

Bear boys and girls run to victory on home course



Joe Sullivan led the way for the Newfound boys in their home race last week.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound cross country team hosted its lone race of the season last Wednesday and claimed victory on their home course, as both the Bear boys and girls came out on top.

The Newfound boys dominated as a team, finishing with all five scorers in the top six overall. Joe Sullivan led the charge with a second place finish overall in a time of 20:28.

Connor Downes finished in third place with a time of 20:54 and Jeff Huckins ran to fourth place in a time of 21:18.

Evan Foster finished in fifth overall in a time of 21:18 and Ryder Downes rounded out the scoring with a time of 21:54 for sixth place.

Ben LaPlume provided some solid insurance for the Bears, finishing in seventh place in a time of 22:14, with Romeo Dokus in 13th place in 24:22 and Hunter Pease in a time of 28:03 for 18th place.

The Newfound girls were led by Leah Deuso, who finished in a time of 29:25 for third place overall.

Chloe Jenness was right behind in fourth place overall in a time of 30:24 and Julia Huckins had a solid run in seventh place in 32:21.

Sarah Buchanan finished in 10th place in a time of 37:28 and Sadira Dukette was 13th overall in 41:59 to finish out the scoring for Newfound.

Andraiya Styles finished in a time of 44:49 to round out the field of Bears.

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



Leah Deuso paced the Newfound girls during their race last week.

Planned enhancements at Slim Baker Area benefit local youth, community

BRISTOL — With the recent release of the book “Bus and Wink: Adventures of Youth, Stories Told Around the Campfire,” generations to come will benefit from the funds generated by the sale of the book. Capturing the legacy of Richard “Wink” Tapply, co-founder of the TTCC and pioneer in the town recreation movement, author Tim Tapply wrote and published this book to keep his grandfather’s stories alive for generations to come. The Tapply family con-

tinues to this day to tell these “Bus and Wink” stories at special events, gatherings, and around the campfire on Newfound Lake.

The Tapply - Thompson Community Center (TTCC) and the Slim Baker Foundation for Outdoor Education, Inc. are working together to fundraise for future improvements for both organizations with direct benefits to the youth and community. The fundraiser will directly support both organiza-

tions capital funds in an effort to build upon current and future improvements. The Slim Baker Foundation, in accordance with its current master plan, is looking to build an outdoor pavilion located on the grounds of the Slim Baker Area for use by all visitors. A covered pavilion would provide a great venue for outdoor programs along with an ideal location for local youth involved in the TTCC summer camp,

SEE SLIM BAKER PAGE A7

PSU Meteorology program awarded National Science Foundation grant



COURTESY

The Plymouth State University (PSU) Meteorology Program was awarded a \$528,000 grant from the National Science Foundation (NSF) to support the four-year continuation of an undergraduate research program that explores atmospheric and related sciences, and provides students research and related professional development opportunities. The Northeast Partnership for Atmospheric and Related Sciences (NEPARS) Research Experiences for Undergraduates (REU) is an ongoing collaboration between PSU and Hobart and William Smith Colleges (HWS) in New York State. Here the full NEPARS REU cohort gathered on the summit of Mount Washington during a summer 2019 program trip. The group visits the summit each summer for a day of exploration, professional development, and learning about the home of the world’s worst weather.

Bears wrap up undefeated regular season

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — What was supposed to be a busy final week of the regular season for the Newfound field hockey team, turned into a week with just one game.

The game came early in the week when the Bears took on Laconia and picked up a 7-0 win over the Sachems.

“We wanted to start quickly and that’s exactly what we did,” said coach Kammi Williams.

Newfound scored in the first minute of the game, with Tiffany Doan doing the honors for an unassisted tally.

The Bears then scored again on their first corner, as Doan finished strong with an assist to Maggie Bednaz.

“Maggie has shown so much improvement and consistency over the course of the season,”

Williams noted.

Freshman Isabelle LaPlume rounded out the first half scoring, giving the Bears a 3-0 lead heading to the break.

“It’s difficult to pass when most of the game takes place in one half of the field, but we continue to press on working on our passing game,” Williams stated.

Doan finished her hat trick on an assist from Kenzie Bohlmann to start the second half scoring and then Lindsey Lacasse pushed across the fifth goal for the Bears.

LaPlume scored the sixth goal and Bohlmann rounded out the scoring with the seventh goal as she continues to develop her offensive game.

“Laconia’s defense had numerous saves on the goal line, their ability to defend the line was

quite impressive,” said Williams. “I truly appreciated their sportsmanship and their exuberance when they would make a great drive.”

The team’s other two games in the week were cancelled, finishing the season at 8-0 for the Bears. With the playoffs a bit unusual this year, the Bears were grouped in region four for Division III, putting them in a bracket with the three North Country teams, Littleton, White Mountains and Berlin. Each squad was randomly assigned a number and the Bears were given number four, meaning they will be at Littleton on Friday, Oct. 23, at 3 p.m.

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

PLYMOUTH — The Plymouth State University (PSU) Meteorology Program was awarded a \$528,000 grant from the National Science Foundation (NSF) to support the four-year continuation of an undergraduate research program that explores atmospheric and related sciences and provides students research and related professional development opportunities. The award to PSU is one of two grants totaling more than \$1 million to support the Northeast Partnership for Atmospheric and Related Sciences (NEPARS) Research Experiences for Undergraduates (REU), an ongoing collabora-

tion between PSU and Hobart and William Smith Colleges (HWS) in New York.

The NEPARS REU program is competitive, and each year hundreds of students from institutions across the United States apply for paid internships in research or as program assistants. The collaborative program hosts a combined 12 student interns, two student program assistants, and six faculty mentors each summer, with the groups divided into two cohorts – one at PSU and one at HWS. The PSU program is led by Associate Professor Jason (Jay) Cordeira, Ph.D., and PSU meteorology faculty Professor

Eric Hoffman, Ph.D., Professor Lourdes Avilés, Ph.D., and Research Associate Professor Eric Kelsey, Ph.D. serve as faculty mentors.

The cohorts from both institutions meet regularly throughout the summer, including an orientation session in early June at HWS, a trip to New Hampshire’s Mount Washington Observatory and a research workshop at PSU in July, and an end-of-summer research symposium at the State University of New York (SUNY) at Albany in August. The cohorts also meet frequently via video conferencing to discuss

SEE GRANT PAGE A7

Classic thriller “Nosferatu” to screen at Flying Monkey

PLYMOUTH — Get into the Halloween spirit with a classic silent horror film.

“Nosferatu” (1922), the first screen adaptation of Bram Stoker’s novel “Dracula,” will be screened with live music on Wednesday, Oct. 28 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth.

The screening will feature live music for the movie by silent film accompanist Jeff Rapsis. General admission is \$10 per person.

“Nosferatu” (1922), directed by German filmmaker F.W. Murnau, remains a landmark work of the cinematic horror genre. It was among the first movies to use visual design to convey unease and terror.

To modern viewers, the passage of time has made this unusual film seem even more strange and otherworldly.

It’s an atmosphere that silent film accompanist Jeff Rapsis will

enhance in improvising live music on the spot for the screening.

“The original ‘Nosferatu’ is a film that seems to get creepier as more time goes by,” said Rapsis, a resident of Bedford, who accompanies silent film screenings at venues across the nation. “It’s a great way to celebrate Halloween and the power of silent film to transport audiences to strange and unusual places.”

In “Nosferatu,” actor Max Schreck portrays the title character, a mysterious count from Transylvania who travels to the German city of Bremen to take up residence.

In the town, a rise in deaths from the plague is attributed to the count’s arrival. Only when a young woman reads “The Book of Vampires” does it become clear how to rid the town of this frightening menace.

Director Murnau told the story with strange camera angles, weird lighting, and special effects that include sequences deliberately speeded up.

Although “Nosferatu” is suitable for all family members, the overall program may be too intense for very young children to enjoy.

Modern critics say the original ‘Nosferatu’ still packs a powerful cinematic punch.

“Early film version of ‘Dracula’ is brilliantly eerie, full of imaginative touches that none of the later films quite recaptured,” Leonard Maltin wrote recently.

Critic Dave Kehr of the Chicago Reader called ‘Nosferatu’ “...a masterpiece of the German silent cinema and easily the most effective version of Dracula on record.”

Despite the status of “Nosferatu” as a landmark of early cinema, another scary aspect of the film is that it was almost lost forever.

The film, shot in 1921 and released in 1922, was an unauthorized adaptation of Stoker’s novel, with names and other details changed because the studio could not ob-



Max Schreck stars in “Nosferatu” (1922), the original silent film version of Bram Stoker’s ‘Dracula,’ to be shown with live music by Jeff Rapsis on Wednesday, Oct. 28 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person. For more information, call 536-2551 or visit www.flyingmonkeynh.com.

tain rights to the novel.

