

Raffle offers local teens a chance at adventure

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — Barbara Greenwood has teamed up with Alice Jenness of DJ's Crafts in Bristol to host a raffle that is raising money to send children on field trips through Tapply-Thompson Community Center, and the doll package they have put together for the raffle is sure to thrill any young girl.

Each year, Tapply-Thompson Community Center takes children on field trips for their camp programs and even hosts a Westward Bound adventure for high school students to places like Colorado, the Dakotas, Montana and more. These trips help educate and bond the students as they



Barbara Greenwood displays the American Girl Bitty Baby along with some of the clothing, furniture and accessories she and Alice Jenness have put together for a raffle that will help send local children on field trips through Tapply-Thompson Community Center.

experience new and exciting adventures together.

Costs for those trips are borne by the parents, though, making it difficult for some families to find the extra money that would allow their children to participate. Knowing that, Greenwood and Jewell decided to lend a hand through their raffle.

“Any way we can, we want to help parents send kids on those trips. It’s just so good for them,” said Greenwood.

Jenness found a beautiful white wooden crib that has storage space beneath the pink and white gingham bed. She also added a matching baby

SEE RAFFLE, PAGE A10

Work up an appetite at annual Turkey Trot

BRIDGEWATER — Newfound Grocery & Country Store, located at 408 Mayhew Turnpike, Bridgewater, is the place to be on Thanksgiving Day at 9 a.m. as the Bridgewater Turkey Trot will be starting. You can pre-register starting on Nov. 1 through the morning of the Trot, or you can register the day of the Trot starting at 8 a.m.

This year, we will be raising money and or donations for the benefit of families from the Newfound Area. This charity helps provide

clothing, gas cards, gift certificates and dinner boxes for local families. If you are interested in being a sponsor for the Trot any donation of \$250 or more your business name or logo will be included on more than 200 Turkey Trot T-shirts. The deadline for that is Nov. 8. Any/All donations are accepted. Cash/Check/Gift Certificates or Raffle/Silent Auctions or anything that you can contribute! Please make checks out to Bridgewater Turkey Trot.

A photograph showing a large moose standing on a paved path in a schoolyard. The moose is facing away from the camera, looking towards a large brick building in the background. There are trees with yellow autumn leaves around the path. A smaller moose is visible in the distance.

Big moose on campus

This mama moose and her “teenager” obviously missed the memo that school was closed for the Columbus Day weekend when they arrived at Newfound Regional High School last Friday in the morning mist.

COURTESY

Pappas volunteers support Town offices in transition for cell coverage study

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — Lacking cell phone coverage is an issue on the

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Congressman Chris Pappas talks about cellular coverage and other issues with the Lakes Region Planning Commission.

minds of local planners, though Congressman Chris Pappas has

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — A bit of inconvenience now will lead to a better experience in the future as the municipal offices move from Lake Street to the new town hall at 5 School St.

With the exception of the police department, which will remain in the Bristol Municipal Building, other town offices, including that of the town clerk/tax collector, town administrator, assessing, land use, health, welfare, finance/human resources, and Bristol Media/TV, are spending the week of Oct. 16-23 making the move to new offices in the former Newfound Family Practice building. During the transition, they will have limited ability to take telephone calls or

respond to email communications. Those needing to pay bills will be able to do so through the town’s website, www.townof-bristolnh.org.

The offices will reopen at the new town hall on Thursday, Oct. 24, and there will be a grand opening ceremony on Saturday, Oct. 26, beginning with a flag-raising at 10 a.m. and tours of the building between then and 2 p.m.

Voters agreed in a 164-65 decision at a special town meeting on Nov. 1, 2018, to purchase the building from LRG-Healthcare. The \$899,637 warrant article also included money to renovate the building to make it suitable for town offices.

Work did not begin until June of this year because bids for the work

exceeded the approved budget, thus requiring some changes in the scope of the work. Most of the planned work remained in the revised project, with the savings coming from some lower-quality materials and the elimination of things such as a backup generator.

Going through the building ahead of the move on Oct. 15, Town Administrator Nik Coates pointed out some items that did not appear in the original bid specifications but were added using money from the general fund. Among them is a large-screen television that can be linked to town officials’ laptops to present documents and drawings for discussions at gatherings in the new meeting

SEE MOVE, PAGE A10

Sandwich Fair features something for everyone

BY ERIN PLUMMER
mnews@salmonpress.news

SANDWICH — Animal competitions, the farmer's market, and exhibit halls were just a few things that brought out people to the Sandwich Fair over the weekend, many giving people a chance to demonstrate their skills.

There was something for people of all ages at the fair, including a number of different competitions and displays.

One of the main attractions for the fair was the animal competitions for people of all ages and with all different kinds of ani-



Dusk descends on the midway during the Sandwich Fair's midway preview on Friday.

ERIN PLUMMER

Christina Locke of and Tucker. In the Horse Pull Barnstead ran Rowdy Locke said she has

DAR surpasses one million members since founding Pemigewasset chapter celebrates local members

PLYMOUTH — This fall, the National Society of Daughters of the American Revolution (DAR) surpassed one million total members who have joined the organization since its founding in 1890. The DAR is a women's service organization whose members can trace their lineage to an individual who contributed to securing American indepen-

dence during the Revolutionary War. The Pemigewasset Valley DAR Chapter, based in Plymouth, has embraced 22 members since the chapter began in 2015, and recently welcomed its latest Daughter, whose national membership number is 1,000,024! Pemigewasset Valley Chapter is excited to join the National Society in celebrating this

milestone by spotlighting members of the chapter through the years.

Throughout Pemigewasset Valley's four-year history, its membership has included many remarkable women from the local community. Its members are diverse, and include a retired Chief Operations Officer, a stage production manager with Cirque du Soleil, a professional photographer, teachers, a professional genealogist, and mothers. These members contribute thousands of volunteer hours each year benefitting our community locally, as well as for the state.

These are just some of the one mil-

lion women who have joined DAR since 1890. Each DAR member has a unique story, but all share a passion for historic preservation, education and patriotism and a dedication to their local community.

The Pemigewasset Valley Chapter of DAR focuses much of its efforts on providing comfort items to veterans staying in the Manchester VA Hospital and cleaning the historic headstones of veterans buried in Grafton County. The chapter encourages women interested in DAR membership to visit pemigewassetvalley.nhsodar.org or the Facebook group Pemigewasset Valley Chapter DAR.

been running horses, "ever since I was born pretty much." She has been working with Rowdy and Tucker since they two months old, now both horses are 17.

"They're hot, but they listen," she said.

She and her sister run horses on a regular basis.

Locke said she enjoys the Sandwich Fair.

"This fair, it's laid back, it's not as busy," Locke said

Merrimack County 4-H member Dylan Sheehy of Loudon sat with his family's pig and new piglets for a 4-H Fence Talk to answer people's questions about the pigs for his 4-H project. The 15-year-old's family runs Nemuru Buta Fa'mu (which means "Sleeping Pig Farm" in Japanese) whose female pig breeds the pigs that youths from the Merrimack County 4-H Swine Club work with. Sheehy was watching over a group of 5-week-old piglets along with their three-year-old mother, who was the first pig he ever worked with.

Sheehy said he enjoys working at the Sandwich Fair.

"I love that it has a pretty large agricultural section and people seem to be interested," Sheehy said.

A number of local producers had stands in the farmer's market, including many who have done it for years and those joining recently.

New this year was Steve's Original Sauces made by Steve Chase of Belmont. He has been making a signature Kentucky Barbecue sauce for 15 years and has been selling his sauces for a year and a half.

He utilizes the commercial kitchen at Genuine Local in Meredith and will sell his sauces at a number of fairs and events through the year. They can also be found at stores like the Wine'ing Butcher, Beans and Greens and Shepherd's Hut Market in Gilford, the Moultonborough Country Store, Osborne Agway in Belmont, and many more from Keene to North Conway.

Sarah Boothman Glines of Randolph sells a variety of handmade creations including wooden dolls, hand woven baskets, felted items, and many more for her company Mt. Crescent Crafts. She started by making wooden dolls inspired by her family history and said over the years her creations expanded, including making items for the dolls that she realized she could sell on their own, such as woven snowshoes.

She has been doing the Sandwich Fair for around nine years,

"I like the interactions, it's just an absolutely wonderful fair," Boothman Glines said. "It's not...super crowded and that's what's fun."

In the Smith and Hodge Exhibit Halls, people entered a number of different creations for judging including dairy, art, photography, yarn work, quilts, and so many more.

One of the more recent categories is the Natural Fiber Arts with items made with natural and not human-made fibers. Co-chair Julie Deak said they had 26 people enter 85 different items this year, a jump of around 10 to 15 percent from last year.

She said the display got quite a bit of attention, people especially liked the display of how yarn is made from carded fibers to the spinning wheel. Deak said the category is meant to raise more awareness and interest in these fibers. She said are so many people in Sandwich who raise animals that produce yarn fibers such as four breeds of sheep, alpaca, angora goats and rabbits, and others and many people who spin these fibers into yarn. There is a fiber arts group that meets at the library on a regular basis and she said so many people still came in unfamiliar with natural fibers.

"It's all right here and we wanted to encourage it," Deak said.

The entries into the category are judged against a set of standards for each type of entry with consideration given to how difficult the piece is, how well it's finished, and numerous others.



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Contaminants on State School property more manageable than expected

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — Work is underway to determine the condition of the former state school property in Laconia, including results indicating that containment levels on the property are not as high as initially feared.

Last Thursday, Tim Andrews of Nobis Engineering, an environmental consultant on the Brownfields project at the former State School property, presented the current status of the property and recent findings at a special meeting of the Lakes Region Planning Commission that also included US Congressman Chris Pappas.

The property is a 247 acre campus with over 26 buildings and support structures located by Lakes Winnisquam and Opechee. Andrews said the property has great potential for redevelopment with its great

views and easy access to downtown Laconia.

The property has housed a poor farm and the the former New Hampshire School for the Feebleminded.

Discussions on the future of the property started in 1991. It has had limited use as a maximum security prison and one of its buildings currently houses Lakes Region Mutual Fire Aid and a NH 911 call center.

The LRPC has been working with the Lakeshore Redevelopment Planning Commission and work on the property has been supported through the state's Brownfields program since 2010.

Andrews said there are a lot of stakeholders involved in this property, including numerous state agencies as the property is currently owned and managed by the state. These also include the Department of Environmental Services due to the environmen-



ERIN PLUMMER

Tim Andrews of Nobis Engineering describes the analysis of the former Laconia State School property to the Lakes Region Planning Commission and US Rep. Chris Pappas.

tal issues on the site. The Division of Historic Resources is also involved and have done archeological and historical studies on the property given its history including the story that it might have been Native American camping and burial grounds.

There have been major concerns of potential pollution on the property with concerns about how widespread it might be. The proper-

ty could have contamination from petroleum production, a garage, boiler plant, use of pesticides and herbicides in agriculture, an old farm dump, and the potential of unmarked graves.

The Brownfields Program has invested \$108,000 for assessment and got an additional \$184,000 in federal grant funding.

Andrews said a number of different studies have been undertaken

on the property using numerous methods such as ground penetrating radar, test pits, groundwater collection, archeological studies, and more.

An archeological study didn't uncover any bones or anything of archeological value.

Studies on potential contamination did reveal amounts of different contaminants. Instances of petroleum hydrocarbons along with shallow amounts of asbestos pipe indicates a possible dumping area. There was also an amount of the pesticide dieldrin in the area of the poultry house that exceeded standard levels. There were also polycyclic aromatic hydrocarbons (PAH) as a result of coal combustion and higher lead and arsenic levels on the surface potentially from paints.

Andrews said the levels of all these chemicals are relatively low and don't indicate any deep,

widespread contamination on the property. How these chemicals will be addressed and remediated will depend on what is required by state law.

