

# Bobcats expect to contend in D2 again

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Plymouth football team is a perennial title contender, finishing as the Division II runners-up last season.

The bad news for the rest of the division is that the Bobcats return a large number of starters from last year's team and are ready to roll on a new season.

"Our biggest strength will be our experience and depth," said coach Chris Sanborn, in his seventh season at the helm of the Bobcats. "We have a very talented senior class coming back that have played in three-straight championships.

"A lot of starters return, along with their immediate backups," the Bobcat coach continued. "That, along with some very talented juniors moving up to varsity is going to create some intense competition for playing time."

Returning starters on offense includes senior quarterback Cody Bannon, senior fullback Joe D'Ambruso, senior re-



JOSHUA SPAULDING

Cole Johnston will be a key piece of the puzzle for the Plymouth football team.

ceiver Trevan Sanborn, senior tight end Cole Johnston, who will be moving to wingback, senior Sean Griffiths, who is moving from tight end to tackle, senior guard Trent Sargent, junior guard Eddie Camp and senior wide receiver Kolby Cross, who will like play receiver and tight end and will also be the

backup quarterback.

On defense, D'Ambruso is back at linebacker; Sanborn is moving from defensive end to corner; Sargent will be at defensive end, Griffiths will move from tackle to defensive end, Johnston will move from safety to linebacker and Charlie Comeau and Cross are both as defensive backs.

A couple of players will be starting on one side of the ball or another for the first time, with Tyler Stokowski working at tackle in his junior year; Jeffrey Lyford will be back after missing his sophomore season and will be a defensive tackle, Calvin Swanson will be in the defensive backfield for his junior

season and Comeau will be the starting halfback in his senior season.

Sophomore Caden Sanborn and senior Ezra Letourneau are battling for the starting center job while senior Michael Regan Vassey and junior Kurtis Cross are both fighting for time in the defensive backfield.

At tight end, junior

Brandon Neeman and sophomore Jaivon Cadore are in the mix, while at halfback, Swanson, Joe Peters and Dylan Welch are all looking for some time. Denzel Soule and Anthony Barrette are hoping to be working as defensive tackles, senior Gabe Wheeler is new to Plymouth and is looking for time at defensive end and fullback has senior Ian Tryder and sophomore Matt Cleary are battling for playing time.

In a unique season where there are fewer games and games between divisions are a regular thing, the Bobcats will be playing Division I Timberlane to kick off the season.

Additionally, Kennett, Lebanon, Kingswood and Gilford-Belmont are all on the schedule.

The Bobcats kick off the season on Saturday, Sept. 26, at home against Timberlane at 2 p.m.

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

## Visit Newfound Nature Station Oct. 3

HEBRON — Introducing: Nature Station! The Newfound Lake Region Association invites you to Grey Rocks Conservation Area at 178 N Shore Rd., Hebron, on Oct. 3 from 9 a.m.-3 p.m., rain or shine, to visit the Newfound Nature Station.

NLRA's newest program, this self-guided event invites families and kids of all ages to explore the sights, sounds, and textures of the natural world around them. Families can pick up individually packaged materials and directions to make a leaf press pendant and can complete the project at Grey Rocks or take it home

SEE **NATURE** PAGE A9

## NLRA watershed stewards volunteer with Circle Program



COURTESY  
The view from Circle Program's "Campfire Rock," one of the areas NLRA watershed stewards helped clear and maintain this summer.

GROTON — For anyone following the Newfound Lake Region Association's watershed steward journals (find them at newfoundlake.org), you may already be familiar with the work of these Americorps participants. From

monitoring water quality, installing stormwater solutions, and maintaining local trails and conserved lands, these two have had a busy summer! Their most recent collaboration has been five days of volunteer work with Circle

Program, which runs a camp for socially and economically disadvantaged girls living in New Hampshire.

Volunteer work with Circle Program centered

SEE **NLRA** PAGE A9

## Shorthanded Bears beat Belmont to kick off season

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Newfound volleyball team, just moments before taking the court in Belmont for the first game of the season for both teams last Friday night, found out that they would be a little shorthanded.

Already with just eight players on the varsity roster, the Bears went up against the Raiders with seven healthy bodies and came through with a 3-0 win.

"My returning team is really, really strong," said Newfound coach Amy Fairbank, noting being shorthanded was something they can deal with. "All of them can set, all of them can hit, all of them can play the back row."

"As a coach, my job is to let the players realized you can't define a season by the scoreboard," said Belmont coach Adam Edgren. "In a way, I don't mind losing early in the season, I think we can learn more from a loss than from a win."

Malina Bohlmann got Newfound started in the first game, as the Bears got out to a 3-0 lead behind a solid hit from the sophomore. After the Raiders got on the board, she added another hit and the lead stretched to 5-1. A nice block from Belmont's Isabella McDonald helped her team get within two at 5-3 but



JOSHUA SPAULDING

Isabella McDonald of Belmont tries to put the ball past Newfound's Paulina Huckins in action Friday in Belmont.

Newfound answered with a service ace from Emalie Ruiter and the Bears went up 7-3.

Belmont rallied to get within two but Newfound got the lead back to five and then stretched it to eight before McDonald made another nice play at the net for the Raiders to get them back on the board.

A Bailey Fairbank ace pushed Newfound's lead to 10 and they opened it up to 11 on a couple of

occasions but a couple of nice hits from Belmont's Kat Davies allowed the Raiders to stay alive. Ruiter and Alyzabeth O'Connell exchanged points at the net but a Bohlmann tip and two aces from Mikayla Ulwick gave the Bears the 25-12 win in game one.

O'Connell helped the Raiders early on with a hit but a pair of aces from Ruiter helped pro-

SEE **VOLLEYBALL** PAGE A9



# Speare Memorial Hospital & Mid-State Health Center welcome Dr. Jennifer Bentwood



Dr. Jennifer Bentwood

PLYMOUTH — Dr. Jennifer Bentwood has returned to New Hampshire, joining Speare’s Plymouth OB/GYN practice where she will provide women’s health services and Mid-State Health Center’s Bristol office where she will provide family medicine services.

Having earned her medical degree at Dartmouth School of Medicine, Dr. Bentwood is pleased that her medical career has brought her back to New Hampshire.

“I feel fortunate that I can come back to my home town, raise my children, practice medicine, and be a part of a

community as supportive as Plymouth,” she says.

Board certified in family medicine and fellowship trained in high risk obstetrics, Dr. Bentwood specializes in family medicine and obstetrics/gynecology. She has a special interest in the care of women and children and preventing chronic disease through lifestyle and dietary changes.

“As a family doctor who also practices obstetrics, I get to be part of some the most significant events in a family’s life, from the birth of a child to the passing of a grandparent,” says Dr.

Bentwood. “The opportunity to develop a relationship with an entire family, often with multiple generations, is the best part of my job.”

To become a patient of Dr. Bentwood, call: Plymouth OB/GYN 536-1104

Mid-State Health Center 744-6200

on Facebook and Twitter.

Mid-State Health Center delivers primary care and supportive services at both its Bristol and Plymouth offices, offering medical services, dental services, behavioral health counseling, recovery services, and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay. Visit online at <http://www.midstatehealth.org> and on Facebook.

