

Bednaz scores twice as Bears beat Gilford



Lindsey Lacasse of Newfound tries to get the ball on net as Gilford's Kayla Gallagher defends in action last week.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound and Gilford squads have been two of the top field hockey teams in the Lakes Region in the 2021 season and the battle between the two teams on Tuesday, Sept. 28, in Bristol showcased that. After a first half that saw the two teams tied at one, Newfound scored twice in the second half to pull away for the 3-1 win.

“We were ready to play today,” said Newfound coach Kammi Williams. “We knew we’d have to score three goals to win.” “They beat us to too many balls and when we got the ball, we didn’t take advantage of it,” said Gilford coach Dave Rogacki. “They’re the kind of team you have to keep the ball out of the middle because every time it goes the other

way.” Newfound had some early chances, with Adeline Dolloff sending a nice cross through the middle and then sending a ball to Cassie Zick, but Gilford blocked it. The Bears also had a corner chance but the Golden Eagles cleared the ball out of the zone. Gilford was able to score the game’s first goal with 12:47 to go in

SEE GIRLS PAGE A9

Bristol Falls Park marred by vandalism



This photo shows just a portion of the vandalism discovered at Bristol Falls Park along the Pemi Trail this past Monday morning.

BY DONNA RHODES
Contributing writer

BRISTOL – On Monday morning, town officials in Bristol were heartbroken to discover that overnight, one or more persons spray painted the signs, kiosks, artifacts and even the walkway at the Bristol Falls Park Pemi Trail off Central Street, marking the second time the area had been hit by such crimes.

“What a terrible way to start the week,” wrote Bristol Town Administrator Nik Coates on social media. “The fence at our beautiful brand new rail trail had been kicked out by vandals last year, and now we are disappointed to see the sign, trail and artifacts have been defiled. Truly sad.” Bristol police were immediately notified and began an investigation into the incident. Chief James McIntyre said he, too, was sadly disappointed

ed that anyone would feel compelled to damage and deface signage and monuments on the Pemi Trail. “Community members have worked hard to organize, fundraise and construct the first phase of the trail,” McIntyre said. Plans for the park and trail had been in the works in Bristol for several years, awaiting permissions and funding to begin the project. Heading

SEE VANDALISM PAGE A12

Help keep our community clean

BRISTOL — Gather your friends and family and help keep our beautiful lake community clean during the Second Annual Newfound Lake Clean Up Day Saturday, Oct. 16, sponsored by the Newfound Lake Region Association.

Limited Goody Bags will be available with coupons for the Bristol Hannaford, Newfound Lake Inn, and Newfound Country Store. Pick up your trash bag, gloves and goody bag at Aubuchon Hardware in Bristol or the Newfound Community Store from 8 to 9 a.m. on the 16th.

“Keeping Newfound clean, whether by managing stormwater and invasive species or making sure our roads and pathways are free from litter, is key to protecting this treasured resource,” said Rebecca Hanson, Director of the NLRA.

Blouin’s hat trick lifts Bears over Lumberjacks



Zack Stevens chases down the ball in action last week.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — On a small field on a rainy day, the game between the Newfound and Lin-Wood boys’ soccer teams last Monday was a physical battle with momentum swings in both directions. In the end, a Josh Blouin hat trick was enough to propel the host Bears past the Lumberjacks by a 4-2 score. “That was a big one, I am proud of the boys,” said Newfound coach Jason Hill. “There was a lot of good energy, we knew it was going to be a tight game.” “We had a lot of good work and great possession and movement of the ball,” said Lin-Wood coach Blair Weeden. “We were playing hard, just lacking the consistency.” The two teams exchanged early chances in the zone, with Josh Blouin and Tyler Kulacz teaming up for New-

found and Jake Avery and Cam Clermont getting bids for the Lumberjacks. Keepers Jack Chase for the visitors and Hayden Dolloff for the hosts kept the ball out of the net. Newfound got a bid from Bodhi Smith that was stopped and Clermont had a couple of bids for Lin-Wood, one that was stopped by Dolloff and another that went wide of the net. Avery had a bid go over the top of the net. John Perry also had a direct kick for the Lumberjacks that went through the crease. Lin-Wood had the first corner of the game but Smith was able to clear the ball out for the Bears and Perry was able to clear the ball out on a bid from Kulacz. About 11 minutes in, the Bears got the first goal of the game, as Landon Sargent was able to fire the shot off the cross bar and Beckett VanLenten was able to put the rebound in for

the 1-0 lead. George Belville had a shot for the Bears that deflected wide and Newfound had a corner that Addison Donati was able to clear out of the zone. Avery made a good bid in the zone but Dolloff was able to grab the ball to keep it out of the net. The two teams exchanged corners, with Smith sending a shot wide and Belville sending a ball in to Bruno Cruz-Martinez that Chase was able to save. Avery and Donati had chances for the Lumberjacks and Perry made a nice defensive stop on a run in by Kulacz. Newfound had a corner kick that Belville sent high and Blouin and Clermont exchanged chances. Cruz-Martinez had a nice cross that just missed Blouin and Tommy Kill had a shot denied by Chase as the game went to the half with Newfound up 1-0. The Lumberjacks had

SEE BOYS PAGE A8

Wildcats play spoiler at Newfound’s Homecoming



JOSHUA SPAULDING

Malaki Ingram looks for room to run Saturday night against Fall Mountain.



David Joyce heads to the end zone for a two-point conversion on Saturday night.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Coming off their first win of the season, with the excitement of Homecoming and playing under the lights of Morrison Field, the Newfound football kids had everything going in their favor on Saturday night.

However, the first play from scrimmage saw the Bears fumble the ball away, Fall Mountain took over and three plays later got in the end zone, sapping any energy the Bears may have felt coming in and didn’t look back on the way to a 43-8

win. “We didn’t do ourselves any favors by fumbling on the first play,” said Newfound coach Zack Parsons. “When we play good teams, we don’t have the talent to spot them three touchdowns and try to come back.”

After Fall Mountain scored on their first drive of the game, the Bears spotted them two more points on the next drive, as a bad snap on a punt attempt went over the punter’s head and out of the end zone for a safety.

The Wildcats got the ball back and needed just four plays to get into the end zone again and with the mixed extra point, took the 14-0 lead with 6:47 to go in the first quarter. The Bears punted away on their next drive and Fall Mountain scored just three plays later and pushed the lead to 22-0 with 3:29 to go in the first quarter.

Quarterback Thomas Talamini hit Malaki In-

gram with a 23-yard pass on the first play of Newfound’s next drive, but the Bears couldn’t get any further and punted away. Fall Mountain ran out the rest of the first quarter clock and took the 22-0 lead to the second frame.

On the sixth play of the second quarter, the Wildcats got in the end zone with a two-yard run and the extra point made it 29-0 with 9:18 to go.

Newfound got a screen pass from Talamini to Ingram for a first down on the next drive, but the next play was an interception and Fall Mountain took the ball right back. They marched down the field and were looking strong when Ingram ripped the ball out of a ball handler’s grip and raced down the sideline to the end zone, covering 65 yards for the touchdown. David Joyce carried in the two-point conversion and Newfound was on the board at 29-8 with 5:38 to go in the half.

The Bear defense then

forced the Wildcats to punt on the next drive, thanks in part to a good defensive stop from Logan Haskell and Brady MacLean. The offense took over and started marching up the field, with Talamini hitting Ingram with three consecutive passes, getting to the 25. A pass to MacLean picked up another first down inside the 15, but a fumble ended Newfound’s promising drive and the game went to halftime with Fall Mountain up 29-8.

Fall Mountain took over to start the third quarter and marched down the field, scoring a five-yard touchdown with 6:47 to go, with the two-point conversion making it 37-8. Newfound went three and out on the next drive and Fall Mountain again got to the end zone with 1:48 to go in the third. The Bears did stop the two-point conversion to make it 43-8.

From there, neither team scored again. Ta-

lamini, Joyce and MacLean did work for the Bears on their final drive, but time ran out on the Fall Mountain win.

“Credit them, they played well,” Parsons said. “We just have to put our best foot forward.