"I think what we found is things are much, much better than was feared, and it's helped take away a lot of stigma from the site and will assist in getting private assessments for the site," Andrews said.

Andrews said the state pays \$400,000 a year to hold the site, whereas it could be attractive to potential development given its size and location.

Andrews said one community that has greatly benefitted from Brownfield funding is Franklin. The city was able to neutralize contamination threats from some of its older mill buildings and find uses for them that greatly benefitted the city. Franklin mayor Tony Giunta also attended the meeting.

"We appreciate the work you've done to date," Pappas said. "I think this site has tremendous potential."

Pappas said there are a number of potential funding sources for hazard mitigation plans.

"If you can just catalog all the ongoing challenges and focus on steps needed for remediation then it's really marketable and we can take that next step to development," Pappas said.

Get out and hike with Squam Lakes Association

HOLDERNESS — Now that the high heat of summer is behind us, it's time to take out the hiking gear, hit the trails and enjoy the cooler temps. Over the next few months, the Squam Lakes Association (SLA) is offering group hikes scheduled each week with an SLA staff member.

"These hikes are a great opportunity to learn about the SLA's Squam Ranger program, meet other folks interested in hiking, and enjoy a day out on the

trail," said Leigh Ann Reynolds, SLA Director of Education.

Upcoming hikes include Mt. Webster on Thursday, Oct. 17; and Mt. Squam on Monday, Oct. 21. These hikes vary in distance and difficulty, and all share outstanding views at their summits. We encourage anyone interested to join us on this hike to experience the natural beauty of the surrounding watershed.

Hikers should come prepared with weather-appropriate hiking

gear (lots of layers, rain gear, and extra socks/shirts/hats/etc.), a packed lunch, snacks, and plenty of water. Timing is hard to predict since it depends on the hikers so we may end a bit earlier or go later. Folks are welcome to hike at their own pace as this is not intended to be a guided hike, and can leave early if needed.

For more information about these scheduled hikes, or to sign up, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-

7336). The SLA also offers other Squam Ranger hikes and environmental programs throughout the year. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes region.

League of NH Craftsmen Gallery features glass pumpkins by Lada Bohac

MEREDITH — The League of NH Craftsmen Meredith Fine Craft Gallery celebrates fall with hand-blown pumpkins by juried member Lada Bohac.

Lada Bohac has been a working with glass since he was fourteen years old. Originally from the Czech Republic, he worked and studied in Novy Bor, a Czech town that is well known for its glass industry. In 1995 Bohac moved to Vermont and worked for the Simon Pearce Glass Company, and just ten years later, opened his own glass studio.

Stop in the Meredith League of NH Craftsmen Meredith, Fine Craft Gallery to fully appreciate the work of this talented artist. We have many glass pumpkins of his for sale in



our annual pumpkin patch here in the gallery. To inquire about his work, call us at 279-7920, visit our Web site at <http://meredith.nhcrafts.org/>, or stop into the gallery at 279 Daniel Webster Highway, Meredith.

The League of NH Craftsmen is a non-profit organization

that encourages and promotes the creation, use and preservation of fine contemporary and traditional hand craft. The League represents the signature of

excellence in fine craft, through the work of its juried members, and its rigorous standards for self-expression, vision, and quality craftsmanship.

ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall, Friday, October 25, 2019, from 7:00 to 7:30 p.m. for additions and corrections to the checklist in preparation for the Presidential Primary.

NOTE: This is the last date previously registered voters may change their party affiliation for the Presidential Primary.

George Whittaker
Suzanne Cheney
Loretta Brouillard

HEBRON

Supervisors of the Checklist
MEETING NOTICE
FRIDAY, OCTOBER 25, 2019

The Supervisors of the Hebron Checklist will be in session upstairs in the Town Office Building, 7 School St. on Friday, October 25, 2019 from 7:00 to 7:30 p.m. This is your opportunity to register to vote, make any changes or corrections to the checklist and your last opportunity to change party affiliation prior to the Presidential Primary.


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LIVE EVENTS

Thurs, Oct 17 - JJ GREY

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Fri, Oct 18 - THE CALIFORNIA HONEYDROPS

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REQUEST FOR PROPOSAL SNOW PLOWING AND SANDING FOR THORNTON PUBLIC LIBRARY

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

Specifications for work to be performed may be picked up at the library. Proposals must be received by Friday, October 14, 2019, 3:00 p.m.

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

Thornton Public Library
1884 NH Rte 175
Thornton, NH 03285

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

CADY Corner

Clean out your medicine cabinet for Prescription Drug Take-Back Day

BY DEB NARO
Contributor

Please help prevent prescription medicine abuse and accidental poisoning by monitoring and properly disposing of your unused, unwanted, or expired medications on Saturday, Oct. 26 as part of the DEA National Prescription Drug Take-Back Day.

In April 2019, Americans nationwide did their part to reduce the opioid crisis by bringing the DEA and its more than 4,969 local and tribal law enforcement partners a record-setting 937,443 pounds—469 tons—of potentially dangerous expired, unused, and unwanted prescription drugs for disposal at more than 6,200 collection sites. These numbers bring the total amount of prescription drugs collected by DEA since the fall of 2010 to 11,816,393 pounds, or 5,907 tons.

Medicines that linger in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that most abused prescription drugs are obtained from family and friends, too often from the home medicine cabinet. In addition, Americans are advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

Permanent Take Back boxes are available 24/7 at Plymouth Police Department, Bristol Police Department, and the Lincoln Police Department.

You can help prevent prescription drug abuse by anonymously disposing of your unused, unwanted or expired prescriptions in these local Rx Medication Drop Boxes at any time of the day 24/7.

Substance abuse prevention requires community action and our collective commitment will help keep our children safe from the harms of substance abuse. Thank you for being part of the solution by helping to prevent the diversion of unused prescription medications in the home.

For more information about the disposal of prescription drugs or about the April 27 Take Back Day event, go to <https://www.dea-diversion.usdoj.gov/>, www.cadyinc.org, or contact the CADY office at 536-9793.

Bring your unused or expired medications (just pills or liquids - no pressurized canisters or needles) to the following local police stations this Saturday, Oct. 26 between 10 a.m. and 2 p.m. Disposal is free, convenient, confidential, and safe.

- Ashland Police Department, 137 Main St., Ashland
- Bristol Police Department, 230 Lake St., Bristol
- Lincoln Police Department 148 Main St., Lincoln
- Plymouth Police Department 334 Main St., Plymouth
- Thornton Police Department, 16 Merrill Access Rd., Thornton
- Waterville Valley Police Department, 14 Tac Lane, Waterville Valley

If you or someone you know struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



DONNA RHODES

The spookiest time of the year

This home in Bridgewater is ready for Halloween and you will be, too, when we publish the Trick or Treat times for local communities in next week's editions of the Newfound Landing and Record Enterprise.

STRATEGIES FOR LIVING

BY LARRY SCOTT

I had just resigned as Pastor of Trinity Temple. It had been a long and difficult ten years, and I was burned out. It seemed so right but it was a disaster — for my family, for my congregation, and for me.

A week later, just prior to the beginning of our next worship service, I was approached by one of the leading men of our church. “Pastor,” he said, “would you consider a sabbatical? Would you consider taking some time off and thinking

this through?”

The overture took me by surprise. It was an alternative I had not considered. Without giving it the thought it deserved, I rejected the offer. It was the first of three defining moments I would encounter in the next two years, each of which changed the course of my life.

The second defining moment came several months later.

A friend, the owner of a real estate firm, invited me to become their sales manager.

The job suited me well, and it would have been ideal. I went to their office to discuss the matter, unannounced and without an appointment. But they were in conference. Instead of waiting and setting up an appointment, I walked out. I never returned, and they never renewed the invitation. It was my second defining moment, another decision that also might have changed the course of my life.

What do you do when you face a defining moment and do

not take advantage? It happens to us all. If we could only live this life over again, how different it would be! But we can't. The past is past; we must live with the consequences.

You would think that, having made such a mess of things, God would have left me to my folly. But not so. When I had learned the lessons I needed, God intervened, and I encountered a new, life-changing, defining moment.

In 2004, after sever-

SEE **STRATEGIES**, PAGE A10

MARK ON THE MARKETS

Assets or income



BY MARK PATTERSON

Lately, it seems as though many new clients that I meet with have the same worries. That worry is that they do not have enough money to retire when they want, and that their lifestyle will entail

quite a bit less than what they have now. Eating cat food and living in a tar-paper shack are some of the more colorful descriptions of their feared retirement lifestyle.

Most people believe that they need millions of dollars in retirement, and that could be true if you were a high earner that lived above their means, but for the average person, getting by on a bit less is obtainable. I have heard clients say that they had always heard they need \$1.2 million or some other arbitrary number, and this is in part a scare tactic brought on by the financial media and in-

vestment or mutual fund companies.

There is so much more to determining what kind of assets we need to gather during our working years or the accumulation phase of our lives. The distribution of those assets happens when we determine that we can retire in part or completely.

The first step is to calculate a reasonable budget that includes things that we enjoy but often “forget” to include. For instance, a new client added \$200 per month for wine. She likes nice wines and that is what it cost. She was being realistic with an item that

carries a real expense but many of us would not list that as a budgeted item because we may think it is frivolous.

During our working years or accumulation years, we save or invest. But during these distribution years we no longer need to add this deferred or invested money to our budget, now we will start to distribute this money as income in retirement.

Sustainability of these assets for our lifetime must be considered, so let us mitigate market risk and maximize income with a quality fixed income portfolio of invest-

SEE **MARKETS**, PAGE A10

Letters to the Editor

A thank you to our Friends

To the Editor:

To celebrate National Friends of Libraries Week, the staff and trustees of the Minot-Sleeper Library would like to acknowledge the incredible support given by the Friends of the Minot-Sleeper Library.

Established in 2002, our Friends of the Library group has provided our library and community with monetary contributions that supplement our operating budget. The Friends pay for furniture for our children's room, special evening programs, museum passes, and much of our Summer Reading Program. The dedication of our Friends can be seen in the countless hours they volunteer to help with storytimes and other events, often cleaning, organizing and making sure all runs smoothly behind the scenes. Many of us have had a real taste of what they give, from the baked goods they make in their own homes and provide at programs.

Oct. 20-26 is the 13th annual National Friends of Libraries Week, and it's the perfect opportunity for

all of us in the Newfound Community to say a big thank you to the Friends for all they do to make a difference for us every single day.

The Friends are always looking for new members and volunteers. They have fun while working to make our community better. It is easy to join, just email friendsofminotsleeper@gmail.com or attend one of their meetings, which are always held on the first Monday of the month at 10:30am at the library, 35 Pleasant St. in Bristol. In the case that day is a holiday, a meeting will be held the following Monday at the same time.

Joining the Friends of the Library is a terrific way to make new friends of your own, and give back to our town and make our library even better.

Sincerely,

Brittany Overton
Director
Minot-Sleeper Library

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

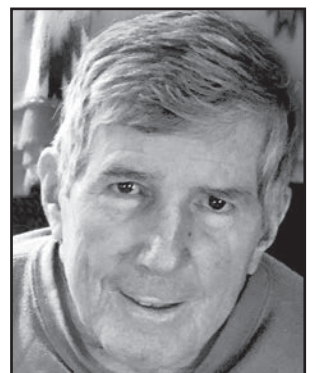
www.Ready.gov/blackouts



NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

To a moose, there's no difference between an 18-wheeler and a wolf



Smalltown and Rural America get a ton of visitors when the leaves begin turning into a riot of color, which always makes me wonder about the riot police. There are the inevitable questions about indoor plumbing. A visitor asked me the other day if “you have cell phones up here,” and whether we have any problems with drugs. Out came the standard reply, which is that we have all the creature comforts perceived as necessities, and all of the problems that seem to go with them.

