THURSDAY, OCTOBER 8, 2020

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COMPLIMENTARY

Volleyball Bears rally past Golden Tornadoes



Malina Bohlmann goes up for a kill in action against Franklin last week.

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — After a tough first set, the Newfound volleyball team righted the ship and got things moving in the right direction, picking up a 3-1 win over Franklin on Tuesday, Sept. 29.

"We always put in every senior in the first game on senior night," said Newfound coach Amy Fairbank. "For a few girls, this was the first game this season on varsity.

"There were a few girls that aren't used to the rotation," the Bear coach continued. "I told them to just have fun and we'll figure it out afterwards."

While the Bears did fall in the first set, the action was fairly even across the board.

Newfound got out to a 3-1 lead, with Malina Bohlmann getting a nice hit and she added an ace while Paulina Huckins added a pair of hits to put the Bears up 7-4. Franklin battled back to tie the game at seven but a hit from Huckins and an ace from Bailey Fairbank put Newfound back on top. Huckins had a bit kill, thanks to strong plays from Fairbank and Bolhmann in the back row.

Again, Franklin caught up, eventually tying things at 11 and then going up by a 15-11 score. Newfound came charging back and pulled even at 17 before going up by one at 17-16. The two teams traded points, with Fairbank helping with a kill.

Newfound was up 21-18 and Fairbank added an ace for a 23-18 lead but the Golden Tornadoes battled all the way back to tie the game and then got the final two points to seal the 25-23 win and a 1-0 lead.

SEE **VOLLEYBALL** PAGE A9



In her first game back from injury, Madison Perry sets the ball up for a teammate.

No charges filed in Hall shooting

BY BRENDAN BERUBE

BRISTOL — Having completed its investigation into the shooting of Bristol resident Steven Hall on March 29, 2019, the state Attorney General's office has opted not to file charges against Hall's son, also named Steven, who was identified as the shooter.

The office concluded its final report on the incident, released earlier this week, by stating that it chose not to pursue homicide charges on the grounds that it would be all but impossible to disprove in court that the younger Hall acted in self-defense.

The investigation began at about 1:51 p.m. further reported that the shooting occurred at an identified apartment inside a building located on Summer Street in Bristol.

Members of the Bristol Police Department responded to that residence within minutes of the 911 call, and there found Hall, Sr. lying dead inside the apartment on the floor by the entrance door, and Hall, Jr. sitting in a nearby chair with his hands raised. Hall, Jr. was visibly upset but cooperative, and

in substance admitted that he had shot his faon March 29, 2019, when ther and claimed that Steven Hall, Jr. called he did so because his 911 and reported that he father advanced at him had shot his father. He with a knife. Several feet from Hall Sr.'s body was a bed on which police saw a black powder pistol. A knife was on the floor between Hall, Sr.'s body and the bed. Hall Jr. identified the pistol as the weapon that he had fired at Hall, Sr., and further reported that he was sitting on the bed when he fired the gun.

Because the incident was a homicide investigation, police assumed the primary investigative role, with the assistance of the Attorney

SEE **SHOOTING** PAGE A9

Bear boys battle but fall to Lin-Wood



Newfound's Adrian Ehmann slides in to try and knock the ball away from Lin-Wood's Cam Clermont in action Saturday.

Pease Public Library to host virtual program with Ken Gloss

PLYMOUTH — Ken-Gloss, proprietor internationknown Brattle Book Shop in Boston's Downtown Crossing section, will give a virtual presentation via Zoom on Thursday, Oct. 8,6:30 p.m. for Pease **Public** Library, Plym-Gloss will disthe value of and rare books.

Gloss, who is also a frequent guest appraiser on PBS' Antiques Roadshow, will talk in part about the history of his historic bookshop (www.brattlebookshop. com), which goes back to circa 1825. He is a second-generation owner.

Gloss will talk about

and show some of his favorite finds and describe some of the joys of the "hunt," as well as explain what makes a book go up in value. He has many fascinating anecdotes to share as well as guidelines for what to look for when starting a collection. There is also a Q&A session before the conclusion of his talk. Following the talk and question-and-answer session, he will give free verbal appraisals of books participants have on hand or will do so at his shop in Boston at a later scheduled date.

To access Zoom information, the Library asks that interested parties visit www.peasepublicli-

Yankee Magazine Editor's Choice Award for Best of New England, the Brattle Book Shop is one of America's oldest and largest antiquarian bookstores. 2020 is the 71st year of Gloss family ownership. Kenneth Gloss succeeded his late father, George Gloss, a well-known figure both in Boston and national antiquarian circles. He had worked in the store since childhood and chose to go into the book business rather than pursue a doctorate in chemistry. He became the sole proprietor upon his fathers death in 1985. «I found that books were in my blood and SEE **GLOSS** PAGE A9 Wood boys' soccer team made its only trip south during the pandemic-altered season on Saturday, as the Lumberjacks

BRISTOL — The Lin-

BY JOSHUA SPAULDING

take on Newfound. The Bears had the first few chances of the game, but the Lin-Wood defense held tight and they answered with their own direct kick that Newfound was able

traveled to Bristol to

to clear. The Lumberjacks got on the board first, as Jake Morris got through the defense and drilled a shot to the far post for the 1-0 lead less than 10 minutes into the game. The Bears came back with a shot from Bodhi Smith that was blocked. Morris and Jourdan Stevens teamed up on a bid for the Lumberjacks and John Perry made a run in for the visitors that was turned away by Newfound defender Con-

ner Sullivan.

Lin-Wood had a corner kick go straight crease through the then Newfound came back with Matt Karkheck and Smith just missing connections. Lin-Wood answered with a corner kick and then had a number of solid chances. Perry and Morris teamed up on one, but Newfound keeper Hayden Dolloff came charging out to make a grab on it. Stevens and Morris each had shots, but Dolloff was there to make the saves. At the other end, Gavin Brooks just missed connecting with Josh Blouin and Jake Avery made a nice clear out of the zone for Lin-Wood.

Morris and Stevens continued to lead the offensive attack for the visitors, with Adrian Ehmann making a couple of nice sliding blocks for the Bears. Silas Weeded sent a shot high for the Lumbrerjacks and Cam Clermont also had a couple of chances that

didn't make it in the net.

Brooks had a long direct kick for the Bears and Garrett King was able to get his head on it but Lin-Wood keeper Kris Boris was there to make the save. Smith and Tyler Kulacz also combined on a chance for Newfound as the Bears pressured for the tying goal. Karkheck and Blouin both had runs into the zone for the hosts while Morris, Stevens and Weeden all were in the zone for the Lumberjacks but nobody could convert, as Boris and Dolloff held their ground and the game went to halftime with the Lumberjacks up 1-0.

Zach Jenness had a nice direct kick in to Weeden to kick off the second half, but Weeden's shot went wide. Clermont made a run into the zone, but Logan Glidden stepped up with a solid defensive stop. Lin-Wood had a corner SEE **SOCCER** PAGE A9

Art Association to host acrylic panting course

TILTON — Artist Acacia Rogers will be teaching a six-week Acrylic painting course! It will be held in the LRAA Gallery, 120 Laconia Rd. (Tanger Outlets), Suite 132, Tilton beginning Tuesday, Nov. 10, 11 a.m.-2 p.m.

Dates are as follows: Nov. 10, 17, and 24, and Dec. 1, 8, and 15.

This thorough beginner friendly 6 week class is a perfect start for any new painter, or a great repertoire builder for the intermediate artist, Acacia will use a combination of tested and proven academic principals with her own

self taught techniques to improve and refine your representational painting skills.

She will cover everything from materials and how to select them, to color mixing and values, choosing references, using layers to build dimension and much more. With ample side by side easel time and a group critique at the conclusion. Join her in November to take your painting the next level and learn what you can really do! Students will bring their own supplies. A supply list can be found on the website, mentioned below, under

the "Workshops" tab.

Acacia Rogers is a passionate self taught fine artist, and has been her entire life, more than 10 years of which have been dedicated to various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural world, with a particular affinity for wildlife. Her first memories of artistic inspiration as a child stem largely from Disney movies and their whimsical, fluid, and creative animation style. Particularly the work of Aaron Blaise stood out to her, who worked on beloved classics such as

"The Lion King," "Mulan," "Brother Bear," and "Aladdin."

She later added portraiture, still life, and landscape to her repertoire, slowly and painstakingly building up her skill through practice and research to learn the ins and outs of painting, as she loves everything about the process of painting. She is now a full time painter and painting instructor, and has worked along side accomplished artists from a colorful array of backgrounds. She currently shows her work in the LRAA gallery in Tilton.



Meredith Village Savings Bank to offer grant funding to eligible small business customers

MEREDITH — Meredith Village Savings Bank (MVSB) is proud to participate in the Federal Home Loan Bank of Boston's (FHLBank Boston) 2020 Jobs for New England (JNE) Recovery Grant Program. A member institution of the FHLBank Boston, MVSB was approved for \$100,000 in grant funding to support their local business customers. The JNE Recovery Grant provides FHLBank Boston members with the ability to award grants to eligible small businesses and non-profit organizations that have been negatively impacted by COVID-19.

Consideration funding will be given

to all existing MVSB business customers. Application requests can be made from Oct. 2 through Oct. 23, and will be hosted on mysb.com.

Since 2016, Jobs for New England has offered FHLBank Boston members below market-rate financing for small business loans that create and preserve jobs, expand woman-, minorityand veteran-owned businesses and stimulate the economy in New England communities. The JNE Recovery Grant Program provides members with access to grants that support small businesses and nonprofit organizations experiencing significant loss because of

"We're thrilled to have received this grant funding that will provide significant relief to many of our small business customers," said John Swedberg, Senior Vice President and Senior Commercial Lender. "It's our pleasure to offer any assistance we can to alleviate the intense pressure felt by businesses affected by this pandemic. We're also very grateful to the FHLBank Boston for offering this very timely opportunity. I also want to thank Dan Osetek. Vice President and Commercial Lender for taking the lead on this project and getting it running so quickly so that we can assist the community."