“We have to have our best stuff and we didn’t have it tonight,” the Newfound coach continued. “We’re a very young team, a lot of young guys, a lot of new guys.”

The Bear coach praised the work of Ingram, calling his defensive touchdown one of the best plays he’s seen in his many years around football.

Newfound has this coming Saturday off, but will travel to Somersworth for a makeup game on Tuesday, Oct. 12, at 7 p.m.

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

Bear boys third in Jeri Blair Invitational

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Newfound cross country boys finished in third place overall at the Jeri Blair Invitational last Friday afternoon in Belmont. Bow took the overall win and Mascenic took second.

Connor Downes paced the Bears with a time of 18:05 for eighth place overall.

Ryder Downes finished in 14th place in a time of 18:44 and Jeffrey Huckins finished with a time of 19:03 for 19th place.

Evan Foster was 22nd in 19:06 and Joe Sullivan rounded out the scoring with a time of 19:52 for 27th place.

Reuben Carruth ran to 47th place in a time of 21:26, Romeo Dokus crossed in 21:54 for 52nd place, Caleb Anair finished in 71st place in 23:24, Will Bednaz crossed in 92nd place in 26:51, Broderick Edwards finished in 96th place in 29:45 and Julian Field was 98th in a time of 30:19.

Chloe Jenness led the Newfound girls with a time of 25:30 for 36th place overall.

Leah Deuso finished in a time of 27:07 for 49th place and Josie Halle was 57th overall with her time of 28:00.

Julia Huckins rounded out the field of Newfound girls with a time of 29:06 for 70th place.

Newfound is slated to compete at Plymouth on Friday, Oct. 8, and at Kearsarge on Wednesday, Oct. 13.

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

HIGH SCHOOL SLATE

Thursday, Oct. 7
NEWFOUND
Girls’ Soccer at Inter-Lakes; 4
Friday, Oct. 8
NEWFOUND
Boys’ Soccer at Mascenic; 4
Cross Country at Plymouth; 4
Volleyball at Nute; 5:45
PLYMOUTH
Boys’ Soccer at Stevens; 4
Cross Country Home Meet; 4
Field Hockey vs. Goffstown; 4
Girls’ Soccer vs. Stevens; 4
Volleyball vs. Coe-Brown; 5:45

Saturday, Oct. 9
PLYMOUTH
Football vs. Merrimack Valley; 2
Tuesday, Oct. 12
NEWFOUND
Boys’ Soccer vs. Winnisquam; 4
Field Hockey at Winnisquam; 4
Football at Somersworth; 7
PLYMOUTH
Boys’ Soccer vs. Pelham; 4:30
Field Hockey vs. Hanover; 4:30
Girls’ Soccer at Pelham; 4:30
Wednesday, Oct. 13
NEWFOUND
Cross Country at Kearsarge; 3:30

Volleyball vs. Inter-Lakes; 6:15
PLYMOUTH
Unified Soccer at Hollis-Brookline; 3:30
Thursday, Oct. 14
NEWFOUND
Boys’ Soccer at Kearsarge; 6
PLYMOUTH
Cross Country at Kingswood; 4
Field Hockey at Lebanon; 4
Girls’ Soccer vs. Sanborn; 4:30
Volleyball vs. Oyster River; 5:45

All schedules are subject to change

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New Hampton Historical Society presents witchcraft program

NEW HAMPTON — On Tuesday, Oct. 12 at 7 p.m., the New Hampton Historical Society presents “The Capital Crime of Witchcraft: What the Primary Sources Tell Us” at the Gordon-Nash Library, 69 Main St., New Hampton.

On first impression, the witchcraft trials of the Colonial era may seem to have been nothing but a free-for-all, fraught with hysterics. This program explores an array of prosecutions in the seventeenth century, from first formal complaints to arrest warrants, indictments of formal charges to death warrants, demonstrating how the Salem Court worked, with focus on the Salem witchcraft trials of 1692 and 1693, when nineteen people were hanged and one crushed to death. Presenter Margo Burns is the 10th-generation great granddaughter of Rebecca Nurse, who was hanged in Salem in 1692 on the charge of witchcraft. She is the project manager and associate editor of Records of the Salem Witch-Hunt, and is currently Director of the Language Center at St. Paul’s School.

The Historical Society thanks New Hampshire Humanities for providing our 2021-2022 Presenters and Programs.

Our programs are free and open to the public.

Please note: Masks will be required at this indoor presentation.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Knowles Hill Road	Residential Open Land	\$35,000	Joseph M. and Denise E. Elias	Trovato Properties LLC
Ashland	19 Brunt Ave.	Single-Family Residence	\$275,000	Barbara L. Marion RET	Lisa Johnson
Ashland	N/A	N/A	\$86,500	Virginia Lindroth Estate and Jessica M. Flood	Timothy P. and Alison M. Murphy
Bristol	20-22 Central Sq.	Commercial Building	\$200,000	Goodrum Properties LLC	Bristol Central Square LLC
Bristol	24-26 Central Sq.	Commercial Building	\$700,000	Goodrum Properties LLC	Bristol Central Square LLC
Bristol	48 Grandview Dr., Unit 8	Condominium	\$222,600	Burke RET and William P. Burke	Free Family 2014 RET and John U. Free
Bristol	915 N. Main St.	Single-Family Residence	\$50,000	James M. Otting	Kyle Coutu and Paul Zareas
Bristol	915 N. Main St.	Single-Family Residence	\$50,000	Richard T. Otting, Jr. Estate and James M. Otting	Kyle Coutu and Paul Zareas
Bristol	925 N. Main St.	N/A	\$50,000	James M. Otting	Kyle Coutu and Paul Zareas
Bristol	925 N. Main St.	N/A	\$50,000	Richard T. Otting, Jr. Estate and James M. Otting	Kyle Coutu and Paul Zareas
Bristol	Pleasant Street	N/A	\$47,533	Frederick and Donna Nashawaty	Farrell 2018 Fiscal Trust and Michael E. Farrell
Bristol	210 Pleasant St.	Single-Family Residence	\$370,000	Frederick and Donna Nashawaty	Louis J. Gordon
Bristol	151 W. Shore Rd., Unit 16	Condominium	\$145,000	Patricia T. and Peter V. Gunn	Wayne R. and Dorothy M. Malm
Bristol	346 Wulamat Rd.	Single-Family Residence	\$330,000	McManus RT and Michelle Coughlin	John J. and Angela Finn
Bristol	N/A (Lot 2-9)	N/A	\$90,000	Richard F. and Diane F. O'Connor	Joseph O'Connell
Bristol	N/A (Lot 2)	N/A	\$88,000	Thomas and Donna Waldron	Valerie D. Calliham and Mark M. Robert
Bristol	N/A (Lot 28)	N/A	\$550,000	Robert A. Harrsch	Richard Brenner
Campton	47 Perch Pond Rd.	Single-Family Residence	\$378,000	Robyn I. Sarette	William A. Keegan
Hebron	Matthews Lane	Residential Open Land	\$79,933	Nicholas B. and Amy H. Nelson	Newfound Serenity LLC
Hebron	W. Shore Road	Residential Open Land	\$120,000	Patricia A. Bolton	David and Rachel Vanduzer
Holderness	Pleasant Place Drive	N/A	\$85,000	West Street Development LLC	J. Garrison RET and Janet M. Comomber
Holderness	Pleasant Place Drive	N/A	\$80,000	West Street Development LLC	Equity Trust Co.
Holderness	1069 US Route 3	Single-Family Residence	\$1,250,000	K.B. Ruhm RET	Christopher Nelson
New Hampton	13 Mountain Vista Dr.	N/A	\$130,000	Preston Fiscal Trust and Judith C. Preston	Christopher Berube
Plymouth	Stinson Road	N/A	\$37,500	Sharon A. and Dennis M. Dyer	Roy R. and Margaret M. Seguin
Thornton	70 High Brook Rd.	Single-Family Residence	\$320,000	Conrad and Jennifer E. Oldenburg	Nicholas George
Thornton	56 Mountain River Ave., Unit 2	Condominium	\$285,000	Dorothy T. Duckworth Estate and James D. Duckworth	Juno Property Holdings LLC
Warren	496 NH Route 25	Single-Family Residence	\$130,000	Franka nd Pauline McClain	Bruce A. Dimond
Waterville Valley	92 Noon Peak Rd., Unit 6d	Condominium	\$355,000	Cheryl R. Suchors and Laurence Field	

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

PSU's TIGER Theatre Program returns to schools throughout New England

PLYMOUTH — Plymouth State University's (PSU) Emmy award-winning TIGER (Theatre Integrating Guidance, Education and Responsibility) program is back and gearing-up to bring its engaging, entertaining and educational performances to K-8 audiences across New England. While it was sidelined from touring in 2020 due to the COVID-19 pandemic, TIGER quickly pivoted to producing a 20-part educational and entertaining YouTube series for educators and families called "TIGER TIME." This year marks the company's 19th touring season, as it hits the road in its brand-new van.

