



Audience affirms that Space Needs Committee is “on the right track”

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The 40 or so people attending a presentation on options for meeting the town’s space needs asked a few questions, but generally seemed satisfied that the committee established at town meeting was proceeding in the right direction.

Edward “Ned” Gordon, chair of the Bristol Space Needs Committee, gave a presentation on Oct. 18 at the Minot-Sleeper Library, describing how the committee had approached its town meeting charge “to investigate the building space needs for the operation of the Town of Bristol’s governmental services and to propose a plan to accommodate those needs for the next 25 years.”

Gordon said several people had expressed interest in serving on the committee, but they selected members who were open-minded, without preconceived ideas of what the solution should be. While voters had agreed to purchase the Smith property adjacent to the Bristol Municipal Building for future needs of the town, the committee also

looked at other potential sites that might be suitable for town offices or a police department, the initial priorities identified by the Bristol Board of Selectmen.

The committee began its work by meeting with each town department to determine what its needs were, in order to confirm the selectmen’s priorities. They found there also were space concerns in the fire and highway departments, but that the town offices and police remained top priorities.

The group also looked at population and economic trends to get a sense of what the community would be like in 25 years.

Gordon said their research predicted that “We’re not going to grow, we’re going to get older, and we need to plan what is right for our community.”

He said Bristol will see some growth, but it should remain close to the size it is today. The town currently has a population that is older than the state average, and statistics indicate the population will continue aging. And, while the average household income for New Hamp-

shire is \$64,000, Bristol’s average household income is \$35,000.

The emphasis, therefore, was on meeting the Bristol’s needs at a price

the town can afford.

Gordon said he was pleased to see that the

town employees recognized that reality.

SEE **SPACE**, PAGE A11



DONNA RHODES

Joining the fun

With many creative scarecrows popping up in downtown Bristol lately, the town’s favorite amphibian, Diane the Turtle, did not want to be left out of the fun. So, thanks to the artistry of her caretakers Brad and Jim Tonner, a Diane the Turtle scarecrow now welcomes visitors to Twin Designs Gift shop and Central Square.

Bridgewater man arrested for arson

BY DONNA RHODES
dhrhodes@salmonpress.news

BRIDGEWATER — Public safety officials announced last week that 30-year-old Tyler

Prescott of Bridgewater was taken into custody for a fire that occurred at his home (located at 862 Mayhew Turnpike, Lot 6) on Sept. 30 which sent his mother to the hospital and endangered other nearby residents of the small mobile home park.

Neighbors reported that Prescott’s mother was awakened at approximately 7 p.m. that evening by smoke alarms that had activated and found the room filled with smoke. She was uncertain as to whether or not her son, who also was living in the residence, was at home at the time but when her calls to him received no

response, she fled to safety.

She was later transported to the hospital for treatment and the home was ultimately declared a total loss as a result of the two-alarm blaze.

State Fire Marshal J. William Degnan, along with Bridgewater Fire Chief Don Atwood and Police Chief George Hill, said that investigations into the cause of the fire led to the Oct. 12th arrest of Prescott. He now faces a Class A Felony Arson charge for the fire, two Class B Felony charges for Criminal Threatening and Reckless Conduct, along with a violation offense for Dis-

orderly Conduct.

Prescott was arraigned at 11 a.m. that same day in the Plymouth District Court, where the Office of the State Fire Marshal, Division of Fire Safety, reported bail was set at \$100,000 cash/surety.

Unable to post that bail, Prescott is currently being held at the Grafton County Jail where he awaits a probable cause hearing on the charges.

Investigation into the incident is ongoing and anyone with additional information on the fire or events leading up to it is urged to contact State Fire Investigator Matt Wilmot at 223-4289.

Save the date to “Keep the Heat On!”

PLYMOUTH — The 12th annual Keep the Heat On (KTHO) fuel assistance fundraiser is scheduled for January 18, 2017, and the KTHO committee has set an ambitious goal of \$50,000 in funds. Why so high? Quite simply, it is a matter of need.

The Plymouth Area Community Closet (PACC) has helped well over 600 families in our region to heat their homes over the past 11 years, and the number has grown every year. While Federal and State Energy Assistance Programs provide some assistance, they are not able to meet the needs of all.

In New Hampshire this year, the average cost of a gallon of fuel oil is \$2.03, propane costs \$2.70, and kerosene is \$2.77. These prices are somewhat lower than in

years past, but remain out of reach of many of our neighbors in the 15 communities served by the PACC.

The need of our neighbors

SEE **HEAT**, PAGE A11



DONNA RHODES

Garden of the Month

Margo Rossi of Rossi’s Italian Restaurant and Pizzeria in New Hampton was proud to learn that the flowers decorating the front of her Route 104 business were recently declared the New Hampton Garden Club’s Garden of the Month. Rossi said the brilliant petunia’s have become the annual décor of her restaurant with many reseeding themselves over the years to add even more color the following spring.



DONNA RHODES

Nancy Spears of “Imagine,” a new women’s clothing and apparel store in downtown Bristol, offers a wide array of items ranging from sweaters, sportswear, socks and shawls to jewelry, hand bags and even greeting cards.

New boutique offers more bargains than shoppers can “Imagine”

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — “Imagine,” a new clothing boutique, has come to Central Square in Bristol, bringing quality

women’s goods that enhance the downtown shopping experience for all with a fabulous variety of sweaters, skirts, slacks, accessories and more.

Store owner Nancy Spears is a familiar figure in the town, living nearby and having previously been the innkeeper at the Victorian

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Annual Clothesline Project calls attention to victims of domestic violence

BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH — October is National Domestic Awareness Month, and the annual tradition of paying homage to those affected and those lost to such crimes took place once again in Plymouth through their Clothesline Project and Candlelight Vigil held on Oct. 13 on the Plymouth Town Common.

This year marks the 35th Anniversary of Domestic Violence Awareness Month, which began as A Day of Unity. The day was originally aimed to unite advocates nationwide who were working to end violence against women and children, but over the years it has evolved to include persons of all age, gender, race and sexual orientation.

In 2015 Voices Against Violence of Plymouth, the local nonprofit advocates for women, children and even men who have experienced domestic violence, worked with 452 area victims from 17 local communities. Besides women, those numbers included 23 adult males, 56 children and 20 individuals over the age of 60.

Last Friday they all had a chance to anonymously make their thoughts and emotions known through the Clothesline Project, where tee shirts they individually designed were hung on public display all around the Town Common. The intent was to make others aware of the pain, suffering and sadly, even the loss many residents of central New Hampshire have endured.

“Love shouldn’t hurt,” “No Does Not Mean Yes,” “Real Men Don’t Hit Women,” and other messages were displayed on the shirts but a few were particularly heart wrenching.

“All I did was love you” was scrawled in marker across the top of one shirt while the remainder was filled with the deep suffering the scripter endured through domestic vio-

lence; a broken nose, black eyes, burns, a broken arm and teeth knocked out.

Another read, “I Can’t Take It Anymore,” listing all the emotions, such as hurt, confusion, hopelessness and rejection, that they are experiencing in their relationship.

Supporters joined in as well with tee shirts offering love, hope and encouragement.

“What Happens to You Matters to Me,” read one example.

As people walked through the Clothesline Project display last week, the young women of Plymouth State University’s Psi Beta Gamma sorority were on hand, manning a table to collect donations and provide information on all the service provided by Voices Against Violence.

“Voices Against Violence is our philanthropy. We’re a local sorority that wants to help with something that’s not just important to our campus, but the families who live here as well,” Junior Alexia Colburn and her sorority sisters explained. “Our participation was started by our founding sisters and it’s something that has been passed down over the years that means a lot to us.”

Each semester, sophomore Hanja McDurfee said, their sorority holds a toiletries drive to provide some much needed items for people in crisis who are forced to leave home sometimes with just the clothes on their backs.

“We set up a table in the HUB recently, and people were actually going into the bookstore to buy shampoo, soap and other items to donate,” she said.

Tina E. is one of the many volunteers who donates her time to helping victims of domestic violence and sexual abuse, and she was a leader in the Candlelight Vigil held last Friday evening. Among the startling facts she presented at that time were that an



Members of Psi Beta Gamma Sorority at Plymouth State University helped disperse information on Voices Against Violence and the domestic violence crisis affecting a large part of the population in America today. From left to right are sorority volunteers Hanja McDurfee, Natalie Stevens, Alexia Colburn and Morgan Normand.



Tee shirts that revealed the individual pain of domestic violence or offered support for victims of such crimes lined Plymouth’s Town Common last weekend, all part of the Clothesline Project and Candlelight vigil conducted by Voices Against Violence each October.

estimated 33-percent of women and 24-percent of men are victims of such violence.

“That is someone you know. This issue remains a deadly and dangerous one as half


of all homicides in New Hampshire are domestic violence related,” she said.

She also pointed out other sobering statistics, such as 1 in 4 women and 1 in 7 men have been the

victims of severe physical violence at the hands of an intimate partner. Additionally, a woman in the United States is assaulted or beaten every nine seconds, and each day more than three

women are murdered by their husbands or boy-friends.

Voices Against Violence’s Executive Director Meg Kennedy Dugan told the crowd that those SEE CLOTHESLINE, PAGE A11



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Halloween Happenings at the Minot-Sleeper Library

BRISTOL — The Minot-Sleeper Library in Bristol hosts a variety of seasonal-themed programs open to the public this October. Combining genealogy, history, and

craftsmanship, a presentation on New Hampshire's Cemeteries and Gravestones will be held at the library on Thursday, Oct. 27 at 7 p.m. The event, sponsored by

the New Hampshire Humanities, will explore the rich variety of gravestones found in our neighborhoods and how they tell the long-forgotten stories of historic events like

the Great Awakening, the Throat Distemper Epidemic, and the American Revolution. Presenter Glenn Knoblock will also delve into the lives of the craftsmen who carved

these works of art. The event is free and open to the public. Refreshments will be provided by the Friends of the Minot-Sleeper Library.

On Friday, Oct. 28 at 3:30 p.m., Pumpkin Carving returns to the Library. Open to families with children of all ages, the event will welcome creative talent of all kinds. For the young, decorations may be glued onto smaller pumpkins. For others, pumpkins and carving utensils will be available. All materials, including pumpkins, will be provided. The Friends of the Library have helped to make this event possible.

Mystery authors

Sue Coletta and Joe Broadmeadow, will bring their literary craft to the library on Saturday, Oct. 29 at 10:30 a.m. Coletta, of Alexandria, has published several crime mysteries, one of which was released in paperback earlier this month. Both Coletta and Broadmeadow will read from their books. Both authors will be available to sign copies following the readings.

Be sure to stop by the library on Halloween to show off your costume to the librarians. Beginning at 5 p.m., the Friends of the Library will once again hand out candy as part of the town's trick or treating evening.

Frank Guinta, Register of Deeds candidate Bill Sharp to speak at final PBVRC dinner of 2016

ASHLAND — The final 2016 Pemi-Baker Valley Republican Committee All-You-Can-Eat spaghetti dinner is going to be held on Friday, Oct. 21 at the American Legion Hall, 37 Main St., Ashland. Join them for an evening of fun and fellowship, while listening to guest speakers Bill Sharp and Frank Guinta. The menu includes spaghetti, meatballs, sausage, garlic bread, salad, desserts, and beverages.

Bill Sharp is a candidate for Grafton County Register of Deeds. He is a New Hampshire native, having been born in Groveton and was raised in Woodstock and Canaan. He holds a BS de-



Bill Sharp

gree in Psychology and Education and served as Register of Deeds from 2004-2008. He insisted on a zero-based budget practice and put the county deeds online while saving the taxpayers \$50,000 per year by bidding the contracts.

Congressman Frank Guinta represents New Hampshire's First Con-



Frank Guinta

gressional District in the US House of Representatives and is currently running for re-election for that position. He serves on the House Budget Committee as well as the Financial Services Committee. Last year, Rep. Guinta founded the Bipartisan Task Force to Combat the Heroin Epidemic, including over 80

Republican and Democrat members. As Manchester's two-term mayor, he cut taxes for the first time in a decade and balanced the city budget, helping Manchester to become one of CNN's "Best Places to Live."

Join us in welcoming these candidates to our October dinner. Tickets are \$10 at the door for adults, \$5 for children 5-12 years, and 4 and under FREE, with a special family price of \$25. Non-perishable items or cash donations for the Plymouth Food pantry are encouraged.

For more information, call Cindy at 536-3880 or cindy@hdatech.com.

First ever "Voices That Care" online sing-off to benefit Voices against Violence & New Beginnings

Temple B'nai Israel of Laconia announced its first ever online sing-off, "Voices That Care," to raise money in conjunction with its sixth 'We Care' benefit concert featuring North Shore Acappella on November 19. The sing-off consists of community groups from a variety of organizations, businesses and schools who will record a song from the list of eligible pieces. That video will be uploaded to a website and everyone will have a chance to vote on the winners by buying blocks of votes and casting them for their favorite group. All net proceeds will go to the Nov. 19 "We Care" beneficiaries. Voices against Violence and New Beginnings without

Violence and Abuse.

There are four categories from which to choose. Upload videos to one or all of them!

- A. Business Organizations
- B. Religious Organizations
- C. Student Organizations
- D. Individuals/Families

To Enter

1. Register at <http://votdo.com/campaigns/voices-that-care>
2. Record a video with
 - a. A brief introduction: "We are [Names] from [Organization], and we are raising our voices against domestic violence..." and
 - b. A 30 – 60 second clip of an empowering song

("I Will Survive," "Lean on Me," "Stand by You")

3. Upload the video to YouTube and embedded with your profile

Once the video is approved, groups will be sent payment instruction. The email address wecarevideocontest@gmail.com has been set up for those needing technical assistance.

