is either determined by the severity of winters or by hu-

man habitation and behavior, take your pick, seem (to me) to be creeping northward, like earwigs, ticks, turkey vultures, and people who don't like dirt roads. During my near-forty-year statewide outdoor writing gig for the New Hampshire Sunday News, I kept getting reports of them, inching their little feet up through the state's Southern Tier.

Possums are marsupials thought to have originated in South America, back when the continents were drifting around. They are omnivores, meaning they will eat just

about anything.

When threatened and unable to run away, or at least shuffle away, possums experience an involuntary reaction similar to a faint, which can last up to four hours. Their young often fail to faint and just go on feasting, as was the case with Doug's possum.

Another little-known fact (except to possum aficionados) is that possums (the males) have what's known as a forked penis, meaning two glandes. It also turns out (surprise!) that the females have two vaginas. All this is way more than I ever wanted to know about possums.

Pat Tate, who is the furbearer biologist and a lot else at Fish and Game, says railroad expansion in the late 1800s probably helped possums extend their range. He has had possum reports from as far north as Berlin.

Some trappers catch a few possums a year, a trend Pat says has been increasing over the past decade. And it turns out that there is actually a market in the art world for possum hides, whose fur has a long-haired middle layer called awn, which carries paint well and is valued for fine paintbrushes.

(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, Groton, Hebron, Hill, New Hampton and the surrounding communities.

ESTABLISHED SEPTEMBER 18<sup>TH</sup>, 2014

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Phyllis H. Monahan, 91

GILFORD — Phyllis H. Monahan, 91, of 344 Old Lake Shore Rd., died Saturday, Sept. 24, 2016 at CRVNA Hospice House in Concord.

She was born Jan. 10, 1925, Glenclyff, daughter of Philip and Maude (Brooks) Derosia and a graduate of Plymouth High School. Mrs. Monahan lived in Laconia and Gilford since 1944, and was a widow of Robert E. Monahan, Sr., who died Jan. 15, 1988. Phyllis and Robert were married April 12, 1947. She worked as bookkeeper at Scott & Williams, Inc., and Rosen's Clothing store, and as store clerk and cashier at Sweaterville.

She was a former Lakeport Girl Scout leader, former member of the Winnepesaukee Chapter of the Sweet Adelines and for many years a member and treasurer of the Lakeport Leavitt Park Community Club Association. She was



a member of the Laconia-Gilford First United Methodist Church.

Family members include her son, Robert E. Monahan, Jr., and his wife Karen of Laconia; daughter Colleen (Monahan) Drouin and her husband Richard of Bristol; daughter Patricia (Monahan) Magnuson and husband Robert of Claremont; and her son and long time caregiver, Thomas Monahan of Gilford; her grandchildren, Michaela Drouin of Manchester, Katie Drouin of Wakefield, Cyndi (Magnuson) Stevens and her husband Brandon of

Claremont, and Robert Magnuson III of Newport; and three great grandchildren; Zachary, Kayleigh and Dylan Stevens.

There will be no calling hours.

A funeral service was held at 11:30 a.m. on Tuesday, Sept. 27, 2016 at the First United Methodist Church of Gilford, 18 Wesley Way in Gilford.

A private burial was held in the family plot at Riverside Cemetery in Plymouth.

For those who wish, memorial contributions may be made to CRVNA Hospice House, 30 Pillsbury St., Concord, NH 03301.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinson-beane.com.

Shila M. Webber, 78

BRIDGEWATER — Shila Madonna Webber passed away peacefully on Monday, Sept. 27, 2016 at Speare Memorial Hospital.

Shila was born in Plymouth on Aug. 20, 1938, to Alfred W. Burbank, Sr. and Edith A. (Gushea) Burbank.

She married Robert L. Webber on Oct. 8, 1955 in New Hampton.

She worked for Sprague Electric, Perry's Lamp Factory, as well as Hitchner Mfg. and Plymouth High School Food Service.

In addition to her husband, Robert, she is survived by three children, Sherry Webber, Robert A. Webber (and wife Holly), and Kenneth A. Webber (and wife Erin), all of Bridgewater. She is also survived by six grandchildren (Douglas Piper, of Richmond Hill, Ga., Ashley Webber of Hopkinton, Adam Webber of Alexandra, Joshua Haney of Belmont, Jamie, LaRoche of New Hampton, and Jeremy



Haney of Groton, and Corey Eigabroadt of Warner); and 12 great grandchildren; two brothers, Alfred (Butch) Burbank, Jr. (and wife Polly) of Thornton, Micheal Burbank of Plymouth; four sisters (Sandra Abbott (and husband Ed) of Campton, Judy Holt of Florida, Joyce Marden,

(and husband Lewis) of Center Harbor, and Cathy Gallagher of Dover); and many nieces and nephews.

She was predeceased by her parents; her stepmother, Betty; and her sister, Lorraine Burbank.

In lieu of flowers, donations may be made in Shila's name to the New Hampshire Humane Society, P.O. Box 572, Laconia, NH 03246 or a charity of ones choice.

A celebration of Shila's life will be at a later date.

Mayhew Funeral Home is in charge of arrangements.

Towns

Alexandria

Judy Kraemer 744-3532  
judy7@metrocast.net

NH Marathon

Saturday, Oct. 1. Start 9 a.m. from Newfound Middle School. Some road closure. Half Marathon starts same time from Sculptured Rocks in Grafton. Runners will in the lake roads all day. Finish line in Kelley Park. Be aware, and cheer them on.

From the town

Selectmen's Meeting, Sept. 20 Items Reviewed and Signed Purchase Order: Sleepers for roller rental Purchase Order: TMS Diesel for CPU update on 2009 Sterling Primex: Resolution to Enter Primex CAP NH DOS Boat Agent authorization Alexandria Emergency Operations Plan Statement of Adoption

Alexandria Emergency Operations Plan

NIMS Resolution Alexandria Emergency Operations Plan Record of Revisions & Changes

Notice of Intent to Cut Wood or Timber: 16-005-13-T Map 418 Lot 218-2

2016 MS-1 Summary Inventory of Valuation Credit Application: Michie

Application for Municipal Finance: Daimler (new truck)

Items held for further review Avitar Associates 5 year Assessors Agreement

Appointments/ Department Heads

Jeff Cantara, Road Agent

There was discussion regarding having engineering work done for the Knowles Hill Road bridge. Mr. Cantara said that work on the Brook Road bridge will begin on September 26 but will not be completed until

around Thanksgiving. The bridge will be closed during that time. Mr. Cantara notified the police department, fire department and the school bus company.

Mark Stetson Avitar Associates

Mr. Stetson provided an overview of the 2016 Cyclical Revaluation; the manual provided by Avitar is available for review in the Selectmen's Office and on the Town's website. Mr. Stetson said that the Town has seen a 2.8 percent decrease in value.

Mr. Stetson mentioned that the current agreement with Avitar Associates ends on Dec. 31. The Selectmen will be reviewing the 5 year Assessors Agreement further before making a decision.

There was discussion regarding utility assess- SEE TOWNS, PAGE A6

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Granite United Way  
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## Towns

FROM PAGE A5

ments; Mr. Stetson confirmed that Avitar will continue providing utility assessments.

### George Clayman, Emergency Management Director

Mr. Clayman and the Selectmen discussed the updated Emergency Operations Plan; the plan is available for review on the Town's website and in the Selectmen's Office. As part of the EOP, there are two forms that may voluntarily be completed by residents:

- Volunteer Registration Form: This form is for residents that may be able to volunteer

- during an emergency.

- Access and Functional Needs Form: This form is for residents that may require special assistance in an emergency, such as transportation or medical assistance.

Mr. Clayman provided an update on the generator grant; the last form required with the grant

application has been submitted. The project will move forward as soon as the grant is approved.

### Chief Sullivan, Police Department

Chief Sullivan said that the police cruiser that was damaged in an accident was fixed in one week and that the other driver was found at fault by the State Police.

Chief Sullivan provided the Selectmen with an update on police activity.

Concerns were expressed regarding the open cellar hole at the corner of Bailey Road and Fowler River Road; the Chief will look into whether the property owner needs to cover the cellar hole.

There was discussion regarding whether the police department carried Narcan; Chief Sullivan

said that they do not as they rely on the quick response from Bristol Ambulance and the

Alexandria Fire Department that both have staff trained to administer Narcan.

There was discussion regarding the cost and having dashboard cameras in the cruisers. Chief Sullivan was unsure of camera cost but said that it is more expensive to have suf-

ficient storage for the videos. Chief Sullivan mentioned he is on a committee reviewing dash cam video laws; he expressed concerns regarding victim privacy.