TIGER is a professional theatre company designed to help communities proactively address social concerns. The program is a collaboration between the Integrated Arts and the Counselor Education and School Psychology graduate programs at PSU. TIGER's performances incorporate live actors, movement and music to engage school-age audiences, and are based on the anonymous writings of children. The goal of the program is to transform feelings, thoughts and behavior to help children and adults understand their own power in resolving social issues that exist in schools today.

"We are so excited to be back on the road with TIGER and are so very grateful to our generous donors for sponsoring our new van so we can visit more schools throughout New England," said Trish Lindberg, Ph.D., Professor of Education and Integrated Arts, Coordinator of Integrated Arts M.Ed. Program and TIGER Artistic Director. "TIGER seeks to help young people deal with bullying and other difficult social behaviors through the power of music, theatre

and dance. It is magical to see the children's faces as they watch TIGER. You can tell we are making a difference."

This year, TIGER will be on the road starting in October, visiting elementary schools in Merrimack, Manchester, Canterbury, Stoddard, Milford, Pittsburg, Colebrook, Franklin and Epping, New Hampshire, and Harvard, Massachusetts. Additional performances will be added to the tour schedule. If you are interested in booking TIGER, contact Pam Irish, TIGER Tour Manager at 603-535-2647 or tiger-psu@plymouth.edu.

This year's TIGER cast includes:

Cassandra Cutting, actress, singer, dancer, PSU Class of 2021, bachelor of arts in musical theatre from Peterborough, New Hampshire

Nam Nguyen, Fulbright Grantee, visual artist, actor, PSU graduate student in integrated arts from Vietnam

Matthew Murray, actor from Maryland

Olivia Etchings, actress, dancer, singer from Lincoln

Kelly McGowen, actress, educator, Emerson College graduate student in theatre education from Massachusetts

TIGER's performances are written and directed by Trish Lindberg, choreographed by Gustavo Wons and musically directed by Carolyn Dorff.

Nam Nguyen is a visiting Fulbright Grantee from Vietnam who is participating in an educational and cultural exchange program at PSU. Nguyen is currently pursuing his master's degree in integrated arts. With limited integrated arts programs to choose from across the country, Nguyen selected PSU because it aligned most closely with his expectations for integrating arts programming into classrooms, and for its tight-knit campus com-

munity and proximity to an abundance of outdoor and hiking opportunities.

Nguyen has a degree in architectural design, but prior to coming to the U.S., he spent five years running projects for students to learn about science and research and then opened his own learning center to teach Vietnamese children to draw and to do a variety of arts and crafts projects. This experience prompted his pursuit of a master's degree in integrated arts, as a means to promote arts education in Vietnamese schools. At PSU, Nguyen decided to join TIGER because it is an integrated arts project that teaches children how to handle different social circumstances and how to work through their emotions.

"I am looking forward to visiting schools throughout New England as one of my goals is to learn more about the educational system in the U.S.," said Nguyen. "The TIGER program is unique and I would like to bring a program like it to Vietnam, to the local schools, because it's a great tool for teaching kids how to react to situations around them."

When TIGER hits the



COURTESY

PSU's TIGER theatre company is back on the road this October, touring elementary schools across New Hampshire and Massachusetts. This year, the company will be traveling in style in a new van, thanks to the generous support of Alex Ray of The Common Man, Steve Rand of Plymouth Rotary, Margaret Turner of Waterville Valley and Tom and Susan Stepp of Holderness. Pictured above (from L-R): Cassandra Cutting, Matthew Murray, Olivia Etchings, Nam Nguyen, Kelly McGowan.

road this fall to bring its programming to children in all corners of the state and beyond, the company will be traveling in style in a new van, thanks to the generous support of Alex Ray of The Common Man,

Steve Rand of Plymouth Rotary, Margaret Turner of Waterville Valley, New Hampshire, and Tom and Susan Stepp of Holderness, New Hampshire. The company's previous van needed to be replaced after 10

years of visiting school children all over New England.

To learn more about TIGER, visit campus. plymouth.edu/TIGER.

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Edward Jones: Financial Focus

What does retirement security mean to you?

October is National Retirement Security Month. But what does retirement security mean to you? And how can you work toward achieving it? Here are some suggestions:

- **Build your resources.** While you're working, save in tax-advantaged accounts such as your IRA and 401(k) or similar employer-sponsored retirement plan. In your 401(k), contribute at least enough to earn your employer's match, if one is offered, and increase your contributions whenever your salary goes up. Remember, especially early in your career, time is often your biggest asset. Be sure to save early, since the longer you wait, the more you'll need to save to help reach your goals.
- **Look for ways to boost retirement income.** When transitioning to retirement, you can take steps to align your income with your needs. For example, consider Social Security. You can start collecting it as early as

62, but your monthly payments will be much larger if you can wait until your "full" retirement age, typically between 66 and 67. (Payments will "max out" at age 70.) So, if you have sufficient income from a pension or your 401(k) and other retirement accounts, and you and your spouse are in good health with a family history of longevity, you may consider delaying taking Social Security. You also might want to explore other income-producing vehicles, such as certain annuities that are designed to provide a lifetime income stream.

- **Prepare for unexpected costs.** During your retirement, you can anticipate some costs, such as housing and transportation, but other expenses are more irregular and can't always be predicted, such as those connected with health care. Even with Medicare, you could easily spend a few thousand dollars a year on medical expenses, so you may

want to budget for these costs as part of your emergency savings, and possibly purchase supplemental insurance. You may also want to consider the possibility of needing some type of long-term care, which is not typically covered by Medicare and can be quite expensive. The average annual cost of a private room in a nursing home is more than \$100,000, and it's about \$55,000 per year for a home health aide, according to Genworth, an insurance company. To address these costs, you may want to consider some form of protection, such as long-term care insurance or life insurance with a long-term care component.

- **Do your estate planning.** It's hard to feel totally secure in retirement if you're unsure of what might happen

if you have an unexpected health event, become incapacitated or die earlier than expected. That's why you'll want to create a comprehensive estate plan – one that might include documents such as a durable power of attorney, a will and a living trust. A review of your insurance coverages and beneficiaries can also help protect your assets and ensure they are distributed the way you want. In creating your plan, you will need to work with your financial advisor and a legal professional, and possibly your tax advisor as well. Thinking holistically about your retirement security and developing and executing a strategy aligned with your goals may help free you to enjoy one of the most rewarding times of your life.

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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Our love/hate relationship with leaf peepers

Fall is the second busiest tourist season in New England, after winter. Our area, as we all know, depends heavily on tourism. Most residents welcome tourists graciously; however, when fall foliage hits, our true feelings emerge. There is a love/hate relationship with leaf peepers. We love them because they boost our economy, we dislike them because after a busy summer season, we just want our home to ourselves.

We don't want to wait in lines. We don't want our trails so crowded that we can't enjoy the sanctity of nature, and we don't want to drive through Crawford Notch in between a thin lane of parked cars and a guard rail.

Speaking of Crawford Notch, if you have driven through over the past month or two, you will see that tourists seem to go blind while looking at the signs that prohibit parking along the highway. But we digress.

We prefer to have the city life far away from us; leaf peepers tend to bring that flare when they arrive. Some locals despise it; others are un-phased. We appreciate that tourists appreciate where we live, however we'll say it again, our true feelings show themselves right at the peak of foliage. After a brief break between October and November, before the snow falls, we all seem to be welcoming once more.