Registration and uploading closes on Oct. 29.

At the end of the registration period, all videos will go live at the same time and an email will be sent out to each contestant with a link to their specific video and instructions on how to share and vote.

Each vote raises \$1, so the more votes you receive, the more money

Starr King UU Church to host presentation on service trips to Nicaragua

PLYMOUTH — Plymouth State graduate Michael Boudreau '97, the Executive Director of the non-profit Compas de Nicaragua, will lead a discussion and video presentation of his organization's work on Sunday, Oct. 23 from 6-8 p.m. at Starr King Unitarian Universalist Fellowship, 101 Fairgrounds Roads, in Plymouth. The presentation recognizes 25 years of service trips and cultural exchanges between Plymouth and Nicaragua. Admission is free and open to the public, who are invited to learn more about this enduring international relationship and



The late Ash Eames of Wentworth (l.) with his wife, Deborah Stuart, and the Directors of Compas de Nicaragua, Michael Boudreau and Ana Narvaez.

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Sun.: 1:15, 4:00 & 6:45 PM
Mon.-Thurs.: 4:00 & 6:45 PM

SULLY PG-13
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Sun.: 4:15 & 7:00 PM
Mon.-Thurs.: 4:15 & 7:00 PM

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Report reveals 1.2 million full-time college students drank alcohol

BY DEB NARO
Contributor

On an average day, 1.2 million full-time college students in the U.S. (ages 18 to 22) drank alcohol and 703,759 smoked marijuana, according to a report released in May by the Substance Abuse and Mental Health Services Administration (SAMHSA). The report also shows that on an average day, 239,212 part-time college students (ages 18 to 22) drank alcohol and 195,020 used marijuana. The report differentiated full-time and part-time college students by their college enrollment status.

The report also sheds light on how many of America's nine million full-time and two million part-time college students' start using substances on an average day. For example, on an average day, 2,179 full-time college students drink alcohol for the first time and 1,299 start using marijuana. In addition, on an average day, 649 full-time college students start using hallucinogens, 559 start the non-medical use of prescription pain relievers, and 447 start using cocaine.

In addition, the report shows that on an average day, 453 part-time college students drink alcohol for the first time, 153 start using marijuana, 129 start the non-medical use of prescription pain relievers, 117 start using hallucinogens and 80 start using cocaine.

Full-time college students who used alcohol in the past month drank an average of 4.1 drinks per day on the days which they drank; while part-time college students who used alcohol in the past month drank an average of 3.8 drinks per day on the days which they drank.

"Substance misuse at any age can jeopardize one's health and long term well-being, but col-

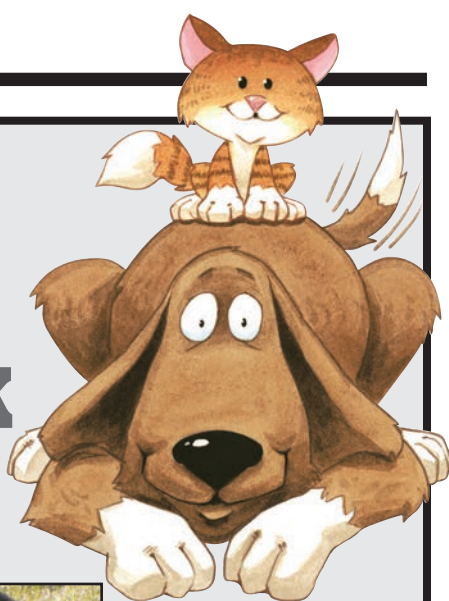
lege students may be particularly at risk because of the pressures they face at this critical juncture of their lives," said SAMHSA's Center for Substance Abuse Prevention (CSAP) Director Frances Harding. "College administration, faculty, and staff; students; parents; and the surrounding community must work to ensure that college students get the effective prevention programming and treatment services they need."

The report, "A Day in the Life of College Students aged 18 to 22: Substance Use Facts," highlights the substance use behavior among full-time and part-time college students. It was drawn from combined 2011 to 2014 National Survey on Drug Use and Health (NSDUHs) data and analyzed by SAMHSA's Center for Behavioral Health Statistics and Quality.

"These numbers are not new to us but they are alarming," CADCA's Gen. Arthur T. Dean told USA Today in an article that recently appeared about the report. "We need to somehow change the social norms related to alcohol. Most young people believe that drinking is a rite of passage and that one has to drink to drink to fit in, but we know that it is not appropriate."

It's true that if your child is going off to college, he/she is not a child anymore. As a parent your attitudes and direction still matter enormously. Parents play a major role in influencing their college-age child's behavior. Reiterate that your job as a parent is to keep them safe and healthy, and to provide guidance that will help them get where they want to go in life. Your voice still matters – perhaps more than you realize. For more information and conversation starters, visit our Web site at www.cadyinc.org.

PET of the Week Snoppy & Lizzie



Otherwise known as Little & Large, or The Quiet One & The Chaty One -or just 2 Travelers On Life's Road.

Lizzie, tall, lithe, elegant and super friendly Labrador mix, and her sidekick, Snoopy the enthusiastic, cheery Beagle have been calling New Hampshire Humane Society home for about a month.

Their human owner was victimized in a vicious attack that rendered her hospitalized for quite some time. During recovery, NHHS has provided safe harbor for these two canine friends. The humans in their



lives have asked us to find the two furry pals a

forever home, why they focus on family healing.

We've solemnly promised to do our very best to keep these two sweet dogs together. Of course, we recognize only those very special animal lovers will step forward taking two dogs into your home requires more commitment and love than one. Both dogs are in good health and spirits smiling through it all as they enjoy the sun on their backs and lots of attention from staff and volunteers at the shelter on Meredith Center Road.

Call 524-3252 or check www.nhhumane.org

Letters to the Editor

Diversion politics

To the Editor:

It's déjà vu all over again. As John McCain's Independent Chairman in 2000, I heard one assault after another how he was unfit to be president. His experience in the Hanoi Hilton had permanently affected his mental character to be unfit for president. He had an illegitimate black daughter, and his wife was a drug addict!

Shameless and unfounded in any facts as it was, like today, a press core willing to do the bidding then schlepped their supposedly presentation of "news." Sadly, it was just character assignation which they spun like a spider web of deception. The John Q public actually believed the mudslinging, as in today with Trump, and Romney in 2012, and it was numbing diversion over substance.

The play dialogue stays the same, like Shakespeare, but the Democrats substitute the current

names of the front runner and sell the garbage and stink.

Come on, people, stop being sophomoric junior high droids believing this dribble instead of your gut instincts, wallet, and America's contract with you-the Constitution. None of the press understands the Constitution; they never mention it, just the dribble, and you have to get beyond the cover up of issues suppressed with character bombs.

Jobs, manufacturing, debt, terrorism, wages, international security, Obama Care, and finally the Supreme Court- rulers of the law that affect us all-the Constitution and its future should have a little more fire power for your vote, or the Supreme Court will rule over us.

Thank you,

Jeff Frost
Alexandria

I'm moving on...but we have a great candidate for County Commissioner: Bill Bolton!

To the Editor:

It is definitely with mixed feelings that I will be retiring from my position as your Grafton County Commissioner for District #3 – an area of 17 towns from Campton to Bristol, Canaan to Holderness. As I finish my fourth term, I look back so fondly on my eight years traveling to Haverhill for the weekly meetings and many, many other county-wide events with my colleagues; including our late great and dear Ray Burton. I feel positive that I am leaving the County in better condition with a forward-looking vision as we all face many issues

– some easy to resolve, others will be challenging. Working with two other colleagues (all ten counties in New Hampshire have three commissioners) has been special and always non-partisan as we make decisions on how we can help our citizens in the best way. A way that is fiscally prudent but aiding those who are most vulnerable. This includes a Department of Corrections from which we hope the released inmates will have gained new positive living skills; an award-winning and caring nursing home with about 130 residents with

SEE RICHARDS, PAGE A11

Our candidates for State Senate

To the Editor:

We have two distinctly different candidates running for the 2nd District seat being relinquished by Sen. Jeanie Forrester. One is Charlie Chandler, a Democrat from Warren and retired attorney with 45 years of experience in local and state government. Chandler believes in fundamental justice and equal protection under the law for all citizens.

The other candidate is Bob Giuda, a retired airline pilot who left his home (also in Warren) to join Nevada rancher Cliven Bundy's armed confrontation with federal officials over defaulted grazing fees and to support his anti-government movement.

In 2010, Secretary of State William Gardner picked Chandler to preside over an independent inquiry into Financial Resources Mortgage Inc.

and CL&M Inc. of Meredith, which bilked more than 100 clients of tens of millions of dollars in what Chandler called "a heartless, vicious Ponzi scheme."

Meanwhile, Giuda has ranted that President Obama a "racist, Marxist, muslim" and that same sex marriage is the root of ill in society, referring to it as the downfall of the nation. Even Jennifer Horn, now Republican state party chair claims that Giuda's comments are "hateful and ignorant."

The choice is clear. Charlie Chandler has the experience, temperament, and judgment to be an excellent state senator. Bob Giuda does not. Please join me in supporting Chandler.

Joyce Weston
Plymouth

Please consider returning me to the Executive Council

To the Editor:

I am running for re-election to Executive Council District 1, and I ask for your vote on Tuesday, Nov. 8. The New Hampshire Executive Council has gotten more notoriety this time, as two of my colleagues are now running for Governor representing their perspective parties. The Executive Council is a two part Executive Branch system in which the Council administers the Executive Branch along with the Governor.

The five Executive Councilors are elected every two years, concurrently with the Governor. Each

Councilor represents approximately 265, 000 citizens. We oversee state contracts, approve the spending of the major portion of the billions of dollars that is appropriated annually by the legislature. Additionally, the Council also acts on a wide variety of official actions, such as the nomination and confirmation of some 350 commissioners and directors who administer the 65 departments and agencies in state government. The Council also votes on the judicial appointments to the bench.

Over the past two years, I have traveled over
SEE KENNEY, PAGE A11

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North Country Notebook



By JOHN HARRIGAN
COLUMNIST

This is a desktop column, meaning not a column about stray icons festooning my computer’s desktop, but stuff that’s flying around or cluttering up my actual desktop--newspaper clippings, missives from readers, those little 3-M sticky thingies, stuff like that.

In the missives from readers department, I actually expected a firestorm of indignity from an item in last week’s column suggesting clearing some of Interstate 93’s right of way of forty years’ worth of trees, the idea being to regain some of the stunning views revealed back when the highway was built.

Instead, the first call I got was a kudo from Woodstock, and a comment that the views up the Merrimack and Pemigewasset valleys resulted in a good many calendar covers back then. “It was great for tourism,” the retired road agent said.

+++++

I never know what I’m going to find when I finally get around to checking my e-mail--usually at around 11 in the morning, by the way, and definitely not every day. This drives some readers (who evidently check their e-mail every five minutes) nuts.

But then too, my cell phone is a Jitterbug, a product aimed precisely at people like me--baby boomers who do not want any more complicated devices, in this case just a p-h-o-n-e. This phone, which I have run over with a tractor, survives in indestructible condition to ride around in my shirt, vest and frock pockets while I’m fixing fence, dragging trees or sitting in my porch rocker. My children hate it. In fact, they squeal in frustration over it.

+++++

Speaking of Social Media gadgets, I took umbrage at a National Public Radio reporter’s assertion, in a report on a patent dispute involving iPhones, that everyone knows what an iPhone is, does, and looks like. Well, I don’t, and according to the statistics, millions of other Americans

A compendium of desktop stuff which contains (I hope) no fluff

don’t either, and don’t necessarily want to.

There are, after all, those of us who just decide to opt out, at a certain stage, at a certain age. It’s not that we can’t do a certain thing, it’s just that we’ve seen and dealt with enough already. If time marches on, it’s without us (in spirit, at least, one hopes).

In that vein, the assumption that all American households have computers and all Americans have access to the Internet is disenfranchising an alarming number of citizens who just plain don’t. If you don’t believe it, take a look for yourself. My casual research, via a number of sources, shows that around 16 percent of American households do not have a computer, and 30 percent have no broadband access.

