

Newfound Landing

THURSDAY, OCTOBER 19, 2017

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COMPLIMENTARY

Newfound Charitable Trust awards proceeds from Run Your Buns Off race

BY DONNA RHODES
drrhodes@salmonpress.news

BRISTOL — The Newfound Charitable Trust recently presented proceeds from their annual Run Your Buns Off 4.2-Mile Run/Walk to this year's benefactors, the Day Away Program and the Tapply-Thompson Community Center's Teen Council.

Sandra Coleman, the Executive Director of the Day Away program, was on hand to accept their donation,



COURTESY

Representatives of the Tapply-Thompson Community Center's Teen Council were very grateful to receive a generous donation from this year's Run Your Buns Off charitable race to help further their endeavor to refurbish the community center's gym.

efits both local children and adults alike. For several months the teens have worked hard on numerous fundraisers to replace safety pads and make other improvements to the gym.

This year the Newfound Charitable Trust was pleased to present the Day Away Program with \$5,000 toward their operations and donated yet another \$6,000 to the Teen Council's community initiative.

The Newfound Charitable Trust Fund is proud to announce that over the past nine years of their Run Your Buns Off Labor Day Weekend fundraiser, they have been able to contribute \$64,000 to nonprofit organizations in the Newfound Region. Among those

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Ayers Island among power plants slated for sale

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The hydroelectric dam at Ayers Island is among the power plants being sold as part of a \$258.3 million agreement to complete electric deregulation in the state, according to Eversource media relations manager Martin Murray.

The sale must be approved by the New Hampshire Public Utilities Commission, but since the PUC has charge of the divestiture procedure and chose J.P. Morgan Securities LLC to oversee the auction process, it is likely to approve the agreement. Murray said the sale should be finalized in late December, or early in 2018.

The agreement calls for Hull Street Energy, LLC, of Bethesda, Maryland, to purchase Eversource's nine hydroelectric facilities, which include Ayers Island Station, as well as Eastman Falls Station in Franklin, Amoskeag Hydro in Manchester, Canaan Hydro in West Stewartstown, Garvins Falls in Bow, Gorham Hydro in Gorham, Hooksett Hydro in Hooksett, Jackman Hydro in Hillsborough, and Smith Hydro in Berlin. Together, the plants have a 68.2 megawatt generat-

ing capacity.

Ayers Island, with an SEE AYERS ISLAND, PAGE A12

which will help provide continuing programs for adults facing dementia and other debilitating illnesses. Through Day Away, personal caretakers benefit by having a bit

of time to themselves each week, all the while knowing their loved ones are in good hands and enjoying a number of stimulating activities with their peers.

The TTCC Teen Council, comprised of local teenagers from the Newfound Region, is currently on a mission to renovate the gym facilities at TTCC, an amenity that ben-

Exchange student looks forward to experiencing the Newfound region

BY DONNA RHODES
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BRISTOL — Three of this year's international exchange students at Newfound Regional High School arrived in mid-August, but 17-year-old Jason (Haoran) Liang also joined the Newfound community on Aug. 29, and he is already enjoying the opportunity to experience a life far different from his home in Shenzhen, China.

Liang is a senior at NRHS, and said he is a young man with many hobbies and passions. At home, he spends a lot of time running, bicycling



DONNA RHODES

Besides a love for sports and the outdoors, Jason Liang of Shenzhen, China is a gifted pianist, and looks forward to sharing his talents with others during his international exchange experience at Newfound Regional High School this year.

and hiking with family, so when he arrived at school he immediately

joined the cross-country team. He said his father frequently runs in

half-marathons and he often accompanies him on long runs through their

South China community. "Before I left, he told me I must run while I am here," Liang said.

In keeping with that promise, Liang not only runs with the cross-country team, he even participated in this year's New Hampshire Marathon.

"It was a very wet, cold day, but I did it," he said.

Hiking is another hobby Liang enjoys with his mother and he has already begun climbing some of New Hampshire's 4,000-foot mountains.

"It's really nice. Here, the trees are tall and there are lots of rocks on top of the mountains, much different from where I live," said Liang.

Coming from a coastal area in China, the trees were actually one thing that drew him to New Hampshire. He said when he researched the state he saw that 80-percent of it is forested and knew right away it was someplace he wanted to see.

"When I got here- wow! And now I'm enjoying the color changes," he said.

Besides outdoor activities, his other passion is playing the piano. He first began playing at the age of five and has already passed a difficult international test that may soon help further his educational goals.

"I can use my music studies to go to university I hope," Liang said.

Automobiles are the big love in his life though and while music may help get him into college, he looks forward to studying the physics of an automotive engine in pursuit of a career in the industry.

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DONNA RHODES

Firefighter Paul Sirard greeted two-year-old Declan at the Alexandria Fire Department's Open House on Friday where kids were able to explore safety equipment, meet the fire fighters and have some old-fashioned fall fun.

Alexandria Fire Department welcomes community to open house

BY DONNA RHODES
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ALEXANDRIA — Boys and girls in Alexandria had the opportunity to not only have a little seasonal fun at the Alexandria Fire Department last Friday evening, but they also got to meet

firefighters up close and personal, then see all the equipment they use to keep their homes and families safe.

Sponsored by the Alexandria Firefighters Association, there were piles of pumpkins to take home, small pump-

kins to decorate and even face painting for all who attended.

"Isn't this great? We have a ton of kids here tonight," said AFD Capt. George Clayman.

Emergency vehicles were also pulled free from the department

garage so children could climb aboard and explore all that the fire engines and rescue equipment have to offer. A few firefighters even donned their safety gear so youngsters could see there are real people un-

SEE OPEN HOUSE, PAGE A16

Budget season arrives for Newfound district

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The Newfound Area School Board will get its first look at the administration's proposed budget for 2018-19 on Monday, Oct. 23, and will have three weeks to approve it or make any modifications before it goes to the Newfound Area School District Budget Committee on Nov. 21.

It will make its decision without representation from Bristol. Board member Jason Robert announced at the board's Oct. 10 meeting that he is moving to Hebron, so will no longer be able to

serve as the representative from Bristol.

School Administrative Unit 4 Superintendent Stacy Buckley is encouraging any Bristol resident with a desire to serve on the board to come forward before the Nov. 13 meeting so the town can have a representative during the ongoing budget discussions. She also noted that the school board could schedule a special meeting if members want more time to go over the budget prior to the budget committee's meeting.

During the Oct. 10 meeting, the board ap-

proved three field trip requests and a proposal from the grading subcommittee to introduce a weighted grading system, beginning with this year's freshman class.

The field trips are an \$800-per-student eighth-grade trip to Washington, D.C., with the \$80,000 total cost coming from funds students have raised through the years; an English Department field trip to Salem, Mass. to tour Seven Gables House and see "Cry Innocent"; and a field trip to France for 12 French Club students.

John Lellos made the case for weighted grades, saying they want to expand from the current formula that provides a 1.05 weighted multiplier value for advanced placement classes. The new proposal provides

a multiplier of 1.05 for honors, 1.1 for Running Start classes, and 1.2 for advanced placement classes.

The rationale is that students taking harder classes may achieve lower grades, and some students avoid AP classes to maintain high grade-point averages. While colleges weigh the rigor of the classes a student takes, the GPA also may play a part in the decision on which students to admit, Lellos said.

The board also discussed complaints about the new lunch program, with Business Manager Mike Limanni explaining that some of the problems arose as a result of installing a new stove, which brought code violations to their attention, involving kitchen venting and air quality. The district now has a plan to address

the issues, but Limanni wants to combine it with other projects to achieve cost savings. He said the program should be fully operational by February or March.

"We're pretty satisfied with the product that's going on now," he said, "and there are improvements to come."

Paul Berton of the Class of 1972 described efforts to create an endowment for the Newfound Area School District and he noted that the Blakeley-Mills Scholarship Foundation had awarded four scholarships last June. He said the scholarships go to any Newfound Bear, whether a current student or an alumnus, if the person is seeking further education. It need not be a four-year college, he said.

Berton also said the

group has assembled a list of 4,000 alumni from lists dating back 85 years and they have reactivated an alumni association, launching a website to allow alumni to keep in touch.

Athletic Director Pete Cofran described the district's efforts to protect students from concussions and establish procedures to test and handle cases where injuries have occurred. Last year, the district administered 13 post-concussion tests, he said.

Cofran also described an incident in which a student from another school was injured and Newfound officials got the player to the hospital and visited after the game to make sure the student was all right. The sending school commended Newfound for its caring attitude, Cofran said.

Alexandria PD taking part in Drug Take Back Day

BY DONNA RHODES
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ALEXANDRIA — The Alexandria Police Department will once again be participating in the National Drug Take Back Day on Saturday, Oct. 28, with a booth set up at the Alexandria Transfer Station to accept convenient drop-offs of unwanted prescription drugs for safe and confidential disposal by the proper authorities.

In addition to the drug drop-off, the officers hope to make a community impact of a different kind that day as winter nears and many families will soon be in need of support to get through the cold months ahead.

"We want to stuff a cruiser with gift cards for gas or groceries (we respect-

ly request that they not exceed \$25, so that our partners can help as many families as possible) and non-perishable food items," said Alexandria Police Chief Donald Sullivan.

Donations received that day will be donated to the local food bank where they can be used to assist as many community members as possible.

Donations and drug drop-offs will be accepted from 10 a.m. until 2 p.m. that day. The APD would like to thank everyone in advance for not only supporting their efforts to keep unwanted drugs out of the community, but for contributions of any size that will help their neighbors over the long and sometimes difficult winter months to come.

Support Newfound Drama at Festival of Trees

BRISTOL — Last year, Friends of Newfound Drama organized a Festival of Trees as a fundraiser to support theater programs at Newfound Regional High School, which include our beloved spring school and community musical. Local businesses, organizations, and individuals donated decorated Christmas trees that were then put on display and raffled off. It was such a great success that the Festival of Trees will be back this November.