Mr. Piehler gave Chief Sullivan a phone number that had called him that is from an IRS scam.

Chief Sullivan said that the IRS will not call you if you owe them money and that they would send a letter if you owed them money.

Concern was expressed regarding somebody that had pulled over a vehicle pretending to be a police officer in Franklin; Chief Sullivan wanted residents to be informed about the situation.

### Business

The Selectmen opened bids for the property shown on tax map 419 Lot 2 (land off Borough Road). The Town received the following two bids: Robert and Corin Summers for \$4,149.

Mr. & Mrs. Joseph Sanville for \$1,201. The Selectmen accepted the bid from Robert and Corin Summers.

## Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

### South Danbury Church

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, Oct. 2, with refreshments and conversation afterward.

The green hills are now dotted with red, oranges and yellows. We have had our first frost and everyone is busy harvesting their gardens. Apples are spotty in home orchards but we were all spoiled by last year's plentiful crop. The pig are getting fat. Two of our farm beef critters are on their way to the slaughterhouse. Our small farm flock of 20-ish white broadbreasted turkeys have been entertaining a larger flock of 50 wild turkeys. We call them the country cousins and I prefer the to find grass somewhere other than the cow pasture. A beef brisket slow cooks in my crockpot, not corned, but seasoned in the pot with brown sugar, vinegar, garlic, pickling spice and salt. The New Hampshire sights and sounds of Fall. Take time to enjoy these gorgeous days because we

all know what is coming in a few months.

As we speak of harvest, the Danbury Winter Market should be mentioned. Beginning in November and running every first Saturday from 9am-1pm, thru April, applications are now available. Though this is a farmers market, specialty foods and artisans are also welcome.

Oct. 8 is the Annual Danbury Volunteer Fire Department's turkey supper. Turkey with all the fixin's is served at the grange hall. Everything is home cooked and proceeds benefit their fire department.

## Groton

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

There will be no Select Board Meeting till the 27th, which will be too late to add any Town business here.

### Groton Historical Calendars are on sale.

Sharon Nelson came by last week and dropped one off for me to look through. My husband and I love looking around old cellar holes and imagining the families that might have at one time lived there. That is what this calendar is all about. The Groton Historical Society investigated some of the homesteads which were on those cellars around Town and they included 13 of these in the 2017 Calendar titled "Groton Homesteads: Gone but Not Forgotten." If you would be interested in purchasing one of these please contact either Pam Hamel at 744-5747 or Sherry Nelson at 744-9744.

I thought the house featured for November 2017 was quite interesting. This house was down near the end of Roger's Road. The house itself was moved. It was a "Knee Wall Cape" built around 1830. I had to look up what a "Knee Wall Cape" was. When I went to boarding school our dorm was in an old Cape built 1778 and our dressers drawers were built into the "knee wall" of the upstairs rooms where we stayed. If you pulled the drawers all the way out, there was a crawl space behind which traveled the length of the building and out over the kitchen area. We used to crawl through the drawer opening and down over the kitchen which was

deserted that time of day and talk until way after "lights out"... happy memories. That dorm is still being used today though it probably has been renovated since I was there in the early '70's. Our Town Office in Groton has the same type of construction with the space for our bank of fireproof filing cabinets built into the "knee wall". It is so interesting to learn these little bits of history. Thank you, Sherry, for sharing the calendar with me.

### Announcements

Select Board Meetings – Work Sessions – Tuesday, Oct. 4 and Tuesday, Oct. 11 – 5 p.m. at the Town House; Select Board Meeting – Tuesday, Oct. 11 at 7 p.m. at the Town House.

Conservation Commission Meeting – Oct. 13 – 7 p.m. at the Town House

Groton Historical Society Annual Meeting – Sunday, Oct. 16 at 1-2 p.m. at the Town House  
Zoning Board Meeting – Monday, Oct. 17 – 7 p.m. at the Town House

Closings: The Select Board Office will be closed from Oct. 12 through Oct. 21

Hope your week is going well and that you have a great weekend.

## Hebron

Bob Brooks 744-3597  
hebronnnews@live.com

### Community Breakfast

The next Community Breakfast is Saturday, Oct. 1 from 7:30 - 8:45 a.m. For \$4, come and enjoy Eggs, Bacon, Sausage, Hash, Pancakes, French Toast, Pastries, Oatmeal, Fruit, Juice & Coffee in Community Hall at the Union Congregational Church.

### Friends of the Hebron Library

The Friends of the Hebron Library will hold their monthly meeting at the library on Monday, Oct. 3 beginning at 6 p.m.

### Public Hearing

The Hebron Select Board will be holding a Public Hearing on Thursday, Oct. 6 at 7 p.m. in the Select Board Office located at 7 School St. The purpose of the hearing is to expend funds from the Capital Reserve Fund entitled "Government Building Repair" to replace the windows at the Town Clerk's and Tax Collector's Office Building.

## Churches

### Family Worship Center Ply. Assembly of God

Thursday, Sept. 29, 6:30-8 p.m., you are invited to 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, Oct. 2, 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. Prayer meeting is held in the sanctuary at 5 p.m., Sundays.

Monday, Oct. 3, noon-2 p.m. – the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Tuesday, Oct. 4, 6:30 p.m., the Youth 4 Truth, for grades 5-8, will meet at the church. Sunday, Oct. 9, the monthly fellowship luncheon will follow the morning service. Please bring food to share.

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.

### Holy Trinity (Roman Catholic)

The Alpha program started last week, but it's not too late for you to try it out! The program runs every Tuesday from now until Dec. 6 from 6 to 8:30 p.m. at St. Matthew Hall in Plymouth and comes with a free meal!

The Anointing of the Sick will take place during Mass at 4 p.m. on Oct. 8 and the 9:30 Mass on Oct. 9. We are highlighting this often misunderstood sacrament as an excellent way to show reverence for life.

Fr. Leo

### Day Away volunteer training

There will be a mandatory training for all Day Away program volunteers on Thursday, Oct. 13 from 3:30 – 5 p.m. at the Marian Center. There will be three panel speakers. Time will be given for questions after the discussion. Please email Mary Lapin's at mt-lapanus@comcast.net to sign up.

### Haven Pregnancy Center 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.

### Pre-born and Infant Loss Interdenominational Memorial Service

Haven Pregnancy Center invites you to join them for a memorial service to honor the lives of babies lost through abortion, miscarriage or infant death. The service will be held on Sunday, Oct. 16 at 2 p.m. at the memorial to the unborn in the parking lot of St. Matthew Church. Deacon Mike and Pastor Dennis Simmons from Gateway Alliance Church will officiate.

### RCIA

Adults entering the Catholic Church, or those just thinking about it, follow a process known as the RCIA: the Rite of Christian Initiation of Adults. The process begins in late fall and has several distinct stages: Purification and Preparation

Inquiry, Catechumenate, Initiation, Mystagogy  
Contact the office at holytrinitynh@gmail.com for more information.



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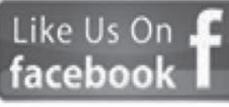
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# Flying Monkey welcomes Grammy winning "Walking in Memphis" singer, Marc Cohn

PLYMOUTH — The Flying Monkey Performance Center welcomes Grammy Award-winning Walking In Memphis singer, Marc Cohn to the Plymouth stage on Friday, Oct. 21 at 7:30 p.m. Tickets for this concert start at \$39.

Singer-songwriter and pianist Marc Cohn burst onto the scene in 1991 on the heels of "Walking In Memphis," one of the most resonant songs to make the Top 40 in the last 20 years. The Best New Artist Grammy for 1991 soon followed. Cohn's short-story songwrit-

ing style is heavily influenced by Van Morrison, Joni Mitchell and Jackson Browne, and he is often named among the most personal and introspective lyricists of his generation.

Collaborating with longtime producer-arranger-multi-instrumentalist and fellow Grammy Award winner John Leventhal, Cohn doesn't merely recreate the sounds of this storied time. On his 2010 hit album, "Listening Booth: 1970," he transforms songs from such artists as Cat Stevens, John Len-



**The Flying Monkey Performance Center welcomes Grammy Award-winning Walking In Memphis singer, Marc Cohn to the Plymouth stage on Friday, Oct. 21 at 7:30 p.m.**

non, Paul McCartney, Van Morrison, Smokey Robinson, Creedence Clearwater Revival and even Bread into tracks that are warm, soulful,

more than a little sexy and full of easy-going charm. These highly personal interpretations say as much about Cohn's own history—

his experiences, his memories, his inspirations—as about the legacy of these songs.