Together with their member institutions, the Federal Home Loan Bank System represents the largest collective source of home mortgage and community credit in the U.S. The System ensures that members provide stable, on-demand, low-cost funding to their communities through home mortgages and lending for small business as well as rural, agricultural and economic development. Federal Home Loan Banks were established by the Federal Home Loan Bank Act in 1932. The 11 Federal Home Loan Banks are located throughout the country in Atlanta, Boston, Chicago, Cincinna-

local businesses in our ti, Dallas, Des Moines, Indianapolis, New York, Pittsburgh, San Francisco and Topeka. The FHL-Bank Boston provides highly reliable wholesale funding, liquidity and a competitive return on investment to member institutions. Their strength ensures the economic health and well-being of our local communities. The FHL-Bank Boston is cooperatively owned by more than 440 New England financial institutions, including Meredith Village Savings Bank.

> Unlike a stock bank. MVSB is a mutual savings bank that operates for the benefit of their depositors. borrowers and surrounding communities. As a result, MVSB has remained

steadfast in fostering the economic health and well-being of the community since they were founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and their employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith. Moultonborough. Plymouth. Portsmouth or Wolfeboro, call 800-922-6872 or visit mysb.



Courtesy

And the winners are...

Selected by their fellow members in the Lakes Region Art Association as the best paintings and photographs for the month of October are: First row (L-R), Sally Hibberd, Barbara McClintock, and Avery Rougeot. Back row (L-R), Sherwood Frazier, Gerry Falgan and Duane Hammond. All winners entries are now on display in a number of bank lobbies throughout the lakes region. The Lakes Region Art Association/Gallery is a non-profit (501 C-3) association dedicated to encouraging artists, and to display their work. The LRAA/Gallery is located in the Tanger Mall, 120 Laconia Rd., suite 132, Tilton. it is open to the public Thursday-Sunday, 11 a.m.-6 p.m.

White Mountain National Forest fire restrictions remain in place

Mountain National Forest officials are reminding visitors there are fire restrictions in place due to high fire risk. This Columbus Day weekend, the National Forest will be bustling with leaf peepers, hikers, campers and others who want to enjoy being outside during the fall season. Officials want people to know that even with recent rains, the potential for increased wildfire activity remains high, and all visitors should be mindful of the risk. In the current drought conditions on the Forest, one inch of rain is effective for only three days. It will take a substantial amount of rainfall to abate the wildfire risk.

The use of campfires is limited to the metal

CAMPTON — White rings that are provided at the campsites, and charcoal grill use in these areas will be limited to the grills provided on site. All other fire usage throughout the forest is prohibited. For a list of developed/hosted campgrounds where campfires are allowed in metal rings: https:// www.fs.usda.gov/detail/whitemountain/ news-events/?cid=FSE-PRD816561

> The number of visitors to the National Forest has dramatically increased over the past few month from the numbers typically seen during this period. When you combine the increased number of visitors, with current drought conditions, wildfire risk potential is on the rise. Unattended or abandoned campfires can quickly escalate into wildfires. It is important to have a shovel and bucket of water on hand to keep your fire under control and to make sure your campfire is dead out before you leave, even if it just rained. Be sure to pour water on your campfire and stir it up with a

shovel or stick to mix the water well into the ashes and put out every hot coal. If an abandoned or un-attended campfire escape's and creates a fire, the person who lit the fire is responsible for suppression costs and civilly liable for any property damage.

Carelessness with fire is a major concern for fire officials in the State of NH and the White Mountain National Forest. If you're planning to enjoy that final camping trip, or a fall hike, be sure to recreate responsibly. Check the weather forecast before visiting. At any time of the year you should be prepared with warm clothing and good rain gear. For help planning a hike go to https://hikesafe.com/ Be safe and enjoy your National Forest!

For more information visit the White Mountain National Forest Web site at https://www. fs.usda.gov/whitemoun-

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THE REAL REPORT

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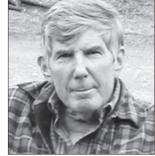
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ABOUT THE REAL REPORT

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

North Country Notebook

Chill fires and pot roast on the cusp of the season plaints, we say, a joke



By John Harrigan

COLUMNIST

wood smoke in the air, some from quick fires people build just to get the morning chill off, and some from serious fires people have been running since the first week in September, the start of the heating season for many households, as if the heating season ever really ends.

It's seven months of winter, we tell visitors, and five months to get ready for the next one. Then there's Mud Season, and black flies, and deer flies, and noseeums, elsewhere called midges.

And the list goes on. It's 57 miles to the nearest Walmart, ditto for the nearest museum, ditto for the nearest traffic light.

And all of these, mind you, are the bragging points, things to be proud of, things that help make us different. You should see the comsome never get. +++++

Every school board and supervisory union, from the foothills of the White Mountains to the Canadian line, has a story about the job-seeker who never showed up.

It goes like this:

The SAU and Board members gather in a room to interview a candidate for, say, a math teacher's job. This person has been told how long the drive will take. This person is sure it's a

This person calls promptly at 6:30 p.m., half an hour before the meeting. "How much longer?" he asks, a bit feebly.

At 7 p.m., he's back on the line, calling from the roadside in some dismal swamp. "Forget it," he says. "I'm not coming."

There was this nice big piece of chuck in the meat case. Tied up with a couple of strings. Just the right amount of fat. In my mind's eye, it had "pot roast" written all over it.

I have this old mongrel Dutch oven with the



This little embroidery of a spider's trap was among dozens more or less like it on the front lawn one dew-laden morning, as little spiders went about catching bugs and insects big and small.

number 8 stamped on its bottom, a heavy piece of cookware I've used for everything from pork roasts to fish chowder. If not otherwise occupied, it could be used as a doorstop.

Throwing a pot roast together is one of the more fun things I do in the kitchen. I rummaged around for carrots, onions and potatoes. I made a little roux of butter and flour and finely diced carrots, celery and onion, dredged the roast in flour, and browned the roast in the roux. Potatoes, carrots and onions went atop the meat, and into the oven it went. If I'd had the wood stove fired up---too early for that just vet---I'd have put it there instead.

Soon the house was filled with the aroma of pot roast. On a cold day with a biting wind, it's a dish that rules.

Two or three days of slow, soaking rain are what's needed to end a dry spell like this. Only a small section of the upper North Country escaped the drought that parched New Hampshire beyond anything in most people's memories.

Many towns and locations have age-old community springs, some of them dug down and rocked in long ago and gushing ice-cold water for all to use ever since. There are hundreds of these community water sources around the state, many of them in use for two centuries or more, and mentioned in town histories published long

Some of the sources were robust enough to keep horse troughs full to overflowing, and had drinking places for man and beast. Some of them, sad to say, have fallen victim to development---nobody wants to drink water from a spring that's downwind from a whole bunch of new septic sys-

The last I knew, the



This multi-trunked spruce will be down any year now, having withstood gale-force winds (and stronger) on Colebrook's South Hill Road for many a year.

state was still methodically testing water from the more widely used sources, and in some cases shutting them down. But these are the exceptions, not the rule, and many of these ancient sources that started out with augered-out cedar logs for pipes, then went to lead pipes, and finally to plastic or rubber hose are still running clear, cold and clean.

I wonder how even the best of these old water sources did during a drought that's the worst most people have ever seen.

People who like to get out on cross-country skis and snowshoes can be forgiven for being a bit fuzzy on where they're welcome. The biggest question, of course, is

SEE **NOTEBOOK** PAGE A10



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CADY Corner

Invitation to Fourth Annual "Shout Out to Parents, Guardians, and Grandparents"

BY DEB NARO Contributor

To celebrate parents during National Parent Involvement Month, we are inviting area parents, grandparents, and guardians from the Pemi-Baker, Newfound, and Lincoln-Woodstock regions, to attend our Fourth Annual Shout Out to Parents hosted by the CADY Parent Advisory Council (PAC). This fun, free event will be held on Friday, Nov. 6 at The Barn on the Pemi from 6:30 to 9:30 p.m. We hope you will get a sitter for the kids (no onsite childcare available) and come and be part of the celebration to honor parents and grandparents.

Being a parent means playing a million different roles. You are not only the parent, you are doctor, chef, chauffeur, therapist, teacher, and so much more. Whether your family consists of one child or you are expecting baby #4, one thing is for certain, living life as Mom or Dad is one wild ride.

The PAC represents the voice of Central NH families who are dedicated to building healthy environments and promising futures for children and youth. The Council fosters empowering interaction among community stakeholders with a focus on giving voice to parent ideas and concerns, as well as encouraging parent participation and involvement in our community. The overarching goal of the PAC is to create an engaging, positive environment encouraging healthy behaviors that lead to significantly higher numbers of drug-free young people. This will not only help children succeed in school and life but also contribute towards an improvement in the overall quality of life in our community.

Brooklyn Rainey, author of "One Trusted Adult," will deliver the keynote: "Addressing the Challenges of Growing Up Today." If asked, most parents would report that they would never want to be a teenager today. With the growing influence of technology and other factors, adolescents are finding riskier ways to send adults in their lives messages about their fears and anxieties. This talk will address best parenting practices for creating healthy dining room table talk surrounding the toughest topics facing teens today.

There will be a delicious three course sit-down dinner, dessert and optional cash bar. This is a FUNraiser, not a Fundraiser, so come join us for this engaging topic, delicious food, door prizes, silent auction, raffle, and giveaways! Social distancing will be in place and masks are required.

Space is limited, so please RSVP by Nov. 2 to Eventbrite at https://bit.ly/30bH5YP or Liz Brochu at 536-9793 or email ebrochu@cadyinc.org.

For more information about CADY and the Parent Advisory Council, go to www.cadyinc.org.



COURTESY

Meet the candidates

Kendall and Jennifer Hughes of Ashland hosted a Meet and Greet at their home last Sunday afternoon for not only supporters but anyone interested in learning more about state and local Republican candidates for the upcoming election. On hand to speak with them at the event were (left to right) Omer Ahern (Grafton County Commission candidate), Joe Kenney (NH Executive Council District 1candidate), N.H. District 2 State Sen. Bob Guida, Corky Messner (U.S. Senate candidate), Kendall Hughes (candidate for N.H. State Representative in Districts 17) and Mike McLaughlin (N.H. State Representative candidate for District 8).

