

Fundraiser planned to benefit local animal lover's family

BY DONNA RHODES
CONTRIBUTING WRITER

ALEXANDRIA — Residents of the Town of Alexandria are asking the Newfound community to help in supporting the family of 63-year-old Sandra (Sandy) Blais through a special fundraising event that is hoped to raise money for her family as they struggle with her loss.

Sandy was a well-known and much loved member of the Newfound community who passed away on Tuesday, Sept. 14 after a brief bout with cancer. Born in Rhode Island she moved to New Hampshire with her husband David Blais in 1993. There she found her niche in the rural community where she raised their children, served as a Sexton of Cemeteries in Alexandria, worked at both Parkhurst Hardware and the Bristol Animal Hospital, and for the last 17 years was a First Student bus driver for the Newfound Area School District's children.

SEE FUNDRAISER PAGE A7

Minot-Sleeper Library to host author Anders Morley



BRISTOL — The Minot-Sleeper Library invites the community to an author talk with New Hampshire writer Anders Morley, whose recently-published book, "This Land of Snow" tells the true story of Morley's cross-country adventure through northwestern Canada.

Morley's talk will be held on Saturday, Oct. 16 at 2 p.m. at the Kelley Park pavilion.

Every journey begins with a single step, or in Morley's case, the shush of cross-country skis. For as long as he could remember, Morley

SEE LIBRARY PAGE A7

Bear boys win John Sanborn Invitational



Connor Downes, Ryder Downes and Jeffrey Huckins lead the pack early in Friday's race in Plymouth.



Josie Halle finishes the final hill in Friday's John Sanborn Invitational.



Joe Sullivan finished fifth for the Newfound boys in Plymouth on Friday afternoon.

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Newfound cross country team made the trip to Plymouth for Friday's John Sanborn Invitational and the Bear boys came home with the victory.

Newfound easily bested second place Lebanon, with Kearsarge in third and Merrimack Valley in fourth place.

Leah Deuso runs with the pack in action Friday afternoon in Plymouth.

Connor Downes paced the entire field with a time of 17:30 for the win. Ryder Downes was fifth overall in 17:58 and Jeffrey Huckins ran to

a time of 18:28 for 12th place. Evan Foster finished in 18:49 for 15th place and Joe Sullivan finished out

SEE CROSS PAGE A7

Volleyball Bears sweep the week, remain undefeated

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound volleyball team continues its championship defense in style, remaining unbeaten heading into the penultimate week of the regular season.

"The girls are working hard to meet their goals of finishing each match strong and preparing for the playoffs," said coach Amy Fairbank, who offered up her thanks to JV coach Tanya Jollie and Athletic Trainer Kelsey Cote, who kept her up to date with stats and information and guided the team through games while she was away from the team.

On Oct. 2, the Bears had a great start to open the full day of games at Newfound. Newfound came through with a 3-0 win by scores of 25-16, 25-6, 25-9.

"They had a good fan base and brought a lot of energy and spirit and came out the victors against Belmont," said Fairbank.

Malina Bohlmann had 10 kills to lead the

offense, while Paulina Huckins added seven kills and Emalie Ruiter had five kills. Mikayla Ulwick added 23 assists and four aces and Huckins added five aces.

On Tuesday, Oct. 5, the Bears had a make-up game with Franklin, a match that had started back in September but had to be stopped when the power went out at Newfound. The two teams had met just a week or so earlier, so the Bears were prepared coming in and won 25-10, 25-12, 25-8.

"(We) flowed well and went right in attacking the ball," Fairbank said. "Paulina Huckins really took the lead with the team and had a dominating night."

Huckins finished with

SEE VOLLEYBALL PAGE A7



COURTESY

A lesson in fire prevention

The New Hampton Fire Department came to New Hampton Community School during Fire Prevention Week. Thank you to the NHFD for giving their time.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

The appreciation for living where we do in New Hampshire was made that much more evident when my wife said “Alan, there are three deer in our yard!” They were taking their time munching on leaves and fungi on the edge of the woods and not too skittish at all. They made their way back into the woods and out of site, blending in with the surroundings. Such a treat! I’m enjoying the scarecrows in the square and around town. Hopefully there will be more!

The Minot-Sleeper Library is now offering new monthly newsletters with a listing of new books for adults and families. They are also offering monthly newsletters with reading recommendations. Sign up for these newsletters at: <https://forms.gle/66g2n8NmXY-jT3yF6>.

Upcoming events at the MSL include: Author Talk with Anders Morley on Saturday, Oct. 16 at 2 p.m. at Kelley Park Pavilion where the MSL will host the author of “This Land of Snow,” Third Monday Book Group on Monday, Oct. 18 at 10 a.m. at the library meeting room for a discussion of the book “Being Mortal: Medicine and what matters in the end” by Atul Gawande, Classic Book Group on Tuesday, Oct. 19 at 6:30 p.m. (VIRTUAL) for a discussion of “The

Picture of Dorian Gray” by Oscar Wilde.

Family Events this month include: Story Time every Friday at 11 a.m., Pumpkin Scavenger Hunt every day through October in the Children’s Room, Book recommendations every day through October featuring Halloween plans, Home School Hang Out on Oct. 14 at 3 p.m., featuring a science experiment turning normal cow milk into plastic, Pumpkin Carving at Kelley Park on Oct. 21 at 3 p.m. featuring pumpkins and carving tools (24 spots available, so please sign up early by calling the MSL at 744-3352 to RSVP), Hike Safe for Families at the library on Oct. 27 at 6 p.m., Making It: Robot Costumes for Halloween on Oct. 28 at 3 p.m., Trick or Treating on Oct. 31 at 5pm at the MSL for treats, stickers, books and candy provided by the Friends of the Minot-Sleeper Library.

