

## Bristol announces fun line-up of events for Old Home Day



Cotton Candy, Popcorn, Kids Games - like the “outhouse toss” and Craft Vendors are all on the schedule for Bristol’s Old Home Day on Saturday, August 28th. Join your friends and neighbors in Kelley Park from 9 a.m. - 3 p.m. for some great family fun. There will even be an inflatable water slide!

BRISTOL — Area residents and visitors are invited to come out and “Celebrate Bristol” with a series of fun community-wide events being held Aug. 26 through Aug. 29.

This family-oriented celebration will kick off on Thursday, Aug. 26 with another free summer concert in Kelley Park. The Freese Brothers

Big Band will be performing in the Concert Pavilion from 6:30 – 8 p.m. for your listening and dancing pleasure! Bring your own blankets and chairs for lawn seating. If the weather is uncooperative, the concert will be rescheduled.

On Friday, Aug. 27, members of the Bristol Fire Company will host an open house and spa-

ghetti dinner from 5 to 7 p.m. at the Fire Station located at 85 Lake St. This is a great opportunity to meet the Department members and get up close to the equipment and trucks. Cost for the dinner is \$10 for adults, \$5 for ages five to 12 and ages four & under are free.

Be sure to get to the Spaghetti Dinner early

so you can head back to Kelley Park for the last of the Free Summer Concerts in the Park! The BlackLite Band will be performing in the Concert Pavilion from 6:30 – 8 p.m. Bring your own blankets and chairs for lawn seating.

On Saturday, Aug. 28, come “celebrate community” at Bristol’s

SEE BRISTOL PAGE A10

## New Web site to help businesses grow in Bristol

BRISTOL — If you’re a new business looking to grow or an existing business looking for a new location, Bristol wants to talk to you. The town is invested in helping businesses here thrive, and it’s launched a business development website to support this effort. The Web site, [bristolnhbusiness.com](http://bristolnhbusiness.com), highlights the advantages of doing business in Bristol, provides tools and tips for starting a new business, and helps existing businesses in town that want to hire and expand.

Bristol is in a period of economic expansion with new businesses opening in town, increased home sale prices, and local investment in infrastructure. The town hopes to leverage the excitement about Bristol by promoting the live, work, play lifestyle, while also making the process of opening a business easier.

“We recently saw how supportive and close-knit our business community is here during the COVID pandemic,” said Bristol Town Administrator Nicholas Coates. “We’ve heard from business owners that things like permitting, lending, and finding a location can be an intimidating process, so why not extend that supportive environment to those who want to become part of our business community and make those steps a little easier?”

The site was conceived by the Bristol Economic Development Committee to support local business and the committee’s ongoing efforts to bring new business to the community that are in line with the town’s vision for the future. On the site, businesses can find information about local land use regulations, connecting with town staff, local business organizations, banking and lending resources, and available commercial real estate. The business development site also showcases what a great place Bristol is to live, work and play in the hopes of attracting people who want to relocate and join the town’s workforce.

The Web site, designed by Dan Stebbings and Bram Stebbings of Chum Studio, aims to answer new business owners’ most common questions, from, “Who do I ask if I need a sign permit?” to “Where can I find office space in town?” News and additional information about Bristol, it’s business community, and improvements in town will be featured on the site’s blog, as well.

SEE WEB SITE PAGE A10

## Virtual Button Up Workshop presented by Bristol Sustainability Committee

BRISTOL — Button Up New Hampshire, the popular home energy savings workshop series is coming virtually to the Bristol Area. It will take place on Zoom with screen and audio over the internet, on Wednesday, Sept. 8 from 6:30-8 p.m., including a live Q and A time. The workshop is hosted by the Bristol Sustainability Committee and the Bristol Energy Committee and it is sponsored by NHSaves and coordinated statewide by the Plymouth Area Renewable Energy Initiative (PAREI).

NHSaves is a collaboration of New Hampshire’s electric and natural gas utilities (Eversource, Liberty Utilities, NH Electric Cooperative and Unitil). The utilities are working together to provide New Hampshire customers with information, incentives, and support designed to save energy, reduce costs, and protect the NH environment.

PAREI of Plymouth, NH is working with local groups around the state to bring these workshops to the public on behalf of New Hampshire’s utilities.

This NHSaves Button Up Workshop is a one-and-a-half-hour presentation about how to improve the energy efficiency of your home. It is conducted by a certified energy auditor and covers basic building science principles as well as examples of whole house weatherization measures that will button up your home for the heating and cooling seasons. It also covers details about the energy efficiency programs offered by New Hampshire utilities (for existing homes and new construction) that provide energy audits, weatherization measures such as air sealing and insulating and rebates on new technologies and products such as electric and gas appliances and high efficiency electric

heating/cooling equipment.

New Hampshire residents wishing to use energy more efficiently, conserve energy and save money on their heating and cooling bills, will find the workshop presentation very helpful. Registration is not necessary but helpful for the host to have an idea of attendance. If you have questions on using zoom go to [www.plymouthenergy.org](http://www.plymouthenergy.org) for directions. For general questions email [metcalfjanetj@gmail.com](mailto:metcalfjanetj@gmail.com).

Here is the Zoom link for 6:30 p.m. on Wednesday September 8th: Join Zoom Meeting <https://ccsnh.zoom.us/j/93619443769>

Workshop organizers also recommend the public sign up with NHSaves Facebook and Twitter pages for up to date information on energy saving tips and programs.

## Gordon-Nash Library, New Hampton School receive Bickford family collection



NEW HAMPTON — By donation of Kent Bicknell, current Curator of Special Collections at Gordon-Nash Library, New Hampton School has acquired an extensive collection of personal items of the Bickford family. The archive consists of handwritten letters, postcards, daily

journals, essays, photographs, New Hampton School ephemera, and a wealth of ancillary material such as records of the bed and breakfast the Bickford sisters, Ina and Grace, started in the 1930s—The Pillars.

Director of the Gordon-Nash Library and School Archivist Jer-

rica Blackey says, “It is the largest and most substantial archive the school has received in my memory.”

The collection contains over one thousand pieces of Bickford family personal items that, when viewed, paint a

SEE COLLECTION PAGE A10



**ANGEL LARCOM**  
angel@salmonpress.news

**REGION** — After more than a year of diligent work, the Grafton County Broadband Committee selected eX2 Technology to design, build and manage a regional fiber optic backbone. When completed next year, the network will exceed 350 miles and provide broadband access to several municipalities.

Grafton County Administrator and Committee member Andrew Dorsett said, "Time is of the essence in this project, but it hasn't been rushed. Operating on a slower time frame would require county taxpayer contributions. The committee has designed this project to use no county tax dollars, but rather a combination of grants, ARPA and private investment."

The Grafton County Commissioners first formed the committee in June 2020 to develop a viable and executable solution to the North Country's ongoing connectivity issues. Their decision was in response to outreach by attorney Shawn Tanguay from Drummond Woodsum, who was involved in the successful installation of a 28-mile municipal fiber project in Bristol.

Five town officials were appointed to the committee, including former Littleton Town Manager Dorsett, Bristol Town Administrator Nicholas Coates, Haverhill Town Manager Brigitte Codling, Campton Town Administrator Carina Park and Canaan Town Administrator Mi-

chael Samson.

Earlier this year, the quintet contracted eX2 Technology out of Omaha, Nebraska, to develop a route map focused on existing service gaps and population needs. At the same time, committee members began working closely with the Northern Community Investment Corporation (NCIC) to identify and secure grant funding for the project.