If you would like to support the group while promoting your organization or business, enter a tree this year. Artificial trees of any size are all welcomed to be entered. Many have a theme such as Elf on

a Shelf or Nutcracker Suite (last year's fan favorite!) while some are just beautifully and creatively decorated or adorned with gift certificates. It's a fun way

to get into the holiday spirit while supporting the arts.

The Festival of Trees will be held at the Old Bristol Town Hall on Friday, Nov. 24 from

4 to 8 p.m., and on Saturday, Nov. 25 from 10 a.m. to 8 p.m. For more information, contact Stephanie Wiencek at 744-6006, ext. 1513 or at swiencek2sau4.org.

Boat ramp at Wellington State Park reopened

BRISTOL — The public boat ramp facility at Newfound Lake at Wellington State Park has reopened. It was closed for one day on Oct. 13 to remove the seasonal dock system that extended out about 80 feet into the lake between the two ramps. The dock system included an aluminum gangway and a 40-foot seasonal dock held in place with three pipe piles.

Boaters should be aware that three permanently submerged steel pile cylinders that supported the above-water seasonal pipe piles remain in the seasonal dock area. They are covered with orange caps, but may not be visible

in all light or turbidity conditions. Boaters are advised not to cross over the former placement area of the seasonal dock in order to avoid any chance of striking these pile stations. The water depth over these pile cylinders varies throughout the year, as the lake level is periodically lowered at the outlet dam during the fall and winter.

New Hampshire's Public Boat Access Program is funded through

boat registration fees and federal Sport Fish and Wildlife Restoration funds. Fish and Game's Facilities Construction and Lands Division acquires land for public water access sites, refurbishes existing sites, and builds new public boat access areas. For more information on boating access locations in New Hampshire, visit www.fishnh.com/access/access-sites.html.

Historical Society hosting program on Grange No. 123

NEW HAMPTON — The New Hampton Historical Society will present a program dedicated to memories of the New Hampton Grange No. 123 on Tuesday, Oct. 24, 7 p.m. at the Gordon-Nash Library, 69 Main St., New Hampton.

Our original program scheduled for this evening included progress of plans to move the Grange building to another site. Despite support for this move from the Town and concerned citizens, the building was razed in September. Peter Gulick, NHHS

President, will discuss the history of the Granger Movement of 1867, and the part the New Hampton Grange played. Highlights will be a power point presentation of the history and an auction of a birdhouse made from boards of the old grange hall.

Gulick, a graduate of Hobart College, has advanced degrees from Dartmouth College, University of Maine, Orono and Plymouth State University. He retired from his position as Guidance Counselor at Plymouth High School and before that he taught history at the New Hampton School and chaired the History Department.

Our programs are free and open to the public. Light refreshments will be served and fundraising items will be available for sale.

Visit our Web site at www.historynewhampton.org.

Something VERY BEARD is Happening in NH!



PGD is proud to support our local police departments who are raising funds to benefit the Grafton and Sullivan Child Advocacy Center through their annual **Beards for Bucks** campaign!

Thank you to the women and men of:
Franconia Police Department, Hebron Police Department, Sugarhill Police Department, Charlestown Police Department, Bristol Police Department, Grantham Police Department, Plymouth Police Department, Campton Police Department, Groton Police Department, Lincoln Police Department, Haverhill Police Department for their support of this great cause.

Learn more and donate at:
<http://www.cac-nh.org/beards-for-bucks/>

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 Sun.: 1:15, 4:15, 7:00 PM
 Mon.-Thurs.: 4:15, 7:00 PM

MOUNTAIN BETWEEN US PG-13
 Fri.-Sat.: 12:45, 3:45, 6:45, 9:30 PM
 Sun.: 12:45, 3:45, 6:45 PM
 Mon.-Thurs.: 3:45 & 6:45 PM

BLADE RUNNER 2049 R
 Fri.-Mon.: 4:00, 7:30 PM
 Tues.-Thurs.: 4:00 & 7:30 PM

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DONNA RHODES

Psi Beta Gamma's Communication Services Chair, Elizabeth Stalling of Plymouth State University, was joined by volunteer Chelse to point out a few of the hundreds of tee shirts hanging along Plymouth's Town Common last week to draw awareness to National Domestic Violence month.



DONNA RHODES

Words of support and touching messages for victims of domestic/sexual violence lined Plymouth's Town Common last Thursday afternoon during this fall's Voices Against Violence Clothesline Project.

Clothesline Project spotlights messages of heartbreak and hope from domestic violence victims

BY DONNA RHODES

drhodes@salmonpress.news

PLYMOUTH — Once again, touching tributes and words of encouragement for victims of domestic and sexual violence/abuse were written on t-shirts that lined the Town Common in downtown Plymouth last Thursday afternoon as part of the annual Voices Against Violence Clothesline Project.

October is National Domestic Violence Awareness Month, and to bring greater understanding on just how widespread the problem is, the tee shirts created by victims and support-

ers tell a story of their own as they sway in the breeze each year.

Written by victims of all ages, they each have a message of their own, many bringing tears to the eyes of those who strolled the common to read the messages.

"Daddy hits Mommy when he drinks," "Daddy last night you took my virginity," "My first memory- Mom crying because you beat her, I was three," were just some of the heartbreaking messages on the shirts from children.

This year's display wasn't all about women who have been abused by

men though. Representatives of Men Against Sexual Abuse had messages of their own as well, pointing out that females can take advantage of males for "photo ops" and other hurtful reasons.

Beyond that, there was a lot of support in the messages.

"Hold on when you feel like letting go," one shirt read.

"Ask yourself, do I deserve better?" was scrawled across another.

Statistics filled the clothesline, too, with facts such as most cases of domestic violence are never reported, and that

women between the ages of 16 and 24 are most likely to become victims of intimate violence. One startling statistic found on another shirt revealed that a woman is battered every 14 seconds in the United States alone.

Overseeing the Clothes Line Project once again this year were members of the Psi Beta Gamma Sorority from Plymouth State University.

"We're here today because this is part of our sorority's philosophy. We've helped out every fall and spring for the Clothesline Project and just last week we set up a

table to collect toiletries and items for Voices," said the group's Communication Services Chair Elizabeth Stalling. "We're upholding our sorority's standards."

She and others in the organization said that in addition to their public support endeavors, many of their members have had personal experiences with abuse issues and therefore want to support the Voices Against Violence organization in any way possible.

As the girls provided blank tee shirts and supplies for people to leave a message about domestic and sexual violence, they also accepted donations for Voices Against Violence and spoke with members of the community.

One woman who stopped to contribute to the cause confided her personal reasons for do-

ing so.

"I've been helped by them, too," she said under the condition of anonymity. "I had an abusive husband who threatened to hurt me late one night."

After leaving her home she called Voices Against Violence and found they were there for her every step of the way, not only on that frightful night, but all through her ongoing divorce process.

"They've told me exactly what to do and what papers I needed to fill out, and literally helped me write it all down. I just want to thank them for all they do. I don't know where I would have been without them," she said.

To make a contribution to Voices Against Violence or donate much needed shelter supplies, please visit them online at www.voicesagainstviolence.net.

The Common Man's Alex Ray travels to Puerto Rico to assist with food operations

ASHLAND — The head of New Hampshire's Common Man family of restaurants is traveling to hurricane-ravaged Puerto Rico to lend a hand in feeding residents who are still struggling without basic necessities after the destructive storm.

Alex Ray, of Holderness, traveled to Puerto Rico Thursday morning with the intent of assisting with or setting up kitchen operations to serve residents of villages who are without safe housing, water and power.

"This is what I do, this is my profession," said Ray. "I feed people, and they need our help."

Ray said he learned from a local Plymouth resident, who has a home in Puerto Rico, about the areas in need.

"He's made contacts for me with organizations over there," said Ray. "We'll head into the mountain villages outside of the metro San Juan area where they still really need help."

While Ray is volunteering in Puerto Rico, his Common Man family of 16 restaurants, two inns, company store and performance center will run a week-long fundraiser to support hurricane relief efforts in Puerto Rico. During the "Weathering It Together" fundraiser, any guest who makes a donation of \$10 or more to the company's Common Effort fund between Friday,

Oct. 13 and Friday, Oct. 20, will receive a \$10 Do Good Bonus Card. The Common Man family will match all donations that are received during the fundraiser, and Ray will determine the best allocation of the funds while he's in Puerto Rico during his volunteer trip. Donations will be accepted at all Common Man family locations. The Do Good Bonus Card is valid for a \$10 discount off a guest's food bill during their next visit.

Traveling to areas that have suffered natural disasters is not new for Ray. He drove a Common Man company van down to New Orleans after hurricane Katrina, finding his way into food operations at shelters, and on shifts with the United States Humane Society (USHS), rescuing pets that had been left behind in homes.

He also flew to Haiti after a devastating earthquake, traveling with a group of doctors and nurses who assisted victims injured in the quake. While the medical teams tended to patients, Ray found ways to feed the crews, and used his Yankee ingenuity to create a

makeshift coffee maker, a welcome sight for weary villagers and volunteers.

Ray said he's limited in the amount of tools and supplies he can bring with him on the plane to Puerto Rico, but will do what he can to provide assistance.

"I've got my brain, energy and a can-do attitude," said Ray. "We'll see what we can do."

While on the ground in Puerto Rico, Ray plans to send details back to New Hampshire regarding relief efforts and his firsthand experiences. Updates will be posted on thecman.com and the company's social networks including Facebook, Twitter, and Instagram @thecmannh.

Founded in 1971, the Common Man family in New Hampshire is

made up of 16 restaurants, two Inns, a Spa and Salon, Company Store and The Flying Monkey Movie House and Performance Center. Common Man locations include Common Man restaurants in Lincoln, Ashland, Concord, Claremont, Merrimack and Windham; The Common Man Inn & Spa, Foster's Boiler Room, Italian Farmhouse and The Flying Monkey in Plymouth; The Common Man Inn & Restaurant in Claremont; Lakehouse Grille, Camp, Lago and Town Docks in Meredith; Route 104 Diner in New Hampton; Tilt'n Diner in Tilton; Airport Diner in Manchester; and the Common Man Company Store in Ashland. For more information about The Common Man, visit thecman.com.

