

# New Hampton School students lend a hand

## School takes part in United Way Day of Caring

**BY DONNA RHODES**  
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**REGION** — On Wednesday, Sept. 25, volunteers from all walks of life took part in the annual Granite United Way Day of Caring, when local non-profit organizations submit requests for things they need done to help keep their services in operation and people rise up to make their wishes a reality.

This year, students from New Hampton School were among the largest of the groups taking part in the Day of Caring, signing up for many projects from Tilton to Plymouth.

And while several of them spent the morning hours walk-



**A group of students from New Hampton School took part in the Granite United Way Day of Caring on Sept. 25 by helping decorate the pavilion at the New Hampshire Veterans' Home for this week's Fall Family Festival, which is open to the public.**

sand and stain several flag cases, too.

NHS faculty member Ingrid Knowles said their participation in Day of Caring has become part of two Service Learning Days, which includes community service, held each year at the private school.

The students themselves were glad to be out taking part in good deeds for others. Courtney, who is a junior at NHS, said she thought it was great to actually see what NHVH provides for men and women who served the country and lend them a hand.

"It's good to get out of the classroom once in a while to interact with the community and help people who need your help," she said.

Her classmate Emma agreed, adding that she saw lots of opportunities that day where they could benefit their community.

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## Police discover stash of stolen tools

**BY DONNA RHODES**  
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**ALEXANDRIA** — Police in Alexandria recovered a variety of tools from the woods along Bailey Road last week and believe them to have been stolen from one or more local residences in either Alexandria or Bristol.

Chief Donald Sullivan said a young man was recently arrested on an unrelated charge but after that arrest they received tips that the same person had been seen going in and out of a section of woods on Bailey Road. Upon investigation of the area, officers found a couple of bags containing tools and even some frozen food items.

"The fact that there was frozen

food there, too, indicates they most

**SEE TOOLS, PAGE A11**

ing miles of roadways in their own community to pick up trash, others set out for good deeds at other destinations.

One crew travelled to New Hampshire Veterans' Home in Tilton where there was

a punch list of things that needed to be done for not just the building and residents but for their upcoming Fall Family Festival this weekend.

"They're here to help and they're being helpful," said Jen, one

of the staff members.

Once students arrived at the facility they split off into groups. Many helped wash windows while others took part in decorating for the fall festival and there were plans for them to help



**Planters get visitors**

**COURTESY PHOTOS**

Volunteers from Pasquaney Garden Club were unexpectedly rewarded when a group of eight loons began swimming and diving in the swimming area right off shore from their work area at Cummings Beach. Though none of the gardeners were able to capture the whole group in a single photo, the loons lingered and watched the gardeners as the gardeners also watched them. The rainwater remediation area that protects the lake edge along the parking lot at Cummings Beach is currently undergoing renovation and replanting to improve the effectiveness of the drain. The Garden Club was invited by the town and environmental crews to assist with the selection and planting of the area. Volunteers included club members and an Americorps volunteer currently assigned to the Newfound Lake Region Association.

# Meeting your fitness needs in downtown Bristol

## Kilter Fitness open for business

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**BY DONNA RHODES**  
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**BRISTOL** — After months of anticipation, residents of the Newfound area were excited to see the doors of Kilter Fitness open last Saturday morning where a steady stream of residents stopped by to look over the facility, try out the equipment and register for membership.

Kilter Fitness is a family-owned business



**DONNA RHODES**

(Left) With the backdrop of a motivational sign stating "Never Give Up," Jesse Rowell of Bristol tried out some of the new equipment available at Kilter Fitness on Lake Street in downtown Bristol during their grand opening last weekend.

with a healthy twist. George Clayman, his wife Amy and sister Rachael Lacasse are all members of Bristol Fire Department who

**SEE FITNESS, PAGE A11**



# Another successful garden season in Bristol

BRISTOL — As the Fall season arrives, the Bristol Downtown Decorating Committee is celebrating another successful summer garden season. The weather has been great for growing and the array of color surrounding the square has been outstanding.

None of this would have been possible without the numerous volunteer hours put in by committee members. In the spring they first had to clean out the beds, purchase the flowers, plant, mulch, water every day, weed and deadhead to keep more blooms coming.



The Bristol Downtown Decorating Committee has been hard at work all summer.

## Stories from the Tapply family shared at Minot-Sleeper Library

BRISTOL — The community is invited to an evening of stories, “Bus and Wink: Adventures of Youth” shared by Dick Tapply, son of Wink and Ruth Tapply, at the Minot-Sleeper Library on Thursday, Oct. 17, at 6:30 p.m.

Some would say Wink and Ruth Tapply shaped the moral fiber of Bristol youth from 1948 to 1958. Their influence can still be

felt today through the stories told by families, and the many recreational activities offered by the Tapply-Thompson Community Center and the Slim Baker Foundation.

Dick Tapply will share memories of Wink and Ruth in an evening that will highlight readings from a book written by Wink’s grandson, Tim, about the youthful antics

of Wink and his best friend, Bus, during the 1920s. These stories have been kept alive by their telling and retelling over three generations around the campfire at the Tapply Family Camp. He will also share early memories, in a power point presentation, of the TTCC and the activities of the day, including stories of “The Ten Bucket Club” and the infamous Bristol Rope Skippers.

All are invited to “Bus and Wink: Adventures of Youth” at the Minot-Sleeper Library, 35 Pleasant St., Bristol, on Thursday, Oct. 17, at 6:30 p.m. The program is free. Refreshments will be generously provided by the Friends of the Library.

## Bristol Police Log

BRISTOL — The Bristol Police Department handled 209 calls for service, resulting in five adult criminal arrests, one juvenile arrest, one adult protective custody arrest, and 10 criminal offense investigations. Officers also performed 58 motor vehicle stops, investigated three motor vehicle accidents, and conducted 184 directed enforcement patrols, area checks and foot patrols.

Other call reasons included: domestic disturbances, mental health emergency, suicide threats, intoxicated persons, warrant checks, wanted persons, criminal investigation follow-ups, harassment, 911 investigation, unwanted per-

sons, burglary, attempted burglary, thefts, criminal mischief, trespassing, noise complaints, suspicious vehicles, suspicious persons, disturbances, drug activity complaints, drug investigations, DRE evaluation, motor vehicle complaints, DWI complaints, welfare checks, residential alarms, business alarms, lost property, parking complaints, civil matters, paperwork service, animal complaints, public assists, motorist assists, fingerprints, sex offender registrations, VIN verifications, road hazards, juvenile complaints, community policing events, assist other police agencies, and assist the fire department.

**Arrests**

Michael Bishop, 34, Alexandria - operating after suspension;

Daniel McDonald, 27, Gilford - criminal warrant;

Samuel Leask, 23, Portland, Maine - operating after suspension;

Zachary Leblanc, 24, Bristol - bench warrant;

Jared Kwedor, 19, Warren - driving while intoxicated.

One adult protective custody – alcohol;

One juvenile tobacco arrest.

Identifying information for juveniles, and persons placed into protective custody are not released.

## Learn about one-room schools in Hill

HILL — One-room schools were the backbone of primary education for generations of children a century ago. Explore the realities and the lasting legacies of these schools and how they echo today.

Come hear Steve Taylor, scholar, farm-

er, journalist and student of life in rural New Hampshire speak on one-room schools on Oct. 17 at 7 p.m. at the Hill Public Library

The program is free and open to all. Sponsored by NH Humanities Council and Hill Historical Society.

# SDS and recollections of a 60s radical at Plymouth State

PLYMOUTH — The public is welcome to join PSU history students to hear Gary McCool’s experience as a founder of a campus chapter of the Students for a Democratic Society (SDS), to be held Tuesday, Oct. 8, from 10 to 11:40 a.m. at Smith Recital Hall, Sil-

ver Center for the Arts.

During the 1960s in Denver, Colo., McCool was an activist in the civil rights movement and especially in the anti-Vietnam War movement. His activism developed out of a growing awareness of the injustices in the

country at the time and was largely centered on the Vietnam War. As a graduate student in history at the University of Denver, McCool and a doctoral student at DU formed a campus chapter of the New Left student group Students for a Democratic Society (SDS). In this presentation, McCool will discuss the roots of SDS, the influence of its founding document – the Port Huron Statement – and a particular anti-war protest at DU in 1966 involving then

Secretary of State Dean Rusk.

McCool is an Associate Professor and Coordinator of Reference Services at Lamson Library of Plymouth State University. He has worked at PSU since 1978. At PSU, he serves on the Peace and Social Justice Studies Council and the Sidore Lecture Series Committee. For 35 years, he was the faculty adviser to Common Ground, the PSU environmental and social justice student organization.

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<b>ABOMINABLE</b> Fri.-Sat.: 12:30, 2:45, 5:00, 7:15, 9:30 PM Sun.-Thurs.: 12:30, 2:45, 5:00, 7:15 PM	<b>PG</b>	<p><i>Come try our new luxury leather recliners with footrests</i></p> <p>Find us online at: <a href="http://BarnZs.com">BarnZs.com</a></p>	



# Pasquaney Garden Club celebrates autumn with community projects and programs

BRISTOL — In September, Pasquaney Garden Club offered one program on pruning with Tim Bergquist of Chippers, and teamed up with Minot Sleeper Library to offer an evening program about the Unusual Weathervanes of the Granite State. Glenn Knoblock was the speaker and the program was supported by a grant from NH Humanities. Both programs were very well attended and it is rewarding to know the programs are tapping into community interests.

Gardeners and vol-



Glenn Knoblock presented a program on weathervanes at the Minot Sleeper Library.

COURTESY PHOTO

den maintenance. This annual event is part of The United Way Day of Caring and the student teams are sponsored by the school. The work they do with Pasquaney Garden Club and with many other sites around the area makes a huge contribution to the communities. The club offered a thank you to all the students who participated in these efforts.

On Oct. 15, PGC members and guests will enjoy a respite from work projects with a fall floral arrangement program presented by Michelle Nichols of Dockside Florists. Nichols will demonstrate some floral arrangement ideas for autumn and then lead the group in a hands-on arrangement using sugar pumpkins as containers.

Pasquaney Garden Club welcomes new members and guests. Many more activities and events will be coming in the next few months. If you have an interest in gardening, floral design, community beautification or just enjoying the company of others with similar interests, please join them. The club also welcomes volunteers who wish only to help in the hands-on gardening activities. Information on gardening dates and club activities is available at the desk at Minot Sleeper Library. Members receive a monthly newsletter with all the club activity information. Dues are \$15 per year and are used to fund programs. PGC is a 501(c)3 non-profit organization and includes members from towns in the greater Newfound area.

unteers are keeping extra busy this fall attending to many gardening projects around the greater Bristol area. Out at Newfound Lake, PGC is assisting the town on plans to redo some the plantings in the swale that filters and drains rainwater from the parking area at Cummings Beach. Plants are being selected for the suitability of the needs there, and some will be transplants from the butterfly garden behind Minot Sleeper Library, which is designed as a water protection area between the library parking lot and the Newfound River. Pasquaney Garden Club will also be assisting with some planting around the new Bristol Town Hall building as the construction and remodeling wind down.