Earlier this year, the committee issued a public survey to collect input from Grafton Country businesses and residents. The goal, they said, was to determine the feasibility of installing a backbone network through multiple population centers.

An RFP (Request for Proposals) was released by July, and the committee received two responses. Grafton County Commission Chair Wendy Piper said eX2 Technology stood out immediately as the strongest contender.

“We were seeking a partner that could execute an affordable, reliable and scalable fiber-optic ‘middle mile’ that would not only connect counties and municipalities but also be available to every town. We also wanted it to connect to the University of NH’s fiber-optic system. What really sold me on this project was the elderly population’s lack of access to telemedicine services. We also wanted to expand economic development opportunities, which would increase the tax base and ultimately help our tax-

payers,” stated Piper.

As the Bristol Town Administrator, Committee Chair Nik Coates already had an extensive history with eX2 Technology. When completed, the backbone network would deliver connectivity options to nearly 40 towns, he said.

“When we started this committee last year, none of the members wanted to make this a long-term project. So we set out to get this project done as soon as possible, and we achieved some pretty important milestones within a year,” noted Coates.

In total, the project is anticipated to cost between \$25 and \$30 million. The committee intends to secure ARPA (American Rescue Plan Act) funding from the federal government for some of the costs.

The group has also submitted a funding request to the National Telecommunications and Information Administration (NTIA), a federal agency under the US Economic Development Administration. If unsuccessful, the committee intends to continue on their original funding path, said Coates.

“The alternative is that we will continue to look for other grants and then potentially work with the County on their ARPA dollars. Anytime a grant funder evaluates applications, they’re going to look at the likelihood of this project to

The map illustrates the proposed Bristol Loop Closure, a network of 30 numbered links connecting various locations in the Bristol area. The links are color-coded: Link 1 is red, Link 2 is green, Link 3 is blue, Link 4 is purple, Link 5 is pink, Link 6 is dark blue, Link 7 is light blue, Link 8 is teal, Link 9 is light green, Link 10 is light blue, Link 11 is red, Link 12 is pink, Link 13 is light blue, Link 14 is light blue, Link 15 is light blue, Link 16 is light blue, Link 17 is light blue, Link 19 is light green, Link 20 is light green, Link 21 is light blue, Link 23 is light blue, Link 24 is pink, Link 25 is red, Link 26 is light green, Link 27 is light green, Link 28 is light green, Link 29 is purple, and Link 30 is purple. The map includes locations such as Littleton, Bethlehem, Franconia, Sugar Hill, Easton, Lincoln, Woodstock, Thorton, Campton, PLYMOUTH, Holderness, Ashland, Bristol, Hebron, Groton, Dorchester, Runney, Ellsworth, Wentworth, Warren, Link 1, Link 2, Link 3, Link 4, Link 5, Link 6, Link 7, Link 8, Link 9, Link 10, Link 11, Link 12, Link 13, Link 14, Link 15, Link 16, Link 17, Link 19, Link 20, Link 21, Link 23, Link 24, Link 25, Link 26, Link 27, Link 28, Link 29, Link 30, Grafton County Locations, Hanover, Lebanon, Enfield, Canaan, Orange, Alexandria, Grafton, Benton, Landaff, Lisboi, Lyma, Monroe, Bath, and Grafton.

**The Grafton County Broadband Committee selected Nebraska-based eX2 Technology to build and manage a 350-mile backbone network through nearly 40 Grafton County communities.**

succeed. We're definitely all hands on deck right now, and if we get the grant which I believe will be announced in November, there's a one-year window to build," he added.

eX2 Technology COO Jay Jorgensen said he was confident his team could meet the deadline. He said the backbone not only provided broadband services to municipalities, but it also allowed other ISP providers to offer private

services to homeowners and businesses at significantly lower costs.

“COVID opens people’s eyes and ears. Everybody was trying to work and learn from home. Some of the issues with the broadband system were more acute than they were before. We see a lot of government entities looking at this problem. I would say the Grafton County Committee is ahead of the curve and doing good things,” stated Jor-

gensen.

“We started eX2 about six and a half years ago, and this was the core of what we wanted to do; to build out backbone broadband networks into under served areas. It’s been great to see all the funding that’s come into this market in the last few months, and there will be another high level of investment once the federal funding engages,” he added.

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\BRISTOL — During the remaining weeks of summer while we are still enjoying lots of colorful flowers in our gardens, yards and villages it is a good time to plan for flowers that will bring early cheer next spring.

To participate in the PGC Spring Bulb Fund-raiser you can order your bulbs online by Sept. 7 for direct shipment to your home by the end of September. To order, please go to one of the following site: <https://ThreeRiversFundraising.com/fun/pggc-fall21>, or [ThreeRiversFund-](#)

raising.com and use code XEPJR3 for Pasquaney Garden Club's order site. Please support our fundraiser

Enjoy your flowers: for best results, areas to be planted with spring bulbs should be planned and prepared in late summer and early autumn. Bulbs will flower best in areas that receive at least a few hours of sunshine daily, and may rot in areas that are too wet. Most varieties of bulbs will do well either in prepared gardens or in grassy areas that may be mowed later in the season. It is best to plant bulbs about six weeks

before a ground-hardening frost, which in many areas of New Hampshire means planting by mid-October.

Three Rivers Fund-raising, offers a good variety of spring-blooming flowers which will continue to bloom in future years. PGC will earn 50 percent of the sales. Funds raised will be used to purchase some self watering planter barrels, and other gardening support products used by Pasquaney Garden Club for the public plantings.

Other Garden Club  
notes

Upcoming work times

at the Butterfly Garden behind Minot Sleeper Library will be Aug. 24 and Sept. 7 between 9 and 11 a.m. Visitors and volunteers are always welcome. Plans are in progress to repair and replace the damaged sections of fencing along the back of the garden. In the effort to continue to attract butterflies, birds and other pollinators, several new plant species have been added and more are to come.