Letters to the Editor

Tax

Kendall Hughes has my vote

To the Editor:

Kendall Hughes is running for State Representative in District 17, which includes the towns of Grafton, Enfield, Alexandria, Bristol, Bridgewater and Ashland. Kendall is running against Josh Adjutant. I have met and talked with both candidates, but have only one vote, so I am asking you to join me and many others and vote for Kendall Hughes this year for the following reason.

Kendall Hughes is against having an income tax

To the Editor: Hello, Newfound Bear alumni — yes, all 400 (+-)

Strange times to be a high school student. Let's hope things get back to "normal" so today's Bears have the same great experiences we all had.

I am writing today to remind Bears this is the time of year for our annual drive to "grow" our Blakeley/Mills Newfound Regional Scholarship Foundation. This five year old endowed scholarship has assist-

Kendall Hughes is against having a Sales

Kendall Hughes is for improving our Health Care System

Kendall Hughes will fight to get improved phone/Internet services Kendall Hughes is fis-

cally conservative Kendall Hughes is for protecting our Second

Amendment Kendall Hughes has serves on local boards and is a community lead-

Kendall Hughes is a Fire/EMS professional Kendall Hughes is for protecting our Liberties For these reasons and

others is why I am voting for Kendal Hughes this year. Kendall will vote on issues as how it will affect you, me and our kids twenty years from now and not just for an immediate fix.

For those who live in Bristol (Bristol is in District 9 and 17, so a bit of an overlap), Kendall Hughes is not running against Ned Gordon who I am also supporting, so please consider voting for both candidates.

One other note, if you want to be 100 percent

sure your vote is counted on Nov. 3, then you should vote in person if you are able. I have seen first-hand that votes that are cast by absentee ballot disqualified. Mostly because people forget to sign their name on the ballot envelop and if they do sign it, it must match the application signature and if they don't, well, your vote is disqualified, so vote in person and be counted.

> JOHN SELLERS Bristol

Calling all Bears

ed over 21 Bears with post high school career interest. Bears with interest to become nurses, engineers, welders, electricians, plumbers, iournalist and bakers (Have not had an application from a "candle stick maker!) The scholarships are for any Bear pursuing any accredited program or class. Certificates, two year degrees, four year programs.

This fun is in the form of an endowment. designed to "grow forever" as we only award the interest earned from

your annual contributions. The growth of the endowment is dependent on our efforts. If all Bears participate in a small way each year the growth of this effort will be huge.

We are asking all Bears to "donate your age" in this annual effort. Any contribution is appreciated.

It's been fun to watch participation grow, to watch classes compete for numbers contributing, and hear how fond Bears are of their Newfound years.

Two Bears have put up \$10,000 in "matching funds." Your contribution will be matched, doubling your effort to the endowment.

So! Come Bears! Go to your Web site: Newfoundalumni. com and make your annual pledge and show everyone how "young" you are. You can also mail in your contribution to: PO Box 691, Bristol, 03222.

Thank you,

PAUL BERTON NEWFOUND REGIONAL HIGH SCHOOL ALUMNI

New Hampshire is the Donut Hole

To the Editor:

The Donut Hole. The Granite State is surrounded by Maine, Massachusetts, Vermont, and Canada, all who have full-fledged climate action plans. Each of them is working toward reaching net zero greenhouse gas emissions by the year 2050. But New Hampshire has no plan. The science shows that we can get there if we work together with our neighbors. But we have to get started. If I am re-elected to

the New Hampshire

House of Representatives, I will sponsor a Climate Action Plan for New Hampshire, which requires the Department of Environmental Services to analyze greenhouse gas emissions on a five-vear basis, and then to set up a plan to reduce those emissions with the final goal of net zero by 2050. In addition, DES will have to report on their progress every two years, to add a layer of accountability.

This is not a new idea to New Hampshire. Governor Lynch set up a task force to study climate change back in 2008, and that commission published an excellent 78-page report that covered all aspects of the problem and how to fix it. (https://www.des. nh.gov/organization/divisions/air/tsb/tps/climate/action_plan/documents/nhcap_final.pdf)

But since then, Gov. Sununu has failed to confront the climate crisis New Hampshire faces and has repeatedly vetoed bills to support clean solar energy and other beneficial environmental actions in our state. Why? Our Governor and his family are tightly invested in the fossil fuel interests that benefit from old-fashioned, dirty energy.

If we are going to join our neighbors and protect our state from a harmful climate future, we need to elect Senator Dan Feltes as Governor. Senator Feltes understands that the cost of doing nothing, as we are doing now, is too great.

> Rep. Joyce Weston PLYMOUTH

About those who protect and serve...

To the Editor:

I recently rode along with Officer Dave Suckling of the Alexandria police department to better understand what he sees during a day's work. He did traffic stops for motor vehicle violations, responded to a "BOLO" (Be On the Lookout) for a vehicle fleeing a hitand-run accident, and patrolled the town's neighborhoods, pointing out, among other things, "drug houses" where the drugs killing our men, women and children are stockpiled. He knows most of the people in town; building good relationships is key to law enforcement, especially

in the many small towns which make up rural New Hampshire.

Ultimately, he said, his job was about communicating and working with people to find a solution to the problem at hand.

He shared some of his experiences: giving CPR to a heart attack victim; delivering a baby who "arrived early;" hostage negotiations to keep a distraught partner from killing a spouse; taking children from their parents pursuant to legal action by the Department of Children, Youth and Families (DCYF); delivering news of the death of a loved one. He talked about the honor

of service to the community, about helping people learn to make better choices, about getting to know the families and businesses and school children who look to him when there's no one else to turn to, or when a situation has become a crisis.

He is worried that some New Hampshire legislators are discussing stripping our police "qualified immunity" – the legal protection from being sued for lawful actions taken while on duty. They wrongly believe qualified immunity allows our police to escape accountability for their actions. But it's called "qualified immucer violates department or acceptable policy standards of conduct while on duty or off, they are no longer "qualified" for that immunity, and are subject to departmental discipline, civil liability and criminal prosecution.

I recently attended the retirements of two Chiefs of Police who spent decades "on the job." I thanked them for their service, for getting up every day, putting on a bullet-proof vest and the tools to do the job, not knowing whether they might have to save a life, take a life, or sacrifice their life, as they stand between our fami-

nity" because if an offilies and the purveyors of evil in our society. Then I thanked their wives and children, who spent years watching them walk out the door, never knowing if they'd be coming home that night.

> As social unrest and violence continue in other parts of the country, and disrespect and aggression is visited against law enforcement by rogue groups and elected officials, I am honored to express my support for the men and women of New Hampshire law enforcement. We don't defund our police, we defend them. We don't condone lawlessness, we stop it. We don't

destroy a profession because of a few bad actors. We hold them ac-

countable. "Communicating and working with people to find a solution to the problem at hand" might be something we should all keep in mind as we go about our daily lives. We might also want to say "Thank you!" to our men and women in blue who put their lives on the line for us every time they walk out the front door, and to the families who wait anxiously for them to come home.

> SEN. BOB GIUDA WARREN

Sustainable Bristol

Sustainable fall clean up

BY LAUREN THERIAULT

There is a crispness in the air and the smell of woodstoves and apple cider permeating. Fall is here and you know what that means; fall clean up. I am sure you are all dying to know how you can clean up your yard in a sustainable way...spoiler alert, some of the ways involve doing nothing.

First up, how to deal with all the leaves. One

thing you can do is mow over them a few times to make them into mulch, it's great for your lawn. If you don't want to do that you can rake them which is better for the environment than leaf blowing, not to mention better for your hearing. Now that you have raked the leaves where do you put them? The compost of course. Leaves break down and provide nutrients for soil health.

Don't have a compost? Ask your neighbors if they want your leaves. You could also use leaves to mulch areas in your garden or yard and protect tender plants from the harsh winter. If you do not have anywhere to put them for heaven sakes don't buy receptacles for putting leaves and yard waste into just to throw away, you could use old feed bags, plastic bags or a garbage can to

transport the leaves to the transfer station.

Next up your tools. Care for your tools properly so they last a long time and work correctlv. Fix tools if they are broken so you don't have to buy new ones. If you only need a tool for a short period of time ask a friend, neighbor or coworker to borrow theirs so you don't have to purchase, store, and remember where you put it.

Now you move onto the dead plants in your yard and the easy part. Just leave dead flowers or plants, especially perennials. Some types of bees lay eggs in dead plants, birds eat the seed heads all winter when food is scarce, and worms love eating the dead plants you leave in your garden. There is something so beautiful about a frost covered plant poking out of the

While you're admiring your dead plants, you can collect seeds from plants so you can grow them next year without having to buy more seed packets.

Lauren's Green Tip of the Week: Make sure all of your windows and doors are closed properly to keep out the draft and keep the heat in.

Changing the Conversation

October is National Substance Abuse Prevention Month

BY TARA GRAHAM

Central NH Community Opioid Response

October is National Substance Abuse Prevention Month, highlighting the vital role of substance abuse prevention in both individual and community health and remembering those who have lost their lives to substance abuse. The observance encourages the formation of drug misuse education programs that arm youth with the knowledge to lead drug-free lives – because when it comes to avoiding addiction, preventative steps are the best steps.

Millions of Americans suffer from substance abuse, which includes underage drinking, alcohol dependency, non-medical use of prescription drugs, abuse of over-the-counter medications, and illicit drug use. The earlier an individual begins smoking, drinking or using drugs, the likelier that individual is to develop an addiction.

In fact, the Center on Addiction notes that 9 out of 10 individuals who abuse substances began using before their 18th birthday, during a time when the adolescent brain is still developing and more vulnerable to addiction. The 2017 National Survey "Monitoring The Fu-

ture" found that, by 12th grade, half of adolescents have misused an illicit drug at least once and the National Institute on Drug Abuse for Teens reported that drug overdoses accounted for the deaths of 5,455 15- to 24-year-olds in 2017.