Parent’s Night Out for October is the 23rd at the TTCC for ages four and up for \$15 per child from 5 – 10 p.m., Middle School Teen Night will be held Tuesdays from 6 – 8 p.m. for a cost of \$20 each month with pre-registration a must, High School Teen Night will be held Thursdays from 5-8 p.m. for no cost as no dinner, only snacks are provided, Special Olympics for Young Athletes for ages two to seven, starts Saturdays from Oct. 16 until Nov. 20 from 11:15 a.m. until noon.

TTCC Programs starting up in the Fall include: Youth Field Hockey for two divisions (K-2 and 3 - 6) Saturdays, Tuesdays and Thursdays on Kelley Park. The After School Program at the TTCC is full! If you wish to have your child added to the waiting list, use the on-line contact below.

Adult Programs at the TTCC include: Shape Up Newfound on Mondays, Thursdays and Saturdays at the Bristol Elementary School.

Pick-up Sports include Badminton, Volleyball, Basketball, Pickleball and Pool.

Contact the TTCC at www.ttccrec.org or 603-744-2713 for more information on these and other programs.

Trick-or-Treating in Bristol will be held on Sunday, Oct. 31 from 5 - 7:30 p.m. - rain or shine!

In addition to traditional Trick-or-Treat, the Community Events Committee will once again be hosting Trunk-or-Treat on North Main Street. Those interested in being a “Trunker” will need to register at the TTCC or Bristol Town Hall. There will be cash prizes for best decorated and best candy delivery system! (To accommodate this event, No. Main Street will be closed to traffic from 4 - 7:45 p.m. on Oct. 31. Be sure to visit the Haunted House at the Masonic Hall from 5:30 until 7 p.m. at 61 Pleasant St. on Trick-or-Treat night!

As many of you know, closing up a seasonal home is quite a chore. We are almost there, thanks to friends and family. It has been a roller coaster as far as weather is concerned this summer, but despite that, we enjoyed the company and shenanigans once again and look forward to a cozy winter ahead.

MVSB announces photo contest winners



“Mailboxes and Sunflowers” by Colleen Eliason will be featured for September in the 2022 calendar.

MEREDITH — MVSB (Meredith Village Savings Bank) is excited to announce the winners of their annual photo contest. Selected photos will be featured in the community calendar as well as on the Bank’s website and social media. Images will also be included in desk calendars, holiday cards and note cards. Complimentary calendars will be available to the public during the late fall in the Bank’s branch offices.

“The submissions for this year’s photo contest were incredible, and they really captured the different seasons and unique character of New Hampshire. It’s always challenging to narrow down the entries to our top picks,” said Deborah Irwin, Assistant Vice President and Marketing Relationship Manager. “So many of our community members look forward to this annual contest and the calendars. It’s a great way to celebrate our state and feature exceptional talent from hometown artists.”

Winners of MVSB’s 2021 Community Photo Contest included:

- Kathleen Curran of Laconia
- Macayla Dutile of Laconia
- Colleen Eliason of Campton
- Illyana Golden of Lyndeborough
- Ida Gould of Camp-ton
- Megan Greenbaum of Moultonborough
- Holly Heath of Gil-

- ford
- Robert Kozlow of Meredith
- Kurt Oberhausen of Belmont
- Alice O’Connor of Holderness
- Elissa Paquette of Wolfeboro
- Abhijit Patil of Hudson
- Marie Sapienza of Newton Junction

*List features both print calendar and website contest winners

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was 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 its 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, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

MVSB and NHTrust to host fraud prevention Webinar Oct. 27

MEREDITH — Sister organizations MVSB (Meredith Village Savings Bank) and NHTrust will be hosting a complimentary webinar on Outsmarting the Scammers at noon Wednesday, Oct. 27. Attendees will learn about top fraud trends from resident experts, to help avoid being tricked by the most current schemes. Registration is open at mvsb.com/fraud-class.

“Fraud cases are on the rise, and scammers are getting more sophisticated,” said Cody Gibbs, Fraud Analyst. “This webinar allows us to present useful information to our community members about how to protect account information and keep an eye out for common fraud tactics. We hope to give participants valuable tools and peace of mind.”

The webinar will be presented by Gibbs and William Roberts, Fraud Operations Officer. Gibbs has worked for the organization since 2015 and has held his most recent role as Fraud Analyst since 2019. Prior to joining the organization in 2020, Roberts served as Corporate Risk Manager for Merchant’s Fleet in Hooksett as well as Vice President of Risk Management for Granite State Credit Union for nearly 20 years.