Thus “vampire” became “Nosferatu” and “Count Dracula” became “Count Orlok.” After the film was released, Stoker’s widow filed a copyright infringement lawsuit and won; all known prints and negatives were destroyed under the terms of settlement.

However, intact copies of

the film would surface later, allowing ‘Nosferatu’ to be restored and screened today as audiences originally saw it. The image of actor Max Schreck as the vampire has become so well known that it appeared in a recent ‘Sponge Bob Squarepants’ episode.

‘Nosferatu’ will be shown on Wednesday, Oct. 28 at 6:30 p.m. at the

Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person. For more info, call (603) 536-2551 or visit www.flyingmonkeynh.com.

For more about the music, visit www.jeffrapsis.com.

Center for Women and Enterprise, Grafton Regional Development Corporation team up for Strategic Planning Boot Camp

PLYMOUTH — Friday, Oct. 30 at 9 a.m. kicks off a live, online 4 Week Strategic Planning Bootcamp. Center for Women & Enterprise and Grafton Regional Development Corporation have teamed up once again to bring this program to the Grafton County small business community at no cost, thanks to a generous grant from The Clowes Fund. Participants will benefit from the expertise of the instructor, Susan Terzakis of Terzakis & Associates, a New Hampshire small busi-

ness advising firm.

This free course is targeted to those who are in business, generating revenue and are ready to take their business to the next level – and who are ready to thrive instead of survive the pandemic!

Participants will clarify who their customers are and how to reach them, as well as evaluate their products and services, identifying opportunities to better meet client needs, increase revenue, and make sure their products or services are priced for success. Additionally, a nat-

ural outcome of course participation is growing a deeper network of fellow entrepreneurs because no one can do it alone.

“We are thrilled to continue our partnership with Grafton Regional Development Corporation to run this strategic planning bootcamp. Between our two organizations, and with the expertise of Susan Terzakis, Grafton County entrepreneurs at all stages of the business cycle can access the support they need to help their business succeed,”

says CWE director, Chandra Reber.

While the course is free, registration is required, as space is limited to provide a focused and individual experience for attendees.

Free registration is at https://grafton_county_power_forward.eventbrite.com

For information about the course and how to register, call Madeline Brumberg at 318-7580 or email mbrumberg@cweonline.org.

About the Center for Women & Enterprise

Established in 1995, the Center for Women & Enterprise (CWE) is a non-profit organization that provides opportunities for women entrepreneurs and women in business to increase their professional success, personal growth, and financial independence. CWE also operates the Veterans Business Outreach Center of New England (VBOC of NE) that equips veteran and active duty service members and their families with the resources to help them start and run their businesses.

About Grafton Regional Development Corporation

Celebrating over 20 years of local impact, Grafton Regional Development Corporation (Grafton RDC) is a 501(c)3 non-profit organization dedicated to strengthening local businesses, growing the economy, and fostering community support networks that create jobs and build wealth within Grafton County.

PBCH helping breast cancer survivors

BY ANNA SWANSON
Pemi-Baker Community Health
PLYMOUTH — October is National Phys-

ical Therapy month as well as Breast Cancer Awareness month and the physical therapists

at Pemi-Baker Community Health (PBCH) can assist patients with breast cancer to live a more functional life. Often there is a missing link once a person is diagnosed with breast cancer. A patient can go through the whole diagnosis, yet have many questions about how to return to their prior level of function or how to progress themselves into strength training or exercises.

After a person undergoes surgery, there

can be significant scar tissue, which causes limitations of everyday movement. If a person is feeling tightness, pain, loss of range of motion or strength, or feel like their posture is being impaired, these can be signs identifying the need for physical therapy. Treatment for breast cancer is saving lives. Let us help you with these side effects of breast cancer treatment so you can regain your health in motion!

Together, through

physical therapy, we can:

- Restore your mobility and posture
- Decrease or eliminate your pain
- Rebuild your strength and endurance
- Return you to work and play
- Boost your energy
- Prevent or combat the effects of lymphedema

Research shows that physical exercise and activity are key factors in breast cancer survivors regaining vitality and returning to optimal health. While medical treatment for breast cancer is saving more lives, the disease may leave patients with significant limitations.

Breast cancer rehabilitation can help patients with:

- Post lumpectomy or mastectomy
- Breast reconstruction
- Scar tissue restrictions
- Lymphedema
- Lymphatic cording or “Axillary Web Syndrome”
- Shoulder, neck, or back pain
- Side effects from chemotherapy and radiation
- Treatment induced fatigue

Our team of physical therapy specialists are your partners in this journey back to

health and enjoying the activities you love. At Pemi-Baker Community Health, you will benefit from a combination of advanced exercise prescription and manual therapy intervention to restore your range of motion, decrease swelling, and reduce pain. We are ready to help you move better and feel better, while regaining strength and energy.

Call today to learn more about our home care and outpatient, expert providers.

With over 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool.

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us, please call: 536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4.

CASS INSURANCE INC.

‘Nanc’ & Michelle

PO Box 406 • Newport, Vermont 05855

PERSONAL AUTOS, WORKMAN’S COMP.

GENERAL LIABILITY AND EQUIPMENT

HOMEOWNERS, SNOWMOBILES, ATVS




802.334.6944-Work
802.334.6934-FAX
cassinsurance@myfairpoint.net

Newfound
Landing

ADVERTISE WITH US
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

TO SUBSCRIBE OR FOR
SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 788-4939
kerri@salmonpress.news



SEND US YOUR NEWS
AND PICS
news@SalmonPress.news

TO FAX THE GRANITE
STATE NEWS:
CALL 1-888-290-9205

TO PRINT AN OBITUARY:
E-MAIL: brendan@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER
TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

