

Newfound Landing

THURSDAY, AUGUST 26, 2021

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COMPLIMENTARY

Bears back at it as fall sports return to Newfound



BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Things are back to normal, as much as possible anyway, for the Newfound fall sports teams as a new season gets under way.

The Newfound boys' soccer team will open the season on Friday, Aug. 27, at White Mountains at 4 p.m. then will visit Inter-Lakes on Thursday, Sept. 2, at 4 p.m. before hosting Berlin for the first home game of the season on Tuesday, Sept. 7, at 4 p.m. The Bears also host Derryfield on Friday, Sept. 10, at 4 p.m.

After a trip to Laconia on Wednesday, Sept. 15, at 4 p.m., the Bears return home to host Bishop Brady on Friday, Sept. 17, at 4 p.m. Newfound is on the road at Fall Mountain on Tuesday, Sept. 21, and at Somersworth on Thursday, Sept. 23, both at 4 p.m. The Bears will host Lin-Wood on Mon-

day, Sept. 27, at 5 p.m.

Newfound will be hosting White Mountains on Friday, Oct. 1, at 6 p.m., will be at Lin-Wood on Monday, Oct. 4, at 4 p.m. and will be at Mascenic on Friday, Oct. 8, at 4 p.m. The Bears host Winnisquam on Tuesday, Oct. 12, for a 4 p.m. game.

The Bears will be at Kearsarge on Thursday, Oct. 14, for a 6 p.m. game then return home to host Prospect Mountain on Tuesday, Oct. 19, at 4 p.m. and wrap up with a home game against Mascoma on Friday, Oct. 22, at 3:30 p.m.

The Bear soccer girls will begin their second varsity season with a home game against White Mountains on Friday, Aug. 27, at 4 p.m. The Bears will be at Berlin on Wednesday, Sept. 1, at 4 p.m. and will be hosting Inter-Lakes at 4 p.m. on Friday, Sept. 3.

Newfound is at

Conant on Tuesday, Sept. 7, at 4 p.m., will be hosting Laconia on Thursday, Sept. 9, at 4 p.m. and visit Mascoma on Friday, Sept. 17, and Fall Mountain on Tuesday, Sept. 21, both at 4 p.m.

The Bears then host four games in a row, starting with Monadnock on Friday, Sept. 24, at 4 p.m., then Lin-Wood at 3:30 p.m. on Monday, Sept. 27, then Mascoma at 4 p.m. on Wednesday, Sept. 29, and finishing with Berlin on Saturday, Oct. 2, at 1 p.m.

On Monday, Oct. 4, the girls start a three-game road trip with a trip to Lin-Wood, then visit Inter-Lakes on Thursday, Oct. 7, and Gilford on Friday, Oct. 15, all with 4 p.m. starts. Newfound returns home to host Kearsarge on Monday, Oct. 18, at 4 p.m. and wraps the season up at Campbell on Wednesday, Oct. 20, at 4 p.m.

The Newfound uni-

fied soccer team will be at Plymouth to open the season on Wednesday, Sept. 8, at 3:30 p.m., hosts Londonderry on Monday, Sept. 13, at 4 p.m. and is at Winnisquam on Monday, Sept. 20, at 4 p.m.

SEE BEARS PAGE A6

Events wanted for Fall/Winter/Spring Brochure

BRISTOL — The Bristol Community Events Committee is compiling a list of activities for the Newfound Region for potential inclusion in their Fall/Winter/Spring 2021-2022 Brochure.

If you are an organization holding an event in the Newfound Region between the end of September 2021 and May of 2022 your event could be included in the next brochure. Events must be open to all, and either organized by or benefitting a not-for-profit organization. Free events open to the community by a for-profit business may be considered as space allows.

Approximately 3000 brochures are printed and distributed in the Newfound Region by the Bristol Community Events Committee around Columbus Day each year, and their summer season brochure distribution increased to 5000 brochures this past year!

Those wishing to have their events considered for inclusion should send all event details including: event name, type of event, date, time, place and any costs along with contact information to: bristolevents@townofbristolnh.org or to bccfun@metrocast.net. You may also leave a message for the committee at 744-3354, ext. 136.

Deadline for the submission of events is Sept. 3. The Bristol Community Events Committee reminds everyone that space is limited, and all events submitted may not be listed. The Committee also reserves the right to refuse inclusion in the brochure to any and all submissions.

You can find up to date Bristol events info posted on the Town of Bristol Web site at www.townofbristolnh.org, on local Bristol TV and on the TTCC Web site at www.ttccrec.org. You can also follow the Committee on Facebook.com/Bristol Community Events.

DAR members take care of local Liberty Elm



CAMPTON — On the morning of Aug. 14, 1765, the people of Boston awakened to discover two effigies suspended from an elm tree in protest of the hated Stamp Act. From that day forward, that elm became known as "The Liberty Tree." It stood on the corner of Essex and Orange Streets in

silent witness to countless meetings, speeches and celebrations, and became the rallying place for the Sons of Liberty. In August of 1775, as a last act of violence prior to their evacuation of Boston, British soldiers cut the tree down because it bore the name "Liberty."

Roll ahead 150 years.

Cleveland, Ohio, witnessed the first case of Dutch elm disease in the U.S. in 1930. This silent, and devastating, killer arrived in a shipment of logs from France. Dutch elm disease spread East quickly; within two years, American elm trees in New Jersey were

SEE DAR PAGE A6

Jennelle Guidod, APRN, added to Mid-State Care Team

BRISTOL — Mid-State Health Center is pleased to announce that Jennelle Guidod, APRN has joined the Bristol practice and is now accepting new patients of all ages seeking primary healthcare services. Previously a student intern with Mid-State's Bristol practice, she is returning to Mid-State as a full-time addition to the growing team.

Guidod began her education in healthcare in 2008 earning her Bachelor's of Science in Nursing from Salve Regina