Pasquaney Garden Club is a 501(c)3 nonprofit organization.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	917 Washburn Rd.	Single-Family Residence	\$316,000	Michael and Nitty Broome	Brian T. Martutartus
Alexandria	N/A	N/A	\$59,933	John & June Evans Fiscal Trust	Carroll P. Jenkins
Alexandria	N/A (Lot 191-1)	N/A	\$295,000	Todd W. and Linda L. Ewens	Carroll P. Jenkins
Ashland	202 Thompson St.	Single-Family Residence	\$324,933	William F. and Nancy E. Sullivan	Shawn and Kayla McEvoy
Ashland	N/A (Lot 2a)	N/A	\$70,000	Michael E. Latulippe	Owl Brook Properties LLC
Bridgewater	3256 Dick Brown Rd.	Single-Family Residence	\$258,000	Anita Wilson	Forrest A. and Amber M. Hinkson
Bridgewater	John Smith Hill Road	Residential Developed Land	\$600,000	John Smith Hill LLC	Deborah H. Cummings Trust
Bristol	33 Akerman Rd.	Single-Family Residence	\$229,000	Wakeby Development Inc.	Thomas A. and Annmarie F. Sullivan
Bristol	101 Chestnut St.	Single-Family Residence	\$309,000	Deobrah and Robert Carlin	Michael and Mary Guerino
Bristol	100 Deangelo Dr.	Single-Family Residence	\$289,000	Joanne Doucette	Michael C. and Lauren Nguyen
Bristol	N/A	N/A	\$180,000	Patricia M. Avery	Robert S. and Linda G. Aspey
Campton	440 Bog Rd.	City/Municipal Property	\$10,533	Town of Campton	Mike Johnson
Campton	Cabernet Drive	N/A	\$18,000	Town of Campton	Tower 2013 RET
Campton	Jenny Lane	N/A	\$14,000	Town of Campton	Delaney Brodeur
Campton	48 McLaren Dr.	Single-Family Residence	\$400,000	Thomas D. and Pamela P. McDorr	Jun Yang
Campton	18 Miclon Rd.	Single-Family Residence	\$188,000	Gerald R. Warren	Frank and Lisa Pollicino
Campton	23 NH Route 49, Unit 16	Condominium	\$120,000	Gro S. Jordan	Karen A. Burnell
Campton	Pegwood Road	N/A	\$10,533	Town of Campton	Peter J. Darco
Campton	Route 175	N/A	\$45,000	Mary E. Clifford	Michael J. Healey
Campton	N/A (Lot 23)	N/A	\$49,933	Dana M. Gagnon	Kevin J. Thornton
Campton	N/A (Lot 18)	N/A	\$41,000	Robert J. and Pauline C. Bubencik	Kevin J. Thornton
Campton	N/A	N/A	\$22,000	John S. Comey and James L. Doura	Yury Altshuler and Ekaterina Lemberg
Dorchester	N/A (Lot 1)	N/A	\$399,000	William E. Russell Fiscal Trust	Fredericka H. Ellis
Holderness	22 N. River St.	Single-Family Residence	\$175,000	John F. Spaulding	William P. Manson
New Hampton	37 Forest Pond Rd.	N/A	\$90,000	Mark A. Barnard RET	Troy A. Tikkanen
Plymouth	132 Highland St.	Single-Family Residence	\$325,000	Terence and Cheryl Fifield	Marybeth and Jennifer L. Bentwood
Plymouth	10 Rogers St.	Single-Family Residence	\$375,000	Christopher and Jaime Whitcher	Angela Wilson
Plymouth	235 Yeaton Rd.	Mixed Use (Residential/Commercial)	\$135,000	Rosalie J. Yeaton 2006 Trust	R&M Szumski 2020 RET
Rumney	2668 Stinson Lake Rd.	Single-Family Residence	\$760,000	Fatherland Fiscal Trust and Joseph D. Carter	Michael Machanic
Thornton	174 Amory Leland Rd.	Single-Family Residence	\$262,600	Wells Fargo Bank NA Trust	David Roy Fiscal Trust
Thornton	28 Keona Rd.	Single-Family Residence	\$320,000	Taylor B. and Janelle Christensen	Whitney and Joseph Rino
Thornton	72 Mad River Rd.	Single-Family Residence	\$420,000	Agnes J. Robertson Estate and Virginia M. Perkins	Kerri S. Burhoe
Thornton	Mountain View Drive (Lot)	Residential Open Land	\$28,933	Ronald C. and Lynda S. Hamrick	Kevin J. Thornton
Thornton	Mountain View Drive	Residential Open Land	\$27,533	Douglas M. Dias	Robert S. Cosmo RET
Thornton	18 Upper Mad River Rd.	Single-Family Residence	\$240,000	Paul C. Young RET	Jonathan Pimentel and Heather Locher
Thornton	N/A (Lot 16)	N/A	\$40,000	Kevin Dorsey	John and Jennifer Wilbur
Waterville Valley	34 Davos Way, Unti 28	Condominium	\$345,000	Young NT and Peter B. Young	Lucio and Linda Chavez
Waterville Valley	Forest Knoll, Unit L4	Condominium	\$464,000	Yount RT and Bradley A. Young	Robert D. Gibson

## 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](http://www.real-data.com)

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. 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](http://www.thewarrengroup.com)

# Liz Brochu receives Union Leader's 40 Under 40 Award

—BY EMILY SHANAHAN  
CADY

PLYMOUTH — On July 27, the 20th New Hampshire 40 Under 40 celebration was held at Delta Dental Stadium, where an emerging generation of New Hampshire leaders were honored and celebrated by colleagues, friends, and family.

This year, we are thrilled to announce that CADY's Youth Services Director, Liz Brochu, was inducted into the 40 Under 40 Class of 2021. Individuals under 40 are nominated each year for their career achievements, commu-

nity involvement and contributions to New Hampshire. Since its inception in 2002, the New Hampshire Union Leader has honored 800 outstanding Granite Staters making a difference in their communities and professions.

Brochu has been with CADY for over 14 years. She is an alumna of UNH and holds a graduate degree in education from Plymouth State University. She serves as the Youth Services Director and the Central Region's Substance Misuse Prevention Coordinator and holds NH Certified Prevention Specialist credentials.

Her passion for prevention inspires others to make a difference in the health and wellness of children and youth and in their community.

Brochu was instrumental in the development of CADY's Youth Leadership programs, the Junior Action Club and the Youth Advisory and Advocacy Council; both programs give youth the opportunity to become leaders in prevention with self-driven projects and high-impact initiatives they find meaningful. Their outreach is shared with their peers and greater community. She recognizes the power of peer-to-peer education and turns to youth for input on program development. To date, she has mentored over 170 youth prevention leaders.

Research shows that parents are the number one influence on their child's decision to use drugs or alcohol. Armed with this knowledge, in 2017, Brochu convened the Parent Advisory Council (PAC) to bring parents to the prevention table and provide the connection and opportunity to work together to build healthy

environments and promising futures for children and youth in our region. With her guidance, this amazing group of parents have sponsored several community and statewide awareness-raising events to make substance misuse prevention a family and community priority.

Throughout the pandemic, as many organizations were forced to pull back on direct services, Liz innovatively crafted a free Parent Webinar Series with more than 10 live-streamed events. This series continued to provide the critical information parents craved to address their children's emotional needs through the confusion and isolation of COVID-19. She recognized immediately that families needed guidance, support, and education to keep their children safe, healthy, and productive in the uncertain times of the pandemic. She jumped at the opportunity to develop the series, which included information about communication, emotional wellness, talking about risky behavior, underage drinking, and more.



Liz Brochu

Upon receiving the award, Brochu was asked what motivates her to give back to her community, and she replied: "I care deeply about kids and want to help them learn, grow, and thrive by closing gaps and opening new opportunities for them. When we empower youth with new skills—we build self-confidence. With the challenges so many youths face today, we as adults need to be there for them. Watching kids grow into

strong, capable, healthy, and happy young adults is the best reward imaginable."

Brochu is a devoted mother, wife, daughter, friend, and community member. We are very fortunate to have Liz Brochu as member of the CADY team and are very grateful for her dedication to the important work we do to protect what we value most—our children.

## Quincy Bog Natural Area hosts presentation on Fragrant Cliff Fern

RUMNEY – Join Scott Bailey, a lead scientist at the Hubbard Brook Experimental Forest in Woodstock for an in-person evening talk titled Rumney's Pioneer: Investigating the Habits of a Northern Fern at its Southern Limit on Wednesday, Aug. 25 at 7 p.m.

Fragrant Cliff Fern is widespread in Arctic and Subarctic America and Asia, with populations as far south as the northern forest in Maine, New Hampshire, Vermont and New York, where it is listed as a rare plant. Fragrant Cliff Fern may serve as a case study for how plants adapt to a changing environment. In his presentation, Scott will highlight the geologic, climatic and genetic reasons for this geographic distribution, including studies of one of the southernmost colonies found in the US, in Rumney.