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Local police departments taking back unwanted prescription drugs on Oct. 28

BY DEB NARO
Contributor

On Saturday, Oct. 28, from 10 a.m. to 2 p.m., CADY and the Drug Enforcement Administration (DEA) will give the public its 14th opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

Bring your pills for disposal to Alexandria, Ashland, Bristol, Campton, Lincoln, New Hampton, Plymouth, and Thornton Police Departments. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked.

Last April, Americans turned in 447 tons (over 893,000 pounds) of prescription drugs at almost 5,400 sites operated by the DEA and more than 4,200 of its state and local law enforcement partners. Overall, in its 11 previous Take Back events, DEA and its partners have taken in over 6.4 million pounds—about 3,200 tons—of pills. In April 2017, the last Take Back Event, 56.3 lbs. were turned in for the Central Region sites, and a total of 8,088.3 lbs in the State of New Hampshire.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and

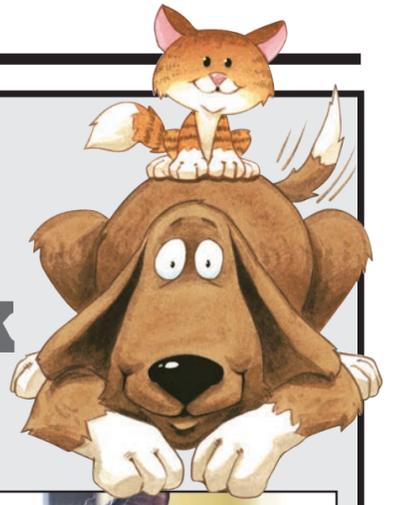
abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that the majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

Substance abuse prevention requires community action and our collective commitment will help keep our children safe from the harms of substance abuse. Thank you for being part of the solution by helping to limit illicit access by decreasing the supply of unused prescription medications in the home!

For more information about the disposal of prescription drugs or about the Oct. 28 Take Back Day event, go to <https://www.dea-diversion.usdoj.gov/> or www.cadyinc.org. You can also contact the CADY office at 536-9793.

If you or someone you know struggles with addiction or substance use, call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-HELP (4357).

PET of the Week Stache



NH Humane Society truly is safe harbour for animals, so many survive by their own wits and the sometimes kindness of strangers. Little Stache, adorable black and white cat, aged about three, with appropriate markings, hence his name, survived in less than stellar conditions. Cats will find somewhere to sleep out of the ravages of the weather even if that spot is ramshackle or derelict; for them, it's better than the rain and snow, but hardly ideal.

Stache arrived in April and has proven to be a 'cats cat' he loves the company of other felines and has discovered that humans, actually can be relied upon to provide a warm,



cozy, clean environment, which may not have been his prior life experience.

Now vaccinated, neutered, microchipped, healthy and ready to go, socially he is ready for a new home. Stache does require

that one special commodity...time to settle. Having fit so well into shelter life, that next move is going to feel like another uprooting for him. With the proper amount of patience and understanding for a cat that has endured

much in his young life, he truly deserves the permanent luxury of a caring forever home where he can further blossom and flourish.

Check www.nh-humane.org or Call 524-3252 to find out more about Stache.

Foliage, ATVs, word-play, and "winch" (and "wench")

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



The economy gurus say that fall foliage is a \$3 billion windfall for northern New England. I can believe it, having seen tour buses as far north as Colebrook and even (gasp!) Pittsburg, proof positive that the earth, for flat-earthers, does not end at Franconia Notch.

This year, a lot of us thought that the foliage season would be a bust. "Looking pretty sorry," we said, leaning on our shovels or rakes or whatever and looking out over all those pas-



tels. But along came a night's soft rain, and the colors just popped out. A banner year, in-

deed. With leaf-peeping, I've always wondered how much is enough.

JOHN HARRIGAN
(Left) In foliage season, I save a lot of gas, time and money by just going out onto the front lawn.

I mean, when is the breaking point? Tour-bus leader: "Wow, folks, just look at that ridge on our right. Just glorious!" Disgruntled leaf-weary passenger: "We saw one just like that an hour ago."

This is why, I think, savvy tour-guides keep a handy supply of jokes, games and songs, and talk about what's for lunch.

+++++

Still, this is not to SEE NOTEBOOK, PAGE A12

Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.

ESTABLISHED SEPTEMBER 18TH, 2014

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

SALMON PRESS PHOTO POLICY: As a community oriented family of newspapers, Salmon Press welcomes photos from readers, business owners, and other outside sources for publication in any of its titles. Any photos submitted for publication become the property of Salmon Press, and may be displayed in our newspapers, as well as on our Web site. They may also be made available for re-sale, with any proceeds going to Salmon Press and/or the photo re-print vendor.

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Strategies for Living

Is this life all there is?

BY LARRY SCOTT

Can man live without God? Absolutely ... and man has done so throughout human history and, some would say, very effectively. For some, it was because they weren't even aware there was a God; others rejected Him by choice. Let's face it: rejecting God appears to have its benefits. The drive to be free and to do as we please is a characteristic, human, trait.

To those who have researched this issue, French Philosopher Friedrich Nietzsche is a well-known figure. Prior to his death in 1900, he led an all-out attack challenging the existence of God. One of the most influential and forceful atheists of all time, Nietzsche not only dismissed the existence of God, he also rejected many of the traditional

values held by the Christian community.

"God is dead," he proclaimed, and since God does not exist the world is all there is. To him, as he wrote in *Antichrist*, Christianity "is the greatest of all conceivable corruptions. ... I call it the one immortal blemish on mankind (p. 220). It is, unfortunately, a point of view with which many would agree.

The kicker here, however, is that so many of those fundamental principles necessary to a balanced, responsible, and happy life have a tie-in to the existence of God and the values He has built into each one of us. Think for a moment. Without God, not only must we discover for ourselves who we are and why, we must also determine our purpose for living, the ethical standards that will

guide us through life, and the hope that justice will eventually be served on the Hitler's of our society. If man is the measure of all there is, whom do we follow: Hugh Hefner, Joseph Stalin, or Mother Theresa?

If you were to postulate a life without God and without an objective standard of morality, I will grant you the possibility of enjoying what is known as "the good life." You are satisfied, self-confident, happy, and prosperous in your chosen field of service. You "did it my way!" and you're proud of the fact. If God is dead, so be it.

But there is here a "fly in the ointment." Where, may I ask, is the light at the "end of your tunnel?" What hope do you have for the future even if your dreams come true? Take careful note of this truth: if there is no God,

this is as good as it gets; this is the only heaven you are ever going to know. For me, that just doesn't cut it!

The Apostle Paul wrote that, "If only in this life we have hope in Christ, we are to be pitied more than all men. But Christ has indeed been risen from the dead." Jesus' resurrection changes everything. Your reason for being, the purpose for which you were created, the drives that control your life, and the hope for life after death where justice will prevail, all hinge on your recognition – and welcome acceptance – of a God who created you to be a special, unique individual demonstrating the best that man can be. It's just as simple as that; the choice is yours!

You want to talk about it? Hit me up at rlarry-scott@gmail.com.

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

With a hop, skip and squeals of delight from a spunky young lady the weekend began! After picking little pumpkins from the jungle, we had dinner, then went to the Open House at AFD. We had a great time visiting with friends, munching on goodies, had our faces painted, and joined in on the pumpkin painting. Cheerful chatter and laughter make the heart smile. Saturday started with a smile, a giggle and request for waffles for breakfast! Nope, don't spoil her at all!

Town

Budget Committee Meeting Thursday, Oct. 26 at 7 p.m. The Budget Committee will be meeting with the following Departments: Fire Department, Emergency Management, Town Clerk/Tax Collector, Cemeteries, Supervisors of the Checklist, and Trustees of Trust Funds.

Alexandria Conservation Commission

ACC Meeting Wednesday, Oct. 25 at 6:30 p.m. in the Municipal Building.

Attention, amateur photographers! The Third Annual Photo Contest is upon us and the theme this year is Water in Any Form! You need not be a resident of Alexandria, however, your photographs must be within the boundaries of Alexandria. Location of each photo, name, address, email and phone number of photographer must be submitted with each entry. A maximum of four photographs per photographer may be submitted.

Submit your photos by sending an eight-by-10-inch print electronically to: alexandrianh@metrocast.net, attention ACC and include the information above. Or you may send your entry to Alexandria Conservation Commission, 47 Washburn Rd., Alexandria, NH 03222, with the needed information. Deadline for entries is Nov. 20.

Judging will take place the third week of November, and 13 will be chosen to be put on the 2018 ACC Calendar. The photographs will also be on display for several months in the Conference Room of the Municipal Building.

Fire Department

The Alexandria Fire Department held Open

House on Oct. 13, and the event was well attended. There were activities for young and young at heart, along with many wonderful goodies to eat. Thank you to the Department for an enjoyable family time evening and great learning experience. And if you're wondering, they will be open for trick or treaters on Halloween!

Alexandria United Methodist Church

A wonderful evening of Christian music was provided by Tom and Suzanne Ewing, of Colorado along with their friend Dave from Holderness on Oct. 14. Thank you Pastor Deb for a beautiful beginning to the concert. The fellowship continued with light refreshments after the concert.

Sunday, Oct. 29, we will be having a Worship of Appreciation for our Alexandria Police and Fire Departments. The children and adults have been working on crafts and music for this special event. Please plan to come and be a part of our worship in thanking these special people that serve our community. Services on Sunday begin at 9 a.m.

Happy Anniversary wishes for Pastor Deb and Warren Hoffman as they celebrate on Oct. 21!

Time to head outside to pull some of the weary vegetable plants up from the jungle, aka garden to most, and hope I don't get knocked out by a barrage of falling acorns! And you thought I was kidding about the hard hat? The squirrels are too busy scurrying along tree branches to pick them before they fall. Here's to a great week ahead, enjoy!