Fall in the North Country has a certain feeling to it. The cool, crisp, dry air complete with the smell of apple crisp, leaves, wood fire, pumpkin spice and the sound of dry leaves racing along the sidewalks, make this the coziest season of them all. We pull on our sweaters and grab old books we haven't had a chance to finish yet and relish in the comforts of it all.

It is still warm enough to take long walks outside without getting too cold. There is nothing better than kicking the leaves on a wooded trail with a hot mug of Earl Grey tea in your hand. Fall evenings are even better. After a hard day at work, there is nothing more satisfying than cooking a nice fall meal, perhaps pumpkin squash ravioli or a nice roast vegetable soup. On occasion we like to replace the evening news with the sounds of vinyl, preferably, Cat Stevens, Paul Simon, Hank Williams, Johnny Cash and Frank Sinatra.

It is no wonder the North Country is a fall destination for many seeking to experience all that the season offers that feeds the soul. The highlight of course is the way the forest sets itself on fire with bright yellow, orange and red leaves.

Interesting to note: the term 'leaf-peeper' was first used last century before it was changed to 'leaf-peeper.' The term was spotted in Vermont newspapers as far back as the 1960's. 'Leaf-Peeper' was used during foliage time, in many headlines. Articles in the mid to late 1960's discussed alternate highway routes to make the trek north easier for tourists and would help to avoid traffic jams.

At first, the term 'leaf-peeper' or 'peeper' was used in a derogatory way, however now it is used to lure tourists who want to partake in leaf-peeper tours, or receive a leaf-peeper discount.

In New Hampshire, more than ten million visitors will enter the state during foliage season and will spend approximately \$1.5 billion.

We hope that you all take the time to slow down and enjoy Autumn before talk of Jack Frost nipping at your nose surfaces.

Letters to the Editor

To the Editor:

In the past several years, we have experienced our world becoming very different.

There was Obama, first black president

Trump; we all know he was very different

Biden; some wonder who is running the show in D.C.

COVID; where did that come from?

Tele-Health Care, don't need to see doctors in person any more

Remote learning, could be used for good if done correctly

Lockdowns, never in my 60 plus years have I experienced this

Masks, were told to

wear them

Vaccines, were told to get them, not one, not two, but multiple shots

Be vaccinated or potentially lose your job

What is next? I could only guess what is coming our way, but I'll leave that up to your knowledge, wisdom, and speculation.

Do you need relief from all this? I have a suggestion for getting through all this. Ask Jesus Christ into your life, ask God to forgive your sins (if you are true to yourself you know you have done something wrong at one time or another). One year Jesus died on a cross for you. He did not do it for him-

self, but for you. Now this is where faith comes in. If you asked and believe (faith) then know God will forgive you. This is a very simple ask of God, but we must ask and acknowledge our sins to him.

Now what does He give you in return?

Relief from caring around those sins

Learn what is true and what is not

Eternal life (this is huge)

You will not have to go through the Tribulation (very terrible time to come)

You get true freedom

You now belong to God's nation/kingdom

A new home in heav-

en when that time comes

Peace that the world cannot give

I hope you can see the importance of a decision like this is and it is my hope you have the chance to make this decision before it is too late. We only live once, and we have only one life to live so make a choice that offers you so much.

Be safe, be kind, be loving, be forgiving even when it is undeserved. Have wisdom and knowledge which will guide you and lastly trust God no matter what happens.

John Sellers
Bristol

CADY Corner

Public safety alert on sharp increase in counterfeit prescription pills containing Fentanyl and Methamphetamine

BY DEB NARO
Contributor

On Sept. 27, the Drug Enforcement Administration issued a Public Safety Alert warning Americans of the alarming increase in the lethality and availability of fake prescription pills containing fentanyl and methamphetamine. DEA's Public Safety Alert, the first in six years, seeks to raise public awareness of a significant nationwide surge in counterfeit pills that are mass-produced by criminal drug networks in labs, deceptively marketed as legitimate prescription pills, and are killing unsuspecting Americans at an unprecedented rate.

These counterfeit pills have been seized by DEA in every U.S. state in unprecedented quantities. More than 9.5 million

counterfeit pills were seized so far this year, which is more than the last two years combined. DEA laboratory testing reveals a dramatic rise in the number of counterfeit pills containing at least two milligrams of fentanyl, which is considered a lethal dose. A deadly dose of fentanyl is small enough to fit on the tip of a pencil.

Counterfeit pills are illegally manufactured by criminal drug networks and are made to look like real prescription opioid medications such as oxycodone (Oxycontin®, Percocet®), hydrocodone (Vicodin®), and alprazolam (Xanax®); or stimulants like amphetamines (Adderall®). Fake prescription pills are widely accessible and often sold on social media and e-commerce platforms – making them available to anyone

with a smartphone, including minors.

“The United States is facing an unprecedented crisis of overdose deaths fueled by illegally manufactured fentanyl and methamphetamine,” said Anne Milgram, Administrator of the Drug Enforcement Administration. “Counterfeit pills that contain these dangerous and extremely addictive drugs are more lethal and more accessible than ever before. In fact, DEA lab analyses reveal that two out of every five fake pills with fentanyl contain a potentially lethal dose. DEA is focusing resources on taking down the violent drug traffickers causing the greatest harm and posing the greatest threat to the safety and health of Americans. Today, we are alerting the public to this danger so that people have the information they need to protect themselves and their children.”

The vast majority of counterfeit pills brought into the United States are produced in Mexico, and China is supplying chemicals for the manufacturing of fentanyl in Mexico. The drug overdose crisis in the United States is a serious public safety threat with rates currently reaching the highest level in history. Drug traffickers are using fake pills to exploit the opioid crisis and prescription drug misuse in the United States, bringing overdose deaths and violence to American communities. According to the Centers for Disease Control and Prevention (CDC), more than 93,000 people died of a drug overdose in the United States last year. Fentanyl, the synthetic opioid most common-

ly found in counterfeit pills, is the primary driver of this alarming increase in overdose deaths. Drug poisonings involving methamphetamine, increasingly found to be pressed into counterfeit pills, also continue to rise as illegal pills containing methamphetamine become more widespread.

Drug trafficking is also inextricably linked to violence. This year alone, DEA seized more than 2,700 firearms in connection with drug trafficking investigations – a 30 percent increase since 2019. DEA remains steadfast in its mission to protect our communities, enforce U.S. drug laws, and bring to justice the foreign and domestic criminals sourcing, producing, and distributing illicit drugs, including counterfeit pills.

This alert does not apply to legitimate pharmaceutical medications prescribed by medical professionals and dispensed by licensed pharmacists. The legitimate prescription supply chain is not impacted. Anyone filling a prescription at a licensed pharmacy can be confident that the medications they receive are safe when taken as directed by a medical professional.

DEA urges all Americans to be vigilant and aware of the dangers of counterfeit pills, and to take only medications prescribed by a medical professional and dispensed by a licensed pharmacist. DEA warns that pills purchased outside of a licensed pharmacy are illegal, dangerous, and potentially lethal.



Photo finish

2021 New Hampshire Marathon winner Samuel Fazioli from Salem set a new course record last Saturday with a time of 2:29:49. Fazioli was one of 500 runners registered for the 26.2 mile race along Newfound Lake, while hundreds of others took part in the half-marathon (13.1 miles), the 10K race, and the children's marathon, where young boys and girls were challenged to run throughout the summer, record their distances each time, then run the final mile as a group to complete their marathon distance.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

While humming silent bawdies, hunters bumble onto bodies



Elmer Fudd, in all his meaningful best. This is not me, or at least I hope not. (Courtesy — Warner Bros.)

It's no good to yelp about it, he can't really, you know, help it

(This could get a whole lot worse, we might stumble into verse)

Hunters began heading into the woods Oct. 1, with the beginning of the upland game season. "Upland game" means mainly ruffed grouse and snowshoe hare, and the release of pen-raised birds for the pheasant season.