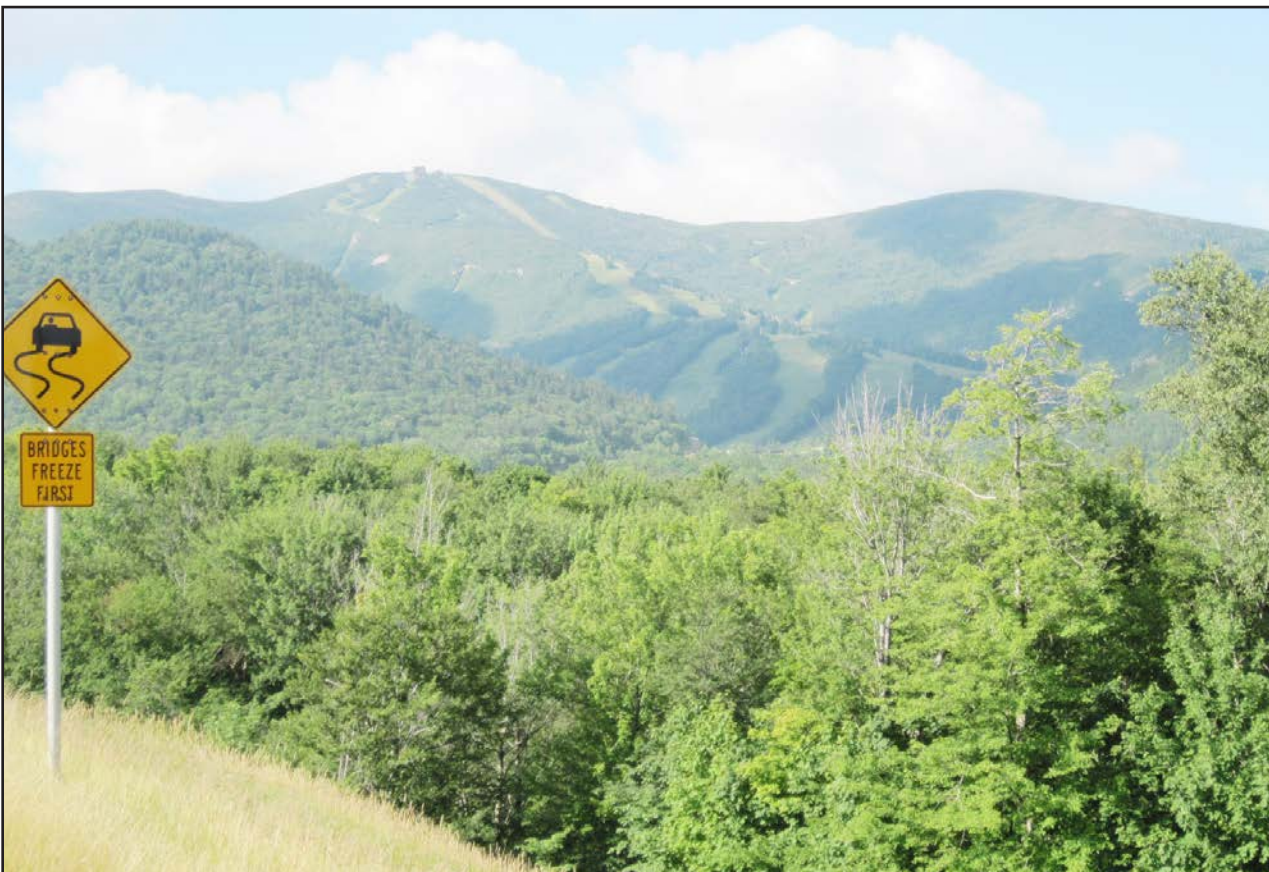
+++++

Telephone companies are trumpeting each other’s ability to install ever more cell phone towers to cover ever more territory. This makes me wonder if it would be a plus for some states to advertise the fact that visitors could actually get away from find-you-anywhere technology. Sections of northern New England still have no cell phone coverage except from Canada, where even if you’re able to greet the operator in French (they, of course, politely speak both languages), the tariff is Megabucks per minute.

“Come to northern New Hampshire, where no one can find you,” might be the Bureau of Tourism’s ad campaign. I think it would sell. Hey, sign me up, and I already live here.

But on reflection, the safety issue would intrude, because cell-phones save lives, and there is no fighting the Goddess of Safety, as I found when I could no longer fight the removal of trees on my road forming one of the most beautiful arborways, or arches, anywhere.

“Car meets snow-plov” was the Goddess of Safety mantra, because that section of the road was, okay, a bit narrow. “But it’s no problem if people will just slow down for that hill,” was



This view of Cannon Mountain from the southbound barrel of I-93 is an example of how tree-growth is obscuring views, to the point where they are a rare and endangered species along a highway once known nation-wide for its wonderful views.

my reply. But they increasingly will not, and so “If it saves just one life,” the intonation goes.

+++++

Also among this past week’s e-mail was a note from a reader in the Haverhill area, in the Connecticut River’s Mid-Valley region (take that, “Upper Valley,” way down in Lebanon, for heaven’s sake) about what sure looks like a mountain lion caught on his trail camera. He says he and many others know that cougars are back, and agrees that it’s only a matter of time until one is killed in the road or by someone defending livestock.

I’ve been paying attention to good, reliable mountain lion reports for more than four decades, and have published only the best of the best--those I believe to be beyond doubt. This one I could not go further with because the image shows only half the cat.

+++++

There are great benefits from syndication of this column, one of which is a wide reach in a dozen or more newspapers, encompassing most of the northern two-thirds of the state, but a downside is that it has to be written a week ahead of time. This runs the risk of it being outdated by events.



This trail camera photo caught what sure looks like the front end of a mountain lion. It’s a pretty big animal, as evidenced by the faint outline of a tree trunk in the background.

In this case, this column will reach most readers just before the third presidential debate.

This prompts two thoughts. One is that I’m sick and tired of political ads on TV, which get in the way of actual news, not that there is even any much of that. In fact, there is hardly any television news worth watching except Channel 9’s state coverage, which is why I so value New Hampshire Public Radio. I dislike the decidedly liberal slant of

National Public Radio, but still I think about the baby and the bathwater, and pay my fair share to support NHPR.

The other is that this election is too weird even

for me, and makes me feel like the mouse in the carnival games of yesteryear, in which the mouse really had nowhere to go.

And this comes from a guy who has covered every election since 1968. Nattering nabobs of negativism, indeed.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer’s telephone numbers and town. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)



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Rachel M. Giguere, 91

LACONIA — Rachel M. Giguere passed away in her sleep on the night of Aug. 12, 2016, at Genesis Healthcare on Laconia.

Rachel was born Nov. 6, 1921, in Laconia, the daughter of George J. Cardinal and Aurore (Marcoux) Cardinal. She grew up in Laconia and graduated from Laconia High School, class of 1939. She was married to the love of her life, Raymond P. Giguere, on Sept. 2, 1940. They were married for just short of 75 years when Raymond died in 2015. He loved music and singing. They loved to dance, play golf, be near the lake and spend time with family and friends.

Rachel is survived by sons Peter R. Giguere of Sanborton and Dennis



Rachel Giguere with husband Raymond

M. Giguere (Onami) of Alexandria; a daughter Marilyn J. Dunten, of White River Junction, Vt.; and a sister, Grace Dubreille of Laconia; six grandchildren and several great-grandchildren, and one great-great grandchild.

She was predeceased by brothers, Roland, Lionel, Father Maurice, and Aime, and sister Marcelle DeFosse.

A Mass of Christian

Burial for both Raymond and Rachel will be celebrated on Saturday, Oct. 22, 2016 at 11 a.m. at St. Joseph Church, 96 Main St., Belmont. A celebration of their lives and a lunch will follow the service. Burial will follow at 2 p.m. in the family plot at Sacred Heart Cemetery, Garfield Street, Laconia.

For those who wish, Donations in their memory may be made to St. Joseph Church, 96 Main St., Belmont, NH 03220.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinson-beane.com.

Barbara L. Gray, 81

BRISTOL — Barbara L. Gray, 81, of Bristol Hill Road, died Monday, Oct. 17, 2016 at Lakes Regional General Hospital.

She was born in Somerville, Mass., the daughter of Daniel and Clara (Ledoux) Clark. After spending summers at Newfound Lake, the family moved here permanently while Barbara was still young. She graduated from Bristol High School and went on to marry Wayne Gray, Sr. Barbara loved

children and after raising her family, "Nana Gray" provided child care for many area families.

An avid sports fan, Barbara enjoyed watching and rooting for all of the New England based teams, but especially "her" Red Sox.

Family members include her son, Wayne Gray, Jr. of Hebron and stepdaughter Marilee Gray; granddaughter Danielle Curley; step grandchildren Nikia

Gray and Dustin Burgoine and four great grandchildren.

There are no calling hours. A graveside service will be held Friday, Oct. 21, 2016 at 12:30 p.m. at the New Hampshire Veterans Cemetery in Boscawen. In lieu of flowers, donations may be made to the NH Humane Society, PO Box 572, Laconia, NH 03247. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Christopher Robert Piesniewski, 32

BRISTOL — Christopher Robert Piesniewski, 32, died Oct. 7, 2016 at his home in Bristol.

He was born on April 10, 1984 in Fort Lauderdale, Fla. He was the son of the late George and Donna (Kimball) Piesniewski.

Christopher attended Newfound Regional High School, and later worked at Webster Valve for five years, and most recently, he worked at North East Exterior.

He was an avid fan of New England sports teams, and always enjoyed spending time with friends and family. Chris was always so helpful if anyone needed



an extra hand. He enjoyed traveling, and recently had been out West hiking with his brother, Mike.

He leaves behind his brother, Michael Piesniewski of New Hampshire; his sister, Alicia Price of North Carolina; aunt Ellen Meuse, aunt Kathleen Nahigian, and seven cousins, who all reside

in Massachusetts.

Family and friends honored and remembered Christopher's life by gathering for calling hours in the Mayhew Funeral Home, 12 Langdon St., Plymouth, on Monday, Oct. 17 from 5 to 7 p.m. A Graveside service was held on Tuesday, Oct. 18 at 11 a.m. in the Homeland Cemetery, Route 104, Bristol. To leave a message of condolence on Christopher's book of Memories, please visit www.mayhewfuneralhomes.com. The Mayhew Funeral Homes & Meredith Bay Crematorium of Meredith and Plymouth are assisting the family with arrangements.

Helyn Acosta Townsend, 93

BRIDGEWATER — Helyn Acosta Townsend, of Bridgewater, passed away peacefully at Mountain Ridge Center in Franklin on Oct. 15, having been a loving inspiration to many family members and friends. Helyn's exuberance and vivacity during her active lifetime go beyond words.

Helyn was born on Sept. 27, 1923 in Selma, Ala., the fifth of seven children born to Francis Joseph Acosta and Marie (Yale) Acosta, and was the last surviving child of this union. She was much beloved by the Acosta family, the Townsend family and many close friends.

Helyn was predeceased by her husband of 68 years, John Burnett Townsend, and her son, Bradford Field Townsend.

She is survived by her daughter, Lisabeth Carol Townsend, and her daughter-in-law, Sandie (Kuo) Townsend, and many nieces and nephews.

Helyn served in World War II as a Navy WAVES. Helyn was one of the first seven WAVES to be assigned as flight orderlies for the Naval Air Transport Service. After serving honorably from Sept. 7, 1944 to April 4, 1946, Helyn received the decorations American Campaign Medal and World War II Victory Medal.

Upon completing military service, Helyn (Acosta) Townsend married John Burnett Townsend in Washington, DC. Following the marriage,



the couple returned to New England to raise their family, first residing in Wellesley, Mass. and later in Manchester, Vt. When the children reached high school age, Helyn began a career at Windigo Travel Service, in Manchester, Vt. In this capacity, she traveled extensively globally, to many nations, often in the company of her husband.

The family visited New Hampshire from early on and moved to Bridgewater in 1975. Helyn and John both became active members of Plymouth Congregational Church. Helyn worked as Secretary to the Head Librarian of Plymouth State College Library, where she enjoyed both students and staff. Helyn worked for Plymouth State until after her 50th Wedding Anniversary. After retirement she maintained an active social, family and church life.

Helyn Acosta Townsend will be long and lovingly remembered for her enthusiasm and the joy she took in the company of her extensive family and circle of close friends.

A Memorial Service will be held for Helyn Townsend at the Bridgewater Town House on

Nov. 5, 2016 at 1 p.m., followed by an internment at Old Home Cemetery in Bridgewater.

Gifts in memory of Helyn Townsend may be made to: Congregational Church of Christ, 4 Post Office Square, Plymouth, NH 03264 or Alzheimer's Association, 165 S. River Rd, #210, Bedford, NH 03110.

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

At our house

All of our children have gathered to celebrate our 60th anniversary. One from Florida, one from Massachusetts and the two newly retired and relocated next door to us. It has been a wonderful event, memories, stories, laughter, good food and lots of pictures.

That the weather and color were Fall at its best, made it even better.

From the town

Budget committee meetings continue alternate weeks of Select board meetings.

Voting Day Nov. 8

Thanksgiving

Thanksgiving Day Dinner in Alexandria

Are you a family of one, or two, or more, and wondering what you might do this Thanksgiving? Well, we hope you will join us at the Alexandria Town Hall for a traditional (turkey and

all the fixings) Thanksgiving Day Dinner. This will be a sit-down, family-style dinner served at 1 p.m.

Please RSVP by Monday, Nov. 21. We will be accepting the first 85 reservations. You may RSVP by calling Alexandria United Methodist Church (UMC) at 744-8104 and please leave a message with your name, your phone number and how many will be in your party.

Groton

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

On Tuesday, Oct. 11 during the Select Board Meeting, we had a visit from Representative Duane Brown from Wentworth. Representative Brown is our Representative to the State House District 16, which includes Canaan, Dorchester, Ellsworth, Groton, Orange, Rumney, Thornton, and Wentworth. The reason for his visit was to update us on the last two sessions in Concord giving an overview of what has been happening in our government. There was a total of 501 HB - house bills and 215 SB - Senate bills voted on in 2015. Not surprisingly the big story was the State budget. The budget proposal by the Governor was scrapped and both houses started over building a new budget that would not increase taxes. This budget that they proposed had no new taxes and only increased the marriage license fee. This budget, among other aspects, fully funds Service Link and Meals on Wheels, increased State support for alcohol and drug treatment and prevention programs by 75 percent, increased the state support of mental health infrastructure by \$6.5 million, increased funding for higher ed-

ucation by \$3.8 million with a two year freeze on tuition in the community college system and doubled the rainy-day fund. For the first time in 20 years the business profits tax and business enterprise tax was lowered to encourage new business in New Hampshire. Governor Hassan vetoed the budget saying that lowering the business taxes would cause an \$80 million shortfall. After a few months a compromise was reached so that if there was a revenue shortfall there would be a sort of "snap-back" that would bring back the business taxes. As of a couple weeks ago the State is \$130 million in the black so it seems as though this budget is working for New Hampshire. There were several questions from the audience which Representative Brown attempted to answer. This visit was quite informative as opposed to the normal political rhetoric.