For those unable to attend at noon, there will be a second presentation of the webinar the same day at 6pm presented by Merrimack County Savings Bank, MVSB’s sister bank. Registration is open for the 6pm class at themerrimack.com/fraudclass.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Fowler River Road	N/A	\$320,000	Diehl Fiscal Trust and Thomas R. Diehl	Brian J. and Jane K. Friolet
Alexandria	1795 Mount Cardigan Rd.	Single-Family Residence	\$60,000	Dale and Lisa Lavoie	Ralph C. Galante
Bridgewater	Birch Hill Road, Lot 9b	N/A	\$47,000	Gary S. and Maria V. Daniels	Marcie E. Lombard
Bristol	18 Beech St.	N/A	\$175,000	H&E Scott 1994 Trust and Eva R. Scott	Schmid Fiscal Trust and Robert Schmid
Bristol	40 Beech St.	Acc. Land Imp.	\$32,533	Peff Corp.	40 Beech Street LLC
Campton	5 Bell Valley Rd.	Single-Family Residence	\$310,000	Yureidy Medina and Edison A. Mejia	Jonny A. Ramirez
Campton	75 Forest Dr.	Single-Family Residence	\$550,000	Ronald and Kelly Sia	Bevin P. and Andrew J. Engleward
Campton	Puckerbrush Road (Lot)	Residential Open Land	\$31,000	David and Marie A. Lamoureux	Peter Marlowe
Campton	76 Puckerbrush Rd., Unit 1	Condominium	\$100,000	Wapas Fiscal Trust and Arthur M. Passero	Cynthia L. Passero
Campton	76 Whitehouse Circle	Single-Family Residence	\$335,000	Adam and Hannah Brooks	Hannah and Benjamin Murray
Campton	N/A (Lot 28)	N/A	\$42,000	William E. and Robin Mongeon	Richard G. Tuck
Hebron	354 N. Shore Rd.	Single-Family Residence	\$625,000	Benjamin and Sarah Workinger	Victor Espericueta
Holderness	Lane Road	Residential Open Land	\$300,000	Dean S. Diamond	Luis G. Hernandez and Malinda C. O'Donnell
Holderness	368 NH Route 175	Single-Family Residence	\$190,000	Matthew J. Drouin	Michelle P. Toepel
Holderness	Pleasant Place Drive	N/A	\$85,000	West Street Development LLC	James and Elaine Titus
Holderness	N/A	N/A	\$3,255,000	Winn RT and Elizabeth L. Winn	Ithaka Island Squam LLC
New Hampton	74 Smoke Rise Rd.	Single-Family Residence	\$705,000	Paul A. and Roberta M. Flaherty	Dimitry Neyshtadt and Arthur Dyeck
Plymouth	70 Davis Rd., Unit 6	Condominium	\$110,000	James H. and Dorothy D. Moore	Daniel R. Wigglesworth
Plymouth	31 Warren St.	Multi-Family Residence	\$290,000	Michael and Filiz Ruhm	Thomas A. Jondall and Maureen M. McAuliffe
Thornton	51 Mountain River East Rd., Unit 6	Condominium	\$230,000	Jeffrey P. Richard	John and Danielle Woodman
Thornton	Mountain View Drive	Residential Open Land	\$27,000	Mee RET and William F. Mee	Mark and Giselle Slamin
Thornton	NH Route 49, Lot 2	Residential Open Land	\$84,000	Energetically Sensitive	Deborah L. Sheridan
Thornton	219 Snowood Dr.	Single-Family Residence	\$360,000	Knud and Marci Hellested	Martin Hooper and Yenieleis P. Gonzalez
Wentworth	N/A (Lot 1)	N/A	\$150,000	David A. and Hope F. Lheureux	Judtih A. Callen and Paul Dubois

ABOUT THE REAL REPORT

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

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

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

PSU awarded NASA grant to study atmosphere's response to solar eclipses

PLYMOUTH — Plymouth State University (PSU) has been awarded a \$208,445 grant from NASA's Science Activation Program to study the atmospheric impact of solar eclipses. The "Nationwide Eclipse Ballooning Project" is being championed by researchers at Montana State University and will result in the largest volume of atmospheric data ever collected during a solar eclipse. Eric Kelsey, Ph.D., a research associate professor at PSU, will serve as a 'Pod Lead' for the project, training students and researchers throughout the region to launch weather balloons during the October 2023 and April 2024 solar eclipses and study the atmosphere's response to a sudden pause in solar energy.

Kelsey and his team of students, as well as other teams across the country, will synchronously launch weather balloons every hour before, during and after the eclipses to study how the atmosphere reacts to a solar energy shutoff. The balloons will be launched through the troposphere and stratosphere, approximately 20 miles up, and will collect data on temperature, humidity, air pressure, wind speed and wind direction during its ascent. About one-third of the approximately 100 participating teams will be launching high-altitude balloons that will also carry cameras into the mesosphere and ionosphere.

As one of 10 Pod Leads involved in the project, Kelsey will train teams to properly launch weather balloons. Kelsey's team will consist of one graduate student assistant, whose work will be supported by the grant funds, as well as six undergraduate students, who will have the opportunity to apply to be part of the team during the Fall 2023 and Spring 2024 semesters. In the summer of 2023, Kelsey will host a workshop at PSU

to train 6-10 additional teams, each comprised of 8-10 individuals from high schools, community colleges and universities in the region.

Research on the impact of solar eclipses on the atmosphere using weather balloons has been done previously, most recently during an eclipse in Chile and Argentina in December 2020, but balloons were launched from just two locations in Chile. Previous ground research has raised numerous questions about the impact of a solar energy shutdown on the atmosphere and weather patterns. With nearly 100 balloons planned for launch along the path of the eclipses in 2023 and 2024, the data collected will be extraordinarily rich. This volume of data has never been collected for any type of weather event.

"We're going to capture an incredible image of what the atmosphere looks like during an eclipse," said Kelsey. "I'm really looking forward to this experience; the sheer volume of data that we are going to collect is unprecedented. In addition to the knowledge gained from studying these data, this project will provide real-world STEM opportunities to a broad range of people and help us develop and sustain partnerships between educational institutions."

The mission of NASA's Science Activation Program is to broaden STEM participation in higher education. This project will bring in a diverse range of participants from high schools and institutions of higher learning from across the country with the goal of improving scientific literacy. In the classroom at PSU, Kelsey will be incorporating the solar eclipse research into his coursework, teaching students how to use the instruments on board the weather balloons and how to interpret the data collected.