As important as Cohn's calling card is, loyal fans already know that "Walking in Memphis" is a great opening track on a classic record and also the beginning of a larger story that continues to this day. Cohn performs songs from his new albums, Join The Parade and Listening Booth, as well as his classics hits, including: "Ghost Train," "Silver Thunderbird," "Perfect Love" and "True Companion."

"Marc is one of our favorite performers to work with and watch perform," says Seth McNally of The Flying Monkey. "The man's talent and stage presence is GIANT, and one feels like they are watching an arena artist like Billy Joel or Jackson Browne perform in our intimate room... quite a treat."

Tickets for Marc Cohn 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).

## Churches

FROM PAGE A6

### Plymouth State University Campus Ministry

Weekly student meetings of Catholic Campus Ministry are Tuesdays at 7 PM 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!

**BIBLE STUDY** offered by and for PSU students occurs on Thursdays at 7:15 p.m. in the Reflection & Spiritual Care Center, across from Lamson Library. Come and see how God's word can speak to you!

**First Sunday Rosary:** Join PSU students for a recitation of the Rosary just before the 11:30 a.m. Mass at St. Matthew's Church. First Sunday Rosaries resume on Oct. 2 starting at 11:15 a.m.

Monthly prayers & suppers with Fr. Leo for students begin are held Sundays at 6 p.m. at Holy Trinity rectory, a large white house

with a porch, at the corner of Langdon and Highland St. The meaningful prayer services are created by students; the delicious suppers are made by parishioners. Students interested in attending should contact Kathy Tardif at [kmtardif@plymouth.edu](mailto:kmtardif@plymouth.edu).

**Weekly meeting**  
'Sundays  
Faith Formation  
Class:

Bristol: Simard Hall, 10:30 a.m. - noon  
Boy Scout Meeting, St. Matthew Hall, 5 p.m.

Tuesday, Sept. 27  
ALPHA, St. Matthew Hall, 6:00 PM - 8:30 PM (dinner included)

Wednesday  
Bible Study:  
Bristol, Marian Center, 9 - 10:30 a.m.

Plymouth, St. Matthew Meeting Room, 3:30 - 5 p.m.

Thursday  
Day Away, Simard Hall, 9 a.m.

Faith Formation  
Class:  
Boy Scout Meeting, St. Matthew Hall, 5 p.m.

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

### Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigen-

erational, 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, Oct. 2, 9:30 a.m.**

### Healing Through Transcendental Sound

Worship Leader/ Music: William Mayshark  
Worship Associate: Paul Teirney

Join William Mayshark and the Temple Bhajan Band for service of Vedic music.

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is held downstairs concurrently with the service. Join us for coffee and conversation following the service.

### Children and Youth Religious Education, Meredith Flynn, DRE

Children's Chapel - The children will begin downstairs this Sunday in the Children's Chapel. We will have a 15 minute children's service with songs, story, and stones of joys and sorrows. Then the children will head to

their classes.

**Room 1:** Pre-school-Kindergarten: Chalice Children- Core Message- Our church is a place where we worship together.

**Room 2:** First-Third grade: In Our Hands- Core Message- Sharing makes us strong.

**Room 3:** Fourth-Fifth grade: Windows and Mirrors- Core Message- We can be respectful of others' religious beliefs and backgrounds.

**Middle school:** Neighboring Faiths- The class will meet from 9:30-10:45 a.m. in the upstairs Youth Room.

**High school:** Youth Group- Youth Group meets the 2nd and 4th Sunday of the month from 6-7:30 p.m.

### Social Justice Community Outreach - PAREI

Also, 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.

### Ongoing activities

Choir meets 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](mailto:cdkriebel@gmail.com) for information.

Starr King Men's Group will meet 6-8 p.m., on the first and third Sundays.

Second Sunday Hike Depart SKUUF rear lot at noontime. Contact Mitch at [mitch@newfoundfarm.org](mailto:mitch@newfoundfarm.org) to register and receive updates. Rain cancels.

See Activities committee on the Web site at [www.starrkingfellowship.org](http://www.starrkingfellowship.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 [seabeans@roadrunner.com](mailto:seabeans@roadrunner.com) for info 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 volunteer member of the group. Contact Betty Ann Trought at [batrought@gmail.com](mailto:batrought@gmail.com) or just come and meet with this welcoming group. Wise Women regularly meets 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.starrkingfellowship.org](http://www.starrkingfellowship.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.



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

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# Artistic Roots features sewing and embroidery classes With Jen Alba and Donna Castor

PLYMOUTH — Jen Alba, our hand embroidery expert, is offering her Hand Embroidery Workshop on Oct. 23 from 1-4 p.m. Cost is \$25 for members and \$30 for non-members.

Alba will teach basic hand embroidery techniques and some commonly used stitches. Students will draw their own designs or trace one of Alba's original drawings onto fabric then transform it into a colorful picture with their own creative techniques. Bring your own piece of clothing to embroider. Fabric should be small weave linen, cotton or denim.

Donna Castor, Artistic Recycling, is offer-

ing a course in Making your own Mittens from recycled sweaters. Class is on Oct. 25 from 2-4 p.m. The cost of the class for members is \$50 and for non-members \$55. You will need to bring your own sewing machine and some other supplies. Contact Donna at dandbcator@gmail.com for the list.

eggie Girl Art, Stacey Lucas, is offering her Custom Sign Painting Class again this month on Oct. 20 from 5-7 p.m. Cost of the class is \$25 for members and \$30 for non-members. All supplies and instruction will be provided. Bring a favorite quote, word or idea to incorporate into your de-



**Hand Embroidery Artist, Jen Alba works on a design for a denim skirt. She is offering a class at Artistic Roots on Oct. 23 from 1-4 p.m. to share her talents. The workshop is \$25 for members and \$30 for non members. Bring your own piece of clothing to embroider. Artistic Roots is located at 73 Main St. in Plymouth.**

5-7 p.m. She teaches participants to create beautiful fused glass creations to place in a window to catch the light. You will learn to use stringers, frit and how to cut and place glass. Cost is \$25 for members and \$35 for others.

Suzan Gannett is a multi-medium artist working in watercolors and Zen Doodles and jewelry (making her own flame work beads). She is offering adults a Zen Doodle Class featuring Lettering on Oct. 11 from 5-7 p.m. Students will learn a variety of designs and how to incorporate them into flowers. This class will meet from 5-7 pm and the cost is \$20 for members and \$25 for non-members. She is offering a Mask Mak-

ing Class for Kids ages five and up on Oct. 29 from 10 a.m. until noon. Students will design a mask to go with their Halloween costume or perhaps to use with dress-up. Cost of the class is \$7.50 for members and \$10 for non-members.

Each month, Artistic Roots also offers an open class in Knitting held weekly on Sundays from 2-4 p.m., sponsored by fiber artist, Polly Bartlett. This class is free and all are welcome to attend.

Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is on 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

## Uncovering - and resolving - the unmentionable emotion: Caregiver guilt

BY JENNIFER HARVEY, RN, BSN, CDP

Live Free Home Health Care

Family members who provide care for those they love share a lot of common traits: selflessness, patience, and compassion, for example. Unfortunately, many caregivers share another, often unspoken, characteristic: caregiver guilt.

Unresolved feelings of guilt can be detrimental to the physical and emotional wellbeing of caregivers, and can also be harmful to their care receivers. It's important for caregivers to not only acknowledge these feelings, but to understand that there are resources available to help:

Reinforce the positives. It's easy for caregivers to fall into the trap of negative thinking, such as feeling as though they're not doing enough for their loved ones. Creating a list of positive messages to counter those thoughts, such as the ones below, and posting them in a prominent place, can help caregivers restore healthy thought patterns:

I am doing enough

I give myself permission to care for myself

I give myself permission to feel good and feel bad

I will not let my emotions dictate the choices I make

I will refrain from harsh judgement of myself for letting the past dictate my present

It's ok to make mistakes

I will take one day at a time and not borrow worry from the future

The decisions I make are the best ones possible given the in-

formation and support I have at the time

I'm making a positive impact on the life of my loved one

Set aside personal time. Finding time for enjoyable, relaxing activities is challenging for caregivers whose lives are overflowing with care tasks, but it's vitally important to allow trusted friends, family members, or professional in-home care staff to provide regular respite. Even just an hour each day of uninterrupted personal time to read, exercise, or engage in a hobby or favorite pastime can make a world of difference.

Reach out for support. Connecting with others in similar caregiving roles who can empathize and lend support can help prevent feelings of guilt and isolation. Sometimes, the best medicine is sharing a heartfelt, "Me too!" with someone in similar shoes. There are a variety of online caregiver support resources, making it easy to network without the need to leave home, such as:

<http://www.caregiving.com/chat-schedule/>

<http://thecaregiver-space.org/chat/>

There's perhaps nothing more admirable than caring for someone in a time of need, and it can provide a wealth of satisfaction and fulfillment when carefully balanced with self-care.