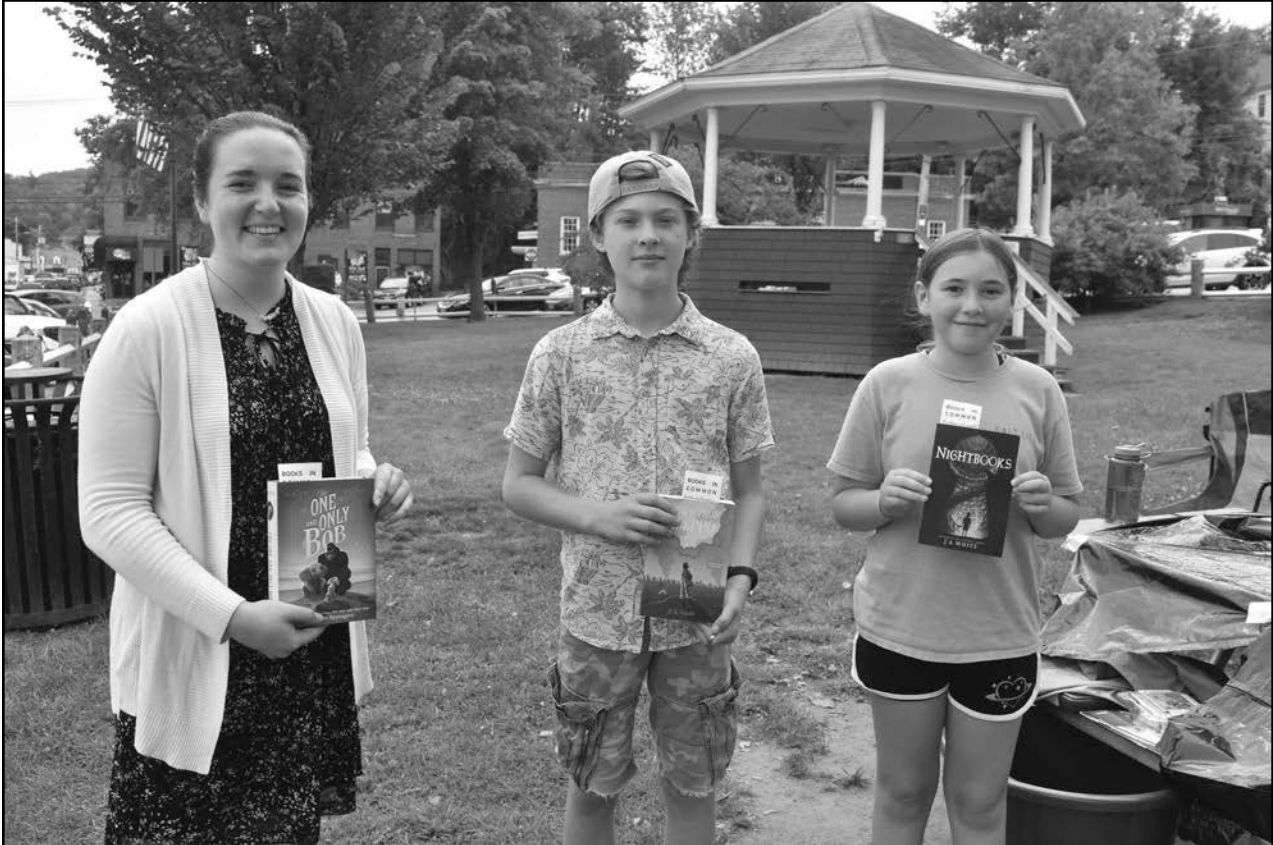
University in Newport, Rhode Island. She graduated from Rivier University located in Nashua, New Hampshire in 2021 with her Master's of Science in Nursing. She is licensed in the State of New Hampshire as a Registered Nurse (RN) and Advanced Practice Registered Nurse (APRN). She is recognized for excellence and Board Certified by the American Nurses Credentialing Center (ANCC).

Guidod said, "I am excited to practice medicine and serve the members of my local

community. My philosophy on medicine is based in whole body health, and approaching each patient in a holistic and individualized way to achieve their personal health goals. I am eager to be able to help improve the lives of those I treat."

Guidod, and Mid-State, are accepting new patients now! To learn more about Mid-State Health Center or to become a patient with us, visit midstatehealth.org, call Mid-State Bristol at 744-6200 or Mid-State Plymouth at 536-4000.

PES teacher hopes to spread love of reading



Plymouth Elementary School teacher Geneva Sambor (left) passed out books selected by her middle school students on the Plymouth Common last week. Picking up their books were Zealand (center) and Isabell (right), who also took time out of her day to help Sambor with the distribution process.

BY DONNA RHODES
Contributing Writer

PLYMOUTH – Geneva Sambor is a teacher at Plymouth Elementary School who wants to take her love for reading outside of the classroom, where she can hopefully inspire her middle school students to begin building their own library at home, not only reading the books they accumulate, but sharing and discussing them with their friends. Her initiative, Books in Common, began last year when local schools switched to remote

learning and not only the school library but also the local public library was closed. Sambor was a Grade 6 English and Language Arts teacher (now a Digital Learning Specialist for Grades K-8 this fall) and feared that with limited access to books, her students would not be able to take part in independent reading while learning from home. “We start to lose kids to independent reading when they’re that age,” Sambor explained about her focus group. “All kids love stories, and most really like to read, just not

when they have to.” In the summer of 2020, Sambor pitched her idea for helping students build a home library to the elementary school’s librarian. With support and encouragement, she then applied for a grant for \$1,200 through Donors Choose to help her purchase middle school-level books. Donors to her cause raised that grant money in just nine days. Once approved, she began to purchase a varied list of titles that would be of interest to her students. From fiction novels, historical

fiction, graphic novels and more, her selections were then made available on a Google Form for students to choose from. “Literature is so unique in that you can see the perspectives of others when reading. We may all be different, but we always have books in common,” said Sambor; “so I curated a list of titles for middle school students that were diverse and also promoted the differences in society.” The Top 3 books even had a three-page preview on the Google Form

to introduce them to the subject matter. Last summer’s Books in Common program was such a success that Sambor continued it this year. This time she applied for \$2,300 for book purchases and once again received her request. Last week, Sambor set up a table for book distributions on the Plymouth Town Common where middle school students who selected a book this year could drop by to pick it up. There were also additional books ordered for those who did not request one this time, but will be available to them when school opens. Each book also came with a bookmark and a special label designed by Iris, one of Sambor’s seventh grade students at PES. The label reminds them, “You’ll Always Have Books in Common.” Helping her with the distribution of books was this time around was eighth grade class member Isabell. Isabell said it was the second time she signed up for a free book from Books in Common and she was so grateful for the program that she volunteered to help Sambor pass out books to her PES classmates this summer. Incoming seventh grade student Zealand stopped by to pick up his selection, “Escape From Aleppo” last week. He said he is interested

in historical fiction and the book, about a 12-year-old’s journey out of war-torn Syria, sounded interesting. It was also his second year of taking part in Books in Common. Of the approximately 145 middle school students enrolled at PES Sambor said nearly half took part in the online book selection process but she plans on passing out books to those who were unable to sign up. She also included extra books for any new students coming to the school this year as well. Through Books in Common, Sambor hopes students will become more motivated in holding discussions about their books and be inspired to visit libraries and other public resources. Most of all, she is very grateful for a community that has stepped up to donate to support a project that will not only help in that endeavor as the students begin to build personal libraries of their own. Sambor also hopes that Books in Common will become an annual event at PES with older students eventually taking a larger role in the project where they can discover all that goes into fundraising endeavors such as this.

Pasquaney Garden Club to hold spring bulb sale as fundraiser

BRISTOL — During the remaining weeks of summer while we are still enjoying lots of colorful flowers in our gardens, yards and villages it is a good time to plan for flowers that will bring early cheer next spring. To participate in the PGC Spring Bulb Fundraiser you can order your bulbs online by Sept. 7 for direct shipment to your home by the end of September. To order, please go to one of the following site: <https://ThreeRiversFundraising.com/fun/pggc-fall21>, or ThreeRiversFundraising.com and use code XEPJR3 for Pasquaney Garden Club’s order site. Please support our fundraiser. Enjoy your flowers:

for best results, areas to be planted with spring bulbs should be planned and prepared in late summer and early autumn. Bulbs will flower best in areas that receive at least a few hours of sunshine daily, and may rot in areas that are too wet. Most varieties of bulbs will do well either in prepared gardens or in grassy areas that may be mowed later in the season. It is best to plant bulbs about six weeks before a ground-hardening frost, which in many areas of New Hampshire means planting by mid-October. Three Rivers Fundraising, offers a good variety of spring-blooming flowers which will continue to bloom in future years. PGC will earn 50 percent of the sales.