Representative Brown encouraged those in attendance to access the court site online at www.gencourt.state.nh.us , this will give you up to date information on and House or Senate bills working their way through the New Hampshire Houses.

You may email Rep. Brown at duane.brown@leg.state.nh.us with any questions or request you may have.

Also in the Select Board Meeting there was a building permit signed for Map 7, Lot 20 at 236 Halls Brook Road.

Announcements

Select Board office will be closed through Oct. 21 and Monday, Oct. 24, the office will be closed from 1:40 through 3 p.m.

Upcoming Select Board Meetings through October and November: Oct. 25, Nov. 15, Nov. 29, 7 p.m. at the Town House

Select Board Work Sessions - Tuesday, Oct. 25, 5 p.m.; Tuesday, Nov. 1, 5 p.m.; Tuesday, Nov. 8, 5 p.m.; Tuesday, Nov. 22, 5 p.m.; Tuesday, Nov. 29, 5 p.m. at the Town House Select Board Office

Planning Board Meetings at the Town House Wednesday, Oct. 19, 6 p.m. - Work Session "Master Plan and Accessory Dwelling Units"

Planning Board Public Hearing - Wednesday, Oct. 26, 7 p.m. at the Town House - Under consideration is a proposed subdivision of 7 lots for Janet Savage, Map 1, Lot 53 on North Groton Rd.

911 Road Signs

We still have applications for the bright red 911 house number signs you see all around Town. If you would like your very own, stop by the Town Clerk's office or Hebron Fire Department, or go our out Town web page and get an application. Only \$15 might save your life if the Emergency services are able to find your house more quickly in and emergency.

The Town Highway Department is still looking for laborers and personnel for maintenance and snow plowing and the Town is also looking for a Transfer Station Alternate. If you might be interested in any of these positions, please contact the Select Board office at 744-9919. If no one is there, leave a message with a phone number.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Hebron Area Women's Group

Hebron Area Women's Group will be meeting on Thursday, Oct. 20 at the Hebron Union Congregational Church, at noon. Our guest speakers are Becky and John Blair who will

Annual Artisan Open Studio

Meet the Artists/Designers and Observe their techniques

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Visit www.MurrayHillWeaving.com for details.

Churches

Ashland Episcopal (St. Mark's Church)

A combined Altar Guild meeting was held at the home of Lew Overaker on Thursday, Oct. 6 where plans for the fall and winter were discussed. Randy sees worship going forward between the two churches: June-October-Pentecost-All Saints Day (Nov. 6 in Ashland) All Saints Day – Pentecost in Plymouth The schedule going forward will be 8 and 9:30 a.m. at Church of the Holy Spirit in Plymouth. The Healing Service and Eucharist will be at St. Mark's on Thursdays at 11 a.m. There will be two Christmas Eve Services: one at 5 p.m., and one at 7 p.m. There will be one service at each church. Christmas Day service will be Morning Prayer led by Deacon Maryan. Rev. Jane Van Zandt will take services on Sunday Jan. 1, 2017. The next Altar Guild meeting will be on Thursday, Dec. 8 at Lew Overaker's.

The Stewardship Campaigns are going well with each church participating well. If you have not made your pledge as yet, forms are available. Pledges are extremely important so that a budget can be set up for the coming year. The Bishop's Committee must know how much money they will have to work with.

Christmas comes to children of incarcerated parents every year with your help. Monetary donations to purchase appropriate gifts are needed and can be put in the collection plate for the next two Sundays. Our contributions will be taken to the Diocesan Convention on Nov. 5. If you are interested in sorting gifts for the children or wrapping gifts for the men's prison, please contact Margaret Mackie-Ciancio at mmciancio@comcast.net.

Ushers, Greeters, readers, and coffee hour hosts are always needed. Please sign up and take your turn.

The next Ashland Community Breakfast will be Saturday, Oct. 22 in Sherrill Hall, 8 – 9 a.m. The full menu will be served as usual – eggs any style, bacon, sausage, home fries, French toast, fruit, juice, English muffins and coffee. The cooks will be ready to greet you so come, meet friends, and join this jolly group.

Towns

FROM PAGE A6 share their many adventures in the Australian Outback. Refreshments will be provided by Jan Collins, Debbie James and Sandi Wilkas. Set-up with the help of Barbara Stevens. Please bring some non-perishable food items for the Bristol Food Pantry. All area residents and HAWG guest are welcome.

Family Worship Center Ply. Assembly of God

Thursday, Oct. 20, 6:30-8 p.m., you are invited to join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys, elementary through high school; Mpack Club for girls, preschool through high school; Youth 4 Truth for High School age, and two Adult Bible Study groups. Do come for this great time of fellowship and learning.

Saturday, Oct. 22
Saturday, Oct. 22: 10 a.m. - noon: Church Winterization project. All help will be greatly appreciated to help get our church "snuggled up" for the winter.

Sunday, Oct. 23
Sunday, Oct. 23, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10 a.m.: Sunday morning service. Children's church during the morning service for age 3-K, and grades 1-4. 5 p.m: Prayer meeting in the sanctuary. "You do not need any experience in order to pray, only faith and trust in Jesus our Lord." You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Tuesday, Oct. 25
Tuesday, Oct. 25, 6:30-7:30 p.m., Youth 4 Truth for grades five through eight at the church.

Friday, Oct. 28
Friday, Oct. 28, 6 - 7:30 p.m. - the annual Hallelujah party will be held in the fellowship hall for family games and a Bible life lesson. This is a safe, godly alternative to the dark dangers of Halloween. No costumes please. Every child gets a bag of candy when they leave.

Saturday, Oct. 29
Saturday, Oct. 29, 10 a.m., the monthly men's brunch will be held at the church. Please contact Pastor Glen at 726-0254, or Willy Gusha for information and reservations.

Monday, Oct. 31
Monday, Oct. 31, 6:30 p.m., Halloween Prayer Meeting.

Looking Ahead
Monday, Nov. 7, noon-2 p.m. – the next Church's Helping Hands Food Pantry will be held and free clothing will be available.

Supervisors of the Checklist in Session - Saturday, Oct. 29
The Supervisors of the Checklist will be in session upstairs in the Selectmen's Office Building on Saturday, Oct. 29 from 11 to 11:30 a.m. This will be the last day to register, make additions and/or corrections to the Checklist before the General Election on Tuesday, Nov. 8.

Operation Christmas Child
Scott Gusha has accepted the leadership of the Operation Christmas Child project. Boxes of school supplies and other items for children are needed. Scott has a list of needs and do's and don'ts on the table in the hall opposite the sanctuary. Please contact him for information.

Other announcements
Michelle Thayer has a ministry to the residents at Forestview Manor in Meredith.

Our Mission Statement is "Transforming lives through God's Word."
Our church is collecting funds for prison ministry, also aluminum cans to support the cost of ministry supplies such as Bibles and printed literature. A collection barrel is at each church entry. Please continue to support this ministry. Money donations may be made to the church marked "prison ministry."

Prayer requests for the bulletin may be given to Candy Gusha at craftmom03264@yahoo.com.

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing fwcag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgod-plymouthnh.org.

Holy Trinity (Roman Catholic)

Got Questions? Come to Alpha!
It's not too late for you to try it out! The program runs every Tuesday from now until Dec. 6 from 6 to 8:30 p.m. at St. Matthew Hall in Plymouth and comes with a free meal!

Pre-born and Infant Loss Interdenominational Memorial Service
Haven Pregnancy Center invites you to join them for a memorial service to honor the lives of babies lost through abortion, miscarriage or infant death. The ser-

vice will be held on Sunday, Oct. 16 at 2 p.m., at the memorial to the unborn in the parking lot of St. Matthew Church. Deacon Mike and Pastor Dennis Simmons from Gateway Alliance Church will officiate.

Campus Ministry
Next Bible Study offered by and for PSU students occurs on Thursday, Oct. 20, at 7:30 p.m. in the Reflection & Spiritual Care Center, across from Lamson Library. Come and see how God's word can speak to you! Gather 'round the bonfire on a cool Fall evening. The White family have graciously offered to host PSU students on Saturday, Oct. 22, at 6 p.m. Supper and s'mores will be provided, and friends are welcome. Sign up with Kathy Tardif at kmtardif@plymouth.edu by Thursday, Oct. 20, for carpooling. Take a hike! On Sunday, Oct. 23, we will hike Rattlesnake Mountain in Holderness for a beautiful view of Squam Lake, leaving at 1 p.m. from St. Matthew Church parking lot. Sign up with Kathy Tardif at kmtardif@plymouth.edu by Friday, Oct. 21, for carpooling.

Blood Drive
Simard Hall, Tuesday, Oct. 25, 1-6 p.m. To register, go to www.redcross-blood.org.

Need some help this Thanksgiving...or know someone who does?

Sign up for a free, home-delivered Thanksgiving Basket from the faculty, staff, and students at Plymouth State University. To request a basket, call Kathy Tardif at 535-2673 by Thursday, Nov. 10. The project is coordinated by PSU's Catholic Campus Ministry and United Campus Ministry, with support from the Phi Beta Upsilon alumni group and Sodexo.

Alexandria Methodist Church is offering a prayer retreat on Saturday, Oct. 22 from 9 a.m. to 4 p.m. Snacks and lunch will be provided. There is no fee, but donations are graciously accepted. Ginny Arseneault and Pastor Deb Hoffman will be co-leading this event and it will include instruction and experience of Lectio Divina, center-

ing prayer, journaling as prayer, and praying with symbols.

Respect Life Month support for expectant mothers considering adoption
"Maya" discovered she was pregnant six months into her freshman year of college. When her son was born, she placed him with a very kind adoptive family; she "just knew they were the right choice." Now, years later, Maya emphasizes the importance of offering ongoing support to expectant mothers considering adoption. Would you know how to do so? Maya makes the following suggestions.

Let compassion guide your actions—always.
Do not pit adoption against abortion

Reassure her that she can "breathe."

Love her for herself.
Affirm that adoption is a loving choice.

Help her see beyond her pregnancy

Be present
Reach out
Keep reaching out, and encourage her to seek support services, if needed.

Haven Pregnancy Services is in need of volunteers in all different areas of their ministry. There are training sessions coming up next week. Would you be able to give a little of your time to this most important ministry that helps so many women? Call today at 536-2111.

Weekly meetings Sundays
Faith Formation Class:
Bristol: Simard Hall, 10:30 a.m. - noon
Boy Scout Meeting, St. Matthew Hall, 5 p.m.
Tuesday, Oct. 11
ALPHA, St. Matthew Hall, 6 - 8:30 p.m. (dinner

included)
Wednesday
Bible Study:
Bristol, Marian Center, 9 - 10:30 a.m.
Plymouth, St. Matthew Meeting Room, 3:30 – 5 p.m.

Thursday
Day Away, Simard Hall, 9 a.m.
Faith Formation Class:
Boy Scout Meeting, St. Matthew Hall, 5 p.m.
~ AA meeting Monday – Saturday, St. Matthew Hall, 11 a.m.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship 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.

Sunday, Oct. 23, 9:30 a.m. Before Healing Can Begin: Recognizing Our Own Privilege
Leader: Rev. Linda Barnes Music Director: Sara Dan Jones Worship Associate: Bob Clay
Recognizing white privilege is painful and required if we are truly committed to understanding racial justice. It is also required for us to truly heal and finally claim our own humanity.

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is held downstairs concurrently with the service. Join us for coffee and conversation following the service.
SEE **CHURCHES**, PAGE A9

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Bristol Town Square - Bristol
Country Manor - Bristol
Prospect Pines - Enfield
Indian River - Canaan

Must pass credit, criminal, sex offender registry and landlord checks. No smoking allowed.

For information or an application contact:
Beno Management Company LLC
603-744-3890 or 711 NH Relay



Best Western Silver Fox Inn

70 Packard's Road
Waterville Valley, NH 03215

Part-time Front Desk Person
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Collaborative exhibit featuring the works of visiting artist Jason Mitcham and 197 Plymouth State students focuses on theme of resilience and vulnerability

"The goal of this exhibit is to create an interactive and interdisciplinary visual experience that explores the concept of environmental and societal resilience," says Cynthia Robinson, director, Karl Drerup Art Gallery. "It is exciting to have a common concept explored simultaneously in different classrooms. It is both exhilarating and terrifying that we won't know what the ex-



A work by Jason Mitcham, which will be part of the exhibit, "RESILIENCE: An Interdisciplinary Exploration" at the Karl Drerup Gallery in Plymouth. The exhibit will feature works in various mediums by Mitcham and PSU students. The exhibit opens Oct. 17.

FROM PAGE A7

Lay Pastoral Care
Under the guidance of
the Rev. Linda Barnes,
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Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated

Bridge players meet on Thursdays in the Fellowship Room from 12:30-3:30 p.m.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is www.starrkingfellowship.org, where you can access “Newsletters” to read, or print out, any of several past issues; “Podcast” to enjoy listening to sermons you have missed, or just want to hear again; “Events Calendar” to find out what is going on in our Fellowship.

Although primarily a painter, Jason Mitcham's work has expanded into the realm of video, creating stop-motion animations from paintings. His videos explore the development of society's landscapes, specifically notions of temporality, suburbia, and modern ruins. The concept of resilience is a critical contemporary issue being explored and discussed on a global scale. With original pieces from Mitcham, along with his role in curating student work,

The Karl Drerup Art Gallery is located in the Draper and Maynard Building on North Main

Street in Plymouth. Gallery Hours are Monday, Tuesday, Thursday and Friday, 10 a.m. to 4 p.m., Wednesday, 10 a.m. to 8 p.m., Saturday 1 to 4 p.m., and by appointment. There is no charge for admission. General information about the Karl Drerup Art Gallery is available at www.Plymouth.edu/gallery.