## TTCC to host modified Apple Festival

BRISTOL — As with everything in 2020, the Tapply-Thompson Community Center’s Annual Apple Festival & Craft Fair will be very different this year.

Due to the current restrictions, and for the sake of safety, there will be no Craft Fair this year.

Apple Fest is such a great tradition that we are unwilling to give it up completely. We will be offering our usual Apple Pies & Crisps, Home Baked Beans, Bread, Rolls & Apple Sauce through a pre-order form. Forms will be available on our website or can be sent via email. We can also take orders over the phone. Payment can be made by credit card by calling us at 744-2713 or by sending a check.

Although we are unable to have our army of volunteers here to do the peeling, prepping and baking together you can still volunteer for a time slot on Friday, Oct. 9 if you would like. Pick-up for apple items will be from 9 a.m. – noon on Saturday, Oct. 10 at the TTCC. Curbside delivery is available if arrangements are made.



## Science Center hosts annual New Hampshire Day

H O L D E R N E S S — Squam Lakes Natural Science Center held its annual New Hampshire Day on Sunday, Sept. 20. New Hampshire residents

enjoyed \$5 trail admission thanks to generous sponsorships from Dead River Company and the New Hampshire Electric Cooperative

Foundation.

New Hampshire Day is typically one of the busiest days of the season for the Science Center and usually takes place in May. Due to the COVID-19 pandemic, things looked a little bit different this year. The Science Center set capacity limits for the number of visitors on the live animal exhibit trail and requires that tickets be purchased in advance. Other changes include, requiring facemasks, physical distancing, one-way travel on the trail, and changes to hands-on exhibits, among other

things. Despite the safety restrictions, people were excited to participate, and New Hampshire Day tickets were sold out ahead of time.

This year, visitors enjoyed a cool but beautiful sunny day to stroll the live animal exhibit trail. Guests enjoyed meeting naturalists and docents along the trail at Pop Up Animal Encounters featuring the Turkey Vulture, Great Horned Owl, Peregrine Falcon, and Saw-whet Owl. It was an enjoyable day for all attendees. Science Center staff are grateful that visitors complied with

the new guidelines to keep everyone healthy and safe.

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.). Squam Lake Cruises run daily through October 12. Visit [nhnature.org](http://nhnature.org) for more information and to purchase tickets.

37th Annual

### TTCC Apple Festival

2020 Version!

Annual Fundraising Event Supporting the Tapply-Thompson Community Center Program

**Delicious Homemade Goods For Sale -**  
*Apple Pies, Apple Crisps, Baked Beans, Fresh Bread, Apple Sauce & More! Buy pies or crisps for the holidays - we sell them unbaked & frozen!!*

Apple Festival will be held this year with pre-orders only. We will have an order form on our website at [www.ttccrec.org](http://www.ttccrec.org) or you can call us to order at 744-2713. We will be taking orders through October 7th.

Saturday, October 10th  
Pick-up Hours 9 am - Noon  
Curbside order delivery

*We would love to have volunteers to help with Apple Peeling. If you are interested call to set up a time as we will be limiting the number of people working at one time. Masks will be required.*

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## Fidelis Missionary Society to hold yard sale

BRISTOL — On Saturday, Oct. 10, the Fidelis Missionary Society will be holding their annual Yard Sale at Bristol Baptist Church, located at 30 Summer St. in Bristol. Beginning at 9 a.m., the ladies will be offering items of all kinds. We will be closing by 2 p.m. Masks will be required and cash only in payment.

For more information, please call 744-3885.

# Newfound Landing

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<b>TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:</b> KERRI PETERSON (603) 677-9085 <a href="mailto:kerri@salmonpress.news">kerri@salmonpress.news</a>	<b>TO FAX THE GRANITE STATE NEWS:</b> CALL (603) 279-3331	<b>BUSINESS MANAGER</b> RYAN CORNEAU (603) 677-9082 <a href="mailto:ryan@salmonpress.news">ryan@salmonpress.news</a>	<b>SPORTS EDITOR</b> JOSHUA SPAULDING (603) 941-9155 <a href="mailto:josh@salmonpress.news">josh@salmonpress.news</a>
<b>TO PRINT AN OBITUARY:</b> E-MAIL: <a href="mailto:brendan@salmonpress.news">brendan@salmonpress.news</a> CALL: (603)-677-9084	<b>TO SUBMIT A LETTER TO THE EDITOR:</b> E-MAIL: <a href="mailto:brendan@salmonpress.news">brendan@salmonpress.news</a>	<b>OPERATIONS DIRECTOR</b> JIM DiNICOLA (508) 764-4325	<b>PRODUCTION MANAGER</b> JULIE CLARKE (603) 677-9092 <a href="mailto:julie@salmonpress.news">julie@salmonpress.news</a>
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## RECENT REAL ESTATE TRANSACTIONS