Prevention strategies targeting the root of the problem are essential to curb drug use and help people lead healthier lives. Early intervention helps prevent substance abuse and reduce the negative consequences of addiction before they occur. Through community-based efforts involving youth, parents, educators, and government officers, we can strengthen the support systems that deter our Nation's young people from drug consumption and improve both academic performance and workforce readiness.

Prevention also saves money. According to the National Institute on Drug Abuse, substance abuse costs the USA an estimated \$740 billion annually. Research shows that for every dollar invested in an evidence-based prevention program, the costs related to substance use disorders decrease by an average of \$18.

Approaching the subject of drugs and alcohol with a child or teen can be a difficult task - but it's worthwhile, and can better choices now for

even be a positive experience if handled carefullv. Children, teens, and young adults often don't know as much about alcoholism and addiction as you might think, so don't assume they've already heard what you have to say. Here are some helpful

Choose the right time to have a conversation. Make sure there's no time constraint and that each individual is entering the discussion with an open mind.

Don't lecture. Instead, ask what their view is on substance abuse and listen to his or her opinions and questions.

Discuss reasons to avoid drugs. Make it clear that abusing drugs or binge drinking at too young an age can damage brain development, and emphasize how it can negatively impact things the teen cares about.

Brainstorm ways to resist peer pressure. For many adolescents, saying "no" is half the battle, so it helps to act out a situation in which drugs are being offered. Most experts agree that role-playing is one of the most effective aspects of a substance abuse prevention program.

Be prepared to share your own experiences and be honest.

Prevention promotes

a better life later. Focusing on prevention can hinder the development of addiction and save individuals from the destructive paths drug dependence can lead to. Presenting younger individuals with the tools to make healthy life choices saves them from struggles like this down the road. Drug-free also means more free time. Freedom from drug dependency means youths can funnel energy to positive pursuits that enrich both their own lives and the world around them. Hobbies, sports, friendships, and studying don't have to take a back seat to drugs and alcohol.

If you would like fur-

ther information about local prevention efforts in our community you can reach out to Communities for Alcohol and Drug-Free Youth (CADY) at 536-9793 or online at www.cadyinc. org. CADY's mission is to help our local youth make healthy and safe choices by working with schools, parents, youth, and communities to prevent and reduce youth alcohol, tobacco, and other drug use and to promote healthy environments and promising futures. Since 1999, the non-profit organization, has served 18 rural towns in Central NH in various capacities.

The focus of the work done at CADY is comprehensive, come-based substance abuse prevention via extensive collaborations, implementation of environmental prevention strategies, and development of award-winning. youth empowerment programming. The coalition is comprised of three school districts, and community partners from 12 core sectors including law enforcement, guidance counselors, teachers, parents, the district court, recreation groups, youth and community centers, health and medical clinics, businesses, higher education, the arts, the media, local churches, and many other individ-



The Boston Brass World Renowned Classical and Jazz Artists

SUNDAY OCTOBER 18, 2020 8:05 PM

A Virtual Concert just for Wolfeboro



Works by J.S. Bach, Astor Piazzolla, Billy May, and Duke Ellington

who could ask for more

A Free concert - limited access

Just email to: info@wfriendsofmusic.org and we will send you the YouTube link on the afternoon of the concert

Science Center holds second New Hampshire Day



HOLDERNESS — Squam Lakes Natural Science Center worked hard to make New Hampshire Day a reality for the 2020 season. Now, based on the success and participation of visitors there will be a second New Hampshire Day on Saturday, Oct. 17 where New Hampshire residents receive \$5 trail admission.

New Hampshire Day has been held annually since 1991. Historically, it has helped launch the trail season in May to welcome visitors around the state back to get nearer to nature. Due to the pandemic this year, it was delayed until September. The September event sold out and all visitors abided by new guidelines and rules to keep COURTESY the live animal exhibit trail safe for ev-

An Eastern Screech Owl. eryone.

Attendees for the second New Hampshire Day can expect to see naturalists showing animals at Pop Up Animal Encounters along the trail. Animals at the Science Center are also starting to show off their winter coats in preparation for the changing season.

\$5 New Hampshire Day tickets for Saturday, Oct. 17 must be purchased in advance at nhnature.org. The Science Center has capacity limits for the number of visitors on the live animal exhibit. Other changes include, requiring facemasks, physical distancing, one-way travel on the trail, and changes to hands-on exhib-

New Hampshire Day is made possible because of sponsorships from Dead River Company and the New Hampshire Electric Cooperative Foundation. Both sponsoring organizations generously continued their support of the event even after the changes caused by the pandemic.

Science Center trails (live animal exhibit and hiking) will remain open daily through Nov. 1, from 9:30 a.m. to 4 p.m. (last trail admission at 2:30 p.m.). Visit nhnature.org for more information and to purchase tickets.

Towns

Alexandria

Merry Ruggirello 744-5383 sunshine_eyes51@yahoo.com

Fall has arrived, with her beautiful display of color across the moun-We have also gotten a dose of much needed rain too. From the looks of the skies today we may be in for more, but that's fine by me! Do keep in mind that the roads get slippery with the combination of leaves and rain on them. Wouldn't want to see anyone slip sliding away!

Town

The Wednesday hours of the Transfer Station will be changing on November 2, 2020. The new hours will be 8 a.m. until 4 p.m. Also, the Transfer Station and Town Offices will be closed on Monday, Oct. 12 in observance of Columbus Day.

Budget Committee Meeting Tuesday, Oct. 13 at 6 p.m. in the Municipal Building.

Alexandria UMC Sunday Services are

being held via Zoom at 9 a.m. If you have any questions or need the link, please contact Pastor Faith at 491-4028 or email her at faithgreene83@gmail.com.

There will be an Ad-Council ministrative meeting on Sunday, Oct. 18 at 6 p.m., via Zoom. We will be preparing for our Annual Charge Conference to be held in November.

Deepest sympathies and prayers are extended to the family of Albert Bean who recently passed away. You were loved, and will be missed "Beanie". many Thank you for your service to our country and our town.

In years past, I've kidded about wearing a helmet in my yard to ward off acorns. Well, let me tell you, this year I'm also carrying an umbrella! My goodness, they're dropping by the bucketful, I swear. I'm sure it must be due to the lack of rain. Have a wonderful week ahead folks!

Bristol

Al Blakeley adblakeley0@gmail.com

I have never seen the leaf-peeper traffic so congested, ever! The colors certainly were bright and colorful this year, but short lived, methinks. Ah, how I love our New Hampshire...

The TTCC Annual Apple Festival will be very different this year. To carry on such a great tradition, folks can order apple pies and crisps, home baked beans, bread, rolls and apple sauce using a pre-order form. Payment can be made by credit card by calling the TTCC at 744-2713 or by sending a check. Volunteers may not come as a group to do the peeling, prepping and baking at the same time, but may come individually for a time slot on Friday, October 9 if you would like. Call 744-

2713 to help.

TTCC Adult Programs will be back in action soon. Some outdoor activities are continuing and the indoor activities will start up this coming week. Badminton will meet on Mondays and Fridays at 7 p.m. at the TTCC, Karate will meet on Wednesdays at 7pm at the TTCC, Volleyball will meet on Tuesdays and Fridays at 7 p.m. at BHVS, and Shape Up Newfound Exercise Class will continue to meet on Tuesdays and Thursdays at 6pm and Saturdays at 8am at Millstream Park or Kelley Park if outside and inside at the Bristol Elementary School. Pickleball enthusiasts will have to check by phone, text or email as the times vary. Each of these groups have group emails/texts that people can be added to for regular updates/announcements, just call the TTCC if you wish to be added.

The TTCC is contemplating starting up Teen Nights: Tuesdays for high school students, 6-8 p.m. and Thursday nights for middle school students, 6-8 p.m. There is a survey available at the Center that will help determine interest. Please pick up a survey at the office or online.

Contact the TTCC at ttcc@metrocast.net call 744-2713. There is a Fall Running Club for kids ages nine and up that wish to be active and try some running. The venue will be the New Hampton Fitness Trail on Tuesdays, 4:30 to 5:30 p.m. and Saturdays may be added later. Adult volunteers will be needed to help with the program, so if you are interested, please contact the

TTCC. All participants must register through the TTCC. A New Baby Sitting Course will be offered starting November 7, 2020 at the TTCC for ages 10 and up from 9 a.m. until 3 p.m. Space is limited and participants must register by Nov. 4.

It looks like Halloween will be a go in Bristol! The Bristol Events Committee is looking for volunteers to ensure that Halloween activities will happen for the citizens of our town this year.

The committee is

working to develop guidelines that will provide both a fun and safe environment for all participants. The Trunk or Treat will be a one-way route allowing for plenty of social distancing between vehicles. The Haunted Walkway will also be a one-way route. All participants will be required to wear cloth face masks - traditional Halloween masks do not count as face covering. Volunteers will be needed to help direct parking for trunk or treat vehicles, to direct pedestrian traffic and for general overall assistance. great deal of interest is anticipated for these events. If you can donate a bag or two of candy to help offset the amount the volunteers will need to provide, please donate to the Candy Stash! All candy must be individually wrapped. Candy can be dropped off at one of the following locations: the Bristol Town Offices,

the TTCC and the Bristol Police Department. For more information, please avail yourself of the town websites.

Bristol's Sustainability Committee will host its first Sustainability Fair at Kelley Park on Saturday, Oct. 17 from 10 a.m. - 2 p.m. This family friendly event will feature zero-waste resources, a solar demonstration, sustainable products made locally, and activities for children. Be sure to visit the Minot-Sleeper Library booth to learn about books on living more sustainably, easy ways to be a little more environmentally-friendly in your workspace, and Storytime at the start of each hour. For more details, contact: https:/ www.townofbristolnh. org/sustainability-committee.

The NRHS Athletics Hall of Fame Ceremony scheduled for October 24, 2020 has been postponed. The new date will probably be in the spring of 2021, but no date has been announced as yet. Details may be obtained by contacting NRHS: 744 6006.

Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

Supervisors of the Checklist news

On Saturday, Oct. 24, the Supervisors of the Checklist will be in session at the Town Office from 10 a.m. to noon. Avoid waiting in line at the polls. On the 24, you can Register to Vote, pick up and/or fill out an Absentee Voter Application and ballot. We can help you with any questions you have about the upcoming Nov. 3. Elections.

Town Beach kayak rack survey

The Beach Committee and the Select Board have received a request to install a kayak rack at the town beach. The rack would be located at the current designated cartop boat launching area of the town beach.

The Beach Committee and the Select Board are in the initial stages of gathering data concerning this request and would like the input of taxpayers and residents about the installation of a kayak rack at the town beach.

Please watch home page of the town website under news for the survey. It will only be live for a short amount of time so keep watching and please fill it out...your voice is important. Additionally, we have been adding many improvements to our lovely beach and hope everyone has been enjoying them!

Residents are encouraged to access the link below to take the survey and let the Town and Beach Committee know your thoughts.

Churches

Holy Trinity (Roman Catholic)

The weekend of Oct. 10 and 11 will be the last weekend of the current Mass schedule.

This weekend, the Masses continue to be 4 p.m. on Saturday at St. Matthew In Plymouth, Sunday at 7 a.m. at St. Matthew in Plymouth, 8:30 and 10 a.m. at our Lady of Grace in Bristol.

Beginning the weekend of Oct. 17 and 18, the Mass schedule is Saturday at 4 p.m. at St. Matthew in Plymouth, Sunday at 8 a.m. in Plymouth, and two Masses at Our Lady of Grace in Bristol at 9:30 and 10:30 a.m. There are no reservations needed, but you need to sign the guest book, wear a mask and the ushers will seat you in a socially distanced

On the weekend of Oct. 17 and 18, there will be two information meetings for the beginning of the GIFT program for sacramental preparation. If you have a child between the ages of six and nine, this meeting is for you to come and find out what the program is all about. One of the meetings will take place after the 8 AM Mass in Plymouth at the Christian Life Center, and the second meeting will take place at the Marian Center after the 10:30 Mass in Bristol. If you are not ready to attend meetings in person, you can contact Gift program coordinator and Deacon Candidate Dave Hemeon for details. You can reach him at 496-7145 or davehemeon.dh@gmail.com. Most of the program will be online and family home study. All materials will be given to you and it is free of charge.

All of the information listed here is in our bulletin. If you are not yet receiving our bulletin online and would like to, please email Chris Chiasson at holytrinitybristol@gmail.com.

Plymouth Congregational UCC

Church Announcement The members and

friends of PCUCC are pleased to announce that we have called the Rev. Sara M. Holland as our pastor and teacher Rev Holland's first Sunday preaching as our settled Pastor will be on October 11th via live streaming on Facebook. The title of her sermon will be "A Part of the Kin-dom."

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday Bulletin for this service as well as videos and Bulletins from past services can be found on our church's web site at www.uccplymouth.org.

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

Feeding Our Children Together

Beginning at the start of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, so-cially liberal, open and affirming, inclusive and enthused about shar-

ing Christ's love with the world. Please visit our Web site at www.uccplymouth.org.

Starr King Unitarian **Universalist Fellowship**

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, 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.

THIS WEEK STARR KING:

Sunday, Oct. 11

The Best of Intentions

Ariel Aaronson-Eves. Worship Leader Sarah Dan Jones, Mu-

sic Director Tatum Barnes, Direc-

tor of Religious Educa-

Despite our best intentions, we often end up causing harm to others. How do we act as people of integrity in these instances? How do we preserve our faith in our own goodness while being accountable to the damage we nevertheless caused? How do we respect our own integrity and that of those who have been harmed?

Join UU ministerial candidate Ariel Aaronson-Eves as she weighs intention versus impact and considers what exactly it means to "assume good intentions."

LIVE STREAMED via

For Zoom link and all

other information visit our Web site:

www.starrkingfellowship.org

536-8908



Email tracy@salmonpress.news • lori@salmonpress.news

Bear boys win a pair of meets, remain undefeated

BY JOSHUA SPAULDING Sports Editor

BRISTOL — The Newfound cross country team had a solid week of results, giving coaches Mike LaPlume and Amy Yeakel plenty to be happy about.

"Needless to say, both coach Yeakel and I are extremely excited about the rest of this season and next season as well," said LaPlume after a week that saw the Bears run in Belmont and Gilford.

The Newfound boys captured the win in Belmont on Tuesday. Oct. 29, led by a second place showing from Joe Sullivan, who crossed in 19:54. The only person in front of him was Patrick Gandini of Gilford, who set the course record in 16:46.

Connor Downed was next in for the Bears. finishing in third place overall in 19:58 and Jeff Huckins was fifth overall in a time of 20:56.

Ben LaPlume was sixth overall in 21:08 and Ryder Downes rounded out the scoring with a time of 21:24 for ninth place overall.

Romeo Dokus was 18th overall in a time of 23:53 and Hunter Pease finished in 26th place in

In Gilford on Friday,

Oct. 2, the Newfound boys again picked up the win, besting Gilford by three points.

Connor Downes was the first Bear, finishing in fourth place in 19:05, iust one second and one spot ahead of Sullivan. who crossed in 19:06 for fifth place.

Freshman Evan Foster finished sixth in his first high school race with a time of 19:22 and Ryder Downes finished in 19:41 for seventh place.

Huckins rounded out the scoring with his time of 19:44 for eighth place.

LaPlume finished in 21:06 for 16th place with Dokus finishing in 23rd place in 22:44, Pease finishing in 25:32 for 31st place and freshman Logan Hinton finished in 34th place in 44:28.

"We ran very well in both our meets this week," LaPlume said. "Gilford is tough, especially with Gandini, who you know is going to put a one on the board guaranteed.

"Our strength is in our grouping, however," the Newfound coach said, noting there was just 38 seconds between the top five on Friday. "That really comes for our closeness as friends and family. The boys on this team are all genuinely best friends outside of this team. They are a special group to watch grow and develop right now.

"The boys just continue to grow and learn almost faster than coach Yeakel and I can teach them," he added.

LaPlume noted that Sullivan is running stronger than ever, the Downes twins are both running out of their socks this year and Foster provided a shot of adrenaline in his first race. Pease has provided solid leadership all year and Huckins, LaPlume and Dokus all chipped in with solid results. Hinton is working his way back from an injury and is ready to help the team.

On the girls' side, Leah Deuso finished in seventh place overall to lead the Bears at Belmont in 28:54.

Julia Huckins finished in 10th overall in 30:02 with Chloe Jenness in 13th place in 32:03 and Sarah Buchanan in 16th place in 35:14.

Sadira Dukette rounded out the scoring in 20th place in 40:38.

In the Gilford race,

Deuso again led Newfound with a 10th place finish in a time of 26:40.

Jenness was next in, finishing in 27:40 for 13th place with Huckins in 14th place in 27:45.

Buchanan finished in a time of 32:50 for 20th place and Dukette placed 22nd in a time of 37:08.

"Coach Yeakel says she is very pleased with their progress to this point," LaPlume stated. "She's happy and excited about the newcomers to the team."

Jenness is starting to come on strong while Buchanan is progressing nicely after a late start. Eighth grader Andraiya Styles has been training with the team and is expected to run in the next meet.

"She is also very happy with the progress of her returning veterans," LaPlume said. "They have provided leadership both in practice and in the meets.

Julia Huckins has been chopping time off her 5K in chunks, going from the high 30s last year to the high 20s this year. Deuso has picked

Jeff Huckins has been a key contributor for the Newfound cross country team this fall.

up where she left off last year, leading the Bears in each meet. Dukette continues to work hard and help the team earn points in every meet. Senior Gretchen McGowan is working on finishing off her four-year career

The Bears are scheduled to compete Friday at 4 p.m. in Gilford and on Wednesday, Oct. 14, they are slated to host their home meet at 4 p.m.

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

HIGH SCHOOL SLATE

Thursday, Oct. 8

NEWFOUND

Boys' Soccer vs. Winnisquam; 4 Field Hockey at Winnisquam; 4 Girls' Soccer at Moultonborough; 4 Volleyball vs. Winnisquam; 6:15 **PLYMOUTH**

Boys' Soccer at Laconia; 4 Field Hockey vs. Laconia; 4 Girls' Soccer vs. Laconia; 4 Volleyball at Laconia; 6

Friday, Oct. 9

Saturday, Oct. 10

NEWFOUND Cross Country at Gilford; 4 **PLYMOUTH** Cross Country Home Meet; 4 Volleyball vs. Coe-Brown; 6:30

NEWFOUND Football vs. Inter-Lakes; 2 PLYMOUTH Football vs. Lebanon; 2

Tuesday, Oct. 13

NEWFOUND Field Hockey at Laconia; 4 **PLYMOUTH** Boys' Soccer at Winnisquam; 4 Field Hockey vs. Winnisquam; 4 Girls' Soccer vs. Moultonborough; 4 Volleyball at Winnisquam; 6

Wednesday, Oct. 14

NEWFOUND Cross Country Home Meet; 4 Girls' Soccer at Plymouth; 4 **PLYMOUTH**

Girls' Soccer vs. Newfound: 4 Thursday, Oct. 15

NEWFOUND

Boys' Soccer vs. Franklin; 4 Field Hockey vs. Laconia; 4 Volleyball vs. Franklin; 6:15 PLYMOUTH

Boys' Soccer vs. Winnisquam; 4 Field Hockey at Winnisquam; 4 Girls' Soccer at Moultonborough; 4 Volleyball vs. Winnisquam; 6

Offense, defense clicking for Newfound field hockey

BY JOSHUA SPAULDING Sports Editor

BRISTOL — The Newfound field hockey team took care of business against Franklin in a pair of games last week.

On Tuesday, the Bears used a good second half to push past the Golden Tornadoes by an 8-0 score.

"Franklin gave us a very tough first half, forcing the ball to our left side, making it difficult to get momentum," said coach Kammi Williams.

The lone goal in the first half came from Tiffany Doan on an assist from Haley Dukette for the 1-0 lead at the break.

Cassie Zick came out in the second half and scored the first three goals of the half. Doan added three more goals and Lindsey Lacasse added the other goal. Lacasse and Doan each had an assist and Dukette had three helpers.