Wednesday Evening Programs in late July and August will take place at Quincy Bog's Nature Center, 131 Quincy Bog Road in Rumney. Talks are free and open to the public, and are underwritten in part by the Ruth V. Fisher Memorial Fund. Contact Betty Jo Taffe with any questions regarding this or future Quincy Bog presentations by email at [bjtaffe@gmail.com](mailto:bjtaffe@gmail.com).

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## From the Editor's Desk

“Is this Heaven?”  
“No. It's Iowa.”

An incredible moment happened last Thursday, and baseball fans all across the country watched. The Chicago White Sox and the New York Yankees met for an old fashioned game of ball in Dyersville, Iowa, where dreams really do come true.

The two teams, and thousands of fans came together, in a cornfield, at the Field of Dreams. The diamond was constructed right next to the original set of the 1989 film that gave the location its name.

The movie highlighted the magic and the history behind baseball. Inspired by the true story of disgraced White Sox player Shoeless Joe Jackson, who was infamously bribed, along with seven other teammates, to ‘throw’ the 1919 World Series, “Field of Dreams” offers his ghost the chance at redemption that he never had in life. We remember fondly the first time we watched the movie, reaching for a box of tissues when Kevin Costner’s character, Ray, asks his father’s ghost to “have a catch” that helps them both heal their troubled relationship as well.

During the broadcast of last week’s game, Costner, in the same blue jeans and white shirt he wore in the movie, appeared slowly, as he walked into sight from the cornfield, re-creating a scene from the movie. According to fans, it was magic, surreal. Anyone who has watched the film, would have driven to Iowa to watch the ‘baseball men’ play, if it was real. Thursday’s game was the closest they’ll ever get. There is no doubt that as fans watched the modern day ball players at work, thoughts of Archibald ‘Moonlight’ Graham, Shoeless Joe, Babe Ruth and others came to mind.

Costner addressed the fans as he made his way to towards the pitcher’s mound, stating “We’ve come to see the first place White Sox play the mighty Yankees in a field that was once corn. It’s perfect. We’ve kept our promise. Major League Baseball has kept its promise. The dream is still alive. There’s probably just one question to answer: ‘Is this heaven?’”

The players emerged, like the film’s ghosts, from the cornfield, leaving the fans in awe.

The game brought the sport back to the basics for just one night. What is simpler than a soda, a hot dog and some popcorn? How surreal to be able to sit close enough where the players can actually make out what the fans are yelling, or what they’re saying to raz the umpires.

The White Sox bested New York in a close match when Tim Anderson hit a walk off home run far off into Iowa’s country sky. The game was described as a time capsule from a different era. In a post game interview, Yankees Manager

Aaron Boone said, “That’s probably the greatest setting for a baseball game that I’ve ever been a part of. Kevin Costner standing out there in short center field, that’s probably a moment I’ll remember the rest of my life.”

Many fans agreed that being at the game was a dream come true, it didn’t matter who won.

There are talks that the game may come back to Iowa next year. But more importantly, America’s greatest past time, reminds us that in times of uncertainty, there will always be baseball. The famous quote below is from the film. It’s a powerful message of unity that is refreshing to read.

“People will come, Ray. They’ll come to Iowa for reasons they can’t even fathom. They’ll turn up your driveway not knowing for sure why they’re doing it. They’ll arrive at your door as innocent as children, longing for the past.

“Of course, we won’t mind if you look around,’ you’ll say, ‘It’s only \$20 per person.’

“They’ll pass over the money without even thinking about it: for it is money they have and peace they lack. And they’ll walk out to the bleachers; sit in shirtsleeves on a perfect afternoon. They’ll find they have reserved seats somewhere along one of the baselines, where they sat when they were children and cheered their heroes. And they’ll watch the game and it’ll be as if they dipped themselves in magic waters. The memories will be so thick they’ll have to brush them away from their faces.

“People will come, Ray. The one constant through all the years, Ray, has been baseball. America has rolled by like an army of steamrollers. It has been erased like a blackboard, rebuilt and erased again. But baseball has marked the time. This field, this game: it’s a part of our past, Ray. It reminds us of all that once was good and that could be again. Oh...people will come Ray. People will most definitely come.”

And they did.

## CADY Corner

*Childhood adversity and substance use*

BY DEB NARO

Contributor

People who experience adversity and trauma during childhood are more likely to use alcohol and other drugs during adolescence and to initiate substance use earlier. The neural mechanisms linking childhood adversity and adolescent substance use, however, are poorly understood. Recent studies have implicated areas in the brain’s frontal lobe in this association. One of these regions is the anterior cingulate cortex (ACC), which is involved in impulse control and decision making.

In a NIDA-sponsored study, Dr. Nicole Fava and colleagues from Florida International University and the University of Michigan combined information about parent-reported adverse childhood events, teacher-reported externalizing behavior, and adolescent’s self-reported substance use with brain imaging data to show that childhood adversity is associated with altered ACC activity in certain situations. This altered ACC activity, in turn, is linked with behavior problems in early adolescence and substance use in late ad-

olescence.

Dr. Fava explains their multidisciplinary approach, saying, “We don’t know much about how childhood adversity and trauma and adolescent substance use are connected. We were interested in examining that ‘how’ by collaborating with researchers in different fields.”

The study included 465 adolescents who participated in a long-term study of families at high, intermediate, or low risk of substance use. Over the course of the study, the researchers assessed adverse childhood experiences from ages three to 11, externalizing behavior (e.g., aggression, delinquency) at ages 12 to 14 and substance use at ages 15 to 17.

The study results confirmed that childhood trauma and adversity, such as physical abuse/punishment, poverty, and parent-on-parent violence, increased the risk of alcohol, tobacco, and marijuana use in adolescence. This relationship was mediated by increased externalizing behavior in early adolescence. Thus, youth with more adverse childhood experiences were more likely to show aggression or delinquency at

ages 12 to 14, which in turn predicted greater risk of substance use.

Youth who experience childhood adversity are at greater risk of substance use in late adolescence. This relationship is mediated by externalizing behavior in early adolescence. Youth experiencing adverse childhood events are also more likely to show impaired ACC activation after making errors on an assigned task. This impairment contributes to their increased risk of externalizing behavior in early adolescence.

The associations accounted for only a portion of the relationships between childhood adversity, externalizing behavior, and adolescent substance use; other factors certainly also play a role. Nonetheless, the observed reduced ACC activation suggests that adverse and traumatic childhood experiences can impair error monitoring in the brain and thus prevent youth from learning from their mistakes.

Dr. Fava explains, “If certain youth are not learning from their mistakes, and if we think about mistakes as being synonymous with risky behaviors—or in this

case, substance use—then youth will keep using substances in the future until they are able to learn from their mistakes.”

These findings may help improve adolescent substance use prevention and treatment strategies by not basing health interventions on behavioral observations alone but also on indicators of brain activity.

Dr. Fava says, “It may be more effective to consider the impact of trauma when planning interventions—using techniques such as mindfulness, neurofeedback techniques, and trauma-focused cognitive behavioral therapy, to name a few—to help adolescents discontinue substance use.”

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@parcnh.org or 238-3555.