Kelsey is a faculty member of Plymouth State's Judd Gregg Meteorology Institute and Meteorology program, which exceeds all recommended American Meteorological Society guidelines for undergraduate degree programs, and of the graduate program that offers the only MS degree in Applied Meteorology in New Hampshire. He is also a faculty member of PSU's new BS program in Climate Studies, which is the only one of its kind in New Hampshire and one of very few in the entire nation.

To learn more about Plymouth State University, visit www.plymouth.edu.



COURTESY

Plymouth State University meteorology students launch a weather balloon to collect atmospheric data. A team from PSU will be launching weather balloons simultaneously with approximately 100 other teams across the country during the upcoming solar eclipses to study how the atmosphere reacts to a solar energy shutoff.



COURTESY

A day at the fair with DAR

What were you doing on Columbus Day weekend? The Pemigewasset Valley Chapter of the NSDAR was staffing our DAR Fun Flag Facts Info Booth at the Sandwich Fair. Over the three days of the fair, volunteers from our newest member, Michele Strong, to our oldest, 95-year old Marilyn Woodward, quizzed kids about our US Flag; answered questions and handed out brochures about membership in the Daughters of the American Revolution; distributed over 100 Flag stickers & Pledge of Allegiance bookmarks; and greeted Veterans.

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CADY Corner

Understanding addiction to support recovery

BY DEB NARO
Contributor

Addiction can happen to anyone. One in 14 Americans reports experiencing a substance use disorder. There is not one single driving factor that leads to addiction; however, the progression of addiction is a major contributing factor. According to the National Center on Addiction and Substance Abuse, nine out of 10 individuals who struggle with addiction began drinking, smoking, and using other drugs before they turned 18 years of age, a time when the brain is still developing. This is why addiction is often referred to as a “Disease of Adolescence.” Addiction is a complex issue: some use drugs to help cope with stress, trauma, or to help with mental health issues and others develop opioid use disorder after misusing prescription drugs prescribed by doctors.

Drugs flood the brain with chemicals that take over the brain’s reward system, causing them to repeat behaviors that feel good but may be unhealthy. The brain adapts to continued drug use by developing a tolerance, which means it takes more of a drug to feel the same result. Not only does this lessen the brain’s ability to resist temptation, but it can also affect the amount of pleasure a person receives from normal, healthy activities like enjoying food or the company of others.

Addiction is a disease. People suffering from substance use disorders have trouble controlling their drug use even though they know this behavior is harmful. Overcoming a substance use disorder is not as simple as resisting the temptation to take drugs through willpower alone. Recovery may involve medication to help with cravings and withdrawal as well as different forms of therapy. It may even require checking into a rehabilitation facility. Recovery can be challenging, but it is possible and rewarding.

Opioid use disorder may require medication as the first course of treatment. Medications for opioid use disorder (MOUD) can help with cravings and withdrawal symptoms. MOUD is effective in helping people overcome addiction, stay in recovery longer, and prevent relapse.

Treatment that combines medicine with counseling or other behavioral therapy is called medication-assisted treatment (MAT). MAT can be an effective way to overcome addiction to opioids. Behavioral therapy can be equally important as it helps people change their attitudes and behaviors related to drug use, helps prevent relapse, and keeps people in recovery longer.

Relapse may happen to people who use drugs and can happen even years after not taking the substance. More than anything, relapse may be a sign that more treatment or a different method is needed. A routine review of one’s treatment plan may be necessary to determine if another method could be more effective.

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



DONNA RHODES

Head over heels

As scarecrows begin to gather for the annual fall contest on Bristol’s Central Square, this entry was head over heels about the sunny skies, mild temperatures and beautiful foliage last week.

Comfort Keepers Ways for seniors to remain socially connected

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Many people worry that their senior loved ones spend too much time alone, and may be suffering from isolation.

But there are many ways for people to stay connected to the older adults in their lives. And, studies show that seniors are physically and mentally healthier when they maintain social connection and foster relationships.

It’s important to remember that it takes a team to ensure the highest quality physical and mental care for a senior. According to the AARP, nearly one in five family caregivers is providing unpaid care for an adult with health or functional needs. There are many ways that other family and friends can provide social support and create meaningful interactions with their senior loved one.

For those trying to connect with a senior in their life, they can consider the following options:

Teach them something new – while many seniors are adept at using technology, some could use extra help getting set up for video chats or finding sources of online connection. Helping a senior learn

to use new technology can be a fun bonding experience and pays off in continued contact! And if the family member or friend isn’t an expert, they can consider taking a class together.

A study by William Chopik, a professor at Michigan State University, found “greater technology use was associated with better self-rated health, fewer chronic conditions, higher subjective well-being and lower depression.”

Involve others – Group video chats have never been easier to set up, and there are free options that are great for small groups or paid options for larger gatherings of friends and families. Seeing each other’s faces and sharing stories is a great way to stay connected.

Play together online – Popular board games have gone virtual! Classics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. Sometimes, a game night is all it takes to make people feel closer.

Spend time in-person when possible – While it may not always be possible, it’s great to see loved ones when the situation permits. Families should take some time

out of their week when possible to take their senior loved ones to community events, or plan special meals at home. This can be especially important for seniors with mobility issues that can keep them from doing the activities they love outside of the home.

Become pen pals – The art of writing letters may be rare today, but everyone still loves to receive notes in the mail. Send letters with updates, drawings, photos and other small mementos, and encourage the recipient to reply. Letters and cards will quickly become cherished memories that can be shared and revisited in times of separation.