<i><b>Town</b></i>	<i><b>Address</b></i>	<i><b>Type</b></i>	<i><b>Price</b></i>	<i><b>Seller</b></i>	<i><b>Buyer</b></i>
Ashland	708 NH Route 175	Single-Family Residence	\$239,000	Mark S. Herbert 2010 RET	Michael R. Clark
Ashland	722 Route 175	N/A	\$239,000	Mark S. Herbert 2010 RET	Michael R. Clark
Ashland	Thompson Street	N/A	\$108,920	Midfirst Bank	Jall RE Investments LLC
Bridgewater	557 Mayhew Turnpike	Mixed Use (Commercial/Residential)	\$360,600	Ryff 7 LLC	Superior Plus Energy Services
Bridgewater	792 Mayhew Turnpike	Camping Facility	\$405,000	PBR Laurent LLC	Coco Family Campground
Bristol	Summer Street	N/A	\$195,000	Arthur R. and Marsha L. Elder	Rebecca Morrison
Bristol	N/A (Lot 36)	N/A	\$187,000	Lorna J. Souza	Eric D. and Patricia H. Juntwait
Bristol	N/A	N/A	\$60,000	Thomas G. and Tina Daniels	Charles J. and Karen S. Mauro
Campton	28 Condo Rd., Unit 2	Condominium	\$117,933	John F. Sanna	Leslies Retreat LLC
Campton	9-1/2 US Route 3, Unit 13	Residential Open Land	\$215,000	Kevin M. Scola	Alejandro J. and Jennifer Henriquez
Campton	N/A	N/A	\$21,000	R&E Realty LLC	Michael Haapaoja and Christina Marchand
Dorchester	River Road	N/A	\$63,000	Stephen D. and Debra L. Pouliot	Patricia Bailey-Harris
Dorchester	N/A	N/A	\$15,000	Patricia Bailey-Harris	John G. Legg
Hebron	162 N. Mayhew Turnpike	Single-Family Residence	\$208,000	Jo-Ann Sharp	Carter and Pinika Torrey
Hebron	137 W. Shore Rd.	Single-Family Residence	\$1,150,000	Kevin D. and Tracey A. Miller	George N. and Debra A. Nadder
Holderness	20 Meadowview Dr.	Single-Family Residence	\$526,000	Leanna K. Brothers Trust	Denise Kretz Trust
Holderness	NH Route 113	N/A	\$195,000	Nathan M. Morello	Michael J. Boone and Judith L. Miller
Holderness	US Route 3, Lot 108	N/A	\$125,000	Phillip & Linda Bowen Fiscal Trust	Russell P. and Karen A. McIntyre
Holderness	N/A (Lot 1)	N/A	\$2,200,000	Daniel J. and Pamela J. Healey	Shadbush Properties RET and Martin Himmelbauer
New Hampton	52 Packard Dr.	Commercial Use	\$168,000	367 Route 108 LLC	Superior Plus Energy Services
New Hampton	N/A	N/A	\$19,933	Corey J. Chandler and Krista M. Brunt	Michael Fleury and Melissa Roy
Plymouth	79 Ash Hill Rd.	Single-Family Residence	\$331,600	William R. and Glenda E. Houle	Darren and Jane E. Houle
Plymouth	Beech Hill Road	N/A	\$25,000	Christine M. Minster Estate and Joseph M. Minster	Vicki A. Lheureux
Plymouth	N/A	N/A	\$20,000	Steven Sargent French RET and Donna L. French	Darren and Jane E. Houle
Thornton	Gray Birches Condo Unit 1	Condominium	\$399,000	Ernest C. and Jacqueline Maier	Stephanie B. and Jonathan R. Lang
Thornton	106 Mountain River East Rd., Unit 30	Condominium	\$134,000	Kenna Dipiro	Kimberlee Schuler
Thornton	3257 US Route 3	Single-Family Residence	\$175,000	Raymond P. Symer	Judith A. Taylor
Thornton	885 Upper Mad River Rd., Unit 5	Condominium	\$143,000	Janet Blanco RET	Adriann B. and Matthew Fonstein
Thornton	N/A (Lot 14)	N/A	\$20,000	David R. and Elizabeth M. Clay	Kerri P. Spindler-Ranta
Waterville Valley	Mountain Sun Condo Unit 9	Condominium	\$17,466	S. Scott Sudduth LT	Timothy and Meredith Horan
Waterville Valley	28 Packards Rd., Unit 120	Condominium	\$115,000	Donald M. Cepiel	Sandhya and Dilip S. Phadke
Waterville Valley	28 Packards Rd., Unit 622	Condominium	\$148,000	Paul C. and Christine Gargano	Jeffrey Frechette and Claudia St. Yves
Waterville Valley	23 Windsor Hill Way	N/A	\$97,000	Paul S. Ricotta and Melanie M. Rosay	Derek B. Rousseau and Nicole D. Mercier-Rousseau
Waterville Valley	32 Windsor Hill Way, Unit 127	Condominium	\$163,000	David and Raquel C. Stockbower	Christian P. and Karen J. Brouillard
Waterville Valley	33 Windsor Hill Way, Unit 90	Condominium	\$215,000	Wayne R. Acker and Sherrill Baumgartner	George J. Taylor and Anne McIndoe-Taylor

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

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

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## A black and white portrait of a man with a mustache, wearing a plaid shirt. He is looking directly at the camera with a serious expression. The background is dark and out of focus.

**By JOHN HARRIGAN**  
COLUMNIST

I have a soft spot for old glass-plate negatives, especially ones showing men at work, specifically men getting the logs or pulpwood out of the woods and down the river to the mills.

Fortunately, I have the Brown Company collection in reach, curated by Plymouth State University, a wealth of such images. The Brown family spent some money to document its time of ascent in a head-spinning era of one dazzling invention after another, in the pursuit of logging as in all others. Life was changing faster than ever before, before every-one's eyes.

In the old photos, some of them taken almost two centuries ago, the men stand still for a moment in a fast-paced job. They are obeying

as virtual commands—by the photographer and co-workers, because the film of the times was too slow to tolerate movement. Anything that moved much tended to come out blurred. Set-pieces of furniture for portraits had iron-rod head-brackets so customers could avoid shakes.

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Wars tend to be wellsprings of inventions that wind up benefiting civilization in myriad ways--witness untold medical advances during the First World

War, and the caterpillar tread. Photography's great benefactor was the Civil War. Film and print solutions simply had to get faster, and they did.

Post-war films could capture at least some motion, and silver solutions for print-paper kept pace. Suddenly, practically overnight, we could see river hogs riding logs down through the rapids, and most of the time you could read the name on a boat. In staged scenes, everyone was crisp and clear, and anyone who moved was only slightly blurred.

The photographer still had to throw a big black cloth over his head and brush the silver nitrate solution onto the glass plate before sliding it into the camera and making his exposure, a dramatic flair of the trade that would not be surmounted by technology until the turn of the century.

In post-Civil War years, when life in the logging camps began to improve, company photographers often made the rounds of the camps toward the end of winter, just before spring breakup.

With the walking boss often standing by to keep order, the photographer lined up the few chairs in front of camp and arranged the standees. The crew often had a dog, which of course had to be in the picture. It neither understood nor harked to the command, "Don't move!" and often was just a blur:

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Often a scene of men working a log drive on the Androscoggin or Connecticut rivers looks so familiar and so life-like that I feel as though I could jump right into

it--the flannel shirts, the boots, and the slouched felt hats, as comfortable as an old shoe.

They worked long hours--daylight to sunset--often up to their hips in numbing-cold water, amid logs that could crush a man flat.

Plenty of men were looking for work after mustering out from the Civil War, and even deep in the woods labor was plentiful and cheap. Logging on a wider scale, more centralized and organized, emerged at the right time to take advantage of the labor pool.

The demographics of New Hampshire, meanwhile, were enriched by an influx of workers and their families from Ireland, Scotland, Russia, the Scandinavian countries, and many more. They got here by hook or crook, working temporary jobs, anything to hold on. Many of them liked the lifestyle and the lay of the land, and scratched and scrounged, and found a way to stay.

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SEE NOTEBOOK PAGE A11

COURTESY

This old glass-plate photo, sent in by a reader, shows men "tending out" on a river drive at what appears to be Hell's Gate Gorge, in the Dartmouth College Grants. Many images of this kind have come from the Brown Company collection.



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# Edward Jones: Financial Focus

## Financial Moves for Widows and Widowers

If you've recently become a widow or widower, you're obviously dealing with an enormous emotional burden, and coping with your grief can seem like a full-time struggle. Unfortunately, the business of life must go on – and the financial moves you make at this time can have a big impact on your life.

So, as you attend to your affairs, consider the following suggestions:

- Don't make hasty decisions. Even though you will need to make some moves in the near future, don't feel rushed into decisions that may prove to be ill-advised. For example, don't immediately sell your home or liquidate all your stocks.
- Consult with your estate planning professional. If you and your spouse created an estate plan involving a will, living trust or other documents, you'll want to consult with your estate planning professional to determine what

steps should be taken to implement these arrangements.