## NORTH COUNTRY NOTEBOOK

Look up on a cloudless night,  
good luck with ambient light

+++++

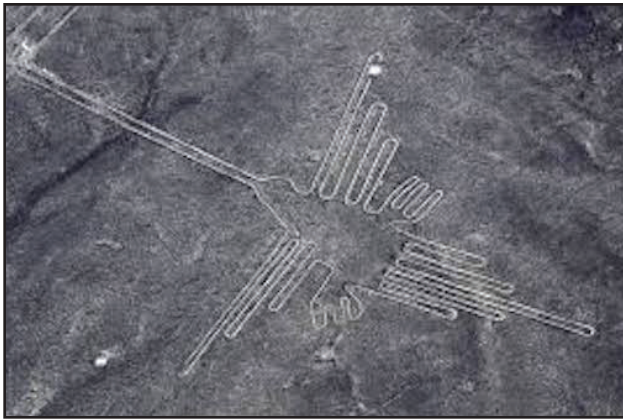
New Hampshire has a rich history with boats. Before anyone had time or money to build bridges, people were using boats to cross rivers and lakes.

Before there were bridges, there were well-known crossing places at shallows. Before there were bridges, there were also boats. If there was a buck to be made, someone was making it.

Long before there were any mid-stream bridge-footings, someone was hauling barges back and forth on a rope. I think about this whenever I see cribworks and stone. Before all that, someone found a way to float people and stuff across.

We tend to forget what a revolution steam was. People had been thinking about it for centuries, but France, then England, then America got it done. When it comes to actual application and commerce, take your pick.

The components of a small steam engine and related mechanisms to drive a boat could be hauled just about anywhere by horse, mule, travois, or wagon. Town histories are rife with stories about everything from work-barges to excursion boats. As soon as someone found flat wa-



COURTESY

An image and some straight lines in the high desert of the Andes that some historians argue can only be used or appreciated from the air. (Courtesy livescience.com)



An earwig of the kind I usually find this time of year—perpetually damp doorsill, newly cut grass, etc.—whenever I open the shop’s overhead door. (Courtesy UNH Cooperative Extension)

ter or made some, people found ways to float stuff across.

+++++

It’s a banner year for earwigs, those insects that scurry to hide whenever you pick something up, like a slipper. Earwigs come across as the very definition of “obsequious,” a good word for some politicians.

Not all of them (the

politicians, not the earwigs), mind you, and especially not the people who file for office because of ideals, traditions, and personal goals. They often begin by running for school board or state legislature. Who would want such a job? You have to be nuts. All right, just kidding there—I admire such people, and truly go out of my way to tell

SEE NOTEBOOK PAGE A5



# Comfort Keepers

## Finding your source of joy

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.”  
-Henri J.M. Nouwen

As we celebrate our third annual National Day of Joy, I took a moment to reflect and consider the true impact joy has on our lives. Science proves that attaining daily doses of joy – big or small – works wonders on our overall wellness, including our physical and mental health. The actual factors that bring about joy, whether they be situations, people, activities, or things, are highly personal and individual to each one of us. Yet, when you are a joyful person, happiness has a way of being contagious and can help spread hope and positivity to others.

Yes, perhaps we can all agree that living joyfully is important, but how do we do that when we all get caught up in our busy lives? Why is seeking joy particularly important for aging adults? This article will explore ways seniors can find these moments of joy and laughter within themselves or with their

family, friends, or their caregivers to improve their mood and overall well-being on the Day of Joy - or any day.

Laughter is the best medicine

Moments of joy are a must for all of us but especially for older adults. Depression and isolation are more prevalent for seniors and living a life full of joy, happiness and laughter is a great way to lift their spirits and create overall health benefits. Many therapies that focus on seniors are now beginning to incorporate humor and laughter to create more joy. A little bit of joy can go a long way when it comes to improving a senior's health, both physically and mentally!

Whether you're guffawing out loud at a sitcom on Netflix or quietly chuckling at a funny meme, there is no doubt that laughing does you good! One of the most important aspects of laughter, regardless of age, is that it releases what is referred to as 'happy hormones.' Serotonin, dopamine, oxytocin, and endorphins are famously happy hormones that promote positive feelings like enhanced mood, pleasure,

joyfulness, and even love. So much research is available that speaks to the advantages of being happy, particularly the 'head to toe' benefits we receive if we incorporate laughter in our lives on the regular! By seeking out more opportunities for humor and laughter, we can all improve our emotional health, strengthen our relationships, and find greater joy and happiness—some say it might even add years to your life!

The importance of social interaction

There's no doubt that taking the time to connect with people is essential for living well as you age. You don't grow as an individual if you simply disengage. By exposing yourself to people with different outlooks on life, you can open up a whole new world. Social disengagement and loneliness are often considered to be routinely associated with physical limitations causing us to become even more isolated. However, studies have shown that an active social life improves cognitive function and overall brain health, especially for older adults.

As we get older, we

tend to become creatures of habit – even more so than we were in our younger days. While routines are comforting, research tells us that one of the habits many of us adopt as we mature is the tendency to become disconnected from friends and family on a purely 'social' level (as opposed to a sense of obligation or responsibility). With that in mind, brain researchers have discovered that when we consciously develop new habits and activities, we can actually jumpstart our 'trains of thought' onto new, innovative tracks. Reconnecting and consequently becoming more socially active may just do the trick!

As life continues to get back to normal, the ability to finally get together again with family and friends is critical, especially for older adults. I don't think any of us truly realized how much our friends and family provide us with a sense of identity and belonging until those interactions were curtailed or shut off entirely like they were during the pandemic.

Seniors need social interaction to reduce feelings of isolation and

loneliness. Research shows that older adults who have more social interactions keep higher levels of cognitive function longer, and their memories do not deteriorate as quickly as their more isolated peers. Seniors who stay in touch with family and close friends have also been shown to have lower risks of dementia.

Family/friend gatherings are also important because this is when 'experiences' are passed down between generations. In addition to being something to look forward to, spending time together establishes a foundation for family/friend values and serves as special bonding experiences. For older adults, these moments together are also a way of transferring the family's history and culture from one generation to the next.

Simple tips on ways seniors can find joy:

Finding moments of joy every day does not have to be a daunting task. Following are some of my favorite tips to attain joy every day:

Embrace your Interests: try something new that you always thought about or connect with

people who share your current interests or hobbies

Prioritize Family and Friends: a recent Comfort Keepers study found that connecting with family, loved ones and friends delivered the most joy compared to activities, events and things

Bond with Family Virtually: in-person visits are not always possible, so we're so lucky that we have mobile phones, social media and technology to help us keep in touch from far away. The same Comfort Keepers study found that seniors have embraced texting, emojis and social media to bond with the grandkids

Indoor or Outdoor Exercise: exercise can result in joy! Studies have indicated that people who worked out only once or twice a week said they felt much happier than those who never exercised – plus it leads to improved physical health for seniors. Exercise can apply to a wide variety of strength and mobility and can include stretching, balance exercises, yoga, Tai Chi, walking, gardening, bicycling, and swimming.

## Towns

### Bristol

Al Blakeley  
adblakeley0@gmail.com

With this being the middle of August, schools and colleges are starting to welcome students and I'm hoping that they get to stay there and enjoy the benefits of learning together and being together in the environment designed for learning. The social benefits alone will be worth it.

I would like to wish all educators and students all the best for the school year.

Tonight, Thursday, Aug. 19, the Bristol Summer Concerts in the Park will feature the Morgan-Nelson Band. The concerts start at 6:30 p.m., and will be over at approximately 8 p.m. Bring your chair, your family, friends and neighbors and join in

the fun!

Next Thursday, the concert will be by the Freese Brothers Big Band.

On Saturday, Aug. 21, Bridgewater will hold its 123rd Annual Old Home Day at the Bridgewater Old Town House on Bridgewater Hill Road. All are welcome. Festivities get under way at 10am with coffee and set up and the day is filled from there with a flag-raising by the Boy Scouts, crafts and bake sales, children's games, a group photograph followed by baked beans with all the fixin's at noon, a Squam Science Center program with hawks and owls, and a square dance at the Old Town Hall at 7:30 p.m. to cap off the day!