On Wednesday, Sept. 25, a team of students from New Hampton School assisted Pasquaney Garden Club members by spreading mulch in the butterfly garden and helping with weeding and other gar-

# Georgia blues master comes to Plymouth

PLYMOUTH — Soulful Grammy winner and Blues Hall of Fame inductee Robert Cray performs at The Flying Monkey in Plymouth on Saturday, Oct. 12, at 7:30 p.m. Tickets for this concert start at \$49.

A quick glance at Cray by the numbers makes it very clear just how established he and his band are. Cray has been releasing music for more than 40 years, including 20 studio albums, 15 of which placed on the Billboard charts, and singles like Smoking Gun, Don't Be Afraid of the Dark and The Forecast (Calls for Pain). Cray's trophy case holds five Grammys from 15 nominations and a "suitcase full" of the Blues Foundation's Blues Music Awards.

The Georgia-born Cray, who eventually settled in Tacoma and attended Lakes High School in Lakewood, Wash., was inducted into the Blues Hall of Fame in 2011 and received the Americana Music Lifetime Achievement Award for Performance in 2017.

There are no gimmicks, no big action shots, and no show-boating when it comes to Cray. Instead, what you hear is a captivating tone mimicked by many but mastered by only one.

"In the early days of the band we were getting back into O.V. Wright and paying attention to my favorite blues players; Buddy Guy, Otis Rush, Albert King and especially Albert Collins," Cray says.

The Texas-born blues guitarist known as Master of the Telecaster; Collins sealed the deal on the Cray Band's early direction. The musical highlight of Cray's senior year was his class voting to bring Collins in to play a graduation party. The glow of a career in music began when Cray was a teen, and in 1974 it burst into flames as the Robert Cray Band came together in Eugene, Ore.

"Richard and I didn't own a vehicle, and we were staying with his girlfriend in Eugene. We hitched a ride to Salem, where our drummer Tom



Murphy was going to school, to rehearse," Cray recalls.

With the group's 1980 debut release, Who's Been Talkin', word about the Cray Band began to spread across the Northwest and down in to California. Playing packed bars and roadhouses the Cray Band was thrilling. Yes, fans could hear a Collins guitar riff and a Howlin' Wolf song, but the sound was present. Blues and soul fans showed up religiously, but those steamy raucous sets also drew crowds whose tastes in music ranged from rock to funk and jazz. Also among the Cray Band admirers were other musicians. John Lee Hooker put his appreciation into action.

"The first time we played with Hooker was in Montana. We were opening the set and he was playing solo," Cray recalls. "We'd never met him before but he just walked on stage and started playing with us. We dug the hell out of the guy, and after that we were friends."

The Cray Band's next two releases – Bad Influence and False Accusations – charted, taking the four-piece's sound across the airways and abroad. The group was on a roll, but the players slept on couches. "We were just road rats," Cray says with a chuckle. "We'd take a break for two weeks to record, then go back out. We didn't have a house, a home, any of those responsibilities."

On one of those breaks, Cray went into the studio with Collins and another great Texas guitarist and singer, Johnny Clyde Copeland, to record Showdown!, an album that has become essential to any 80s electric blues collection. Since then Cray has created a sound that rises from American roots and arrives today both fresh and familiar. In just over 40 years, Cray and his band have bridged the lines between blues, soul and R&B. It is extraordinary for musicians to thrive over four decades, and the Robert Cray Band is just that, an extraordinary story of success. Texas blues and R&B artist Jimmie Vaughan sums up Cray's singularity and success simply when he says, "He's got one foot in the future and one foot in the

old stuff."


Opening for Cray is Bonnie Bishop, a brassy, original, soulful musician, with a whole lot of attitude. Bishop's music and personality are one in the same. Blessed with an authentically resounding range, the once country roots singer is now a retro-soul chanteuse. Not just a musician, she's also a storyteller who has been compared to the likes of Bonnie Raitt. Rolling Stone says, "Memphis-worthy soul that spotlights her sultry swoon of a voice."

Tickets for The Robert Cray Band range from \$49 - \$59. For more information on upcoming shows or to purchase tickets, call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).



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## CADY Corner

BY DEB NARO  
Contributor

You have surely heard that abusing alcohol can be harmful to your health. But how many years of binge drinking do you think it takes to visibly affect your brain? Ten years? Twenty?

Turns out that it doesn't take that long at all—in fact, scientists can already see changes in the developing brains of teenagers who drink.

In a research study, Professor Susan Tapert of the University of California at San Diego used an MRI imaging machine to scan the brains of teens who binge drink—defined as drinking four or five (or more) drinks within a couple of hours. Dr. Tapert found that the "white matter" in their brains—the part that transmits signals, was abnormal compared with the white matter of teens who don't binge drink. Transmitting signals is a big part of what the brain does, so affecting the white matter in this way may also affect thinking, learning, and memory.

The scary part is these teens didn't drink every day. All they did (to be considered "binge drinkers") was to drink at least four (for women) or five (for men) drinks in one sitting, at least one time during the previous three months.

How can it be possible for just a few sessions of heavy drinking to impact the white matter of the brain?

Well, science has shown that alcohol can poison brain cells and alter the brain's white matter in adults struggling with alcoholism. Dr. Tapert thinks that teenagers' brains are even more susceptible this way. She says, "because the brain is still developing during adolescence, there has been concern that it may be more vulnerable to high doses of alcohol."

Many questions still remain, including how long it takes before these changes occur, and how much they affect different functions of the brain. To figure this out, scientists would have to look at the binge drinkers' brains before and after they started drinking. That way, they can tell if the differences might have already been there before the teens started drinking. It's possible that having abnormal white matter in the brain somehow increases the likelihood of being a binge drinker. In order to answer this question, Dr. Tapert says they need to do longitudinal studies that follow teens' brain growth over time.

The bottom line? Protect your brain. If you're a teen, drinking to the point of getting drunk could damage the white matter of your brain—even if you do it occasionally.

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



DONNA RHODES

### Visit from Bernie

Presidential candidate Sen. Bernie Sanders of Vermont paid a visit to Plymouth State University's Silver Center Amphitheater on Sunday. While there, he spoke to a large crowd of supporters about his views on healthcare, voter rights, college tuition, immigration and other issues voters will consider when they head to the polls in 2020.

## Letters to the Editor

### Our kids are being lied to

To the Editor:

I am glad I waited a bit before sending in this letter because I see more nonsense and lies about climate change being a crisis. A recent event in Plymouth, which involved all ages of people including children promoting and believing that climate change is an emergency and if nothing is done now our world will be destroyed.

I came across this the other day when reading the scriptures. Revelations 20:2 "And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years." Revelations 20:7 "And when the thousand years are expired, Satan shall be loosed out of his prison."

These events have not happened but are future events. This means our planet still has at least 1,000 years. People need to stop deceiving, frightening and exploiting our kids. Let our kids be kids during their

few short years they have growing up.

Why do we have climate change in the first place could be for many reasons. There are over seven billion people living currently, is this a reason? How many fuel powered engines are running to support these seven billion, is that another reason? You could go on and on, but the fact is we have at least 1,000 years before our planet is destroyed.

Many may not read the scriptures, but science and history has proven them to be correct many times over. I would suggest all of us read more of the Bible and see the truth God shows us instead of listening to what man is slinging us. We need to protect our kids even more from these deceptive practices. Let the kids be kids.

John Sellers  
Bristol

## Comfort Keepers

### Keeping seniors safe in the bathroom

BY MARTHA SWATS  
Comfort Keepers

Every 11 seconds, an older adult is treated in the emergency room for injuries resulting from a fall. And, it's estimated that 80 percent of these falls happen in the bathroom. Fall-related injuries can range from minor cuts, scrapes, and bruises to more severe injuries, including broken bones, hip fractures, head contusions, and even spinal cord injury.

It's easy to understand why bathrooms are particularly hazardous for seniors. Bathrooms tend to have slippery surfaces and nothing to grasp in order to prevent falls.

As we age, reduced muscle strength and balance can make falls more common, and those with a history of falls have an even greater risk of falling again. In the bathroom, this can occur when stepping into and exiting the tub or shower; when reaching for a towel bar, sink top, or other objects for balance when walking; and when sitting down and getting up from the toilet.

Installing safety features in the bathroom can reduce the risk, and there are many options available:

#### For the shower and tub

Install grab bars or a tension pole. Towel bars

are great for holding towels but aren't built to support weight. Installing slip-resistant grab bars to help support balance when entering and exiting the shower or tub can help. Seniors should choose bars that are color contrasted from the wall for visibility, and ensure they are securely fixed to the studs of the wall for adequate support.

Using a shower chair. A shower chair can provide stability for balance and be a resting place for those who can't stand for long periods of time. A good shower chair has rubber tips on the legs to prevent sliding. Also, installing a handheld shower head allows those with balance issues to shower while seated.

Using a bath transfer bench. A bath transfer bench eliminates the problem of stepping in and out of the tub. Users can sit on the bench outside of the tub then slide into the tub, eliminating the need to step over a bathtub wall.

#### For slippery surfaces

Add non-slip mats. Having a non-slip rubber mat (or decals) on the floor of the shower or tub as well as a non-slip rug on the floor can help prevent slips. A non-slip rug should be placed in front of the toilet, by the

sink, or in any place that there is a risk of water making the floor slick.

Add non-slip adhesive strips. These can be placed on the top of sink edges to guard against hand slippage if these surfaces are used for balance support.

#### For the toilet

Use a raised toilet seat. For seniors that have difficulty lowering themselves down to sit on a low toilet seat and rising to a standing position, a raised toilet seat adds 3-4 inches of height, which reduces squatting.

Install grab bars for standing and sitting. Grab bars can be installed to help with lowering and raising. And, there are some raised toilet seats with built in grab bars to provide extra assistance.

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appointments and community events and can assess a home for safety issues and reducing fall hazards. For more information on how we can help, contact your nearest Comfort Keepers® office today.

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Welcome to October. The leaves are turning, mostly yellow in my neck of the woods at the moment. Many have already fallen in the breezy weather we've had lately. Time for Fall leaf peepers to make their pilgrimages, and locals to button down for Old Man Winter's arrival.

Town

Saturday, Oct. 5, the Alexandria Conservation Commission will be doing another roadside pickup of trash. If you'd like to join us, please meet at the Municipal Building at 10 a.m. The chosen road is Town Pound Road, up and over Bristol Hill Road into Bristol. All are welcome, and your help is greatly appreciated.

Alexandria Volunteer Firefighters Association meeting Wednesday, Oct. 9, at 7 p.m. at the Fire Station.

**Alexandria UMC**  
Community Dinner Saturday, Oct. 5, at 5 p.m. in the Vestry. On the menu is lasagna, tossed

salad, garlic bread, dessert, and beverages. Come one, come all, and if it's a chilly day, the wood fire may well be burning to keep everyone toasty warm.

Sunday, Oct. 6, services begin at 9 a.m., with communion being served at an open table. Sunday School will begin at 10:15 a.m. and is open for everyone.

Office hours and visitation will be Wednesday, Oct. 9, from 11 a.m. until 6 p.m. Bible study begins at 6 p.m.

Decided to make some chicken soup this morning since we are in for a drizzle filled day. It's been simmering all morning and smells delightful. Have a wonderful week and remember to share your smile, keep a positive attitude, lend a helping hand and be kind.