Groton

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

The Fall colors have brightened up in the past week and we are thinking more of pumpkin spice and hot coffee rather than the beach and

suntan lotion. It is splendid living in a part of the world with such beautiful seasons... even mud. We will be looking for volunteers for the annual Thanksgiving meal at the Town House. Please contact the offices if you'd like to cook, serve or any combination of those things.

Trick or Treat hours were set for the Town from 6 to 8 p.m. on Halloween, Oct. 31.

The Town is looking for a Trustee of the Trust Fund to fill the remaining two years of Elizabeth's term. If you are interested please submit your name to the Town Office. We are also looking for someone to serve on the Conservation Commission.

The Town Clerk/Tax Collector office will be closed the 18th through the following Monday as we will be at the NHTCA conference in North Conway. We'll be learning all sorts of new things to benefit our Town.

The Groton Police will be offering a class/informational meeting on "Making our Town of Groton a Safe Community" on Oct. 24 from 6 - 7:30 p.m.

Everyone wants a safe neighborhood as well as a safe community. Please join us to learn ways to prevent and reduce criminal activity within your neighborhood and your community.

If you are planning on attending, please contact Chief Thompson at the Groton Police Department (744-3703) to let him know you will be attending. Light refreshments will be served.

Meetings and closures coming up:

Select Board meetings are scheduled for the following Tuesdays, Oct. 17, Nov. 7, and Nov. 21, and all at the Town House in the front meeting area at 7 p.m.

Select Board Work Session at the Town House Tuesday, Oct. 17, SEE TOWNS, PAGE A12

REQUEST FOR PROPOSAL SNOW PLOWING AND SANDING FOR THORNTON PUBLIC LIBRARY

The Thornton Public Library is accepting proposals for snow removal and sanding. The contract will be for a period of one year. Inspection of the site can be arranged by calling Library Director Nina Sargent at 603-726-8981 between the hours of 10:00 a.m. and 2:00 p.m., Monday through Friday.

Specifications for work to be performed may be picked up at the library. Proposals must be received by Friday, October 20, 2017, 3:00 p.m.

The Trustees of the Thornton Public Library reserve the right to reject any or all proposals. Mail or deliver proposals to:

Thornton Public Library
1884 NH Rte 175
Thornton, NH 03285

Sealed proposals should be marked "Snow Plowing and Sanding Proposal" on the outside of the envelope.

James A. Potter, 25

PLYMOUTH — James A. Potter, 25, of Plymouth passed away unexpectedly at Laco-nia Hospital on Oct. 7, 2017.

James was predeceased by his father, Bryan Potter.

He leaves behind his

daughter, Katie Cluff of Campton; his mother, Fayette Potter of Bridgewater; siblings Corin McDonough of Bristol, Adam Potter of Franklin, Pa., Mariah Malcom of Plymouth and Amber Potter of Bristol; his girlfriend,

Dekota Landroche of Ashland; and many cousins, nieces and nephews.

A graveside service will be held at Green Grove Cemetery in Ashland on Oct. 22, 2017 at 1 p.m.

Chester Roberts, 80

BRISTOL — Chester "Tiger" Roberts, 80, of Sugar Hill Drive, died Thursday, Oct. 12, 2017 at the Mt. Ridge Health Care Center in Franklin.

He was born in New Hampton, the son of Osborne and Anna (Petroskey) Roberts. After high school, Tiger joined the US Army, he returned home after his discharge and has lived in the greater Bristol area throughout his life.

Tiger began working at the Calley & Currier Crutch factory and later took on delivery routes for the Union Leader and later WhiteMountainNews.



In his free time, Tiger enjoyed golfing, fishing, bowling, playing cribbage, and scratch tickets.

Family members include sons Mark Roberts of Franklin, Troy and Darin Roberts both of Bristol; five grandchildren; two great grandchildren; a sister, Ida Lyford of

New Hampton; and brother Osborne Roberts of Ormond Beach, Fla.

He was predeceased by his wife, Constance "Connie" (Blad) Roberts; two sons, Scott and Todd Roberts; and a sister, Joan Laiwe-neek.

A graveside service will be held on Saturday, Oct. 21 at 3:30 p.m. at Homeland Cemetery in Bristol. The Rev John Fischer will officiate. At that time, he and Connie will be interred together. In lieu of flowers, donations may be made to the food pantry, Bristol Community Services, 24 Pleasant St., Bristol, NH 03222.



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Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind the church.

Sundays

9 a.m. — Early Worship Service, followed by coffee/fellowship in the church dining room.

9:25 a.m. — KidZone for K-grade six

Special Needs Ministry-high school-adults

11 a.m. — Contemporary Worship Service

11:15 a.m. — KidZone for K-grade 6

11:15 a.m. — Youth Sunday School

“Toddler Zone” is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

KidZone

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach someone age appropriate lessons in a loving atmosphere.

Axyon Youth Ministry, for grades six through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

Mondays

8 p.m. — Alcoholics Anonymous Group meets in the Church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions,

please call Pastor Ernie Madden at (office phone number) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Web site, ashlandcommunitychurch.com.

We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our dear Lord and Savior. Our vision is to become a church that un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others do the same.

Real church. Real people. Real simple.

We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

Ashland Episcopal (St. Mark's Church)

The Sewing Group has begun its fall and winter season. It meets every Tuesday downstairs in Sherrill Hall at 2:30 p.m. Shirley Sanchez will again help with your projects and/or teach you to sew.

The book discussion group led by Guy Tillson held its first meeting 9:30 a.m. on Thursday, Oct. 12 at Griswold Hall in Plymouth. The introduction and first chapter “Christmas Trees and Fig Leaves” of Bishop Rob's new book “Without Shame or Fear” elicited several different ideas and points of view from the group. There are a few books available for anyone who would like to join those attending. Please let Guy know if you are interested (nicenhguy@roadrunner.com). Meetings will be held on Oct. 19, Oct. 26, and Nov. 4.

UTO Ingathering is on Oct. 22. This is the United Thank Offering - drop a coin into your blue box whenever you are thankful for something or somebody. Please

count your coins and bring a check on the the 22nd. Our Delegates will bring this offering to the Nov 4 Convention.

Save the date – Saturday, Nov. 11, 5-7 p.m. for the St. Mark's Ham and Bean supper. Music will be provided by Marden's band.

The next Community Breakfast is on Saturday, Oct. 28, 8-9 a.m. Great food and good company - come and join this friendly and jolly group.

ChIPs donations of gifts and/or money will be collected at St. Marks until Sunday, Oct. 29. These gifts are for the children of incarcerated parents. Included are babies through teens.

The next Bishop's Committee/Vestry meeting will be on Sunday, Oct. 22 at 11 a.m. Please contact Randy if you would like to add an item to the agenda. All are welcome to attend.

Holy Trinity (Roman Catholic)

The Day Away Program is looking for volunteers. The heart of a volunteer is measured by the depth of the commitment to make a difference. Volunteers are needed. Will you join us? Together we can make our participants' lives brighter. For more information please contact Sandra Coleman BSN, RN at sjrhatt@roadrunner.com or 536-6304. For more information on Day Away, visit our Web site at www.respiteforcaregiverdayaway.wordpress.com.

Be a guest. Bring a guest. Come and explore the meaning of life with the Alpha program. Sessions are Tuesdays at St. Matthew Hall. Find out what it's all about and enjoy a delicious meal free of charge!

Volunteer Drivers Needed Are you over the age of 21? Do you have a dependable and insured vehicle and a desire to help someone in your community get to a medical appointment and other critical communi-

ty services? If so, contact the Volunteer Driver Program (VDP) at 224 -8043 to see how you can help. VDP is an initiative of the Mid-State Regional Coordinating Council for Community Transportation, operated by the Community Action Program Belknap-Merrimack Counties, Inc.

Mending a Mother's Broken Heart- A Retreat for Mothers who Have Suffered Miscarriage. The retreat takes place from Oct. 20 to Oct. 21 at the Joseph House in Manchester. The fee is \$125. Financial aid is available. To register online: <http://josephhouse-retreatctr.org/mendingamotherheart>. For more information, call Vivian at 627-9493

Anointing of the Sick In honor of Respect Life Month, the sacrament of the Sick will be administered on both campuses the weekend of Oct. 21 and 22. Plymouth: Saturday, Oct. 21 at the 4 p.m. Mass Bristol: Sunday, Oct. 22 at the 9:30 a.m. Mass.

Divorce Support Group Surviving Divorce is a support group that meets on Mondays from 6 to 7:30 p.m. at St. Joseph Church in Lincoln. The program is free and refreshments are provided. You can attend as many sessions as you like.

Weekly Meetings

Thursday, Oct. 19

Day Away, Simard Hall, 9 a.m.—3 p.m.

AA meeting Monday - Saturday 11 a.m., St. Matthew Hall

Restoration Church, Plymouth

Greetings from Restoration Church Plymouth located at 319 Highland St., Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our schedule has changed to the following:

Sunday:

9:30 a.m. Bagels and Coffee

10:30 a.m. Morning Service (currently meeting in the fellowship hall)

Monday: First third Monday of the Month

10 a.m.-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Aug. 20, the active membership

of our church voted to merge with Restoration Church, based out of Dover. We now have a lead Pastor, Rev. Nate Gagne, who is over both the Dover campus and also the Plymouth Campus of Restoration Church. In Plymouth we have a location Pastor as well. His name is Chris Pike, he and his wife will be our local contact. That is the reason for the name change for this article as well. For the next few weeks we will be meeting in the fellowship hall on Sundays as the church get a well needed make over in some areas including, bathrooms, nursery, teen room, and also the auditorium. For right now the only service we will be having is our Sunday Morning service from 10:30-11:45 a.m. We are excited and anticipating just what the Lord has planned for this church moving forward. We invite everyone to come out on Nov. 5 as we officially launch as Restoration Church Plymouth. There will be more details as this day draws closer.

Upcoming Events:

Sunday, Oct. 22 and 29: We will be moving our services from the fellowship hall back into the auditorium for what we are calling two preview services.

Wednesday, Nov. 1: We will be having a time of prayer along with worship for the launch of Restoration Church Plymouth on Sunday, Nov. 5. This service starts at 6:30 p.m.