This last is indeed a put-and-take program, with Fish and Game's oft-stated goal being that as many birds as possible wind up in the hunter's bag. Pheasants are not native to New Hampshire and cannot survive winters except in the mildest parts. Any birds killed by predators or the elements are seen as wasted, even though in theory there is no such thing as waste in Mother Nature.

Any mention of the pheasant program is bound to bring calls for its demise, it being seen as the epitome of stretching the resource (the habitat) rather than curtail human use (hunting). It is regarded as akin to stretching a pond by stocking it so people can fish for trout.

To be fair, pheasant hunters pay for stretching the resource by buying a special pheasant stamp—in the best sense, we're told, of "let the user pay." Of course, this doesn't cover such incidents as law enforcement.

Stretching a resource is not cheap. Hatchery fish, for instance, cost big bucks. I can remember when pheasants the state raised in its own pens at the Brentwood Game Farm were something like \$3 a copy. The last time I checked around it was \$7.50 a bird. These days I'm afraid to look.

Hunters are the Snidely Whiplashes of the outdoor world, because ever-fewer people hunt (at least as a percentage of the population), and ever-fewer people have any family tradition or understanding of the hunt.

Much of public perception is based on the old "non-consumptive" user thing, the hiking community's fave, except for the bothersome fact that some hikers have

also been hunting since they could hold a gun, like me. But let's let that go for a moment.

Show me a "non-consumptive" user. The last time I looked, everything from vehicles and gas (getting there) to granola bars and even the lugsoles for waffle-stompers carried an environmental price-tag. In fact, upon close inspection I don't think there's any such thing as a free lunch, unless maybe it's your actual lunch, like, bean sprouts, from your own little patch of beans.

A few decades ago, when I owned three newspapers and was a hard-bitten (polite term) editor, I used to write incredulous editorials about newcomers who called 911 because they heard gunshots around the first of October. Didn't they know it was opening day of bird-season?

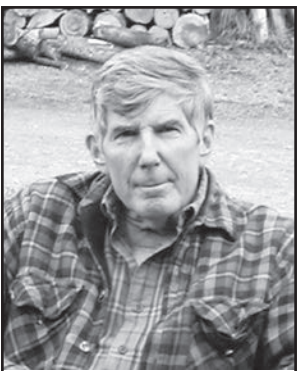
No, they didn't, any more than they'd know that mid-November might be the beginning of deer season. Neither did

they know it was somehow "okay" to see people out tramping around on snowshoes and carrying shotguns right up to the Ides of March (Caesar's bad hair-day).

Increasingly, people didn't know anything at all about hunting, except for the fear factor. It was all about big bad men, out there in the woods with their big bad guns (never mind that plenty of women hunt too).

It was all plenty enough for yet another TV documentary or sitcom. Cue the gap-toothed cousin and the hillbilly music.

Every year, because it helps further the cause, I write about the fact that hunters constitute an army in orange scouring the woods for various clues, one spinoff being the solving of crimes. Lots of bad actors think they can hide loot or other evidence in the Empty Woods, and hunters, who tend to notice things, find stuff.



Ergo, most police departments have a cross-file called Hunters' Finds, or something like that, depending on the apostrophe. "Hunter Stumbles onto Cracked Safe," the headline goes, or much worse.

I mention this kind of thing often enough that longtime readers kid me about it. "Hey Harrigan," they say. "You gonna tell us how to take care of cast-iron frypans again?"

It's like a garden, I say. Every ten years or so you have a whole new generation of readers (you hope), and a whole new crop of editors, who'll put finger to temple and think "Hey, that looks familiar..."

Just add water, directly on the brain.

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

Comfort Keepers Alzheimer's Disease: Dealing with difficult behavior

BY MARTHA SWATS Owner/Administrator Comfort Keepers

More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementias.

Caring for a loved one can be a rewarding experience, but it's not without challenges. These challenges can be significantly more impactful for those caring for a senior with Alzheimer's disease or other form of dementia. Changes in behaviors can occur for a variety of reasons, including over-stimulation, physical discomfort, confusion, exhaustion caused by sleep problems, medication, or changes in routine.

Understanding the cause of behavioral changes is critical for caregivers, families and friends. And, it's helpful for caregivers to know

how to manage behaviors that will allow them to provide safe and effect support and diffuse tense situations.

- These behaviors can include: Depression Anxiety Confusion Aggression or anger Suspicion Hallucinations Pacing or wandering

The most important thing that caregivers need to remember is that challenging behaviors may not be entirely avoidable. It's also not the fault of the person with Alzheimer's or dementia. These behaviors are sometimes a common product of the disease. And, there is specialized support a caregiver can use to help keep a challenging behavior from escalating.

While there is no guaranteed approach that will work with ev-

ery person or situation, there are some methods that can help caregivers manage trying times:

Staying calm— It's not uncommon for caregivers to feel attacked or helpless when they are caring for someone exhibiting difficult behaviors. Remembering that it isn't personal and that it's a symptom of the disease, can help caregivers manage their emotions and avoid contributing to tense or difficult situations. Arguing or reasoning can often escalate an outburst, so it's necessary for caregivers to stay calm and supportive

Keeping a schedule— Seniors that suffer from Alzheimer's disease and other dementias often find it reassuring to have a set schedule for meals, activities and daily tasks. Creating a schedule, and sticking to it as much as possible, can help prevent anxiety, confusion and anger.

Exercise— Exercise,

with approval from a physician, is a great stress reliever for both seniors and caregivers. And, participating in activities together helps foster important emotional connections.

Participating in activities— Whether it's an enjoyable hobby, household chore or physician-approved exercise, participating in joyful activities has shown to help manage challenging behaviors. These can be pre-scheduled or introduced when difficult behaviors are recognized. For example, caregivers can ask for help folding laundry to ease anxiety or can play music or sing to calm someone feeling confused, angry or depressed.

Mindful communication— Caregivers shouldn't underestimate the power of communication. Caregivers can use soothing tones, speak in a friendly way and make eye contact

to convey normalcy, understanding and compassion. This can help seniors experiencing anxiety or frustration to calm themselves.

Comfort Keepers® can help

At Comfort Keepers®, we provide specific training for our caregivers and individualized care plans to provide care and support to seniors with Alzheimer's disease and to their families. Our specially trained Comfort Keepers engage clients in intellectual, physical and emotional interactions that complement medical treatment and improve the quality of life for everyone involved. And, they can facilitate stress management activities, support for physician-approved diet and exercise plans, provide transportation to appointments and will evaluate a home for safety as part of an in-home

assessment. For more information on how in-home caregiving can help those with Alzheimer's disease or dementia, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

Towns

Bristol

Al Blakeley adblakeley0@gmail.com

It was so nice to see the sun shining through my window this morning when I woke up looking out at the lake! It seems we have way too few of those mornings lately. The report is that we will have a few more like this coming up. Sure hope so and that you can all get out and enjoy the good weather.

The Minot-Sleeper Library is now offering new monthly newsletters with a listing of new books for adults and families. They are also offering monthly newsletters

with reading recommendations. Sign up for these newsletters at: https://forms.gle/66g2n8NmXY-jT3yF6.

Upcoming events at the MSL include: Poetry Night on Oct. 7 at 6:30 p.m. at the library in the meeting room, Nonfiction Book Group on Thursday, Oct. 14 at 3 p.m. at the library in the meeting room for a discussion of "Jefferson's Daughters" available by calling the library at 744-3352 or email minotsleeperlibrary@gmail.com, Author Talk with Anders Morley on Saturday, Oct. 16 at 2 p.m. at Kelley Park Pavilion where the MSL will host the author of "This Land of Snow"

A free course on Finding Your Roots to be taught by Bruce Nilsson on Tuesdays from 3 - 4:30 p.m. from Oct. 12 - Nov. 16. There are no requirements for this course and all are welcome to attend whether you are a beginner or experienced student of your family's history.

Registration is required. To sign up., call the library at 744-3352 or email minotsleeperlibrary@gmail.com or visit the MSL.

Family Events this month include: Story Time every Friday at 11 a.m., Pumpkin Scavenger Hunt every day through October in the Children's Room, Book

recommendations every day through October featuring Halloween plans, Home School Hang Out on Oct. 14 at 3 p.m. featuring a science experiment turning normal cow milk into plastic, Pumpkin Carving at Kelley Park on Oct. 21 at 3 p.m. featuring pumpkins and carving tools (24 spots available, so please sign up early by calling the MSL at 744-3352 to RSVP).