The Bears played host to Franklin on Thursday and rolled to the win, 11-0.

The Bears got a couple of goals from Isabelle LaPlume and Savannah Bradley, while Mackenzie Bohlmann and Tiffany Doan split credit on a goal, with Doan adding two more and Bolhmann adding one more. Dukette, Zick and Sofia Wucher each added a goal and Doan had four assists.

"Lindsey Lacasse at right midfield has just shown continuous growth and is really contributing to our offense," said Williams. "Haley Dukette and Kenzie Bohlmann are controlling the middle of the field while Tiffany Doan gets back to her ways of being an assist machine.

"Maggie Bednaz and Matti Douville have quietly been the stability of our defense, not allowing the ball down the field," Williams added.

"Franklin showed a lot of heart," the Bear coach continued. "They were high spirited and never gave up."

Williams was excited for the matchup with Winnisquam after deadline on Monday. The blue and white Bears were expected to be one of the better teams in Division III coming into the season.

"It's a statement game for us, to see where we are against a top four team in the state," Williams said. "This is a big week for us."

The Bears are in action today, Oct. 8, against Winnisquam on the road in Tilton, then visit Laconia on Tuesday, Oct. 13, and host Laconia on Thursday, Oct. 15, all at 4 p.m.

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

SLA guided hike: Discover the power of ponds

HOLDERNESS — Join the Squam Lakes Association (SLA) on an afternoon walk out to the beaver ponds of Belknap Woods on Oct. 16 from 4-6 p.m. After a short walk, listen to Lakes Region Conservation Corps (LRCC) AmeriCorps member Jack Van Etten talk about the environmental values of small storage ponds before trying to identify any animals you catch a glimpse of in the pond.

Although large water bodies tend to be the main attraction in the area, there are also smaller ponds that serve key roles. These ponds can be formed from a variety of causes, but all help keep natural life in the area moving. Ponds can help with nutrients, water storage, damage control, and increase biodiversity. More than that, they also attract a broad variety of plant and animal life, so who

knows what we'll see. This program will include an easy hike out over fairly straightforward terrain, an outdoor lesson on the interesting elements of ponds, and a friendly competition to see who can see the most species!

Registration is required. For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes. org) or contact the SLA

directly at 968-7336. The SLA also offers other Adventure ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the SLA's mission.

NHEC Foundation announces third quarter grant recipients

PLYMOUTH — The New Hampshire Electric Co-op Foundation (NHEC Foundation) awarded 10 grants in September totaling \$47,998 to non-profit organizations supporting residents throughout New Hampshire. The following organizations received grants ranging from \$2,000 - \$15,000. Appalachian Mountain Club, Court Appointed Special Advocates (CASA-NH), Kingswood Youth Center, NH Food Bank, Northeast Organof NH (NOFA), Plymouth Area Community Closet, Plymouth Parks & Recreation, Special Olympics NH, YMCA Camp Huckins YMCA of Greater Bos-

The NHEC Foundation is funded by the generosity of over 40,000 New Hampshire Electric Co-op members who participate in the Round Up Program. Participating members agree to have their monthly electric

ic Farming Association bill rounded up to the next dollar, which enables the NHEC Foundation to award quarterly grants as well as scholarships to the children of NHEC members. To learn more about the NHEC Foundation, enroll in the Round Up Program or apply for Foundation grant, please visit www.nhec. com/nhec-foundation.

> New Hampshire Electric Co-op is a member-led electric distribution cooperative serv

ing 84,000 homes and businesses in 115 New Hampshire communities. www.nhec.com.



~ Comfort Keepers ~

Pneumonia in seniors: Causes, treatments, and prevention

Owner/Administrator COMFORT KEEPERS

There are many benefits that come with getting older, but there are also factors to be aware of when it comes to our health and wellness. As we age our body's natural defenses become less reliable and as a result, seniors are more susceptible to infection - including pneumonia.

Pneumonia is an infection that affects one or both lungs and can range from mild to severe. For some, pneumonia can be fatal.

Older people have higher risk of getting pneumonia, and are more likely to die from it if they do. For US seniors, hospitalization for pneumonia has a greater risk of death compared to any of the other top 10 reasons for hospitaliza-

The additional steps that older adults take to

protect their health can have long lasting physical and mental effects. And staying healthy is the best way for seniors to continue living the highest quality of life.

Why Pneumonia is More Common in Seniors

Changes to the lungs as we age: Because of changes to the respiratory system that happen with age, seniors can't always effectively clear secretions as well from their lungs. Those secretions can go down into bronchial tubes, causing the infection.

immune Weakened systems: A senior's immune system has a harder time fighting off infection. And, some health issues can an even greater negative effect on a senior's ability to fight off an infection – issues like an organ or bone marrow transplant, chemotherapy (treatment for cancer), or long-term steroid use.

Senior health conditions: Diabetes, Parkinson's disease, chemotherapy, and HIV put seniors at a higher risk for pneumonia, as well as cystic fibrosis, asthma, COPD (chronic obstructive pulmonary disease), and bronchiectasis. Surgery can also expose seniors to infections that can lead to pneumonia.

Signs of Pneumonia **Symptoms** can include coughing, fever, chills. shortness breath, chest pain, green or yellow sputum that comes up during coughing, fatigue, and the sudden worsening of a cold or the flu.

Pneumonia Treat-

Typically, a physician will do a chest X-ray and/or blood test to determine if a senior has pneumonia. Bacterial pneumonia, it is usually treated with antibiotics. If the infection is viral, an anti-viral medicine may be prescribed. In addition to medication, doctors may give the patient fluids, oxygen, pain relief and medical sup-

Reducing the Risk of Pneumonia in Seniors

Seniors should discuss pneumonia prevention with their physician to determine the best plan. Some options to help reduce the risk of pneumonia include:

vaccinated. All Get people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a onetime shot that protects against the pneumococcus, or pneumonia bacteria.

Practice good hygiene: Wash hands regularly or use an alcohol-based hand sanitizer.

Don't Smoke or Take Steps to Quit: Smoking negatively impacts just about everything in our bodies, but the lungs obviously receive a significant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms become compromised.

Practice a Healthy Lifestyle: Seniors should follow a physician-approved diet and exercise regimen. This will help bolster their immune system and reduce the risk pneumonia.

Comfort Keepers® Can Help Whether senior clients recovering from pneumonia or looking to protect themselves, the trusted care team at Comfort Keepers® can help. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that

clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers office today.

Com-

About

fort Keepers Comfort Keepers is a leader in providing inhome 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 nhcomfortkeepers.com for more information.

MARK ON THE MARKETS

Unintended consequences



In 1934, the Roosevelt administration put forth the "New Deal." which included the entitlement we know as Social Security. Originally Social security was not accessible until the age of 65. Now SS can be started at the age of 62 or even younger if disabled. When we started SS there were 42 people paying into the system for every one person taking from the system, making it very solvent.

A generation of people born in the 1920's and '30's, some who fought in World War II and were later referred to as the Henry Ford generation but named the greatest generation by Tom Brokaw. Those soldiers who returned from WWII created the "Baby boom" generation that is defined from 1946 through 1964. During that 18 year span, there were 78 million people born in this country. After this generation we have had Generation X and Gen Y blending in with the Millennials, all who have not had nearly as many

children as that Baby Boomer generation.

The Baby Boomers are now retiring at the rate of 10,000 per day driving the ratio from 42 contributors to 1 recipient of SS entitlements and Medicare/ Medicaid to only 3 contributors to 1 recipient. Within the next ten years the ratio will be 1 to 1.

Let's estimate an individual's annual SS and Medicare entitlements at age 66, which is full retirement age currently. Maybe 24,000 in SS and 15.000 in Medicare, not to mention any additional Veterans benefits. My high powered calculator tells me that in 10 years, every working person will have to support roughly \$40,000 worth of entitlements annually that we Baby Boomers

are collecting. Our national debt is over \$24 trillion, and will accelerate exponentially in order to just service the existing debt. While our short-term interest rates have remained extremely low, our longer-term rates have not Debt will likely be financed with longerterm bonds. This can only do so much to alleviate the stress on the treasury.

David Walker was comptroller of the US until 2008, has stated that we must double tax rates just to stay solvent. Cutting spending would obviously help,

Washington cannot seem to accomplish this. Just after WWII our highest tax rate was 94 percent, in the 1970's, we had a top tax rate of 70 percent. In 2012, our highest rate went from 35 to 39.5 percent. So, we are close to historic lows for our tax rates, yet we as individuals, still demoved up, yields across fer taxes until a later the curve remain low. date. Tax diversification is extremely important and if you are not taking advantage of some methods for paying taxes now at these low rates for tax free money in the future, this will likely be regrettable soon. Most people that I speak with regarding future tax rates believe they will be in a lower tax bracket when

future entitlement payments will have to come from somewhere. Note that I refer to your benefits as "entitlements", only because the government autocrats have re-named your money so that they can be the redistributors of our own money which they have deemed the govern-

If your Advisor is not versed in tax free retirement plans or tax-free accumulation and distribution of assets, then find one that is, or call my office.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.

New lending source established for Plymouth region small businesses

PLYMOUTH — Grafton Regional Development Corporation (GRDC) is pleased to announce that GRDC has received funds from White Mountain Gateway Economic Devel-Corporation (WMGEDC) to establish a new revolving loan fund focused on the Plymouth region.

Headquartered Plymouth, GRDC partners with local banks to provide Grafton County small businesses with loans to support business growth and job creation. GRDC also offers free or low-cost educational and skills-based programming through the Enterprise Center, GRDC's business incubator in downtown Plymouth.

Founded in 2001, WMGEDC has long been committed to promoting the industrial and economic growth in the Plymouth and White Mountain regions. In recent years, the focus has shifted to providing counsel and resources

for real estate develop-

White Mountain Gateway was instrumental in the evolution Mid-State Health. Using funds from Community Development Block Grant (CDBG), WMGEDC provided the loan needed to get this vital health care business established. Many years later, with the original loan paid off, WMGEDC looked for another nonprofit organization to continue and maintain a revolving loan fund with the CDBG money.