A professional home care agency, like Live Free Home Health Care, can partner with family caregivers to ensure that seamless, high quality care is provided at all times,

offering family members that all-important time away to relax and refresh.

To learn more, contact Live Free Home Health Care at 217-0149 or visit us online at [www.LiveFreeHomeHealthCare.com](http://www.LiveFreeHomeHealthCare.com).

### About Live Free Home Health Care

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a cherished family member. For further information, contact 217-0149 or visit [www.LiveFreeHomeHealthCare.com](http://www.LiveFreeHomeHealthCare.com) and follow us on Facebook.

sign. Lynn Haust is offering The Glass Fusing Classes on Oct. 24 from



COURTESY

## Mid-State launches new walking program - "Sole" Mates

This summer, Mid-State Health Center partnered with Plymouth State University's Center for Active Living & Healthy Communities to create a walking program for patients looking to increase physical activity. The six-week program, entitled Sole-Mates, emphasized walking for fun and health, increasing intensity safely and supporting fellow walkers through group attendance and discussion. Each weekly session consisted of education, group sharing, and walking to upbeat music on the ALLWell North Indoor Track. Participation was free, sponsored by the collaborating facilities. If you are a patient of Mid-State and would like more information about upcoming programs, please contact Chantal, RN Health Coach at Mid-State: 536-4000.

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# Speare Memorial Hospital now offering state-of-the-art, 3D mammography

## Detects 41 percent more invasive breast cancers

PLYMOUTH — Speare Memorial Hospital is excited to offer Genius™ 3D mammography™, a breakthrough in the early detection of breast cancer.

“Early breast cancer detection saves lives for women screened annually, beginning at age 40,” says Rebecca Zuurbier, MD, Director of Breast Imaging at Speare Memorial Hospital and Dartmouth-Hitchcock Medical Center. “Advanced 3-D tomosynthesis mammography, like that now available at Speare, is a significant technological leap forward in this process because important breast cancers can be found even earlier. This saves lives while helping women avoid disfiguring surgeries and debilitating chemotherapy treatments. This technology detects 41% more invasive breast cancers and results in fewer recalls for additional views from screening mammograms, compared to 2D mammography.”

In conventional 2D mammography, overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. A Genius exam at Speare includes a three-dimensional method of imaging that can greatly reduce the tissue overlap effect.

Speare’s mammograms now include both 2D images and

3D tomosynthesis scans. During the tomosynthesis-DIMENSIONAL portion of the exam, an X-ray arm sweeps in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing Dr. Zuurbier to review the breast tissue one layer at a time. The exam requires no additional compression and takes just a few seconds longer than a conventional 2D breast cancer screening exam.

Speare Memorial Hospital has a dedicated and experienced team of mammography staff. Appointments can be made from 8am to 4 pm Monday through Friday. Late afternoon appointments are also available.

The public is invited to an open house to learn more about 3D mammography at Speare on Thursday, Sept. 29 from 3-6 p.m. Light refreshments will be served.

Speare Memorial Hospital—a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire—is nationally ranked as a HealthStrong™: Top 100 Critical Access Hospital and a Becker’s Top 50 Critical Access Hospitals to know in 2016. Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.



Speare Memorial Hospital is excited to offer Genius™ 3D mammography™, a breakthrough in the early detection of breast cancer.

## Depression in older adults

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Depression is a common problem among older adults, but it is not a normal part of aging. In fact, studies show that most seniors feel satisfied with their lives, despite having more illnesses or physical problems.

Depression is more than just feeling sad or blue. It is a common but serious mood disorder that needs real treatment. Never view it as a sign of a person’s weakness or a character flaw – or think you can just “turn it off.” It’s actually an illness with serious consequences.

### Grief vs. Depression

Sometimes it can be difficult to distinguish grief from major depression. Grief after loss of a loved one is a normal reaction and generally does not require professional

mental health treatment. Other major life changes that happen as we get older may also cause feelings of uneasiness, stress, and sadness. Moving from work into retirement, or dealing with a serious illness can leave people feeling down or anxious. After a period of adjustment, many older adults can regain their emotional balance, but others do not and may develop depression.

### Depression Impacts Older People Differently Than Younger People

Depression is associated with an increased risk of cardiac diseases and an increased risk of death from illness. At the same time, depression reduces a senior’s ability to rehabilitate. Studies of nursing home patients with physical illnesses have shown that the presence of depression substantially increases the likelihood of death from those illnesses. Depression also has been associated with increased risk of death following a heart attack. For that reason, it is important to make sure that a senior is evaluated and treated, even if the depression is mild.

While depression is more common in women, it more often increases the risk of suicide in older men. The suicide rate in people ages 80 to 84 is more than twice that of the general population. That’s why the National Institute of Mental Health considers depression in people age 65 and older to be a major public health problem.

### Warning Signs of Senior Depression

If you suspect that your loved one is suffer-

ing from depression, pay attention to these health indicators:

**Irritability:** Sudden mood changes can suggest depression. If a normally cheerful senior now gets easily irritated, take note.

**Loss of self-regard:** Experts say that one of the most obvious signs of depression in seniors is seen when they show a lack of pride in their personal appearance. Perhaps your mother has stopped wearing make-up, or your father has stopped bathing.

**Social withdrawal:** Depressed seniors tend to shut out others and avoid social situations.

**Increased pain:** Depression often amplifies physical pain.

**Recent illness or surgery:** Seniors recovering from major illness or surgery are much more likely to develop a depressive episode, and some go on to have a depression disorder. In fact, research shows that 15 percent of people who are discharged from a hospital leave with depressive symptoms.

**Recent loss:** Older persons have a much higher risk than do younger people of falling into depression after the loss of a loved one. It’s actually quite common.

**Insomnia:** Studies have linked depression with the inability to sleep, and insomnia is a risk factor for depression onset and recurrence – particularly in seniors.

### Treatment is Available

Doctors are encouraged to routinely screen for depression. Using a series of standard questions, a primary care doctor can provide an

effective screening for depression, allowing for better diagnosis and treatment. This can happen during a visit for a chronic illness or at a wellness visit.

There are several treatment options available for depression. They include medicine, psychotherapy or counseling, and electroconvulsive therapy or other newer forms of brain stimulation (such as repetitive transcranial magnetic stimulation (rTMS)). Sometimes, a combination of these treatments may be used. Ask your loved one’s doctor more about these treatments.

### Don’t Let Your Loved One Suffer

While it’s natural to experience some grief in the face of major life changes, clinical depression doesn’t go away by itself, lasts for several months, and needs to be treated by a professional. If you suspect your loved one is suffering from minor or major depressive symptoms, encourage him or her to seek help. It’s best to be a part of the solution – and because of the social stigma attached to this disorder, you’ll actually be doing your loved one a favor.

Comfort Keepers® can help. Our Interactive Caregiving™ keeps senior clients engaged physically, mentally, and emotionally while living independently at home. Call your local office today to find out more about the many ways we can help your loved one, even during the toughest of times.

### About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [www.comfort-keepers.com/plymouth-nh](http://www.comfort-keepers.com/plymouth-nh) for more information.

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## Triathlon

FROM PAGE A1

around the lake," Baker said. "It was just beautiful and I smiled the whole way."

For her the Sprint turned out to be a life-changing experience and she looks forward to coming back to "tri" again next year.

"Yes, I think I'm hooked now," she laughed.

On Sunday, the challenge was doubled for competitors in the Olympic race. Their course included a 0.9-mile swim, 32-mile bike race (two laps around Newfound Lake) and a 6.2-mile run.

As the tri-athletes pulled on their wet suits and stretched out their muscles, excited friends and family members gathered on the shore to watch them swim. Many were bundled in blankets, hats and even mittens to ward off the brisk early morning temperatures.

"This is really great but boy, it's gotta be cold out there in that water," observed one gentleman out to cheer on his son and grandson.

Loughlin noted that the water was actually almost 70-degrees and very nice though.

"It's getting out wet into these temperatures that's the worst part," she said.

The athletes didn't



DONNA RHODES

**Dave Bijur of Chicago, Ill. ran his bike from the beach to the next start line as he got ready to pedal two laps around Newfound Lake in the Lakes Region Triathlon last weekend.**



DONNA RHODES

**Gregory Dierksen, was the first to wade out of the water after a swim of nine tenths of a mile in Newfound Lake last weekend and never looked back. He went on to bicycle twice around the lake and run 6.2 miles to finish at the top of the leader board in the Lakes Region.**

seem to mind however, and at 8:27 a.m. when the shots fired from a small cannon sent each wave of swimmers out on the course, the only thing on their minds was the finish line.