Sunday, Nov. 5: During our 10:30 a.m. service, we officially launch as Restoration Church Plymouth. Come on out and see what the Lord is and will be doing.

Our Mission Statement:

Just One More!

Everyone is welcome to all of our services. The church is handicap accessible on the east entrance.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairgrounds 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.

Sunday, Oct. 22 - Service 9:30 - 10: 30 a.m. - Royalty, Loyalty, and Survival: A story of faith, hope and love

Angela Matthews, Guest Worship Leader

From the bakery of a former enslaved man to the stature of royalty and the eloquent petition for emancipation, Portsmouth's earliest African colonist brought knowledge across the Middle Passage that benefited the owning class, and, ultimately on gaining their freedom, themselves. Meet the characters who lived and worked in New Hampshire in its earliest colonial centuries and hear how they made themselves invaluable for their skills, intelligence, and determination.

Visit our Web site www.starrkingfellowship.org 536-8908

Registration is open for Religious education classes for children through Grade 6. You may register your children Sunday with Jane Clay, or you may do it electronically on our Web site.

Grades K-2: World of Wonder-explore the interdependent web of all existence.

Grades 3-6: Harry and UU-explore how the themes in the Harry Potter stories support our 7 UU principles.

Soul Matters for Snow Birds? - If you're a snowbird interested in being part of a Soul Matters Sharing Circle or if you're inclined to stay home and participate in a Soul Matters group remotely, please contact Rev. Linda at minister@starrkingfellowship.org. A reliable internet connection and a willingness to meet via video conference necessary.

Brown Bag Lunch Bunch - Second and fourth Tuesdays from 9 a.m. — noon. Join us for fun, fellowship and learning as we tackle those little “to-do” projects around our fellowship home. Pack a lunch, roll up your sleeves and prepare to have a great time together! Contact Brian Haskins with any questions.

Time and Talent Inventory - What threads can you contribute to the fabric of our fellowship? Whether it be serving on a committee, teaching RE, Sunday flowers or refreshments or just a one and done activity such as painting a wall or mowing the lawn. Fill out an inventory and see what opportunities await you. There are copies on the table in the foyer and soon you will be able to view it on the Web site. Please add your completed inventories to the basket. If you have any questions see Mary Crowell.

Fall Clean Up - Enjoy the cool crisp fall air, grab a rake, don your work gloves! It's fall clean up time at Starr King!! Oct. 21! The fun begins at 9 a.m.!

The next meeting of the Wise Women in Training is Wednesday, Oct. 25 from 10:30 a.m. to noon.

The Activities Committee encourages you to participate in the abundance of interesting events happening in the area. Please visit the Events Page on our Web site: www.starrkingfellowship.org for further details.

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The Yardbird train keeps a rollin'

PLYMOUTH — Rock pioneers The Yardbirds featuring local guitar icon Johnny A perform The Flying Monkey Performance Center stage on Saturday, Oct. 28 at 7:30 p.m. Tickets for this show start at \$35.

The Yardbirds continue to hold true to the band's legacy of masterful musicianship. Led by Rock and Roll Hall of Famer / founding member / drummer Jim McCarty, the band (consisting of Boston area guitarist Johnny A, bassist Kenny Aaronson, singer/blues harpist/percussionist Myke Scavone, and lead singer/guitarist John Idan) evoke the essence of the classic Yardbirds sound.

Experiencing a Yardbirds concert is akin to a music history lesson. An integral part



Rock pioneers The Yardbirds featuring local guitar icon Johnny A perform The Flying Monkey Performance Center stage on Saturday, Oct. 28 at 7:30 p.m.

covered by Aerosmith) and "Heart Full Of Soul," to name a few -- building an undeniable legacy that still reigns strong in 2017.

The Los Angeles Daily News expressed that "This current version of British Invasion legends The Yardbirds... is the tightest and hardest rocking in the band's 53-year career -- and believe me, that's saying a ton, and it's not said easily."

While most of the players in The Yardbirds have changed over the years, the band's hallmark of top-notch musicianship remains. There are no passengers in this band. Don't miss what is sure to be a blistering show in Plymouth.

Tickets to see The Yardbirds are \$35, and \$45 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flying-monkeyNH.com.

PSU to host 40th Annual All New England Choral Festival

PLYMOUTH — Plymouth State University's Dan Perkins, Director of Choral Activities, will be hosting the 40th Annual All New England Choral Festival on Nov. 2.

The festival is a joint affair of Plymouth State choirs and more than 350 high school students from throughout New England performing Karl Jenkins' The Armed Man: A Mass for Peace with full orchestra. Students have prepared

and practiced this hour long program, dealing with issues of war, peace, the fight for our beliefs, and the grief that comes with such troubling subject matter. The Armed Man features text and music from various cultures including 15th Century War chants, Hiroshima Survivors, Rudyard Kipling, the Hindu epic, and The Mahabharata.

The festival will be held in AllWell North located at 32 North

River Street on the Plymouth State University campus on Thursday, Nov. 2 at 7 p.m. Tickets are \$13 for adults, \$11 for seniors, and free for youth and students with college ID. Tickets can be purchased at the event or in advance by calling 535-2787 or visiting <https://www.plymouth.edu/silver-center/season-events/music-theatre-dance/all-new-england-choral-festival/>.

"Hairspray" auditions for ETC to take place at Plymouth State University

PLYMOUTH — The Educational Theatre Collaborative, a venture of Plymouth State University and Plymouth Elementary School, marks its 25th season of musical theatre with the production of "Hairspray: The Broadway Musical." Auditions will be held at Plymouth State University's Silver Center for the Arts on Nov. 5-7.

High school and university actors who sing and dance are sought to play the Nicest Kids in Town and people of all ages are encouraged to be a part of our "Welcome to the '60's Rock Chorus." Hairspray addresses integration in the 1960s, so African American community members and actors are especially encouraged to audition for the ensemble or a lead role.

"There is tremendous power in the arts and community," says Dr. Trish Lindberg, ETC's artistic director. "ETC strives to bring folks together in a caring and nurturing environment to create the magic of musical theatre for all ages. This year's production is especially important as we address the issue of racism in our midst through this powerful musical of acceptance and courage."

The audition schedule is as follows: Sunday, Nov. 5 from 6:30-10 p.m. for high school, university and adult community members. Monday, Nov. 6 from 3:30-5:30 p.m. for youth in grades three through eight; 6:30-10 p.m. for high school, university and adult community members and Tuesday, Nov. 7 from 5:30-10 p.m.

for high school, university and adult community members. High school, university, and adult community members must call Brenda Gleich starting Oct. 16 at 535-2803 to schedule an individual audition time and should bring sheet music with a prepared song if possible.

Performances of "Hairspray" are set for Jan. 24-27 at 7 p.m. and Jan. 27 & 28 at 2 p.m. at the Silver Center at Plymouth State University. Tickets are available from the Silver Center for the Arts Box Office and cost \$26 to \$29 for adults, \$20 to \$25 for seniors and youth. Contact the box office at 535-2787 or (800) 779-3869, or online at: <https://www.plymouth.edu/silver-center/uncategorized/etc-hairspray/>.

of the 1960s "British Invasion," these blues-rock pioneers played a significant role in laying the groundwork for rock music. The band

crafted blues-rock / psychedelic anthems "For Your Love," "Over Under Sideways Down," "Train Kept A-Rollin'" (famously

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Edward Jones: Financial Focus

Put Lessons From "Retirement Week" to Work

To raise public awareness about the importance of saving for retirement, Congress has designated the third week of October as National Save for Retirement Week. What lessons can you learn from this event?

First of all, save early -- and save often. Too many people put off saving for retirement until they are in their late 40s -- and even their 50s. If you wait until you are in this age group, you can still do quite a bit to help build the resources you will need for retirement -- but it will be more challenging than if you had begun saving and investing while you were in your 20s or early 30s. For one thing, if you delay saving for retirement, you may have to put away large sums of money each year to accumulate enough to support a comfortable retirement lifestyle. Plus, to achieve the growth you need, you might have to invest more aggressively than you'd like, which means taking on more risk. And even then, there are no guarantees of getting the returns you require.

On the other hand, if you start saving and investing when you are still in the early stages of your career, you can make smaller monthly contributions to your retirement accounts. And by putting time on your side, you'll be able to take advantage of compounding -- the ability to earn money on your principal and your earnings.

Here's another lesson to be taken from National Save for Retirement Week: Maximize your opportunities to invest in the tax-advantaged retirement accounts available to you, such as an IRA and a 401(k) or similar employ-

er-sponsored retirement plan. If you have a 401(k)-type plan at work, contribute as much as you can afford every year, and increase your contributions whenever your salary goes up. At a minimum, put in enough to earn your employer's matching contribution, if one is offered.

Apart from saving and investing early and contributing to your tax-advantaged retirement accounts, how else can you honor the spirit of National Save for Retirement Week? A key step you can take is to reduce the barriers to building your retirement savings. One such obstacle is debt. The larger your monthly debt payments, the less you will be able to invest each month. It's not easy, of course, to keep your debt under control, but do the best you can.

One other barrier to accumulating retirement resources is the occasional large expense resulting from a major car repair, sizable medical bills or other things of that nature. If you constantly have to dip into your long-term investments to meet these costs, you'll slow your progress toward your retirement goals. To help prevent this from happening, try to build an emergency fund big enough to cover three to six months' worth of living expenses. Since you'll need instant access to this money, you'll want to keep it in a liquid, low-risk account.

So, there you have them: some suggestions on taking the lessons of National Save for Retirement Week to heart. By following these steps, you can go a long way toward turning your retirement dreams into reality.

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

For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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Outlaws Come to New Hampshire... and that's a good thing

P L Y M O U T H — Southern Rock trailblazers The Outlaws come to The Flying Monkey Performance Center on Friday, Oct. 27 at 7:30 p.m. Tickets for this show start at \$35.