Parent's Night Out for October is the 23rd at the TTCC for ages four and up for \$15 per child from 5 - 10 p.m., Middle School Teen Night will be held Tuesdays from 6 - 8 p.m. for a cost of \$20 each

month with pre-registration a must, High School Teen Night will be held Thursdays from 5-8 p.m. for no cost as no dinner, only snacks are provided, Special Olympics for Young Athletes for ages two to seven starts Saturdays from Oct. 16 until Nov. 20 from 11:15 a.m. until noon, the Baby Sitting course will be held on Saturday, Oct. 16 from 9 a.m. until 3 p.m. for ages 12 and up for \$110, which includes certification in CPR and First Aid (pre-registration required by Oct. 6).

Adult Programs at the TTCC include: Shape Up Newfound on Mondays, Thursdays and Saturdays at the Bristol Ele-

mentary School.

Pick-up Sports include Badminton, Volleyball, Basketball, Pickleball and Pool.

Contact the TTCC at www.ttccrec.org or 603-744-2713 for more information on these and other programs.

The foliage is starting to look fantastic around here! Early, I love to see the 'sprays' of color in some of the trees with the green background of the rest of the leaves making for a stark contrast in colors. Many folks will no doubt be on the road this coming weekend to take in the fabulous colors. Be careful and enjoy it all!



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Hebron Village Store

HILL:

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“Phantom of the Opera” to screen with live music at Flying Monkey

PLYMOUTH — Get into the Halloween spirit with a spooky silent horror film!

“The Phantom of the Opera” (1925), the silent big screen adaptation of the classic thriller, will be shown with live music on Thursday, Oct. 21 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth.

The screening, the latest in the Center for the Art’s silent film series, will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating music for silent films.

Admission is \$10 per person. Tickets are available online at www.flyingmonkeynh.com or at the door.

The show will allow audiences to experience ‘Phantom’ the way it was intended to be seen: on the big screen, with live music, and with an audience.

“The Phantom of the Opera,” starring legendary actor Lon Chaney in the title role, remains a landmark work of the cinematic horror genre. To modern viewers, the passage of time has made this unusual film seem even more strange and otherworldly.

It’s an atmosphere that silent film accompanist Jeff Rapsis will try to enhance in improvising live music on the spot for the screenings.

“The original ‘Phantom’ is a film that seems to get creepier as more time passes,” said Rapsis, who is based in New Hampshire and frequently accompanies films throughout New England. “It’s a great way to celebrate Halloween, and also the power of silent film to transport audiences to strange and unusual places.”

“The Phantom of the Opera,” adapted from a 19th century novel by French author Gaston Leroux, featured Chaney as the deformed Phantom who haunts the opera house. The Phantom, seen only in the shadows, causes murder and mayhem in an attempt to force the opera’s management to make the woman he loves into a star.

The film is most famous for Lon Chaney’s intentionally horrific, self-applied make-up, which was kept a studio secret until the film’s premiere.

Chaney transformed his face by painting his eye sockets black, creating a cadaverous skull-like visage. He also pulled the tip of his nose up and pinned it in place with wire, enlarged his nostrils with black paint, and put a set of jagged false teeth into his mouth to complete the ghastly deformed look of the Phantom.

Chaney’s disfigured face is kept covered in the film until the now-famous unmasking scene, which prompted gasps of terror from the film’s original audiences.

“No one had ever seen anything like this before,” Rapsis said. “Chaney, with his portrayal of ‘The Phantom,’ really pushed the boundaries of what movies could do.”

Chaney, known as the “Man of a Thousand Faces” due to his versatility with make-up, also played Quasimodo in the silent “Hunchback of Notre Dame” (1923) and circus performer ‘Alonzo the Armless’ in Tod Browning’s “The Unknown” (1927).

The large cast of “Phantom of the Opera” includes Mary Philbin as Christine Daaé, as the Phantom’s love interest; character actor Snitz Edwards; and many other stars of the silent period.

“The Phantom of the Opera” proved so popular in its original release and again in a 1930 re-

issue that it led Universal Studios to launch a series of horror films, many of which are also regarded as true classics of the genre, including “Dracula” (1931), “Frankenstein” (1931), and “The Mummy” (1932).

The silent film version of “Phantom” also paved the way for numerous other adaptations of the story, up to and including the wildly successful Andrew Lloyd Webber musical from 1986 that continues to run on Broadway and in productions around the world.

“The Phantom of the Opera” (1925) will be shown on Thursday, Oct. 21 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person. Tickets are available online at www.flyingmonkeynh.com or at the door. For more information, call the box office at (603) 536-2551.

For more info on the music, visit www.jeffrapsis.com.



COURTESY

Lon Chaney stars in “Phantom of the Opera” (1925), the original silent film version of the classic story, to be shown with live music by Jeff Rapsis on Thursday, Oct. 21 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the theater at (603) 536-2551.

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MVSB Fund grant applications due Oct. 15

MEREDITH — Local nonprofits who wish to apply for the MVSB (Meredith Village Savings Bank) Fund grants can do so prior to Oct. 15.

Established in 1997, under the leadership of John Starrett, then-President and CEO of the Bank, the MVSB Fund at New Hampshire Charitable Foundation makes grant-based contributions to nonprofit organizations that enrich and improve the quality of life for residents living in the Bank's service areas. Since the Fund's inception, 417 grants have been awarded, totaling more than \$1.6 million dollars in contributions to a wide range of environmental, social, educational and historic projects throughout the greater Lakes Region, Plymouth and Seacoast areas of New Hampshire.

The MVSB Fund has supported literacy programs, after-school programs, environmental monitoring, as well as education and restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. While not focused on a particular category, Fund administrators are

mindful of the receiving organization and their contribution to the quality of life in the communities being served.

Grants generally range from \$1,000 to \$15,000 and are awarded to 501©3 nonprofits and public agencies based in the Lakes Region, Plymouth and Seacoast areas. Projects supported are of high priority and need for the applicant organization and are related to their mission or development; demonstrate a clear, practical plan with objectives for services, participation and results; leverage other funding and/or voluntary support; offer evidence that project objectives will be accomplished within the grant period and demonstrate cooperation and collaboration with other organizations to provide greater community impact.

More information about the Meredith Village Savings Bank Fund and application, visit mvsb.com/about/community-involvement/.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of their depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering

the economic health and well-being of the community since being founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has

been serving the people, businesses, non-profits and municipalities of the Lakes and Seacoast regions of NH. MVSB and their employees are guided by the values of

accountability, mutual-ity, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland,

Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Three new PSU scholarships seek to ease tuition costs for students from New England, Tri-State areas

PLYMOUTH — Recognizing the unique benefit that students from neighboring New England states and the tri-state area of Connecticut, New York and New Jersey bring to its campus, Plymouth State University (PSU) has created three scholarships for residents of these states. Beginning in fall 2022, any full-time, first-year student from Maine, Vermont, Massachusetts, Rhode Island, Connecticut, New York or New Jersey is eligible for a \$2,000 scholarship to help with the cost of tuition.

"Students from our neighboring New England states and the tri-state area make up a significant portion of our student body and we are thrilled to be able to extend this opportunity to them and their families," said Matt Wallace, director of admissions at PSU. "Our proximity to year-round outdoor

recreation, our strong sense of community and our integrated education model make Plymouth State University a wonderful choice."

In 2019, PSU created the North Woods Connection to pave an easier road for students from Maine and Vermont to attend the University. This program will be updated to align with the new offerings, which include:

North Woods Connection: Full-time, first-year students who are residents of Maine or Vermont are eligible for a \$2,000 scholarship, renewable for three additional years for a total of \$8,000.

Bay and Ocean State Scholarship: Full-time, first-year students who are residents of Massachusetts or Rhode Island are eligible for a \$2,000 scholarship, renewable for three additional years for a total of \$8,000.

Tri-State Scholar-

ship: Full-time, first-year students who are residents of Connecticut, New York or New Jersey are eligible for a \$2,000 scholarship, renewable for three additional years for a total of \$8,000.