Thirty-year-old Gregory Dierksen of Brookline, Mass. set a swift pace for the swim, completing the 0.9-mile distance in 18:35 and never looked back. He completed all three legs of the race in just 2:23:47 to take home first place. Not far behind him was 47-year-old Steven Bang of Auburn, Maine with an overall time of



DONNA RHODES

**Race developer Jan Buitendag and his daughter and race director Jana Loughlin kept their eye on the swimmers as the Lakes Region Triathlon got underway early last Sunday morning.**

## Open House

FROM PAGE A1

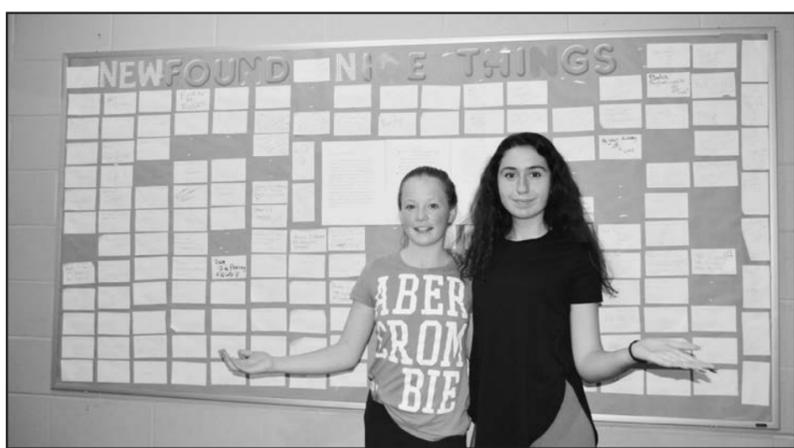
Newfound, and Project Promise After School Programs. Greeting visitors outside the entrance were Bristol Police Officer Nick Kelley and his K9 partner Arro and members of the U.S. Army National Guard and Reserves who shared information on their careers.

Valentina Raptis and Riley Pierce were two freshman tour guides for the night who were proud to show all NRHS has to offer. They guided folks through the corridors, explaining what takes place in each of the academic classrooms and led them to specialty facilities such as robotics, ceramics, photo lab and childcare education rooms.

"There's really a lot here for a school this size," said Pierce.

She and Raptis explained that students can also participate in technical classes in Plymouth, take courses at Plymouth State University, and even sign up for online classes to increase their academic credits and possibly graduate earlier than expected.

Both said their first month in high school



DONNA RHODES

**During an open house tour at Newfound Regional High School last week, freshmen Riley Pierce and Valentina Raptis paused in front of the Newfound Nice Things bulletin board and shared a few their own thoughts about all that makes their school so nice.**

has been very exciting and they are happy about all the new opportunities it provides for them in not only their education but their life, too.

"The teachers are amazing," said Pierce. "They're respectful, they make you laugh and they're always there for you, even if it isn't about school."

Raptis agreed that the teachers and administrators have made her feel right at home in her new school.

"The highlight of the year so far has been the teachers and staff. They make you feel welcome; they make sure you know what you're doing and that



DONNA RHODES

**Newfound Regional High School's Assistant Principal, Chris Ulrich, took on a new role last Thursday evening as he cooked burgers and hot dogs for all the guests of their second annual open house.**

you're never left behind," she said.

Three special sessions that night allowed visitors the opportunity to learn more about other special programs such as Poetry Out Loud, VEX

Robotics Systems, Real Infant Care simulators and 3-D printing. Parents were also able to get tips on how to help with high school math, social studies, special education, language arts and science. In-

cluded in the evening were two roundtable discussions and an A Cappella performance from the music department.

"The night is designed to give people a good perspective of the school and all that goes on here," Pierce said.

2:42:24, and third place went to 48-year-old Bruce Mayhew of Manchester. Mayhew finished with a time of 2:47:29 for the men.

In the women's competition it was 49-year-old Michelle Rosowsky of S.Burlington, Vt.. Rosowsky placed an impressive 6th overall and won the women's division with her time of 2:52:52.

Second for the women and 12th overall was Molly Zahr, age 37, of Bedford with a time of 3:03:48, and 48-year-old Jennifer Dube of Enfield capped off the Top 3, completing the course in 3:16:38.

Top competitors in Saturday's Sprint competition were John Ry-mes, age 46, of Concord, who came in with a time of 1:09:25. Sixty-year-old Herbert Coolidge of Poland Springs Maine finished with a time of 1:15:00 while just two-tenths of a second behind him was 36-year-old Jon Whitney of Andover, Mass..

On the women's Sprint leader board it was 51-year-old Katie McCully of Eastham, Mass. (15th overall) with a time of 1:23:31; 37-year-old Heather Drummond of Wilmot finished just behind McCully in 16th overall with her time of 1:23:43, and in third place was Gina Whipple of Weare. The 47-year-old completed the race 19th overall with her time of 1:26:11.

Other divisions were included relay teams in both Sprint and Olympic levels and, new this year, the Aqua Bike class where athletes only competed in the swim and bike races.

For more details on the weekend's results, visit [www.lakesregiontrifestival.com](http://www.lakesregiontrifestival.com).

## PLANNING BOARD

### Town of Bristol, NH

Notice is hereby given that a Public Hearing will be held at 7:00 p.m. on Wednesday, October 12, 2016 at the Town Office Building, 230 Lake Street, Bristol, NH concerning the Site Plan for Souper Heros Sandwich Shop, LLC to renovate and utilize the property located at 20 Lake Street for a 7000 sq ft sandwich shop / restaurant. The property is located at the lights at the intersection of Lake Street and Pleasant Street (Route 104W) at Tax Map & Lot #113-046, in the Downtown Commercial District.

## (6) Tax Deeded Properties at ABSOLUTE AUCTION

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Paul McInnis, Inc. Auctioneer is pleased to offer these properties at a Timed, Online-Only Auction Event.

- **3± Acre Wooded Lot - 105 Ten Rod Road.** Assessed Value: \$39,400. Map 267, Lot 023.
- **Home with Detached Garage - 116 Ridge Road** is a 3 BR, 2 BA Cape on 2.01± Acres. Assessed Value: \$174,000. Map 260, Lot 010.
- **1.9± Acre Lot with Small Structure - 241 Old Bay Road.** Assessed Value: \$46,100. Map 253, Lot 030
- **1.88± Acre Lot - Birch Hill Road.** Assessed Value: \$45,300. Map 250, Lot 104.
- **\*Waterfront Lot on Merrymeeting Lake** (pictured above) with Lot Across the Street - Selling in combination are three tax parcels. The first is a .44± acre lot with 110' of water frontage, the second is a .09 acre parcel with 20' of water frontage and the third is located directly across the street and totals .42± acres. Combined Assessed Value: \$210,100. Map 101, Lot 46 and Map 108, Lots 025 & 026.
- **21± Acre Wood Lot - Devils Den Road** is a wood lot with limited access. Assessed Value: \$19,000. Map 216, Lot 004.
- **Unfinished Cape Style Home with Garage - 5 Franconia Drive** is a 2 BR, 1 BA home. Construction started in 2008 but was not completed. The home appears weatherized with some interior framing. Oversized .855± acre lot. Assessed Value: \$69,100. Map 210, Lot 078.

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## PLANNING BOARD

### Town of Bristol, NH

Notice is hereby given that a Public Hearing will be held at 7:00 p.m. on Wednesday, October 12, 2016 at the Town Office Building, 230 Lake Street, Bristol, NH concerning the Site Plan for Davidson's Country side Campground, LLC to add 25 campsites located at 100 Schofield Rd. The property is located at the off of River Road on Schofield Road at Tax Map & Lot #220-015, in the Rural District.

## REQUEST FOR PROPOSAL

### SNOW PLOWING AND SANDING FOR THORNTON PUBLIC LIBRARY

The Thornton Public Library is accepting proposals for snow removal and sanding. The contract will be for a period of one year. Inspection of the site can be arranged by calling Library Director Nina Sargent at 603-726-8981 between the hours of 10:00 a.m. and 2:00 p.m., Monday through Friday.

Specifications for work to be performed may be picked up at the library.

Proposals must be received by Friday, October 21, 2016, 3:00 p.m.

The Trustees of the Thornton Public Library reserve the right to reject any or all proposals. Mail or deliver proposals to:

**Thornton Public Library**  
1884 NH Rte 175  
Thornton, NH 03285

Sealed proposals should be marked "Snow Plowing and Sanding Proposal" on the outside of the envelope.