On Saturday, Aug. 28, the Stand Up Newfound 5K Road Race will be held with registration held at 7:30 a.m., and the

race will start at 8 a.m. at Kelley Park. Participants meet at the Tennis Court on Kelley Park.

Other events held on that Saturday include: a Pancake Breakfast from 8 – 10 a.m. at the Masonic Union Lodge #79 on Pleasant Street, Bristol Old Home Day and Craft Fair on Kelley Park from 9 a.m. until 3 p.m., an Antique Car Show also on Kelley Park with registration from 8 – 10 a.m. and the show will be from 10am until 3pm, the TTCC Lobster/Chicken Dinner (information and tickets at 744-2713 and www.ttccrec.org), and a Story Walk at Slim Baker Area featuring "Stars" by Mary Lynn Ray.

The TTCC needs volunteers for the Annual Old Home Day and Lobster & Chicken Supper coming up on Aug. 28. Baked items needed include: pies, cupcakes, cake items. If you can

be there to help that day, corn-shuckers, salad prep, staffing TTCC ticket booth are needed from noon until 3 p.m. Prep for dinner help is needed from 3 – 5 p.m. Dinner serving and clean up is needed from 5 – 8 p.m. (fresh crew preferable).

Other volunteers are needed to deliver posters for upcoming events monthly at various businesses and boards. Also needed are folders for Fall fliers for the schools to be done by the end of August. These can be taken home to be worked on. (744-2713 or bccfun@metrocast.net).

On Sunday, Aug. 29, the Bristol United Church of Christ will hold a worship service on Inspiration Point at 9:30 a.m. All are welcome to attend.

Great news! Corrugated cardboard recycling is staring at the Transfer Station. Clean, flattened,

corrugated cardboard will be accepted. Staples and tape to do not have to be removed. Clean pizza boxes are also accepted. Cereal boxes or other thin-walled cardboard is not accepted now. These rules are important because the cardboard is baled and sold. If a bale includes contaminated or the wrong type of cardboard, it will be rejected and cannot be sold. Paper mills in Claremont and New York state are currently accepting bundled cardboard and making rolled paper. Please start bringing your cardboard to the Transfer Station and look for the green building to put it in.

With all that is going on here and in our wonderful state, I hope you all get to grab some time to get out and partake of some of your favorite activities and have fun doing it.

### Hebron

Bob Brooks 744-3597  
hebronnnews@live.com

Hebron Historical Society program

On Friday, Aug. 20, the Hebron Historical Society will be hosting a program at 7 p.m., featuring New Hampshire historian and humorist

Rebecca Rule with "That Reminds Me of a Story."

The program is sponsored by the NH Humanities Council and will be held at the Hebron Community Hall, 16 Church Lane.

It is handicap accessible, free of charge, and open to the public. Light refreshments to follow. For more information, call 744-3335. Mask Wearing is Strongly Encouraged at this Program!

## Notebook

FROM PAGE A4

them so. It's about as directly accountable as it gets.

So, a tip of the hat to the people who want to serve the people by getting involved in town or county government or the State House. Somebody has to do it, and these days, finding "somebody" can be next to impossible.

+++++

The other night I was fortunate to spend time with two people dear to me, looking at the stars. I get to do that alone on any clear night, because if I turn off the house lights, there is utterly no background light saved for the faint glow from town. You cannot do that in Lower Manhattan.

The Milky Way was practically jumping out of the sky. We could easily make out the planets. Numerous satellites made their cross-stitch way across the backdrop of deep space.

Later on, when I was thinking about age-old mysteries, I decided to re-visit "Chariots of the Gods," Erich Von Daniken's book that popularized questions about runway-like lines and assorted gigantic renderings or birds and spiders and other creatures in the deserts of South America.

The problem with trying to have an intelligent discussion about such things today is that it all runs the risk of getting dismissed as just another conspiracy theory, or somehow Euro-centric ("The Incas could never

do that"), or even worse, racist. It is none of those, of course, and such questions transcend the politics of the moment,

a "moment" being one minute or several millennia, depending on whose clock counts.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@

gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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<b>Edward Jones: Financial Focus</b>					
<b>Review your IRA, 401(k) beneficiaries</b>					
If you've had an IRA and a 401(k) for many years, you may occasionally ask yourself some questions: "Am I contributing enough?" "Am I still funding these accounts with the right mix of investments for my goals and risk tolerance?" But here's one inquiry you might be overlooking: "Have I used the correct beneficiary designations?" And the answer you get is important. It wouldn't be surprising if you haven't thought much about the beneficiary designation – after all, it was just something you once signed, possibly a long time ago. Is it really that big a deal?		including their wills, living trusts, durable powers of attorney and health care directives. If you've revised these documents, do you have to worry about the old beneficiary designations? You might be surprised to learn that these previous designations can supersede what's in your updated will and other documents. The end result could be an "accidental" inheritance in which your retirement accounts and insurance proceeds could end up going to someone who is no longer in your life. Furthermore, your retirement plans and insurance policy may not just require a single beneficiary – you may also be asked to name a contingent beneficiary, to whom assets will pass if the primary beneficiary has already died. As you can imagine, the situation could become quite muddled if stepchildren are involved in a remarriage.		designations on all of your accounts at some point – and especially after a significant change in your family situation. If you see something that is outdated or incorrect, contact your retirement account administrator – or your insurance representative, in the case of life insurance – to request a change-of-beneficiary form. And if you really want to be on the safe side, you may want to enlist a legal professional to help you with this review to make sure the beneficiary designations reflect your current family situation and are consistent with what's in your estate plans. In fact, if you're already working with an experienced estate planning attorney – and you should – you might also pick up some other suggestions for dealing with beneficiaries. Just to name one, it's generally not a good	
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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.		<b>Jacqueline Taylor</b> Financial Advisor 3 Mill Street PO Box 176 Meredith, NH 03253 603-279-3161 Fax 866-532-8685 jacqueline.taylor@edwardjones.com			



# A fitting finish to the Tokyo experience



ARIGATO was displayed on the big screens as the Tokyo Closing Ceremonies wrapped up on Aug. 8.

JOSHUA SPAULDING



IOC PRESIDENT Thomas Bach waves the Olympic flag as he prepares to pass it from the government of Tokyo to the mayor of Paris in the traditional handover ceremony.

BY JOSHUA SPAULDING

Sports Editor

TOKYO, Japan — I entered my first Summer Olympics with the hopes of attending the Opening Ceremonies or the Closing Ceremonies. In both Sochi in 2014 and PyeongChang in 2018, I arrived just a bit too late to attend the Opening Ceremonies and left a bit too early to attend the Closing Ceremonies.

So, when I booked my hotel rooms and flights for Tokyo, I purposely made sure I was flying in the day before the Opening Ceremonies and was flying out the day after the Closing Ceremonies. My hope was that I would be able to attend at least one of the ceremonies this time around.

Of course, the pandemic, like it has with everything else, messed up those original plans. Because I had to quarantine for the first three days I was in Tokyo, I watched the Opening Ceremonies from my hotel room, which was very much like how I watched the Opening Ceremonies for my previous Olympics. In Sochi, I was in the Moscow airport while the ceremonies were taking place and in PyeongChang, I was in the lobby of the media housing while the ceremonies were going on and I watched both on television.