TO SUBMIT
CALENDAR ITEMS:
E-MAIL: brendan@salmonpress.news

WWW.SALMONPRESS.COM
(603) 279-4516

A SALMON PRESS PUBLICATION
NEWFOUND LANDING STAFF DIRECTORY

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	268 Alexander Hill Rd.	Single-Family Residence	\$1,100,000	William M. and Jennifer B. Fulton	Thomas and Kristi Clark
Alexandria	105 Fletcher Farm Rd.	Single-Family Residence	\$520,000	Kent L. and Maureen E. Tower	John M. and Maralyn J. Machett
Alexandria	74 North Rd.	Single-Family Residence	\$230,000	Matthew N. Sawyer	Lesley A. Silverman
Alexandria	Vose Road	N/A	\$235,000	Alfred T. and Elizabeth A. Decorte	Nathan P. and Danielle Stonis
Alexandria	Wild Meadow Road	N/A	\$270,000	Tracey H. Kilcup and Lynn M. Hollis	Marcia Morris
Alexandria	N/A	N/A	\$305,000	Kenneth Hall	Scott and Hannah Hubbell
Bristol	262 Peaked Hill Rd.	Single-Family Residence	\$119,000	Brita M. Stevens	Cody Greenwood
Bristol	W. Shore Road, Lot 15	N/A	\$205,133	Geoffrey W. and Elizabeth T. Sahs	Lyon Fiscal Trust and Anne L. Lyon
Bristol	151 W. Shore Rd., Unit 20	Condominium	\$120,000	Ralph and Joanne Paoletta	Amy Gagnon RET and Gary Gagnon
Campton	3 Knotts Rd., Unit A1	Condominium	\$62,533	Richard A. and Joyce E. Smith	Joseph and Jean Monagle
Campton	12 Partridge Knoll Rd.	Single-Family Residence	\$235,000	Patrick S. Coursey	Gareth A. Weaver
Campton	Route 175	N/A	\$25,000	William J. and Marion E. Alby	Dax and Candida McAfee
Campton	5 Sandy Dr.	Single-Family Residence	\$125,000	Paul F. and Diane L. Denapoli	Kenna Dipiro
Campton	12 Southmayd Rd.	Commercial Building	\$249,000	Lois S. Badger RET	Modest Holdings LLC
Campton	76 Stickney Rd.	Single-Family Residence	\$385,000	David A. and Nicole M. Lheureux	Jose M. Andrade and Ana M. Andrade
Campton	N/A (Lot U1)	N/A	\$710,000	Mark S. and Amanda L. Levine	Lynn Fiscal Trust and John T. Lynn
Hebron	Hobart Hill Road	N/A	\$320,000	Marcia Morris	Steven W. Stewart
Holderness	Lane Road	N/A	\$53,000	Barry Eastman	Robert and Dawn Kelly
Holderness	Route 25	N/A	\$599,000	Joseph J. and Jordan J. Bladecki	Jeffrey R. and Lisa D. Bagge
Holderness	Route 3	N/A	\$599,000	Joseph J. and Jordan J. Bladecki	Jeffrey R. and Lisa D. Bagge
Holderness	US Route 3	N/A	\$152,000	Glenn J. and Carolyn A. Robbins	Deborah A. Bain
Holderness	40 Westwind Shores Rd., Unit 40	Condominium	\$650,000	Brian P. and Sarah F. O'Connell	Thomas Fiscal Trust and Bruce D. Thomas
Holderness	N/A (Lot 8)	N/A	\$79,000	Scott P. and Ellen L. King	Veronica J. and Gary D. Harris
New Hampton	Cross Road	Residential Open Land	\$20,000	Steven Voydatch	Joseph Morin
New Hampton	Old Bristol Road	Residential Open Land	\$105,000	Robert F. Loneragan	Ripple Realty LLC
New Hampton	N/A	N/A	\$45,000	Craig E. and Jennifer H. Churchill	Snapdragon Associates LLC
Plymouth	44 Chaddarin Lane	Single-Family Residence	\$285,000	Jose and Ana Andrade	Ryan M. Smith and Karla Beard-Smith
Plymouth	81 Chaddarin Lane	Residential-Other	\$428,000	Jason R. and Karyn J. Smith	Fletcher and Sofia Heisler
Plymouth	9 Cummings St.	Single-Family Residence	\$280,000	Stephen E. and Linda G. Kaminski	Donald L. Clark
Plymouth	11 Hawthorne St.	Residential-Mtl. Bldg.	\$245,000	Price & Rella Fiscal Trust and Robert J. Price	Anrew Bauer
Plymouth	8 Plaza Village Rd., Unit A	Condominium	\$69,933	Lisa and Thurlow R. Dunning	BCB RE Holdings LLC
Plymouth	14 River Ridge Rd.	Single-Family Residence	\$81,866	Quicken Loan Inc.	USA HUD
Rumney	Quincy Road	N/A	\$17,000	Jeannine T. Constantine	Supple LT and Leo F. Supple
Rumney	306 Stinson Lake Rd.	Single-Family Residence	\$165,000	Melanie J. Fisk 2010 Trust	Nancy L. Tibbetts
Thornton	Fondue Drive	N/A	\$29,933	Maria T. Dubach	Jeffrey P. Richad
Thornton	8 Hidden Acres Rd.	Single-Family Residence	\$359,933	Gary Melvin and Nancy Sheets	Bradley D. and Arielle Horning
Thornton	83 Holland Trail	Single-Family Residence	\$279,000	Edward J. and Kathy L. Sayer	Nitin N. and Katherine R. Thota
Thornton	96 Star Ridge Rd., Unit 34	Condominium	\$165,000	Kenneth S. and Tracy L. Buonaiuto	SJR Ventures LLC
Thornton	US Route 3	N/A	\$219,933	Redline Properties LLC	Franconia Subsidiaries
Thornton	54 Welch View Dr.	Single-Family Residence	\$539,000	George P. and Kimberly W. Sousa	Richard Riley
Thornton	N/A	N/A	\$335,000	Kristin M. Hicks	Susan C. Wu and Chris E. Winkler
Warren	Beech Hill Road	N/A	\$38,333	Dawn M. Homes and James R. Milne	Daniel and Angela Clark
Warren	N/A (Lot 10-135)	N/A	\$175,000	Belyea RET and Philip B. Belyea	Steven C. and Peggy A. Masce
Waterville Valley	45 Klosters Way, Unit 66	Condominium	\$250,000	Hilary L. Taylor	Samantha P. and Colleen M. Kiesel
Waterville Valley	28 Packards Rd., Unit 507	Condominium	\$93,000	Hartnett 1 Fiscal Trust and Carolyn A. Hartnett	Jay M. and Kiley Medeiros
Waterville Valley	51 Village Rd., Unit 5	Condominium	\$140,000	Scott and Michele Kitograd	Craig J. and Shannon N. Miller
Waterville Valley	32 Windsor Hill Way, Unit 129	Condominium	\$83,800	Michael P. Lenkauskas	Bethany Hacker

ABOUT THE REAL REPORT

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

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

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

North Country Notebook

What life must have been like in olden days down on the farm



By JOHN HARRIGAN
COLUMNIST

Every now and then, a road just beckons. Sometimes it's an old friend, visited several times a year but none the less interesting. Every trip reveals something that's changed.



Old roads, with barely a two-wheel track and no utility poles or wires, are at the mercy of commercial development and housing.

JOHN HARRIGAN

These are the old roads with just one lane, an old two-wheeled track worn down by the farmer's ox-cart of long ago, when life was paced by an adult person's stride or the speed of a fast horse.

But someone built those stone walls on either side of the road, and the ones marking lot and range. And so, you look closer under the bushes and trees, and the old cellar holes are there, most of them for small houses, built to conserve heat.

You could throw a cat through the walls, the old saying goes about a house put up with posts, beams, and boards. But eventually on came the clapboards and plaster, with plenty of horse-hair mixed in, and the last coat smoothed with a finesse worth good money.

Old cellar holes make me wonder how the people lived. Dishes, for instance. How did they do the dishes? Hot water from the big kettle on the wood stove, and lye soap--that's the answer you always get, from all the books. Well, that's pretty tough dish-doing, and this from a guy with a lifetime's worth of doing dishes. Growing up--dishes. In camp--you guessed it, dishes. Even a thousand miles north, in the near-tundra of

Labrador--dishes.

How did they do the utensils, the knives and forks and spoons? Maybe the old Appalachian Mountain Club "hut-croo" way, the utensils tossed into a tub of soapy water, atop which you do the plates, and the utensils thus get swished around, and then rinsed with hot water, a method tried and true.

And I wonder about that other business, the two-holer business, common to us all. The fabled Sears, Roebuck catalog could go only so

far. And then what? Corn husks and corn cobs seem rough and unlikely. What, then? Moss gets a maybe. A handful of hay seems more likely.

Proximity to water was an important factor in the location of every house. Not every house could be downhill from a good spring, the absolute ideal situation. Eventually, for many households it came down to a good dug well. As the children got older, hauling water was on the list of chores.

Unless, of course, you

could move water uphill. And indeed they could, after the invention and patents for a wonderful pumping device called the ram.

The water ram, after its design was refined and perfected, could move water 35 feet in elevation from its point of intake. It used gravity itself to make this happen.

Basically, water flowed into a big chamber, which then pushed out the water in a smaller chamber. Water came

SEE **NOTEBOOK** PAGE A7

SCHWARTZBERG LAW

FAMILY LAW EXPERTISE IN YOUR BACK YARD

Steve Gahan, Ora Schwartzberg and John T. Katsirebas, Jr.

572 Tenney Mountain Hwy, Plymouth, NH 03264

603-536-2700 | WWW.NHLAWYER.NET

CADY Corner



Red Ribbon Campaign: Be Happy, Be Brave, Be Drug Free

BY DEB NARO
Contributor

The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week, Oct. 23-Oct. 31 each year. It's an ideal way for people and communities to unite and take a visible stand against drugs and show their personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon. The Red Ribbon Campaign started when DEA Agent Kiki Camarena was killed by drug traffickers in Mexico City in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards the creation of drug-free America.

To celebrate this important prevention initiative, CADY's Junior Action Club (JAC) and Youth Advisory and Advocacy Council (YAAC) are sponsoring two community activities for families to show their support and commitment of living drug-free.

The JAC's Red Ribbon Hunt is similar to other fun movements like the New Hampshire Bear Hunt or the Rainbow Hunt that have taken place all over the world. To participate, simply put a red ribbon in a window, somewhere outside, or in your car. Then families and community members can enjoy searching for all the red ribbons in our town and see the support for living drug-free is strong in our community! The goal of this event is to spread awareness of the National Red Ribbon Week Campaign and have as much community participation as possible. Be part of the solution by spreading the word!

Plant the Promise, organized by the Youth Advisory and Advocacy Council (YAAC) is an event where families and community members plant red tulip bulbs in the Fall and get to watch them grow in the Spring. The tulips serve as a reminder of the importance of living a healthy, drug-free life. Free, red tulip bulbs and Red Ribbon Week information packages are available at the CADY office located at 94 Highland St. in Plymouth. Please stop by to pick up your bag Monday through Friday, 8 a.m.-4:30 p.m.

And be sure to document your journey! Show your support for CADY's Red Ribbon Week activities through social media using the Red Ribbon Campaign (Central NH) Facebook Group. Two ideas are to take pictures while planting your red tulip bulbs or driving around searching for all the red ribbons and use the hashtags #RedRibbonWeek2020 #CADY #JACredribbonhunt #PlantthePromise to show your participation.

Questions about The Red Ribbon Hunt or Plant the Promise? Contact Liz Brochu at ebrochu@cady-inc.org.



COURTESY

Scarecrow Contest winners

Downtown Bristol has had a number of visitors this month that have lingered on the common! The events committee is happy to announce the winners of the scarecrow contest. In the business category first place goes to Pleasant View B&B, second to Crazy Cat Winery and third to Mae's Place. Also participating was Robin Ingalls Fitzgerald, MRS and Freudenberg. In the individual category first goes to Jan and Richard Metcalf, second to Bailey Fairbank and third to the Angela Woodward Family. Also entering were the Robinson Family, Erin and Jesika Camire and Jeanne Peterson. Soon after Halloween, the visitors should leave for a warmer climate!