Funds raised will be used to purchase some self watering planter barrels, and other gardening support products used by Pasquaney Garden Club for the public plantings.

Other Garden Club notes Upcoming work times at the Butterfly Garden behind Minot Sleeper Library will be Aug. 24 and Sept. 7 between 9 and 11 a.m. Visitors and

volunteers are always welcome. Plans are in progress to repair and replace the damaged sections of fencing along the back of the garden. In the effort to continue to attract butterflies,

birds and other pollinators, several new plant species have been added and more are to come. Pasquaney Garden Club is a 501(c)3 nonprofit organization.

PSU volleyball picked fourth in LEC preseason poll

PLYMOUTH — The Plymouth State University women’s volleyball team was picked to finish fourth in the Little East Conference (LEC) by the league’s head coaches, as the conference announced the results of its annual Preseason Coaches’ Poll this afternoon. The Panthers, under the guidance of fourth-year head coach Joan Forge, were one of five teams to earn a first-place vote. PSU finished

with 45 points in the poll, just one behind Keene State College, with each school collecting a single first-place selection. Eastern Connecticut State University and the University of Massachusetts Boston both earned three first-place votes and were picked to finish one-two, while Western Connecticut State University took home the final first-place vote and was picked fifth. Plymouth State

split four matches in a COVID-shortened season last spring, but the Panthers matched the program record for wins (32-5), earned a share of the LEC regular season crown and hosted the LEC Tournament Championship match in the team’s last full season in 2019. PSU opens the season at Northern Vermont University-Johnson on Sept. 1. The Panthers kick off the home por-

tion of the schedule a week later (Sept. 8) when Eastern Nazarene College comes to town for a 6 p.m. contest. At this time, spectators will be allowed back in Foley Gymnasium, though all fans are required to wear masks upon entering the building. Fans can refer to PSU’s web site (athletics.plymouth.edu/COVID) for the latest information regarding COVID-related policies.

Newfound Landing

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E-MAIL: brendan@salmonpress.news

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News, really close to home

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	60 Church Hill Rd.	Acc. Land Imp.	\$60,000	Robert L. Maille	Melanie and Doyle Sloan
Alexandria	Hutchins Hill Road	N/A	\$825,000	Brian & Mike's Timber LLC	Red Head Woodlands LLC
Alexandria	Knowles Hill Road	N/A	\$825,000	Brian & Mike's Timber LLC	Red Head Woodlands LLC
Alexandria	N/A	N/A	\$260,000	Carol Jewell Fiscal Trust	Daniel M. Strarmer
Bridgewater	Maple Street	N/A	\$124,933	B.C. McLaughlin IRT	Paul J. Lynn
Bridgewater	Whittemore Point Drive	N/A	\$124,933	B.C. McLaughlin IRT	Paul J. Lynn
Bristol	Prospect Street	N/A	\$35,000	Shanley Coleman Development Corp.	Stergious Tsetseranos
Bristol	Ridge Road	Residential Open Land	\$24,000	Walter and Patricia Bellew	Jason A. Horn
Campton	185 Alden Dr., Unit 5	Condominium	\$132,000	Robin Schlough Huber Trust	Diane Sommer and Cynthia Netska
Campton	23 Overlook Rd., Unit 3	Condominium	\$120,000	Jane S. Burke Estate and Elizabeth S. Corbin-Libbey	Christine Gauthier
Campton	Palmer Road	N/A	\$575,000	Martel Fiscal Trust 2015 and Curtis B. Martel	David E. Addison Fiscal Trust
Campton	N/A	N/A	\$15,000	Chickadee Group LLC	Joshua and Miranda Whitcher
Campton	N/A	N/A	\$15,000	Randall Huston	Roman Babula and Jennifer A. Babula
Dorchester	Route 118, Lot 5	N/A	\$80,000	Michael A. Curran	Shauna Gillies-Smith and Byron Holt
Hebron	N/A	N/A	\$50,000	Frens J. and Elizabeth J. Kruger	Lorraine A. Dickerhot
Holderness	N/A	N/A	\$405,533	Susan B. Bailey	Meredith H. Broderic Trust
New Hampton	13 Beech Hill Rd.	Mobile Home	\$97,533	Mark Robert	Ryan J. Despres and Emily K. Swingle
New Hampton	75 Evergreen Dr.	Single-Family Residence	\$270,000	Marta C. Boyle	Tyler and Sharon Asher
New Hampton	104 Shingle Camp Hill Rd.	Single-Family Residence	\$205,000	US Bank NA Trust	Jon Sico
Plymouth	39 Russell St.	Single-Family Residence	\$210,000	Greg and Cynthia Colby	Andrew R. Smith and Reid Q. Shostak
Plymouth	55 Tenney Mountain Rd., Unit 5	Condominium	\$162,000	Rockport Properties LLC	Tina M. Farias
Plymouth	14 Wentworth St.	Single-Family Residence	\$289,000	Jennifer Reed	Megan and Walter Rebele
Rumney	1725 Buffalo Rd.	Res.-Mtl. Bldg.	\$225,000	Sharon S. Seabrook	Renee Bastarache and Daniel J. Tringale
Rumney	Old Route 25	N/A	\$150,000	Karen C. Ford	Duane M. Ford
Rumney	Prospect Hill Road	N/A	\$150,000	Karen C. Ford	Duane M. Ford
Rumney	Quincy Road	N/A	\$587,533	James M. and Anne K. Buttolph	William A. and Elizabeth E. Laughlin
Rumney	Stage Coach Road	N/A	\$150,000	Karen C. Ford	Duane M. Ford
Thornton	Stone Dam Road	N/A	\$24,000	Scott Young	Joseph L. and Jean E. Monagle
Thornton	76 Upper Mad River Rd.	Single-Family Residence	\$430,000	M. Edward and Katherine M. Simes	Brandon A. Boisvert and Marissa Martinez
Thornton	542 Upper Mad River Rd.	Single-Family Residence	\$75,000	Nina Wellford and Laurie Daniels	George T. and Laurie S. Daniels
Warren	208 Red Oak Hill Rd.	Mobile Home	\$132,000	Mark F. and Netlie J. Sanborn	Paul M. Fletcher
Waterville Valley	28 Packards Rd., Unit 302	Condominium	\$121,533	William P. and Mary K. Murray	David W. Bach and Karrie A. Markley-Bach
Waterville Valley	26 Windsor Hill Way, Unit 119	Condominium	\$245,000	Brian and Erin Quinn	Kristen J. and Steven J. Taylor
Wentworth	N/A	N/A	\$125,000	William F. Haring and Kimberly A. Davis	Amy E. Friedrich and Lee A. Deskins

ABOUT THE REAL REPORT

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

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

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

Bolton named Executive Director of Transport Central



William (Bill) Bolton was recently named the new executive director of Transport Central in Plymouth.

BY DONNA RHODES
Contributing Writer

PLYMOUTH – Transport Central, located at the Whole Village Center in Plymouth, is pleased to announce that William (Bill) Bolton was recently named their new executive director, overseeing operations of their organization that provides vital transportation to area seniors, individuals with disabilities and those on Medicaid.