For those that aren't aware of how the cre-

dentials at the Olympics work, our press credentials get us into any of the sporting events, but there are a few exceptions, called high demand events. The Opening and Closing Ceremonies fall into this category, as do some of the events. In the Winter Olympics, figure skating finals are amongst those that are high demand. At the Summer Olympics, the evening track and swimming events and gymnastics finals are all considered high demand events.

For high demand events, press have to request tickets from their respective National Olympic Committee, which for me is the US Olympic and Paralympic Committee. I had requested tickets for a gymnastics competition and the track competition where Elle Purrier St. Pierre ran in the finals of the 1,500 meters. I put in my request for the Closing Ceremonies and stopped by the USOPC office in the media center to check in on my request and Bill Hancock was able to hand me a ticket to the Closing Ceremonies, which had me excited for my final days in Tokyo.

The Tokyo 2020 organizers recommended that we get to Olympic Stadium early to avoid the large crowds (though the lack of fans made it

easier for us to get in and out of the venue). I got to the stadium around 4:30 p.m. for the 8 p.m. ceremony. I grabbed a tabled tribune seat (a seat with a table, monitor and power outlets) and set up camp. It was

pretty hot, but it ended up being worth it when people showed up much later and had to sit in the regular bleacher seats reserved for press.

I got the chance to watch the rehearsal for the ceremonies, as

they ran through video cues, music cues and rehearsed some of the dance numbers. And then, it finally counted down to the start of the ceremonies. The Japanese flag was carried into the stadium and raised next to the Olympic flag.

Then came the entrance of the nation flags for all the countries that competed in the Summer Olympics. The flags formed a ring around the circle in the center of the stadium and then a highlight video played of the many Tokyo 2020 highlights. The athletes then started entering from all four corner entrances of the stadium, filling up the infield.

Since they weren't all filing in one nation at a time like in the Opening Ceremonies, this took a lot less time than it did a few weeks earlier. The flags then began leaving the field and a lighting display took place. While the lights were cascading off the roof of the stadium and forming rings in the middle, that was completely invisible to those of us sitting in the stands, though I could see it on the monitor in front of me.

Singing and dancing took to the stage next, with BMX bikes and skateboards playing a large role, while the Greek flag was also raised prior to the start of the medal ceremonies for the men's and women's marathon. The Kenyan anthem was played twice, since their runners won both marathons.

The new members of the International Olympic Committee's athletes commission were intro-

duced and volunteers were thanked for their work throughout the season and then after a strong drumming presentation, a video featuring dances from around the country was played on the big screens.

The Olympic Anthem was performed and then the Olympic flag was lowered and handed from the government of Tokyo to IOC President Thomas Bach, who in turn handed it to the mayor of Paris, host of the next Summer Olympics. The French flag was then raised as their anthem was played.

Next up was a great hype video from Paris 2024, which included live shots from downtown Paris, where people were gathered to celebrate the start of the countdown to Paris in three years. This was followed by a number of speeches, including Bach officially closing down the 2020 Summer Olympics and calling on the youth of the world to assemble again in Paris in 2024.

And then the flame was officially extinguished, with the word "arigato" (thank you) displayed on the big screens and fireworks lighting up the sky to bring the Closing Ceremonies to a close.

Surprisingly, I was able to walk right to the bus and get on and head back to my hotel at a decent hour; my third Olympics coming to a satisfying close.

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



ATHLETES fill the infield of the Olympic Stadium as the Closing Ceremonies move along in Tokyo.



THE FLAGS of the participating nations file in past the Olympic Flame during the Tokyo 2020 Closing Ceremonies.



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# A nightmare ending to a very strange experience



JOSHUA SPAULDING  
THIS BILLBOARD in the Tokyo airport advertises the Beijing 2022 Winter Olympics, coming up in just a few months. This was before the nightmare that was the trip home.

I am writing this column on Saturday, less than a week after returning from Tokyo.

The Tokyo Olympics were definitely a unique experience, given the lack of fans, the Olympic bubble we as media lived in and the whole pandemic of it all.

But, if you had told me that my five hours in Narita Airport on my way to cover the Olympics would be the easiest part of my Olympic travel, I would've told you that you were crazy.

But, that was before the Air Canada disaster that was the trip back to the United States.

We were advised to

arrive at the airport early, as there were a lot of people leaving Tokyo on Monday. Because I down-loaded my boarding pass the previous day, I was able to bypass some of the very long lines and got through security relatively easily.

However, about half an hour before we were scheduled to board, the announcement came that our flight was delayed by an hour, which was not going to leave me much time to make my connections in Toronto.

Thankfully, the pilot made good time and I got off the flight in Canada with about an hour to

get through customs and get to the plane to Boston. Because we were connecting quickly, we didn't have to wait for our bags at customs and got through relatively quickly, as each board we encountered said the Boston flight was "on time."

As it turns out, it was not. I got to the gate and the woman told me that the flight was delayed by an hour. About half an hour later, the flight was moved to a different gate and then 15 minutes after that, it was cancelled all together.

We got no explanation, we were just told to go to the customer

service desk. We weren't the only flight cancelled and the line at the desk was not short and was not helped by the fact that there was just one guy trying to handle everything. He was doing the best he can dealing with a lot of people who weren't happy. I give him all the credit in the world for keeping his cool the entire time.

They gave us a hotel voucher and food vouchers and then we had to clear Canadian customs, which involved another very long line with a lot of people who were not terribly happy. I spent about four hours in the hotel, but didn't really sleep, getting up pretty early to get in line to get through US customs in the morning. This was my third trip through customs in less than 12 hours, which is what everyone dreams of on their trips.

I cleared security and customs relatively quickly and went to my gate, only to have the flight to Boston delayed not once, not twice, not three times, but four times. Instead of the 8:30 a.m. departure, we left close to 11 a.m.

And of course, once I got to Boston, my suitcase did not. I had to fill out more paperwork to make my baggage claim.

Then, finally, I called the park and ride, got a

## SPORTING CHANCE

By JOSHUA SPAULDING



ride to my car and headed home, absolutely exhausted with no clean clothes. And it was off to rehearsal for Laughing Stock, which opened this past weekend at the Village Players Theater in Wolfeboro.

My suitcase eventu-

dirty clothes and all.

Needless to say, it was a fitting ending to a trip that had more hoops to jump through than anything that I've ever done.

Now, it's back to the real world.

*Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton*

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# New APRN, Jill Hunter, joins Pemi-Baker Community Health

## Educating the Public About Palliative and Hospice Care

BY ANNA SWANSON  
Pemi-Baker Community Health

PLYMOUTH — The term Hospice Care is widely known but many times people shrug their shoulders when asked about Palliative Care. Jill Hunter, APRN, ACHPN has recently joined Pemi-Baker Community Health (PBCH) as their Nurse Practitioner in Palliative and Hospice Care. PBCH is thrilled to have her join their mission to educate Central and Northern NH about Palliative Care and how a Palliative team can help families facing serious illnesses.

Jill Hunter has been a nurse practitioner for 23 years working in pri-



COURTESY

Jill Hunter, APRN, ACHPN, visiting a patient in their home to discuss Palliative Care options.

mary care, both family practice and internal medicine for the Indian Health Service in New Mexico, Dartmouth Hitchcock Clinic and Concord Hospital. Most recently she has focused on palliative care, after becoming very involved with a particular patient in his late 40s, just diagnosed with renal cell carcinoma (kidney cancer).

“I remained his PCP throughout his illness, managing his symptoms, coordinating with his specialists and educating his family. I celebrated his triumphs and supported him through disappointments. I eventually helped him to transition to hospice care three years after

his initial diagnosis and remained involved in his care until he died. He taught me a lot about caring for seriously ill patients and their families. I feel that experience sparked a passion within me to become a palliative care provider,” said Hunter.