Supervisors of the Checklist
Barbara Brooks
Sandra Cummings
Audrey Johnson

Newfound Area Nursing Association

Location: Minot-Sleeper Library Community Room, Bristol

Group Leader: Shirley Marcroft, Bereavement Coordinator at NANA

For more information call NANA 603.744.2733

Support Groups give people the opportunity to discuss and learn ways of coping with their loss, to gain the support of others in safe and caring ways, and to learn about the grief process.

Although grief is a unique experience through which each person finds his or her own way, there are common threads we all share when going through grief.

Suggested Topics - discussion can be focused on the needs of those attending

November 1: Coping with Grief and the Holidays
December 6: Coping with Grief and the Holidays
January 3: Living with the Loss from Addiction
February 7: Blame and Forgiveness
March 7: Living in the Wake of Suicide
April 4: Coping with the Loss of a Child
May 2: Motherless Daughters

ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on **Saturday, October 29, 2016, from 11:00 to 11:30 a.m.** for additions and corrections to the checklist. Last day for town clerk/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 8, 2016.

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Anxiety disorders in seniors

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

According to the National Institutes of Health, anywhere from three to 14 percent of older adults experience anxiety disorders in a given year. These disorders all involve excessive, irrational fear and can worsen if they are untreated.

Seniors can experience anxiety for many reasons.

It could be because of circumstances such as suffering from extreme stress, trauma, or bereavement. A physical cause may be to blame, such as Alzheimer’s disease and other dementias, a medical condition, or mental illness. A family history of anxiety can be a contributing factor as can alcohol, caffeine, or medications.

The effects of stress and anxiety.

Stress and anxiety are the fight-and-flight instincts that are the body’s way of responding to emergencies. Research shows that long-term activation of the body’s stress response impairs the immune system’s ability to fight against disease and increases the risk of physical and mental health problems. For example, studies have shown that stress and anxiety in older adults are associated with increased physical problems, such as disability and difficulty in carrying out activities of daily living; increased health problems, such as coronary artery disease; and a decreased sense of well-being and satisfaction with life.

Major types of elderly anxiety disorders in seniors include the following:

•Acute Stress Disorder: Anxiety and behavioral disturbances that develop within the first month after exposure to an extreme trauma.

•Post-traumatic Stress Disorder (PTSD): Symptoms of acute stress disorder that persist for longer than one month.

•Panic Attacks: A sudden, unpredictable, intense, illogical fear and dread.

•Social Anxiety: A preoccupation with how the senior feels he or she is perceived by others.

•Generalized Anxiety Disorder (GAD): A pattern of excessive worrying over simple, everyday occurrences and events.

•Phobias: Irrational fear of situations such as heights, or fear of objects, such as snakes.

•Obsessive-compulsive Disorder (OCD): A pattern of intrusive thoughts that assault the mind and produce extreme anxiety that can only be mitigated by an action, such as hand washing in a ritualistic way.

Recognizing the symptoms.

Anxiety disorders in seniors have been underestimated for several reasons. One of the main reasons is that older patients are more likely to emphasize their physical complaints, and downplay their emotional problems.

Anxiety can be accompanied by a number of symptoms. Phys-

ical clues include a racing heart, shallow breathing, trembling, nausea, sweating, dry mouth, a change in appetite, or insomnia. Behaviorally, anxious older adults may refuse to do routine activities or become overly preoccupied with their routines, may avoid social situations, might focus too much on one particular issue, or may begin to hoard. They can also experience changes emotionally. They may worry excessively, become moody, or seem depressed. Self-medicating can be another possible indication of anxiety.

How you can help.

If you suspect that a loved one is experiencing anxiety, it is important that you help him

or her to seek treatment. This could be challenging because some older people may not feel comfortable discussing mental health. The senior’s doctor should be the first stop to rule out physical problems. A loved

one also may be more comfortable talking with his or her doctor.

Anxiety disorders usually respond well to a combination of medication and talk therapy. While prescription drugs should be used with caution in seniors, and often at lower doses, there are now some effective medications that physicians can prescribe. Numerous studies have indicated that medications can be most effective when the senior also

SEE SENIORS, PAGE A12



COURTESY

Peggy Martin to play at Artistic Roots visiting artist reception

The Visiting Artists’ Reception will be held on Thursday evening, Oct. 20 from 5:30 to 7 p.m. at the Artistic Roots Gallery on 73 Main Street in Plymouth. The Gallery is pleased to have Peggy Martin, local flutist playing at the event. The event will honor the six visiting artists’ whose work will be in the gallery from October through January. The artisans include: Barbara McAlister, potter; Susan Noel, quilter; Ron MacLean, woodworker; Kenneth Maruunowski, plein air painter; Mimi Higgins, oil painter; and Hannes Kruger, multi medium artist. The public is welcome and encouraged to come to this event. Refreshments will be served. The event is free to all.

THE WINNIPESAUKEE TALKIE

Seven big money “winter” mistakes homeowners make



BY RANDY HILMAN

Are you ready to hibernate? Have you made up your Winterizing “To Do” list and read it twice or will you behave like so many homeowners and do nothing until the problems you had no idea you might have present themselves after snow begins to fly?

Don’t be the person who invariably spends big money fixing cold weather home problems because you were unaware of things to do to prepare your home for winter, or worse, you just didn’t care.

You can settle in, cozy like, before the

proverbial home fire free of worry when you bother with a few measures to get your home ready for the winter season ahead. My colleagues at HouseLogic.com, a website for homeowners made possible by the National Association of REALTORS®, have prepared a list of seven costly mistakes that can be avoided with a little forethought and motivation. Here’s what they have to say:

If your home does not have frost-free hose spigots, bleed the water lines to the exterior, if you can, but if you can’t, invest in inexpensive Styrofoam faucet covers. A frozen water line can cause interior flooding and damage reaching into the thousands of dollars. Outdoor spigots are especially vulnerable.

And, while you’re at it, look for those exposed areas in the walls and underneath

the house where water pipes are vulnerable to freezing temperatures. Wrap pipes in foam plumbing insulation. If you can’t do it yourself, call a plumber now, before demand for his emergency service is high, the cost is more than double and structural damage is extensive.

If icicles hang from the drip edge of your roof, you have the potential for ice dams, which prevent the flow of water into gutters, if there are any, or to the ground below. Backed up water will find its way from the roof surface to your ceilings and walls, damaging drywall and creating an environment for mold growth.

Hiring someone to remove ice dams once they form can cost hundreds of dollars in labor charges, not to mention repairs to interior wall and ceilings surfaces. The simpler solution,

SEE TALKIE, PAGE A12

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It’s National Save for Retirement Week – So Take Action

Congress has dedicated the third week of October as National Save for Retirement Week. Clearly, the government feels the need to urge people to do a better job of preparing for retirement. Are you doing all you can?

Many of your peers aren’t – or at least they think they aren’t. In a recent survey conducted by Bankrate.com, respondents reported that “not saving for retirement early enough” was their biggest financial regret. Other evidence seems to show they have good cause for remorse: 52% of households 55 and older haven’t saved anything for retirement, according to a report from the U.S. Government Accountability Office, although half of this group reported having a pension.

Obviously, you’ll want to avoid having either financial regrets or major shortfalls in your retirement savings. And that means you may need to consider making moves such as these:

- **Take advantage of all your opportunities.** You may well have access to more than one tax-advantaged retirement plan. Your employer may offer a 401(k) or similar plan, and even if you participate in your employer’s plan, you are probably still eligible to contribute to an IRA. You may not be able to afford to

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“max out” on both plans, but try to contribute as much as you can afford. At the very least, put in enough to your employer’s plan to earn a matching contribution, if one is offered, and boost your annual contributions every year in which your salary goes up.

- **Create an appropriate investment mix.** It’s not enough just to invest regularly through your IRA, 401(k) or other retirement plan – you also need to invest wisely. You can fund your IRA with virtually any investments you choose, while your 401(k) or similar plan likely offers an array of investment accounts. So, between your IRA and 401(k), you can create portfolios that reflect your goals, risk tolerance and time horizon. It’s especially important that your investment mix offers sufficient growth potential to help you make progress toward the retirement lifestyle you’ve envisioned.
- **Don’t “raid” your retirement accounts early.** If you start withdrawing from your traditional IRA before you turn 59½, you may have to pay a 10% tax penalty in addition to normal income taxes due. (If you have a Roth IRA and start taking withdrawals before you are 59½, the

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earnings will be taxed and may be subject to a 10% penalty – but contributions can be withdrawn without any tax and penalty consequences.) As for your 401(k) or similar plan, you may be able to take out a loan, but you’ll have to pay yourself back to avoid any tax or penalty consequences. (Also, not all plans offer a loan option.) More importantly, any money you take out early is money that no longer has a chance to grow to help you meet your goals. Try to do everything you can, then, to keep your retirement plans intact until you actually do retire. One suggestion: Build an emergency fund containing three to six months’ worth of living expenses, kept in a liquid, low-risk vehicle outside your IRA or 401(k).

National Save for Retirement Week reminds us that we all must act to help ourselves retire comfortably. By making the moves described above, you can do your part.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



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 **Jacqueline Taylor**, Financial Advisor, at 279-3161 or email Jacki at Jacqueline.Taylor@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or “like” her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.

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Space

FROM PAGE A1

“The one thing I was so impressed by was the town employees being so honest with what the needs are,” he said. Rather than asking for everything they might like, the employees were “thoroughly honest, fair, and dedicated to the community,” he said.

Committee member Susan Duncan, whose amendment at town meeting established the panel, echoed Gordon’s comments. She said the department heads, especially Police Chief Michael Lewis, were doing all they could to implement improvements within the constraints they had to work under.

Based on their research, the committee concluded that there were four priorities: expanding either the town offices or the police department within the existing Municipal Building; relocating either the town offices or the police department; adding a bay to the fire station, built in 1974, to accommodate the larger ambulances in use today; and upgrade and relocate the solid waste transfer station for greater efficiency and to provide space for an enlargement of the highway garage to accommodate its needs.

The focus would be on the town offices and police.

Because the police department already has a plan, partially imple-

mented, to expand into the municipal building, and because the cost of building a new police facility generally is higher than building office space, the committee is leaning toward keeping the police department in the building it now occupies, while moving other administrative offices to a new building, to be situated on the Smith lot.

The police expansion plan, developed in 2007 when the town was attempting to get voter approval for a new town office building, calls for a sally port at the back of the building to provide a safer means of bringing prisoners in and out of the building. Chief Lewis said the addition would be about 1,500 square feet because of the need for a ramp to compensate for the change in grade; the lower floor is about five feet below the level of the back driveway.

The committee estimated the town office space needs to be 6,500 square feet to accommodate both offices and file storage, as well as a meeting room that could accommodate 50 people. They also determined the new office building should have 40 parking spaces.

With \$5,000 that was included in the warrant article to assist with the committee’s work, selectmen agreed to hire architect Brackley Shaw to review the findings and determine whether such a building would fit on the Smith proper-

ty. He concluded that a building could be placed there, but it would have to be two stories instead of one, and therefore would need an elevator. To provide 40 parking spaces on the sloping lot would require a tall retaining wall.

As a result of those findings, the committee was considering reducing the number of parking spaces to 30, which would be double the number of spaces at the current municipal building.

Those attending the presentation had a number of questions about the police department needs and how a sally port could be added to the existing building, but very few about the town offices. Several wanted more specific details, which Gordon said would be presented in the committee’s final report on Dec. 1.

Gordon said the committee will likely recommend a warrant article for March 2017 Town Meeting that would appropriate funds to hire an architect to develop specific plans for the building and renovations, and there would be several public hearings as those plans were developed, to make sure residents were satisfied with the proposal.

Committee Co-Chair Burton Williams said at the end of the meeting, “I’m getting that you think we’re on the right track.”

No one disagreed.

also performed two songs during the vigil.

While Voices Against Violence advocates to keep victims safe, providing emergency shelter and support, Dugan said they cannot do it all alone. To help them in their mission, visit them online at www.voice-sagainstviolence.net where a wish list of needed items and a secure link to make a financial donation can be found.

hope you will vote for him. And I thank all of my constituents for the confidence and support you gave me all these years – it’s been a great ride!

Sincerely yours,
Martha Richards
Grafton County Commissioner
District #3
Holderness

Kenney

FROM PAGE A4

120,000 miles to get around the District One which consists of 108 towns, four cities and 23 unincorporated territories. I have fielded hundreds upon hundreds of constituent calls, attended dozens and dozens of events and meetings, visited over 70 businesses and produced a newsletter after each Council meeting.

It has been my pleasure to help out so many people with their concerns, whatever they maybe. I have stated "if it is a problem for you, then it is a problem for me and let's solve it together." I have approached the job trying to build bridges and relationships with citizens, community leaders and others to make

Heat

FROM PAGE A1

bors is what motivates KTHO committee members to start working in September to prepare for the January event, which features a wonderful buffet dinner prepared by the chefs of numerous area restaurants, plus exciting silent and live auctions featuring items donated by members of the community and local businesses.

That need has also motivated others in our community to help KTHO by sponsoring ancillary events. On Nov. 20, Dressers Unlimited will hold their annual Holiday Fashion Show

Imagine

FROM PAGE A1

Bed and Breakfast on Summer Street, now known as the Whipple House. She later became involved in the Newfound Regional School District where she was a floating substitute for the district’s children and for 14 years she also managed a clothing store in Meredith’s Mill Falls Marketplace.

On Oct. 1, Spears brought her eye for fashion and design to Bristol and is already receiving rave reviews from the public.

“This is fabulous! It’s about time we had a nice shop for women’s clothing,” said one enthusiastic customer last week. “I can’t tell you how happy I am to have this store here in town.”