With more than 20 vears of experience, GRDC was a natural choice for WMGEDC to partner with and serve as facilitators of the White Mountain Gateway funds.

Johnstone, President and COO of WMGEDC, had this to say: "We're pleased that GRDC was able to take on the facilitation of these funds to the greater Plymouth and White Mountain region. We know GRDC is committed to the area's economic development and will continue the work WMGEDC started with the same commitment. "

"Our partnership with nonprofits like WMGEDC is vital to our mission in serving small businesses in Grafton County. Plymouth-area businesses make up 30 percent of our lending clients, so we're excited to have this new resource to support economic growth in the community. We're so grateful that WMGEDC has entrusted GRDC to put these funds to work for the benefit of local businesses," added Anne Duncan Cooley, CEO of GRDC.

Small businesses interested in loan information should contact Grafton Regional Development Corporation at 536-2011 or email connect@graftonrdc.org. More details about all of their loan programs can be found online at graftonrdc.org/loan-programs.

The solution to household pollution

they retire. Possibly, but

REGION — For more than 30 years, the Lakes Region Planning Commission has provided residents and property owners in the Lakes Region with an opportunity to safely dispose of hazardous products from their household, reducing the likelihood of accidents in their home. On July 25 and Aug. 1, more than 1,600 vehicles from 19 communities dropped off 52,775 pounds, or 26 tons, of hazardous products! Thank you to all who participated and thank you to the more than 50 local staff and volunteers who gave their time to help make this happen

These collections ensure that hazardous materials will not enter our drinking water or the environment, upon which

our local economy is so dependent on. The collected hazardous materials included oil-based paints, lawn and garden products, household cleaners, automotive fluids, and pool chemicals. They are being safety reused and disposed of according to Environmental Protection Agency standards.

If you still have hazardous products in your home that you wish to dispose of, the Lakes Region Household Hazardous Product Facility (LRHHPF) in Wolfeboro will be open Oct. 17 from 8:30 a.m. - noon. A fee is charged to cover the costs of disposal; for details, call 651-7530. Small businesses may also dispose of their hazardous waste at the LRHHPF by calling ahead to make an

appointment.

We encourage residents and homeowners to learn more about hazardous household products and how to reduce their use, by visiting the LRPC Facebook and Instagram pages (@lakesrpc), our website www. lakesrpc.org/serviceshhw.asp, or by calling the LRPC at 279-5341.

Find us at the Bristol Sustainability Fair on Oct. 17 from 10 a.m. – 2 p.m. at Kelley Park, where the LRPC will be promoting low-toxic alternatives to household hazardous products. There will also be information about composting, recycling, solar energy, and more!

salmonpress.com

Soccer

FROM PAGE A1

chance but could not convert and Brooks and Smith combined on a chance for Newfound. King and Ehmann had shots on net that Boris was able to corral and Stevens sent one wide for the Lumberjacks.

Newfound had a corner kick chance that didn't go in and Ehmann Tyler MacLean teamed up on a chance that went wide of the net. Avery and Perry

made runs into the zone but the defense and Dolloff stood tall. Blouin just missed connecting with MacLean and Kulacz for the Bears and Stevens forced Dolloff to come out and make a nice grab on a chance.

Lin-Wood was able to score on a corner with 7:02 to go in the game, as Stevens converted for the 2-0 lead. Newfound pressured in the final few minutes, with Karkheck leading the way, but Boris and the

Lin-Wood defense kept them off the board and took the 2-0 win.

Lin-Wood is in action on Thursday, Oct. 8, at Lisbon at 3 p.m. and Tuesday, Oct. 13, at Groveton at 4:30 p,m.

Newfound is also in action Thursday, Oct. 8, at home against Winnisquam at 4 p.m. and hosts Franklin at 4 p.m. on Thursday, Oct. 15.

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



Newfound keeper Hayden Dolloff chases down the ball after deflecting a chance by a sliding Jake Morris of Lin-Wood.

Volleyball

FROM PAGE A1

Newfound got a 2-0 lead to start the second set but Franklin battled back and took a 4-2 lead. Bohlmann helped the Bears battle back with a kill and Newfound went up 6-4. The visitors again tied the match, this time at six but Huckins had a couple of key hits and Fairbank also added a hit. Madison Perry had a nice tip at the net and Fairbank added another kill as Newfound stretched the lead out to 16-6.

Newfound kept on building the lead, with Fairbank adding an ace and Emalie Ruiter also added a nice kill, helping Newfound secure the 25-9 win and tying things up at one.

The third game started with Bolhmann securing three points with big hits at the net. Huckins and Fairbank added hits as the hosts went up 9-3 and then 11-4. Fairbank put in a service ace and then Huckins added a couple of hits and her own ace and Newfound pushed the lead to 19-5.

Bohlmann and Ruiter both had kills and the Bears pulled away to close things out, getting the 25-11 win for the 2-1

early in the fourth set and Bolhmann had a couple of hits as the Bears opened up the

lead to 7-3. Ruiter added a service ace but Franklin slowly crawled back into the match, cutting the lead to 9-8. Newfound went back up with a couple of hits from Huckins, going up 16-11 before the visitors came charging back and cut the lead to 17-13.

Huckins had another hit and added a good tip at the net as Newfound continued to pull away and Bolhmann sealed the victory with a service ace and the Bears got a 25-15 win and the 3-1 victory.

Coach Fairbank noted that by the time the third and fourth sets rolled around, she believes she has her rotations set.

"I think I've got my rotation for the season," the Bear coach said. "We tweaked a few things and things are starting to roll.

"I think we have what we want," Fairbank added. "Hopefully the next seven games will be practice enough in time for the playoffs."

The Bears will be back in action today, Oct. 8, at home against Winnisquam and on Thursday, Oct. 15, the team will be hosting Franklin, both at 6:15 p.m.

Sports Editor Josh-Huckins had an ace ua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Shooting FROM PAGE A1

General's Office. The investigation included documenting the residence where the fatal shooting occurred and collecting physical evidence at the scene. Additionally, police interviewed numerous witnesses who knew Hall Sr. and Hall Jr. There were no eyewitnesses to the fatal encounter between the two men, and there also was no surveillance footage that captured any of the incident.

During subsequent interviews with police, Hall, Jr. recounted that he had been living with his father for several months, and reported past physical and verbal altercations with him. On the day of the shooting, the two were in their shared apartment that afternoon. Hall, Jr. said that Hall, Sr. had been drinking. Hall, Jr. was on the phone with his girlfriend when Hall, Sr. began arguing with him and telling him that he was lazy. In response, Hall, Jr. said that he broke dishes using a baseball bat, and Hall, Sr. told him to clean them up. Hall Jr. refused, and they continued arguing.

At one point during the verbal argument, while Hall, Jr. was sitting on a bed, Hall Sr. came at him wielding a hunting-style knife. Hall, Jr. further claimed that as Hall, Sr. approached with the knife, and prior to shooting him, Hall Jr. told Hall, Sr. to stop. He claimed that his father did not stop, that he believed that his father was going to stab him, and that he as a result, fired at him with a black-powder pistol which was by the bed.

Hall, Jr.'s girlfriend, whose name has not been released to the public, confirmed that the two men were going through what she called a "rough patch," and that the elder Hall was prone to drinking heavily. She stated that while she was on the phone with him the afternoon of the shooting, she heard Hall, Sr. come into the room and begin yelling at his son. As the argument escalated, she told police that she distinctly heard Hall, Jr. warn his father to get away from him several times. At that point, she recalled hearing a series of sounds, spaced roughly half a second apart, that she described

as similar to the sound of breaking glass, after which she heard Hall, Sr. make a groaning noise and Hall, Jr. say something to the effect of "I told you to stop messing with me." Hall, Jr. then told her he needed to call the police and hung up the phone.

Given the consistencies in Hall, Jr. and his girlfriend's recollections of the fateful day's events and the fact that the physical evidence recovered at the scene of the shooting largely supports Hall, Jr.'s depiction of what took place, the Attorney General's office concluded that the available evidence appears to support his claim that he believed he was in immediate physical danger from his father, and acted in self-defense.

Gloss FROM PAGE A1

that I would never be really happy if I abandoned the business.»

Among the many orga-

nizations in which Kenneth Gloss is a member the Antiquarian **Booksellers Association** of America, the International League of Antiquarian Booksellers, the New England Antiquarian Booksellers of America, the Massachusetts and Rhode Antiquarian Booksellers Association,

Bayside

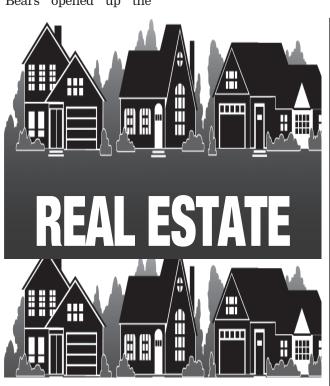
the Committee for the International Boston Antiquarian Book Fair and the Boston Society. He also is a Fellow of the Massachusetts Historical Society as well as serving on the Board of Overseers of the USS Constitution Museum.

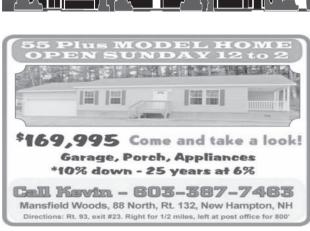
The Brattle Book Shop is proud to have been a contributor to the WGBH Annual Auction each year that the station has held this fund drive. Ken has appeared as a guest appraiser on PBS' "Antiques Roadshow" numerous times over the

years and has been a popular guest on WBZ Radio as well as other radio, TV, and cable stations numerous times. His bylined articles continue to appear in various antique journals and in print and online consumer publications. The Brattle Book Shop is also the recipient of several "Best of Boston" awards in the categories of Best Book Shop or Best Antiquarian Book Shop. In addition, it has been included in a list as one of North America's best bookstores.