Consider hiring an in-home caregiver – For seniors that need a little extra help around the house, a caregiver not only provides assistance with daily living, but companionship and conversation too. And, a caregiver can facilitate calls and video chats with loved ones. Caregivers are also trained to keep seniors safe in their home, and can be a great option to provide companionship during periods of illness or isolation.

Comfort Keepers® can help

For seniors that need companionship or help fighting loneliness, Comfort Keepers caregivers

can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. 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 location today.

About Comfort Keepers

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

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Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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SALMON PRESS
PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news
BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news
OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325
DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516
MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news
PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

Newfound field hockey finishes week with a win over Vikings

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound field hockey team was coming off a tough loss to Hopkinton during Homecoming and battled to a win, a tie and a loss last week.

“This week definitely had its ups and downs,” said coach Kammi Williams. “Concern number one was coming off a tough loss to Hopkinton, how we would bounce back, especially playing rival Berlin.”

The game with Berlin to start last week ended in a 0-0 tie. Things were even, with Newfound getting five shot in the first half and Berlin had four. However, the second half went all toward Newfound, as the Bears

dominated but they could not find the back of the cage. The Bears finished with 11 shots on goal and seven attack corners.

The teams went to overtime and the Bears protected the net and didn’t give up a shot on goal. The Bears had just one shot in the extra frame and couldn’t get the corner that Williams was looking for.

“We came away with a tie but bounced back and definitely felt that we outplayed them,” Williams stating, noting that Elle MacDonald and Isa LaPlume continue to step up and are expected to be major contributors heading to the playoffs. Ali Normandin had seven saves for the Bears.

The Bears followed that up with a trip to Concord to take on Bishop Brady, where they dropped a 3-1 decision.

“They definitely gave us a different look we hadn’t seen all season,” Williams said. “They hit the ball really hard and had strong aerial skills.”

The Bears gave up a first quarter goal on an aerial shot but they responded with a goal from Adeline Dolloff to pull the Bears even.

“The second quarter was a shell shock,” the Bear coach said. “They crossed the ball into our goal cage on the hardest shot of the season. We didn’t respond well to the big stick and pretty much left it uncontested.” The same player

then scored again on the same play.

Newfound made adjustments in the second half and outplayed the Giants, finishing with seven shots and 10 corners to Brady’s zero.

“Games like this happen and we just have to learn from it,” Williams stated, noting that the defense held tight with Sky Lacasse getting key minutes, while Matti Douville and Lindsey Lacasse really applied pressure on the Giants. Mackenzie Jenkins continued to be solid in the back of the defense and Normandin had seven saves.

Newfound bounced back from the loss and took a 3-2 win over Mascenic to close out the

week.

Seniors Cassie Zick and Maggie Bednaz led the charge, moving themselves into the offensive charge and the Bears scored in the first quarter and again in the second to take a 2-0 lead to the half.

Dolloff scored first with an assist from Lindsey Lacasse and earned her coach’s praise for rising to the challenge in her freshman campaign.

Bednaz scored the second goal of the game off an assist from Douville and the Bears only allowed two shots and zero corners in the first half.

Mascenic came out strong in the second and scored on a cross in the fourth quarter when Williams noted that the

team got a little defensively complacent and missed the mark.

However, Dolloff got her second of the game to stretch the lead to 3-1, though the Vikings were able to score in the last minute, but the Bears held tight and finished the game with a victory.

Normandin finished with nine saves, with three coming on shots over her head.

The Bears finish the season with a home game against White Mountains on Friday, Oct. 15, at 4 p.m. The Division III tournament opens on Thursday, Oct. 21.

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

ACLU organizer preaches on youth justice at Starr King UU Fellowship



ACLU Smart Justice Organizer Joseph Lascaze (in red) stands with Rev. Linda Barnes (r.) and the Black Lives Matter Committee at Starr King Unitarian Universalist Fellowship in Plymouth. (Photo credit: Scott Merrill).

BY PAUL PHILLIPS
CONTRIBUTING WRITER

PLYMOUTH — Plymouth area residents concerned about how the criminal justice system treats young people should participate more actively in the state legislative process. This was the message Joseph Lascaze delivered on Sunday in a sermon entitled “Behind the Walls” at Starr King Unitarian Universalist Fellowship in Plymouth.

Lascaze is the Smart Justice Organizer at ACLU New Hampshire in Concord. He was invited to preach on youth justice issues by Starr King’s Black Lives Matter Committee.

Jailed at age 17, Lascaze spent thirteen years as an inmate in New Hampshire prisons. He and two white co-defendants were arrested and tried on identical charges, but Lascaze, who is black, was the

only one to receive a prison sentence. Now he teaches young people in his hometown of Manchester to “be smart” about the system that arrests and imprisons young men of color at far higher rates than their white counterparts for similar conduct.

Lascaze is a leading advocate for laws and policies to keep marginalized youth in New Hampshire from going to prison. From court diversion and alternative courts like the Drug Court and the Mental Health Court to bail reform and prison reform, Lascaze is a regular witness for the ACLU in legislative hearings in Concord. He also served on the Governor’s Commission on Law Enforcement Accountability, Community and Transparency.

Lascaze told a combined live and online congregation at

Starr King that the most important person in the criminal justice system is the County Attorney. County Attorneys decide whether to bring criminal charges when a young person is arrested and whether to prosecute that person or send them to diversion to an alternative court. He urged people to monitor criminal justice legislation in the State House and then contact their County Attorney to express their support or opposition for particular bills.