“As the Executive Director of Transport Central, I’ll be joining a

team consisting of our own office staff, our Board of Directors and key volunteer Stakeholders,” Bolton said following the announcement. “I’ll work together strategically with this organization to further plan, sustain and expand Transport Central’s ability to address the significant and growing needs of the 19 towns in our region.”

He added that under the leadership of its original founders, Patsy Kendall and Doug Grant, Transport Central has seen steady growth; therefore, his focus will be to continue in that direction, maintaining and enhancing the “high quality, non-profit” organization they established.

Transport Central began over a decade ago and was developed as a place where seniors, individuals with disabilities, and people on Medicaid could turn to for their transportation needs. They work with healthcare providers, service agencies and senior centers on provid-

ing rides to hospitals, medical appointments and other healthcare needs.

Bolton comes to the group with a long record of service to the state, the Plymouth community and numerous non-profit organizations.

He and his wife are longtime residents of Plymouth and raised their four children in the home they built 20 years ago. Bolton is now retired but spent 30 years working for the State of New Hampshire in roles that ranged from a lab scientist to assistant director of the Public Health Laboratories. He also served as chief of the staff supporting the state’s Certificate of Needs Board, the State Registrar and the Division of Vital Records under the Secretary of State.

During that time, Bolton also obtained a commercial driver’s license in order to become a driver for the Buckboard’s 18-passenger commuter bus in Plymouth, transporting employees to and from their

jobs in Concord.

When Bolton retired from the state in 2008, he became a software implementation manager, working from his home in Plymouth. Through that job he dealt with all 50 states and the nation’s seven territories, installing a national software suite to collect data and report vital records data.

Bolton is also well known for his involvement in the community. He has been an elected member of the Plymouth Board of Selectmen since 2013 and currently serves as chair. He is also the chair of the Pemigewasset River Local Advisory Committee, and has served terms on the town’s Planning Board, Conservation Commission, Energy Commission and many local non-profit groups.

“Bill’s experience, organizational skills and his love for his community will be great assets as he begins his career as Transport Central’s Executive Director,” the organization said.

Transport Central now serves the towns

of Alexandria; Bridgewater; Bristol; Campton; Dorchester; Ellsworth; Groton; Hebron; Holderness; Lincoln; New Hampton; North Woodstock; Plymouth; Rumney; Thornton; Warren; Waterville and Wentworth. The organization is dedicated to

increasing mobility for seniors, those with disabilities and others in need, and serving those needs at no cost to them. For more information on their services, visit them online at www.transportcentral.org or call 1-855-654-3200.

Plymouth Fire Department to host reunion

PLYMOUTH — There will be a reunion of the Plymouth Fire Department for all past members, call and career, on Saturday, Oct. 16, at the Plymouth Lodge of Elks. The event will be from 3-7 p.m.

This will be a fun, casual event with the opportunity for memories of some of the highlights while in the department. There will be comments made at 5pm and again around 6:15 p.m. It is planned that the cherished 1929 fire truck will be in attendance.

There is no cost although donations will be accepted. Any donations should be sent to Pete Cofran at 73 River Rd., Plymouth, NH 03264. If payment by check, it should be made out to Pete Cofran.

If interested in attending, please go to <https://tinyurl.com/PFDRRegistration>.

New Hampton School hosts sports clinics for local youth

NEW HAMPTON — As part of New Hampton School’s 200th Founder’s Day festivities, the School invites local children, ages six to 12, to participate in a sports clinic on Saturday, Sept. 18, from 10 to 11 a.m, on campus. Open clinics will be available for soccer, tennis, basketball, and field hockey, all led by New Hampton School student-athletes and coaches.

To register your child for a sports clinic and receive more details on this activity, please contact Cindy Buck, Bicentennial Coordinator at New Hampton School at cbuck@newhampton.org.

Please note: At this time, all visitors must wear a face-covering while on the New Hampton School campus.

Founded in 1821, New

Hampton School is an independent, co-educational, college preparatory secondary school of 350 students who come from over 28 states and 30 countries. An International Baccalaureate school, New Hampton School cultivates lifelong learners who will serve as active global citizens. Students benefit from an average class size of 11 and a student-faculty ratio of five to one. For more in-

formation, please visit www.newhampton.org.

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CADY Corner

Fall semester: A time for parents to discuss the risks of college drinking

BY DEB NARO
Contributor

As college students arrive on campus this fall, it is typically a time of new experiences, new friendships, and making memories that will last a lifetime. Unfortunately for many, it is also a time of harmful underage drinking and of dealing with its aftermath—from vandalism, sexual aggression, and other forms of violence to injuries and death. In light of the current coronavirus Delta variant, it is particularly important this fall for parents to urge college students to take measures to protect their health.

Drinking alcohol impairs both physical and mental abilities, and it also decreases inhibitions. Reduced inhibitions from drinking and being intoxicated may affect a young person's ability to take the precautions needed to reduce the risk of contracting the coronavirus or spreading it to others, such as maintaining appropriate physical distance and wearing a mask. Encourage students to limit how much alcohol they or friends are consuming and remind underage students not to drink any alcohol. Students should also know the steps needed to protect themselves and others from COVID-19 if schools have resumed in-person or hybrid classes or while participating in activities outside of school. This includes following the everyday practices recommended by the U.S. Centers for Disease Control and Prevention (CDC) to reduce the risk of contracting and spreading the coronavirus, as well as following all guidelines and procedures that have been established by individual colleges and universities.

According to the 2019 National Survey on Drug Use and Health (NSDUH), 52.5 percent of full-time college students ages 18 to 22 drank alcohol in the past month, and 33.0 percent engaged in binge drinking in the past month. NSDUH defines binge drinking as 5 or more drinks for men and 4 or more drinks for women in a two-hour period. In addition, 8.2 percent engaged in heavy alcohol use (defined by NSDUH as binge drinking on 5 or more days in the past month). These binge drinking and heavy alcohol use rates are both higher than for those not attending college.

The consequences of harmful underage drinking by college students are more significant, more destructive, and more costly than many parents realize. And these consequences affect students whether they drink or not.

The most recent statistics from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) indicate that drinking by college students ages 18 to 24 contributes to an estimated 1,519 student deaths each year. In addition, there are an estimated 696,000 assaults by students who had been drinking and 97,000 cases of sexual assault or date rape each year.

Although some students come to college already having some experience with alcohol, certain aspects of college life, such as unstructured time, the widespread availability of alcohol, inconsistent enforcement of underage drinking laws, and limited interactions with parents and other adults, can intensify the problem. The first 6 weeks of freshman year are a vulnerable time for harmful and underage college drinking and for alcohol-related consequences because of student expectations and social pressures at the start of the academic year. The coronavirus pandemic will create additional stress and uncertainty this fall, so support for students will be critical.

An often-overlooked protective factor involves the continuing influence of parents during the college years. Research shows that students who abstain from drinking often do so because their parents discussed alcohol use and its adverse consequences with them. During these crucial early weeks, parents can do a number of things to stay involved.

Talking with your student about the dangers of harmful underage college drinking—such as the possible legal and school penalties for underage drinking, and the risks of alcohol overdose, unintentional injuries, violence, unsafe sexual behavior, academic failure, and other adverse consequences. Parents of young adults are encouraged to reach out periodically to their children to keep the lines of communication open while staying alert for possible alcohol-related problems. Be sure to remind your young adult children to reach out to you to share information about their daily activities and to ask for help when needed. All students need to know the signs of alcohol overdose or an alcohol-related problem, and how to help if an emergency situation arises.