For further information about this talk and more about book-collecting, appraisals, and future free and open talks, call the store toll-free at 800-447-9595, or visit their Web site, www. brattlebookshop.com. To learn of some of Gloss' more fun and unique finds, listen to Brattlecast, his new podcast: http://www. brattlebookshop.com/ brattlecast (also available on iTunes: https:// itunes.apple.com/us/ podcast/brattlecast/ id1295728623?mt=2).

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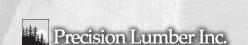
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Building Inspector/Code Enforcement Officer for Town of Plymouth

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

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

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

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

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

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

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

Applications will be accepted until position is filled.

Position will be open until filled.

Organization: Town of Plymouth

Type: Employment

Post Date: Wednesday, September 30, 2020

Close Date: Until position is filled

Salary: 20,000

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Notebook

FROM PAGE A3

sources, and in some cases shutting them down. But these are the exceptions, not the rule, and many of these ancient sources that started out with augered-out cedar logs for pipes, then went to lead pipes, and finally to plastic or rubber hose are still running clear, cold and clean.

I wonder how even the best of these old water sources did during a drought that's the worst most people have ever seen.

+++++

People who like to get out on cross-country skis and snowshoes can be forgiven for being a bit fuzzy on where they're welcome. The biggest question, of course, is whether they should be on snowmobile trails.

In my experience, you bet. By tradition, snowmobile clubs have let it be known that other recreational users are welcome, as a sign of good will. All they ask is that others on the trail move to one side when they hear or see machines approaching, and perhaps donate to the trail-grooming fund.

All of them, of course, should appreciate the landowner, whose good will makes the trails possible to begin with. Without the cooperation of landowners near and far, big and small, the snowmobile and ATV tourism enterprises would be flatter than a flounder.

+++++

The plight of a fox that was taken in as a pet when young and then tossed out like a bag of trash when it became an adult and its "owners" grew tired of it became something of a celebrity a couple of weeks ago.

Once again, the Governor's office got into the act, stepping in to make sure Massachusetts wildlife officials didn't try to take the fox back. as had been feared. The last update had the fox at a shelter and rehab facility, awaiting construction of a new pen.

Still, I was left wondering what a guy in Dracut, Mass., was doing with a fox in the first place, and how anyone could treat a wild creature like that, like so much trash for the dumpster.

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



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DEADLINE IS FRIDAY AT 3PM FOR THE FOLLOWING WEEK

NO ADS CAN BE ACCEPTED ON MONDAYS

THANK YOU!

Plymouth State University has the following positions available: Manager of Mechanical & Electrical Operations **Architectural Drafting Specialist** Customer Service Manager **Recycling Coordinator Development Officer**

Plumber

Building Service Worker (Custodian) First Shift (5:00 AM - 1:30 PM) Monday - Friday First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday Third Shift (11:00 PM - 7:30 AM) Friday – Tuesday

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

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution

One Too Many, once again?



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

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

Warning Signs of Alcohol Abuse

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

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

A11

October is Breast Cancer Awareness Month

Debunking common myths associated with breast cancer

Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable.

Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer everyday and routinely discover that information once thought to be accurate was actually off-base.

Despite researchers' best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

- Myth: Drinking milk increases your risk for breast cancer. The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with hormones could increase a person's risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.
- Myth: Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue

Mamammogram

should always be brought to the attention of a physi-

- Myth: Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at www. cancer.org.
- Myth: Women with a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous because, if taken at face value, it can give women with no family history of breast cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The Centers for Disease Control and Prevention note that

a woman's risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family history.





Information is a valuable asset in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.

Need-to-Know Info:

Inflammatory Breast Cancer

Inflammatory Breast Cancer (IBC) is

a rare and aggressive form of breast cancer that differs from other forms of breast cancer because it commonly does not cause a lump or mass. Due to the aggressive nature of IBC, early detection is vitally important. Here are some warning signs that may indicate IBC and should be immediately discusse with a doctor:

- Breast discoloration that is typically red, but may be pink or purple
- A rash or small irritation that resembles an insect bite
- Breast tenderness or



pain, or warmth to the touch

- Persistent itching
- around the nipple
- Dimpling of the breast
- Change in the appearance of nipples to flat or inverted
- Swelling in the size of one breast

The American Cancer Society recommends

Ages 45 to 54

Ages 40 to 44

screening:

Women should get mammograms each year.

Guidelines

Following are the American Cancer Society's

current recommendations for breast cancer

Women should have the choice to start

annual breast cancer screening with mammograms if they wish to do so.

Ages 55 and older

Women should get mammograms every 2 years or continue annual screening.

that screening continue as long as a woman is in good health and expected to live 10 more years or longer. Women should also be familiar with the known benefits, limitations and potential harms linked to breast cancer screening. Any changes in the way breasts normally look and feel should be discussed with a healthcare provider without delay. A small number of women with family history, genetic tendency or other specific risk factors should be screened with MRIs in addition to mammograms. To determine the screening plan that's best for you, talk to a healthcare





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Youngsters lead Lumberjack girls past Bears



JOSHUA SPAULDING

Newfound's Rylee Barney battles with Lin-Wood's Shanna Drapeau in action last Monday in Lincoln.

BY JOSHUA SPAULDING

The LINCOLN — Newfound soccer girls were coming off their first win of the season the Lin-Wood Lumberjacks had just been shutout in their previous game.

Newfound was hoping to continue the momentum and Lin-Wood was hoping to bounce back.

And while the Bears played valiantly amidst the autumn colors in Lincoln, it was the host Lumberjacks who victorious, emerged coming away with a 2-0 win on Monday, Sept. 28.

'We were able to put Woodsville (first game) behind us and beat Lisbon and they were able to regroup after Littleton (previous game's loss)," said Lin-Wood coach Tony Drapeau. "The girls are able to put things behind them.'

"We were coming off a win on Saturday (over Mascoma)," said Newfound coach Amy Smith.

"That was momentum we were hoping to carry into today."

Lumberjacks The were able to get a few early chances, including a corner, but could not convert and Newfound came back with a bid but Bri Calaio stood strong for the Lin-Wood defense. Rylee Barney had a nice cross for the Bears but MollyLu McKellar's shot went just wide of the net. Becca Dillon also had a shot blocked for the Bears.

At the other end, Alyvia Drapeau had a shot for Lin-Wood that Newfound keeper Lexi Bassett handled and the Bears came back with Barney just missing connections with Abby Bauer. Emma Carlson also had a run for Newfound but Calaio was there to make the defensive stop.

Newfound had their first corner and Soraya Glidden was able to get the ball on net but Lin-Wood keeper Seven Fitzgerald was able to get to the ball for the save. Glidden made another run in but Jillian Clark had a nice clear for the hosts.

Lin-Wood got the game's first goal just about midway through the first half on a corner. The ball banged around in front of the net and eventually eighth grader Sally Savage was able to strike the ball in from the side, giving Lin-Wood the 1-0 lead.

Abishai Corey was strong on defense for the Lumberjacks as Carlson made a run for Newfound and then Destiny Salz made a nice run through the Newfound defense at the other end, forcing Bassett to make the save. Lily Karkheck also had a nice defensive stop on Salz.

Lin-Wood had a pair of corner kicks, with Emily Huckins and Autumn Braley doing good defensive work for the Bears in front of the net. Newfound got a corner at the other end but



in Lincoln last week.

couldn't get a shot on net. Kiara Murphy was able to get a shot for the Bears but it was deflected and Sydney Pickering had a long direct kick for the hosts that just missed connecting in the

Barney had a shot go wide and then Elsa Mc-Conologue and Barney teamed up on a bid that Fitzgerald was able to stop.

Newfound had a late corner in the half and Natalie Walker was able to get the ball on net but Fitzgerald was there to make the play. Barney and Glidden had solid clears late in the half and the game went to the break with Lin-Wood up by a 1-0 score.

Lumberjacks The wasted very little time doubling that lead in the second half, as less than two minutes in, Drapeau was able to chip the ball into the box and found Salz on the other side, behind the keeper and she

deposited the ball in the net for the 2-0 lead.

Newfound came back with some solid offensive pressure, with Pharra Duguay clearing a Newfound corner kick and then Braley just missing Barney in front on a direct kick chance. Walker and Abby Bauer also got in close for the Bears and Bibi McConologue had a couple of shots, one stopped by Fitzgerald and the other sailing wide of the net. Karkheck turned in another solid defensive stop on Savage as well.

The Bears had their best chance to score on a penalty kick midway through the half. Braley stepped up to take the kick but her boot sailed wide of the net. Newfound kept pressuring, with Murphy getting a shot off and then Bibi McConologue getting a pair of shots, all which Fitzgerald was able to save for the Lumber-

Newfound had a pair of corners but could not convert and then Glidden got in close with a chance that Fitzgerald stopped. Bassett had a save at the other end as the Lumberjacks got in the zone. Ivory Bailey just missed connecting with Shanna Drapeau on a bid and Clark had a shot from the side that was stopped.

The Bears finished strong, with a couple of corners and then bids from Barney and Dillon, but the Lumberiack defense and Fitzgerald held strong, securing the 2-0 win.

"We knew coming in how they were and knew we would match up with

them," said Drapeau. "Our defense was verv strong for most of the game.

"It was bend, not break the last 15 minutes, Newfound put a lot of pressure on us," the Lin-Wood coach continued. "And our keeper made a couple of good saves."

He also noted it was nice to see the younger players getting the tallies, as Savage as an eighth grader and Salz as a freshman both scored their first varsity goals.

"We knew it would be a competitive match,' said Smith. "But the girls seem to have heavy legs from Saturday.

"Three or four games in a week is a lot," she added, noting that it did however give them a good chance to look at video of said games. "Possession is a big thing we've been practicing, to not just kick and run.'

The Newfound program picked up its first-ever varsity win the previous Saturday, defeating Mascoma 3-1. Bibi McConologue, Elsa McConologue and Barney did the scoring for the Bears.

Lin-Wood is back in action on Thursday, Oct. 8. at Lisbon at 4:30 p.m. and is at Groveton on Tuesday, Oct. 13, at 3 p.m.

Newfound will be in action today, Oct. 8, at Moultonborough at 4 p.m. and will be at Plymouth at 4 p.m. on Wednesday, Oct. 14.

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







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