The Black Lives Matter Committee holds monthly workshops on current issues that impact black and brown people in New Hampshire. Starr King Unitarian Universalist Fellowship is located at 101 Fairgrounds Rd. in Plymouth and at starrkingfellowship.org.

New Hampshire Electric Cooperative sets winter rates

PLYMOUTH — New Hampshire Electric Cooperative’s (NHEC) Board of Directors has approved changes to the Co-op Power rate and Regional Access Charge, which will result in an overall bill increase for most residential members of about 17 percent, or \$17.19. The new rates will take effect with bills rendered on or after Nov. 1.

The Co-op Power portion of members’ bills will increase from the current summertime rate of 6.5 cents per kilowatt-hour (kWh) to 9.8 cents per kWh for the winter. The Co-op Power charge includes the cost that NHEC pays to purchase electricity from the wholesale electricity market. The cost of this power is directly passed through to members who have not chosen to purchase electricity from a competitive supplier. NHEC does not add any additional charges or fees to its Co-op Power rate, and it does not fund NHEC’s operations. Last November, NHEC set its winter rate at 7.8 cents per kWh.

The primary reason for the increase is a sharp spike in the price of natural gas over the past several months. Natural gas prices are now double what they

were last year at this time. Natural gas-fueled power plants account for more than half of the generating capacity in New England, meaning the market price of electricity often follows the cost of natural gas.

“Natural gas and electricity prices in New England are closely linked,” said Brian Callan, NHEC Vice President of Power Resources & Access. “As the price of natural gas has risen over the past several months, so has the cost to purchase electricity to serve our members. We know this increase will be difficult for our members, as it will be for electric and gas customers throughout New England, and we will continue to work hard to find opportunities to reduce energy costs wherever we can.”

NHEC members who have difficulty paying their bills are encouraged to contact the Co-op at (800) 698-2007. NHEC can help members set up payment arrangements, connect them with financial assistance, as well as energy efficiency and weatherization programs, which can reduce their energy usage and lower their bills. In addition, NHEC members can take advantage of competitive supply

options for electricity service, which can be compared at the New Hampshire Public Utilities Commission website - www.puc.nh.gov. Members can also view and manage their electric usage online through NHEC’s Website, www.nhec.com, or by downloading the SmartHub app for mobile or PC.

The Nov. 1 rate changes will also include a 2 percent increase in the Regional Access Charge portion of members’ bills. The Regional Access Charge includes the costs NHEC pays transmission companies to deliver electricity to its distribution system. The rate change also includes the state-required refund of Regional Greenhouse Gas Initiative (RGGI) proceeds. As with the Co-op Power rate, the costs NHEC incurs from transmission companies are passed directly through to members without additional fees or charges.

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Fundraiser

FROM PAGE A1

Sandy was also known for her love of animals, calling her home “Misfit Farm,” where she cared for rescue horses, dogs and any other animal that needed a loving place to live.

“There wasn’t an animal she didn’t love and a friend she wouldn’t help,” said Jennifer Tuthill. “Now’s the time to reach out and respect her memory and help her family through these hard times.”

In order to meet that goal, Tuthill has been

busy organizing an Old Fashioned Animal Fair in Sandy’s memory, which will take place at the Alexandria Town Hall from noon-3 p.m. on Saturday, Oct. 23.

Local residents have already been signing up to bring their “people friendly” farm animals to the event but Tuthill said there is always room for more. She hopes the event will introduce more people to domestic farm animals and give them a greater understanding of them along with love and respect.

As owner of Patten Brook Pony Rides in Alexandria she said recently had three separate groups of children arrive at her farm who were stunned to see a horse up close for the first time.

“They didn’t realize what a horse was like in the flesh. The spirit of Sandy would really want us to expose children and adults to these wonderful creatures,” Tuthill said.

Therefore, she is calling on local owners to bring animals of all kinds to the event while

at the same time encouraging people from throughout the area to come get to know them. Visitors will be available to observe, ask questions, pet them and even lead animals or ride one of Tuthill’s friendly Ice Horses that day.

“We’re really hoping for a broad array of animals and counting on people to come out and either bring their animals or come see all those that are there,” she said.

Anyone willing to bring their farm or home pets, anything

from guinea pigs, ducks and chickens to horses, goats, pigs and calves (and more) is asked to contact her in advance so the logistics of their placement, as well as parking for trailers, can be arranged prior to the event.

In addition to all the animals, there will be refreshments available. Contributions of that nature, whether it be hot dogs, baked goods or other midday treats, are also greatly appreciated. All donations received from their sales will benefit the Blais family.

“We’re looking for help of any kind,” Tuthill said. “This is a community effort to support them.”

In the event of rain, any animals who are contained in transportable cages or boxes will be moved inside the town hall so people can still enjoy an up close and personal experience with them all.

To make arrangements to bring an animal, donate refreshments, or volunteer with set up or cleanup that day, please contact Jennifer Tuthill at 744-6883.

Library

FROM PAGE A1

dreamed of taking a very long walk. In his thirties, happily married and living in a faraway country but pining for the silent and snowy winters of his New Hampshire home, he decided to unite his old dream with his equally long-standing love of winter. Fourteen months later, just as the snow was starting to fall, he set off alone to spend the four coldest months of the year traveling on

skis across the half-wild country of northwestern Canada.