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## Congratulations!



**At the 2016 New Hampshire Association of REALTORS® Convention, Alan DeStefano was honored as the recipient of the Distinguished Service Award. This award is given by the association to an individual who has shown dedication and efforts to the betterment of the REALTOR® organization.**

**Alan is the Broker/Owner of Granite Group Realty Services in Bristol and Plymouth and also the owner of Lake Area Properties in Bristol.**

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## Bridgewater

**FROM PAGE A1**  
also jumped into action that day. As part of a Public Safety Department he and his Bridgewater police officers are cross-trained as firefighters and EMTs as well so he raced to the home to see what he could do to help.

“I was an extra set of hands that day, that’s all. Within minutes, they had him talking to us again and I drove him to the hospital,” said Hill.

Cunningham underwent a triple bypass at Catholic Medical Center and remained in the hospital for five and a half weeks but he is home now and feeling fine once again.

“They (BFD) were miraculous. They were absolutely wonderful in all they did, what little of it I remember,” said Cunningham.

Fire Chief Donald Atwood was very proud of his department last week and credited their quick action in identifying the severity of the situation and beginning life saving measures right away.

“It requires a lot of team effort to accomplish

this. It’s called a ‘Save,’” Atwood said. “Only five-to seven-percent of people survive this type of an emergency. Great job!”

He then presented each with certificates and special pins to affix to their uniforms.

“On behalf of the town,

I am awarding each of you an ‘I Made CPR Count’ pin. People in the field will see these pins and know that you made a save,” said Atwood. “I would like to thank each and every one of you. That was quite an achievement.”

## Race

**FROM PAGE A1**  
private group gatherings, including local schools that enjoy frequent use of the facility and grounds.

Dingman thanked the trust for their generosity and assured them that the unexpected money would indeed be put to good use.

Next up was Boyd Smith, Executive Director of the Newfound Lake Region Association. The NLRA applied for \$6,000 to be put toward the creation of an Aqua Trail for kayakers and canoeists on Newfound Lake. It will guide people to natural habitats, bird viewing areas and other wonders of the lake and include a guidebook to inform the public about the natural sights they paddle by. NACT was happy to honor their request as they handed over a check for \$6,000 last week.

“Wow, that’s a lot of sticky buns,” Smith said as he accepted the contribution.

NACT wasn’t done there though.

This year’s race was so successful that they had other funds to disperse. Goudie said

an additional \$1,250 would be donated to the Tapply Thompson Community Center’s scholarship fund for children’s recreational programs and another \$1,200 was set for yet a fourth cause.

“We’re challenging the girl’s softball team at Newfound High School to raise \$1,250 for a scoreboard and if they can meet that challenge we’ll give them an additional \$1,250 to get it installed,” said Goudie.

This year Run Your Buns Off brought in a total of \$11,000 total from those who came out in support of their cause to boost nonprofit organizations of the Newfound Lake Region. In the past five years they have also contributed to local scholarship funds, Newfound Pathways, the Day Away Program and Newfound Audubon’s facility at Paradise Point, among others.

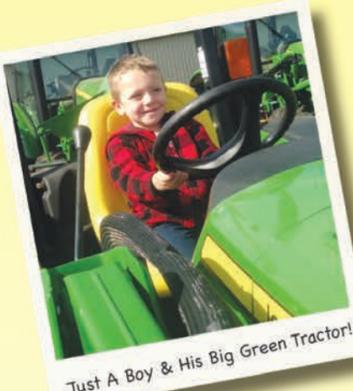
“This is the little race that could,” said Garlyn Manganiello, an NACT co-founder and the woman behind Basic Ingredients’ award-winning sticky buns that inspired the event.

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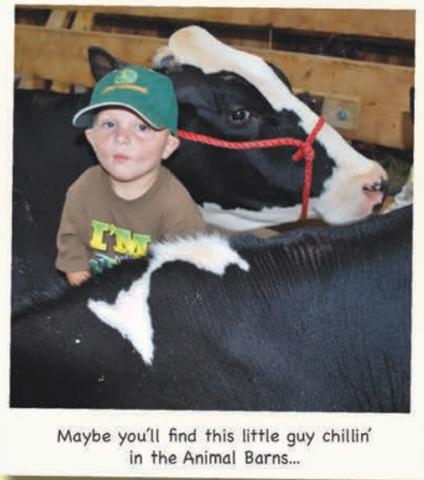
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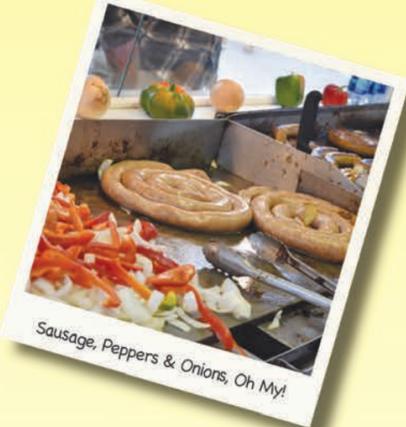


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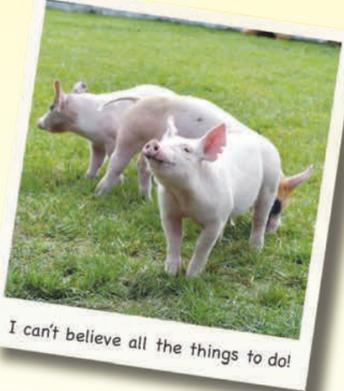


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# Newfound Landing Sports

Section **B**

Thursday,  
Thursday, September 29, 2016

## What's On Tap

As the calendar turns to October, there are still plenty of contests on the docket for the local high school teams.

The Newfound cross country team will be hosting a home meet today, Sept. 29, at 4:30 p.m.

The Newfound field hockey team will also be in action today, Sept. 29, hosting Mascoma at 4 p.m. The girls will then be hosting Berlin at 4 p.m. on Wednesday, Oct. 5.

The volleyball Bears will be hosting Inter-Lakes at 6:15 p.m. today, Sept. 29, and will visit Winnisquam at 6:15 p.m. on Wednesday, Oct. 5.

The Newfound soccer boys will be hosting Inter-Lakes on Friday, Sept. 30, at 4 p.m. and will be on the road at White Mountains for a 3:30 p.m. contests on Monday, Oct. 3.

The unified soccer Bears will be at Winnisquam for a 3:30 p.m. game on Tuesday, Oct. 4.

The Newfound football team will be hosting Mascoma at 7 p.m. on Saturday, Oct. 1, for Homecoming.

The Plymouth football team will also be hosting Homecoming, with Merrimack Valley coming to town on Saturday, Oct. 1, for a 2:30 p.m. game.

The Bobcat golf team will wrap up the regular season at Conant today, Sept. 29, at 3:30 p.m. and will be at

SEE ON TAP PAGE B6

## Bears register two more shutouts

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound field hockey continued its undefeated season with a pair of shutouts last week, though one was a bit tougher than the other to get going.

The Bears took on Mascenic on Tuesday, Sept. 20, and took a 4-0 win.

The Bears came out strong and controlled play in the first half, as they kept the ball in their end for much of the first 30 minutes. Mascenic did have some changes but the defensive unit of Hannah Eastman, Hayleigh LeTourneau and Mackenzie Ryan held the Vikings at bay.

The Bears got their first goal 7:30 into the game, as Kylee MacDonald put the ball home on an assist from Savanna Bony. Bony put a hard shot toward the cage and MacDonald put it in the net.

With 5:40 to go until the halftime break, the lead was doubled as Amanda Johnston was able to finish off a feed from Caroline Marchand and to stretch the lead to 2-0 at the intermission.

Newfound started quickly in the second



RC GREENWOOD  
Hayleigh LeTourneau prepares to hit the ball in action against Mascenic last week.

half with a goal just 6:30 into the half, with MacDonald getting her second of the game on an assist from Katy Drapeau for a 3-0 lead. Drapeau sent a great cross into the circle and MacDonald was able to put it on net and in.

With 15 minutes to go, Johnston also picked up her second goal, as she finished off a feed from Bony for the 4-0 lead.

The Bears led in corners by a 7-6 tally and

keeper Montana Bassett turned away six saves for the shutout.

Things didn't go as well in the first half of the Saturday morning Homecoming game in Laconia on Sept. 24, as the Bears were unable to score and the game was scoreless at the break. Laconia had a number of chances, with Bassett making six saves in the frame and the Bears defending four penalty corners. The Sachems did put one in the net but it came from outside the circle so was wiped off the board.