“Imagine” offers a wide variety of women’s wear, including a selection of great socks that Spears is especially pleased with. She admits she is a “sock snob,” wanting only the best in quality footwear for herself and her customers, and therefore offers an array of beautiful Ozone Socks, known for their

to benefit KTHO. Last spring, the Common Man Family of Restaurants and Diane Downing held a KTHO dinner at the Italian Farmhouse. And while last winter’s cross-country ski race at the Plymouth Regional High School was cancelled due to lack of snow, the event raised \$2,000 for KTHO the previous year. Efforts like these enable PACC to have funds available at the start of the home heating season.

Once again, KTHO will be at Plymouth State University’s Prospect Hall, with tickets on sale in early December at Chase Street Market. Tickets will be available

comfort and good looks.

“The bands on the top won’t cut off the circulation in your legs and they’re so pretty, too,” she tells customers.

To add to their appeal, Ozone Socks also gives a portion of their proceeds toward causes to help reduce the carbon footprint; a pun perhaps cleverly intended.

In her goal to promote women’s industries in North America, Spears said that clothing on sale in her shop is mainly produced by women in the United States and Canada, a country that is also known for their quality textiles.

“I have great items from companies like Fair Trade Clothing and the Women’s Cooperative. Women should help women and that’s what I’m all about,” she said.

“Pure” brand, all-cotton sweaters from Canada, and Neon Buddha cotton sportswear, touted as “Nirvana for your body and soul,” are among the many clothing items in stock.

Stylish scarves are also available in a variety of price ranges, along with a large selec-

tion of jewelry designed to accentuate any outfit. From lovely earrings, necklaces and bracelets for the mature crowd to fashionable \$1 bracelet collections for the younger girls, there is something to suit everyone’s taste.

Hats, crocheted pins, felted wool clutches, handbags and cosmetic bags are also available, along with a great line of whimsical Curly Girl greeting cards that all women can appreciate and enjoy.

“I have everything from fabulous socks to leather goods, clothing and jewelry that will make you smile,” Spears said.

To make the men in your lives smile, “Imagine” also offers gift certificates for the husband or significant other who can’t make up his mind about what that special woman in his life might appreciate.

“Imagine” is located at 2 Central Square in downtown Bristol, and Spears looks forward to greeting her customers from 10 a.m. until 6 p.m. Tuesday through Sunday.

from Starr King will travel to Nicaragua in April 2017 for a week of service and educational opportunities. In addition to hosting the discussion and video presentation, Starr King will have fresh, shade-grown coffee beans for sale from Compas’s Brothers and Sisters Farming Cooperative in La Paz. Proceeds will help defray expenses for the Youth Group’s 2017 service trip.

from Starr King will travel to Nicaragua in April 2017 for a week of service and educational opportunities. In addition to hosting the discussion and video presentation, Starr King will have fresh, shade-grown coffee beans for sale from Compas’s Brothers and Sisters Farming Cooperative in La Paz. Proceeds will help defray expenses for the Youth Group’s 2017 service trip.

dollars are going out of state.

I hope to continue to educate students on the uniqueness of Governor and Council and its history. As of last year, my office re-instituted the District 1 college internship program and it now has the support from Plymouth State University as an accredited internship program.

Finally, the Council is a great check and balance system in state government, the Governor knows she has to count to three before anything passes during a Council meeting.

On Nov. 8, I ask for your vote, and it has been a pleasure serving you.

Joseph D. Kenney
Executive Councilor
District 1
Wakefield

Clothesline

FROM PAGE A2

statistics show that domestic violence is not just a family issue or something that “only happens to others.”

“It’s prevalent in our country, our state and in our own community,” she said. “It’s a public health issue that impacts individuals, families and society as a whole.”

Others who took part in the vigil were families

who have been directly affected by domestic violence and chose to convey their stories to the public.

Surrounding the common to hear these words first hand were residents from several local communities along with members of the university’s athletic teams who each held candles as they listened quietly to the speakers.

The PSU A Cappella group, Mixed Emotions,

er’s opinions.

So it is with great pride and anticipation of his being elected as the next commissioner for District #3 that I am thrilled to endorse Bill Bolton of Plymouth! Bill’s exemplary work when he was State Registrar and Director, the Division of Vital Records Administration, with very creative, innovative and forward-thinking projects will be an added boon to our county’s IT department whose needs are always changing in this technological age. Having served on Plymouth’s Select Board gives him an advantage in knowing town governance, as well as his many volunteer positions in the region. Like me, he wants to increase the connections with PSU for internships with the county from the nursing home to the DOC to the courts. Geriatric issues are foremost as we are a fast-aging region with big implications in so many arenas – Bill is ready.

I leave knowing Grafton County will thrive and do so with Bill Bolton representing District #3 and I

Richards

FROM PAGE A4

various diagnoses yet arriving sicker than in past years; a dairy farm with 80 cows producing wonderful milk, a large vegetable gardening program feeding the inmates and nursing home residents, as well as public sales, pigs, and chickens – did you know our farm is the last New Hampshire county dairy farm? We have the innovative Alternative Sentencing programs including the drug court, mental health court, adult sentencing, and juvenile restorative program – all created to give alternatives to incarceration when feasible. And the wood chip biomass plant whose building I spearheaded with a volunteer committee and erected without extra taxes being levied onto our citizens – now saving thousands of gallons of oil...and dollars!

I have great pride in knowing that Grafton County is held in high esteem throughout the state in how we conduct business, have good relations with our legislative delegation, and as commissioners value and respect one another’s

Seniors

FROM PAGE A10

meets with a skilled counselor, therapist, or social worker on a regular basis. Other effective treatments can include meditation, biofeedback, massage, and acupuncture. Senior groups and organizations also can be a helpful resource for assistance. Don't underestimate the value of encourag-

ing the senior to help others through volunteer work, either. Volunteering provides a meaningful focus and sense of purpose that can redirect and calm anxious seniors.

Comfort Keepers® can help, too.

Comfort Keepers' Interactive Caregiving™ keeps senior clients engaged physically, mentally, and emotionally while liv-

ing independently at home. Call your local office today to find out more about the many ways we can help your loved one, even during the toughest of times.

About Comfort Keepers Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation,

bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Talkie

FROM PAGE A10

experts say, is to keep attic spaces cool by installing more attic insulation. If that's not possible, consider the installation of heating elements in gutters and on roof surfaces.

When the last leaf has fallen, clean your gutters, if you have them. The build ups of excess water around a home's foundation defeats the purpose of a gutter system and can lead to basement flooding. In freezing weather it can cause concrete to crack, which experts say can, in the worst-case scenarios, cost thousands of dollars in repairs.

Keep out cold air. Leaks in older homes are common, but can be easily fixed with caulking compounds and foam insulation, both of which are readily available in local hardware stores. Look for signs of infiltration around windows, baseboards, fireplace and dryer vents or any other spot where holes have been punched to the exterior.

Raise and lower temperatures automatically throughout the day with a programmable thermostat. Home heating professionals say models are now available that can be programmed right from one's smart phone. Having the ability to vary interior temperatures can save as much as 10% on home heating costs, according to the U.S. Department of Energy.

Don't skip seasonal furnace tune-ups. Would you rather pay \$175 for a service call prior to the onset of winter or upwards of \$5,000 to replace a failed furnace at the worst possible time of year? Who was it that said, "An ounce of preven-

tion is worth a pound of cure?" Enough said. Finally, don't forego a chimney inspection. Fires are lovely in their proper places, but a chimney fire can cost you your home, your possessions and your life. Schedule a maintenance appointment well before lighting that first fire. The earlier you do this, the more you'll save and the job is likely to be better performed than during periods of high demand, experts say.

HouseLogic.com, a creation of the National Association of REALTORS®, is the ideal place for homeowners to get helpful tips, tricks and useful information on a variety of topics offering professional insights and smart solutions to those who want to enjoy, improve and maintain their homes at peak levels.

Meanwhile, are you or people you know planning to buy, sell or invest in real estate in the near future? I can help you maximize your purchase or sale experience. Contact me today to receive my free buyer/seller consultation and home valuation. What you don't know about our current real estate market could cost you time and money. Thank you for reading The Winnepesaukee Talkie.

The Winnepesaukee Talkie is a real estate feature column produced by Randy Hilman, an award-winning former business journalist for The Tennessean, a Gannett daily newspaper located in Nashville, Tenn. Mr. Hilman today is an associate broker at Keller Williams Lakes & Mountains Realty, Wolfeboro. He can be reached at 610-8963 or by email at rhilman@randyhilmanhomes.com.

HARRIS

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then they need flu vaccines.

Flu protection is recommended in sizes 6 months through 18 years.

The flu can be a serious disease for children of all ages, causing them to miss school, activities, or even be hospitalized. CDC, doctors, and other health care professionals recommend flu vaccinations for everyone 6 months and older.

For more information, visit <http://www.cdc.gov/flu>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Newfound Landing Sports

Section **B**
Thursday,

Thursday, October 20, 2016

What's On Tap

The regular seasons officially wrap up for all the local teams, with the exception of football, in the coming week of games.

The Division III field hockey playoffs continue on Saturday, Oct. 22, at the home of the higher seed at 2 p.m., while the semifinals will take place at Bill Ball Stadium in Exeter on Wednesday, Oct. 26 at 5 and 7 p.m. The Division II field hockey playoffs will begin today, Oct. 20, at 3 p.m. and continue Sunday, Oct. 23, at 2 p.m., both at the home of the higher seeds. The semifinals are Thursday, Oct. 27, at 5 and 7 p.m. at Bill Ball Stadium in Exeter.

The Division II boys' soccer playoffs begin on Wednesday, Oct. 26, at 3 p.m. at the home of the higher seed. The Division III boys' soccer playoffs will begin on Tuesday, Oct. 25, and continue on Thursday, Oct. 27, both at 3 p.m. at the home of the higher seeds.

The Division II girls' soccer tournament opens on Thursday, Oct. 27, at 3 p.m. at the home of the higher seed.

The unified soccer playoffs begin at the home of the higher seed on Thursday, Oct. 27, at 3 p.m.

The Division II and III volleyball tournaments will open on Thursday, Oct. 27, at 6 p.m. at the home of the higher seed.

At Newfound, the cross country team will finish the regular season at Merrimack Valley today, Oct. 20, at 4 p.m.

The Newfound soccer boys will finish their regular season with a 3:30 p.m. home game on Friday, Oct. 21, against White Mountains Regional.

The final Newfound volleyball game of the regular season will also come on Friday, Oct. 21, as the Bears are at Pittsfield at 6:15 p.m.

The Newfound football team will be at Inter-Lakes for a 2:30 p.m. game on Saturday, Oct. 22.

At Plymouth, the cross country team will also finish the regular season today, Oct. 20, at 4 p.m. at Kingswood.

The volleyball Bobcats will be at John Stark for their final game on Friday, Oct. 21, at 6 p.m.

The Plymouth football team will be hosting Lebanon at 1:30 p.m. on Saturday, Oct. 22.

Newfound searching for alpine coach

BRISTOL — Newfound Regional High School has an opening for a varsity boys' alpine skiing coach. Please send letter of intent, resume and names and phone numbers of three references to Superintendent Stacy Buckley, SAU4, 20 North Main St., Bristol, NH. 03222. Questions should be directed to Peter Cofran, Athletic Director at pcofr@sau4.org or 744-6006, x1507.

Bears get second win in a row

Newfound football runs past Fall Mountain

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Back in weeks two and three of the 2013 season, the Newfound football team picked up back-to-back wins over Epping and Franklin.

However, in the more than two seasons since, the Bears had yet to win two games in a row at any point.

That all changed on Saturday, Oct. 15, as the Bears, coming off a win over Mascoma prior to the bye week, picked up a huge 44-6 win over Fall Mountain on Morrison Field.

"I felt better about this one (than the first)," said coach Ray Kershaw. "They knew they were lackadaisical in the second half last week."

"And at the half, I didn't even need to mention that," Kershaw continued. "They did it on their own."

The Bears shut out the Wildcats in the second half and added one touchdown of their own and walked off the field with the 44-6 win.

Newfound wasted very little time getting on the board, as the Bears scored on their first drive less than two minutes into the game. Runs from Ben Morrill, Tiellar Mitchell and



JOSHUA SPAULDING

Ricky DeLuca kicks an extra point during his team's game against Fall Mountain on Saturday.



JOSHUA SPAULDING

Ben Morrill finds a hole for some running room in action on Saturday afternoon.

Scott Sargent moved the ball down the field, with Mitchell and Morrill each picking up first

downs along the way. Morrill finished off the drive by carrying the ball 11 yards in and then

Tyler Haskell carried in for the two-point conversion and Newfound had the 8-0 lead.

The Bears then didn't let the visitors get very far on the next drive, as Morrill intercepted a pass on third and long to give the Bears the ball back. They quickly marched up the field, with Sargent picking up a big first down. However, on fourth and four at the 18, Haskell broke free and got all the way to the end zone and he then added the two-point conversion for the 16-0 lead with 7:04 to go in the first quarter.

The Wildcats were able to move the ball on their next drive, keeping the ball on the ground the entire way, going 67 yards on eight plays, eventually scoring on a 17-yard touchdown with 3:40 to go in the first quarter. However, Haskell and Sargent stopped the two-point conversion to make it 16-6.

The Bears answered right away, as quarterback Cody McGee engineered another drive, taking a couple of carries himself, with Haskell getting four carries to eventually get the ball down to the four. From there, Morrill carried in with 1:33 to go in the quarter. Ricky DeLuca carried the two-point conversion in and Newfound's lead went to 24-6.