“This Land of Snow” tells the story of that journey and of a man who must come to terms with the consequences of living by nostalgia. It is an honest, thoughtful, and sometimes humorous reckoning of an adventure filled with adrenaline and exuberance, as well as mistakes and danger. Both a celebration of a season and a portrait

of a place, the book affords readers fascinating and insightful glimpses into life at the edge of the great northern wilderness, the history of cold-weather exploration and nordic skiing, the right-to-roam movement, winter ecology, and more. Throughout, Morley’s clear, subtle, and self-deprecating voice speaks to a backwoods-genteel aesthetic that explores the territory between wildness and refinement, lan-

guage and personal story, journey and home. Publisher’s Weekly calls the book “A thoughtful and inspiring account . . . Morley weaves together human and natural history with skill. Those with a taste for adventure and an appreciation for nature’s gifts will enjoy this moving expedition.”

A dual-citizen of the US and Canada, Morley grew up in New Hampshire and began skiing at age five. After

earning a master’s degree from the University of St. Andrews in Scotland, he settled in Italy where he worked as a translator and English teacher, and explored the Alps in his free time. He contributes regularly to New Hampshire magazine and his work has appeared in a variety of other publications including The Globe and Mail, Northern Woodlands magazine, Maisonneuve magazine, and The Aurorean. Mor-

ley lives in northern New Hampshire.

Attend the Author Talk with Anders Morley on Saturday, Oct. 16 at 2 p.m. at the Kelley Park pavilion to meet the author, hear more about his story, and ask questions about his adventure. Attendees are encouraged to bring their own lawn chair. The event is free, open to all, and sponsored by the Minot-Sleeper Library.

Cross

FROM PAGE A1

the scoring with a time of 18:54 for 16th place.

Ben LaPlume finished in 18th place in 19:08, Reuben Carruth finished with a time of 21:25 for 40th place and Romeo Dokus finished in 22:14 for 47th place. Caleb Anair was 55th in 23:22, Tucker Magrath was 60th in 24:23, Broderick Edwards was 68th in 26:20, Julian Field finished in 26:23 for 69th place and Sam Worthen was 75th in 26:50.

Chloe Jenness paced the Newfound girls with a time of 25:05 for 28th place.

Leah Deuso finished with a time of 26:14 for 37th place, Julia Huckins ran to 46th place in 26:55 and Josie Halle finished with a time of 27:17 for 47th place.

Newfound is slated to run at Merrimack Valley on Thursday, Oct. 21, at 4 p.m.

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

Volleyball

FROM PAGE A1

12 kills on the night and Ulwick added six aces.

The next night, the Bears traveled to Mascoma for a match and returned home with a 25-4, 25-9, 25-13 win.

“Their program has been getting stronger and stronger every year and we didn’t know what we were coming into,”

another win.

“They were fired up and looking to keep the winning streak alive,” Fairbank said. “Nute had height on their team, but our offense was on and attacking the ball and they struggled to defend the hits. We put the ball in play and just finished the rally more than the other team.”

Mia LeBrun had nine service aces, Bolhmann

had 14 kills, Huckins had seven kills and Ulwick had 23 assists.

The Bears will be in action on Friday, Oct. 15, at Moultonborough at 6:15 p.m. and will be. Hosting Kennett on Wednesday, Oct. 20, at 6:15 p.m.

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



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Breast Cancer awareness

How physical activity can help in the fight against breast cancer

Breast cancer is a complex disease that affects millions of women across the globe each year. Though the American Cancer Society reports that only about 4 percent of women diagnosed with breast cancer in the United States are under age 40, women of all ages can take steps to protect themselves against this deadly disease.

Exercise benefits women in myriad ways, and that includes lowering their risk for breast cancer. The ACS notes that researchers are increasingly linking exercise to a reduced risk for breast cancer. Though the reasons behind that link remain unclear, some theorize that the positive effects of exercise on body weight, inflammation, hormones, and energy balance

could be why regular physical activity helps women reduce their risk for breast cancer.

Body weight and breast cancer

The National Cancer Institute reports that being obese after menopause can significantly increase a woman's risk for breast cancer. In addition, the ACS attributes the rise in hormone receptor-positive breast cancers to an increased prevalence of excessive body weight. Routine exercise is a highly effective way to lose weight and keep weight off, which in turn could lower women's risk for breast cancer.

Being sedentary and breast cancer

Exercise is not a sedentary activity, and that could be another

reason why women who are physically active have a lower risk for breast cancer. The ACS notes that more than one study has linked sitting time to a higher risk of various diseases, including breast cancer. Researchers with the ACS analyzed data from 77,462 women, who they followed for an average of 15.8 years. None of the participants had cancer when the study started, but researchers found that women who sat for six or more hours per day during their free time had a 10 percent greater risk for invasive breast cancer than women who sat for less than three hours per day during free time.

Does physical activity really reduce breast cancer risk?

The human body is



complex, and a host of factors, including those like age that women have no control over, can affect cancer risk. However, engaging in routine physical activity seems to be an effective way for women to reduce their

risk for breast cancer. In fact, the Breast Cancer Research Foundation estimates that one-third of all breast cancer cases could be prevented with positive lifestyle choices that help women maintain a healthy weight,

including exercise.

Routine physical activity can be a significant weapon in women's arsenal as they continue their efforts to prevent and overcome breast cancer.

The role of staging when diagnosing breast cancer



A cancer diagnosis can be overwhelming, and people who receive such news may be flooded with a wide range of emotions. When delivering such a diagnosis, doctors share vital information about their patients' disease. Those details can go a long way toward easing patients' concerns.

Staging is an important

component of cancer treatment. The National Cancer Institute notes that stage refers to the extent of the cancer, including how large the tumor is and whether or not it has spread, or metastasized. Learning the stage of the cancer, which is typically expressed on a scale of 0 through IV, helps doctors understand how se-

rious the cancer is and the patient's chances of survival. Staging also is used to plan treatments and potentially identify clinical trials that may serve as treatment options.