For more information about how to talk to your child about underage drinking, visit our Web site at www.cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parenh.org or 238-3555.

Changing the Conversation

Maternal health and substance misuse

BY TARA GRAHAM
CENTRAL NH COMMUNITY OPIOID RESPONSE PROGRAM

In recognition of World Breastfeeding Week, which was the first week in August, we'd like to also recognize the importance of maternal and infant health in relation to substance misuse.

Substances used by pregnant women are able to pass easily through the uterus and into the fetus. According to the American Academy of Pediatrics, increased rates of opioid use and opioid use disorder among women of reproductive age has led to a parallel increase in infants born with neonatal abstinence syndrome and neonatal opioid withdrawal syndrome. These medical conditions refer to the medical complications associated with substance withdrawal in newborns due to prenatal exposure to opioids and other substances.

A recent CDC analysis of national data showed that the number of pregnant women with opioid use disorder (documented at the time of delivery) more than quadrupled from 1999 through 2014. The effects of this are severe for both mother and baby.

The National Institute on Drug Abuse "warns that substance abuse while pregnant may result in maternal complications or death, miscarriage, stillbirth, infant withdrawal syndrome,

birth defects, premature birth, low birth weights, and sudden infant death syndrome".

Substance misuse disorders arise out of many different situations and mothers are not immune. Stress and other mental health disorders, financial insecurity and past trauma are only a few factors that can lead to substance misuse. All of these aspects, along with social isolation, have been exacerbated by the Covid-19 pandemic.

Most recommended tools to combat this issue revolve around prevention methods, including access to healthcare, birth control and support systems. However, treatment options are also available and can be tailored to expectant mothers.

As part of CDC's overarching five-point strategy to prevent opioid overdoses and other harms, CDC is taking specific actions to prevent opioid use disorder among pregnant women and women who could become pregnant and to make sure women with opioid use disorder get proper treatment. The CDC's Division of Reproductive Health works on surveillance and research and building state and local capacity for prevention. They also produce publications and other supports for providers, health systems and payers, and provide resources based on current best practices for providers, profes-

sionals and patients and families.

In SAMHSA's guide, "A Collaborative Approach to the Treatment of Pregnant Women with Opioid Use Disorders," they state "that abrupt discontinuation of opioid use during pregnancy can result in premature labor, fetal distress, and miscarriage. Medical withdrawal from opioids should be conducted under the supervision of physicians experienced in perinatal addiction. If pregnant women who stop using opioids subsequently relapse they are at greater risk of overdose death. There is also an increased risk of harm to the fetus with relapse. Because neonatal abstinence syndrome is treatable, medication assisted treatment (MAT) is typically recommended instead of withdrawal or abstinence."

The collaborative approach, in addition to medication, is behavioral therapy. Examining why the substance misuse occurred in the first place and helping the individual work through those issues is the key to preparing them for a healthy lifestyle for both themselves and their baby. Community supports are also important. Stable housing, food and financial security, childcare, and other wrap-around services are at the core of a positive outlook and promising future.

When the person reaches their journey into recovery, support

groups, peer-to-peer support, and continued medical and mental health monitoring have been shown to produce positive outcomes. We have these supports right here in Central New Hampshire.

Locally, at Speare Memorial Hospital in Plymouth, the nurses and providers on the Birthing Suite at SMH have been working in collaboration to create a standardized policy and assessment for newborns who present with neonatal abstinence syndrome. According to their website (spearehospital.com), this process starts with Obstetricians providing education and referrals during the prenatal process. Early detection allows the obstetrical team to intervene by referring patients to a MAT program, supporting recovery and alerting the pediatric team of a newborn at risk for neonatal abstinence syndrome. Then with the delivery of the newborn, they provide continued education, support, and encouragement from their pediatricians and nursing staff. You can reach Plymouth OB/GYN at 536-1104.

Seeking help is a sign of strength. It is never too early or too late to guide yourself or someone you know on a path to wellness. Please visit findwellnh.org to explore the many options available right here in our own community.

Letters to the Editor

Sununu wants to privatize education

To the Editor:

Most people who have grown up in New Hampshire have fond memories of going to school with the other kids in their town — the school bus rides, playground games, school lunch (yuck), team sports, and lifelong friendships.

On Aug. 16, Chris Sununu diverted our taxpayer dollars — the money should be going to help our underfunded public schools reopen — to an unqualified, Koch-funded, for-profit company that is under investigation in Arizona. Under Sununu's direction, the Department of Education will issue a no-bid contract from the pandemic relief bill portion for schools to this

shady company, Prenda. The Governor is giving Prenda \$6 million for its "learning pods."

This money is from the bipartisan Coronavirus Response and Relief Supplemental Appropriations Act, which contained \$13.5 billion in "Elementary and Secondary School Emergency Relief" funds.

New Hampshire is now giving Prenda's "micro-schools" more money per pupil than the state gives our local public schools. Its curriculum is taught by "guides" — not certified teachers, and there is little accountability.

These pods will be five to ten elementary or middle-school-aged students, taught by Pren-

da's employees in school buildings or other public locations — Churches, perhaps? According to Prenda's site, to become a "guide", you must be at least 18 years old, pass a criminal check, be certified in CPR and first aid, have some facility with technology, and have six months of experience (paid or unpaid) working with children in the last five years.


Do you hear anything about academics? Learning styles? Classroom strategies? Lesson plans? Do the guides need to be educated beyond the eighth grade to teach? How will the students be evaluated for work in the larger world? Will they be prepared to enter college?

The money Sununu is giving to Prenda will create an additional 27 charter schools to add to the state's current 29. Last I heard, prior to COVID, the existing charter schools were having trouble filling their seats. Some were closing down for lack of business. Do we really need to more than double the number of these schools?


Perhaps our local population prefers an accredited, accountable public school with a curriculum that adequately prepares them for adult life. Sununu appears to be trying to destroy the public school system.

Rep. Joyce Weston
Plymouth

Every 8 minutes, we respond to a disaster.



HELP NOW >



Beverly Ann Wood “Bebe

Beverly Ann Wood “Bebe”, of Bristol, passed on August 14, 2021, at the age of 95. She was born in Salem, Massachusetts on June 10, 1926. She spent her childhood in Marblehead, Massachusetts with her parents, Samuel and Margaret Walker, her older late sister Pricilla “Skip” Lane of Bar Harbor, Maine, and her late twin brother Ben Walker of Bellevue, Idaho.

Beverly graduated from Colby College in New London, NH in 1946. She remained head agent and reunion chairman for many years. Bebe truly enjoyed her time there and the lifelong friendships! After school she traveled to Sun Valley Idaho and became a “Ski Bum” for 4 years. Bebe skied with the best of the bums, even making it into “Life Magazine” February 27, 1950. One of the great skiers was Ed Scott better known as “Scotty” who in 1958 invented the modern-day aluminum ski pole.

In 1951 Beverly married her late beloved husband Walter O. Wood who was a Dartmouth graduate and Marine stationed at Camp Lejeune, NC.