- Address life insurance issues. If your spouse had a life insurance policy, you'll want to contact your insurance agent for help in navigating the paperwork necessary to receive the death benefit. Of course, some financial advisors also sell life insurance within the context of your overall financial strategy, so, if this is your situation, you'll want to speak with your advisor about how to handle the insurance proceeds.
- Apply for Social Security benefits. If you are 60 or older, you may be entitled to Social Security survivor benefits, along with a one-time death benefit. Contact your local Social Security office to stop the benefits your spouse received and apply for the new ones for yourself.
- Change the name on financial accounts. If you and your spouse had

jointly held accounts with "right of survivorship," the assets will typically pass automatically to you, the surviving spouse. However, for legal purposes, it's still a good idea to retitle these assets in your name. This usually only requires filling out some simple documents, which are available from your financial institutions – bank, credit union, investment firm, etc. But you also may need to change the beneficiary designations on accounts held only in your name, such as your 401(k). These designations are powerful and can even supersede instructions in your will or living trust.

- Go over bills and debts. Review all your bills, automatic payments and outstanding loans. If they are in your spouse's name, or in both your names, contact the merchant or financial services provider to change all correspondence and account information to your name only. For any outstand-

ing accounts in your spouse's name, you may need to notify the business that all payments will be handled by your spouse's estate, if you choose to go that route. You may need to provide these businesses with the contact information of your estate planning professional.

- Plan for your future. Once you've handled the immediate financial needs described above, you'll want to think about your own future. This means you may have to update your estate plans and insurance policies. You'll also want to consult with your financial advisor to see what changes, if any, you might need to make to your investment portfolio. Only time can ease the pain of losing a spouse. But by taking care of the mundane matters of daily living, you can at least alleviate the feelings of being overwhelmed – and that, in itself, has value.

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Mercedeth NH 03253  
603-279-3161  
Fax 866-532-8685  
jacqueline.taylor@edwardjones.com

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## CADY Corner

### Parents: The anti-drug

BY DEB NARO  
Contributor

The relationship between children and their parents or caregivers (such as guardians, aunts and uncles, or grandparents) is one of the most important relationships in a child's life, often lasting well into adulthood. In adolescence, this relationship changes dramatically as youth seek increased independence from their families and begin to make their own decisions. With increased independence comes the possibility of increased risk, both positive and negative, and teens need parents or caregivers to help them navigate the challenges that adolescence presents. Though some amount of conflict between adolescents and their parents is normal, adolescents still rely on parents or caregivers to provide emotional support and set limits, both of which are linked to positive adolescent development.

Just as close parent-child relationships are linked to the healthy development of adolescents, positive parenting behaviors are linked to increased parent-child closeness. There are many positive parenting techniques for parents who want to build stronger parent-child relationships. These tips also can be used by siblings, other family members, and other caring adults who are influential figures in adolescents' lives.

Parenting an adolescent is different than parenting a younger child. Peers become increasingly important in the lives of adolescents and influence their appearance (e.g., clothing), certain behaviors (e.g., language use and taste in music), and social life (e.g., dating). However, parents still play a large and extremely vital role; they help shape adolescents' educational plans, their moral and social values, and their broader world view.

As children grow, parenting shifts from making decisions for the younger child to helping older children and adolescents make decisions on their own, while minimizing the chance that they engage in high-risk behaviors. Parents can provide needed support and affection and help adolescents understand how their choices can affect their health and well-being. In fact, research shows that parents continue to have more influence than peers on many important outcomes, including whether adolescents smoke, use alcohol or other drugs, or have sex.

Developing and maintaining a positive and strong parent-adolescent relationship has real consequences. Positive parent-child relationships are associated with higher levels of adolescent self-esteem, happiness, and life satisfaction, and lower levels of emotional and physical distress. Close parent-child relationships also have been linked to safer sex behaviors among adolescents and lower use of alcohol, tobacco, and marijuana.

For more information about positive parenting, visit our Web site at [www.cadyinc.org](http://www.cadyinc.org). If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



### Making masks

Members of the Marketing Association of Plymouth State University (MAPS) are working to make the use of face masks on campus more environmentally friendly. PSU senior Kyle Hall, from Easton, MA, is leading a team of students who are sewing cloth face masks – instead of single-use disposable masks – to distribute to students, faculty and staff. Hall and other MAPS student volunteers had to learn to sew at the project's start, but MAPS has already sewn and given out 2,000 masks with no plans to stop anytime soon.

## Sustainable Bristol

By Lauren Theriault

One area I need to improve upon in reducing my waste is in the bathroom. Such a tiny room sure can produce a lot of garbage. Here are some categories and ways you can reduce your garbage or swap a purchase for something more sustainable.

**Toilet paper:** find some that is not wrapped in plastic, or not as much plastic. There are companies online that sell a month's worth of toilet paper shipped to you with no plastic; the one I use is "Who Gives A Crap."

**Toothcare:** Make your own toothpaste, use toothpaste tabs instead of toothpaste in a tube, dental lace in a refillable glass jar instead of dental floss in a plastic

container, bamboo toothbrushes instead of plastic.

**Hair Care:** shampoo bars instead of shampoo in a plastic container, or buy shampoo in bulk at a store in your own refillable container. Wash your hair every other day instead of everyday and air dry instead of using a hairdryer; your hair will thank you. Compost your hair instead of throwing it in the garbage. Use bamboo or wood hairbrushes and don't throw away a hairbrush just because it's missing a few bristles.

**Personal Hygiene:** buy package free bar soap instead of buying plastic wrapped or bottled soaps and lotions. Or if you must buy liquid soap buy a bulk size and refill old contain-

ers. Use a safety razor instead of disposable plastic razors. Skip the shaving cream and use soap or conditioner or just water. Make your own deodorant or buy deodorant wrapped in cardboard instead of plastic. Use makeup or beauty products from glass containers instead of plastic. Use up your products instead of throwing them away to follow a new trend. Stop using Q tips, or use only one a day or one every other day, invest in a "Last Swab", use Qtips without plastic and compost them when you're done. Remove makeup with flannel reusable wipes instead of cotton rounds or makeup removing cloths.

**Medications:** you should always take prescribed medications,

but if you can get a 90 day supply instead of 30 you reduce the amount of bottles you get. Save bottles for storing small things in, seeds, sewing needles, matches, game pieces or money.

Good luck reducing your bathroom waste.

If you liked this article and are interested in learning more about Zero Waste please watch the video and join our discussion on September 28th at 6:30 p.m. for an online talk. Check out the Minot Sleeper Library website for the information.

*Find us on Facebook and Instagram at Sustainable Bristol NH and email us at [sustainability@townofbristolnh.org](mailto:sustainability@townofbristolnh.org).*



## Point of Law

### Will, trust or nothing?

Many of our clients put off creating an estate plan because they don't understand their options and...it is easier to do nothing. The truth is that the options are not that complicated, once a competent estate planning attorney takes the time to explain them to you.

Here is quick summary of what will happen if you die, intestate (without a will or trust), with a will, and with a revocable living trust. For this example, we are assuming you have two children, but no spouse:

**Intestate.** If you die intestate, your accounts and property will go through probate and all the world will know what you owned, what you owed, and who got what. Your mortgage company, car loan company, and credit card companies will all seek payment on balances you owed at the time of your death.