The American Joint Committee on Cancer oversees the breast cancer staging system and utilizes the TNM system. Breastcancer.org notes

that three clinical characteristics, referred to as "T, N, and M," are used to calculate the stage of the cancer:

- the size of the tumor and whether or not it has grown into nearby tissue (T)
- whether the cancer is in the lymph nodes (N)
- whether the cancer has spread, or metastasized, into other parts of the body beyond the breast (M)

Additional characteristics were added to the AJCC's TNM breast cancer staging system in 2018. Though this has made determining the stage of breast cancer more complex, Breastcancer.org notes that it's also made staging more accurate. That improved accuracy increases the likelihood that doctors will choose the most effective treatment plan for their patients, which should ease those patients' concerns as they begin treatment.

Staging is complex,

and patients should know that staging alone does not dictate prognosis. The following breakdown, courtesy of the NCI, is a brief description of the five stages of cancer (stages 0 through IV). A more detailed description of breast cancer stages can be found at <https://www.breastcancer.org/symptoms/diagnosis/staging>.

• Stage 0: This is diagnosed when abnormal cells are present but have not spread to nearby tissue. Stage 0 is also called carcinoma in situ, or CIS. CIS is not cancer, but it may become cancer.

cer.

• Stages I through III: Cancer is present in these stages. The higher the number, the larger the tumor is and the more it has spread into nearby tissues.

• Stage IV: The cancer has spread into distant parts of the body.

Staging plays an important role in treating cancer. Recognizing the role of staging can help patients better understand their disease and the direction of their treatments. More information about staging is available at www.cancer.gov.

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Sandwich Fair returns with big crowds



The midway was back in action at the Sandwich Fairgrounds during Columbus Day Weekend.

PHOTOS BY ERIN PLUMMER

BY ERIN PLUMMER
mnews@salmonpress.news

SANDWICH — The rides, food, exhibits, crafts, animals, and over 36,000 visitors were back for the 2021 Sandwich Fair.

The fair made a triumphant return this past weekend with high numbers after being canceled in 2020 because of the pandemic. Fair president Dan Peaslee said around 36,000 people came through the gates over the weekend. He also said several vendors said it was the best year ever for them.

“I think it’s been an excellent fair; everybody that’s here is really, really happy,” Peaslee said.

The weather has been perfect for the fair, with slightly cloudy skies and fair weather into the 50’s and 60’s.

Planning for this year’s fair did have some uncertain moments.

“We didn’t know for sure 30 days before the

fair, we were watching and seeing what people were doing,” Peaslee said.

At the same time, they had a hard time getting volunteers and the Sandwich Police didn’t have that many officers. The issues were addressed, and they will be looking at addressing more further while planning for 2022.

Three weeks before they fair, they still realized they had a lot of work to do before the event started. Peaslee said the Fair Association and all the volunteers pulled together and got things done.

“It’s a relief to be back,” Peaslee said. “The people are so happy; the crowd is big. I think that’s what every other fair has had: they’ve had really good attendance this year.”

The association has done several different projects on the fairgrounds, including mov-

ing the first aid building, renovating the fair office, building a new 4-H cook shack, building a new pole barn for the cattle show, and others. Peaslee said a few more projects are still in the works, including completing the cook shack and getting another quarter of the water system done.

The fair featured many different animal competitions with everything from bunnies to steers.

Gail Roberts of West Fairlee, Vt., walked in the parade with her oxen Rouge and Blanc. To take part in the costume contest, the oxen wore tutus and Roberts led them while dressed as a nutcracker.

Rouge and Blanc are 12 and 13-weeks-old, Roberts started training them since she got them. She said they will work on different skills such as working with a cart and scoot.

She said they go to about six fairs a year.

“I love the Sandwich Fair, it’s my favorite fair,” Roberts said.

Roberts said it was great to be back.

“Last year stunk; no fairs,” she said.

Charlotte Dill of Deerfield showed sheep as part of the Woolmark Shepherds of Strafford County 4-H. She sheared a few sheep on Sunday, including a sheep named Harold.

“It’s only a second time being shorn, so he was still a little antsy about that,” Dill said.

She was shearing sheep for a competition on Monday, as the breed

she was showing was a meat breed and the judges needed to see their muscle structure.

She has been working with sheep for four years and has come to the Sandwich Fair for three years.

“This is one of my favorite fairs because I know a lot of people here,” she said,

The fair was also a place for many different to sell their creations in the Craft Building and other places.

In the Craft Building, Kim Welch of Gilford sold soy candles through her company Ol’ Factory Scents. The company is all done at home from the 100 percent soy wax melt candles to the label design and printing. She has been making the candles since 2008.

“I was dissatisfied with the candles I had been purchasing,” Welch said.

She does around 25 to 30 fairs a year. After a year down because of the pandemic, she said it felt great to be back.

Farms from across New England sold their products in the Farmer’s Market.

McCormack’s Farm of Gilmanton sold different honeys and wax products. They also brought a panel of bees with them and showed them in an observation hive.

Karen McCormack said they have been producing honey for about 10 years. In addition to their hive in Gilmanton, they also have hives in Canterbury, Alton, Loudon, and other places. They produce bottled



Gail Roberts of West Fairlee, Vt., walked in the parade with her oxen Rouge and Blanc.



Charlotte Dill of Deerfield shears Harold before his competition.



Kim Welch of Gilford sold soy candles through her company Ol’ Factory Scents. honey sticks, candy and more. “He’s an amazing beekeeper,” McCormack said. When asked about being back to the fair, she answered, “Thank goodness.”



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