Letters to the Editor

Asking for your vote

To the Editor:
We are Catherine Mulholland and Carolyn Fluehr-Lobban, the two successful candidates in the Democratic Primary for District 9, Grafton County, including the towns of Alexandria, Ashland, Bristol, Bridgewater, and Grafton. Our campaign slogan is "Uncommon Sense and Compassion" for all in these times when many are concerned and worried about our families, communities, and nation. We are two women running as Democrats with an agenda that is for all, ir-

respective of perceived political differences in a time that has brought us all together facing common challenges from the CV19 virus.

Carolyn is a new candidate, but Catherine is a three-time elected state representative, 2005-10, and 2013-14. Together we are strong supporters of enhanced funding for K-12 public education and expansion of broadband access and internet service; greater support for students and teachers (Carolyn is a veteran educator in public education) and

we support additional funding for after-school programs for working parents as well as vocational programs that enhance economic opportunities for area youth that keep them in the region and in the state. We support 'uncommon sense for environmental protection, following objective science—Carolyn is a local beekeeper in Bridgewater for the past 14 years with her husband Richard, "No Bees, No food."

We are requesting an open forum with our Republican opponent Ned

Gordon and 'Free State' candidate Lex Berezchny on a date to be mutually determined, and in a public location to be aired using the Zoom application.

We kindly ask that you consider voting for two women committed to working together for the good of all our constituents us on Nov. 3.

Sincerely,
CAROLYN FLUEHR-
LOBBAN
BRIDGEWATER

CATHERINE MULHOL-
LAND
GRAFTON

Cast your vote for Bill Bolton

education — from pre-K through our community colleges and university system. Bill is opposed to our tax dollars funding religious and private school tuition.

Medicaid Expansion, which New Hampshire first approved in 2014, provides quality, affordable health care to over 9,000 people in Senate District 2, and Bill Bolton strongly supports the continuation of this valuable program. Not only does Medicaid Expansion provide needed support to low income workers and their families and those who are currently out of work because of the pandemic,

it is also one of the most useful tools for fighting the opioid crisis. New Hampshire's unique and bipartisan effort to implement Medicaid Expansion has not resulted in an increase in taxpayer funding for the program. When he is in the State Senate, Bill will work with colleagues on both sides of the aisle to keep this program running efficiently.

As state senator, Bill Bolton will be assigned to committees where he, along with his Senate colleagues, will study hundreds of pieces of legislation. Working with colleagues to find common ground and

take the needs of the people of New Hampshire into consideration is challenging and sometimes frustrating. But as I have observed the energy which Bill Bolton has put into the volunteer positions he has undertaken — Selectboard, Pemigawasset River Local Advisory Committee, and Educational Theatre Collaborative producer among others, I know Bill Bolton will be a hard-working senator for the citizens of Senate District 2. I urge you to vote for Bill Bolton on Nov. 3.

REP. SUZANNE SMITH
HEBRON

Asking respectfully for your vote

most legislation, and when we disagreed, we did so with civility and sometimes even with humor. Among the bills that we passed are important legislation to lower the cost of insulin and Epipens, to provide access to fertility care, to prohibit the sale of furniture that contains harmful chemicals, and to protect vulnerable adults from financial exploitation.

To the Editor:
I am Joyce Weston and have served the last two years as your representative in the New Hampshire House. Representing Plymouth, Hebron, and Holderness, I was a member of the Commerce and Consumer Affairs Committee, and I hope to return to that committee for the next session.

Our committee worked cohesively on

If I am re-elected, I will be the prime sponsor of a bill that will establish a Climate Action Plan for New Hampshire. This is an important step toward moving our state in line with the surrounding states and Canada in reducing greenhouse gas emissions. I believe this is an important issue — perhaps the most important issue — facing New Hampshire today

and will support other legislation that moves us in that direction.

I miss canvassing door-to-door, but I do appreciate the support and feedback I've received remotely from many of you. If you have any questions about my views and goals, I'm happy to discuss them.

And thank you for your vote on Nov. 3.

REP. JOYCE WESTON
PLYMOUTH



Sustainable Bristol



BY LAUREN THERIAULT

Halloween is coming whether you like it or not. It's never been a holiday I get particularly into but my kids sure do like it. I thought I'd pass along some ideas to make your Halloween Green.

First up costumes: the best thing you can do is shop your closet, borrow from a friend, or get things at a thrift store to make a costume. Buying a cheap costume wrapped in plastic and probably made from plastic, that you or your kid are just going to wear a puffy coat over

anyways, is just silly. If you can't find anything in your closet look in your recycling bin. A bunch of boxes could be made into a really cool robot costume. My favorite costume of all time was a student who painted empty toilet paper rolls orange and dressed up as Easy Mac. Making a costume from scratch also adds to the festivities of the season and is a fun project to work on together and makes good memories.

In terms of decorations, use what you have, or buy local and compostable decor. Pumpkins, corn stalks,

and mums make great decorations for fall that extend past Halloween and can get added to the compost pile come snowfall. Instead of buying fake spider webs use old pantyhoses, make spiders out of plastic bottles or bottle caps. While you're at the thrift store searching for costumes check out decor there. They always have plenty of candle holders and vases you could use to make a spooky tablescape with.

While carving your pumpkins you can bake pumpkin seeds, or throw the guts somewhere you won't mind a few pumpkins

growing in the spring. When November rolls around, compost the Jack-o-lantern or find a local farmer who would take it for composting or feeding to their pigs or chickens. In the US, two billion pounds of pumpkins are grown every year and 1.3 billion pounds end up in a landfill according to the US Department of Energy. That's pretty sad math huh? Whatever you do please don't throw the pumpkins in the garbage. You can also skip the cheap plastic carving tools and use tools you have at home. My friend told me a drywall saw is

the best tool for pumpkin carving.

Instead of going to a shopping center or downtown area, trick or treat around your neighborhood. Your kids won't get as much candy and you won't get to see as many costumes but you'll save gas, see people you really know and expose yourself to fewer people and fewer germs.

I have tried to think of sustainable and safe ways to give out candy in these crazy times and cannot think of many. Just make sure your kids don't drop wrappers on the ground. Maybe while you're walking around

you can pick up garbage you see as a challenge.

Lastly, buying to last is important. Decor that will last for years is better than the latest trendy item that'll break or go out of style. The same applies to costumes and candy bags. Use bags for years to come instead of buying a junky one that lasts a year (or less) and think of costumes that can be used for dress up or for a younger sibling or friend.

Lauren's Green Tip Of the Week: You know what's really scary? Plastic bags, use a reusable bag when shopping.

Point of Law



Millennials, you need an estate plan too...it's not just for seniors!

BY ORA SCHWARTZBERG

As millennials (born 1981 to 1996), you are well known for your distinctiveness as a group. Your generation has followed paths and set goals that are decidedly different from those chosen by previous generations. You are highly diverse, better educated, more socially conscious, and wait longer to have families than your parents and grandparents. But one thing you have in common with other generational groups is the need for estate planning.

Will and/or Trust

As a millennial, you may not have accumulated as much wealth as members of older generations, but it is important for you to make sure that your money and property will go to the

family members or loved ones you have chosen, if something happens to you. If you do not have a will or trust, your money and property will pass to the person designated by state law, which may not be the person you would want to inherit your prized possessions and money.

In addition, if you are married and have young children, you need to take steps to ensure that your spouse and children are provided for. A trust is often the best solution: If your spouse inherits your money and property outright under a will, and your spouse eventually remarries, your assets could go to the second spouse instead of your children. In addition, the inheritance will be vulnerable to claims made by

your spouse's creditors. A trust can often avoid such results.

Planning for Student Loans or Credit Card Debt

As the cost of college tuition continues to increase, the level of debt millennials have begun their adult lives with is startlingly high. In addition, high credit card debt is prevalent among millennials. Life insurance may be an effective tool to protect your estate from being decimated by creditors.

Digital Assets

If you are like many millennials, who are the first generation who grew up using the internet, you have likely amassed a much greater quantity of digital assets than members of previous generations. These assets may include social

media accounts, blogs, photographs and videos, financial accounts, and email accounts, among many others.

Depending upon your wishes, you can appoint a separate person to wind up (or continue managing, e.g., in the case of a blog) these assets and accounts, or you can choose to have your executor or trustee handle this aspect of your estate. The list, which can be incorporated by reference into your other estate planning documents, should be stored in a secure place along with your will and/or trust.

Powers of Attorney

Medical power of attorney. You may not realize that your parents no longer automatically

have the right to make medical decisions on your behalf if you become too ill to make them on your own or if you are unable to communicate your wishes. Even if you are married, your spouse may still need to be properly named in a medical power of attorney to make decisions for you when you cannot.