Bristol

Al Blakeley  
adblakeley0@gmail.com

A chill is in the air. Talk of a frost in high places and time to have brought in your plants and reap the garden of its produce is in order.

Churches

Ashland Community Church

The Christian Life Center is up and running in Plymouth. It is adjacent to St. Matthew Church at 11 School St. The office is open 10 a.m. to 4 p.m. on Mondays, and 9 a.m. to 4 p.m. Tuesday through Friday. The new reconciliation room is open at the center, and Fr. Leo is available for confessions every Saturday at 3 p.m., or by appointment. You can call Sandy at the office at 536-4700.

We are updating a new database and would love all updated information to be forwarded to Chris at holytrinitybristol@gmail.com. This includes address change, change in e-mail address or phone number, adding a cell phone number, etc. Most of you registered in 2006, so a lot can change. Please let us know if you have children who have moved away, a birth, death, marriage, etc., that you think we may not know about. All information allows us to serve you better.

The Sacrament of the Anointing of the Sick will be available this coming weekend (Oct. 5 and 6), at the 4 p.m. Saturday Mass at St. Matthew, and at the 9:30 a.m. Sunday Mass at Our Lady of Grace.

This sacrament is available to anyone who feels they need it, there are no restrictions.

There will be a meeting on Sunday, Oct. 20, to introduce the new Family Faith Formation program. Considering the Bishop changing the sacramental order, we are moving with an exciting new faith filled program. The meeting will take place after the 11:30 Mass at St. Matthew in the Christian Life Center hall. Lunch will be served, and all are welcome.

There will be two

meetings for the parents of second and third graders, their parents and families on Sunday, Nov. 3. This will be the first instructional gathering (along with registration) for second graders who will receive their First Reconciliation this year, and for third graders who will receive Confirmation and First Eucharist. The Plymouth meeting will be at the Christian Life Center from 9 a.m. to 11 a.m. and refreshments will be served. The meeting in Bristol will be after the 9:30 a.m. Mass downstairs in Simard Hall and refreshments will be served there as well.

There will be a fish fry hosted by the Bristol Knights of Columbus at the Marian Center on Friday, Oct. 11, from 5 to 7 p.m. The Marian Center is across from Our Lady of Grace Chapel. Tickets are \$10 per person, children ages 6-12 \$7.50, (ages five and under are free), and \$30 for a family of four or more. These guys cook some incredible fish and all monies collected go to the charities the Knights sponsor.

The Catholic Daughters will hold a Christmas Craft Fair at the Christian Life Center in Plymouth on Saturday, Nov. 9, from 8:30 to 6 p.m. Crafts of all sorts and refreshments will be served.

The Plymouth Knights of Columbus will serve up a spaghetti supper along with their annual auction on Nov. 16 at the Christian Life Center Hall.

Plymouth Congregational UCC

**Save the date**  
Oct. 6 – World Communion Sunday  
Oct. 13 – Artfest Sunday

**Prayer Requests**  
Rev. Bret Myers receives prayer requests at

I'm thinking I have taken my last dip in the lake other than when bringing in the boat lift, dock and raft later this week. The hunters are anxious to get out and try their luck and the fishermen are taking their last casts upon the waters. Fall in all its beautiful splendor is here. There are still lots of events to enjoy until the snow hits. I urge you all to get out and get involved by watching or participating. Have fun.

Newfound Pathways is holding its last event for the season on Saturday, Oct. 12. There will be two opportunities to get out and enjoy the day. Both are led by experienced hikers or bikers. All ages are welcome to participate. The hike will be on the New Hampton Nature Trail, an easy hike along an overlook of the Pemi River and is a little over a mile. The Family Bike Ride will be on the Bristol Bike Path, starting at the Mill Stream parking lot. Bring your own bike and helmet. Everyone meet at Bristol Farmers' Market by Mill Stream at 9:30 on Saturday. A carpool will proceed to the New Hampton Nature Trail.

On Saturday, Oct. 12,

revbmyers@yahoo.com.

Live-streamed and more. Don't miss a thing. Sunday Worship services are live streamed on Facebook every Sunday. "Like" the church Facebook page and you will receive notifications when the weekly service goes live. Missed something? You can find it on Facebook, "Plymouth Congregational United Church of Christ Plymouth NH." Scroll down to the date of the service or program you missed. It is all there. You will also find current information

the Tapply-Thompson Community Center will sponsor its 36th annual Apple Festival from 9 a.m. until 2 p.m. The apple pie and food sale will include pies, apple crisp, fresh bread, home baked beans, apple brownies, fresh applesauce and more.

This year's events will include a craft fair in the TTCC gym. Volunteers are needed for Friday, Oct. 11. If you can come down and help during the day, please call the TTCC at 744-2713.

Mark your calendar for the second potluck supper and sing-along sponsored by the Bristol Historical Society. It will be on Saturday, Oct. 26, starting with the potluck supper at 5:30 p.m. at the Historical Town Hall on Summer Street. Libby and Richard Danahy will lead the sing along.

The Minot-Sleeper Library will be closed on Columbus Day. Thursday, Oct. 3, Poetry Night will be held at the MSL at 6:30 p.m. Bring your original work, a piece or two form another poet or just come to listen. All ages welcome. Refreshments will be provided by the Friends of the MSL. The Joyful Noise

about upcoming church events and a few posts to make you laugh.

**Feeding Our Children Together**  
We provide 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School during the academic year. Every Friday, grocery bags are delivered to the children so that they will have enough to eat over the weekend. If you would like to find out more on how you can

SEE CHURCHES, PAGE A6

Ukulele Band, composed of a group of local citizens, will perform at the Minot Sleeper Library on Thursday, Oct. 10, at 6:30 p.m. The set list includes high energy songs you are bound to want to sing along with. Looking ahead a bit, on Thursday, Oct. 17, at 6:30, Bus and Wink Adventures of Youth will be presented by Wink Tapply's son, Dick Tapply. Stories from around the Tapply campfires, memories of Wink and Ruth and readings from a book written by Wink's grandson, Tim should prompt many laughs and memories of two of Bristol's most prominent citizens. You don't want to miss stories of "The Ten Bucket Club", the infamous Bristol Rope Skippers and share some of your favorite memories as well.

From the look of it, there is lots to do, listen to, see and most of all enjoy. Hope you do.

Groton

Ruth Millett 603-786-2926  
rem1752nh@gmail.com

History indeed comes alive in Hebron with the program "Hebron Cemetery Comes Alive" on Saturday, Oct. 5, from 2 to 4 p.m., co-sponsored by the Hebron Historical Society and the Friends of the Hebron Library. Attendees will start at the Hebron Town Library and be directed to the Village Cemetery behind the Union Congregational Church.

Meet the likes of Stephen Ordway (1771-1863), brother of Sgt. John Ordway, who served as third in Command of the Lewis and

Clark Expedition (1804-06), Celia Jewell (1857-1941), a teacher elected to the Hebron School Board in 1890, Ruben Hobart (1761-1810) former selectman, treasurer, tax collector, etc., in Hebron, and Samuel Hazelton (1736-1812), who was among the town's first settlers in 1771, himself a selectman and fifth great grandfather of Selectman Paul Hazelton and others.

Members of the Historical Society Ron Collins, Mavis Brittelli and Paul Hazelton will appear in period costume with fascinating stories of the lives and adventures of other town notables interred in the Village Cemetery. This is an event you won't want to miss.

Refreshments will be served.

For additional information, please contact David Brittelli at 744-2634.

**NH Marathon volunteer opportunity**  
On Oct. 5, the NH Marathon runners will be coming through Hebron.

Kathy and Everett Begor will again be managing a water stop one mile from the store on Groton Road and they are looking for volunteers to help pass out water. The runners come from all over the US, and a few other countries, and they are always very grateful. If you would like to spend an hour or two sharing in the fun, please call 744-3335.

Volunteers are needed anytime between 10 a.m. and 2 p.m.

TOWN OF HEBRON

PLOW PROPOSALS  
WINTER SNOWPLOWING  
SEASON 2019-2020

THE TOWN OF HEBRON IS LOOKING FOR  
PLOW TRUCKS WITH OPERATORS FOR THE  
2019-2020 SEASON.

ALL OPERATORS AND EQUIPMENT MUST HAVE  
EMERGENCY LIGHTING, AN 8.5 FOOT POWER  
ANGLE PLOW, AND CURRENT CERTIFICATE OF  
INSURANCE AND A VALID DRIVER'S LICENSE.

PLEASE RESPOND WITH HOURLY RATES AND  
EQUIPMENT DESCRIPTION TO THE SELECTMEN'S  
OFFICE AT P.O. BOX 188, HEBRON, NH 03241 BY  
TUESDAY, OCTOBER 11, 2019 AT 12:00 P.M. THE  
HIGHWAY SUPERVISOR AND/OR SELECTMEN  
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OR ALL PROPOSALS DEEMED TO BE INSUFFICIENT.

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**Edward Jones: Financial Focus**

**How Can You Make Your Money Last During Retirement?**

It's a fairly predictable pattern: When the stock market rises, more people invest, but after a large-scale drop, many of these same people head for the exits. But by staying out of the financial markets, and only putting their money in "safe" vehicles that offer few or no growth prospects, are they really helping themselves? Here's the bottom line: If you're going to make progress toward your long-term goals, you have to become a long-term investor. But how?

To begin with, you need to understand that long-term investing involves accepting inevitable short-term price swings. You may not like seeing those sharp price drops, but it will help your outlook greatly if you can keep them in perspective. Studies have shown that the longer you hold your investments, the less impact market volatility can have on them.

So, to reach that point where the market's ups and downs have less of a cumulative impact on your holdings, consider the following actions:

- Only invest money you won't need for a long time. If you can tell yourself that the money you are investing today is money you won't really need for 20 or 30 years, you'll be better prepared, psychologically, to get through the down periods of the financial markets. And as long as you aren't overextending yourself financially in other parts of your life, you really shouldn't need those investment dollars for a very long time. They should be earmarked for goals you hope to achieve far into the future, such as a comfortable retirement.
- Keep your focus on what is most im-

portant to you. If you can visualize your long-term goals, you'll find it easier to keep working toward them. For example, if you are hoping to travel extensively when you retire, keep thinking about what that might look like. You might even research the countries you plan to visit, even if these trips are far in the future. Ultimately, if you know where you're going and you're determined to get there, you'll get past the bumps in the road.

- Don't spend excessive time reviewing your investment statements. A bad month or two can cause some noticeably negative numbers on your investment statements. But if you can discipline yourself to avoid spending too much time dwelling on these figures, you may feel less stress about investing – and you may even be less

tempted to make short-term moves that could have unfortunate long-term results. However, if you do want to study your investment statements, don't just stop at the most recent results. Instead, look for trends that might tell a different story. Has the number of shares you own in various investments increased significantly over time? And over the past five or 10 years, has your portfolio's overall performance been positive? By digging a little deeper into your statements, you might gain more confidence in the course you're following.

Short-term price drops are not pleasant to experience. However, you can help yourself become a better long-term investor by following the above suggestions, so put them to work soon – and stick with them.