SEE FOOTBALL PAGE B2

Julianne Marchand's tally lifts Bears to win

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Coming off their first loss of the season the previous Friday, the Newfound field hockey girls were looking to get back on track on Tuesday, Oct. 11, as Winnisquam came to town.

The game started about 10 minutes late after one of the officials didn't arrive on time and once things started, the teams played a little bit sloppy for much of the first half.

However, Julianne Marchand scored in the second half to lift the Bears in green and white past the Bears in blue and white by a 1-0 score.

Winnisquam got the best of the early chances, as Mackenzie Ryan and Hayleigh LeTourneau both turned in strong defense for the Bears and Montana Bassett turned away a Winnisquam scoring bid.

Newfound came down with a chance in their end, with Amanda Johnston sending the ball across to Julianne and Caroline Marchand, but the ball was pushed wide of the net. LeTourneau had a long drive go wide of the net and Ryan came back with more good defense as the visitors looked to get on the board.

Winnisquam came through with three corners in a row but New-



JOSHUA SPAULDING

Seniors Hailie Clark, Amanda Johnston and Lauren Boisvert were honored prior to their final regular season home game on Oct. 11.



JOSHUA SPAULDING

Savanna Bony runs down the field with the ball in action against Winnisquam on Oct. 11.

found held tight. Kylee MacDonald turned in good defense on one corner and another had a shot go wide of Bassett's net.

Johnston came back and sent a ball in to Julianne Marchand, but the ball went wide of the net. Newfound came up with their first corner of

the game but Julianne Marchand's shot was blocked by the Winnisquam defense.

Hannah Eastman helped turn away a

Winnisquam run into the zone and Julianne Marchand sent a good ball in to Johnston for a scoring bid that went wide of the net.

MacDonald sent Caroline Marchand in on a good bid but the ball went wide and Savanna Bony sent a ball in to MacDonald and Caroline Marchand but they couldn't get the ball past the Winnisquam keeper.

Newfound got another corner chance and Bony's shot didn't get through the defense. LeTourneau also turned in some good defense and Bony had another shot turned away by the Winnisquam keeper.

Newfound came up with another corner chance and LeTourneau's blast into the circle found MacDonald and then Caroline Marchand, but the Winnisquam keeper held tight.

Lauren Boisvert turned in a strong defensive stop and clear at the other end and Bassett had another save for the Bears. Julianne Cardinal and Madison Hanley got in close on another scoring bid but they could not connect, though Newfound did earn a corner. However, Winnisquam's defense held tight and sent the ball the other way, where Bassett was able to make a save and send

SEE FIELD HOCKEY PAGE B2

Bears look to right the ship in final week

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound volleyball team entered the final week of the regular season in a bit of a spin, as the Bears lost four in a row after beating Mascoma by a 3-0 score on Sept. 26.

“We had so many losses that were close games, but we never finish,” said coach Amy Fairbank.

After falling to Inter-Lakes by a 3-2 score on Sept. 29, the Bears opened October with a 3-0 loss to Winnisquam on Wednesday, Oct. 5, in Tilton and then traveled to Sunapee and dropped a 3-1 decision to the Lakers on Friday, Oct. 7. On Wednesday, Oct. 12, the Bears dropped a 3-0 decision at Belmont.

In the game at Winnisquam, Fairbank noted that communication was an issue.

“Communication was lacking,” the Bear coach said. “We just don’t put up enough hits to be ef-



JOSHUA SPAULDING
Megan Stafford and the Newfound volleyball team will be finishing the regular season on Friday night in Pittsfield.

Field hockey

FROM PAGE B1

the game to the break with no score.

Julianne Marchand got the game winner with 5:01 to go in the second half.

“Newfound came out much stronger in the second half and was able to control much of the play in their offensive end,” coach Karri Peterson said. “Winnisquam had their chances to tie the game with under a minute remaining, gaining two corners and Newfound was called for two high balls. But we were able to hold them scoreless and preserve the win.”

Bassett had eight saves and the Bears had seven penalty corners and 16 shots on goal for the game.

The Bears visited

White Mountains on Friday, Oct. 14, and closed out the season with a 4-1 win.

“(We) were able to control much of the play but White Mountains managed to take a few shots at the cage,” Peterson said.

With less than 10 minutes gone, the Bears got the game’s first goal from MacDonald for a 1-0 lead. Five and a half minutes later, Bony carried the ball into the circle and made a hard push to the cage for an uncontested goal and a 2-0 lead.

The Spartans connected on a direct shot to cut the lead to 2-1 in the second half but Newfound scored just more than a minute later, as Julianne Marchand got the third goal of the game.

With 4:34 to go in the

game, Julianne Marchand picked up her second goal of the game to seal the 4-1 win.

Bassett turned away 12 shots in the game and Peterson praised the play of the defensive unit of Ryan, LeTourneau and Eastman, while also noting Bony and Johnston played strong all-around games.

The Bears finished at 12-1-1 and opened the playoffs after deadline on Wednesday. The Division III quarterfinals are Saturday, Oct. 22, at 2 p.m. at the home of the higher seed and the semifinals are Wednesday, Oct. 26, at 5 and 7 p.m. at Bill Ball Stadium in Exeter.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

fective.

“When we have teams that have multiple effective hitters and we don’t match that, then we can’t win,” Fairbank continued.

At Sunapee, though the team lost, Fairbank noted it was an effective experience with a number of close games.

Against Belmont last week, Fairbank ran a new setter in the first game and she noted that there was some improvements from the previous week.

“Even though we lost, the team worked well and stayed focused,” the Bear coach said.

Newfound will wrap

up the regular season with a trip to Pittsfield on Friday, Oct. 21, for a 6:15 p.m. match.

The Division III playoffs begin on Thursday, Oct. 27, at the home of the higher seed.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

40 years later, this coach’s legacy still lives on

Sometimes you meet people outside of their element and never really know what they may have accomplished in their real lives and the lives that they have impacted.

One person who I would put in this category is Tom Lovett. Though when I first met Tom Lovett, I knew him as “coach,” and I knew that he had coached the Kingswood football team back in the day, but I never quite knew the impact he had on the lives of the many kids who came through the Kingswood football program.

But, as I got to know coach Lovett and many of the people who played for him during his days at Kingswood, it became quite apparent that there was a significant impact across the board.

When Kingswood celebrated its 50th anniversary last year, I remember coach Lovett was surrounded by players who returned from his championship undefeated team in 1976 and that was echoed again on Friday night, as the Knights celebrated Homecoming by honoring one of their own.

Coach Lovett has a presence at many different Kingswood events.

SPORTING CHANCE

By JOSHUA SPAULDING



I see him at most of the football games throughout the season and he’s usually at volleyball and basketball games along the way. I’ve seen him at lacrosse games and baseball as well over the years. He keeps up on the Kingswood teams and whenever I happen to run in to him around town, he’s talking about how certain teams are doing or about something I’ve written in the paper.

On Friday night, as the football teams yielded the field at halftime, former player and coach Tony Kendall took the microphone and spoke about what his former coach meant to him and pointed out that to this day, he still calls him “coach.” That was something I had barely even thought of, but I realized that, even though I never knew Tom Lovett as a coach, I still referred to him as “coach” and I know many people who didn’t have him as a coach but still refer to him that way.

To me, that says some-

thing about someone’s impact on the lives of students. Years in the future, coach Lovett is still referred to by a moniker that he went by in his younger days, by students who still remember just how important he was in their lives.

While I never knew Tom Lovett as a coach, athletics director and assistant principal, but with the kind words I’ve heard about him and as I’ve gotten to know him, I kind of wish I had been doing this job back in the 1970s when coach Lovett was wandering the halls of Kingswood as a coach.

It was great to see so many players return to the field to honor coach Lovett and to see so many of his family members come to bear witness to the ceremony. And it was fantastic to hear people relay so many great stories about coach. And it’s even better that he will be honored at Alumni Stadium with a special seat (right on the 50-yard line) and a plaque.

Every day I interact with coaches across the board at the local high schools and I am sure every single one of them hopes that they can have even half the impact that

SEE CHANCE PAGE B3

Football

FROM PAGE B1

Fall Mountain ran off the rest of the first quarter and then ate up the yards on the ground to open the second quarter. The drive got down to the 22 before Mitchell and Dan Holton got in the backfield to make a couple of stops and on third down, Morrill came down with his second interception of the game and returned it 27 yards to get the Bears in solid territory to start the next drive.

Newfound needed just three plays to go the 65 yards. Mitchell carried 23 yards on the first carry, Morrill ran 12 yards on the next play and Mitchell carried the last 30 yards into the end zone with six minutes to go. DeLuca booted the extra point and Newfound’s lead went to 31-6.

The Bears got the ball back on the first play of Fall Mountains’ next drive, as McGee dived on a fumble and got his offensive squad back on the field. After a penalty set the Bears back to midfield, DeLuca picked up eight yards and then Morrill picked up 19 yards. Two plays later, Morrill carried in from 21 yards out with 3:29 to go and Newfound led 37-6.

Fall Mountain was forced to punt on their next possession and

Newfound took a knee to go to the half up 37-6.

Fall Mountain moved the ball up the field to open the second half, bringing back some memories from the previous game when Mascoma rallied in the second half. However, after the Wildcats got the ball inside the 20, the Bears defense tightened. McGee came up with a big stop on third down and Haskell pressured the quarterback on fourth down, forcing a bad pass and Newfound got the ball back.

Morrill, Mitchell and Sargent combined to move the ball down the field, getting the ball inside the five and Haskell got the final call, carrying in from two yards out for the touchdown with 1:22 to go in the third. DeLuca’s extra point made it 44-6.

The Wildcats ran out the third quarter and then continued running in the fourth quarter. Good stops from Haskell and Nick Comeau helped stop the drive and then Brian McGuirk recovered a fumble to give Newfound the ball back. Aidyn Robbins took over at quarterback and he, Brett Pigeon and Comeau carried enough to get the clock down to where the Bears could take a knee and seal the 44-6 win.

“Fall Mountain is a good team, they never

give up, no matter the circumstances,” Kershaw said, noting the similarities between the two squads.

He also noted that increased numbers and a lead allowed the Bears to get subs in the game late, including for McGee, who has been a workhorse on offense and defense all season.

“It’s good to get the numbers up, things are going in the right direction,” Kershaw said. “When they get breaks, that helps.”

“And Cody wanted Aidyn to get in the game,” Kershaw said. “That’s the kind of leadership we’re looking for, he wants to give the young kids a chance to get in.”

Kershaw was also proud of the fact that the officials singled out his kids as having great sportsmanship throughout the game.

“That’s what I was really happy about,” the first-year head coach said.

The Bears now turn their attention to nearby Inter-Lakes-Moultonborough.

“We’ll practice hard this week,” Kershaw said. “We’ll be ready.”

The Bears will be in Meredith at 2:30 p.m. on Saturday, Oct. 22.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

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Bears drop a pair of 1-0 decisions



JEFF LAJOIE – MEREDITH NEWS
Devon Kraemer-Roberts moves the ball past an Inter-Lakes player in action last week in Meredith.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The offense struggled for the Newfound soccer boys last week, as they dropped a pair of 1-0 decisions on the road.

On Wednesday, Oct. 12, the Bears traveled to Meredith to take on Inter-Lakes and dropped the 1-0 decision.

The Bears had the better of the play in the first half and the Lakers had the better play in the second half.

Jarrold Fairbank beat two defenders and put a shot on goal with 11:30 to go in the first half for the first scoring opportunity for the Bears.

Matt Mickewicz almost connected with 2:30 to go in the first half, as he headed a ball just over the cross bar on a corner kick from Justin Shokal and the two teams went to the half with the game still scoreless.

The Newfound defense was strong in the second half as the Lakers had a number of great chances in the offensive zone. Devon Kraemer-Roberts, Mickewicz, Quentin Helmers and Nick Lyman led the way on defense, while Mike Doan made a couple of big saves, including a diving save with 24 minutes to go on an Inter-Lakes scoring bid.

The Lakers were able to break through with 12:47 to go, as Doan charged out to make a save on the Lakers' leading scorer, Logan Taylor, who poked it by Doan and into the net for the

1-0 lead, which held up to the end.

The Bears traveled to Somersworth on

Friday, Oct. 14, and dropped another 1-0 decision to close out the week.



JEFF LAJOIE – NEWS
Justin Shokal looks to steal the ball away from a Laker defender in Meredith last week.

The Bears will be in action on Friday, Oct. 21, for the final game of the regular season,

as they will be hosting White Mountains at 3:30 p.m.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Montgomery, Schilling lead Bears in Plymouth

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Newfound cross country team made the short trip to Plymouth for the John Sanborn Invitational on Friday afternoon, Oct. 14.

The Bear boys finished in eighth place overall while the Bears only had three girls in the race so they did not place as a team.

Oyster River and Kennett took the top two spots in both races.

The Newfound boys were led by Joe Montgomery, who ran to 62nd place overall in a time of 21:24.

Kyle Rosendahl was next for Newfound



with a time of 21:47 for 74th place and Nick Crosby finished in 85th place in a time of 22:33.

James Moore was close behind in 87th place in 22:48 and Tyler Austin rounded out the scoring for Newfound with a time of 23:11 for 91st place overall.

Pat O'Neill took 97th place in a time of 23:38, Ashler Dotson finished in 107th place in 25:35 and Nicholas Green rounded out the field of Bears with a time of 34:05 for 118th place.

Molly Schilling led the way for the Bear girls with a 32nd place finish in 23:44.

Amy Combs finished in 46th place in a time of 25:10 and Evelyn Cutting ran to a time of 27:47 for 77th place.

The Bears will wrap up the regular season with a trip to Merrimack Valley for the Capital Area Invitational today, Thursday, Oct. 20, at 4 p.m.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

JOSHUA SPAULDING
(Left) Molly Schilling finished as the lead Bear in the team's race at Plymouth last week.