If you fail to have a medical power of attorney prepared, a court proceeding may be necessary to appoint someone to fill that role if, e.g., you are in an automobile accident and are unconscious. You should also consider completing a living will spelling out your wishes regarding medical treatment you want-or don't want-at the end of your life or if you are in a persistent

vegetative state.

Financial power of attorney. Another document that is essential for your care if you were to become unconscious or too ill to make your own financial decisions is a financial power of attorney. It allows a person you have named to pay bills, take care of your home, manage your accounts, and make other money-related decisions for you.

Even if you are married, a financial power of attorney is important because any bank accounts or other property that are not jointly owned cannot be managed by your spouse, without going to court. A financial power of attorney can also be helpful if you do a lot of international travel.

Letters to the Editor



NH needs lower property taxes and young workers

To the Editor:

The biggest tax in New Hampshire is the local property tax. It's paid by homeowners, landlords who pass this expense onto renters, and business property owners. Nearly \$4 billion is raised annually. That's twice as much as the state raises annually from all its revenues sources, which include taxes on hotel rooms, meals and business, and profits from liquor and lottery sales.

Local property taxes pay for public safety and roads, but more than half is needed to support local schools. Property owners in New Hampshire shoulder a tax burden greater than in any other states. That is because our state pays the smallest share of the cost of schools. It pays only 21 percent of the cost. New Hampshire is also the only state without either a sales or income tax, except for Alaska which receives

substantial oil revenues.

Your elected officials need to rethink how we pay for public schools. School funding and property taxes, which are inextricably linked, have been contentious issues for the past 40 years. Without a plan to provide more education funding from the state, local property taxes will continue to rise. Fewer and fewer senior citizens will be able to remain in their homes. Fewer and fewer young people will be able to buy their first home and begin to build equity.

If reelected, I will use my 30 years of experience as an SAU school business administrator and New Hampshire Department of Education school funding expert, to evaluate the fairness and effectiveness of all state revenue and school aid proposals. I will sponsor a bill to extend the one-time school aid supplement so Plymouth will not lose \$275,000

next year.

I will address racism and other forms of bias by reviewing state hiring policies and supporting bias training for all public employees and students.

I will work to make New Hampshire a place young people will want

to live by increasing the minimum wage to \$15/hr., expanding broadband, lowering property taxes to make housing affordable, and protecting our scenic beauty and recreational resources.

REP. SALLIE FELLOWS
HOLDERNESSE



NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.

**FOR ADVERTISING
INFORMATION
CALL 508-764-4325**

Paid Advertisement

Paid Advertisement

Paid Advertisement


Paid Advertisement

Paid Advertisement

Edward Jones: Financial Focus
Caregivers Must Also Care (Financially) for Themselves

If you're a caregiver, possibly for a loved one dealing with an illness such as Alzheimer's disease, you're probably already facing some significant emotional and physical challenges – so you don't need any financial ones as well. Yet, they are difficult to avoid. What steps can you take to deal with them?

First of all, you may be interested in knowing the scale of the problem. Consider these numbers from the Alzheimer's Association: About 5.8 million Americans ages 65 and older are living with Alzheimer's disease, and in 2019, caregivers of individuals with Alzheimer's or other dementias contributed more than 18 billion hours of unpaid care – worth about \$244 billion in services. Furthermore, about two-thirds of caregivers are women, and one-third of dementia caregivers are daughters.



Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith, NH 03253
603-279-3161
Fax 866-632-8685
jacqueline.taylor@edwardjones.com

But whatever your gender or relationship to the individuals for whom you're providing care, you can take some steps to protect your own financial future. Here are a few suggestions:

- Evaluate your employment options. If you have to take time away from work – or even leave employment altogether – to be a caregiver, you will lose not only income but also the opportunity to contribute to an IRA and a 401(k) or other employer-sponsored retirement plan. But you may have some options, such as working remotely, or at least working part time. Either arrangement can give you flexibility in juggling your employment with your caregiving responsibilities.
- Explore payment possibilities for caregiving. Depending on your circumstances, and those of the loved ones for whom you're providing care, you might be able to work out an arrangement in which you can get paid something for your services. And as long as you are earning income, you can contribute to an IRA to keep building resources for your own retirement.
- Protect your financial interests – and those of your loved ones. You may well want to discuss legal matters with the individual for whom you are a caregiver before Alzheimer's robs them of the ability to think clearly. It may be beneficial to work with a legal professional to establish a financial power of attorney – a document that names someone to make financial decisions and pay bills when the person with Alzheimer's no longer can. And whether you or someone else has financial power of attorney, the very existence of this document may help you avoid getting your personal finances entangled with those of the individual for whom you're caring.

• Keep making the right financial moves. As long as you're successful at keeping your own finances separate from those of your loved one, you may be able to continue making the financial moves that can help you make progress toward your own goals. For example, avoid taking on more debts than you can handle. Also, try to maintain an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid account. Of course, these tasks will be much easier if you can maintain some type of employment or get paid for your caregiving services.

There's nothing easy about being a caregiver. But by making the right moves, you may be able, at the least, to reduce your potential financial burden and brighten your outlook.

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

Member SIPC

salmonpress.com

David C. Carr, 91

David C. Carr, 91, of Bristol, died Monday, October 12, 2020 at his home after a period of declining health. The oldest son of Charles A. and Beatrice (Twombly) Carr, David was born in Bristol and was proud to be a native, a lifelong resident and passionate supporter of the town. At 11 years old he was proud to win second place in the NH SOAP Box Derby championship. He had earned the money for his soap box material by selling newspapers. He graduated from Bristol High School in 1946 and went on to earn a BS degree in Mechanical Engineering from UNH. After college, David served two years in the US Army during the Korean Conflict, upon discharge he returned home to run the family business, Chas. A. Carr Company.

The Carr Company began as a coal and ice supplier in the greater Bristol area. The family harvested the ice from Newfound lake and stored it in the ice house on the lake side. As progress was made in electrical supply and refrigeration, the company evolved from coal and ice to one of home heating oil delivery. In the mid 80's he sold the company, then known as CarrCo, to Dead River Company and built a lakeside retirement home on the old ice house property.

David will be remembered by many for his longtime service to the Town of Bristol as a member of the Budget and Cemetery Committees, Rotary, FBBC and Union Lodge #79 F&AM of Bristol. He volunteered his services to Newfound Area Nursing Association's Finance committee for 10 years. David also was on the Board of Directors for First National Bank and was Chairman of the Better Home Heat Council of NH.

During his lifetime he enjoyed vacations with his wife, Gellie, and family. He loved fishing on

Newfound Lake and over the course of 30 years he took annual trips with friends to a fishing camp in Northern Maine. He also was a lifelong pilot and flew for a small charter company during his retirement years. Summers he played golf several times a week with wonderful friends, who referred to themselves as the "Over the Hill 4 Group". He also played charity golf tournaments which included: The Mayhew, TTCC, Pro Forma Lawyers Tournament (which provided money for defending those who could not afford an attorney), and the most memorable was the Canaan Lions Club Tournament where the Over the Hill team accepted the "15th Annual Golf Tournament's Highest Score trophy. Dave complained forever about the damage done to his ego when they accepted the trophy in front of more than 80 people. In the off season the Over the Hill 4 Group would meet biweekly for a two-hour breakfast at the Bristol Diner where a variety of important topics would be discussed.

David enjoyed celebrating birthdays and holidays with his family and friends. Those memories will live on with his children: Deborah Carr of Dover; Diana (Tim) Coughlin of Bristol; Charles Carr (Elsa Johnson) of Bristol; grandchildren: Jennifer Krog, Benjamin and Matthew Coughlin; great granddaughter Elaina Krog; and brother George Carr of Bridgewater.

In accordance with David's wishes, services will be limited to a small private family gathering. In lieu of flowers, donations may be made to: Newfound Area Nursing Association, 214 Lake St., Bristol, NH 03222 or Bristol Community Services, 24 Pleasant St, Bristol, NH 03222. To sign an online guest-book please visit www.emmonsfuneralhome.com.

PLYMOUTH — Members of New Hampshire Electric Cooperative (NHEC) have approved amendments to the Co-op's bylaws that will provide its Board of Directors with flexibility to consider all options for ensuring its members have access to high speed internet service.

By a vote of 8,853 Yes to 1,158 No, the proposed bylaw changes were approved by 88.4% of members voting, exceeding the two-thirds majority required for passage. These bylaw changes give NHEC the ability to

respond quickly and efficiently to federal, state, and local funding opportunities. The changes will also allow NHEC's Board of Directors to enter into strategic partnerships and evaluate the best organizational structure to meet the goal of ensuring members have access to the broadband service they need.