Keep in mind that since your death has been published to alert valid creditors, it is not uncommon for predators (fake creditors) to come forth and make demands for payment – even if they are not owed anything.

After that, state law will decide who gets what and when.

For example, if your only heirs are your two children and you have not provided any instructions, state law will mandate divvying up proceeds equally.

Your older child will get their share immediately if they have reached the age of 18.

The court will appoint a guardian to manage the money for your minor child until that child turns 18. After that, your child will have full control of their money.

Your child's guardian can charge quite a bit for

### What difference does it make if I have children?



their services and may be a total stranger.

If you die without a valid will, the court, not you, will decide who raises your minor child.

The bottom line? Dying intestate allows state law and the court to make all the decisions on your behalf – regardless of what your intent might have been. Publicity is guaranteed.

**Will.** If you die with a valid will, your accounts and property will still go through the probate process. However, after creditors have been paid, the remaining accounts and property will go to whom

you have named in your will.

So, if you want to leave money to your children and name a guardian for the minor, the court will usually abide by your wishes.

The same holds true if you specified that you wanted to give money to a charity, your Aunt Betty, or your neighbor.

Keep in mind that predatory creditors are still an issue as your death has been publicized. Even with a will, probate is still a public process.

The bottom line? While a court oversees the process, having a will allows you to tell the court exactly how you want your affairs to be handled. But, a public probate is still guaranteed.

**Trust.** If you have created a trust, you have taken control of your estate plan and your accounts and property. Accounts

and property owned by the trust are not subject to the probate process and one of the most important benefits of a trust is that the details and process of transferring accounts and property to the intended individuals is private.

In the trust, you will have named a trusted individual (trustee) to manage your affairs with specific instructions on how your accounts and property should be dispersed and when.

One word of caution – a trust must be properly funded in order to bypass probate.

Funding means that ownership of your accounts and property has been changed from your name individually to the name of your trust.

Think of your trust as a bushel basket. You must put the apples into the basket just like you must put your accounts and

property into the trust for either to have real value.

You do still need a will (pour-over will) to get any accounts or property inadvertently or intentionally left out of your trust into the name of the trust. You will also still need a will to name guardians for a minor child.

A trust allows you to maintain control of your accounts and property through your chosen trustee, avoid probate, and leave specific instructions so that your children are taken care of – without receiving a lump sum of money at an age where they are more likely to squander it or have it seized from them.

*Ora Schwartzberg is the founder of Schwartzberg Law and Legacy Strategies, PLLC in Plymouth.*





# Early tally puts Bears by Bobcats in opener



BY JOSHUA SPAULDING  
Joshua Spaulding  
Newfound's Lindsey Lacasse tries to knock the ball away from Plymouth's Gwen Merrifield in action Friday in Bristol.



Plymouth's Grace Bannon and Newfound's Cassie Zick chase down the ball in action Friday afternoon.

Sports Editor  
BRISTOL — Despite being just a few miles apart, the Newfound and Plymouth field hockey teams usually only meet in preseason action. But with 2020 being what it is, the two teams found themselves kicking off the fall season in Bristol on Friday afternoon and an early goal allowed the host Bears to sneak by the visiting Bobcats by a 1-0 score. “The fact that we outplayed them about 60 percent of the time, the fact that we’re a young team, the fact that we have no subs, I am very pleased with the performance,” said Newfound coach Kammi Williams. “It feels great.” “It kind of felt like normal because we usually see them in the pre-season scrimmage,” said Plymouth coach Ashley Laufenberg. “Unfortunately, this one counted for the regular season.” Out of the gate, it was the Bobcats who had a

couple of solid chances but Newfound's Mackenzie Bohlmann was able to slow down the attack and the Bears came right back and scored just more than four minutes into the game, as Tiffany Doan sent the ball in on net and Savannah Bradley was able to put the ball in the cage for the 1-0 lead. The Bears didn't let off the gas pedal after the goal, as Haley Dukette came charging back down and was turned away by the Plymouth defense and then Cassie Zick had a bid go wide. Doan and Isa LaPlume also had chances, but Plymouth keeper Ashley Bannon held tight. Newfound got a couple of corners but could not convert, thanks to solid defense from Emma Webster for the Bobcats. Webster also took the ball the other way and sent in Rylei Keefe for a bid that the Bears were able to turn away.

Bannon made another save as the Bears got in close, with another bid for Doan and another chance going wide of the net as the first quarter came to a close with the score still at 1-0. Plymouth went in right out of the gate in the second quarter, with Holly Hoyt getting a couple of solid bids. Newfound keeper Alyssa McDonough turned away one chance and another went wide of the net. Doan went the other way with a bid that Bannon stopped and Webster turned in a good clear for the Bobcats. Zick had another bid that Bannon handled. Plymouth got a corner but Bohlmann was strong on the defense for the Bears and the ball stayed away from the net. Webster just missed connecting with Keefe on another bid for the Bobcats and Zick coming back with a chance for the Bears that Bannon stopped. Gwen Mer-

rifield had a nice clear for the Bobcats and Webster and Holly Phillips teamed up for a chance that the Bears stopped. Webster also had a nice defensive stop on a run in by Doan and Hoyt had a chance that McDonough turned away. Plymouth got a couple of corners late in the second quarter, but they could not convert and after some solid defense from Grace Bannon on Doan, the first half came to a close with Newfound up 1-0. The Bobcats had an early corner in the third, with Olivia Gauthier getting in but Maggie Bednaz was solid on the defensive side for the Bears. Doan had another bid denied by Ashley Bannon and Bohlmann sent a shot wide on a Newfound corner. LaPlume also had a chance stopped by Ashley Bannon. Plymouth had a pair of corners but Bohlmann and Bednaz had solid defensive stands for Newfound. The Bears also had a late corner, but the third quarter ended with no more scoring and the score still at 1-0. Doan had an early chance in the fourth quarter that Bannon stopped in close and then Grace Bannon came up with a huge defensive play as the ball slipped behind her keeper and she was able to knock it out of the way. Bradley had a chance for the Bears that was also stopped and Newfound had a corner that was cleared out by the Bobcats. Bednaz turned in a solid defensive stop in the final minutes and Newfound clinched the 1-0 win.

“Kammi always has a great group,” Laufenberg said. “Our girls are a little frustrated, they’re still trying to work on the chemistry and bringing them together a little. “We’re still trying to figure out positions,” the veteran coach continued. She also praised the work of Ashley Bannon in net and noted that Ellen Ryan, her senior defender, did a nice job working with the young defenders around her. “But just the one miscommunication was the one that cost us,” Laufenberg said. “Honestly, I was pleasantly surprised,” said Williams. “Without any

scrimmages or summer hockey, my team has never played together. “I knew it would be difficult considering we lost our goal scorer and goalkeeper and it was asking everyone to fill new roles and newcomers to step up big,” the Bear coach added. “I couldn’t have asked for better overall performances for the game.” Williams praised the defensive work of Mackenzie Jenkins and Bednaz and the offensive play of Dukette and Bohlmann with great ball skills. The Bears return to action on Friday, Sept. 25, at Gilford and then

have back to back games with Franklin on Tuesday, Sept. 29, on the road and Thursday, Oct. 1, at home, with all games set for 4 p.m. starts. The Bobcats will be hosting Winnisquam on Monday, Sept. 28, at 4 p.m. and will be at Kingswood on Thursday, Oct. 1, at 7 p.m. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news. Plymouth's Grace Bannon and Newfound's Cassie Zick chase down the ball in action Friday afternoon.