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Member SIPC



Stephen Michael Ford, 53

ALEXANDRIA — Stephen Michael Ford, 53, passed away at his home on Sept. 16, following a period of declining health.

Stephen was born Jan. 22, 1966 in Natick, Mass. He moved to New Hampshire at a young age and grad-

uated from Plymouth Regional High School in 1984. He received an associate’s degree in mechanics from Laco-

nia Tech in 1986.

He was predeceased by his mother, Susanne Towers, and his step-mother, Joyce Ford. He is survived

by his father James Ford, step-father John Towers, siblings Colleen Ford, Christopher Ford, Jeffrey Towers, and Sherri Reed, step-sister Wendy Chaffee, as well as children Kyle and Sara Ford. Services will be private.

Tyler Andrew Dustin, 26



MEREDITH — Tyler Andrew Dustin, age 26, of Meredith, passed away on Sept. 25 after a long illness.

Tyler was born June 17, 1993 at Exeter Regional Hospital and he grew up and graduated from Plymouth Regional High School in 2011. In high school, he was a proud member of the Plymouth Bobcats wrestling team, weight class division 103. Tyler brought home the state championship in February of 2011 at the state Meet of Champions. He was the youngest of seven siblings as he was easy going and always had a kind heart.

Tyler is survived by and will be deeply missed by his parents, Darren and Laurie Dustin of Meredith. He is also survived by his paternal grandfather, Paul Dustin of Exeter; his maternal grand-parents Larry and

Connie Smith of Ellenton, Fla. His siblings Kevin and his wife Samantha Marsh of Lexington, S.C., Dana Dustin of Meredith, Aaron Marsh of Virginia Beach, Va., Stephanie Marsh of Rumney, Amanda Mallernee and her husband Kristopher of Lincolnton, N.C. and Jessica Dustin of Manchester.

Tyler was a favorite uncle to many nieces and nephews and will be greatly missed.

He is also survived by his aunts and uncles, Fred and Doreen Hawkins of Meredith, Pamela Greene of Ossipee, Tony Smith of Berlin, Tracy Dustin of Epping and Paul Dustin of Clearwater, Fla.

A celebration of life will be held at a later date.

To leave an online condolence, please visit [www.mayhewfuneral-homes.com](http://www.mayhewfuneral-homes.com).

Was there war (even squabble) when they bobtailed the “ugh”?

Because this column is syndicated in more than a dozen weekly papers covering two-thirds of New Hampshire’s land mass, I get mail from all over the place. Sandwich gets the prize for seeming to write the most letters per capita. What is it with those Sandwich people? Something in the water, maybe. But it’s a town of readers and writers, for sure.

Wolfeboro (ugh) also generates a lot of mail. It is one of my favorite towns, partly because of its spirit and get-it-done attitude, partly because it’s at the crossroads of old trails, roads, steamboat routes and railroads, and partly because it gives me a chance to poke fun at several Lakes Region towns for sending the “ugh” that used to end their names to the Geographic Gulag. This is why I often put the (ugh) at the end of “Wolfeboro” when I write back to readers. The post office crew delivers them nonetheless (Yay, post office crew).

This seems to have taken place when bob-tailing the lexicon was all the rage. It was all about shortening the spelling, and creating new words if required. It gave us new words with the half-life of a nanosecond, words we desperately wanted to give back, words we’d rather be on display naked in the middle of town than ever use. Moultonborough, I think, is among the few places that resisted this sea-change of alleged progress and modernity, and told the name-bobbers to



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“You live where?” they ask, incredulous. “Where Vermont and Maine pinch northern New Hampshire into an oblong.”

go pound sand.

(I wonder how they did the name-bobbing, anyway. Did someone from the Federal Department of Double-Speak get up on a ladder in the dead of night to remove three bronze letters on the Post Office building? Or, um, hmm, clearing throat here, did they put a tight little elastic band around the “ugh” and just wait for it to fall off? This worked well, for example, with lambs that would otherwise turn into rams, whether we liked it or not and no matter what the weather, so we turned them into wethers.)

(I apologize, sort of, for that last sentence, which was the epitome of self-indulgence and occurred after a long wait for the chance.)

I wasn’t in the Lakes Region for any local uprising when the “They” that’s somehow always in a story like this issued the name-docking edict. Who was that, anyway?

But imagine the lost identity of it all. People went to sleep thinking they would always live in Tuftonborough, and

woke up in the morning to discover that their village had drifted into a new location between the towns of Oblivion and Sameness, and had been re-named “Tuftonboro.” (Query: Did anyone search the post office grounds for the missing “ugh”?)

Seriously, I was working far to the south at the “Nashua Telegraph” at the time, and missed all this. I’m truly curious as to whether there was any difference of opinion on renaming all these towns,



just as I’m hoping that someday soon I’ll get the time to research whatever controversy erupted over building the Kancamagus Highway straight through the heart of the White Mountain National Forest.

So please, readers, tell me what happened when the They in “they” proposed changing your town’s name. Did everyone go gently into that good night of all things new and modern? My address, as always, is below. In your replies, please include name, town and phone numbers (which I never include in print), in case I have questions.

+++++

My only access to Public Television comes out of the statewide network in Maine. And that’s all

SEE **NOTEBOOK**, PAGE A7

Churches

FROM PAGE A5

help packing, delivering, or shopping for Feeding Our Children together; e-mail [office@uccplymouth.org](mailto:office@uccplymouth.org).

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, social liberal, open and affirming, inclusive and enthused about sharing Christ’s love with the world. If you are new to the community and looking for a church home, we invite you to come and experience God’s love through worship, study and service.

**Support our church**

If you shop at any Hannaford’s, please purchase a pre-paid grocery card from our finance committee. The church receives five percent of each card purchased. Cards are available on Sunday mornings and come in denominations of \$100, \$200 and \$250.

**Meals for Many**

Please enjoy a free wonderful dinner prepared by Chef Mike on every Thursday between 5 and 7 p.m. All are wel-

Chapel of St. John of the Mountains

**Sunday, Oct. 6**  
**Worldwide Communion**

Rev. Cynthia B. Petrie, M.Div. the Pastor of St. John of the Mountains and the Associate Pastor of the Campton Congregational Church, will bring the message. We celebrate the Lord’s Supper as we remember Jesus’ Last Supper with his disciples and the rich history, which we know continue to, “Do in remembrance of Me [Jesus Christ].”

The service will be followed by an hour of fellowship; we hope you will be with us.

**Sunday, Nov. 3**  
**Thanksgiving Sunday**  
3:00 We gather to give thanks to our Lord. Local singer and songwriter Jim Tyrrell with be sharing his musical talents with us. Our service will be one of music and thanksgiving. Please plan to be with us.

Following Worship, if our numbers allow, we

will gather at the Campton Congregational Church for a Thanksgiving Feast, please sign-up for this with Pastor Cindy by Oct. 6.

In December we meet to celebrate Christmas. This special candle lit service begins at 4 p.m. and will be followed by a meal at a local restaurant, unless you would like to invite us into your home for a potluck dinner.

Worshipping our Lord in this wonderful Chapel is a memorable way to celebrate our God. Everyone who joins us has the opportunity to hear many Ministers of our Christian Faith share their sermons. Each person has a different style, giving us many and varied experiences as we hear God’s Word. Each Sunday give us much time for prayer, conversation, and opportunity to grow together in our relationships with Jesus Christ and with one another. In addition, please plan to share in our field trips, banquets and restaurant gatherings. Why not make the Chapel of St. John of the Mountains a part of your Sunday afternoon rituals. You are welcome here.

Awesome things are happening

Why not join us and celebrate the improvements?

**About the Chapel**

The Chapel of St. John of the Mountains is an Ecumenical Christian Church, the Rev.

Cynthia B. Petrie serving as pastor. We invite everyone to gather here to strengthen our relationships with our Lord Jesus Christ. The Chapel is located on Ellsworth Hill Road, nestled in the Hills about five miles from Route 3 on the corner of Ellsworth Hill Rd. and Ellsworth Pond Rd. Pastor Cindy is available at 539-7064; you may call her at your convenience for more information, or for conversation about the Church and the Christian faith. God bless you, one and all.

Starr King Unitarian Universalist Fellowship


Starr King Unitarian Universalist Fellowship, 101 Fairground Road, Plymouth, NH 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. 6, 2019**  
“Anam?ara & the Divine Echo.”

Rev. “Twinkle” Marie Manning, Guest Worship Leader

Sarah Dan Jones, Music Director

For more details, visit our website [www.starrkingfellowship.org](http://www.starrkingfellowship.org) 536-8908



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*Please contact Executive Editor*  
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# MARK ON THE MARKETS

## Emotional investing



BY MARK PATTERSON  
Contributing Writer

Many of my new clients are people who have managed their own money in the past, but they seem to reach a point in their lives that compels them to make a change that I am sure is not easy. Sometimes they tell me that it is not fun anymore or that they do not want to spend the time that it requires to do a good job. The overwhelming reason is that they believe that their

stock choices have been more wrong than right. While I do understand what they are saying, it is probably not accurate. Most people make good choices for much of their money, but the poor choices are often left to manifest themselves into bad choices. Now, anyone who buys equities (stock) will buy something that does not go their way. The main difference between the DIY crowd and a professional trader or portfolio manager is that we manage our trade size and attempt to work our way out of bad positions with options techniques, adjusting trade size or just cutting losses. At a minimum, we may try to use some losses against gains in a taxable account. It is not always successful, but at a minimum we attempt to do something to repair the

trade. The DIY typically allows a bad trade to sit in hopes that it may transform itself into a good trade somehow. The same mentality must be applied to protecting profits. Again, a professional may use covered calls (options) when the market or stock is looking “toppy” to take a bit of profit. You can buy insurance with “Puts” on a stock or index. It all takes work and knowledge of these instruments, but it can make the difference in having the equity markets work for you or not doing anything except hoping for a comeback and having them work you into in-action.

Low priced stock or illiquid stocks can be your biggest winners and losers. Assuming that the risk is acceptable and if you invest money that you can afford to lose,

then I wish you luck. If you are investing money that you should have invested in income producing investments to fund your lifestyle, then you are jeopardizing your lifestyle and that money should have been in fixed income anyway. You can also use option strategies for income and to attempt to repair a position where you may be underwater. These techniques can appear to be complicated, but are not with proper training, practice and taking the time to do the work. Typically, a retail

broker or financial advisor will not use these strategies because it does take time and training that these “advisors,” working for the broker-dealers, do not possess. This is one reason why mutual funds are so popular in their world.

In summary, if you have a good trade discipline and good knowledge of the equity and derivatives markets, maybe work with your own money. If you don’t possess this knowledge or feel that your emotions would be a detriment to

your trading strategies, then find a professional that actively works with the money, not a salesperson. When I refer to the word “trade,” I do not mean that all transactions are short term for speculation. I am referring to the overall movement and hedging of an actively managed portfolio.

*Mark Patterson is portfolio manager at MHP Asset Management LLC and can be reached at 447-1979 or mark@mhp-asset.com*

## Plymouth Historical Society meeting Oct. 16

PLYMOUTH — In the ninth of its monthly presentations, the Plymouth Historical Society (PHS) will feature a program on The Mystery of the Young Ladies Library Association by Stephanie Osborne and Christina Mason to be held Wednesday, Oct. 16, at 7 p.m. at the Old Webster Courthouse (Court Street –behind Plymouth Town Hall).