"The members and communities NHEC serves need access to affordable, reliable, high speed internet," said Tom Mongeon, Chair of NHEC's Board of Direc-

tors. "Passage of these bylaw changes will allow the Board of Directors to fully evaluate all options and make the best decisions for our members. The level of participation in this election is a demonstration of our members' interest in NHEC moving forward on broadband and a sign of the Co-op's health. Just as it brought electricity to rural New Hampshire 80 years ago, NHEC is well positioned to provide high speed internet to these same areas of our state."

NHEC's Board of Di-

rectors has been evaluating various business models and funding opportunities over the past several months. Passage of these bylaw changes supports those efforts and will allow NHEC to take advantage of emerging opportunities and partnerships. For all the latest NHEC broadband news, visit www.nhec.com/broadband.

NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 115 New Hampshire communities.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Bristol

Well, we certainly have had plenty of leaf-peepers around lately, eh? Can't blame them for being up here as the leaves have certainly put on a display unrivaled by many years past! I heard the traffic these past few weekends has been really heavy and that many locals have had to spend extra time on the road getting to places and getting back home. A small price to pay for the business this natural display brings and joy and splendor it produces, methinks...

The NRHS Athletics Hall of Fame Ceremony scheduled for Oct. 24 has been postponed. The new date will probably be in the spring of 2021, but no date has been announced as yet. Details may be obtained by contacting NRHS: 744 6006.

Attention teens! Teen Night at the TTCC is tentative to start on Oct. 27 through Nov. 17 for high school and Oct. 29 through Nov 19 for mid-

dle school! A minimum of 10 and a maximum of 20 is needed for this to happen. You must be registered to attend! You can register online at ttcc.org under teen programs. Just \$20 for the 4-week session which includes dinner each session. Space is limited, so register right away.

TTCC has more spots available for the new Babysitting Course on November 7 from 9am until 3pm at the TTCC. Ages 10 and up are eligible and the fee is \$110. All participants will learn the basics of babysitting and get certified in both CPR and First Aid. Participants must bring lunch, water bottles and snacks. You must register by Nov. 4. Space is limited.

The book "Bus and Wink: Adventures Around the Campfire" is still available and the funds raised from the book sales benefit both the TTCC and the Slim Baker Foundation. The Foundation is looking to build an outdoor pavilion located on the grounds of the Slim Baker Area for use by all visitors. A covered pavilion would provide a great venue for outdoor programs along with an ideal location for local youth involved in the TTCC summer camp, scouting and school programs to expand outdoor learning experiences. The book is now available for \$35 and can be ordered through the TTCC Web site at ttccrec.org or call TTCC at 744-2713.

Operation Warm Newfound provides warm winter clothing for area children. Coats, snow-pants, boots and a limited amount of hats and mittens are now available. Boots and

snow-pants can only be provided to elementary and below ages. Sizes for toddlers and babies are not available. Applications for distribution are available by contacting bccfun@metrocast.net or may be picked up at the TTCC. They can be dropped off at the TTCC or by giving it to your school nurse. Pick up will be on the following days: Saturday, November 7 from 8am until noon by appointment and Saturday, Nov. 14 from 8 a.m. until noon also by appointment. Curbside delivery can be arranged by calling 744-2713. The deadline for the program is Nov. 5! Operation Warm is a collaboration of the TTCC, Bristol Community Services and the Bristol Fire Department with assistance from the Santa Fund of the Greater Lakes Region. This program is partially funded by the Greater Lakes Region Children's Charitable Fund for Children. To donate to Operation Warm, contact ttccrec.org.

Winners of the Bristol Scarecrow Contest as announced by the Events Committee: In the business category, first place went to Pleasant View B&B, second place to Crazy Cat Winery, and third place to Mae's Place. In the individual category, first place to Jan and Richard Metcalf, second to Bailey Fairbank, and third to the Angela Woodward family. Thanks to all who participated. It would be fun to see many more entries next year.

Join the Minot-Sleepers Library and Town of Bristol's Sustainability Committee for this month's edition of Bristol's Sustainability

Education Series called "Locally Produced" as we explore ways to reduce waste, save energy and live more sustainably. This month, solar energy will be the topic, what it is and how it can benefit homeowners and communities. A video is available on the library's website. After watching it, join the committee for a conversation on solar energy on Oct. 26 at 6:30 p.m. Bring your questions, ideas and your favorite drink and snack for this light, informal conversation. The library asks that you email librarian@townof-bristolnh.org or call 744-3352 to request the link, meeting ID and password to join an event. You can do this anytime prior to the event. It is recommended that you request access at least 48 hours prior to the event if possible.

The snow and leaf color combinations were unbelievable in photos seen by many this past week! Thanks to all who shared them through various venues for all to appreciate.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Supervisors of the Checklist news

On Saturday, Oct. 24, the Supervisors of the Checklist will be in session at the Town Office from 10 a.m. to noon. Avoid waiting in line at the polls. On the 24th, you can Register to Vote, pick up and/or fill out an Absentee Voter Application and ballot. We can help you with any questions you have about the upcoming Nov. 3 elections.

Hiring?

Reach

More

Local Applicants



Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise **locally**, where you will get qualified, **local** applicants for your **local** job.

- The Baysider
- Gilford Steamer
- Record Enterprise
- Coös County Democrat

- Meredith News
- Granite State News
- Winnisquam Echo
- Carrol County Independent

- Berlin Reporter
- Littleton Courier
- Newfound Landing



Email: tracy@salmonpress.news

Phone: (603) 616-7103

SalmonPress.com

If it's important to you,

It's important to us.



Notebook

FROM PAGE A3

into the kitchen sink one pint or quart at a time, but come in it did—one of the great improvements and emancipators in kitchens of old.

My parents were pretty upset when I quit college in my freshman year, never to look back. As punishment, they sentenced me to the job of tearing down the old ell of their new farmhouse. All I had for tools—and all, as it turned out, that I really needed—were a claw hammer, a pry-bar, a big old cast-iron crowbar, a McCulloch chainsaw, and a 1950 Case hand-clutch tractor.

The old ell was beyond repair, beyond saving, beyond longing or affection, but even still it and the summer kitchen it housed came down hard—chainsaw, tractor, and all I could bring to bear. Certain that their way of life would go on forever, the old-timers built for the ages.

In the ruins of the ell I found a strange and huge hunk of cast iron. I turned it over and over on the old floor, trying to figure out what it was. It was a water ram, and a big one, once used

to move water from a rocked-in spring, about 150 feet from the house, and a good 15 feet lower.

The Poore Family Homestead Historic Farm Museum is just up the road from where I live. The man himself was a friend of the family, and in his later years was often at our table for supper. We all grew up the richer from knowing Mr. Poore, who several times a year drove horse and buggy all the way into town for staples, my sister Susan and I hitching a ride on the rear.

We had the run of his farm before the days of Mr. Poore's declining health, and the burglary and looting and slow decay of what in our time were the well-kept old house, ell, sheds and barn he called home.

J.C. Kenneth Poore's father fought in the Civil War. His mother planted an ivy in a living room container on the day he marched away. In my boyhood I used to run or hitch rides to Clarks-ville Pond, and would sometimes drop in at the Poore Farm to use the hand-cranked phone. The very same ivy planted in 1860 was still there, having grown around the living room several

times, and still growing strong.

Several horse-drawn rigs, devices, and haulers were kept in the three-space carriage and wagon shed attached to the Poore Farm's main barn. Among them was a two-wheeled dump-cart milled and hand-carved out of hardwoods, Mr. Poore told me, and assembled right on the farm, well before the Civil War.

One day in my early 20s I had reason to visit the farm, and was poking around in the sheds with Mr. Poore, who pointed to the dump-cart. "That was made right here," he said with pride.

"Pull that pin," he said, indicating a hardwood pin that held the dump-body onto the shaft. "Now put your thumb under the body."

I did, and with the ease of tilting a tea-cup I tipped the body, as finely balanced as a dancer on her toes.

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

ant aspect of this funding is that it provides meaningful opportunities for our students to participate in real-world research, work experiences, and professional development activities that complement PSU's commitment to our Integrated Clusters learning model and its emphasis on collaboration and developing critical thinking skills," said Cordeira.

PSU and HWS started the collaborative NEPARS REU program in 2018. The program was started by Neil Laird, Ph.D., Professor of Geoscience at HWS, and Cordeira. The recent NSF grant will support the program through 2024. In 2018 and 2019, 26 undergraduate students participated in the program, and 56 additional undergraduate students will have the opportunity to participate through 2024.

For more information about Plymouth State University, visit www.plymouth.edu.

much-loved local conservation officer with the New Hampshire Fish and Game Department. Slim dreamed of setting up a "school for outdoor living" in the Newfound Lake area, and the Slim Baker Area is the fulfillment of that dream. The Slim Baker Area is maintained by the Slim Baker Foundation, and open year-round for hiking, snowshoeing, and camping. For more information, to make facilities reservations, or make a donation to the foundation, please go to www.slimbaker.org.

available as a fundraiser, in order to aid with the outdoor missions of both the TTCC and the Slim Baker Foundation for Outdoor Education, Inc.