On their journey together Walter furthered his education and career throughout the multiple states they traveled. This took them from Tulsa, Oklahoma – Bangor, Maine – New York City – Westernport, Maryland – Charleston, South Carolina - Stamford, Connecticut. Beverly and Walter finally moved to Bristol, NH in 1963. Beverly fell in love with the Lakes and Mountains of NH. She was the Director of the Ragged Mountain Jr. Ski Program which ran for over 26 seasons hosting over 100 kids weekly from the surrounding schools. Till this day there are students that now have their own families and come up to



Bebe and thank her for teaching them how to ski!

Bebe has been a part of the Professional Ski Instructors of America for over 40 years. She retired from the slopes (at 85) but remained a greeter at Ragged Mountain till she was 90. With her love of skiing Ragged Mountain honored her with titling their new program “Bebe Wood Free Learning to Ski and Ride Program” she was very honored and humbled by this. 4 years ago, she was given the “Lifetime Achievement Award” in recognition of her-lasting commitment to growing the sport of skiing in New Hampshire.

One of Bebe’s other loves was the Tapply Thompson Community Center which she was a lifetime member. She has been a strong supporter of their many activities. One her favorites would be Santa’s Workshop and watching the thousands of kids enjoy this incredible event. Other Community involvements have been volunteering for the Bristol Community Services and being a member of the Bristol United Church of Christ. In the early years Bebe helped instruct many first aid classes with her late husband Walter.

Bebe’s other cherished passion was the Squam Lakes Science Center where she was a docent for 13 years. Her love of animals and to watch the hundreds of families come from all over New England to see the live shows and

demonstrations truly put a smile on her face.

Bebe loved her summer home on Squam Lake. For 56 years she would arrive in early May and stay till mid-October...she would always say there is not a better view in NH! Through the years she so enjoyed taking long boat rides - waterskiing – sailing -windsurfing – going fishing and listening to the loons. She always loved seeing her kids and grandkids enjoy a water ski run; especially her grandson William who also resided in NH. Bebe always said the vacuuming and cleaning can wait! Let us take a swim in the lake and just float with friends.

Bristol will always be dear to Bebe’s heart with lifelong friendships of amazing people with small town spirit that cannot be beat. She truly loved going to breakfast at Gilley’s and spending time at Twin Design! One of Bebe’s favorite quotes was “you will not find a better place to raise a family”

Beverly Wood is survived by her 4 children and one daughter-in-law, Sharon Harvey of Merrill, Wisconsin; Brad Wood of Lexington, South Carolina; Les Wood of Montpelier, Virginia; Ken and Tracy Wood of Franklin, New Hampshire; 10 grandchildren and 10 great grandchildren.

A special thanks to the great staff at Golden View Health Care Center; they have been truly amazing over the years.

There will be a private celebration of life service scheduled for a later date.

Being community minded, in lieu of flowers, any donations should be made to the Tapply Thompson Community Center; 30 North Main St., Bristol, NH 03222. To leave a tribute on online condolence, please go to www.EmmonsFuneralHome.com

Bears

FROM PAGE A1

The Bears are hosting Gilford on Friday, Oct. 1, at 3:30 p.m., will be hosting Winnisquam on Monday, Oct. 4, at 4 p.m. and will be at Gilford for a 4 p.m. game on Monday, Oct. 18, to wrap up the season.

The defending Division III volleyball champions will open the season on Thursday, Sept. 2, at home against Franklin at 6:15 p.m. and then visits Portsmouth Christian on Wednesday, Sept. 8, at 6:15 p.m.

The Bears host three games in a row after that, with Moultonborough visiting on Friday, Sept. 10, Farmington hosting on Monday, Sept. 13, and Mascenic hosting on Wednesday, Sept. 15, all with 6:15 p.m. starts. The Bears head to Epping on Monday, Sept. 20, and host Sunapee on Wednesday, Sept. 22, both at 6:15 p.m.

On Friday, Sept. 24, the Bears will visit Trinity in a championship rematch at 6:15 p.m., will be at Franklin at 6:15 p.m. on Wednesday, Sept. 29, and will be hosting Belmont at 10 a.m. on Saturday, Oct. 2. The Bears are at Mascoma on Wednesday, Oct. 6, at 6:15 p.m. and will be at Nute on Friday, Oct. 8, at 5:45 p.m.

Newfound will be hosting Inter-Lakes on Wednesday, Oct. 13, will be at Moultonborough on Friday, Oct. 15, will host Kennett on Wednes-

day, Oct. 20, and will finish the regular season at Raymond on Friday, Oct. 22, with all games at 6:15 p.m.

The cross country Bears will open the season at the Gilford Early Bird Invitational on Thursday, Sept. 2, at 4 p.m. then will be hosting a meet on Tuesday, Sept. 14, at 4 p.m. The Bears head to White Mountains on Saturday, Sept. 18, for a 9 a.m. meet.

Newfound hosts another meet on Tuesday, Sept. 21, at 4 p.m., then run in Laconia on Saturday, Sept. 25, at 11 a.m. and Mascoma on Tuesday, Sept. 28, at 4 p.m. The Bears are at Belmont on Friday, Oct. 1, and at Plymouth on Friday, Oct. 8, both at 4 p.m. and they will be at Kearsarge on Wednesday, Oct. 13, at 3:30 p.m. and at Merrimack Valley to wrap up the regular season on Thursday, Oct. 21, at 4 p.m.

The Newfound field hockey team will be opening the season on Friday, Sept. 3, at Monadnock at 4 p.m. and will then play a pair of home games, with Winnisquam visiting on Tuesday, Sept. 7, and Laconia visiting on Friday, Sept. 10, both with 4 p.m. starts.

The Bears will be at White Mountains on Tuesday, Sept. 14, at 4 p.m., will be hosting Mascoma on Monday, Sept. 20, at 4 p.m. and then head to Berlin on Wednesday, Sept. 22, and Littleton on Saturday,

Sept. 25, both at 4 p.m.

Newfound then hosts three games in a row, with Gilford visiting on Tuesday, Sept. 28, Hopkinton in town on Friday, Oct. 1, and Berlin visiting on Monday, Oct. 4, all at 4 p.m. The Bears are at Bishop Brady on Wednesday, Oct. 6, and at Winnisquam on Tuesday, Oct. 12, both at 4 p.m. and the season wraps up with a home game with White Mountains at 4 p.m. on Friday, Oct. 15.

The Newfound football team will be opening the season with a pair of road games, at Mascoma on Saturday, Sept. 9, at 2 p.m. and at Somersworth on Friday, Sept. 10, at 7 p.m. The first home game of the season has Bishop Brady in town for a 2 p.m. start on Saturday, Sept. 18. The Bears then visit Franklin on Saturday, Sept. 25, for a 3:30 p.m. game.

Newfound hosts Fall Mountain on Saturday, Oct. 2, at 7 p.m., then visits Farmington-Nute on Saturday, Oct. 9, at 2 p.m. and hosts Raymond on Saturday, Oct. 16, at 2 p.m. The Bears are at Epping-Newmarket on Saturday, Oct. 23, at 2 p.m. and the season wraps up with a home game against Newport on Saturday, Oct. 30, at 2 p.m.

All schedules are subject to change.

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

Churches

Christian Science Society, Plymouth

We are happy to let you know that our Reading Room is open on Mondays from noon-2 p.m., and has a wealth of materials which you can read, borrow or buy. We have all books published by the Christian Science Publishing Society, Bibles and reference books. You can read the Christian Science magazines, the Sentinel and the Journal, which have articles by members from around the world with helpful, practical thoughts on meeting everyday challenges,

and accounts of healing experienced through prayer. We welcome you to stop in and browse what’s available.