The crime rate is low in Rural America because people who do bad things are more likely to get caught, and they know it. One big difference is that there are no crowds for miscreants to melt into---no subway system, for instance---where bad guys can hide from scrutiny. In Small Town and Rural U.S.A., everybody knows everyone else, and what kind of vehicle they drive, and when. If I were a criminal, the last place I'd ever pick to hide is right here.

That night, the news featured a clip on a story about a wanted person (you know, post office wall) who was caught because some-

one spotted a vehicle where “it didn't belong,” meaning date, make, and time of day. Try to hide in places where people memorize other people's vehicles? Sure.

+++++

Last week, the news featured a moose that had fallen into an empty swimming pool in Bedford, a town just across the river from Manchester. The animal, aided by Fish and Game officers who kept the inevitable crowd away, eventually figured out how to pull itself out by using its folded front legs to pull itself out. “Stupid” moose indeed.

Moose get called “stupid” because they sometimes just stand there looking at the headlights while an 18-wheeler piles right on in. This is because Mother Nature programs moose to resist the impulse to run from their most likely danger---wolves. The animal is doing exactly what its instincts demand, which is to face whatever danger appears.

+++++

Data comparisons, annual reports, and columns of figures are the last thing many

readers want to see, I think, having been besieged by this stuff day in and day out. People would rather watch an info-ad on how to build a beach bungalow on Bimini.

However, once in a while I bump into some data well-gathered and well-presented on a subject pretty close to home---wildlife. My “commute,” after all, is often like something out of “Lion Country Safari.” Because most science-oriented people tend to be lousy writers (and most writers probably make lousy scientists), a good deal of wildlife news and scientific breakthroughs show up in “news releases” that are duller than dishwater.

However, I really hit statistical paydirt in a paper with the unlikely title, “Numbers of human fatalities, injuries, and illnesses in the United States due to wildlife,” by Michael R. Conover, of the Jack H. Berryman Institute and Department of Wildland Resources at Utah State University, Logan, Utah.

Just the preamble to Mr. Conover's paper was daunting. “Over 47,000 people annually in the United States sought medical attention after being

attacked or bitten by wildlife, and approximately 8 people died annually. Most bites were by snakes, birds, rodents, and raccoons. Each year, wildlife-vehicle collisions resulted in >59,000 human injuries and >440 human fatalities, while wildlife-aircraft collisions added 16 more injuries and 10 fatalities. I also found that >68,000 people each year sought medical assistance for a zoonotic (infectious) disease, and 243 of these cases were fatal. When wildlife-related casualties and fatalities are summed, >174,000 people were injured or sickened and >700 were killed by wildlife annually.”

Mr. Conover has- tens to say that all this is not to suggest that wildlife populations should be reduced. Instead, he says, the figures demonstrate a great opportunity to serve humanity by advocating for prevention, or as is said in lawyer-speak, “risk management.” The author sees that same strategy as beneficial for wildlife. The reader is left wondering if there is any way to think about this without getting the Mother of all Headaches.

+++++

Re-Sale Shop Hop event planned in Plymouth

PLYMOUTH — The re-sale shops of Plymouth will be holding a town wide Shop Hop event Nov. 8 – 10. This will be a big dose of re-sale therapy at the nine re-sale shops taking part in this inaugural event that will be offering bargains, sales, refreshments and a grand prize drawing for those who have made it to all the shops! In honor of Veterans Day, some of the shops will be offer-

ing discounts to Veterans with their military ID.

Participating shops include:

Off the Hanger, Dressers Unlimited, The Readery, Boomerang Used Furniture and Funky Stuff, Ltd., PACC Thrift Store, Bridge House Ladders Thrift, Repurpose Plymouth NH, Flip'n Furniture NH, and Pemi-Valley Habitat for Humanity &

ReStore.

Pick up your Shop Hop Stamp Card at any one of the 9 shops, then plan your route/ weekend. Get your card stamped at each shop between Nov 8–10, 10:00am – 5:00pm and turn it in at the last shop you visit to be entered into our Grand Prize Drawing. The winner will receive a \$225 gift certificate valid at any of the nine shops (may be spent at just one or

multiple stores), plus \$50 for lunch, or to add to your purchases. You do ntneed to be present to win.

For more information on each of these shops go to: <https://www.facebook.com/Re-Sale-Shop-Hop-Plymouth-NH-110853120321569/> or you can contact Boomerang Used Furniture and Funky Stuff at 536-6000 or email us at boomerangusedfurniture@gmail.com.

I have a morbid fascination with snake-bites, and Mr. Conover apparently shares this, because there is plenty here on snakes and their interaction with humans, a combination which results, fairly often, of course, in snake bites.

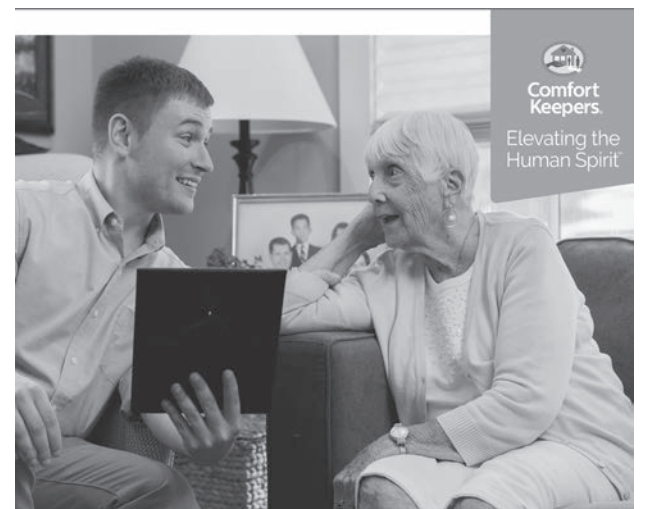
From 6,000 to 8,000 people are bitten by venomous snakes each year in the U.S., of which an average of six people die. The American Association of Poison Control Centers reports getting an average of 6,803 snake-bite reports per year, but more intriguing to me, another 1,050 bites from “other reptiles.” This is way more information than I want.

In a great display of all-American coolness while under attack by slithering reptiles, 2,409 people actually identified the snake that bit them. Of these, 1,193 people were bitten by rattle-

snakes (Viperidae), 869 by copperheads (Agkistrodon contortrix), 173 by cottonmouths (Agkistrodon piscivorus), and 82 by coral snakes.

In a data submission having nothing to do with Mr. Conover's report but which came in, suspiciously, on April 1 this past spring, a control group of 2,510 adults admitted, after administration of sodium pentothal, that every single time they were confronted by a rattlesnake, a copperhead, a cottonmouth, or a coral snake, they had wet their pants and run away.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)



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MEDICARE EDUCATIONAL SEMINAR

Please join us for a
Educational Seminar on Medicare
Learn changes for 2020!

Tuesday, October 22, 2019 at 1pm
at the Pease Public Library,
1 Russell Street, Plymouth NH

Discussion will include:

- Medicare - Parts A & B
- Part D
- Part C, Medicare Advantage
- Medicare Supplements

Presented by Patty Stewart
Patty Stewart and Associates 603-536-3691

for accommodations of special needs at this meeting
please call Patty at 603-536-3691



Patty Stewart and Associates

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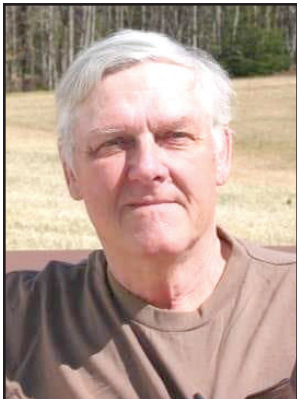
Joan Kirschner D.D.S.
65 Highland Street, Plymouth, NH 03264
(603) 536-4301
pgdentistry.com

Philip A. Hollis, 78

ALEXANDRIA — Philip A. Hollis, 78, passed away Tuesday, Oct. 8, 2019 at his daughter's home after a lengthy illness.

He was born in Halifax, Mass., one of five children of Edwin and Helen (Keith) Shaw. Following graduation from high school, Phil entered the US Navy, and after returning home he began a 24 year career with the Middleboro Fire Department and was a member of the Middleboro Fire Department dive team. He retired as a Captain in 1997. As a side business, Phil worked as a meat cutter.

Phil began spending time in Alexandria with his late wife Denise Lander-Hollis. Her family owned a hunting camp and they would spend weekends and vacations there. After his retirement, they moved to Alexan-



dria permanently.

Phil was a member of the local firefighter's union in Middleboro, the Elks club and a lifelong member of the Mitchell Memorial Club. He enjoyed snowmobiling, hunting, and he loved to watch and feed the birds.

He is survived by two daughters, Lynn Hollis and Tracey Hollis Kilcup; a sister, Elizabeth Bradley; grandchildren Khayla and Alyssa Eldredge, Rachael and Casey Kilcup, Zachary Nardi, , Hannah Deane,

Katelyn and Timothy Kilcup, Tyler Rocha; great grandchildren Addison Kilcup, Hadley Maher; and many nieces and nephews.

In addition to his wife, he was predeceased by a daughter, Kim Eldredge; great grandson Bryson Hathaway; sister Alice Thomas; and brothers Wesley and Jack Hollis. The family would like to thank Heidi & Darrin Downing, neighbors, who lovingly cared for Phil in his home prior to his move to his daughter's.

There are no calling hours. A memorial service will be held on Friday, Oct. 18 at 3 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol, NH 03222. In lieu of flowers, donations may be made in his memory to the Alexandria Volunteer Firefighters' Association, PO Box 282, Bristol, NH 03222.

Steven R. Tewksbury, 61

HEBRON — Steven R. Tewksbury, 61, died Monday, Oct. 7, 2019 at Speare Memorial Hospital.

He was born in Franklin, the youngest of three children of Roscoe M. and Elizabeth A. "Bambi" (Rice) Tewksbury. Steve had been a lifelong resident of the Newfound area. He graduated from Newfound Memorial High School in 1977 and began his 40-plus-year career at



IPC which later became Freudenburg. He was a member of their aerospace division.

Steven was an active member of the Went-

worth Congregational Church and was involved in many of the Church's community outreach programs. He was an avid hunter, especially enjoying pheasant hunting with his Irish Setter, Ember. He also enjoyed fishing and bowling. He was often found enjoying time on his motorcycle or in his antique '66 Mustang convertible. His greatest passion was his family, and he will be remembered as the greatest husband, father and pop-pop.

He is survived by his mother, Elizabeth "Bambi" (Rice) Tewksbury of Bridgewater; his wife Colleen (Croteau) Tewksbury of Hebron; a daughter Mary Beth Letourneau and her husband Michael of Belmont; a son Ryan Tewksbury and his wife Meghan of New Boston; six grandchildren: Isaiah Knowlton, Liam and Mila Letourneau; Addison, Nolan and Emma Tewksbury; his sister Myrna Jenness of Bridgewater; several nieces and nephews. His oldest sister, Ann Hatch of South Berwick, Maine, passed away on Oct. 9.

A Celebration of Life took place on Saturday, Oct. 12, 2019 at 11 a.m. at the Wentworth Congregational Church, 38 Wentworth Village Rd., Wentworth. Internment services will be private. In lieu of flowers, donations may be made in his memory to either the Warren/Wentworth Food Pantry, 333 NH RT 25, Warren NH 03238 or the Alzheimer's Association, 166 S. River Rd #210, Bedford, NH 03110. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Towns

Alexandria

Mary Ruggirello 744-5383
sunshine_eyes51@yahoo.com

What a beautiful Fall we are having, and warm days as well! I'll take it, even if the nights are chilly.

Town

Congratulations to Sgt. Robert "Bob" Bacon on your retirement from Alexandria Police Department. Thank you for 30 years of dedicated service to Alexandria!