"In the second half we got back to playing our game and took control," said Newfound coach Karri Peterson, noting that the team finally got the ball off their left side and controlled the pace of the game.

With eight minutes

gone in the half, Julianne Marchand fired a direct shot on net for the first goal of the game and just more than three minutes later, Caroline Marchand was able to put in the second goal, as she battled in front of the net and from her knees, fired the ball into the net for a 2-0 lead.

Johnston took over from that point on, as she scored three goals for a hat trick and a 5-0 win for the Bears.

With just less than 14 minutes to play, Johnston got her first goal on an offensive corner, finishing off a shot by Bony near the post. With just more than 10 minutes to go, Johnston notched her second goal for a 4-0 lead.

The final goal came in the final two minutes to round out the 5-0 win.

"Montana Bassett and

the defensive unit came up big in the first half, holding Laconia scoreless," Peterson noted.

The Bears led in penalty corners with a 10-5 advantage and Bassett turned away a total of 10 shots.

The Bears will be back in action today, Sept. 29, hosting Mascoma at 4 p.m. On Wednesday, Oct. 5, the team is hosting Berlin at 4 p.m.

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

## Newfound helping to tackle hunger on Saturday

BRISTOL — Newfound football will be participating in the annual New Hampshire Tackles Hunger at the Homecoming football game on Saturday, Oct. 1, at 7 p.m. against Mascoma.

This annual event is in cooperation with the NH Food Bank, WMUR and the NHIAA. All people attending are requested to donate non-perishable food items as their admission fee. Cash donations will also be accepted.

All donations will be given to the Bristol Community Food Pantry.

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JOSHUA SPAULDING

Tyler Haskell looks for an opening in action against Kearsarge on Saturday night.



JOSHUA SPAULDING

Ben Morrill rushes toward the end zone on Saturday in Sutton.

# Bears put up the points, but fall to Cougars

BY JOSHUA SPAULDING

Sports Editor

SUTTON — The Newfound football team came into Saturday night's game at Kearsarge with just 14 players suited up.

That didn't stop the Bears from putting up one heck of a battle, before eventually dropping a 57-34 decision to the Cougars.

"One of the things we've been trying to key on is trying to stay positive," said coach Ray Kershaw. "This year, with the numbers, we're rebuilding and we're trying to keep things positive."

The Bears bought into that on Saturday, as they continued to plug along and never backed down in the face of the Cougars.

Kearsarge opened the game with a four and a half minute drive that eventually found the end zone from 19 yards out. Cody McGee intercepted the two-point conversion to keep the score at 6-0.

Newfound came back with a drive with heavy doses of Ben Morrill, Brett Pidgeon, Cody McGee and Tyler Haskell, but a bad snap on fourth and two gave the balls

back to the Cougars. They needed just three plays to get in the end zone for a 12-0 lead with 3:42 to go in the first.

Newfound got the ball back and ate up the rest of the first quarter clock with their next drive. Morrill, Haskell and McGee all ran the ball, with Haskell converting on fourth and three and fourth and one.

The second quarter began with Newfound facing third and 13 on the 30-yard line. On the first play, Haskell took the direct snap and fired a 30-yard touchdown pass to Scott Sargent and Newfound was within six points at 12-6 just 10 seconds into the second quarter.

Morrill recovered an onside kick attempt, but the ball never touched the ground and Kearsarge got the ball back. The Cougars then needed four plays to get into the end zone for an 18-6 lead with 11:02 to go in the first half.

Newfound again ate up some clock with the next drive, with Haskell doing the majority of the running on the ground. Morrill and McGee also carried, with McGee get-

ting a 15-yard run for a first down. However, a penalty on fourth and one pushed the Bears back five yards and they couldn't convert on fourth and six.

The Cougars then needed just one play to go 78 yards for a 24-6 lead and McGee stopped the two-point conversion for the Cougars. Newfound fumbled the ball away on fourth and inches of the next drive and Kearsarge got the ball back. The Cougars got the ball down inside the five-yard line but they fumbled the ball away and Connor MacLaughlin pounced on the loose ball to get Newfound back on offense. The Bears were unable to generate any offense and they punted away. Kearsarge needed just two plays to get in the end zone with 43 seconds to go in the half for a 30-6 lead at halftime.

Newfound opened the third quarter with a solid drive that ate up more than four minutes. Haskell had a big 20-yard gain on second and nine and then converted a third and eight and a fourth and two, getting the ball inside the 15-yard line. The

Bears found themselves in fourth and four on the eight and Haskell bowled up the middle for a touchdown and Morrill got the two-point conversion to cut the lead to 30-14 with 7:37 to go in the third quarter.

Sean Huckins then recovered the ensuing kick after it bounced off a Kearsarge receiver. McGee hit Haskell with a pass for first down but the drive petered out on fourth down. Kearsarge went in three plays later with a 59-yard run and a 37-14 lead with 4:31 to go.

Newfound responded with three plays of their own, as McGee hit Morrill for a 59-yard touchdown pass to cut the lead to 37-20.

Kearsarge responded with a touchdown run on the first play of

the next drive for a 44-20 lead 14 seconds later. Newfound ate up the rest of the third quarter clock with a strong drive from McGee, Haskell and Morrill but on the first play of the fourth quarter, an incomplete pass on fourth down gave Kearsarge the ball back. The Cougars then went 48 yards on the second play for another touchdown and a 51-20 lead. Newfound couldn't convert on fourth down again and the Cougars again needed just two plays to get in, as they got a 34-yard touchdown run for a 57-20 lead.

Newfound came back and got first downs on a pair of McGee runs and Morrill ran it in from 11 yards out with 4:26 to go for a 57-28 lead.

Haskell and Brian

McGuirk had good defensive plays on the next Newfound drive and McGee ran in from 48 yards out with four seconds to go to make it a 57-34 final.

"The first couple of games, their heads were down, but we're keeping it positive now," Kershaw said. "You can see it, every game they're getting better."

The Bear coach noted that he was hoping to get a few kids back from injury this week and was hoping that the numbers would be going up for next week's Homecoming game.

The Bears will host Mascoma at 7 p.m. on Saturday, Oct. 1.

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

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## Vote for Smart Investment Moves

The presidential election is little more than a month away. Like all elections, this one has generated considerable interest, and, as a citizen, you may well be following it closely. But as an investor, how much should you be concerned about the outcome?

Probably not as much as you might think. Historically, the financial markets have done well – and done poorly – under both Democratic and Republican administrations. Also, many factors affecting investment performance have little or nothing to do with the occupant of the White House. Consequently, no one can claim, with any certainty, that one candidate is going to be "better for the markets" than another one.

Still, this isn't to say that any given presidential administration will have no effect at all on investors. For example, a president could propose changes to the laws governing investments, and if Congress passes those laws, investors could be affected.

But in looking at the broader picture, there's not much evidence that a particular president is going to affect the overall return of your investment portfolio. As mentioned above, many factors – corporate earnings, interest rates, foreign affairs, even natural disasters – can and will influence the financial

markets. But in evaluating a president's potential effect on your investments, you also need to consider something else: Our political system does not readily accommodate radical restructuring of any kind. So it's difficult for any president to implement huge policy shifts – and that's actually good for the financial markets, which, by their nature, dislike uncertainty, chaos and big changes.

The bottom line? From your viewpoint as an investor, don't worry too much about what happens in November. Instead, follow these investment strategies:

- Stay invested. If you stop investing when the market is down in an effort to cut your losses, you may miss the opportunity to participate in the next rally – and the early stages of a rally are typically when the biggest gains occur.
- Diversify. By spreading your dollars among an array of investments, such as stocks, bonds and other investments, you can help reduce the possibility of your portfolio taking a big hit if a market downturn primarily affected just one type of financial asset. Keep in mind though, that diversification can't guarantee profits or protect against all losses.
- Stay within your risk

tolerance. Investing always involves risk, but you'll probably be more successful (and less stressed out) if you don't stray beyond your individual risk tolerance. At the same time, if you invest too conservatively, you might not achieve the growth potential you need to reach your goals. So you will need to strike an appropriate balance.

• Forget about chasing "hot" stocks. Many so-called "experts" encourage people to invest in today's "hot" stocks. But by the time you hear about them, these stocks – if they were ever "hot" to begin with – have probably already cooled off. More importantly, they might not have been suitable for your needs, anyway. In any case, there's really no "short cut" to investment success.

Elections – and even presidents – come and go. But when you "vote" for solid investment moves, you can help yourself make progress toward your financial goals.

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RC GREENWOOD

Arya Prescott gets to a ball in action against Sunapee last week.