The book is now available for \$35 and can be ordered through the TTCC Web site at ttccrec.org or by calling TTCC at 744-2713.

The Slim Baker Area is 135-acre tract of conserved land on Little Round Top Mountain in Bristol, New Hampshire, set up in 1953 as a memorial to Everett "Slim" Baker, a dedicated and

Churches

Plymouth Congregational UCC

Church Announcement

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday Bulletin for this service as well as videos and Bulletins from past services can be found on our church's Web site at www.uccplymouth.org.

How do I access the church's Facebook Page? You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

Beginning at the start of this school year, we

will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at www.uccplymouth.org.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, welcoming congregation where different beliefs come together in common covenant. We work to-

gether in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

Sunday, Oct. 25

Memory Lingers: A Day to Remember

Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director
Tatum Barnes, Director of Religious Education

In the spirit of All Souls Day and All Saints Day, join us for an all-generations service to honor and hold close the spirits of those who recently, or long ago, passed from this life. Please share a photo or a picture of a memento to place on our altar of slides.

LIVE STREAMED via ZOOM

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

www.starrkingfellowship.org
536-8908

Grant

FROM PAGE A1

research progress and participate in professional development activities. The summer 2020 program was postponed due to the coronavirus pandemic, but the majority of applicants who were accepted opted to defer and will participate in 2021.

"While many REU programs are geared toward third-year undergraduate students, the primary goal of the PSU-HWS REU program is to provide first- and second-year undergraduate students with rich learning opportunities, helping them prepare for careers in STEM fields," said Cordeira. "Students from across the country come together for several weeks each summer to collaborate with peers, faculty and other professionals, and have the opportunity to participate in research and real-world experiences, such as visiting the Mount Washington Observatory and attending and presenting their

Slim Baker

FROM PAGE A1

scouting and school programs to expand outdoor learning experiences.

The Tapply family has been instrumental in many ways within the community and especially with both TTCC and the Slim Baker Area. There are still many in the greater Bristol area whose lives have been influenced by Wink and Ruth Tapply. To help provide outdoor recreation opportunities for people in the greater Bristol community, a limited number of books will be

2020 SalmonPress

Holiday Gift Guide

Guide Published
Thursday, November 19th

in the Record Enterprise, Newfound Landing,
Meredith News, Gilford Steamer, and Winnisquam Echo!

Advertising Deadline:
Wednesday,
November 4th, 2020
AD RATE ONLY \$13.⁰⁰ PCI

Spread the Holiday Joy!

Pick up your ad into any other Salmon Press Gift Guide for only \$13.⁰⁰ PCI

Gift Guide East:

Carroll County Independent,
Baysider, Granite State News

Gift Guide North:

Littleton Courier, Berlin Reporter,
Coös County Democrat

Contact us today to reserve your advertising space!

Tracy Lewis (603) 616-7103 • Lori Lynch (603) 444-3927
Email tracy@salmonpress.news • lori@salmonpress.news

It Pays To Shop Locally!!

REAL ESTATE

RICK SWANSON ESTATE COLLECTION To Be Sold at Online-Only Auction Strafford, NH – Bidding Ends on October 28th



NEW HAMPSHIRE MILK BOTTLE COLLECTION
to include very impressive poly-glaze examples in various sizes, both round and square with over 240 different NH dairies represented, as well as, an extensive NH embossed collection. New England states Applied Color Label Soda Bottle Collection, Large Swazey stoneware collection of crocks, jugs, bean pots and more, extensive Charles Sawyer colored print collection of New Hampshire scenes, vintage soda and beer advertising items, brass scale collection, early NH porcelain license plates, mostly NH stoneware jug collection, many with blue decoration, blue spongeware, blue salt-glaze pitcher and stoneware collections, several hand-painted fish sets and game sets, brass stencil collection, collection of record albums, tin toys, Winchester trade sign, door stops, coffee tin collection, Griswold cast iron collection, fabulous oak display cabinets, decoys and much more. This is a sale not to be missed. Also offered is a 1993 Mustang 5.0 LX-Convertible.

INSPECTION: For registered bidders only Thursday, October 22nd from 9:00 a.m. to 4:00 p.m.

FOR COMPLETE DETAILS AND CATALOGUE LISTING VISIT:
paulmcinnis.com
LIC. #2089 • (603) 964-1301 • REF. #20PM-21

PAULMCINNIS LLC
AUCTIONS • REAL ESTATE • RESULTS

**55 Plus MODEL HOME
OPEN SUNDAY 12 to 2**

\$169,995 Come and take a look!
Garage, Porch, Appliances
*10% down - 25 years at 6%

Call Kevin - 603-387-7483
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

AUCTION

Log Home on 6.6 Acres • Strafford, NH
Online-Only Bidding Ends: Wed., October 28th at 1 p.m.

178 CROSS ROAD is a log home on 6.6 acres which sits back nicely from the road. The front yard is set with beautiful tall pines and the rear of the property enjoys views of hardwood trees. This home has 2-bedrooms and 1-bathroom, it was built in 1975, and includes multiple wood burning stoves to add to the warmth and ambience. There is a covered, screened-in porch overlooking the rear of the property and a covered area below which would be great for storing a tractor. Assessed Value: \$200,700. Tax Map 19, Lot 10.

PROPERTY INSPECTIONS: Thursday, October 22nd from 9 a.m. to 4 p.m., and Tuesday, October 27th from 2 p.m. to 4 p.m.

FOR A PROPERTY INFORMATION
PACKAGE WITH TERMS GO TO
paulmcinnis.com
LIC. #2089 • (603) 964-1301 • REF. #20PM-20

PAULMCINNIS LLC
AUCTIONS • REAL ESTATE • RESULTS

RE/MAX We are here for you!

FOR SALE

Michelle Cardinal
Michelle moved here from southern New England to study and take advantage of our special way of life. She is making the best of it 10 years later offering her business expertise to sellers and buyers.

Jane Angliss
Jane came to the Lakes Region from a marketing career in NY City via the northern Vermont hospitality business. She offers years of experience with both people and property!

OUR OUTSTANDING AGENTS KNOW THE LAKES REGION!

RE/MAX Bayside
208 Daniel Webster Hwy Meredith, NH 03253 (603) 279-0079
604 Main Street Laconia, NH 03246 (603) 527-8200
www.baysidenh.net

CLASSIFIEDS

For Advertising Call (603) 444-3927

Personal Care Attendant

Granite State Independent Living
gsil
Tools for Living Life Independently

GSIL is seeking compassionate, dependable individuals to assist consumers in their homes with personal care, light housekeeping, grocery shopping, errands, etc. We offer flexible scheduling with opportunities to work full time, part time, or just a few hours a week if you're just looking for a little extra income. Experience with personal care is helpful, however, training is provided.

Please contact Ashley at 603-568-4930 for more information.
* A background check is required.
GSIL is an EOE

Plymouth State UNIVERSITY
Plymouth State University has the following positions available:
Manager of Mechanical & Electrical Operations
Architectural Drafting Specialist
Customer Service Manager
Recycling Coordinator
Development Officer
Plumber/Pipefitter – Two Positions
Building Service Worker (Custodian)
First Shift (5:00 AM - 1:30 PM)
Monday - Friday
First Shift (5:00 AM - 1:30 PM)
Wednesday - Sunday
Third Shift (11:00 PM - 7:30 AM)
Friday - Tuesday

To view full descriptions of the positions and to apply, please visit
<https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.

Advertise Here

**Steel Erectors,
Metal Roof & Siding Installers
Foreman, Leadmen
And Laborer Positions**

Will Train. Valid Driver's License required.
Application available at:
CONSTRUX, INC.
630 Daniel Webster Hwy.
Plymouth, NH 03264
(603) 536-3533
Leading Pre Engineered Metal Building Co.

Building Inspector/Code Enforcement Officer for Town of Plymouth

The Town of Plymouth is seeking applicants for our part-time Building Inspector/Code Enforcement Officer position for 16-20hrs/wk. The ideal candidate will be familiar with building construction, plan review, zoning ordinances, and be able to interact diplomatically with contractors, residents, and colleagues.

The position is responsible for code enforcement, inspecting residential and commercial buildings, alterations for compliance with Town, State, and Federal codes and regulations, and ensure that applicants meet building codes.

Candidates with a professional background in electrical, plumbing, heating, and mechanical trades would be a plus.

Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to townadmin@plymouth-nh.org

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

Position will be open until filled.
Organization: Town of Plymouth
Type: Employment
Post Date: Wednesday, September 30, 2020
Close Date: Until position is filled
Salary: 20,000

The Town of Plymouth is an EOE

HELP WANTED

ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on **Saturday, October 24, 2020, from 11:00 to 11:30 a.m.** for additions and corrections to the checklist. Last day for supervisors to accept voter registration applications. No additions or corrections shall be made to the checklist after this session, until General Election Day on November 3, 2020.