Don't forget the Pumpkin Fest at the Alexandria Fire Department on Friday, October 19, 2019 from 6:00 until 8:00 PM. There will be t-shirts and pumpkins for the children, touch-a-truck, face painting, as well as goodies to eat and drink. An evening of fun for the whole family!

APD Chief Donald Sullivan will be offering a free Civilian Response Active Shooter presentation at the Alexandria Town Hall from 9 a.m. until approximately noon on Saturday, October 19, 2019. Certified as an instructor for Active Shooter Civilian Response classes, Sullivan will present ways that people at work, school, church or even out shopping in their community can most safely and successfully protect themselves and their loved ones in the face of such a situation. This event is open to the public, and is free.

Budget Committee Meeting Tuesday, Oc. 22 at 6 p.m. in the Municipal Building.

Alexandria UMC

Sunday, Oct. 20, service begins at 9 a.m. Sunday School is at 10:15 a.m., and all are welcome!

Happy Anniversary wishes to Amy and George Clayman, who celebrated on Oct. 4!

Have a wonderful week ahead everyone! Do get out and enjoy the warm days and beautiful foliage Mother Nature has on display. Won't be too long, and days will be decidedly cooler and the you-know-what will be falling from the sky!

Bristol

Al Blakeley
adblakeley0@gmail.com

As I write this, the weather man is warning of heavy rains and high winds for later this week (Thursday). It has been a while since such a forecast has been made and I don't look forward to it! Especially now when the foliage has been so fantastic. Plus, fallen leaves mean I must clear them from two properties. Not my favorite chore. The sports season will be winding down and playoffs will begin soon. I hope good weather prevails for that.

The Bristol Town Offices will open at the new location on Thursday, Oct. 24 at 8 a.m. at 5 School St. There will be a dedication, flag raising and open house on Saturday, October 26 from 10am until 2pm. I am glad for our town officials that this will finally be happening. Volunteers will give tours of the new office building in November with dates to be announced.

The Minot-Sleeper Library will host Bus and Wink-Adventures of Youth presented by Wink and Ruth Tapply's son,

Dick Tapply on Thursday, Oct. 17 at 6:30 p.m. Stories that have been told and retold around campfires for three generations at the Tapply family camp will be featured as well as a power-point program featuring memories from the TTCC's beginnings and lots of memories such as the 'bucket brigade and the BCC Rope Skippers. Bring some of your memories and enjoy the evening!

Halloween is fast approaching! October 31 will feature: a Halloween Costume Parade, trick or treating, the TTCC Teen Council 'Haunted Basement,' and the 'Haunted House' at the Masonic Hall. Be sure to check on more Halloween Happenings in Central Square. Please be careful while out on the roads on this festive and traditional night.

Mark your calendar for the second potluck supper and sing-a-long sponsored by the Bristol Historical Society. This event will be held at the Historic town Hall on Summer Street on Saturday, Oct. 26 starting with the potluck supper at 5:30 p.m. Libby and Richard Danahy will lead the sing-a-long.

The TTCC Apple Festival certainly generated a delicious array of apple goodies! Over 39 volunteers peeled, sliced and chopped many apples on Friday that produced over 118 pies and lots of apple brownies, crisps and other delicious snacks that seemed to disappear on Saturday during the Craft Fair held in the TTCC gymnasium. Another great TTCC event!

I'm hoping to see more scarecrows on the square in the coming weeks. I like the ones already on display and have enjoyed seeing what other towns and organizations around the state are doing in the same 'spirit'. If you have an idea, please share it with your best effort on display on the town square.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Rev. Gray Fitzgerald will lead the 11 a.m. Sunday worship at the South Danbury Church on October 6, followed by refreshments and conversation. All are welcome!

Many happy visitors came to the South Danbury Church's Fourth Annual Pie and Gently Used Cookbook Sale on Saturday, Oct. 12. Thank you to church members and friends who brought books and baked pies, to the helpers and sellers, and to everyone who bought pies and baked goods and books!

The South Danbury Church Fall and Winter Speaker Series begins on Friday, Nov. 15, at 7 p.m. There's more to come! The church's annual Holiday Happy Hour will be on Friday, Nov. 22, from 3:30 to 6:30 p.m.

To learn more about the church and its activities, follow "Friends of the South Danbury Christian Church" on Facebook, email southdanburychurch@gmail.com, or call 491-3196. The South Danbury Church, located at 1411 U.S. Route 4 in South Danbury is listed in the National Register of Historic Places. An Open

& Affirming Congregation of the United Church of Christ, UCC, contact them if you need a ride to attend worship or events.

DCC

The Danbury Community Center will host their annual fall festival on Saturday, Oct. 19. There will be games and fun for families, a bean hole supper and a dessert contest. The desserts for the contest become the desserts for the supper with the supper attendees being the judges. Sample the desserts and then put money in the bowl. The dessert with the most money wins the contest. Desserts are due at the DCC by 4 p.m.

Danbury Winter Market

The Blazing Star Grange's winter farmers market begins on Nov. 2 and runs every first Saturday of the month through April from 9am to 1pm. A special harvest market runs on Sat Nov. 16. There will be area farms, specialty food producers and artisans. Buy locally this winter...farmers market don't end when the season ends...they just go inside and fill the grange hall with happy warm folks enjoying the comradery of the growing community. Vendor spaces are available. Go to blazingstargrangerg.org for more information or call Donna at 768-5579.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Area

Women's Group news
The Hebron Area Women's Group meets the third Thursday of each month at the Hebron Congregation Church meeting room. All area residents are welcome to attend. On Thursday, October 17th, our program presenter is Tom Garci. Mr. Garci will inform us of the AmeriCorps intern program with N.L.R.A. Our hostesses are Jan Connor and Neci Petersen. Please bring non-perishable food items for the Bristol Food Pantry.

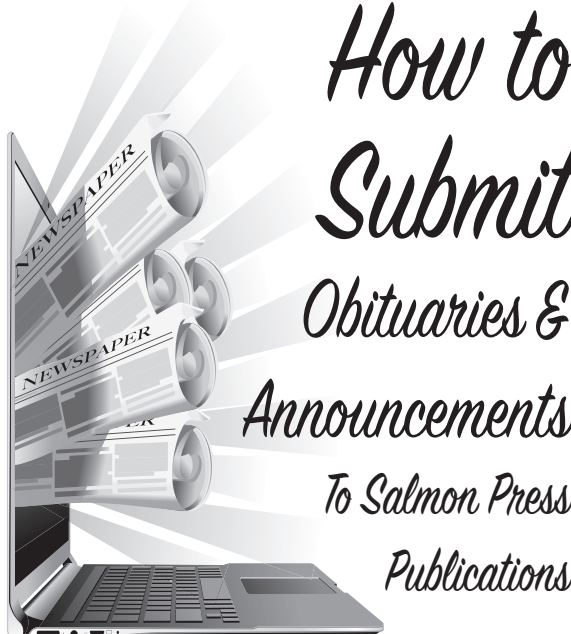
Bridgewater Turkey Trot Thursday, Nov. 28

Newfound Grocery & Country Store 408 Mayhew Turnpike Bridgewater is the place to be on Thanksgiving Day at 9 a.m. as the Bridgewater Turkey Trot will be starting. You can pre-register starting on Nov. 1 through the morning of the Trot or you can register the day of the Trot starting at 8 a.m. This year we will be raising money and or donations for the benefit of families from the Newfound Area. This charity helps provide clothing, gas cards, gift certificates and dinner boxes for local families. If you are interested in being a sponsor for the Trot any donation of \$250 or more your business name or logo will be included on over 200 Turkey Trot T-shirts. The deadline for that is Nov. 8. Any/All donations are accepted. Cash/Check/Gift Certificates or Raffle/Silent Auctions or anything that you can contribute! Please make checks out to Bridgewater Turkey Trot. This columnist did the Trot last year for the first time and had a great time despite the below zero weather and I am planning to do it again this year so hope to see you there!



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Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
with any questions regarding the submission process.



Pemi-Baker Community Health welcomes new physical therapists

BY ANNA SWANSON
Pemi-Baker Community Health
Pemi-Baker Community Health is very excited to add two new members to their Physical Therapy team. Nate Jenkins, PTA will be working with the Outpatient Physical Therapy team at Boulder Point, including our Aquatic Therapy services. Rachel Kelly-Martin, PT will be working with the Homecare team, providing rehabilitative Physical Therapy care

to our home bound patients.
October is National Physical Therapy month and PBCH wants our community members to know that Physical Therapy is a safe alternative to opioids for certain types of pain management. "No one wants to live in pain. But no one should put their health at risk in an effort to be pain free. Doctor-prescribed opioids are appropriate in some cases, but



Nate Jenkins and Rachel Kelly-Martin

they just mask the pain—and opioid risks include depression, overdose, and addiction, plus withdrawal symptoms when stopping use. That's why the CDC recommends

safer alternatives like physical therapy to manage pain," according to the American Physical Therapy Association.
Pemi-Baker Community Health's physical therapists treat pain through movement, hands-on care, and patient education. Physical therapy 'side effects' include improved mobility, increased independence, decreased pain, and prevention of other health problems

through movement and exercise. Physical therapy is effective for numerous conditions, and the CDC cited "high quality evidence" supporting exercise as part of physical therapist treatment for familiar conditions like low back pain, hip and knee osteoarthritis and fibromyalgia.
There are many other reasons to choose physical therapy:
• Alternative to surgery: Physical therapy
SEE PEMI-BAKER, PAGE A10

Churches

Ashland Community Church

Real Church. Real People. Real Simple.

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Bob's Shurfine Market). Parking is available next to and behind the church.

Pastor: Ernie Madden
Worship Pastor: Aaron Stout
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays:
10 a.m. Worship – Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

Aug. 18 – September 15
Teaching Series: "I Love My Church!"

Toddler Zone (for infants – five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thursday evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about any-

thing. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for here. You'll learn how to relate to God. You'll experience a Christian community. And here's the big thing – you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

If you have any questions, please don't hesitate to contact our pastor, Ernie Madden, at 968-9464 or accernie@hotmail.com.

We look forward to seeing you soon!

Bristol United Church of Christ ("the Church on the Hill")

We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

Sundays: Pastor: Rev. Andrew MacLeod
Intergenerational Service: 10 a.m.
Coffee Fellowship: Following service

NOTES: Wheelchair accessibility can accommodate up to 3 wheelchairs in our Sanctuary!

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222

Phone: 744-8132

Office Hours: Main Office – Monday through Friday - 9 a.m. to noon
Pastor's hours: Monday through Thursday - 9 a.m. to noon and other times by appointment.

Rev. Andrew's Home
Phone: 217-0704
Email: pastorbucc@myfairpoint.net

Intergenerational services and Sunday services begin at 10 a.m. with announcements at 9:55 a.m.

Weekly Events:
Mondays: A.A. Step meeting – 7:30 p.m.
Extra Uke practice, for those who can make it, from 9:30 a.m. to 10:30 a.m. every Monday!

Bible Study at 7 p.m. Monday evenings.

Tuesdays: Bone Builders – 9:30 a.m.
Senior Crafts: 9:30 a.m.
Senior Luncheon – Noon
AA Discussion – 8 p.m.

Choir rehearsals are Sunday mornings at 9 a.m. and Tuesday evenings at 6:30 p.m.

Wednesdays: Morning Reflection is a wonderful spiritual and fulfilling experience that continues every Wednesday morning at 7:30 a.m. in Fellowship Hall. Don Sorrie and/or Rev. Andrew are moderating the sessions with discussion throughout, by a lively and committed group!
All are welcome!

Uke practice follows from 8:30 to 9:30 a.m.

Fridays: Bone Builders – 9:30 a.m.

Monthly Events: WIC (Women/Infant/Children) Clinic – 2nd Monday at 8:30 a.m.