For The Outlaws, it's always about the music. Especially live music! For more than 40 years, the southern rock legend has celebrated triumphs, endured tragedies and survived legal nightmares to remain one of the most influential and best-loved bands of the genre. It's a band of brothers bound together by history, harmony and the road. It's about a group that respects its own legacy while refusing to be defined by its past. But most of all, it's about playing live,

playing for their audience.

"I want people to... see our show and realize that The Outlaws are still there," says founding member and front man Henry Paul. "Our goal is to unite the fans and bring the group back into the limelight."

On stage, the band burns hotter than ever.

The Outlaws' live shows are blazing tributes to the band's rich history and fiery rebirth. Classic tracks and fan favorites from the first three albums — as well as The Henry Paul Band's definitive "Grey Ghost" — share the spotlight with songs from the newer discs.

"I think the fans are coming away from shows feeling a part

of the Outlaws experience," says Henry Paul.

Along with founding members Henry Paul and Monte Yoho, the band features several of Southern Rock's most respected veterans: Chris Anderson, Steve Grisham, Dave Robbins, and Randy Threet.

"From the very beginning, our band had a heart," Monte Yoho says, "for The Outlaws, it's still about the music. And more than ever, it's about live music!"

Tickets to see The Outlaws are \$35, and \$45 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flying-monkeyNH.com.



COURTESY

Southern Rock trailblazers The Outlaws come to The Flying Monkey Performance Center on Friday, Oct. 27 at 7:30 p.m.



Moody Blues' John Lodge brings 10,000 Light Years Tour to Plymouth

PLYMOUTH — John Lodge, legendary bass player, songwriter and vocalist of The Moody Blues, brings his US tour to The Flying Monkey Performance Center stage on Thursday, Nov. 2 at 7:30 p.m. Tickets for this show start at \$39.

John Lodge, legendary bass player, songwriter and vocalist of The Moody Blues, will embark on his first ever solo tour of the U.S. titled "John Lodge of The Moody Blues: The 10,000 Light Years Tour." Following the release of 10,000 Light Years Ago (his second solo album), which was released in 2015, John toured the U.K., but this tour marks his first in America. 10,000 Light Years Ago has received critical acclaim, and his song, "In My Mind," was nominated for "Anthem of the Year" in Prog Mag.

Lodge is looking forward to now bringing this solo tour to the U.S., saying, "You go into a room with an idea...and then being able to take it on the road and perform it live, really is a massive thrill."

In addition to performing tracks from his solo album, 10,000 Light Years Ago, John will capture the heart of classic Moody Blues songs he has penned

and recorded with The Moodies such as "I'm Just a Singer (in a Rock and Roll Band)," "Gemini Dream," "Ride My Seesaw," "Isn't Life Strange," and the never before played live, "Candle of Life."

Joining Lodge on stage will be his "10,000 Light Years Band," specially put together for the U.S. dates, including long time collaborators Alan Hewitt (keyboards/music director) and Norda Mullen (flute) from The Moody Blues; Gordon Marshall (drums), formerly Moody Blues; and 20 time Detroit Music Award nominee guitarist Duffy King (guitar).

As a member of The Moody Blues since 1966, who were nominated for the Rock N Roll Hall of Fame this year, John Lodge has spent much of his life touring the world, as part of a 'rock n roll band'. His first solo album titled "Natural Avenue" was released 40 years ago in 1977, but was never performed live. When asked what has taken him so long to get his own show on the road, John was quick to point out, with a smile, that he has been busy with his "other band"...

Tickets to see John Lodge of The Moody Blues are \$39, and \$49

for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flying-monkeyNH.com.

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Spotting depression in seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

An Invisible Epidemic

We all have days in which we are sad or have thoughts of hopelessness – but for many, it goes beyond that. Depression (major depressive disorder or clinical depression) is, by definition, a medical illness characterized by a chronic sense of sadness and loss of interest in activities. Depression can often dictate the way in which you feel, think, and act – and if not treated, it can lead to everything from alcohol and drug abuse to attempted suicide.

For something so serious and potentially crippling, it would seem that depression is a rare condition – but the reality is somewhat startling. It's estimated that 350 million people worldwide suffer from depression, accounting for 5 percent of the population. In the United States alone, more than two million adults 65 years of age older are faced with depression of some kind. Because of its prevalence in the senior population, many (seniors included) believe that depression is merely a

normal aspect of aging. While this isn't true, there is a strong correlation between what many seniors face and depression because of factors such as increased isolation and physical decline.

While signs of depression may be more obvious to spot in younger people, or even middle-aged adults, it's easy to overlook them in older adults. That's because they're often mistaken for other signs of aging. Studies show that when depressed, seniors may not clearly display typical signs of sadness such as crying. Instead, they tend to withdraw from the people they care about and the things they once loved to do.

Signs of Depression

There are other, less-obvious signs of depression in seniors that you may want to be on the lookout for. If you have a senior loved one who you fear may be facing depression, check for the following:

Irritability: This is often expressed in place of sadness, as the latter can be seen as a sign of weakness. Anger and frustration, on the other hand, are thought to be less em-

barrassing ways of expressing feelings of sadness and worthlessness.

Withdraw: As mentioned above, withdrawing not only from people but favorite activities can suggest that a senior loved one is depressed. In many cases, older adults will also stop eating, which can then cause other physical problems to occur.

Decrease in Cognitive Ability: Everything from focus level to speech can be affected by depression. One study showed that half of its participants, who were older adults suffering from depression, struggled with certain decision-making skills. Not surprisingly, this can be confused for symptoms of Alzheimer's or other forms of dementia.

Increased Pain: Similar to one's decrease in cognitive ability, it's not uncommon to believe that pain comes naturally as we get older. While it's true that there is some, increased pain is usually indicative of something more. Does the pain make us depressed, or can depression cause pain? Research shows that it essentially goes both ways. Older adults

can quickly fall into depression because of pain, but depression also amplifies the pain itself.

Digestive Problems: Recent research has shown that we have a tendency to keep stress in our gut, and its well-being can be reflective of our mental health. From frequent bouts of diarrhea or constipation, any chronic changes in bowel behavior can indicate depression.

The Next Steps

If you recognize the aforementioned signs in your senior loved one, don't dismiss them. It's important to talk to him or her about what he or she is feeling. Although you may receive some resistance initially, it's important to let him or her know that you're there to help. From there, it's vital that you inform his or her primary health care provider or mental health expert to have symptoms assessed professionally.

In terms of treatment, medical providers may suggest certain medications, such as selective serotonin reuptake inhibitors (SSRIs) and selective serotonin-norepineph-

rine reuptake inhibitors (SNRIs), or tricyclic antidepressants. Be aware that, while initially beneficial, some medications can cause more harm than good in the long run. Thus, seniors' behavior should be monitored very carefully, and any changes should be communicated to a physician immediately. Because of the rather volatile nature of medications, it's often recommended that older adults try and find more natural "therapies" to alleviate symptoms of depression. In most cases, this involves altering or enhancing certain lifestyle habits. These include:

Incorporating physical activity into daily routines

Getting enough sleep

Eating a well-balanced diet

Socializing with others as frequently as possible

Meeting new people
Enjoying a hobby or pastime

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Our compassionate, professional caregivers can help your aging loved one by either spotting signs of

depression, or encouraging healthy lifestyle choices. We can also help provide everything from meal preparation to light housekeeping, and even transportation to your loved one's preferred destinations in and around town. By and large, our goal is to see that your aging loved one has the means to live a healthy, independent life. Learn more about our services by contacting your local 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 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Science Center purchases mobility scooters with help of grant

H O L D E R N E S S —Squam Lakes Natural Science Center received a \$6,000 grant from the Oleonda Jameson Trust for its Access for All project. This, coupled with a \$1,400 discount from Lakeside Mobility & Scooter of Rochester, helped the Science Center purchase two new mobility scooters for visitors to access the live animal exhibit trail. The new scooters replaced two others in use since 2010, which required frequent repairs and were not always available.

The Science Center makes getting nearer to nature accessible to all individuals. The live animal exhibit trail is accessible with an ADA recreational standard grade of 1 in 12. The trail is primarily packed gravel and pavement with some difficult spots due to loose gravel. The motorized scooters and non-motorized wheelchairs are available for visitors who need additional mobility support. People may also request other special accommodations in advance of their visit. Scooters and wheelchairs are available to

the public at no charge, by reservation, from May 1 through Nov. 1 when trails are open.

"Squam Lakes Natural Science Center provides an environmental education experience that should be available to all individuals regardless of ability," said Mary Susan Leahy Trustee of the Oleonda Jameson Trust. "The Oleonda Jameson Trust assists New Hampshire citizens and organizations who are unable to enjoy things ordinary citizens take for granted. We are pleased to provide this grant to help positively impact residents and visitors to our state."

"We are very grateful to the Oleonda Jameson Trust for supporting the independence of our visitors to access the animal trail," said Iain MacLeod, Executive Director of the Science Center. "And to Lakeside Mobility & Scooter for the pricing discount to make this possible."

For details about Squam Lakes Natural Science Center events, admission fees, upcoming programs, lake cruises, and member-

ship go to www.nhnature.org or call 968-7194.