## Bears wind up week with a win

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound volleyball team was able to finish off the week in fine fashion after struggling with a pair of matches earlier in the week.

The week began with

losses to Moultonborough and Sunapee. The Bears visited Moultonborough on Monday, Sept. 19, and dropped a 3-0 decision to the Panthers. On Wednesday, Sept. 21, the Lakers paid a visit to Bristol and emerged with a 3-1 win

over the Bears.

On Friday, Sept. 23, Newfound visited Franklin and closed out the week with a 3-0 win over the Golden Tornadoes.

"I tried some different rotations, I even put in a new setter in the third game," coach Amy Fairbank noted. "We've had a few losses that are difficult to swallow.

"We needed to go back into the gym and work a little more focused," she continued.

Against Franklin, solid passing and serving kept the team moving forward and Fairbank noted that her two big hitters found a rhythm and put a good amount of points on the board.

Fairbank also used a libero for a good chunk of time during the match.

Newfound will be hosting Inter-Lakes today, Thursday, Sept. 29, at 6:15 p.m. and will be at Winnisquam for a 6:15 p.m. match on Wednesday, Oct. 5.

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

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COURTESY PHOTO

The Newfound soccer team poses with the Amy Dutton Memorial Cup after beating Winnisquam in overtime on Friday afternoon.



JEFF LAJOIE

Jarrod Fairbank slides to control the ball during his team's win over Winnisquam on Friday.

## Fairbank's OT goal earns Bears the Amy Dutton Memorial Cup

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound soccer boys were able to get on the winning track on Tuesday, Sept. 20, as they edged Franklin by a 2-1 score.

Despite the win, coach Jesse Mitchell noted that

it wasn't the easiest of games for his team.

"It was a tough game for us," Mitchell said. "We just could not get the flow going for us."

The Bears scored both goals in the first half, with Jarrod Fairbank and Brad MacDonald

doing the scoring but Mitchell noted that the Golden Tornadoes were an improved team that gave his squad a good fight.

"Franklin had a very good game and they are looking stronger this year, which is great for

them," Mitchell said. "I'm happy we won."

The Bears returned to action on Friday, Sept. 23, for the Amy Dutton Memorial Cup, which honors the late Belmont and Winnisquam coach. The green and white Bears came through

with an overtime win over the blue and white Bears to bring the cup home with them.

"It was a very tough battle," said Mitchell. "Both teams played very physical and wanted to win the Dutton Cup."

"I was very happy

with my team's play," Mitchell continued. "We controlled the pace and really worked hard to control the midfield."

The two teams battled back and forth for the full 80 minutes with neither team able to get on the scoreboard, sending the game to overtime.

In the extra frame, Newfound was able to get the game-winning goal on a corner kick in the final minute of the overtime. Justin Shokal took the corner kick and it bounced around a couple of times in the box and found its way to the foot of Fairbank, who struck the ball into the back of the net on a volley to net the win.

"It was a very hard-fought game and a very fun game to coach," Mitchell stated.

The Bears will be in action again on Friday, Sept. 30, as they host Inter-Lakes at 4 p.m. before heading to White Mountains for a 3:30 p.m. game on Monday, Oct. 3.

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

## Schilling, Shokal lead the way in Waterville Valley

BY JOSHUA SPAULDING  
Sports Editor

WATERVILLE VALLEY — The Newfound cross country team took to the course in Waterville Valley for the Finale in the Valley on Saturday morning. The Bears competed against teams from across the Lakes Region and northern parts of the state, as well as a strong Kearsarge program.

The Newfound boys finished in 12th place overall while the girls finished in ninth place. Kennett dominated the girls' race with Kearsarge and Moultonborough rounding out the top three while Kearsarge won the boys' race with Kingswood and Kennett finishing out the top three.

For the Bear girls, Molly Schilling led the way, as she ran to a 29th place finish in a time of 24:02.

Amy Combs was second for Newfound with a time of 25:08 for 40th place overall and Evelyn Cutting was the third



JOSHUA SPAULDING

Evelyn Cutting (left) and Sam Berridge run in Waterville Valley on Saturday morning.

scorer for the Bears with a time of 26:29, which placed her 54th overall.

Sam Berridge was fourth for the Bears with a time of 28 minutes for 71st place and Safarmo Bakhtdavlavoter rounded out the scoring for

the Timber Wolves with a time of 37 minutes for 88th place overall.

In the boys' race, James Shokal led the way for Newfound, as he finished in 58th place overall in 20:28.

Joe Montgomery finished in 87th place in 21:54 and James Moore was the third scorer for Newfound with a time of 22:37 for 95th place.

Nick Crosby finished in a time of 23:38 for 114th place and Pat

O'Neill rounded out the scoring for the Bears with a time of 24 minutes for 117th place.

Tyler Austin ran to 125th place in 24:20 and Ashler Dotson rounded out the field of Bear runners with a time of 26:03 for 130th place.

Newfound will be hosting the Newfound Invitational today, Sept. 29, at 4:30 p.m.

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



JOSHUA SPAULDING

Pat O'Neill finished as the fifth Newfound scorer in the Finale in the Valley on Saturday.

## Newfound searching for alpine coach

BRISTOL — Newfound Regional High School has an opening for a varsity boys' alpine skiing coach. Please send letter of intent, resume and names and phone numbers of three references to Superin-

tendent Stacy Buckley, SAU4, 20 North Main St., Bristol, NH. 03222. Questions should be directed to Peter Cofran, Athletic Director at pcofr@sau4.org or 744-6006, x1507.

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**LOST STUFFED ANIMAL:** Help! A visiting  
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stuffed puppy snowflake in the parking lot  
of the Inter-Lakes Junior High School. They  
were vacationing in Moultonborough and  
stopped in the parking lot to make sure all  
of their gear was tied down and he jumped  
(fell) out of the car! It happened yesterday,  
9/21 around 4:30 near the entrance to the  
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The Rich/Sweetsir family is very  
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like you to know that your  
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Respectfully,  
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Mount Prospect Academy

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Plymouth Regional High School

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A complete job description along with experience criteria is available upon request.

Plymouth Regional High School offers a competitive salary and benefit package.

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

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Plymouth, NH 03264  
[rpotter@pemibaker.org](mailto:rpotter@pemibaker.org)

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**SPECIAL EDUCATION AIDES**  
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Lynn Davis, Human Resources  
School Administrative Unit #48  
47 Old Ward Bridge Road  
Plymouth, NH 03264  
[ldavis@pemibaker.org](mailto:ldavis@pemibaker.org)

**Newfound Area School District**

**Employment Opportunities**

**Bridgewater-Hebron Village School**

- Academic Interventionist – Full Time  
Para II certification required

**Danbury Elementary School**

- Nurse: Long Term Substitute  
From Oct 17-Nov 23

**New Hampton Community School**

- Title One Tutor: Long Term Substitute  
Para II certification required  
From now until Nov 23.

**After School Program**

- Bridgewater-Hebron Village School  
1:1 Para-educator  
M-Th 2:45 PM – 5:30 PM
- All Schools – General Support Position  
M – TH 2:00Pm – 5:30 PM

**Newfound Memorial Middle School**

- Second Shift Custodian  
Full Time 2:30 PM-11 PM

Interested qualified candidates should send a letter of interest, resume, transcripts, 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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# The Rest of the Story

B6 NEWFOUND LANDING, THURSDAY, SEPTEMBER 29, 2016

## On Tap FROM PAGE B1

the Division III State Meet on Thursday, Oct. 6, at 9 a.m.

The Plymouth soccer girls will be hosting Bow for a 3:15 p.m. game on Friday, Sept. 30.

The Bobcat boys' soccer team will be hosting Bow at 5

p.m. on Friday, Sept. 30.

The field hockey Bobcats will be hosting Derryfield on Friday, Sept. 30, at 4 p.m. and will be at Con-Val on Tuesday,

Oct. 4, at 4 p.m. and at Kennett on Thursday, Oct. 6, at 4 p.m.

The Plymouth volleyball girls will be hosting Gilford on

Friday, Sept. 30, at 6 p.m., will be at Kingswood for a 6:30 p.m. game on Monday, Oct. 3, and will be at Kennett for a 6 p.m. game on Wednesday,

Oct. 5.

The Bobcat cross country team will be competing on Saturday, Oct. 1, at 1:30 p.m. at Coe-Brown.

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- Occupational Health Services  
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Wednesday's 10am - 3pm

*Out-of-pocket cost of a flu shot is \$25; most insurances will cover.*



For up-to-date flu information, please call the LRGHealthcare Flu Hotline at 527.7069 or visit [lrgh.org](http://lrgh.org)

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