Women's Fellowship – Our next meeting will be held on Nov. 14 at 10 a.m.

T.E.A. Meetings are scheduled for every 3rd Tuesday of the month at 4 p.m. Location varies.

Special Events:
**NOTE: Sunday school takes place at 10 a.m.

Women's Fellowship has created a small li-

brary in the church which is up and running with a wonderful collection of spiritual and inspirational books. If you have any in good condition that you would like to donate, please leave them in a marked basket in Fellowship Hall.

Please note that the Fall Vesper Service and Pot Luck Supper will be held on Oct. 20 at 5:30 p.m. on Inspiration Point. The pot luck supper will begin at 6 p.m. Bring a casserole, dessert or a salad to share. All are welcome to join us!

Our next delectable church supper will be held on Nov. 9. The main course will be tender Pot Roast with the works!

The New Hampshire Conference U.C.C. Annual Meeting is scheduled to take place on Saturday, Oct. 19 at 8 a.m. at the Grappone Center in Concord.

Watch for the NANA Chair Yoga classes to begin again shortly!

Chair Yoga Session 2 will be held on Tuesdays at 1 p.m. And Fridays at 11 p.m. Dates to be announced! Improves flexibility with simple movements while seated.

Ongoing: Bristol Community Services Food Pantry needs everything, including toiletry items and toilet paper.

The ukelele band continues to grow and become more proficient as the weeks go by! We're having a ball!! If you are interested in joining, please contact Debbie Doe.

The band gets together twice a week on Mondays at 9:30 to 10:30 a.m., and Wednesdays at 8:30 to 9:30 a.m. in Fellowship Hall for lessons and practice, and will be performing the second Sunday of each

month, unless otherwise noted. Everyone in attendance had a ball with our sing-a-long at the Bristol Library on Oct. 10! We will be performing next at the "Day Away" on Wednesday, Oct. 30 at 10 a.m. in the lower level of Our Lady of Grace Chapel on 17 West Shore Rd., Bristol.

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at HYPERLINK "mailto:hello@restorationchurch.cc"hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:
Sunday: 10:30 a.m. Morning Service
Monday: First and third Monday of the Month
Noon-2 p.m. Helping Hands Food Pantry
Friday: Second Friday of the month
6 p.m. Food, Fun, Fellowship
On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this

series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement: Just One More!

Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

Star King Unitarian Universalist Fellowship

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

This week at Starr King: Sunday, Oct. 20

The Myth of Self Sufficiency: Belonging to Each Other

Rev. Dr. Linda Barnes, Worship Leader
William Gunn, Guest Musician

Our perceived Independence poses a threat to the health of our communities, locally and globally. Join us as we seek to understand the truth of our INTERdependence. In doing so, we may come to realize that our success and failures belong not just to one, but to all.

For more details, visit our Web site
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Edward Jones: Financial Focus

Be Creative When Withdrawing from Retirement Accounts

Like many people, you may spend decades putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But eventually you will want to take this money out – if you must start withdrawing some of it. How can you make the best use of these funds?

To begin with, here's some background: When you turn 70 ½, you need to start withdrawals – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) or 403(b). (A Roth IRA is not subject to these rules; you can essentially keep your account intact for as long as you like.) You can take more than the RMD, but if you don't take at least the minimum (which is based on your account balance and your life expectancy), you'll generally be taxed at 50% of the amount you should have taken – so don't forget these withdrawals.

Here, then, is the question: What should you do with the RMDs? If you need the entire amount to help support your lifestyle, there's no issue – you take the money and use it. But what if you don't need it all? Keeping in mind that the withdrawals are generally fully taxable at your personal income tax rate, are there some particularly smart ways in which you can use the money to help your family or, possibly, a charitable organization?

Here are a few suggestions:

- Help your grown children with their retirement accounts. Your grown children may not always be able to afford to "max out" on their IRAs. You might want to help them with any excess funds from your own retirement accounts. You can give \$15,000 per year, per recipient, without incurring any gift taxes – an amount far higher than the current annual IRA contribution limit of \$6,000 (or \$7,000 for individuals 50 or older).
- Help your grandchildren pay for college. You might want to contribute to an investment specifically designed to build assets for college. A financial professional can help you choose which investments might be most appropriate. Of course, if your grandchildren are already in college, you are free to simply write a check to the school to help cover tuition and other expenses.
- Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations.
- But if you'd still like to support a charitable group and gain potential tax benefits, you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. (Before making this transfer, though, you will need to consult with your tax advisor.)

Your RMDs can contribute greatly to your retirement income, but, as we've seen, they can do even more than that – so use them wisely.

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	397 Bailey Rd.	Single-Family Residence	\$229,933	Deborah A. Rano	Katie C. Bellandi
Alexandria	30 Crouse Rd.	Single-Family Residence	\$357,933	Ewa Lenk	Erin E. Keraghan
Alexandria	Route 104	N/A	\$65,000	Kevin Hutchinons	John Palmer
Ashland	96 Fairway Dr., Unit 3	Condominium	\$149,933	Jeffrey M. and Amie M. Marchese	Tonjia M. Weatherbee
Ashland	17 Loon Lane	Single-Family Residence	\$760,000	Deborah A. Hurley RET	Donald and Kimberlee Coleman
Ashland	62 N. Ashland Rd.	Single-Family Residence	\$103,400	Patricia Veneziano	Scott A. Vein and Wendy J. Wagner
Ashland	Pleasant Street	N/A	\$125,000	Kimberly Ann Samson Estate & Miranda Samson	Rodney D. and Shauna D. Scott
Ashland	River Street, Unit 20	Condominium	\$69,400	NHNY Marina Development LLC	Gennaro 2015 RET and Victor Gennaro
Ashland	River Street, Unit 31	Condominium	\$65,000	NHNY Marina Development LLC	David M. and Cynthia N. Unangst
Bristol	N/A (Lot 15)	N/A	\$27,000	Robert J. Pendergast	William R. and Laura-Beth Ulwick
Bristol	N/A	N/A	\$217,533	Rhonda L. Tracy	Bruce Beaurivage
Campton	22 Campton Mountain Rd.	Single-Family Residence	\$170,000	Frances E. Dingle	Brock Horstmann and Erik Foley
Campton	N/A	N/A	\$160,000	Wayne S. Rideout and Kathleen A. Rideout	Daniel E. and Catherine O'Connell
Ellsworth	3233 Stinson Lake Rd.	Single-Family Residence	\$171,000	Brian E. Grygiel	David Scarelli and Cheryl Sapienza
Holderness	3 Springer Lane, Unit 3	Condominium	\$284,000	Janet M. Amandon RET and Alicia M. Abbott	Regina Bosinger
Plymouth	11 Binks Hill Rd.	Single-Family Residence	\$161,800	Barbara M. and William B. Dubrosky	Corrine Flanders
Plymouth	313 Mayhew Turnpike	Single-Family Residence	\$255,000	James Lintner	Jason T. and Bryn E. Neenos
Plymouth	74 Summit Rd.	Single-Family Residence	\$279,933	Jeffrey Rietkerk and Kimberly G. Rietkerk	James D. Abbe and Heather C. McKenny
Plymouth	73 Sunrise Circle	Single-Family Residence	\$249,533	Susan K. Swope and Alan H. Davis	Ariel M. and Nicholas J. Gosling
Rumney	10 Hawthorne Way, Unit A2	Condominium	\$180,000	Kristi Booker LT	Kristen Tasker
Rumney	N/A (Lot 2)	N/A	\$19,600	David L. Mexcur	Robert M. and Claudia E. Anderson
Thornton	Chickenboro Road	N/A	\$175,000	Mary E. Robertson RET	George F. Perry
Thornton	23 Falls Rd., Unit 2	Condominium	\$180,000	Mountain River Development Association	Karol and Christiane Krajewski
Thornton	N/A (Lot 3)	N/A	\$29,000	Sara R. Cahn	Richard D. and Jane L. Bonomi
Waterville Valley	36 Davos Way, Unit 31	Condoiminium	\$141,000	Alan R. and Eileen E. Knolbloch	C.T. & K. Griffiths RT and Charles T. Grffiths
Waterville Valley	86 Osceola Rd., Unit 86	Condominium	\$400,000	Valley 1 RT and Mark F. Donato	John F. Naughton and Nancy Elizabeth
Waterville Valley	37 Windsor Hill Way, Unit 98	Condominium	N/A	William Sullivan and Karen Gervasio	Sean H. and Tracy N. Sylvester
Wentworth	88 Buffalo Rd.	Single-Family Residence	\$72,533	Citimortgage Inc.	USA VA
Wentworth	E. Side Road	N/A	\$65,000	Kevin R. Mack and Kathleen M. Sprigham-Mack	Joseph R. Davis

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 involve 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

Comfort Keepers

What is respite care?

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

In its Caregiving in the U.S. report, AARP estimates that 39.8 million family members provided unpaid care to an adult in 2014 and 2015. And, the Centers for Disease Control reports that over half (53%) of caregivers indicated that a decline in their health compromises their ability to provide care.

Caring for a senior loved one is both rewarding and challenging. Family caregivers need to remember that it's important to take necessary breaks and practice self-care so they can ensure that they continue to find joy in their role.

Respite care is defined as the transfer of primary caregiving responsibilities to another person, typically a professional caregiver, relative or friend, in order for primary caregivers to receive temporary relief from caregiving responsibilities. Respite care takes many forms – some family caregivers choose to have someone take on caregiver duties for a few hours a week or a few hours a day. Or, some schedule respite care for longer periods of time to

accommodate an extended break or vacation.

This can be particularly important for those caring for a senior that has a severe illness. A study led by the Stanford Center on Longevity and Stanford University Psychology Department, which was conducted with assistance from Comfort Keepers and Clear Care, found that for older family caregivers:

- Caring for a loved one with a mild illness generally leaves them in the same emotional state as their peers – with emotional well-being generally greater than that of younger adults.

- When responsible for a loved one with a severe illness, reported emotional well-being tended to be lower than those of their peers.

- The cause of a decrease in emotional well-being is attributed to caregiver's inability to pursue their social goals and friendships.

The purpose of this study was to help identify the unique challenges and stressors that family caregivers face. As a partner in this research study, we reached out to the family members and decision-makers of ap-

proximately 2,000 Comfort Keepers clients.

These results suggest that older people have higher emotional well-being than younger people but not when they have a relative with a severe illness. Not all older people with ailing relatives have low well-being; rather, it depends on the severity of the relative's ailment.

Caring for a senior loved one can be fulfilling and can strengthen bonds within a family. But it's important to recognize that being a family caregiver can

come with feelings of loss, stress and physical strain. Caregivers risk their own health and wellbeing when they don't account for their own needs or take a break when necessary, and respite care provides a convenient solution for many families.

Comfort Keepers® can help

Trusting your loved one with someone else can be difficult, but with Comfort Keepers®, you can trust that he or she will be in capable hands. Our specially trained

caregivers will stay with your loved one while you take care of yourself, for as much or as little time as you need. And, every client receives a custom care plans that aims to engage them in intellectual, physical and emotional exercises and activities. To learn more about our uplifting in-home and respite services, contact your nearest Comfort Keepers® office 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. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.nhcomfortkeepers.com for more information.

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Raffle

FROM PAGE A1

carriage and a baby seat for the doll. Greenwood then contributed an adorable American Girl Bitty baby, which comes complete with her own wardrobe. All sewn by

Greenwood, there are dresses, shirts, pants, sleepwear, even a winter snowsuit. Socks, shoes, and a doll-sized teddy bear are just some of the great accessories that go along with the package. Tickets for the raffle are \$1 each or six

for \$5 and are on sale now at DJ's Crafts, 19 Pleasant St. in downtown Bristol. Drawing for the raffle will take place in December at Santa's Village and the winner will be notified if not present at the time the winning ticket is drawn.