Organized in 1873, the Young Ladies Library Association (YLLA) is nearly 150 years old. The initiative that germinated its formation, creating and running the public library, made clear its mission and activities. Now that the library is run by the town, and the Young Ladies are not all young (and include men), it is not always so clear what their modern role is. This non-profit organization was instrumental in the building of the current Pease Library and continues to support the

community in a number of initiatives. Although the library has evolved from a purely YLLA enterprise to being town operated, the Young Ladies still own and maintain the Old Webster Courthouse, currently leased to the Plymouth Historical Society as their museum and Memory House. They welcome folks to come visit the PHS museum and find out what the YLLA is currently up to.

Osborne is currently President of the YLLA. She arrived in Plymouth in 2011 from California. As a lifelong reader, obviously the Pease Library was one of her first stops that spring. She joined the YLLA soon after and accepted the position of treasurer when Mary Crowley became president. Mary passed the president’s baton to her in 2017 with the charge of cherishing and continuing the role of the YLLA, both at the Library and in the community.

Mason, a resident of Plymouth since 2015, is a new member of YLLA. Active in civic events, she served three years as a member of the Board of Directors for Voices Against Violence, two years on the vestry of the Church of the Holy Spirit, in addition to delivering weekly lunches to town school children in the Plymouth Got Lunch summer program. As a retired high school English teacher from Massachusetts, Mason is especially enthusiastic about supporting the YLLA.

This event is free and open to the public. Refreshments are provided. You are welcome to view the new historical exhibit in the museum on “Lost Plymouth.” For questions on this and other programs, contact them at [www.Plymouth-NHhistory.com](http://www.Plymouth-NHhistory.com) or contact Dick Flanders at 536-1376 or at [dick.flanders062@gmail.com](mailto:dick.flanders062@gmail.com).

## Notebook

FROM PAGE A6

right, because it’s only one click from there to Maine’s CBS outlet, Channel 6, an aggressive little station with strong local programming. After the CBS evening news, it’s only one click back to Judy Woodruff and the PBS crew. It’s a great way to compare the two.

There’s an art to watching television, especially if your goal is well-rounded news, which it is. I picture various TV stations as akin to the channel-buoys in the Piscataqua River: They show you the rocks and shoals, so you can keep the “USS News,” at least, in mid-river.

For my purposes, especially regarding national and world news, Fox is far to one side, MSNBC is far to the other, and CNN and CBS are somewhere in between. This is just for news, mind you, and has nothing to do with entertainment, and certainly not commentary, which I tend to regard as the leach-field of the medium.

In that category, and at risk of sounding like an old moss-back:

– The crawl-lines

at the bottom of news screens are hastily written when stories break, and as a result are loaded with errors. If you’re a glutton for this kind of punishment, look for the likes of they’re and their, where and wear, your and you’re, it’s and its, great and grate, and wait and weight (wait--who would be using “grate”?).

– I have Netflix and Amazon Prime, but even with those it’s hard to find movies I might like or haven’t seen a zillion times. Having grown up on directors and producers who paid close attention to movie sets, period history, and travel by stage and train, I have scant patience with the comparative sloppiness and cheapness of so many newer movies.

If, for instance, white or off-white smoke is coming out of a train locomotive’s stack, we should see firewood piled in the tender. If the smoke’s black, it’s burning coal. And those endless campfire scenes should have smoke and embers issuing up into the night sky. No? They’re gas.

+++++

Because of where I am, I can use “alternative methods” (meaning rabbit ears) to receive Canadian television stations. But then too, try to use your cell phone in some places and you’re soon joined by an operator speaking French.

Sometimes, when I’m trying to explain where I live to someone who’s totally unfamiliar with a map, I say “It’s where Vermont and Maine pinch northern New Hampshire into an oblong,” but only those who also learned “rectangle” seem to get it.

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

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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.

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# New Hampshire FAIR DAYS

## Lancaster Fair

August 29 to September 2, 2019

Location: 516 Main Street, Lancaster

Tickets: \$15 (including rides) on Thursday, Friday and Monday; \$17 on Saturday and Sunday; seniors are free on Thursday and Monday and \$10 on Friday-Sunday; children under 36" are free with paying adult

Online: [www.lancasterfair.com](http://www.lancasterfair.com)

## Hopkinton State Fair

August 30 to September 2, 2019

Location: State Fairgrounds, Contoocook

Tickets: \$12 for ages 13-59, \$10 for seniors 60+, \$8 for youth ages 5-12, children 35 months and under free. Four day passes are also available.

Online: [www.hsfair.org](http://www.hsfair.org)

## Rochester Fair

September 12 to 22, 2019

72 Lafayette St., Rochester, NH 03867

Tickets: \$9 general admin., children under 8 are free

Online: [www.rochesterfair.com](http://www.rochesterfair.com)

## Hillsborough County Agricultural Fair

September 6 to 8, 2019

Location: 15 Hill Dale Lane, New Boston

Tickets: \$10 for adults, children 6-12 and seniors are \$5, children under 6 are free

Online: [www.hcafair.com](http://www.hcafair.com)

## Deerfield Fair

September 26 to 29, 2019

Deerfield Fairgrounds

Route 43, Deerfield

Tickets: \$10 for ages 13+; ages 12 and younger are free

Online: [www.deerfieldfair.com](http://www.deerfieldfair.com)

## Sandwich Fair

October 12 to 14, 2019

Sandwich Fairgrounds

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Tickets: \$12 for adults, Under 12 are free

Online: [www.thesandwichfair.com](http://www.thesandwichfair.com)

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# Volunteers pitch in to build new Habitat home

BY DONNA RHODES  
drhodes@salmonpress.news

PLYMOUTH – A team of local volunteers have come together to help Pemi-Valley Habitat for Humanity build a new home on Martin Estates Road in Plymouth, and director Frank McClain said he's excited to see some familiar faces from their last build two years ago on Highland Street who are back to help another single mom and her children have a home to call their own.

"We have Dale Mosher and Tom Jardin out here with us again, and we're really glad to have them back. Dale was so excited about helping with the last house (in 2017) that he even joined our board of directors when it was done," said McClain.



Pemi-Valley Habitat for Humanity volunteers Dale Mosher and Tom Jardin were busy working on the roof of a new three-bedroom house outside Plymouth that will be home to a mom and her two children next spring.

New volunteers have also been giving their time to the project, along with several businesses that have made some generous donations for the build. McClain said NDM & Associates of Rumney, under the leadership of Hugh Hanks, got the project underway in April when they did all the site work. Jeremy Hiltz Excavation of New

Hampton also donated all the sand needed to backfill around the foundation. Besides members of the private sector, others pitching in to lend a hand or provide materials have been Squam Lakes Plumbing and Heating, Derrick Kelly of Kelly Builders in Rumney, Curt from Pemi Tree Works, and Presby Infiltrators, which donated the entire septic system. McClain was also grate-

ful to a company from Massachusetts, which, for a discounted price, was able to deliver the hard pine trusses for the building on just four days notice.

The volunteers get together every Friday and Saturday to work on the structure. Among them is the future homeowner. McClain explained that applicants selected to receive a Habitat for Humanity home are required to put at least 500 hours of "sweat equity" into the project. Once everything is complete, they will enter into a 30-year mortgage with Pemi-Valley Habitat for Humanity with, historically, a zero-percent interest rate.

"The mortgage is comprised of all the costs associated with the build, with no profit to Pemi-Valley," McClain said.

So far, he said, the family they are working with has been out lending a hand in any way possible, each day crews are on scene and they're looking forward to their move in,

which is hoped to be some time next April.

The house, in compliance with the Home Owner Association requirements, will have three bedrooms. It will be fully outfitted with Energy Star appliances and heating units and fully insulated to make it as energy efficient as possible.

The entire build is totally dependent upon volunteerism however and McClain said that while they have a great crew in place right now, they are always on the hunt for more people willing to join them in finishing the build.

"We'd love to find some more knowledgeable people we can set out on their own to get something done, but enthusiastic people with a can-do attitude is great, too," he said.

Anyone interested in lending their time and talents to the project is asked to contact Pemi-Valley Habitat for Humanity through their Web site, Facebook page or by calling McClain at 536-1333.

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## Fairs program at Ashland Historical Society

ASHLAND — Steve Taylor will present "New Hampshire's Long Love-Hate Relationship with its Agricultural Fairs" at 7 p.m. on Tuesday, Oct. 8, in the Ashland School cafeteria. Since the first agricultural fair in North America was held in Londonderry in 1722, such fairs have been popular in New Hampshire. But, they have also been attacked on moral grounds by temperance groups and


others opposed to gambling and horse racing. Taylor will review the ups and downs of the state's fairs over time and how public affection for our rural traditions has helped them survive in modern times. Taylor operates a dairy, cheese making and maple syrup farm with his sons in Plainfield. He served as New Hampshire's Commissioner of Agriculture for 25 years. His talks, usually on agricultural themes,

are both informative and entertaining. This free public program is mostly funded by New Hampshire Humanities and is sponsored by the Ashland Historical Society, which will serve refreshments. The Ashland School is located at 16 Education Drive, off School Street, in Ashland village. The cafeteria is located in the wing of the school building at the far end of the main parking lot.



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*We are looking for help on Friday, October 5th during the hours of 9am - 4pm to cut apples and prepare pies. If you can help, call 744-2713*





DONNA RHODES

During the Granite United Way Day of Caring last week, some students from New Hampton School took time off from washing windows at the N.H. Veterans' Home to play a few fun games of Noodle Hockey with the veterans who reside there.

## Caring

FROM PAGE A1

Inside the facility, another crew took time to have some fun with the residents themselves. Gathered in the Town Hall of NHVH, the students intermingled with WWII, Korea and Viet Nam War veterans for a game of noodle hockey. Using foam swim noodles, they competitively batted a ball back and forth as each of two teams worked to get it in their opposing team's goal.

Ford, who is also a junior, said it was his first time taking part in the Day of Caring through NHS and was having a great time.

"I would definitely do this again," he said.

Classmate Lucas also said it was an interesting day, something he, too, had never done before. Having lived previously in England and Canada, he found himself this year at school in New Hampshire where he was impressed to meet some real war heroes.

"These guys are a lot more active than I ever thought they would be," he said before returning to the lively competition.

New Hampton School didn't stop there though. Another crew of 18-year-old students were selected to work on a Pemi-Valley Habitat for Humanity build that is ongoing in Plymouth. Charlie, Louis, Cory and Makoto spent their morning building steps and adding floor supports to a new home being built for a single mom and her two children.

"These guys are hitting home runs here today," said project

leader Frank McClain of PVHH.

While some of the young men, hailing from as far away as Beijing, China, Montreal and Tokyo, had construction experience through building sets for their school plays, Charlie, who comes from San Francisco, had led the group in experience when they headed to the build site.

"I went to the Florida Keys once [through Habitat for Humanity] to help restore houses after a hurricane," he said.