The North Woods Connection, Bay and Ocean State Scholarship and Tri-State Scholarship are open to incoming first-year undergraduate students, beginning with the 2022-2023 academic year. To be eligible, students must be enrolled full-time in an undergraduate program for both the fall and the spring semesters.

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

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond

by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The "Plymouth State Learning Model" is organized around seven dynamic, theme-based hubs called "Integrated Clusters," which emphasize open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

Boys

FROM PAGE A13

consecutive corners early in the second half and converted on the second one, with Avery heading the ball past Dolloff for the tying goal about four minutes into the half. Belville had a direct kick stopped and Perry, Clermont and Cam Manning had chances at the other end of the field. Zack Stevens had a good defensive stop for the Bears as well.

Lin-Wood took the 2-1 lead when they were awarded a penalty kick about 12 minutes into the half, with Clermont delivering a shot to the low right for the lead.

However, about five minutes later, the Bears were awarded a penalty kick and Chase had to come out of the game for the play. Manning took over in net and Blouin was able to go low right to tie the score at two.

Newfound came through with a trio of corners but they could not get the ball past Chase. Clermont and Cruz-Martinez exchanged chances and

Belville also had a direct kick denied.

The Bears were able to take the lead about 25 minutes into the half when Blouin scored on a corner kick and about four minutes later, the Bears were awarded another corner kick and Blouin stepped up again and delivered for the 4-2 lead.

Newfound pressured hard the final 10 minutes, with a number of great chances from Sargent, Cruz-Martinez and Blouin, but there was no more scoring and Newfound had the 4-2 win.

"It was physical, but it was fair," said Hill. "The momentum shifted several times, so I was happy to get that momentum back after the first penalty kill call."

"I'm proud they were able to do that," the Newfound continued. "We knew coming in that 13 is a good player and George and Conner (Sullivan) did a good job teaming up against him."

"There's a difference between giving up a goal to a great shot and run and a goal on an inadvertent handball," Weeden

said. "But being able to quickly recover (from mistakes) is key," he added.

Newfound is slated to be at Mascenic on Friday, Oct. 8, at 4 p.m., hosts Winnisquam on Tuesday, Oct. 12, at 4 p.m. and is at Kearsarge on Thursday, Oct. 14, at 6 p.m.

Lin-Wood is scheduled to be at Franklin on Thursday, Oct. 7, at 4 p.m. and hosting Pittsburg-Canaan on Tuesday, Oct. 12, at 4 p.m.

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



Josh Blouin had a hat trick in Newfound's win over Lin-Wood last week

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Girls

FROM PAGE A13

the first quarter, as Olivia Keenan put the ball in the net for the 1-0 lead.

Gilford continued some pressure with a penalty corner, but Maggie Bednaz and Zick were able to get the ball out of the zone. Lindsey Lacasse had a shot for the Bears that was blocked by the Gilford defense. Aly Pichette had a run into the zone for the Golden Eagles but Matti Douville was able to turn the ball around.

The Bears then came through with five corners in a row, with Bednaz sending the ball into Lacasse and Douville ripped a shot wide of the net. Zick had a shot go wide and Kayla Gallagher had a nice defensive clear for the Golden Eagles. Taryn Wernig had a shot for the Golden Eagles that Newfound keeper Alli Normandin stopped and Addy Wernig sent a shot wide of the net.

Newfound was able to tie the game up with just 41 seconds to go in the first quarter, as Dolloff got in on net on a feed from Savannah Bradley to send the game to the second quarter with the score tied at one.

Gilford got good defensive stops from Maddie Guest, Taryn Wernig and Shea Brown, while keeper Lilly Winward, who worked the second and fourth quarters, made a nice save on a bid in close from Bradley. Gilford also had a couple of penalty corners, but good defense from Bednaz helped to keep the Golden Eagles off the board.

Newfound had a corner, with Dolloff sending a shot wide and then

Bradley had a bid in the zone, with Lauren Nash-Boucher coming through with a nice defensive stop. Newfound came back with a couple more corners, with Douville sending the ball in to Lacasse and Dolloff, but the ball went wide of the net.

Gilford came back with a bid from Taryn Wernig, as she just missed Emily Watson in front of the net. Wernig and Gallagher also combined for a bid that was turned away by Newfound's defense and Keenan had a bid stopped by Normandin in the final minutes, with the game going to halftime tied at one.

Newfound got a couple of early chances, with Bradley, Zick and Dolloff all getting bids, but Taryn Wernig turning in good defense. The Bears had a corner that Nash-Boucher was able to clear out and at the other end, Lexi Shute and Keenan made a run toward goal, but the Mackenzie Jenkins held tight on the defensive end.

The Bears had a corner that Nash-Boucher was able to clear out, but with just a minute left to play in the quarter, Bednaz fired in a shot on a feed from Dolloff to give Newfound the 1-0 lead. Dolloff had another late chance that missed the net and the quarter ended with Newfound up 2-1.

Pichette sent a shot just wide off a cross from Alexandra Fay and then Pichette had another shot that was stopped by Normandin. Bradley had a centering pass at the other end and then Lacasse got in close, only to see Brown turning the ball away.

Newfound got a little

insurance with 9:20 to go in the game on a corner, as Bednaz put the ball in the net following a scrum in front of the net, with Zick getting the assist.

Gilford had a nice cross from Keenan and then had a corner chance that Bednaz was able to push out of the zone. Douville also had a good clear for the Bears and Electra Heath made a nice stop on a run from Keenan as time closed down on Newfound's 3-1 win.

"This team is really good at corners, they're one of the stronger offensive teams I've had over the years," Williams said, noting that the third goal was on a new corner setup the team had been working on. "It's exciting when they take what you do in practice and put it in the game."

"The first goal (for Gilford) was a miscommunication," the Bear coach continued. "But I felt good about the flow of the game."

"We've been playing great, we just have to finish things," Rogacki said. "They had too many corner opportunities."

"Instead of being proactive, we were reactive," the Gilford coach continued.



Jordyn Byars of Gilford and Adeline Dolloff of Newfound battle for the ball in action last week.

Newfound suffered its first loss of the season on Friday, Oct. 1, falling to Hopkinton 2-0.

"This was by far the best opponent we have faced this season," said Williams. "Hopkinton outplayed us in the first half. I felt as if we were chasing rather than containing the ball, causing us to work harder and not smarter."

The Hawks scored on a corner for a 1-0 lead at halftime. The second half was more 50/50 according to Williams and again the visitors finished one off in the second half for the 2-0 win.

"This was a big learning game for us," Williams said. "We know where we need to improve in the hopes of

seeing them again in the preseason."

She praised the work of Bednaz and Jenkins on defense and Normandin for her best game in net with 16 saves.

Gilford is slated to be at White Mountains today, Oct. 7, at 4 p.m. and will be hosting Mascenic

on Wednesday, Oct. 13, at 4 p.m.

Newfound will be at Winnisquam on Tuesday, Oct. 12, or a 4 p.m. game.

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

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Qualified persons for the Town Moderator position should contact the Rumney Town Clerk's office at 603-786-2237, 79 Depot Street Rumney, NH. This appointment would conclude at the end of the March 2022 Town Meeting.

Qualified persons for the Russell Elementary School Moderator position should contact the Russell Elementary School Clerk at 603-786-9591, 195 School Street, Rumney NH. This appointment would conclude at the end of the February 2022 Deliberative Session.

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Breast Cancer awareness

Are there different types of breast cancer?

Millions of women are diagnosed with breast cancer every year. According to the Breast Cancer Research Foundation, more than 2.3 million women across the globe were diagnosed with breast cancer in 2020. The BCRF also notes that breast cancer is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide.

Breast cancer statistics can give the impression that each of the millions of women diagnosed with the disease is fighting the same battle, but breast cancer is something of an umbrella term. In fact, there are various types of breast cancer, including ductal carcinoma in situ, invasive ductal carcinoma, inflammatory breast cancer, and metastatic breast cancer. Learning about each type of breast cancer can help women and their families gain a greater understanding of this disease.