## HIGH SCHOOL SLATE

Thursday, Sept. 24	
NEWFOUND	Boys' Soccer vs. Inter-Lakes; 4
	Girls' Soccer at Inter-Lakes; 4
	Volleyball vs. Inter-Lakes; 6:15
PLYMOUTH	Boys' Soccer vs. Kennett; 4
	Girls' Soccer at Kennett; 4
Friday, Sept. 25	
NEWFOUND	Field Hockey at Gilford; 4
PLYMOUTH	Cross Country at Gilford; 4
Saturday, Sept. 26	
NEWFOUND	Football vs. Franklin; 2
	Girls' Soccer at Mascoma; 10
PLYMOUTH	Football vs. Timberlane; 2
Monday, Sept. 28	
NEWFOUND	Girls' Soccer at Lin-Wood; 4
PLYMOUTH	Boys' Soccer at Belmont; 4
	Field Hockey vs. Winnisquam; 4
	Girls' Soccer vs. Belmont; 4
	Volleyball at Belmont; 6:15
Tuesday, Sept. 29	
NEWFOUND	Boys' Soccer vs. Franklin; 4
	Cross Country at Belmont; 4
	Field Hockey at Franklin; 4
	Volleyball vs. Franklin; 6:15
PLYMOUTH	Golf at Laconia CC; 3:30
Wednesday, Sept. 30	
PLYMOUTH	Boys' Soccer vs. Belmont; 4
	Girls' Soccer at Belmont; 4
	Volleyball vs. Belmont; 6
Thursday, Oct. 1	
NEWFOUND	Boys' Soccer at Franklin; 4
	Cross Country at Gilford; 4
	Field Hockey vs. Franklin; 4
	Girls' Soccer vs. Kennett; 4
	Volleyball at Franklin; 6:15
PLYMOUTH	Cross Country Home Meet; 4
	Field Hockey at Kingswood; 6:30
	Golf at Owl's Nest Resort; 3:30

# Bobcats win first home match of the year

BY JOSHUA SPAULDING  
Sports Editor  
THORNTON — The first home match of the



JOSHUA SPAULDING  
Griffin Charland led the Plymouth golfers in their first home match.

season for the Plymouth golf team wasn't the cleanest match the Bobcats have played, but they still emerged with a victory, beating out Laconia and Coe-Brown on Monday, Sept. 14. The Bobcats shot a 181 for the day, edging Coe-Brown's 206 and Laconia's 219. Laconia's Evan Rollins had a great day on the links, firing an even-par 36 to win medalist honors. Plymouth was led by Griffin Charland, who put in a solid day's work with a 43 from the fourth spot in the Plymouth lineup. That score also earned him second place on the day. Teammate Zach Puga took third place overall and second amongst the Bobcats with a 44 from the top spot in the Plymouth lineup, while Bri Caston had a solid day with a 46 from the fifth spot, finishing as Plymouth's third scorer. Ben Spence rounded out the scoring with a 48 from the second spot in the lineup. Parker Keeney finished with 52 from the third spot, Rhiannon Harris had a 65 from the sixth spot and Lindsay Miller rounded out the field of Bobcats with a 72

in the seventh spot in the lineup. The Bobcats traveled to Pheasant Ridge in Gilford on Wednesday, Sept. 16, and came away with two more wins, defeating host Gilford and Laconia. The Bobcats finished with a 179 with Laconia shooting a 212 and Gilford firing a 245. Laconia's Rollins was again the medalist, but Plymouth took second place, with Caston and Puga tying with a score of 43. Spence was next in for the Bobcats, finishing with a 46 in the third spot. Charland in the second spot and Johnny Flaherty in the sixth spot both fired 47s, with one of them counting toward the team score. Keeney had a 48 in the fourth spot and Brady Ciechon played in the seventh spot and recorded a 61. The Bobcats will play again on Tuesday, Sept. 29, when they are at Laconia Country Club at 3:30 p.m. On Thursday, Oct. 1, the team finishes up the regular season with a 3:30 p.m. home

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



Bri Caston had a solid day at Owl's Nest last week.



# Preventing falls with occupational and physical therapy

BY ANNA SWANSON  
Pemi-Baker Community Health

PLYMOUTH — September is National Fall Prevention month! At least one out of every three adults over the age of 65 falls each year, resulting in almost two million older adults ending up in an emergency room. Out of those two million, 15,000 die from their injuries. That equals 1 death every 35 minutes as a direct result of a fall. With the help of Pemi-Baker Community Health’s therapy practitioners, older adults can take steps to reduce fall risk and safely increase their involvement in activities they value.

**What Causes Falls?**  
Falls result from personal, environmental, and activity-based factors. Personal factors include such things as illness, behaviors, capabilities, medications, and fear of falling. Environmental factors are those outside of the older adult, such as hazards

in the home, the stability of the shoes he or she wears, and the availability and use of mobility devices like canes or walkers. Finally, specific activities can place someone at risk for a fall when the demands of the activity exceed his or her abilities. For example, when someone who has poor balance stands on top of a step stool to reach into a cabinet, fall risk increases. “It is the interaction of these factors that typically leads to a fall,” says Pam Hixon, Occupational Therapist at Pemi-Baker Community Health.

**How Occupational Therapy Can Help**

The role of occupational therapy in fall prevention has been widely and increasingly recognized.

“Occupational therapy practitioners consider how the individual functions in his or her day-to-day environment,” says Hixon. “They actively involve

the client in the fall prevention process to better understand individual fall risk factors and intervention priorities. Teaching clients how to identify and solve problems is an important part of the occupational therapy process.”

Occupational therapy practitioners working in home health have a unique opportunity to understand factors that increase fall risk. They usually start creating a fall prevention plan by discussing the older adult’s typical and desired daily activities. To understand a client’s capabilities, the practitioner might ask the client to perform some typical activities, such as climbing stairs or getting in and out of the bathtub.

To make activities safer and easier, the practitioner might suggest new ways to do things or recommend the use of adaptive equipment. They will help clients



COURTESY

A patient working on balance and strength at Pemi-Baker Community Health.

## 2020 SalmonPress

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Guide Published  
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select which assistive devices would be most appropriate- walkers vs canes for example. The practitioner also helps to identify and address hazards in the home such as loose rugs, stairways cluttered with items and slippery tubs and showers. They can also help procure items such as grab bars, tub seats, raised toilet seats...all of which increase safety.

**How Physical Therapy Can Help**

Preventing falls is key, but reducing the chance of injury in the case of a fall is also extremely important. Screening for osteoporosis through a painless bone density test can be very helpful. Older adults who have low bone mass are at greater risk for a fracture if a fall occurs. Osteoporosis can be managed medically with a physician’s help, and physical therapy practitioners can help clients who have osteoporosis build bone mass through activity, thus increasing their ability to engage in day-to-day activities more easily.