One of the biggest misunderstandings people have is thinking Palliative Care is the same as Hospice Care. Although it is a part of Hospice Care, Palliative care is specialized medical care for anyone living with a serious illness. It is appropriate at any age and at any stage of the illness, and it can be provided along with curative treatment. Pemi-Baker’s specially-trained team of doctors, nurses and other specialists work with a patient’s other doctors to provide an extra layer of support focusing on providing relief from pain, nausea, constipation, diarrhea, insomnia, anxiety, shortness of breath and other stressors of the illness.

“Most of my experiences in palliative care have been in the hospital setting. Unfortunately, the patients I see are often far along in their journey with serious illness and could have benefited from symptom management and goals of care discussions much earlier. I think that there is a growing trend of trying to introduce palliative care earlier and one of the best ways to do so is in the home—meeting patients where they are and most often where they want to remain. Working with Pemi-Baker Community Health is going to allow me to do just that,” said Hunter.

With more than 50 years of experience, serving clients from 28 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Palliative Care Services are just one of the home health services available to you through PBCH. We encourage you to talk to your doctor about getting palliative care and also encourage you to call PBCH with questions. PBCH is located at 101 Boulder Point Drive, Plymouth, NH. To contact us please call: 536-2232 or email: info@pbh-ha.org Visit our Website: www.pbhha.org and like our Facebook Page: @PBCH4

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Bristol

FROM PAGE A1

Annual Old Home Day event. Activities start with a pancake breakfast at the Union Lodge Masonic Hall from 8 – 10 a.m. and a 5K Road Race that kicks off at 8:30 a.m. Race registration starts at 8 a.m. From 9 a.m. – 3 p.m., the fun continues in Kelley Park with all the classic elements of an old home day - food, crafters, vendors, music, games, pony rides and so much more! In addition, there are some special events scheduled throughout the day which include:

a Demonstration with the Bristol Police and K9 Officer “Arro” at 10 a.m.

Fish and Game Officer Josiah Towne from “North Woods Law” with be present

The Joyful Noise Ukulele Band will perform at

11 a.m.

The Bristol Police Department will host a Taser Demonstration at 2 p.m.

And don’t worry if the weather is too warm as there will be a dual lane waterslide to help you cool off!

The day will feature many family-friendly activities at Kelley Park with something for everyone, and while admission is free, some activities and food may require a nominal fee, and of course, all your friends and neighbors will be there to help you celebrate!

And lastly, save some room and don’t forget to get your tickets for the TTCC’s Famous Lobster & Chicken dinner! Dinner goes from 5:30 – 7 p.m. and tick-

ets are available at the Thompson-Tapply Community Center or on the park that day - while still available! Dinner Music will be provided by Solitary Man.

Anyone seeking more information about the Bristol Old Home Day should contact the Tapply-Thompson Community Center at 744-2713, the Town of Bristol at 744-3354, ext. 136 or visit the following websites: [www.townofbristolnh.org](http://www.townofbristolnh.org) or [www.ttccrec.org](http://www.ttccrec.org) for regular updates as all events are subject to change.

The Events Committee has worked hard this summer to plan events to satisfy all ages. They would like to thank the following local businesses who stepped up to sponsor the Thursday

night concerts this summer: Franklin Savings Bank, Granite Group Realty, TD Bank and West Shore Marine. And thanks to Very Excellent

Chinese Restaurant the community was treated to free summer movies in the park.

So, mark your cal-

endar and plan to participate in Bristol’s Old Home Day - it is a great way to catch up with old friends and neighbors and to celebrate Bristol!

Web Site

FROM PAGE A1

“The hope is that this site can be a tool for new business owners, companies looking to move into town, and for the businesses that are already here,” said Coates. “We also want to use it as a place to showcase our many recent successes and the great businesses that call Bristol home.”

Building upon recent growth

Bristol has seen an increase in investment in privately held properties in town, including 16-20 Central Square, which underwent a full rehab transforming the block from mill buildings to residential apartments. In addition, new restaurants, a jazz club, retail-

ers, three breweries, a winery, and an anesthesiology practice have opened their doors in recent years, indicating that Bristol’s economic and employment opportunities are on the rise.

In addition to the new business investment Bristol has experienced, there’s also data that suggest that people are looking to Bristol and surrounding areas as a place where they can live, work and play. Since 2015, there has been a 56% increase in the number of housing units sold in Grafton County and a 45 percent increase in the median home price. These real estate numbers indicate that Bristol and Grafton County, much like the rest of the state, is experiencing a period of growth despite

economic disruptions caused by the COVID-19 pandemic.

Bristol recognizes the potential in this growth and the role local government can play. Over the past five years, the town has invested in a downtown revitalization project that updated and improved traffic, parking and landscaping in Central Square, invested in public parks and trails throughout town, built Safe Routes to School, launched investments in public water and sewer service, and built the infrastructure needed to provide high-speed internet access throughout the town, including to the University of New Hampshire, municipal buildings and schools.

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Collection

FROM PAGE A1

vivid picture of what life was like in New Hampton in the late 1800s and early 1900s. Excerpts from early journals include references to happenings throughout the town and to New Hampton School buildings and personnel. In 1900 Emma Grace Bickford led successful efforts of the Women’s Christian Temperance Union (WCTU) to install a Clapp Fountain – for the use of horses, dogs and people – in the center of the Village. The fountain still stands today. This attempt to keep men out of saloons while their horses watered is captured in correspondence between

Emma and the Clapp Foundry in Concord, NH. A note from Ina on April 8, 1912, that makes reference to future Head of School, Frederick Smith (Class of 1910):

Windy and cold. Papa [Rev. Lewis Bickford] and I worked at the library during the morning, after he came back from the sap house. I finished accessioning the books. Frederick Smith spent the day in town and came in a few minutes and played to Annie [Bickford] on the mandolin.

Susan Bickford Tsiatis, a great-niece of Ina Bickford, says of the collection, “I am thrilled to know that my family’s archive is now part of the Gordon-Nash Library. Their lives truly wound through the history of the library, the school, and the town. Their photos and memorabilia will bring color to the story of New Hampton’s past. They were real people, and I am so proud to be part of their heritage.”

The Bickford family was prominent in New Hampton School, Gordon-Nash Library, and the town of New Hampton affairs from the 1870s through the 1950s. Reverend Lewis P. Bickford and his daughter, Ina, were both directors of the Gor-

don-Nash Library for its first 50 years, both Ina and Grace taught at New Hampton School, and their parents, Rev. Lewis and Emma Fox, served on various boards and committees in town.

Kent Bicknell began his relationship with New Hampton School as a child, living on campus with his siblings, and father and mother, who taught at New Hampton School and New Hampton Community School, respectively. After graduating from NHS in 1965, Kent attended Yale University where he finished as a Scholar of the House. He holds a B.A. from Yale University, an M.A. in Early Childhood Education from Goddard College (Vermont), and an Ed. D from Boston University. Kent helped found Sant Bani School in Sanborn-ton, New Hampshire in 1973 and served as Head of School for the next 44 years – through 2017. With a passion for the New England Transcendentalists, in 1995 Kent acquired an unpublished gothic thriller by Louisa May Alcott, “A Long Fatal Love Chase,” and saw it through publication to the New York Times Bestseller List. Kent was awarded the Lifetime Achievement Award from New Hampton School in 2021.

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