Cell Study

FROM PAGE A1

US Rep. Chris Pappas attended a special meeting of the Lakes Region Planning Commission on Thursday to hear about a number of different projects and concerns. One major concern is cellular coverage, which officials said becoming the major source of broadband coverage for many people in rural areas. LRPC executive director Jeff Hayes said the state is claiming that the state had 90 percent cellular coverage. The FCC however ran a challenge to that research that indicated that those numbers were closer to 40 or 50 percent in most regions. Those figures were presented to the Public Utilities Commission and the FCC, who has opened an investigation on these figures. "We haven't heard anything back about what that investigation is doing and what the outcomes might be," Hayes said. Hayes said they heard from a detective on the Gilford Police

Department who said their Verizon service "has fallen through the floor" and it has impacted their jobs. "Cell phone is becoming a part of broadband in some places, in many places in our region it really is the best broadband connect the residents have," Hayes said. Hayes said there have been challenges in undertaking the FCC challenge as it requires them to complete one kilometer squares, which he said is hard to do from roads and requires hiking and off-road travel. Hayes said there is \$4 billion available to support broadband in rural areas that don't have 4G service, though they can't access the funding unless it is demonstrated that they don't have that service. "That's what motivates a lot of us to say this needs to be resolved and there needs to be recording of those areas that don't have service," Hayes said. Pappas said it can pretty much be agreed that there isn't 90 per-

cent cell coverage. He said he and his colleagues would be happy to look into any issues with rest of the state delegation. "Broadband cell services, it's a lifeline for businesses, a safety issue, quality of life issue," Pappas said. "We're happy to get to work on that." Hayes said having cell service availability is of major importance in the state. It can locate someone who's been in an accident and connect them to emergency services, it is being used as the primary connection for home businesses especially with an aging population, it is also used by people to access government services, and many more examples. "There's so many different aspects of our life, economic opportunities and safety and convenience... that's being done broadband that were not going to benefit from if we don't keep after that problem," Hayes said. "A \$4 billion fund is something we don't want to be excluded from."

Move

FROM PAGE A1

room. Coates pointed out that the 1,000-plus-square-foot meeting room can accommodate 40-50 people and is well-lit with natural light from six windows, as well as LED lighting the town purchased through Eversource. The room also has video conferencing capabilities and built-in cameras for meeting videos. Other technological features of the new building include free public wifi and cellular boosters.

Navigating the building

The new town hall will have two entrances, with the door on the right accessing the main meeting room as well as the Town Clerk/Tax Collector's Office. Off the lobby will be two service windows for paying bills and registering vehicles, as well as purchasing beach and solid waste stickers, or registering to vote. "The lobby is also spacious and bright with plenty of seating, a water fountain — including bottle filler — a TV

display for upcoming events and broadcasts of recent meetings, and an ADA-compliant restroom," Coates said. The meeting room originally was planned for the other end of the building, but the plans were flipped to take advantage of the slab foundation on the other end for records storage. The left door now leads to the Land Use, Assessing, Permitting, and Human Services offices. "With the changing world we live in, we have included the added security window and pass-through tray for paperwork," Coates said. "If they are not there, you will find a courtesy phone that you can pick up and dial an extension to locate other staff who may be able to help you. If your business requires more than the basic question-and-answer or paperwork, they will come around and greet you through the secured door and bring you to the meeting room set up for your needs." That entrance also leads to the stairs to the second floor where Coates and his executive assistant, along with the Finance and Human Resources offices, are located.

A courtesy phone at the top of the stairs will provide a way to contact the correct person for admittance to those offices and to the upstairs conference room. "To ensure that you make the most of the time you spend," Coates said, "I will now be blocking off time each day that will be set aside for meetings with townspeople. All you need to do is call [Administrative Assistant] Wendy Smith ahead of time and make an appointment and she can set you up with a time. The times I have set aside for appointments are 1-3 p.m. each day. If you would like to talk outside of those times, my availability cannot be guaranteed, but we will work to make accommodations." In addition to the offices and a small conference room, the upper floor includes an employee kitchen, a climate-controlled IT room, and storage areas. An unfinished area may serve as a business incubator space in the future. When the town hall opens on Oct. 24, all of the current telephone numbers and email addresses will remain valid.

Strategies

FROM PAGE A4

al short-term jobs and fourteen years of living on the road as a long-haul trucker, I remarried the sweetheart of my youth. We retired, settled down near our family, and I can finally fulfill a long-held dream of mine: I have become a writer. It is telling that, as difficult as the last thirty years have been, they have not been wasted. Out of the chaos of my life, something good has emerged. My writing

reflects a perspective I did not have prior to that first, fateful, defining moment. I am not sure how to advise those for whom God is not an active force in their lives. It is not possible to become the person we were created to be without the strength and direction that comes with knowing God. We can all learn from our mistakes, but fundamental changes to our basic nature come only through Jesus Christ. The Bible says, "We know that in all things God works for the good

of those who love him, who have been called according to his purpose." In the words of Mark Batterson, "It's never too late to become what you might have been." We serve a God of second chances. If we are prepared to walk with him, he will stay by us. God is able, and willing, to take us from where we are, as we are, and bring about something good. Hang in there... hold steady... the best is still to come. For more thoughts like these, follow me at indefenseoftruth.net.

Markets

FROM PAGE A4

ment grade bonds or even consider a fixed indexed annuity, with guaranteed income, for a small portion of your portfolio. We must look at Social Security and determine a strategy of when to take this entitlement. Many are paying high premiums for health insurance. Once retired, we should see a large reduction in premium when we go onto Medicare. When we calculate a realistic honest budget

and determine money that will be saved or reduced in retirement, then is the time to make sure that we are working with a firm that works for you! It is disheartening to review a portfolio and find that the "advisor" has loaded the account with high commissions and relationship fees that reduce the cash-flow to the client. My objective is to provide a sustainable adequate income, manage remaining assets that can still grow but do not affect my client's lifestyle

if the markets implode like 2008. Provide a death benefit or legacy if needed. Provide some form of long-term care, if there are remaining dollars over and above what it takes to live! The first step is to sit down and discuss with a good planner and get the ball rolling, it is never too soon. Mark Patterson is a planner and asset manager with MHP Asset Management. Mark can be reached at 447-1979 or Mark@mhp-asset.com.

Pemi-Baker

FROM PAGE A7

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health and quality of life. Participate in your care: Being an active participant in your recovery process can have a positive effect on your success. Contact Pemi-Baker Community Health today to find out more information about receiving physical therapy in your home or at our facility at Boulder Point, just off of Tenney Mountain Highway, in Plymouth. With 52 years of experience, serving over 900 clients from 18 towns in central and northern New Hampshire, Pemi-Baker

community Health is the home care provider of choice for Grafton County. Services include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool. PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 536-2232 or email: info@pbhha.org Visit our website: www.pbhha.org and like our Facebook Page: @PBCH4

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Think Pink

Join these local businesses in supporting breast cancer awareness this October!

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers



for Disease Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, according to Breastcancer.org, breast cancer is made

up of many different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are some treatment options doctors may discuss with breast cancer patients.

•Surgery: Breastcancer.

org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the tumor and a small amount of surrounding tissue is removed, and

mastectomy, in which all of the breast tissue is removed.

•Chemotherapy: Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to

shrink the cancer.

•Radiation therapy: Radiation therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as “radiotherapy,” radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.

• Hormonal therapy: Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as “anti-estrogen” therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.

• Targeted therapies: These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

• Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an

orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

• Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women’s breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

• Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when

they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms

of breast cancer can increase the likelihood of early diagnosis, which greatly improves women’s chances of surviving this disease.



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Have a smashingly good time at Moulton Farm’s Great Pumpkin Drop

MEREDITH — Moulton Farm’s “Great Pumpkin Drop” is back, so get ready for a smashing good day of fun at the Lakes Region farm on Sunday, Oct. 20.

“Our ‘Great Pumpkin Drop’ happens at 4 p.m. on Sunday,” says John Moulton, “but the fun starts long before the pumpkin drop with family fun activities all weekend.”

Free wagon rides around the farm will be available on Saturday and Sunday between 10 am and 3 p.m. The farm’s corn maze will be open both days. There are sheep to visit, a pumpkin decorating station, pumpkin games, and corn and pumpkin photo boards to pose with for fun photos.

On Saturday, Oct. 19, from noon until 3 p.m., musician John Irish will be singing at the farm.

On Sunday, before the great thud of falling pumpkins, two special events are scheduled:

Starting at 10 a.m., weather and field conditions permitting, the Granite State Draft Horse and Pony Association will hold a plowing contest in the farm’s field. Teams of horses and ponies compete in this skill that was used by farmers before trac-



COURTESY The weekend comes to a smashingly good ending with Moulton Farm’s “Great Pumpkin Drop” at 4 p.m. on Sunday, Oct. 20. The fun begins before that with a plowing contest, tractor rides, pumpkin hunting and a free magic show.

tors came into use.

A free live magic show at 1 p.m. with Tricky Dick will amaze young and old.

freshly made donuts from the Cider Bellies stand at the farm.

Moulton Farm is located at 18 Quarry Rd., off Route 25 in Meredith, and is open seven days a week. The farm practices sustainable agriculture and is dedicated to providing the highest quality fruits

and vegetables while preserving its rich soil for future generations. In addition to growing its own produce, the farm offers fall decorating supplies including a full range of fall favorites such as pumpkins and gourds. The farm also offers baked goods, prepared foods, and ci-

der doughnuts from Cider Bellies, seafood from Sal’s Fresh Seafood, and a quality selection of meats, cheeses and other items from northern New England producers. More information can be found at www.MoultonFarm.com or on Facebook at [Facebook.com/MoultonFarm](https://www.facebook.com/MoultonFarm).

Artistic Roots welcomes new visiting artists

PLYMOUTH — Artistic Roots welcome four new visiting artists to the gallery in October. The artists include Annette Mitchell, painting; Aisling Petipas, painting; Kathy Lowe, photography and music; and Noah Garrison, potter. We will welcome them at a Reception on Oct. 17 from 5-7 p.m. and all are welcome to attend. Refreshments will be served.

Annette Mitchell is Professor Emeritas of Art at Plymouth State University and the inventor and principal teacher of the foam plate printing technique. She continues to teach in PSU’s College of Graduate Studies, having served as Coordinator of Drawing since 1981. She received the New Hampshire Art Educator of the Year Award in 1990. Mitchell’s sumi ink and print work was featured in an article in the March/April 2013 issue of Artscope Magazine. An excerpt from her book “Foam Is Where the Art Is: New Ways to Print” was included in *Discovering Drawing* by Ted Rose and Sallye Mahan-Cox (Davis Publications). American Artist Magazine featured a six-page article “Elegant Prints from a Foam Plate,” about her flower prints in their July 2004 issue. Mitchell’s article “Printmaking for All Ages” was published in *SchoolArts Magazine*. Her work is in numerous public and private collections. She serves on the board of Artistic Roots and frequently teaches at the gallery.

Aisling Petipas was born in Cork, Ireland,




COURTESY This is the work of Aisling Petipas of Bristol. She is currently one of four Visiting Artists at Artistic Roots in Plymouth. She is joined with Annette Mitchell, Kathy Lowe, and Noah Garrison. A welcoming Reception will be held on Oct. 17 from 5-7 p.m. Everyone is welcome to attend and refreshments will be served.

in 1981. She holds a BA, in Art Practice, from UC Berkeley. Aisling (pronounced Ash-ling) lives in Bristol. During the thawed months, she works as a gardener, spending much of her time amongst flowers and covered in dirt. When the ground freezes, she builds Ice Castles in Woodstock. Aisling’s one true given talent is daydreaming, which, as a child this was often seen as a flaw. Yet, she refused remove her head from the clouds and found that most natural way to exploit this misunderstood gift was to make Art. She developed a passion for painting and drawing and honed this craft as a favorite means of expressing her inner world. “Painting is like storytelling. It is a language of its own, not confined to words, but an expression of space and light, which is universally understood”. Through her art Aisling hopes to spark a kindred awe of nature into daydreams of the viewer.