When you first meet your physical therapist, he or she will assess your balance. If it is impaired due to visual, inner ear or muscular reasons, your physical therapist will give you exercises to safely challenge and improve your balance. For those with very high fall-risk factors, doing exercises waist to chest deep in Pemi-Baker’s warm therapy pool creates a very safe setting for a client to be in control, without the risk of

falling. On land or in the water, physical therapy will help improve your mobility, and provide an important boost to your confidence when walking so you can minimize your risk of falling and enjoy your normal everyday activities.

**Accessing Occupational or Physical Therapy**


Older adults can access therapy services for fall prevention in various settings, such as acute care hospitals, rehabilitation centers, outpatient clinics, and in the home via home health services. Pemi-Baker Community Health offers services in the home as well as at their facility on 101 Boulder Point Road in Plymouth.

If you are concerned about falling, or have had a fall recently, talk to your Primary Care Physician (PCP) about getting a referral to see an Occupational or Physical Therapist with Pemi-Baker Community Health. With over 50 years of experience, serving clients from 20-plus towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care and on-site physical, occupational and aquatic therapy at their Boulder Point Facility.

To contact us please call: 536-2232 or email: [info@pbhha.org](mailto:info@pbhha.org) Visit our Web site: [www.pbhha.org](http://www.pbhha.org) and like our Facebook Page: @PBCH4.

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Towns

Bristol

Al Blakeley  
adblakeley0@gmail.com

Bristol

It warms my heart that sports programs are a go in our area and indeed, in our state. I was very disappointed to learn earlier this week that my grandchildren will not be able to have sports at all this Fall in their county in Maine! As a senior, my grandson is extremely disappointed. He was to captain the football team this year in addition to his loving to play!

There will be a celebration of Bill Cramton's life on Sunday, Sept. 27 from 1 to 4 p.m. at the Newfound Lake Farm, 113 Hunt Rd., Hebron. Please bring your favorite memories of Bill to share with those he loved. The Farm offers plenty of space to practice proper Covid protocol.

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 7 p.m. 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.

Everyone in Bristol is invited to create and display a unique scarecrow! Prizes will be awarded for: top three business entries and top 3 individual entries. The parameters are: the scarecrow should be 4 - 6 feet tall and on a solid frame, entries may begin arriving on Sept. 26, judging will take place during the week of October 5. To be eligible for judging, you must submit an entry form by Oct. 4, you may display your entry on the common in the square, in front of your house, or outside of your business, scarecrows in the square must have a tag with your name. Entry forms are available in person at the TTCC and Town of Bristol Offices, online at [www.townofbristol-nh.org](http://www.townofbristol-nh.org) or on TTCC site, or by emailing [lucilekeegan1@gmail.com](mailto:lucilekeegan1@gmail.com) or [bristolevents@townofbristolnh.org](mailto:bristolevents@townofbristolnh.org).

The Minot-Sleeper Library will hold a conversation on Zero Waste on Sept. 29. This conversation is a culmination of information available on the video on Zero Waste on the library's website this month. Your questions and ideas will be

welcome and add to the conversation. To ensure a safe environment for our community, the library now asks that you email [librarian@townofbristolnh.org](mailto:librarian@townofbristolnh.org) or call 744-3352 to request the link, meeting ID and password to join an event. You can do this anytime prior to the event. It is recommended you request at least 48 hours prior to the event if possible.

I'm looking for some feedback regarding my column. My email address is at the heading and I would like if some of you could use it to tell me what you like or dislike about it or if you have any suggestions or ideas to improve the content. I've tried to be timely and not too repetitive with notices and my ear is not always as close to happenings as it should be.

Churches

Plymouth Congregational UCC

YOU ARE INVITED to join Pastor Mike Carrier on Sundays at 9:30 a.m. on Facebook Live. 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](http://www.uccplymouth.org).

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

How do I access the 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 week-end. 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, socially liberal, open and affirming, inclusive and enthused about sharing Christ's

love with the world. Please visit our Web site at [www.uccplymouth.org](http://www.uccplymouth.org)

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

Sunday, Sept. 27

The Break before

the Bend

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

Our Culture asks us to be strong, to be unbreakable. On this Sunday morning, we'll explore the truth about brokenness and rest, and their combined capacity to help us to live fuller, more meaningful lives. In our better moments, we might even welcome them.

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

[www.starrkingfellowship.org](http://www.starrkingfellowship.org)  
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NLRA

FROM PAGE A1

around maintenance of their trails and camp access ways. Over the course of five days, the

watershed stewards cleared, cleaned, and maintained paths and walking trails, the driveway, and other areas of the property.

Founded in 1993, the Circle Program combines the residential summer camp experience with year-round one-on-one mentoring.

Drawing participants from thirty-two towns in the lakes region, Circle program is uniquely positioned as the only program of its kind serving girls in New Hampshire. Like many camps around the Lakes Region, though, the Circle Program held a virtual camp experience this year. Thanks to volunteers like the watershed

stewards, the Circle Program's facilities on Spectacle Pond have been kept maintained until campers can again enjoy them in person.

Learn more about the watershed stewards and their collaborations with organizations and communities around the Newfound watershed at

newfoundlake.org/watershed-stewards. The watershed stewards help the Newfound Lake Region Association fulfill their mission of protecting Newfound Lake and its watershed through education, programs and collaboration. You can support this work by becoming a member today.

Volleyball

FROM PAGE A1

pel Newfound to a 5-1 lead. Bohlman had a hit and then added a service ace as the Bears opened the lead to 10-2. The Raiders got a couple more points but an ace from Danielle Walker and a hit from Fairbank continued to stretch the Newfound lead.

Mady Cryans had a nice hit for the Raiders and then Madeline Johnson added a service ace for the hosts, cutting the lead to 17-7. Fairbank helped the Bears continue to pull away with a hit and a service ace. Bohlmann sealed the victory with a big hit and Newfound had the 25-9 win and a 2-0 lead.

The third game saw Belmont get on the board first thanks to a nice dig from Lilly Carter and a hit from Davies kept Belmont in the lead. Bohlmann had a block for the Bears and Belmont's 4-2 lead disappeared with a pair of Bohlmann aces. Fairbank found a nice spot for a hit and Bohlmann added another hit as Newfound stretched the lead out to 9-5.

Walker added an ace for the Bears and Paulina Huckins found a nice spot down the sideline. Fairbank chipped in a block and the lead went to 12-5. McDonald answered with an ace for the Raiders and Davies had a big kill as well.

Fairbank had a nice dig and Huckins added a pair of aces to help Newfound open the lead up to 18-8. O'Connell found a nice spot for a hit but Bohlmann had a hit and a nice tip and then Ulwick added an ace to seal a 25-9 win and the 3-0 victory for the Bears.

"This team gets along beautifully, they're all super athletic, they all have a positive attitude and they're all willing to do what it takes," Fairbank said. "I just want to get through the season safe and healthy for them."

While the Bears were not required to wear masks, Fairbank told them that she recommended they wear them in the front line and she said that did take some getting used to for some of the girls, but they adjusted well.