About Squam Lakes Natural Science Center

The mission of Squam Lakes Natural Science Center is to advance understanding of ecology by exploring New Hampshire's natural world. Through spectacular live animal exhibits, natural science education programs, an informal public garden, and lake cruises, the Science Center has educated and enlightened visitors since 1966 about the importance of our natural world. Squam Lakes Natural Science Center is located on Route 113 in Holderness, an easy drive from exit 24 off I-93, and is open daily from May 1 through Nov. 1. The Science Center is accredited by the Association of Zoos and Aquariums (AZA) and is the only AZA-accredited institution in northern New England. For further information about the Science Center, call 968-7194 or visit www.nhnature.org.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	396 McMurphy Rd.	Single-Family Residential	\$191,400	Jenny L. and Nicholas S. Cyr	Brent and Ashley Medas
Ashland	8 Vista Dr., Unit 88	Condominium	\$110,000	Andrea J. Daly	Peter A. and Kathleen T. Watko
Bristol	Lakeview Ave.	N/A	\$65,000	Melissa M. StPierre	Mark T. and Lorrie J. Roughan
Bristol	Lakeview Ave.	N/A	\$65,000	Bonnie L. Allenburg Estate	Mark T. and Lorrie J. Roughan
Bristol	85 Lakeview Ave.	Single-Family Residential	\$65,000	James M. Prindvile Estate	Mark T. and Lorrie J. Roughan
Bristol	21 Silver Shores Dr., Unit 21	Condominium	\$170,000	Doris A. Jackson and Kimberly B. Stewart	Kenneth A. and Louise B. Slattery
Bristol	83 Sundown Rd.	Single-Family Residential	\$412,000	Robert and Linda Lavoie	Thomas E. Scheper and Tina S. Tolin
Campton	NH Route 175	N/A	\$130,000	J. John Costa Estate	Armand J. Boisvert Trust
Campton	Saddle Back Circle	Residential Open Land	\$40,000	Michael Bagge and Sherry Lund	William M. and Lorrata J. Deppe
Campton	N/A	N/A	\$158,000	Diane M. Coughlin LT	David C. and Yvonne M. Papargiris
Groton	64 Dodge Rd.	Single-Family Residential	\$168,000	Wilson C. Townsend Trust	Steven W. and James M. Coolidge
Holderness	193 NH Route 113	Single-Family Residential	\$256,933	Peter S. Francesco	Angela A. Francesco
Holderness	438 Owl Brook Rd.	Mixed Use	\$659,000	James A. and Deborah A. Cole	Justin M. and Cortney T. VanEtten
New Hampton	1426 Winona Rd.	Single-Family Residential	\$300,000	Mark A. Abramson 2009 Trust	Marcia A. Litchfield
Plymouth	26 Langdon St.	Single-Family Residential	\$160,000	Fife FT	Neville Point Land Services
Plymouth	7 Parker St.	Single-Family Residential	\$224,000	Criag A. Lutz	Robert J. Rand and Carolyn E. Soucy
Rumney	N/A	N/A	\$36,000	Robert I. And Deborah J. Heaman	Paul Fowler FT
Thornton	48 Orris Rd., Unit 6	Condominium	\$102,000	Paul J. and Rachel Higgins	Brian Herbert
Thornton	N/A	N/A	\$29,533	Mountain River Development LLC	Janet E. Nolan
Waterville Valley	14 Tripyramid Way, Unit 13	Condominium	\$193,000	Cutter NT	Patrick M. and Deborah K. Marr
Wentworth	Buffalo Road	Residential Open Land	\$119,533	Patricia M. Brown	Michael L. Ball and Susan T. Randall

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 involve 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.

MARK ON THE MARKETS



BY MARK PATTERSON

Do you think Mother Teresa woke up in the morning trying to decide if she was going to help the poor and destitute, or have a day at the "spa" just for her? Silly question, I agree, but I am just trying to point out the fact that certain things are embedded in our

DNA, and it cannot be turned on and off like a light switch.

If you been reading my column for any length of time, you have probably noticed that I have spent much time attempting to point out the benefits of working with an advisor who always places the client's interest first. I have also tried to clarify the Department of Labor fiduciary standard ruling that has partially been implemented, but running up against a lot of resistance from special interest that do not

want their salespeople to be required to do what is best for the client and not the broker or broker-dealer firm. As a registered investment advisory firm, we are obligated to treat our clients with fiduciary care always. Investment advisory firms will typically put this in writing in their client agreements. So, in a previous column, one of the things I mentioned was to ask your advisor if they are a fiduciary, and if so, put it in writing.

Just last week, someone at the securi-

ties exchange commission stated, and I'm paraphrasing, "how can a portion of money be treated with fiduciary care and the other portion not?" Which suggest to me, that even if the Department of Labor ruling is thwarted by special interests, the SEC is going to step in with an even more specific ruling regarding acting in a fiduciary capacity for all money, not just qualified money.

Investment advisory firms already do this, but the arguments against by insurance

companies and broker-dealer firms are weak in my opinion. I believe that asking a broker to act with fiduciary care for part of the clients' money and not having the same standard for another part of money places that broker and their firm in peril. Having been a retail broker long ago, I understand the training the broker/insurance agent is really about sales, not asset or investment management. So, for brokerage firms to suggest to the broker that they promote certain mutual fund families where the broker-dealer firm is making a "revenue-sharing fee," the broker-dealer and broker are steering clients towards fund families that benefit the firm and brokers interest before the client. This is just one small example of what goes on in the retail world on a day-to-day basis. In my opinion it is very difficult for that salesperson to pivot being a fiduciary advisor depending on whether the clients' money is qualified or not qualified. That is the current standard that I believe will change in the future. I do not think it is un-

reasonable to put the clients' interests first all the time.

Some broker-dealer firms are attempting to profit from this Department of Labor fiduciary ruling partially implemented last June. Some broker-dealers that had sold mutual funds that are considered "A" shares, typically having a five and three quarter percent load or commission upfront, are now suggesting to their clients that they take that money and put it in their fee-based program now collecting high fees on money they've already made commission. One of these firms even as a commercial on TV where the brokers calling the client talk about new laws that may affect their account and what they can do about it.

This is all quite confusing to the public. I suggest you scrutinize your relationship with whomever is working with your money.

Mark Patterson is a registered investment advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

Wilderness First Aid Course to be held in Waterville Valley

WATERVILLE VALLEY — Waterville Valley Athletic & Improvement Association (WVAIA), Waterville Valley's outdoor club, is hosting a two-day Wilderness First Aid (WFA) course on Saturday and Sunday, Nov. 4 & 5, in Waterville Valley.

The 16-hour WFA class will be held at The Meeting Place in Town Square (main level, next to the Post Office) and taught by instructors from SOLO Schools of Conway, the leader in wilderness medicine training in the United States. Upon completion of the course, participants will receive a WFA certification good for two years. Wilderness First Responders can also re-certify with this class.

The WFA course is perfect for the outdoor enthusiast or trip leader who wants a basic level of first aid training for short trips with family, friends and outdoor groups.

The WFA course creates a solid foundation in the basics of backcountry medical care and survival, when help



COURTESY

Waterville Valley Athletic & Improvement Association (WVAIA), Waterville Valley's outdoor club, is hosting a two-day Wilderness First Aid (WFA) course on Saturday and Sunday, Nov. 4 & 5, in Waterville Valley.

may not arrive for hours if not days. If you spend time in the backcountry, day hiking, snowshoeing, backcountry skiing, or anything that takes you to lightly traveled locations far from help, you will find this course invaluable.

SOLO training is different from more traditional emergency medical and first aid training in that the emphasis is

on how the body works; what happens to it when

it has been injured or is SEE **FIRST AID**, PAGE A12



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Ayers Island

FROM PAGE A1

8.4 megawatt generating capacity, is selling for \$10.5 million, according to the agreement.

Granite Shore Power LLC, a newly formed partnership between Atlas Holdings and Castleton Commodities International of Connecticut, is purchasing Eversource's fossil fuel plants: Merrimack Station in Bow, Newington Station in Newington, Schiller Station in Portsmouth, Lost Nation in Groveton, and White Lake in Tamworth. Those plants have a combined generating capacity of 1,130.1 megawatts.

The sales are necessary under New Hampshire's electric restructuring law, enacted in 1996, which resulted in the other utility-owned plants being sold a decade and a half ago. Today, Eversource is the only electric utility in New England that still owns coal, wood, oil and gas generation plants.

Murray said Eversource is at a disadvantage as a regulated company. All of the other plants in New England are now independently owned and operated, and are better able to adjust to market conditions.

"These plants were built under the old order," Murray said, "when regulators [dictated] what to build and guaranteed [utilities would] recover those costs. Because of a series of events and concerns, we continued to own them and recover costs under the old

regulated model. Over time, that became more expensive than the costs on the open market."

Murray said that, by selling the generating plants, Eversource customers will see significant reductions in electric rates going forward, because they no longer will include the ongoing costs of owning and operating the plants, with the guaranteed recovery of the expenditures as a regulated utility.

Taxpayers, however, may see an increase, because the selling price of the plants is less than most communities were valuing them for assessment purposes. Anticipating that impact on the communities, Eversource agreed to provide three years of tax stabilization payments as part of its sales agreement.

"Eversource is seeking to provide a soft landing, assuming there's a possibility that the new assessment may be less than the old," Murray said.

Once a municipality establishes an assessment with the new owner, Eversource will cover the difference in taxes between the old and new assessment for the first year, paying two-thirds of that amount in the second year, and one-third in the third year.

Eversource has been disputing Bristol's assessment values since 2015, and because it remains in litigation, Murray said the stabilization payments for Ayers Island will likely be based on the undisputed 2014 assessment. Bristol

Town Administrator Nik Coates has not commented on that statement, and did not provide the town's assessed value for Ayers Island.

The sales agreement requires the new owner to keep each station operating for at least 18 months after the sale goes through, and any employees who are not retained will be entitled to severance benefits.

While most ratepayers will see a reduction in their bills by the first or second quarter of next year because plant operations will no longer be included, those who purchase their power from another source and only receive delivery service from Eversource will likely see a small increase. The sales agreement allows Eversource to recover certain stranded costs through billing to all of its customers.

Murray explained that Eversource is foregoing the recovery of \$25 million associated with the emission-reducing "scrubber" at the Merrimack Station, but it will be able to recover the difference between the cost of other infrastructure improvements at the plants and what they are selling for. The agreement allows Eversource to purchase low-cost bonds to cover those expenses, and customers will repay the bonds over a 12-year period, which will soften the impact.

As of June 30, Eversource was billing 513,174 customers, of which 134,713 were purchasing their power from an independent supplier.

Notebook

FROM PAGE A4

suggest that even people living amidst annual explosions of colors take it all for granted.

A neighboring logger had just finished unloading some tree-length hardwood when I walked up to his cab to palaver, and he shut down so both of us could hear.

It was a cool, clear, crisp day when you could see forever.

"This is when working outside seems pretty damned good," I said, reflecting on the days when it was downright awful, days when not even dogs would go out.