Petreflection Photog-

raphy is a word coined by Kathy Lowe. The word merges two words; Petroglyph and Reflection. For 25 years, Kathy has been looking for still water and capturing mirror reflection images that are what she calls, “earth’s perfect artwork.” The photos are quite intriguing and un-earthly at times. The images have inspired many project visions: a screenplay for sale, “PETREFLECTORS,” a Performance Art called, “Petreflections Live - A Chants Encounter,” and a children’s book called, “Tommer’s Earthly Friends, currently being illustrated.” Kathy also is a singer-songwriter in the folk genre, and has recorded six CDs.

Noah Garrison is a potter that currently lives in Fryeburg, Maine. He is originally from Minnesota and has attended Watershed. Noah apprenticed a tile maker in California and this is where his start. He prefers wood firing but does kiln firing as well.



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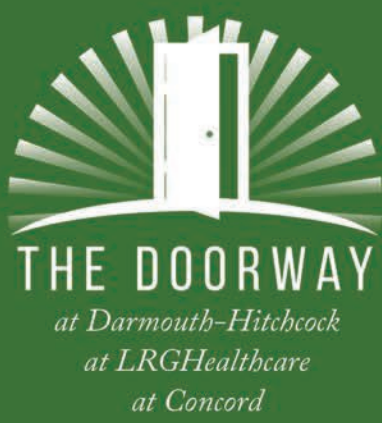


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What's On Tap

Regular seasons are wrapping up and postseason is on the horizon for local high school teams.

The Division III field hockey tournament starts on Wednesday, Oct. 23, at the home of the higher seed at 3 p.m.

The Division II field hockey tournament starts on Thursday, Oct. 24, at 3 p.m. at the home of the higher seed.

The Newfound cross country team will be at Merrimack Valley today, Oct. 17, at 4 p.m.

The Bear field hockey team will be hosting White Mountains Regional at 4 p.m.

The Newfound soccer boys are at Bishop Brady at 3:30 p.m. on Friday, Oct. 18, will be at Winnisquam at 3:30 p.m. on Tuesday, Oct. 22, and will be at Inter-Lakes at 3:30 p.m. on Thursday, Oct. 24.

The volleyball Bears will be hosting Mascoma on Friday, Oct. 18, at 6:15 p.m., will be at Franklin at 6:15 p.m. on Monday, Oct. 21, and at Farmington at 6:15 p.m. on Wednesday, Oct. 23.

The Newfound football team will be hosting Franklin on Saturday, Oct. 19, at 2 p.m.

The Plymouth cross country team will run at Kingswood today, Oct. 17, at 4 p.m.

The Bobcat soccer girls will be at Hanover today, Oct. 17, at 4 p.m. and will be hosting Kennett at 4 p.m. on Wednesday, Oct. 23.

The Bobcat boys' soccer team will be at Merrimack Valley on Friday, Oct. 18, and will be hosting Kingswood on Tuesday, Oct. 22, both at 4 p.m.

The volleyball Bobcats will be at Hanover on Friday, Oct. 18, at 5:45 p.m., will be hosting Gilford at 6 p.m. on Tuesday, Oct. 22, and will be at Coe-Brown at 6 p.m. on Thursday, Oct. 24.

The Plymouth field hockey team will be at Kennett at 4:30 p.m. on Friday, Oct. 18.

The Plymouth football team will be at Pembroke for a 2:30 p.m. game on Saturday, Oct. 19.

Volleyball Bears push past Prospect

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — If you're going to play in the postseason, it's always good to see some real back and forth battles in the regular season.

That's exactly what the Prospect Mountain and Newfound volleyball teams got on Wednesday, Oct. 9, as the two teams battled back and forth before the hosts Bears claimed a 3-2 win.

"I would take that any day," said Prospect coach Kelly Harte of the back and forth game. "We don't see a lot of that in

JOSHUA SPAULDING
(Right) NEWFOUND'S Malina Bohlmann (4) goes up for a kill against Prospect's Ava Misiasek and Gwen West in action last week.



JOSHUA SPAULDING
Maura Geldermann goes up for a hit against Prospect Mountain last week.

Bears run in Lakes Region Championships

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Newfound cross country team competed in the Lakes Region Championships in Gilford on Friday.

In the girls' race, Leah Deuso finished in a time of 26:56 for 22nd place overall.

Sophia Pettit finished in a time of 27:50 for 28th place.

Julia Huckins was 38th overall with a time of 32:13 and Gretchen McGowan rounded out the Bears with a time of 32:49 for 40th place overall.

For the Bear boys, Nick Comeau finished in first place with a time of 18:44 for 14th place overall.

Joe Sullivan finished in 16th place in a time of 18:51 and Jeffrey Huckins finished in a time of 19:53 for 26th place.

Ashlar Dotson finished in a time of 20:03 for 29th place and Ryder Downes rounded out the scoring for Newfound with a time of 20:28 for 33rd place.

Luke Gordon finished in 35th place in 20:31, Kyle Rosendahl was 41st in 20:57, Wyatt Day was 42nd in a time of 20:58, Ben LaPlume ran to 46th place in a time of 21:09, Connor Downes finished in 21:22 for 47th place and Hunter Pease finished in a time of 23:23 for 57th place.

The Bears will run today, Oct. 17, at 4 p.m. at Merrimack Valley for the Capital Area



BOB MARTIN - GILFORD STEAMER
Joe Sullivan runs during the Lakes Region Championships in Gilford last week.

Championships.

Sports Editor Joshua Spaulding can be

reached at 279-4516, ext. 155 or josh@salmonpress.news.

our schedule, but we've been working on pressure situations and they really stepped it up."

"It's good to see that at this point because some of the younger kids don't understand what it's going to be like in the playoffs," said Newfound coach Amy Fairbank. "That's what it's going to be like and that is how you play, you have to battle through."

A hit from Maura Geldermann and a service ace from Riley Pierce got Newfound out to a 3-0 start in the first game but Julia Leavitt brought the Timber Wolves back with three straight hits for points. Malina Bohlmann helped the Bears get back in front with a hit and a tip and Bailey Fairbank added a service ace as Newfound went up 11-4.

Jordan Ingoldsby had a hit for the Timber Wolves and Sophia Bean added a hit as the visitors got a couple of points back but a block from Paulina Huckins, a trio of hits from Fairbank, one from Geldermann and a great return from Bohlmann allowed the Bears to go up 18-8. Bean found a nice spot for a point for the Timber Wolves and

Gwen West added a block as the Timber Wolves got to within 18-12.

Fairbank had another hit for the Bears but West and Leavitt got the Timber Wolves back on the right side of things. Leavitt added a service aces and a diving save as the Timber Wolves cut the lead to 22-17. West and Bean had hits and the visitors were within 23-20.

Huckins and Ingoldsby exchanged big hits at the net but Huckins closed out the match with a kill and Newfound had the 25-22 win and the 1-0 lead.

The two teams went back and forth for the start of the second game, with Fairbank getting a nice tip and Geldermann and Bohlmann finishing hits while Ingoldsby and Bean finished hits for the Timber Wolves. The teams were tied at one, two, four, five and six. An ace from Emalie Ruitter got the Bears out in the lead but Bean and Leavitt had hits for Prospect to keep them in the match. An ace from Lindsay McCullough helped Prospect get to within one at 10-9 but the Bears got the next two points. A hit from West helped the Timber

SEE VOLLEYBALL PAGE B6

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George Belville earned his coach’s praise for a solid game at center back against Laconia.



Jake Huckins tries to move the ball between a pair of Laconia defenders.

Bears fall in hard-fought battle with Laconia

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Both the Laconia and Newfound boys’ soccer teams were in search of a much-needed win entering their game in Bristol on Tuesday, Oct. 8.

It was the Sachems who emerged taking the momentum, as two

late first-half goals gave them the lead and they added two more in the second half for the 4-0 win.

“We couldn’t get enough pressure,” said Newfound coach Jason Hill. “Finishing has been really tough, we just don’t have someone punching it in.”

Laconia had the of-

fensive attempts in the first few minutes, including the game’s first corner, but the Newfound defense held tight on the corner kick. Tyler MacLean and Gavin Brooks were strong on the defensive side of things for the Bears and Adrian Ehmann and Matt Karkheck teamed up

on a bid at the other end. Tuan Nguyen sent a nice ball in but just missed connecting with Jake Huckins and Karkheck.

Laconia had another corner chance but Bodhi Smith had a good clear. Garrett King had a run into the zone that was turned away and Brooks sent a shot through the crease that missed connections. Keeper Jack Gosson made a save at the other end of the field and Laconia had a couple of chances that missed the net, including one that went over the top and another that went just wide. George Belville and Ehmann each had good clears as well.

The Sachems had a corner kick chance that was headed over the top of the net and Ehmann had another clear. Brooks just missed connecting with Karkheck and the Sachems continued to pressure.

On a direct kick chance, the Sachems headed the ball toward the top of the net but Gosson leaped and punched it over the cross bar. Laconia came back with a number of corner kick chances and the fourth one proved to be the big one. After Belville blocked a shot, the loose ball was pounded past Gosson for the 1-0 lead with 3:09 to go in

the first half.

Gosson came up with another save and Nguyen had a couple of nice slide tackles in the Newfound defensive zone but with less than two minutes to go, the Sachems ripped a shot from the top of the box and into the net for the 2-0 lead and they took that lead to the break.

The Sachems had an early corner in the second half but Gosson made the save. However, just more than five minutes into the frame, Gosson came charging out on a Laconia attacker but the Sachems were able to slip the ball by for the 3-0 lead.

Smith had a good clear and Brooks and Huckins worked hard in the offensive zone to try and get the Bears on the board. Nguyen made a run into the zone and Smith just missed connecting with James Rogers.

The Sachems had a direct kick that Gosson made a nice save on and Brooks sent a ball in just ahead of Huckins. Both Rogers and Huckins had shots blocked and Ehmann and Rogers helped out with good defense too.

Karkheck sent a shot wide of the net and Brooks had a good move into the zone but could not get the ball in. The Bears had a couple of corners, with

King getting a shot on net but it was blocked by the Sachem defense.

Laconia had a couple of late chances as well, and with less than two minutes to go, a breakaway through the defense led to the final goal of the game.

“We’re working, but there’s more to do,” Hill said. “I’m proud of the effort, they didn’t quite and they didn’t back down.

“But hats off to Laconia,” he continued. “They’ve played a really tough schedule so we knew they were solid.”

The Bear coach noted that the late goals in the first half have been an issue for his team during the season and makes things tough going to the second half.

Hill noted that Belville was strong at the center back position.

“He did exactly what I wanted him to do,” Hill said. “They were trying to turn with the ball and he did a good job of stepping and clearing the zone.”

The Bears will be back in action on Friday, Oct. 18, at Bishop Brady at 3:30 p.m. and will be at Winnisquam for a 3:30 p.m. game on Tuesday, Oct. 22.

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

PSU hosting softball clinic Nov. 16

PLYMOUTH — Plymouth State University head softball coach Bruce Addison has announced the program will hold a fall clinic for high school-aged student-athletes in mid-November.

The event will take place on Saturday, Nov. 16, at 9 a.m. at the Bank of New Hampshire Field House at ALLWell North and is designed to provide an opportunity for skill development, training and competition.

Clinic participants

have the option to register for individual sessions or the full clinic. Session one will include pitching and catching only. All pitchers will need to bring a catcher. Session two will include fielding, hitting, live scrimmage and a question and answer session with current Plymouth State softball student-athletes and coaches. Those interested in attending both sessions should register for the full clinic.