We’d love to have you join us at our Sunday services which are held at 10 a.m. each week in our church building at 7 Emerson St. in Plymouth. This subject of this week’s bible lesson is Christ Jesus. The opening verse from Philippians is “...the peace of God, which passeth all understand” shall keep your hearts and minds through Christ Jesus.

On Wednesday evenings, we have a meeting at 6 p.m. which includes short readings from the Bible and from the Christian Science text-

book, and also time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our Bible study and prayer. Everyone is most welcome to this meeting.

Both the Sunday and the Wednesday services are available to attend on Zoom and we love to have visitors from near and far. Visit our Web site at cs-plymouth-nh.org to request a link to these services.

We hold Sunday school for children and young people up to the age of 20. We welcome all youngsters who would like to participate. Students become familiar with the Bible, and learn truths which can

help them in their everyday lives. It meets the same time as the church service. There is also a nursery for little ones.

On www.jsh.christianscience.com there are many resources both to listen to and read. You can sign up for a free newsletter with helpful articles which will come by email.

On www.christianscience.com you can learn more about Christian Science. It’s also possible to link to and read The Bible and the Christian Science textbook “Science and Health with Key to the Scriptures” by Mary Baker Eddy. There are also on-line biographies of Eddy.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship

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

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Plymouth athletes preparing to return to action

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The fall high school sports season is here and athletes at Plymouth Regional are ready for action.

The Bobcat boys' soccer team will be opening the season on the road at Coe-Brown on Friday, Aug. 27, for a 4 p.m. game. Plymouth is also on the road on Tuesday, Aug. 31, for a 6 p.m. game at Kennett before returning home to host John Stark on Friday, Sept. 3, at 4 p.m. and Bow on Tuesday, Sept. 7, at 4 p.m.

The Bobcats are at Kingswood at 1 p.m. on Saturday, Sept. 11, then host Merrimack Valley on Tuesday, Sept. 14, at 3:30 p.m. The team heads to Lebanon on Friday, Sept. 17, for a 4 p.m. and to Oyster River for a 4:30 p.m. game on Tuesday, Sept. 21. Kennett will visit on Thursday, Sept. 23, and Pembroke is in town on Tuesday, Sept. 28, both at 4 p.m.

Plymouth is on the road at Manchester West on Friday, Oct. 1, and at Stevens on Friday, Oct. 8, both at 4 p.m. before hosting Pelham on Tuesday, Oct. 12, for a 4:30 p.m. game. The Bobcats travel to Sanborn on Friday, Oct. 15, at 4:30 p.m., then host Con-Val on Tuesday, Oct. 19, at 3:30 p.m. and hosts Milford on Friday, Oct. 22, at 3:30 p.m. to close the season.

The Bobcat soccer girls will open the new season at home against Coe-Brown on Friday, Aug. 27, at 4 p.m. The girls head on the road on Wednesday, Sept. 1, at Kennett at 6 p.m. and will be at John Stark on Friday, Sept. 3, at 4:30 p.m. The Bobcats come

home to host Bow on Wednesday, Sept. 8, and Kingswood on Friday, Sept. 10, both at 4 p.m.

Plymouth will visit Merrimack Valley on Monday, Sept. 13, at 4:30 p.m. before three-straight home games, starting with Lebanon on Friday, Sept. 17, at 4 p.m., followed by Oyster River on Wednesday, Sept. 22, at 4:30 p.m. and Kennett on Friday, Sept. 24, at 4 p.m. Plymouth is at Pembroke at 4 p.m. on Tuesday, Sept. 28, and wraps up the month at Manchester West on Thursday, Sept. 30, at 7 p.m.

The Bobcats will be hosting Stevens on Friday, Oct. 8, at 4 p.m., will be at Pelham at 4:30 p.m. on Tuesday, Oct. 12, will be hosting Sanborn on Thursday, Oct. 14, at 4:30 p.m. and at Con-Val on Tuesday, Oct. 19, at 3:30 p.m. Plymouth wraps the regular season on Friday, Oct. 22, at 4 p.m. at Milford.

The Plymouth cross country team opens the season at Merrimack Valley on Wednesday, Sept. 1, and the next day competes at Gilford

in the Early Bird Invitational, all with 4 p.m. start times. The Bobcats then head to Great Glen Trails in Pinkham Notch on Saturday, Sept. 11, at 10 a.m.

Plymouth runs at Newfound on Tuesday, Sept. 14, at 4 p.m., at Coe-Brown on Saturday, Sept. 18, at 10 a.m. and at Newfound again on Tuesday, Sept. 21, at 4 p.m. The Bobcats compete in the Manchester Invitational on Saturday, Sept. 25, at 10 a.m., visit Kennett on Saturday, Oct. 2, at 2 p.m. and then host a meet on Friday, Oct. 8, at 4 p.m. The final meet of the regular season is at Kingswood on Thursday, Oct. 14, at 4 p.m.

The Bobcat field hockey team will be opening the season with a pair of home games, hosting Derryfield on Tuesday, Aug. 31 at 4 p.m. and Hollis-Brookline on Friday, Sept. 3, at 4 p.m. The Bobcats head to Kennett on Tuesday, Sept. 7, and to Pembroke on Friday, Sept. 10, both with 4 p.m. starts.

Plymouth will host Merrimack Valley on Tuesday, Sept. 14, at 4

p.m. will be at Souhegan on Thursday, Sept. 16, at 4:30 p.m. and at John Stark at 4 p.m. on Wednesday, Sept. 22. The Bobcats are at home on Friday, Sept. 24, against Milford and will be hosting Kingswood on Tuesday, Sept. 28, both with 4 p.m. starts.

The Bobcats head to Sanborn on Thursday, Sept. 30, at 4:30 p.m., then visit Bow at 4 p.m. on Tuesday, Oct. 5. The girls host Goffstown on Friday, Oct. 8, at 4 p.m. and Hanover at 4:30 p.m. on Tuesday, Oct. 12, before wrapping up the regular season at Lebanon on Thursday, Oct. 14, at 4 p.m.

The football Bobcats will be starting the season with a trip to Pembroke on Saturday, Sept. 4, at 2:30 p.m. before hosting Kingswood in the home opener on Saturday, Sept. 11, at 2 p.m. The Bobcats are at Bow at 2 p.m. on Saturday, Sept. 18, and will be hosting Timberlane at 2 p.m. on Saturday, Sept. 25.

Plymouth heads to Kennett on Friday, Oct. 1, at 7 p.m., will be hosting Merrimack Valley on Saturday, Oct. 9, at 2 p.m., then travel to St. Thomas on Saturday, Oct. 16, and Gilford-Belmont on Saturday, Oct. 23, both at 2 p.m. The final game is set for Saturday, Oct. 30, at home against Sanborn at 2 p.m.

The Plymouth golf team will be opening the season at the Country Club of New Hampshire on Wednesday, Sept. 1, at 3:30 p.m. and will be at Eastman Golf Links on Tuesday, Sept. 7, also at 3:30 p.m. The Bobcats head to Farmington Country Club on Thursday, Sept. 9, at 4 p.m. before hosting their first match on Tuesday, Sept. 14, at Owl's Nest at 3:30 p.m.