George Whittaker
Suzanne Cheney
Loretta Brouillard

HEBRON
Supervisors of the Checklist Meeting Notice

Saturday, October 24th, 2020

The Supervisors of the Hebron Checklist will be in session at the Town Office Building, 7 School St., Hebron, NH on **Saturday, October 24, 2020 from 10:00 a.m. to 12:00 p.m.** On the 24th you have the opportunity to Register to vote, pick-up and/or fill out an Absentee Ballot.

Ashland Lumber
A division of Belletetes, Inc.
Lumber Counter

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

Competitive Wages Paid Vacation Paid Holidays Paid Time Off
Health Insurance Profit Sharing Store Discounts Much More!

DEADLINE NOTICE
CLASSIFIED ADS
AND
YARD SALES

DEADLINE IS FRIDAY AT 3PM
FOR THE FOLLOWING WEEK
NO ADS CAN BE ACCEPTED ON MONDAYS
THANK YOU!

FOR ADVERTISING INFORMATION, CALL 508-764-4325

October is Breast Cancer Awareness Month

Prevention

More than 200,000 women are diagnosed with breast cancer in America each year, but there are steps you can take to reduce your risk. Healthy lifestyle choices like consuming a low-fat diet rich in fruits and vegetables, engaging in regular physical activity and avoiding cigarettes and excessive

alcohol are all important steps in helping to prevent breast cancer. Early detection is also key in the fight against breast cancer, so be sure to perform a breast self-exam each month, and ask your doctor when to schedule mammograms and other screenings.

Treatment

A breast cancer diagnosis can be devastating to the more than 200,000 American women who receive one each year, but it's important to remember that great strides have been made in successfully treating the disease. At Harding Cancer Center, we take a multidisciplinary team approach to breast cancer treatment, using

the latest technological advances and research findings to help patients experience greater success rates with fewer side effects. We also offer a variety of support services to ensure a level of care that goes beyond the standard to make each patient experience the very best it can be.

Hope

It is estimated that more than 200,000 women in the United States will be diagnosed with breast cancer this year, but we find hope in knowing that there are more than 2.9 million breast cancer survivors in the U.S. today. Great strides have been made in early detection and treatment of breast cancer, and these survivors are living proof. During Breast Cancer Awareness Month and all year, we are

committed to fighting the disease with education outreach, screening tests, advanced treatment options and a team of dedicated medical professionals whose commitment to beating breast cancer never stops.



During October, National Breast Cancer Awareness Month, we remember the mothers, daughters, friends, sisters and wives who have lost their lives to breast cancer. We also salute the survivors whose successful fight against breast cancer gives us hope for the future and a cure.



Standing Together in the Fight Against Breast Cancer

Statistics indicate there will be more than 256,000 new cases of breast cancer diagnosed in American women this year, and breast cancer is the second leading cause of cancer death in women of both countries. Thanks to early detection and treatment advances, survival rates have improved dramatically, but much room for progress remains. As diagnosis and treatment options continue to evolve, medical experts agree that early detection is a key factor in overcoming the disease, and performing a monthly breast self-exam is often

vital to detecting abnormalities, including lumps or tenderness, in the breasts that may indicate illness. Take steps to protect yourself against breast cancer during Breast Cancer Awareness Month by initiating healthy lifestyle changes, beginning monthly breast self-exams, and talking to your doctor about the appropriate clinical breast exam and screening mammogram schedule for you.



We support National Breast Cancer Awareness Month

PINK TOGETHER

BELLETTES
SINCE 1988
BUILDING PRODUCT SPECIALISTS

www.bellettes.com

JAFFREY, NH 603.532.7716	ANDOVER, NH 603.735.5544	PEMBROKE, NH 603.224.7483
PETERBOROUGH, NH 603.924.9436	SUNAPEE, NH 603.763.9070	MOULTONBOROUGH, NH 603.253.4404
NASHUA, NH 603.880.7778	ASHLAND, NH 603.968.7626	WINCHENDON, MA 978.297.1162

DUSSAULT REAL ESTATE
The name you know & trust

52 Maple Ridge Road Holderness, NH 03245
603-968-3668 • www.dussaultrealestate.com
Joe: 603-381-7273 • Jaci: 603-381-8655

SQUAM LAKE CHARM: Set just 10' from the lake with 275' of waterfront and over 6 acres of privacy. 4 bedroom cottage with fieldstone fireplace, screened porch and monthly views across the lake. \$1,990,000

VIEW AND ACRES: 45 acres of land to enjoy. Property built with 100' of pond road frontage. Stone and timber exterior. Potential mountain view and convenient location Plymouth. \$299,900

Your invited to receive a complimentary market analysis! We specialize in waterfront properties, residential homes and vacation rentals.

SQUAM LAKES FINANCIAL

PRE & POST RETIREMENT PLANNING

Fee-Only Financial Advisor
Serving New Hampshire Lakes Region

Bob Maloney, Chief Listener
PO Box 730 • 31 Coxboro Road
Holderness, NH 03245
603-968-2317
www.squamlakesfinancial.com





RC GREENWOOD

Rainy day battle

Will Fogarty fires off a shot during Plymouth's rainy battle with Winnisquam on Friday. The Bobcats are scheduled to close the regular season today, Oct. 22, at Gilford at 3:30 p.m.

ROLL-OFF CONTAINERS • STORM DAMAGE • ROOFING MATERIALS • RENOVATIONS • CLUTTER REMOVAL • YARD CLEANUPS • NEW CONSTRUCTION • HOME CLEANOUTS •

DON'T BE HAUNTED BY YOUR UNWANTED TRASH

GET ORANGE!

THE DUMPSTER DEPOT®

Waste Recycling Services

Great Service at "YOUR" Convenience, Not Ours!

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Dumpster Depot Bucks limit 1 per client or rental or pick-up on any regular priced dumpster. Not valid on Roofing, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Not at present coupon at time of order. Expires 11/3/20.

NO HIDDEN FEES NO FUEL CHARGE NO TRICKY LONG TERM CONTRACTS TO SIGN

DUMPSTER RENTALS STARTING AT \$410

Got a trashy question? CALL US TODAY

Like us on Facebook **TOLL FREE 1-866-56-DEPOT**
LOCAL 603-783-8050

WWW.DUMPSTERDEPOT.COM

SMALL DUMPSTERS • FRONT LOADER DUMPSTERS • REAR LOAD DUMPSTERS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS •

YOU ARE NOT ALONE

The National Domestic Violence Hotline has answered over 3 million calls from victims of relationship abuse, their friends and family.

The National Domestic Violence Hotline offers phone and chat services for anyone affected by domestic violence. Support is available 24/7/365 by calling **1.800.799.SAFE (7233)** or online at thehotline.org.

THE NATIONAL DOMESTIC VIOLENCE HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

Breast Cancer Patients and Survivors Diagnosed in 2017, 2018 & 2019

Your diagnosis may have been delayed by a misinterpreted mammogram performed at: **Weeks Medical Center or Androscoggin Valley Hospital** between 2015-2017 and you may be entitled to compensation

*****The time limit for bringing a claim may end in 2021*****

To learn more call Holly Haines at: **Abramson, Brown & Dugan, in Manchester, NH**
(603) 627-1819 - www.arbd.com

*****All inquiries will remain confidential.*****
Your identity will never be made public.

Fran Cook Goldsmith

Unique Designs and Custom-Crafted Jewelry in Gold, Silver and Precious Stones.

Store Closing 50% Off!

Now thru October 24
By Appointment Only (Mask Required) **253-4100**
In the Little Mauve Victorian Route 25, Center Harbor • **253-4100**

salmonpress.com

Re-elect Mike Cryans for Executive Council

Duties of the Executive Council:

- Votes on the Governor's nominations for major positions and boards in state government
- Votes on all Judicial nominations
- Responsible for the 10-Year Highway Plan that includes projects for roads, bridges and airports
- Councilors each represent 20% of the population; District 1 is comprised of the upper 2/3 of the state and includes 4 cities and 109 towns

"Constituent Service is My #1 Priority!"

Paid for by Friends of Mike Cryan: Denis Ibey, Fiscal Agent; PO Box 999, Hanover, NH 03755

Seniors and Snow Don't Always Mix

Only 2 Apartments Available!

DISCOVER MEMORY CARE at Forestview Manor before the snow flies. This winter mom will be safer, and you'll have peace of mind. Winter weather, combined with a pandemic may make for a difficult time when caring for a parent with memory loss. **We have remained COVID Free** and have not let our guard down on safety precautions. Discover our engaging lifestyles, nutritious meals, and exceptional personal care services today.

Forestview Manor

Call Leigh Milne Today! (603) 279-3121

MEMORY CARE ASSISTED LIVING
153 Parade Road, Meredith, NH
www.ForestviewManor.com