Tilton School students were also committed to helping out that day. They sent a crew to the Boys and Girls Club of Central New Hampshire in Laconia where more than 70 students, including boys and girls from Pleasant Street School, took part in a number of service projects.

In Gilford, Gov. Sununu and some of his staff also pitched in to help work on the Wetlands Boardwalk at Gunstock Recreation Area. GUV's Vice President of Marketing and Communications, Karrie Eaton, said the governor and his crew split up to work on multiple projects. Among them were the mounting of directional signs and trail numbers, sanding and painting projects, the removal of some invasive plant species along the trails, and adding dockware to replace rotting posts.

Overall, representatives from Granite State United Way were thrilled with the outpouring of support they received for 2019.

"Day of Caring is one of our favorite

days of the year. We are on track to break records with Day of Caring volunteer numbers this year, a tribute to the giving spirit of individuals

## Fitness

FROM PAGE A1

wanted to make it easier for people to maintain a healthy level of fitness.

"My inspiration for this was that I wanted to try to get to people before they ended up in the back of my ambulance. A lot health problems are preventable," said George, who is a Paramedic/Firefighter and captain for BFD.

Sister Rachael, an EMT/FF on the call company herself, said their interest in creating a fitness center started when a former gym in the area closed a little over a year ago.

"We decided then that we needed to open another gym and have worked on it ever since," Lacasse said.

Clayman's wife Amy, another member of the Bristol Fire Call Department, agreed and since then the three have not only worked and tended to their families each day, but spent a lot of late nights discussing all the details of their business plan.

The basis of that plan was to build a fitness center in the former liquor store at 20 Lake St., between the fire department and Central Square, with plenty of open floor space available. The three obtained a lease on a large portion of the building then set to work making their dreams a reality. The result is a clean, comfortable and friendly environment where people of all ages and fitness levels are welcomed.

"There is no shame in asking questions. We want you to know how to use the equipment properly. Doing it right is critical," said trainer Jason Rivera as he demonstrated some of the equipment to potential members at their open house last weekend.

Some who were more familiar with workout routines from past gym memberships signed one-day trial waivers or bought Kilter Fitness memberships then got right to work on their fitness regimes last weekend.

Jesse Rowell of Bristol said he has been "chomping at the bit"



DONNA RHODES

As part of a Granite United Way Day of Caring service project, Cory, Charlie, Louis, Makoto and their advisor Scott Lebrun of New Hampton School posed for a photo on a set of steps they built to assist the Pemi-Valley Habitat for Humanity with their latest home build project in Plymouth last Wednesday

across the Central Region," stated Patrick Tufts, President and CEO of GUV. "We are proud to partner with corporate supporters, connecting them with

nonprofits across the region who can benefit from this incredible day of service."

Eaton also noted that it was the first time GUV has had

three central N.H. schools join the many adult volunteers and businesses who came out to show their support for local non-profit organizations.



DONNA RHODES

Co-owners Amy Clayman, Rachael Lacasse and George Clayman were joined by trainer Jason Rivera and Yoga instructor Jennie Ntourntourekas for the grand opening of Kilter Fitness on Lake Street in downtown Bristol last weekend.

for Kilter Fitness to open.

"Amy is one of my managers at Hanaford's so I've been hearing about this for a while now. I'm so happy it's finally open," he said as he prepared for another workout session.

The owners said that through their own jobs they recognize the fact that people aren't always able to work out during the day or early evening hours and wanted to make sure that people working second and third shift jobs had access to their facility. Members will therefore receive a key card that will let them through the door to work out at any time after normal business hours.

Brian McGirk said he, too, was excited for the grand opening and felt one of the best features, other than the great space and equipment that's available, is that there is 24-hour access to it all.

New Hampton Community School Principal Annmarie Holloran also dropped by to inspect the new facility and was pleased with what she found.

"I couldn't wait to come here today, knowing how important it is to work out and stay healthy. I think it's great for the community to have a local gym like this available at any time," she said.

What is available around the clock is state of the art equipment that meets all fitness levels. From treadmills and stationary bikes to weight lifting equipment and other rigorous workout challenges, there

is something to benefit everyone.

In addition to all of that, Lacasse, who is a fitness trainer herself, along with Rivera and other trainers, will also be on hand to assist people during regular daytime and early evening hours. There are showers available as well so members can freshen up afterwards, no matter what time they drop in.

The center is also starting out by offering Spin classes along with Zumba, Yoga, and Circuit Training. Down the road other classes like cardio boxing and more will join their roster as interest rises.

Registration for Kilter Fitness is as easy as dropping by during regular business hours to sign up for one of their membership offerings. Best of all there are no hidden sign-up fees and no cancellation fees.

A daily workout pass is as little as \$12 but people can also

sign up for monthly or one of two versions of yearly memberships. The month-to-month membership fee is just \$45 for round the clock access. A yearly, pay by the month membership, is just \$40 per month for 12 months, allowing people to cancel at any time should the need arise, while a full nonrefundable one-year membership is available through a one-time payment of \$420. That averages out to be just a \$35 per month. Classes are not included in the membership fees but are available to anyone, members or not, for a low cost, depending on the individual class.

For more information on the mission statement, classes and fitness offerings at Kilter Fitness, visit them online at [www.kilterfitnessnh.org](http://www.kilterfitnessnh.org). George, Amy and Rachael also invite everyone to stop by any day to see how they are working to keep the Newfound area healthy.

## Tools

FROM PAGE A1

likely entered a home to steal the tools we found," Sullivan said.

That same man had also been spotted roaming several other roads in the area along the Alexandria/Bristol town line, including Akerman Road, Country Club Road, Fowler River Road, West Shore Road and Hemp Hill Road, leading police to suspect the tools might possibly have been taken from somewhere in that vicinity.

"One concern I have is that they might have come from a seasonal residence or a camp, a place where someone might not be around to

notice they're missing anything for a while," said Sullivan.

The tools were not marked so police in both Alexandria and Bristol are hoping someone will discover they are missing one or more of the items and be able to identify them. Among the property found was a cordless drill, nail guns, an angle grinder, binoculars, a drill bit set, a battery and charger for cordless items and a cell phone in a box. Anyone who believes one or more of these items might be theirs is asked to contact Alexandria Police at 744-6651 or Bristol Police at 744-6320 with a full description of what they are missing.

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# Think Pink

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

## 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 pres-



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.

ence 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

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# Think Pink

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

## Debunking common myths associated with breast cancer

Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable. Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer everyday and routinely discover that information once thought to be accurate was actually off-base. Despite researchers' best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

### Educating young women about breast cancer

At the age of 12 to 15, many young women are experiencing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls. The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy. Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health. Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl Scout leader who was diagnosed with breast cancer herself, began conducting workshops for Girl Scouts in 2007. The idea isn't to scare girls into believing they have the disease, but rather to increase their awareness of changes in their bodies that may or may not be normal. Some parents worry that educating children about breast cancer may cause them to worry unnecessarily, especially considering a young girl's risk of developing breast cancer is so minimal. Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alcohol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.

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

- Myth: Drinking milk increases your risk for breast cancer. The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with hormones could increase a person's risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.
- Myth: Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue should always be brought to the attention of a physician.
- Myth: Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact,

the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at [www.cancer.org](http://www.cancer.org).

- Myth: Women with a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous because, if taken at face value, it can give women with no family history of breast cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The Centers for Disease Control and Prevention note that a woman's risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family history. Information is a valuable asset in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.



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# Wrapping up the garden

United Way Day of Caring volunteers help at Plymouth Community Garden

BY DONNA RHODES  
dhrhodes@salmonpress.news

PLYMOUTH — As the 2019 Granite United Way Day of Caring got under way in central New Hampshire last week, hundreds of volunteers signed on to help non-profit organizations with projects on their “bucket lists” and once again the Plymouth Community Garden was one of the benefactors of the day.

The garden is maintained by a team of master gardeners each year with the assistance of volunteers who help prep the gardens in the spring, plant seeds, weed and help with the harvest. While much of the crops raised in the garden are used at the adjacent Whole Village center for their nutrition programs, volunteers are often invited to take some of the bounty home for their own families as well.

Last Friday, five local business employees who signed up for the Day of



DONNA RHODES

Loretta Santos of Lakes Region Community Services watered mulch and a winter cover crop at the Plymouth Community Garden last week as part of the Granite United Way’s annual Day of Caring.

Caring project at the garden on Highland Street were out bright and early to help with the fall

cleanup. Bob Richer is one of the master gardeners who created the commu-

nity garden and he, along with fellow master gardeners Joan Pushee and Louise Migliori, were on hand to lead their volunteers in tasks that will help the soil winter over.

“What we’re doing today is planting some cover crops like buckwheat, oats and tillage radish, which will create mulch for next year and become a natural fertilizer,” Richer explained.

They also picked the

last of the late summer crops, pulled any remaining weeds then watered the new cover crops they planted.

Loretta Santos is a caseworker for Lakes Region Community Services who readily signed up for the Granite United Way Day of Caring when she learned her organization would be participating again this year.

“I love gardening.

When I heard that the garden here produces food for the nutrition classes at Whole Village, I knew that was something I wanted to help with,” said Santos.

Sue Amburg, director of Whole Village Family Resource Center, said the day was a huge success. Besides caring for the garden, another crew of volunteers helped clean up the children’s playground by pulling weeds, hauling in new sand for their huge sandbox and spreading fresh woodchips beneath the play equipment. A few even stepped up to power wash the exterior of both the neighboring Bridge House shelter and the Whole Village building.

Amburg added that a special lunch for all the volunteers was provided by Hannaford’s as a way of saying thank you to all who showed they care about the community’s non-profit service groups.



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**Sunday: Barbara Dearborn '60 Golf Tournament**  
Waukegan Golf Club, Center Harbor, 8 a.m.

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# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, October 3, 2019

## What's On Tap

The month of October is in full swing with a busy schedule for the local high school teams.

The Newfound soccer boys will be at Mascoma today, Oct. 3, at 4 p.m. then returns home to host Laconia at 4 p.m. on Tuesday, Oct. 8, and Derryfield on Wednesday, Oct. 9, both at 4 p.m.

The Newfound cross country team will be at Belmont for a 4 p.m. meet on Friday, Oct. 4.

The field hockey Bears will be at Lebanon on Friday, Oct. 4, at 4 p.m., will be at Littleton on Tuesday, Oct. 8, at 4 p.m. and will be hosting Berlin at 3:30 p.m. on Wednesday, Oct. 9.

The Newfound football team will be hosting Farmington-Nute at 2 p.m. on Saturday, Oct. 5.

The Bear volleyball team will be hosting Moultonborough on Monday, Oct. 7, at 6:15 p.m., will be hosting Prospect Mountain at 6:15 p.m. on Wednesday, Oct. 9. And will be hosting Mascenic on Thursday, Oct. 10, at 5:45 p.m.

The Newfound unified soccer team will be hosting Keene at 3:30 p.m. on Monday, Oct. 7.

At Plymouth, the golf team will be at Bow today, Oct. 3, at 4 p.m.

The Bobcat soccer boys will be hosting Lebanon on Friday, Oct. 4, at 4 p.m., will be at Pembroke at 4:30 p.m. on Tuesday, Oct. 8, and will be hosting Bow at 4 p.m. on Thursday, Oct. 10.