The Bobcats visit Claremont Country Club on Friday, Sept. 17, at 3:30 p.m. then return home to host a match at Owl's Nest on Monday, Sept. 20,

at 3:30 p.m. The Bobcats visit Beaver Meadow on Wednesday, Sept. 22, at 3:30 p.m. and Apple Hill Golf Club on Monday, Sept. 27, at 3:30 p.m. The final match of the season is at Owl's Nest on Thursday, Sept. 30, at 3:30 p.m.

The Plymouth unified soccer team has a couple of games scheduled so far, home against Newfound on Wednesday, Sept. 8, at 3:30 p.m. and home against Laconia on Wednesday, Oct. 6, at 4 p.m.

The Plymouth volleyball team will be opening the season at Winnisquam on Friday, Sept. 3, at 6:15 p.m. and plays the first home game on Wednesday, Sept. 8, at 6 p.m. and hosts Hanover on Friday, Sept. 10, at 5:45 p.m. The Bobcats will host Kingswood on Monday, Sept. 13, at 6 p.m.

Plymouth visits Manchester West on Friday, Sept. 17, at 5:45 p.m., returns home to host Milford on Monday, Sept. 20, at 5:45 p.m. and visits Souhegan on Wednesday, Sept. 22, at 5:45 p.m. The Bobcats host Prospect Mountain on Friday, Sept. 24, at 5:45 p.m. and will be at Gilford on Tuesday, Sept. 28, at 5:45 p.m., at Somersworth on Thursday, Sept. 30, at 5:45 p.m. and at Kennett on Wednesday, Oct. 6, at 6 p.m.

The Bobcats return home to host Coe-Brown on Friday, Oct. 8, at 6 p.m., will be hosting Oyster River on Thursday, Oct. 14, at 5:45 p.m. and will be at Kingswood on Monday, Oct. 18, at 6 p.m. The final home game is against Laconia on Wednesday, Oct. 20, at 5:45 p.m. and will be at St. Thomas to round out the season at 6 p.m. on Friday, Oct. 22.

All schedules are subject to change.

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

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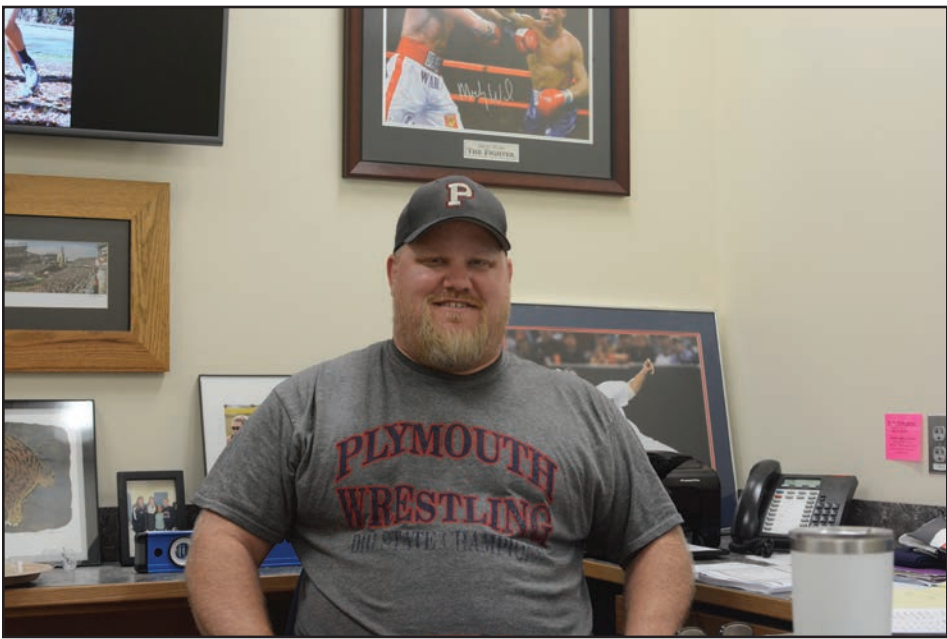


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Austin settling in as new Plymouth Athletic Director



JOSHUA SPAULDING

Todd Austin has taken over as Plymouth's Athletic Director.

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — Todd Austin says the reason he went to college was athletics, so it's only fitting that he moves into the athletic director position at Plymouth Regional High School for the new school year.

"The only reason I went to college was athletics," said Austin as he continued settling into his new office. "They've always been part of what I do."

Austin, who will remain as the assistant coach for the Division III champion Plymouth wrestling team, but has stepped down from his football coaching position, is excited to be taking the lead in the department from Jim Carey.

"When Chuck (long-time AD Chuck Lenahan) retired, I kind of wanted to do it, as did Jimmy," Austin said. "I didn't apply then and got a different administration role for those years."

"But this has been kind of what I wanted to

do," Austin said.

Austin came to Plymouth Regional in 2001 after graduating from Plymouth State University, where he had a solid wrestling career. It was that wrestling prowess that brought him to the high school, as veteran coach Randy Cleary needed someone to challenge his top wrestler at the time, Mike Blair. Blair was a high school All-American and went on to be an All-American in college and Cleary saw Austin as a good battle for Blair to prepare him for big matches.

"That's how I ended up here," he said. "Athletics have been something I've done since I was in diapers."

Over the last few years, Austin often worked with Carey, filling in as game administrator at different times and has been coaching wrestling for 20 years. Until this fall, he coached football every year since his arrival as well and also coached baseball for a few years, so he's been involved in all aspects of athletics.

"The easy part is the game administration," Austin said. "Paperwork hasn't ever been my strong suit."

In that regard, Austin was bolstered by the re-

turn of longtime athletic department secretary Kathy Howard, who handles many of the day-to-day things that make the department click.

"She does so many little things," Austin said with a smile.

In addition to his new duties as the athletic director, Austin will also still be handling many of the duties of his job as school safety coordinator, which included organizing substitute teachers, emergency response efforts, organizing fire drills and working with Cleary with discipline.

"It keeps you busy, it keeps you moving," Austin said.

And as he settles in to the office, surrounded by a mix of images of New England sports legends and stadiums and Plymouth memorabilia, he has a saying that will likely be a key part of his life as he moves forward.

"The only thing worse than not enough time, is too much time," Austin said. It's a safe bet that he'll have no problem keeping his time filled as the school year gets under way.

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

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Girls' Soccer vs. White Mountains; 4
PLYMOUTH
Boys' Soccer at Coe-Brown; 4
Girls' Soccer vs. Coe-Brown; 4

Tuesday, Aug. 31

NEWFOUND
Field Hockey at St. Thomas; 5
PLYMOUTH
Boys' Soccer at Kennett; 6
Field Hockey vs. Derryfield; 4

Wednesday, Sept. 1

NEWFOUND
Girls' Soccer at Berlin; 4
PLYMOUTH
Cross Country at Merrimack Valley; 4
Girls' Soccer at Kennett; 6
Golf at CC of NH; 3:30

Thursday, Sept. 2

NEWFOUND
Boys' Soccer at Inter-Lakes; 4
Cross Country at Gilford; 4
Volleyball vs. Franklin; 6:15
PLYMOUTH
Cross Country at Gilford; 4

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