The cost for the clinic is \$100 and includes a PSU softball tee shirt. Athletes are encouraged to bring all necessary equipment: bats, gloves, cleats, sneakers, batting gloves, softball pants, catcher’s equipment (if necessary), batting helmet and water bottle.

Interested athletes can register online (<https://tinyurl.com/PSUSoftballClinic-Fall19>) and can contact Addison (beaddison@plymouth.edu) for additional information.

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Berlin field hockey battles past Bears

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound field hockey team has made a habit of not allowing many goals this season.

Entering last Wednesday’s match-up against the Berlin Mountaineers, the Bears had allowed only three goals in 11 games, with nine of those games shutouts.

Berlin went on to double the goals allowed by the Bears on the season, scoring twice in the second half on the way to a 3-2 win over Newfound.

“It’s a big win,” said Berlin coach Nicole Arguin. “Now we’ve got good momentum into the last games (of the regular season).”

“I felt like our defense did not play well today,” said Newfound coach Kammi Williams. “Lots of things on the defensive side did not look good.”

Berlin’s Kelly McCormick had the first opportunity in the zone but couldn’t get through the Bear defense. Berlin had the game’s first corner and Haley Dukette came through with a good defensive play for the Bears. Caroline Marchand then made a great run down the field on a long feed from Matti Douville that led to a Newfound corner.

The Bears were able to capitalize on that corner, as Marchand continued her run toward the Newfound scoring record, putting in a rebound of a Dukette shot with 7:40 gone in the first half.

Marchand and Dukette teamed up on another bid but Berlin’s Madi Cordwell stepped up with good defense. The Bears then came back with three corners in a row, with Marchand getting in close on one, Mackenzie Bohlmann sent a good ball in to Tiffany Doan on another and a third attempt went wide of the net.

The Mountaineers came back with a corner at the other end but Newfound’s defense held strong. Marchand and Doan teamed up with another bid for the Bears and they got another corner, with Doan getting a shot on net that Berlin keeper Olivia Boucher turned away. Kaelyn Blais turned in a good defensive stop on the rebound as well. Both Cordwell and Natalie Williams were strong on defense against another Marchand run and the Mountaineers got the ball back down the field but couldn’t convert.

However, with 8:19 to go in the first half, McCormick sent a ball in to Cienna Langlais, who in turn got the ball to Blais, who was running toward the net and poked it into the net for the tying goal.

The teams exchanged corners and Marchand and Kenna Balderrama had bids at their respective ends of the field and Anna Salek had a good defensive play on Doan.

The Bears came through with three consecutive corners as the



Cassie Zick moves the ball up the field for Newfound in action last week.

JOSHUA SPAULDING



Mackenzie Bohlmann winds up to rip the ball down the field in action against Berlin.

JOSHUA SPAULDING

first half ticked down. On the first one, Bohlmann sent a nice ball in to Doan, who got the ball past Boucher, but Mickailey Walsh was there to poke the ball away. McCormick added a good defensive play on the second corner and on the third, after Boucher made a save on a Marchand shot, Blais cleared the rebound and the game went to the half with the score tied at one.

The Mountaineers made a quick statement out of the gate in the second half, as just 55 seconds in on a corner, Balderrama put back her own rebound after getting a feed from Blais, putting the Mountaineers up 2-1.

Maggie Bednaz and Bohlmann for Newfound and Cordwell for Berlin both turned in defensive stops and Dukette had a shot on net that was turned away by Boucher.

Marchand made another run into the zone and Erin McCormick helped to turn the ball away while Lindsey Lacasse had a good defensive stop for the Bears. Marchand had a great shot that seemed destined for the far post, but Boucher flashed her stick out and knocked the ball wide.

The Bears had a couple of corners but they were unable to convert, while Bohlmann also had a shot that missed the mark. Kelly McCormick and Salek had good defensive stops for Berlin and Becca Pouliot made a nice run

in for the visitors but Bear keeper Hayleigh Pabst kicked the ball away.

With 8:37 to go in the game, the Mountaineers got a little insurance, as Emily Roy passed the ball in to

Pouliot, who worked her way through the defense and put it in the net for the 3-1 lead.

The dangerous Newfound offense answered less than two minutes later, as Doan sent a cross in front of the

net. Marchand got her stick on the elevated ball, knocking it to the ground and then swept it into the net to make it 3-2.

Arguin called timeout to gather the troops and the Mountaineers

held tight for the final six minutes to claim the 3-2 win.

“Regroup and refocus, it’s the mental part of the game and that’s important,” said Arguin of the timeout.

She also noted that the start of the second half was key, getting a goal in the first minute put the Mountaineers on the right track.

“We’ve been working on starting off strong and finishing that way,” she said, praising her team’s composure after going down early and after the late Newfound goal.

Both coaches agreed that the teams play well against each other.

“They played us really well up there too,” said Williams. “One shot on goal in the first half and one goal, that doesn’t happen to us.

“Berlin, they were fighting that whole game and they fought really hard,” the Bear coach said. “But I’m disappointed in giving up three goals, that’s not our normal pattern.”

She noted that as the season draws to a close, the Bears can’t afford another loss if they want to hold on to the second seed in Division III.

Newfound finishes the regular season on Thursday, Oct. 17, at home against White Mountains at 4 p.m.

Berlin also finishes the regular season on Thursday, Oct. 17, hosting Laconia at 4 p.m.

The Division III playoffs kick off on Wednesday, Oct. 23, at the home of the higher seed at 3 p.m.

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

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The YLLA is a non-profit organization that is still very much a vibrant part of the Plymouth Community. Come find out more about us on October 16th at 7PM at the Old Webster Courthouse on Court Street in Plymouth.

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Shaker Regional School District 2019-2020 Winter Coaching Positions

Winter, 2019 – JV Girls Basketball

This is a Junior Varsity Coach position for both the girls basketball team. This is a stipend position and it is open until filled. Previous experience coaching is preferred but not required. Interested applicants should send a current resume and letter of interest via email to Cayman Belyea, Athletic Director at cbelyea@sau80.org or through the mail to Cayman Belyea, Athletic Director, Belmont High School, 255 Seavey Rd, Belmont, NH 03220.

Winter, 2019 – BMS 5/6 Girls Basketball

This is the Coach position for Belmont Middle School Grades 5/6 Girls Basketball team. This is a stipend position and it is open until filled. Previous experience coaching is preferred but not required. Interested applicants should send a current resume and letter of interest via email to Cayman Belyea, Athletic Director at cbelyea@sau80.org or through the mail to Cayman Belyea, Athletic Director, Belmont High School, 255 Seavey Road, Belmont, NH 03220.



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Soccer kids

Kids from the Thompson-Tapply Community Center’s soccer league took to the field at Newfound Regional High School during the high school team’s game against Laconia last week

Volleyball

FROM PAGE B1

Wolves continue to stay close and the teams went back and forth with Bohlmann and Ingoldsby exchanging hits. Huckins and Bohlmann continued the strong play for the Bers while Ingoldsby and Huckins swapped service aces and the teams remained with three points of each other.

A block from West helped the Timber Wolves pull even at 20 and then a hit from Leavitt and an ace from McCullough allowed Prospect to claim the 25-20 win, tying the match at one. Prospect jumped out to a quick 4-0 lead in the third game thanks to hits from Leavitt and an ace from Allie Stockman. Another Leavitt hit, a tip from West and a hit from

Ingoldsby allowed the Timber Wolves to build up the 11-2 lead before the Bears fought back. Huckins had a big hit and then a nice tip at the net and Fairbank added a hit as the Bears got to within 14-8. After a Bean hit for the Timber Wolves, Fairbank and Bohlmann each had kills for the Bears. A Leavitt service ace and hits from West and Ingoldsby saw the Timber Wolves go up

22-13 but Huckins had a couple of nice hits for the Bears to try to keep them in it. However, Ava Miaszsek and Bean helped to finish off the 25-17 win for the Timber Wolves. The fourth game saw Newfound get off to a quick lead, going up 7-0 on hits from Bohlmann and a couple of service aces from Fairbank. West got Prospect’s first point and Ingoldsby followed up with a point. A tip from Stockman and a hit from Ingoldsby allowed the Timber Wolves to close the gap, cutting the lead to 9-7 before the Bears got a couple points back. Bean and Leavitt had hits for the Timber Wolves while Fairbank did the same for the hosts and Geldermann had a nice block, allowing Newfound to go up 15-10.

Leavitt kept the Timber Wolves in the match with a couple of big hits at the net but Newfound slowly built the lead back up, going up 23-13 before West had an ace, Bean had a block and Ingoldsby had a kill, making it 24-17. However, Newfound finished off the 25-17 win, forcing a fifth and deciding game. The visitors went up 4-1 out of the gate in the fifth game but Newfound came back and tied the

match at five and went ahead 7-5 thanks to an ace from Bohlmann. Prospect pulled even at seven but a Ruiter service ace helped Newfound go in front by two at 9-7. Leavitt had a kill and West had a block, pulling the Timber Wolves even at 10 and Prospect went up 12-10 before Fairbank and Bohlmann had hits to pull the Bears back in front at 13-12. A block from West pulled Prospect even at 13 but the Bears got the final two points for the 15-13 win and the 3-2 victory.

“They persevere, even when they’re down, they keep notching away, notching away,” Fairbank said. “They may hang their heads a bit but they don’t give up. “Six service errors for the match isn’t too bad, but passing errors, we have to work on our passing,” she continued. The Bear coach also noted that Bailey Fairbank, who still had 13 kills, was under the weather and she was pleased to see the rest of the team step up to help fill the void around her. Bohlmann added 12 kills in the win while Huckins had nine. “I’ve been waiting for my upperclassmen to really steep it up and they certainly did,” said

Harte. “I am proud of them, I think they fought hard.” Newfound defeated Moultonborough earlier in the week, 25-19, 25-17, 25-20. Fairbank had 11 kills, Huckins had six kills and Bohlmann had five kills. Fairbank had five aces, Huckins was a perfect eight-for-eight from the line with two aces, Ruiter was 10 for 10 and Pierce was nine for nine. The week closed out with a 3-2 win over Mascenic, 25-21, 22-25, 25-13, 16-25, 15-5. Fairbank and Huckins each had 11 kills while Bohlmann had 10 and Geldermann added eight. Ruiter had four aces and Fairbank had three. Huckins had eight blocks for four points and Geldermann had four blocks for three points. The Bears will be hosting Mascoma in the final home game on Friday, Oct. 18, will be at Franklin on Monday, Oct. 21, and at Farmington on Wednesday, Oct. 23, all at 6:15 p.m. The Timber Wolves will be hosting Farmington on Friday, Oct. 18, and Kennett on Wednesday, Oct. 23, both at 6 p.m. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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What’s Happening at
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THIS WEEK AT PLYMOUTH STATE

Thursday-Sunday, 10/17-10/20: The Addams Family, Hanaway Theatre, Silver Center. Information at plymouthstatetickets.com.

Saturday, 10/19: Men’s Soccer vs. West Conn, 11 a.m., Arold Field | Women’s Rugby vs. Wheaton, 1 p.m., Rec Sports Rugby Field | Football vs. Framingham, 1 p.m., Currier Field Information at athletics.plymouth.edu.

Tuesday, 10/22: Sidore Lecture Series Election Issues: Dr. Gregory Samuels–Promoting Critical Thinking Through Media and Racial Literacy in an Era of Fake News, 7 p.m., Smith Recital Hall, Silver Center. This presentation will encourage attendees to consider recent controversies and explore social justice initiatives centered around race and racism. Information at campus.plymouth.edu/sidore.



DR. GREGORY SAMUELS

For a listing of more Plymouth State University events, visit plymouth.edu/calendar.