The Bobcat field hockey girls are hosting Derryfield at 4 p.m. on Friday, Oct. 4, will be at Portsmouth at 5:15 p.m. on Tuesday, Oct. 8, and will be at Hanover at 4 p.m. on Thursday, Oct. 10.

The volleyball Bobcats will be hosting Kingswood on Friday, Oct. 4, at 6 p.m., will be hosting St. Thomas on Monday, Oct. 7, also at 6 p.m., will be at Manchester West on Tuesday, Oct. 8, at 5:45 p.m. and will be hosting Milford at 5:45 p.m. on Thursday, Oct. 10.

The Plymouth soccer girls will be hosting Souhegan at 2 p.m. on Saturday, Oct. 5, and will be at Coe-Brown at 4:30 p.m. on Tuesday, Oct. 8.

The Plymouth cross country team runs at Kennett on Saturday, Oct. 5, at 2 p.m.

The football Bobcats will host St. Thomas at 2 p.m. on Saturday, Oct. 5.

## Two more shutouts for Bears

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound field hockey team continued its impressive season, notching two more shutouts and three more wins last week.

The Bears opened the week with a 3-1 win on the road at White Mountains.

On Wednesday, Sept. 26, the team traveled to Berlin and came home with a 1-0 win.

"Berlin came out ready to play and with a great game plan," said coach Kammi Williams. "We dominated in the first half but struggled to get any real good looks at the cage."

The Bears got some



JOSHUA SPAULDING  
Maggie Bednaz earned her coach's praise for her strong play against Laconia last week.

good looks in the second half but they still couldn't get one over the line. Hayleigh Pabst

was able to come out and make some saves as the Mountaineers pressured.

Regulation time ended with no score on the board but Newfound scored in the first min-

ute of the overtime, as Tiffany Doan assisted Caroline Marchand for the game-winner.

The Bears traveled to Laconia on Friday, Oct. 27, and won 6-0.

"It was such a treat to play on turf," said Williams. "It was a gorgeous day and we loved the hospitality of Laconia."

The Bears started off slow as they adjusted to the speed of the turf but Marchand got Newfound on the board on an assist from Hayse Broome.

Shortly after, Marchand scored again, this time on an assist from Doan and Newfound took the 2-0 lead to the halftime break.

Marchand continued her attack, scoring three more goals in the second half, with Broome and Doan picking up assists.

Hayle Dukette scored the final goal of the game for Newfound.

Williams praised the work of Cassie Zick and Maggie Bednaz in dominating the left side of the field.

"We are entering the toughest week of our season, traveling to Gilford on Tuesday and Lebanon on Thursday, two hot teams," said Williams.

After visiting Lebanon, the Bears will be at Littleton on Tuesday, Oct. 8, at 4 p.m. and will be hosting Berlin on Wednesday, Oct. 9, at 3:30 p.m.

## Comeau, Deuso lead Bears in Moultonborough

BY JOSHUA SPAULDING  
Sports Editor

MOULTONBOROUGH — The Newfound cross country team made the trip to Moultonborough on Thursday, Sept. 26, to take part in the Moultonborough Invitational amidst the pouring rain and muddy conditions.

Leading the way for the Newfound boys was Nick Comeau, who ran to 12th place overall with a time of 19:57.

Joe Sullivan was next in for Newfound, finishing in a time of 20:27 for 17th place and Jeffrey Huckins was 18th overall in a time of 20:47.

Ashlar Dotson finished in 25th place in a time of 21:36 and Kyle Rosendahl rounded out the scoring for Newfound, finishing with a time of 21:42 for 27th place.

Wyatt Day finished in 28th place in 21:42, Luke Gordon finished in 34th place in 22:10 and Ryder Downes crossed the line in a time of 22:26 for 37th



JOSHUA SPAULDING  
Nick Comeau led the way for Newfound in Moultonborough last week.

place. Logan Hinton finished in 48th place in a time of 23:56, Romeo Dokus finished in 50th place in 24:38 and Hunter Pease rounded out the field of Bears with a time of 25:26 for 54th place.

## Newfound seeking winter coaches

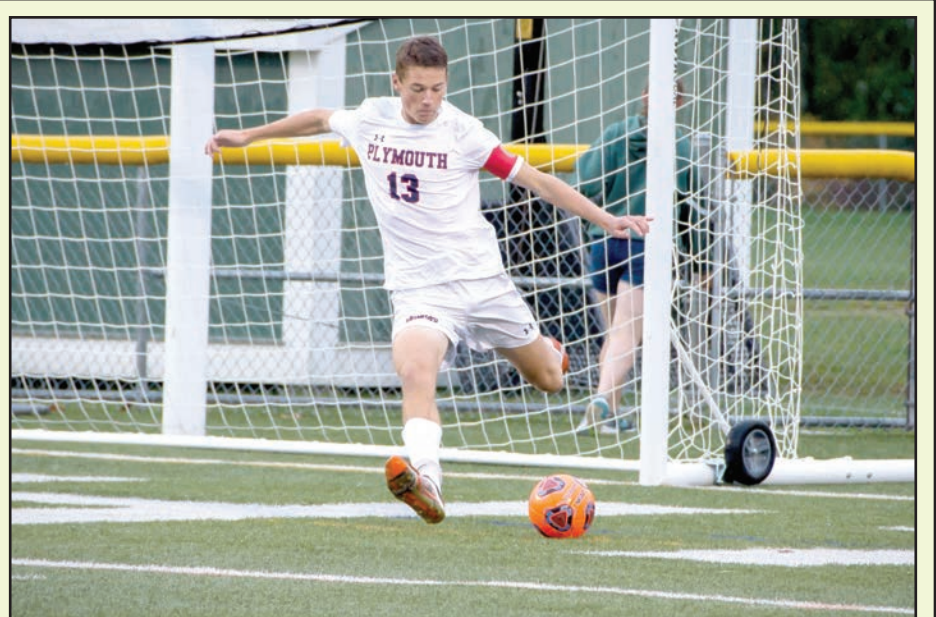
BRISTOL — Newfound Area School District is looking to fill a number of coaching positions for the winter season.

At Newfound Regional High School, they are seeking an alpine skiing coach and a JV girls' basketball coach.

At Newfound Memorial Middle School, they are seeking boys' basketball, girls' basketball, skiing and spirit coaches.

If interested, please send a letter of intent, resume, and names and phone numbers of three references to Stacy Buckley – Superintendent, Newfound Area School District, 20 North Main St., Bristol, NH 03222.

Questions should be directed to Alex Sobolov, Athletic Director at asobolov@sau4.org or 744-6006, x1507.



KATHY SUTHERLAND

### Back on track

Nate Hixon prepares to boot the ball down the field during his team's game against Kingswood last week. After dropping a trio of games, the Bobcats defeated Kennett by a 2-1 score and then defeated Kingswood by a 5-2 score. Next up, the Bobcats will be hosting Lebanon on Friday, Oct. 4, and will be at Pembroke on Tuesday, Oct. 8, both at 4 p.m.

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# Offense comes to life for Bobcats

## Eastman scores twice as Bobcats shut out Milford

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Plymouth field hockey game entered Friday's game with Milford on a four-game losing streak that saw the Bobcats only score two goals.

The offense finally came to life against the Spartans, scoring three goals and cruising to a 3-0 win.

"It was good to have the offense have some spark again," said coach Ashley Laufenberg. "They were able to keep most of the pressure down in their end."

The Bobcats came out of the gate with Holly Phillips feeding the ball in to Olivia Eastman for a chance. Plymouth had the game's first corner that Holly Hoyt sent wide of the net. Hoyt and Eastman continued the pressure but could not put the ball across the line.

On the second corner, Emma Webster had a shot blocked and then Phillips had her crossing pass deflected out of the zone. Plymouth had another corner but could not get a shot on net and Milford came back down the field and sent a ball through the crease. Webster and Hannah Olmstead had solid defensive efforts in front of keeper Molly Edmark, who also made a save in her net.

Hoyt, Phillips and Eastman teamed up on another bid that was turned away by Milford's keeper. Plymouth had another corner that East-



JOSHUA SPAULDING  
Emma Bryer controls the ball in the offensive end of the field in action Friday.

man sent just wide of the net. Gwen Merrifield had a run into the zone but could not get the ball on the cage. Hoyt and Eastman teamed up on another bid that was stopped.

Plymouth had back to back corners, with Hoyt connecting with Phillips on the first one and the second seeing Hoyt connecting with Emma

Bryer. Milford came back with a chance at the other end that Edmark turned the ball away. Milford had its first corner but the Plymouth defense held tight.

Eastman had a shot tipped wide of the net and Webster ripped a shot into the net, but it was too high and no goal was put on the board. Gabby Karntakosol had a shot denied as well.

With 4:04 to go in the first half, the Bobcats got on the board, as Eastman ripped a shot that deflected off a defender's stick and head and into the net. Katie Lambert got the assist.

After Edmark turned away another Milford chance, the Bobcats came right back down the field and got a couple of corners. The first saw Hoyt rip a shot that missed the mark, but the second saw Hoyt poke the ball in on a reverse, with Karntakosol getting the assist with 21 seconds to go in the first half and Plymouth took the 2-0 lead to the break.

Out of the gate, Plymouth was solid, as Phillips and Eastman teamed up on a bid that was stopped.

Just a tick more than

JOSHUA SPAULDING  
(Left) Gabby Karntakosol pushes the ball up the field in action against Milford last week.

four minutes into the second half, Eastman scored her second goal of the game on a cross from Phillips to make it 3-0.

The Spartans had a trio of solid corner chances, but the Plymouth defense and Edmark held tight and kept the Spartans off the board. Plymouth also continued to pressure but could not add another goal and settled for the 3-0 win.

While she was happy to see the team get the offense moving, Laufenberg noted that there was still work to be done.

"We just still need to take better advantage of our corner opportunities," the Bobcat coach said.

The Bobcats made the long trip down Interstate 93 on Tuesday, Sept. 24, dropping a 4-0 decision in Pelham.

The Pythons scored twice in the first 10 minutes of the game and added another one before the end of the first half to take the 3-0 lead at the half. Pelham scored the final goal late in the second half.

"(We) had some communication breakdowns that led to early corners against (us) and Pelham was able to capitalize," Laufenberg said. "(We) came out in the second half with more intensity, keeping most of the half in the offensive 25."

Laufenberg praised the play of Hoyt and Webster in the loss.

The Bobcats will be in action on Friday, Oct. 4, hosting Derryfield at 4 p.m., will be at Portsmouth at 5:15 p.m. on Tuesday, Oct. 8, and will be at Hanover on Thursday, Oct. 10, at 4 p.m.