Ductal carcinoma in

situ (DCIS)

DCIS is a non-invasive cancer that is diagnosed when abnormal cells have been found in the lining of the breast milk duct. The National Breast Cancer Foundation notes that DCIS is a highly treatable cancer. That's because it hasn't spread beyond the milk duct into any surrounding breast tissue. The American Cancer Society notes that roughly 20 percent of new breast cancer cases are instances of DCIS.

Invasive ductal carcinoma (IDC)

IDC is the most common type of breast cancer. The NBCF reports that between 70 and 80 percent of all breast cancer diagnoses are instances of IDC. An IDC diagnosis means that cancer began growing in the milk ducts but has since spread into other parts of the breast tissue. This is why IDC is characterized as "invasive." Though IDC can affect people, including



men, of any age, the ACS notes that the majority of IDC cases are in women age 55 and older.

Inflammatory breast cancer (IBC)

The NBCF describes IBC as an "aggressive and fast growing breast cancer." Breastcancer.org notes that IBC is rare, as data from the ACS indicates that only about 1 percent of all breast cancers in the United States are inflammatory breast cancers. Many breast cancers begin with the formation of a lump, but Breastcancer.org reports that IBC usually begins with reddening and swelling of the breast, and symptoms can worsen considerably within days or even hours. That underscores the importance of seeking prompt treatment should any symptoms present themselves.

Metastatic breast cancer

Metastatic breast cancer may be referred to as stage IV breast cancer. When a woman is diagnosed with metastatic breast cancer, that means the cancer has spread, or metastasized, into other parts of the body. The NBCF indicates that metastatic breast cancer usually spreads to the lungs, liver, bones, or brain. Symptoms of metastatic breast cancer vary depending on where the cancer has spread. For example, if the cancer has spread to the lungs, women may experience a chronic cough or be unable to get a full breath.

These are not the only types of breast cancer. A more extensive breakdown of the various types of breast cancer can be found at <https://www.breastcancer.org/symptoms/types>.

Symptoms of male breast cancer

Breast cancer is one of the most common forms of cancer diagnosed among the female population. Though breast cancer may seem like a disease that's exclusive to women, breast cancer can affect men as well.

While they have a smaller concentration than women, men have breast tissue, which means it's possible for them to develop breast cancer. Male breast cancer is most common in older men, but it is important that men recognize that the disease can strike them at any age.



Signs and symptoms

Men with breast cancer experience symptoms that are similar to those experienced by women. Possible signs to be aware of include:

- skin dimpling or puckering
- a lump or swelling, which is typically (but not always) painless
- nipple retraction
- redness or scaling of the nipple or breast skin
- discharge from the nipple, which may be clear or blood-tinged

The American Cancer Society advises that sometimes breast cancer can spread to the lymph nodes under the arm or around the collar bone and cause a lump or swelling in these locations. The protrusion may be noticeable even before the original tumor in the breast is large enough to be felt.

Men should realize that enlargements or issues affecting both breasts (not on just one side) typically is not cancer. Enlargement or changes to both breasts in men can be caused by weight gain, medications or heavy alcohol consumption.

Types of male breast cancer

Various types of breast cancer can affect men, according to the Mayo Clinic:

- Ductal carcinoma: Cancer that begins in the milk ducts. Nearly all male breast cancer is ductal carcinoma.
- Lobular carcinoma: Cancer that begins in the milk-producing glands. This type is rare in men because they have few lobules in their breast tissue.

Especially rare types of breast cancer that can occur in men include Paget's disease of the nipple and inflammatory breast cancer.

Diagnosis

BreastCancer.org says that a small study of breast cancer in men found that the average time between first symptoms and diagnosis was about 19 months. This can be startling because early diagnosis can be vital to survival. Through the realization that breast cancer can happen to men and more education and awareness, men can feel more comfortable about discussing changes to breast tissue with their doctors.

Male breast cancer is a very real occurrence, albeit a rare one. It is important that men take any abnormalities in their chests seriously.

Women have some control in regard to their risk for breast cancer

No one, regardless of their age, occupation, skin color, or socioeconomic status, is immune to cancer. In fact, individuals might be hard pressed to say no one in their family and/or circle of friends has been diagnosed with cancer at some point.

According to the National Cancer Institute, there were 18.1 million new cancer cases across the globe in 2018. Among women, when excluding non-melanoma skin cancer, no cancer was more prevalent globally than breast




A physically active lifestyle can help women reduce their risk for breast cancer.

cancer. The World Cancer Research Fund reports that, in 2018, breast cancer accounted for 25.4 percent of all new cancer diagnoses in women. That figure is nearly three times as high as the percentage of cases of colorectal cancer, which accounted for the second most new cancer cases diagnosed in women in 2018.


It's understandable to be fearful of such figures, which can make a breast cancer diagnosis seem al-

SEE RISK PAGE A12



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Vandalism

FROM PAGE A17

along the Newfound River from Central Street, the completed Phase One of the trail takes it passed the site of the old Bristol railroad station before heading down to the Pemigewasset River toward Hill and Franklin. That phase was just recently completed, but the future goal is to continue it along the Pemigewasset River to a junction at Profile Falls, with the work done in cooperation with the U.S. Army Corps of Engineers. From there people will be able to continue on to Franklin and other regional rail trail destinations.

But, as McIntyre and his officers began the hunt for those who perpetrated such damage, Coates and other members of the town quickly began work on Monday to restore the area back to its original beauty. Coates said, "Bristol has always been a community that has stepped up. We're going to turn what happened at the Pemi Trail/Bristol Falls Park into something positive." And within hours they had taken a big step toward accomplishing just that. "Mark (Bucklin, highway superintendent), Jim and I scrubbed down the paint on the signs as best we could, and one

of Mark's guys will be down there today to keep working on the signs. Who would like to help?" Coates wrote on social media that afternoon. It wasn't long before he found out many were willing to pitch in too. Thanks to help from volunteers such as Brandon Proulx, who power washed the entrance sign and other areas, and Mary Gebhardt who cleaned up the kiosk, the park was being restored back to normal before the day even ended. Members of the Historical Society, Downtown Decorating Committee and others began rallying volunteers as well and all hoped that in a few days Bristol Falls Park will once again be a

wonderful, natural place to enjoy a peaceful walk during the foliage season. In the meantime, Chief McIntyre and his officers are still seeking whoever is responsible for all of the damage. "We are in the process of collecting video from area residents and businesses. We're hopeful that we can identify the culprits and charge them accordingly," he said. If anyone has any information that may be helpful in their investigation, they are asked to contact Det. Chris Carter of the Bristol Police Department at 744-6320, ext. 522.

Risk

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most inevitable. However, the Centers for Disease Control and Prevention notes that not all risk factors for breast cancer are set in stone. Though age and family history, two known risk factors for breast cancer, may be beyond a woman's control, she still can exercise some control over other risk factors.

- Physical activity: The CDC notes that women who are not physically active have a higher risk of getting breast cancer than those who are. The Office on Women's Health, a division of the U.S. Department of Health & Human Services, notes that women should get two hours and 30 minutes of moderate-intensity aerobic physical activity every week or 75 minutes of vigorous-intensity aerobic activity each week. This should be accompanied by muscle-strengthening activities on two or more days each week. Carrying around extra weight can make moving around more difficult, so the Office on Women's Health urges larger women to start slowly if it's been awhile since they exercised. In addition, aging women can speak with their physicians for advice about exercise regimens they should or need not avoid.
- Taking hormones: The CDC notes that hormone replacement therapies that include both estrogen and progesterone taken during menopause can increase a woman's risk for breast cancer when taken for more than five years. In addition, the CDC reports that oral contraceptives, such as birth control pills, have been linked to a higher risk for breast cancer. Women can speak with their physicians about how to control hormone-related risk factors for breast cancer.
- Alcohol consumption: Studies have found that the more alcohol a woman consumes the greater her risk for breast cancer becomes. Smoking, exposure to chemicals that have been found to cause cancer and changes in hormones related to working night shifts are some additional risk factors for breast cancer that women may be able to control. Breast cancer affects millions of women across the globe each year. Though that may instill a feeling of helplessness, women should know that many risk factors for breast cancer are within their control.
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