"They're having fun," she said. "That's a huge thing for me."

"It's great to be in the gym, they're ecstatic to be on the floor," said Edgren, who had his team practicing outside during the preseason. "They were better late in the match than early and they were gaining more confidence."

"It's a challenge for any of us to be consistently confident when the scoreboard tells you you're being beaten," he continued. "But they're still learning the system and the offense."

Belmont will be back in action today, Thursday, Sept. 24, at Laconia at 5:45 p.m., will be hosting Plymouth on Monday, Sept. 28, at 6:15 p.m. and will be at Plymouth on Wednesday, Sept. 30,



JOSHUA SPAULDING

Belmont's Madeline Johnson goes up to try and block a shot from Newfound's Bailey Fairbank on Friday night.

at 5:45 p.m.

Newfound will be in action today, Sept. 24, at home against Inter-Lakes, then has back-to-back games with Franklin, at home on Tuesday, Sept. 29, and on

the road on Thursday, Oct. 1, with all matches scheduled for 6:15 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

Nature

FROM PAGE A1

to complete in their own backyard! This program is free and open to all. You can support this program, and others like it, by making a donation and becoming a member at [newfoundlake.org/membership](http://newfoundlake.org/membership).

Along with events like the Newfound Nature Station, Grey Rocks Conservation Area also offers walking trails featuring a StoryWalk®, a picnic area, fishing alcoves, and a non motorized boat launch. Grey Rocks, open year-round to the public, is conserved by NLRA as a place for people and wildlife alike and is frequented by loons, turtles, and bald eagles as well as people. Nature Station, along with other family programs and events, is part of NLRA's initiative to encourage residents and visitors to enjoy the natural beauty around them, learn more about their natural environment and how to protect it, and fall in

love with Newfound. By connecting the people of Newfound to the wonders around them, NLRA works to inspire the next generation of stewards and fulfill the

mission of protecting Newfound Lake and its watershed. Learn more about NLRA including other upcoming events at [newfoundlake.org](http://newfoundlake.org).

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Hebron Select Board



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Notebook

FROM PAGE A15

My favorite of all teachers, Marguerite Wiswell, took five of us on an informal field trip into the land of the logging camps one weekend in the late 1950s. Heading for the Dartmouth College Grants, we stopped just above Errol to see the massive hull of the old steamer Diamond,

hauled out for a final time after a lifetime of warping booms of logs and pulp across the Richardson Lakes and Umbagog.

And then it was up the Magalloway River to Hell's Gate and the Swift Diamond, where we stopped to scoot down the steep bank to see the fabled Hand on the Rock.

This was (and is) an elaborate carving atop a huge riverside boulder of granite. Its precise meaning remains a mystery, but consensus is that it's a memorial to someone killed on one of the many log drives past the point.

Andy Anderson was a longtime friend in Pittsburg who came here as

a CCC (Civilian Conservation Corps) recruit in the '30s. He got to hobnob with some of the old logging camp and river drive characters and greats, a thing I've always envied.

On one day when we were touring the territory, we went far up Indian Stream. Andy pulled over to a clump of big

cedars. Far up, about as high as a tall man could reach, hung a pair of tall leather boots, one caulked sole hanging loose. When someone was killed on a log drive, his mates always hung up his boots.

Logging was dangerous work, just as it is today, and many a young man went into the log-

ging camps in early winter, maybe down with the river drive in the spring, never to be seen again.

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

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# SLA to host Wilderness Survival 101 guided hike

**HOLDERNESS** — Join the SLA at Chamberlain Reynolds Memorial Forest on Friday, Oct. 2 from 9 a.m.-noon for a guided hike that will incorporate a variety of survival techniques for situations ranging from getting lost on a trail to remote backpacking trips in the middle of nowhere. This program is for all ages and is meant to help prepare people for big hikes, camping excursions, or if they want to make sure they and their families are safe whenever they explore the outdoors. Being comfortable in many nature situations will help you

become more prepared when something goes wrong. Participants will gain an understanding of survival, navigation, and safety through this guided hike through Chamberlain Reynolds Memorial Forest. We will cover the seven key outdoor survival skills: 1.) Finding a water source and purifying it. 2.) Building a shelter. 3.) Starting a fire with and without a flame. 4.) Navigating back to safety. 5.) Survival signals. 6.) Medical skills. 7.) Acquiring food. Before the hike, everyone will turn off all electronics so we can practice navigating to certain locations

throughout Chamberlain Reynolds Memorial Forest. Learning how to use a paper map and a compass will help anyone who struggles with navigating a trail without GPS. Then we will go to SLA's caretaker campsite to create a shelter from a tarp and get some hands-on experience with building a fire from scratch, filtering a suitable water source, and eventually navigating back to the West Parking lot. We will also reenact different survival situations with and without injuries, so more people are aware of how to treat injuries with limited supplies (using Wilderness First Aid methods

derived from SOLO schools training). Registration is required—space is limited to 6 people for appropriate social distancing. Please bring facemasks to wear while around larger groups, such as at the trailhead. For more information, or to sign up for this Adventure Ecology Program, visit the SLA website (squamlakes.org) or contact the SLA directly (968-7336). Program leaders will email registrants a day or two before the program with details regarding location, what to bring, and safety protocols.

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**HOLDERNESS** — The Squam Lakes Association is excited to announce that we are hosting a virtual 8th Annual Squam Ridge Race this year! Runners and hikers can choose to participate competitively or for fun between 6 a.m. Saturday, Sept. 19 and 6 p.m. Sunday, Oct. 4. The 12-mile course is the same as previous years. In addition to awarding prizes to the overall top three finishers for both the male and female categories and for each age group, we are also awarding prizes for the top three photos taken while running or hiking the course! Registration is \$25 for both the 12-mile and 3-mile race and can be paid on our website ([www.squamlakes.org](http://www.squamlakes.org)) or at the starting line using the QR code on the posted

sign. We recommend that you register before going to the race site. With registration you will receive a 2020 Squam Ridge Race sticker and a copy of the 2019 updated SLA trail guide and map. These materials must be picked up in-person from the SLA headquarters at 534 US Route 3, Holderness, NH. Please call 968-7336 or email [ridgerace2020@squamlakes.org](mailto:ridgerace2020@squamlakes.org) in advance to schedule a pick-up time. All proceeds from the Squam Ridge Race go back into maintaining the trails in the Squam Lakes watershed. For participants running competitively, times must be logged and submitted via the Strava phone application. Instructions for using Strava and submitting your times can be found on our web-

site. If you are running or hiking the course without the desire to be competitive you do not need to use the Strava application. If you are tracking your time via a different application or on a watch, you can simply take a picture or screenshot of your time and email the photo or screenshot along with your name to [ridgerace2020@squamlakes.org](mailto:ridgerace2020@squamlakes.org). These times will be posted as non-competitive results on the Squam Ridge Race page on the SLA's Web site. Thank you to the Webster Family (Webster Land Corp and Burleigh Land Limited Partnership) for the event location and trail access providing hiking enjoyment for everyone for the race and all year long.

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