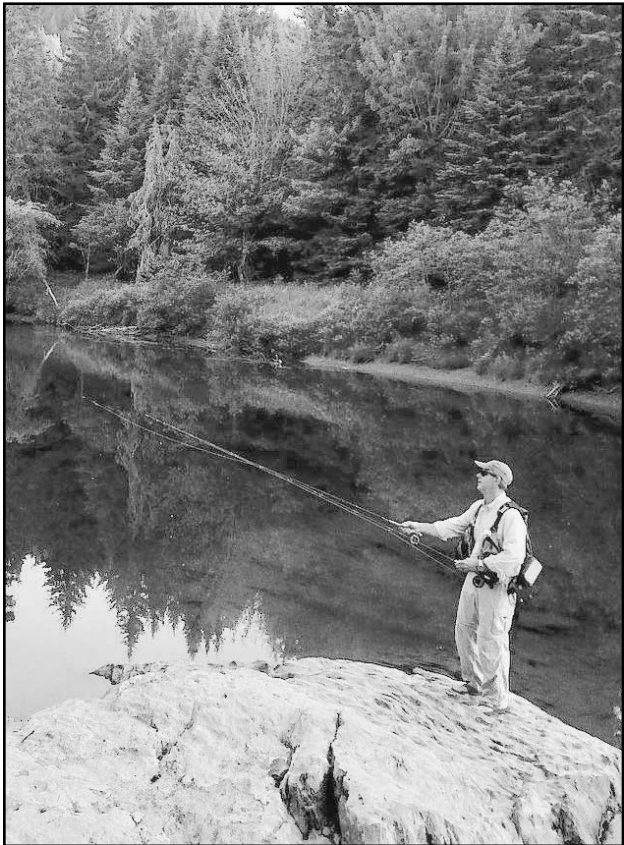
Joshua Spaulding can be reached at 279-4516, ext. 155 or [HYPERLINK "mailto:josh@salmonpress.news"](mailto:josh@salmonpress.news) [josh@salmonpress.news](mailto:josh@salmonpress.news).

## Author speaking in Plymouth Oct. 15

PLYMOUTH — Come meet David Van Wie, the author of *Storied Waters*. The book is part travelogue, part literary history and part natural history. The book recounts a six-week odyssey to visit 35 fabled fly-fishing destinations and the writers who made them famous from Maine to Wisconsin and Michigan. Van Wie writes a blog about flyfishing and environmental issues at [watchyourbackcast.com](http://watchyourbackcast.com) and a column in *The Maine Sportsman*.

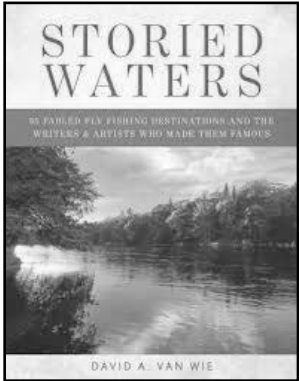
The Pemigewasset Chapter of Trout Unlimited will meet on Oct. 15, at 7 p.m. at the Common Man Inn in Plymouth. Come early and meet Van Wie and fellow anglers. There will be a raffle to support sending a lucky boy or girl to the Barry Fish Camp at the meeting. Meetings are free and open to the public.

Trout Unlimited is a non-profit organization with a mission



COURTESY PHOTOS  
Author David Van Wie will be speaking in Plymouth on Oct. 15.

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JOSHUA SPAULDING  
Kennett's Gaven Gagne wraps up Plymouth's Joe Cleary in action on Friday night.



JOSHUA SPAULDING  
Joe D'Ambruoso cuts through the Kennett defense in action in North Conway.

# Kennett football powers past Plymouth

BY JOSHUA SPAULDING  
Sports Editor

NORTH CONWAY — In the week leading up to Friday night's game, Kennett football coach Vaughn Beckwith was formulating plans and schemes to try and get past the Plymouth Bobcats when he realized that he was over-complicating things.

So he set those plans aside and just set his kids loose to do what they do and Kennett emerged with the 14-8 win under the lights of Millen Stadium on Friday, Sept. 27.

"Let's just do what we do," the Eagle coach said of his game plan. "And the kids relaxed when we took that stuff away."

"We stuck with what we know and it worked for us," Beckwith said. "The kids made plays tonight."

"Kennett wanted it more than we did," Plymouth coach Chris Sanborn. "We didn't execute offensively or defensively."

It became obvious that this was going to be a low scoring game from the start, as both teams kept the other from moving the ball in extended chunks.

Plymouth went three and out in the first series and Kennett went to work, with Kyle Perry catching a pass from Parker Coleman for a first down. A sack from Jacob Duquette set the Eagles back but Coleman converted on fourth and one to keep the Eagle drive alive. However, Kennett turned it over on downs four plays later.

Plymouth took over and Cale Swanson made a great catch on second and 14 but Joe Cleary's run on third and five was stuffed by Kennett's Gaven Gagne.

However, the Eagles went three and out on their drive and Plymouth got the ball right back. Swanson picked up a Plymouth fumble on the first play from scrimmage and run 38 yards to get the Bobcats past midfield. However, Plymouth fumbled on the next play and Braden Santucio recovered for the Eagles. Kennett closed out the quarter with three plays to get the ball to the 20-yard line.

Evan Koroski converted a first down two plays into the second

quarter, getting to the nine-yard line. Perry got the Eagles to the seven and from there, Dominic Jones carried the ball in and Braden Bailey's extra point made it 7-0 with 9:56 to go in the half.

Cole Johnston had a nice return for the Bobcats and they took advantage of a couple of penalties to get a couple of first downs. Robert Oliver and quarterback Cody Bannon carried the ball for the Bobcats but TJ Holland got in the backfield for the Eagles and Plymouth turned the ball over on downs.

Kennett took over and Jones caught a pass for a first down but the Plymouth defense held tight and Kennett had to punt three plays later.

Bannon hit Swanson for a nine-yard gain on the first play and after Joe D'Ambruoso got the first down, a sack by Gagne set the Bobcats back. Cleary had a couple of carries but the Bobcats were unable to get a first down and they punted away.

Kennett took over and Coleman hit Jones with a pass and then hit Bailey with a pair, getting the Eagles to the 33. However, they were unable to get any further and Kennett took the 7-0 lead to the half.

Kennett opened the second half with the ball and Koroski and Perry carried the ball, getting one first down before the Eagles had to punt away. Plymouth went three and out on their ensuing possession, but then forced the Eagles to do the same, thanks in part to a sack from Duquette.

Cleary broke free for a 33-yard gain on the first play from scrimmage, but the senior back was hurt on the play and the Bobcats were unable to get another first down on the drive and Kennett took over.

Coleman sparked the ensuing drive for the Eagles, as he broke free for a 34-yard gain to get the ball to the 16. Koroski carried twice but a penalty set the Eagles back to the 15-yard line on third down. Coleman then hit Perry with a perfect pass that carried him into the end zone with 28 seconds left in the third quarter. Bailey's extra point made it 14-0 after three periods.

Plymouth took over

and Bannon hit Swanson with a key pass for a first down and then hit Trevan Sanborn and JC Gaumer with passes. Gaumer converted on fourth and one but the Bobcat drive was stalled and Kennett took over. Koroski and Jones helped the Eagles get a first down but the hosts were eventually forced to punt.

Plymouth took advantage of a penalty to get another first down and then Bannon hit Swanson for a first down. After a sack by Holland set Plymouth back, another Eagle penalty gave the Bobcats a first down at the 11. Two plays later, Bannon hit Swanson at

the back of the end zone with 37 seconds to go. Tryder carried the two-point conversion in to make it 14-8.

The Bobcats tried an onside kick, but the ball didn't quite travel the 10 yards needed and Kennett had the 14-8 win.

"That was a big one," said Beckwith. "The kids made plays tonight."

Beckwith noted that the ball Coleman threw to Perry was about as good a play as he's seen from his quarterback this year, noting it was in a spot that only Perry could get it.

"They're a very good team, a strong program," Beckwith said of the Bob-

cats. "They're not going to back down."

The Eagle coach also noted that the team will need to stay focused moving forward.

"We have to stay hungry and have to stay focused," Beckwith said. "This is exciting, this is awesome, but we can't get complacent. Every week we have to get better."

"We had some fundamental breakdowns," Sanborn said. "What disappointed me the most is that Kennett outplayed us up front."

"We had had wide open guys, we overthrew some guys, we didn't run some good routes," the

Bobcat coach continued. "We made too many mistakes."

"And every week we keep making them and we haven't fixed them," Sanborn said. "But props to Kennett. They were fired up from the get go."

"They outplayed us tonight," he said.

Plymouth will be back in action on Saturday, Oct. 5, at home against St. Thomas at 2 p.m.

Kennett will return to action on Saturday, Oct. 5, at 2:30 p.m. at John Stark.

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

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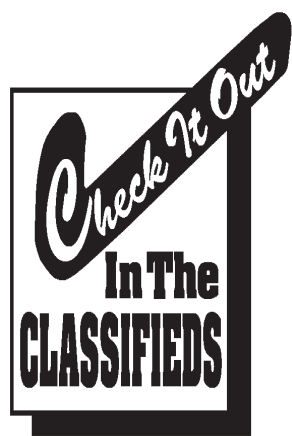


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# So, I've been wondering

My mind is always running. It's probably not a good thing, because that means there's always something going through my head. Often times, it's ridiculous stuff that has no reason to be in my mind. But I'm usually wondering random things. Here are a few.

Why is it OK in volleyball to cheer when another team makes a mistake? In all other sports, cheering when the other team makes an error is often considered unsportsmanlike, yet when it happens in volleyball, it's considered normal.

Is there a rule in field hockey that when the whistle hasn't blown for 30 seconds, the officials have to blow the whistle? I've been covering the sport for more than 15 years and I still don't know all the rules. That's one of the reasons I like standing near longtime Kingswood and Plymouth State coach Bonnie Lord when I'm at a game because she can usually explain a rule or small detail of the game that I don't always get.

Why do some people find it necessary to drive in the left lane when they are not passing anyone? I drive a lot and am constantly amazed at the

## SPORTING CHANCE



By JOSHUA SPAULDING

idiots who find it necessary to putt along in the left lane like nothing is wrong. The signs are right there, "stay right except to pass." Seems pretty simple to me.

Why are Red Sox fans at Fenway Park singing in joy to Sweet Caroline in the middle of the eighth inning when the home team is losing to a moribund Baltimore team in the middle of the summer? I don't mind the tradition, in fact, I will partake if I am at a game, but only if the Sox are winning. What is "so good, so good, so good," about things when your team is losing by 10 runs to a team on a pace to lose 100 games or more. If I'm the DJ at Fenway, I'm not playing that song unless the Sox are winning.

Why is Scott Zolak still employed by the Patriots' radio network? He brings absolutely nothing to the broadcasts every week except for mocking the other team when they are losing and complaining about the officials. I know he was a "beloved"

figure here in his time as a backup quarterback, but laughing at the other team, calling them names and uttering ridiculous statements about show ponies adds nothing to my listening experience. It would be nice to have a knowledgeable analyst telling us what was actually going on on the field.

Why is Alex Cora not getting any heat in Red Sox circles? When the Red Sox floundered the year after winning a World Series under John Farrell, he was on the hot seat from day one. Yet Alex Cora seems to get a pass. Don't get me wrong, I don't think he should take the blame, but I also didn't believe Farrell should have taken the blame. The blame goes on the players who didn't hold up their end of the deal (I'm looking at you Chris Sale) and the executives who didn't get enough suitable pieces (which was addressed with the Sox). But if you're going to blame Farrell, you should blame Cora too.

Finally, have a great day Bonnie Lord.

*Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent,*

*Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton*

*Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be*

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