Salmon Sunday set for Nov. 13

TUFTONBORO — Bring the kids and explore the life cycle of landlocked salmon, fish prized by anglers on New Hampshire's big lakes, at the New Hampshire Fish and Game Department's annual "Salmon Sunday" event on Sunday, Nov. 13, from noon to 2 p.m. at Pope Dam in Melvin Village. Pope Dam is nine miles north of Wolfeboro on Route 109 in the town of

Tuftonboro.

During the event, fisheries biologists will be busy harvesting, or "stripping," eggs and milt from adult salmon. Standing knee-deep in the cold water of the Melvin River, scientists expertly relieve the colorful adult female salmon of their eggs by stroking their stomachs. Milt from the male fish is obtained in the same way, and mixed with the gold-colored eggs to fertilize them.

This activity is all

part of the work the New Hampshire Fish and Game Department carries out each year, with support from the Federal Aid in Sport Fish Restoration Program, to maintain the landlocked salmon population in New Hampshire's big lakes.

Salmon used for the stripping demonstration are netted from Lake Winnepesaukee during October and early November. They are returned to the lake after their eggs and milt have

been collected. The fertilized eggs are taken to Powder Mill Hatchery in New Durham, where they will hatch in three to four months. The salmon are raised in the hatchery for about 18 months, then stocked into Lake Winnepesaukee and other New Hampshire lakes.

Fish and Game staff will be on hand to answer questions about salmon, the egg-stripping process and the stocking program that ensures these beautiful fish con-

tinue to be available in the lakes for anglers to catch. Salmon Sunday is a "rain or shine" event. Dress warmly. If you have questions about Salmon Sunday, call 744-5470.

Learn more about fisheries management in New Hampshire, which is funded in part by the federal Sport Fish Registration Program (financed by your purchases of fishing equipment and motorboat fuel) at www.fishnh.com/fishing/fisheries-mgt.html.

Chance

FROM PAGE B2

coach Lovett had on his players.

Finally, have a great day Tom and Laura Lovett.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Indepen-

dent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfeboro Falls, NH 03896.

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LOST STUFFED ANIMAL: Help! A visiting family has lost a very beloved member of their family! Their 4yr old daughter lost her stuffed puppy snowflake in the parking lot of the Inter-Lakes Junior High School. They were vacationing in Moultonborough and stopped in the parking lot to make sure all of their gear was tied down and he jumped (fell) out of the car! It happened yesterday, 9/21 around 4:30 near the entrance to the junior high. If found please contact the Meredith News at (603) 279-4516 and we will reach out to the family. Thank you!

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SHANE- Shetland Sheep Dog Lost in Laconia NH on August 27, 2016. 9 year old male, very shy. Prefers women. **Please do not chase!** If sited in the area call 1-855-639-5678. Not from the area- he slipped his collar upon arriving.

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Looking for a patient, caring, and energetic individual to work part time with a young girl with challenging disabilities in Plymouth. Excellent opportunity for right person! Valid driver's license, auto insurance, and reliable vehicle are required.

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Last year, millions of parents learned they were their teen's drug dealer.

A new kind of drug abuse is killing our kids. What every parent needs to know.

43 PERCENT OF TEENS report having friends who abuse prescription drugs. Even more disturbing: our kids are accessing these drugs - absolutely free - right in our own homes. How big a problem is it? Unintentional drug overdoses in the U.S. now outnumber traffic fatalities, and Rx drug abuse is the sad reason why.

FREE DRUGS FROM PARENTS? Nearly four billion prescriptions are filled in this country every year. Some experts estimate 1/3 of these prescriptions are never used. (How many pills were unused from your last Rx?) But for many of us, it seems wrong to throw away those not-quite-empty bottles. And that's bad news for curious teenagers.

HOW KIDS ABUSE Rx DRUGS: It's no secret that many drugs have unintended alternate uses. Many teens know which painkillers can get you high, especially when mixed with alcohol. Many students cram for exams by misusing drugs that treat ADHD or sleeplessness. Sedatives, amphetamines, anti-depressants, barbiturates, OTC cough medicines with dextromethorphan...you may not know how to misuse them, but others do.

IS YOUR KID MISUSING? By senior year of high school, more than one in ten teens will have abused prescription painkillers. Eight percent will have abused



sedatives; another twelve percent will misuse prescriptions for ADHD. More kids misuse painkillers every year than use cocaine. Many kids think Rx drugs are 'safer' than illegal drugs. And it's so much easier to avoid suspicion with Rx drugs.

IS YOUR HOME SAFE? The short brutal answer? No. Pharmacists keep drugs locked away, but the rest of us certainly don't. One industry group estimates that America's medicine cabinets contain over 200,000,000 pounds of leftover prescriptions.

THE NEW DRUG EPIDEMIC. In the mid-1970s, an international heroin epidemic pushed overdose deaths to 1.5 per 100,000

US population. The cocaine epidemic of 1989-93 doubled drug deaths to almost 3 in 100,000. Today's Rx drug epidemic has helped push the overdose rate higher: over 10 deaths per 100,000 population in 2010.


THE MEDICINE ABUSE PROJECT aims to raise awareness among kids, parents, health care professionals, law enforcement and government officials, and educators. Our goal: cut teen medicine abuse in half in five years, but two things have to happen: First, safeguard your meds. Second, talk to your kids.

SAFEGUARD YOUR MEDS NOW. Please remove all prescriptions from 'public' spaces in your home. Clear out your medicine cabinets and closets, especially in bathrooms visitors use. It's hard to change the patterns of a lifetime, but we must start throwing away prescriptions when we're done with them.

TALK WITH YOUR KIDS. When you safeguard your house, tell your kids what you're doing and why. Ask what they see at school, and how it affects friends and classmates. And whenever you give your kids medicine, you have another perfect teaching moment. Be sure to say the single most important thing a parent can say to their child: "I don't want you to do drugs." And be sure to point out that misusing legal drugs can be just as deadly as using illegal drugs. Because it is.

THE MEDICINE ABUSE PROJECT
Safeguard your medications. Talk to your kids. Visit drugfree.org to learn more.






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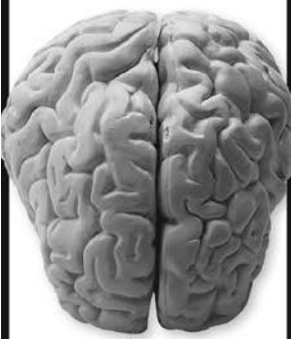
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Viable candidate must have a minimum of 1 year of recent clinical experience in acute patient care setting required. Previous IV placement and POC glycemic monitoring experience preferred. Minimum 2 years experience in endocrinology.

Littleton Regional Healthcare offers competitive compensation and a generous benefits package

Qualified candidates are invited to apply at our website: www.lrhcares.org

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Human Resources Department
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Phone: 800-464-7731 or 603-444-9331
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• Providing support to staff and functions as a clinical resource, ensures that all shifts are covered, stepping in as needed to provide clinical support, coverage and appropriate staffing in conjunction with Clinical Directors, Clinical Supervisors and the Manager of the Day
• Participating in planning of capital and operational budgets
• Participating in performance appraisal of staff
• Facilitates educational needs of staff
• Participating in the event management process
• Facilitating patient and staff flow in all nursing units
• Participating in policy development and review
• Participating in continuous Quality Improvements
• Providing support to the Case Management Department as needed
• Rotating of administrative and clinical call responsibilities with other members of the Nursing Leadership Team, to include participation in Manager of the Day

This position has clinical responsibilities, including the ability and expectation of taking patient assignments as necessary in all Inpatient and Critical Care Nursing areas, at their level of expertise and provides patient care, subject to the Registered Nurse job description

Viable candidates must be currently licensed as a Registered Nurse in New Hampshire. Graduate from an accredited school of nursing. BSN or related degree required. MSN degree preferred. Three to five years of clinical experience required. Leadership experience preferred. Certification within clinical area(s) of responsibility is preferred. Membership in a professional organization is preferred. ACLS, PALS, NRP, TNCC preferred, required within one year.

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Ad Council NHTSA

LaPlume, Sutherland top kids' marathon field

BRISTOL—The New Hampshire Marathon and Mid-State Health Center are proud to announce the winners of the Mid-State Kids' Marathon held on Oct. 1. Top finishers were Ben LaPlume with a time of 6:34 and Reagan Sutherland with time of 6:37. The kids' marathon is a free event offered to children in kindergarten through eighth grade. The goal is for each registered youth participant to complete 25.2 miles of activity prior to the kids' marathon and then complete the final mile of their "mara-



thon" at the kids' marathon. Mid-State Health Center is the proud sponsor of this amazing event, which promotes healthy eating and active living for families throughout the region. This year marks the fourth year of the kids' marathon event as part of the 24th annual NH Marathon. For more information, visit nh-marathon.com.

COURTESY PHOTO

Runners sprint to the finish of the Mid-State Kids' Marathon on Oct. 1.

High five

Meier's five goals lead Bobcats past Knights

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Jordan Meier show went under the lights on Tuesday, Oct. 11. Just four days after scoring a hat trick in North Conway against Kennett, the Plymouth senior scored five goals in another trip to Carroll County, leading the Bobcats to a 6-0 win over Kingswood in Wolfeboro. Meier easily could've had even more tallies to her name, as she also hit the iron on a couple of occasions. "Confidence is always the biggest things when it comes to strikers in general," said Plymouth coach Chris Inman. "You always want them on as good a roll as possible." "Despite several scoring opportunities, (we)

failed to finish," said Kingswood coach Tom Merrell. "This pattern continued in the second half when the Plymouth girls scored four more." Out of the gate, Meier came right in on net and got past Kingswood keeper Sarah Harrigan, however her shot went off the post and out. Emily Boyd had a shot stopped by Kingswood defender Hope Roiter and Plymouth came back with a corner kick that didn't connect. However, just moments later, the Bobcats on the board, as Lily Derosier sent a long direct kick into the box. Harrigan was able to get to the ball, but the rebound came out to Meier, who fired it in for a 1-0 lead just 3:12 into the game. Plymouth continued with the pressure, get-

ting three corner kicks in a row, with Lauren Pomerleau coming up with a good clear for the Knights on the first bid, while Derosier made a nice strike after a clear from Autumn Couture. Meier had a bid in close that Riley Phillips helped to turn away. Derosier had a direct kick go wide for the Bobcats, while Sarah Peternel got a bid in the zone for the Knights. Kingswood got its first corner and Boyd was able to clear the ball on Hannah Demain's scoring bid. Derosier also made a nice clear of a run in from Sammy Dodier. Plymouth keeper Jenna Flaherty came out and made a save on a Peternel bid and Meier came back with a bid that Couture was able to stop before it reached



Emily Boyd pushes the ball up the field in action last week in Wolfeboro.

the goal. Kingswood had an indirect kick chance at the top of the box but the shot was blocked before it got in close. Lily Friedman turned in strong defense on a Peternel bid, while Shawna Knowles came up with a good clear at the other end of the field. Meier had a bid go wide and then had another shot go off the post. Phillips just missed connecting with Demain on a scoring bid, while Peternel got another bid that was stopped by the defense of Savannah Thompson. Meier had a couple more chances and Margaret Gocha joined in on the attack and Harrigan came up with three big saves. Friedman had another bid go wide and Alexis Stone made a run in for the Bobcats but was stopped by Phillips. Flaherty had a save at one end and Gocha's bid was stopped by Harrigan. With 5:41 to go in the half, the Bobcats pushed the lead to 2-0, as Meier pushed through the defense and rifled the ball past a charging Harrigan for the second goal of the game. Kingswood had a direct kick that Peternel sent across the crease but it went wide and Carly Merluzzi cleared the

Knight corner kick to close out the half. Peternel had a bid go wide and Gocha had a bid stopped by Harrigan at the other end. The Bobcats upped the lead to 3-0 when Meier completed her hat trick with 31:02 to go in the game. Peternel and Demain teamed up on another bid that Merluzzi was able to clear away. Meier headed out a bid on a Kingswood corner and at the other end, Stone was able to head away a cross from Peternel. Gocha got the first non-Meier goal of the game with 27:59 to go in the second half for a 4-0 lead. Harrigan made a great save on a bid in close from Meier and Pomerleau helped out with strong defense in front. Flaherty made a stop on a Peternel shot and Plymouth sent another shot off the cross bar, with Gocha then sending the rebound over the net. With 24:18 to go in the half, Meier delivered another strong move through the defense and then fired the shot in for a 5-0 lead. Just less than four minutes later, the Bobcat senior added her fifth goal of the game. The two teams continued to battle with Kingswood not caving in. Demain and Peternel had multiple chances in the offensive zone but they could not convert. Harrigan also made a couple more saves as the 6-0 score held to the final whistle.

"The Kingswood girls never gave up and played with heart," Merrell stated. Inman noted that his goal was for his team to do things that make it better, with an eye toward the rest of the season. "The thing was to try to do things that will make us better," the Bobcat coach said. "We started out a bit slow, but once we figured it out, worked around it, they started passing the ball in the back of the net instead of just hammering it. "For us, it's about trying to create chances," he continued. "We want to get people in spots to have shots on goal, that's what we need to learn to do." He said it's nice to have speed from players like Meier and Gocha up front, but he said it's important to know that speed won't be as much of a factor in some games. "We have to learn to score when we're not on a breakaway," Inman added. Plymouth wrapped up the regular season with games against Windham and Hanover. Kingswood will finish up the regular season at Bow on Friday, Oct. 21, at 4 p.m. The Division II tournament kicks off on Thursday, Oct. 27, at 3 p.m. at the home of the higher seed.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

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