"Right," he said, looking all around.

+++++

Lending your ATV out to someone is like lending out your truck, chainsaw or dog, but I did it last week for friends hauling firewood, and was giving the rundown on how to run it.

"It has a winch on the front and sometimes a wench on the back," I said gamely, watching for reaction.

Nope. Went over like the Hindenburg.

"Wench," of course,

is an outmoded word and now deemed insensitive to women, but still, there it is, or was.

Back when I owned newspapers and answered to nobody but readers and the bank, I made up a phony classified ad or two for each week's edition. One asked that whoever borrowed the town's road-bander bring it back immediately, because it was time to band the roads again. Some got this, some didn't.

But I swear, I'm in the habit of combing various local newspapers whenever I'm in one territory or another, and I have actually seen classified ads for ATVs for sale, with wenches.

+++++

A few weeks back, I wrote about disappearing songbirds, and my suspicion that devastation of winter habitat in Central America was largely to blame, which for some reason gets no American media attention.

The Oct. 9 issue of the New Yorker carried the sorry story of monarch butterflies, which make one of the grandest migrations on the planet.

While we here in the Northeast worry about milkweed, and rightly so, in Mexico a "surge in illegal logging," to quote the article, is decimating the Monarch's shrinking wintering stands of Oyamel firs.

+++++

A couple of columns ago, in a segment on looting and its scarce mention in Big Media's reporting on natural disasters, I used local vernacular for the firearm I'd reach for, as in "30-odd six," and waited for critique. Silence.

It is, of course, thirty-aught six, meaning 30-06, "aught" being the near-forgotten term for zero. Thus I was tickled to see a writer in the same aforementioned magazine refer to the early 2000s as "the early aughts."

There is hope yet.

(This column runs in a dozen papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

Towns

FROM PAGE A5

Oct. 24, and Nov. 7 at 5 p.m.

Select Board Office will be opening late on Tuesday, Oct. 17 at 10 a.m.

Conservation Committee Meeting Thursday, Nov. 9, 7 p.m.

Planning Board Meeting Wednesday, Oct. 25 at 7 p.m.

The Town Clerk/Tax Collector offices will be closed Oct. 18 -20 for the NHTCA Education Conference.

The Select Board Office will be closed Nov. 15 and 16 for the NHMA

Conference.

Warrant Articles should be submitted by Thursday, Jan. 4.

The Town Offices will be closed Thursday and Friday, Nov. 23 and 24 for the Thanksgiving Holiday.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Area Women's Group

Oct. 19 at noon, the Hebron Area Women's Group will welcome Linda Salatiello and Evelyn

Auger who will present, in costume, a program about Mary Baker Eddy, "AnExtraordinaryLife." Mary Baker Eddy lived in Rumney, Groton, Hill and other local areas and attended schools in Tilton and Sanborton. We welcome everyone to the program to be held at the Union Congregational Church Community Hall. The business meeting will follow the speakers. Our Hostesses are: Barbara Stevens, Linn Everett, and Sandra Hutchins. Requested are nonperishable items for the Bristol Food Pantry.

First Aid

FROM PAGE A11

ill; and the basic principles behind treatment. By understanding basic physiology, the principles of emergency response, long-term patient care and equipment improvisation, you

will be better prepared to deal with non-textbook problems.

The cost for the two-day course is \$140 (\$125 for WVAIA members). Pre-registration is required by mailing a check payable to WVAIA, PO Box 412, Waterville Valley, NH 03215.

Include your name, address, email address and telephone number. Space is limited and previous courses have filled up quickly. If you have questions, email irit.levy@gmail.com.

WVAIA was formed in 1888 and is a 501(c)(3) non-profit organization. WVAIA partners with the U.S. Forest Service for the maintenance and stewardship of the hiking trails in and around Waterville Valley. Learn more online at wvaia.org.

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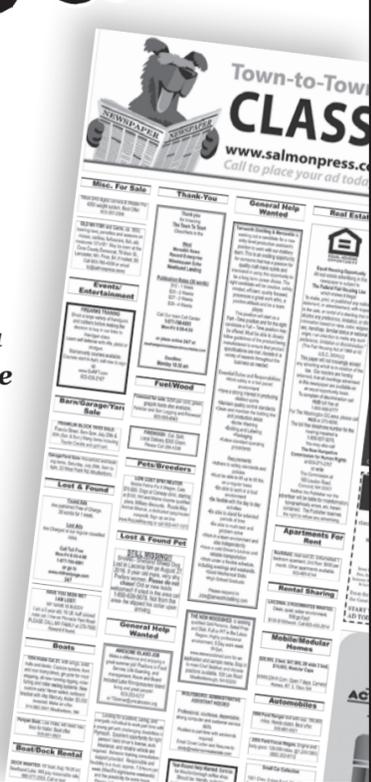
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PEACE CORPS RESPONSE

Breast Cancer Awareness 2017

Common causes of cancer that people can control

A cancer diagnosis can be shocking. After receiving such news, many people are filled with questions such as, "How did I get this disease?" That question often has no definitive answer, though physicians may be able to work with patients to determine the various factors that contributed to their cancer diagnosis.

Cancer does not discriminate. People from all walks of life are diagnosed with cancer every day. Certain contributors, such as family history of cancer, may be be-



yond a person's control. But the American Cancer Society notes

that people can avoid some potential cancer contributors by making healthy choices.

Anti-smoking campaigns have done much to impact the number of people who smoke, but tobacco remains one of the leading causes of cancer across the globe. The ACS notes

that while cigarettes, cigars and pipe tobacco are made from dried tobacco leaves, in order to make smoking more flavorful and pleasant, tobacco companies add various substances. As the resulting products burn, the smoke they produce is made up of thousands of chemicals, at least 70 of which are carcinogens.

Some smokers may not give the smoke coming from their cigarettes much thought, but that smoke con-

tains chemicals such as formaldehyde, lead, arsenic, and carbon monoxide. Recognizing that the smoke from their cigarettes is sending formaldehyde into their air may lead some smokers to quit for good.

Alcohol

Alcohol consumption can raise a person's risk of getting cancer. Alcohol has been linked to cancers of the mouth, throat, esophagus, liver, and breast, among others. The ACS notes that regular, heavy alcohol use can damage the liver and cause inflammation and scarring that might increase a person's risk of developing liver cancer. Women who consume a few alcoholic beverages may be increasing their risk of developing breast cancer, which the ACS believes might be a by-product of alcohol's affect on estrogen levels in the body.

Evidence suggests that the ethanol found in alcohol is what increases a person's risk of developing cancer. All alcohol beverages contain ethanol, so drinkers should not assume that one type of alcohol is safer than another.

Diet and sedentary lifestyle

According to the ACS, research has shown that poor diet coupled with a sedentary lifestyle can increase a person's risk of getting cancer. In fact, the World Cancer Research Fund estimates that roughly 20 percent of all cancer diagnoses in the United States are related to body fatness, physical inactivity, excessive alcohol consumption, and/or poor nutrition. Men and women who can control their weight and maintain a healthy weight throughout their lives can reduce their risk of getting cancer as well as other conditions, including heart disease and diabetes.

Anyone can be diagnosed with cancer. But men and women who make healthy choices can greatly reduce their risk of getting this deadly disease.

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American Red Cross

You may know that **BREAST CANCER** is the most frequently diagnosed cancer in women, but did you know giving blood is a way to support those fighting cancer?

During **BREAST CANCER AWARENESS MONTH** in October, the American Red Cross is encouraging the community to give blood for cancer patients and others who depend on transfusions.

When you give **BLOOD**, you give somebody another **BIRTHDAY**, another **DATE**, another **DANCE**, another **LAUGH**, another **HUG** and most importantly, another **CHANCE**.

The American Red Cross hopes that you will reach out to someone who needs another chance at life by donating blood.

Help Save Lives!

Blood cannot be manufactured. It is the responsibility of the community to make sure that the blood supply is continually replenished in order to assure that physicians and their patients can be confident of a reliable supply. Please don't let them down.

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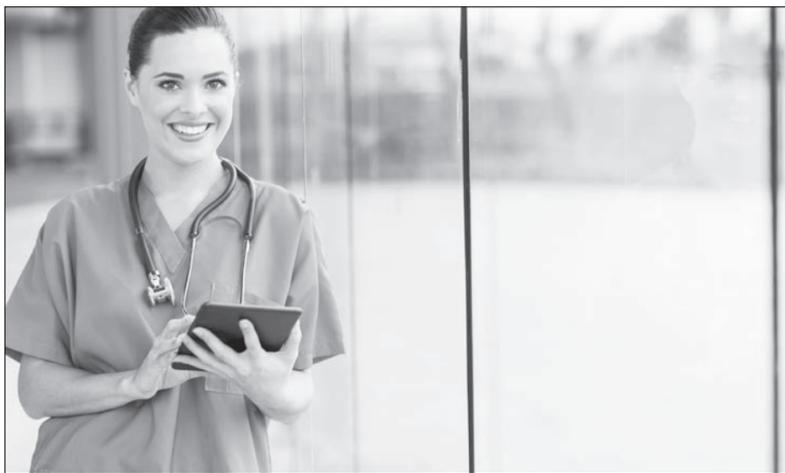
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Breast Cancer Awareness 2017

3D Mammography at Women's Life Imaging Center

Radiologists like myself worried about tomosynthesis, also known as "tomo" or 3D mammography, when it first emerged as a tool to look for breast cancer several years ago. We thought it might be more uncomfortable to women, and worried that the amount of radiation used would be too high. We also wondered if tomo would



A 3D mammogram does use slightly more radiation than a standard 2D mammogram. However, it's important to note that for any mammogram, the radiation used is significantly less than the amount of background radiation we are exposed to each year from the environment.

Every year over 200,000 women in the U.S. are diagnosed with breast cancer. According to 2013 CDC statistics, New Hampshire has the highest incidence of breast cancer for any state. When breast cancers are found early—before they have spread to other parts of the body—women have a much better chance of surviving. Mammograms are still the best way to screen women for early breast cancers, and I strongly believe that 3D mammography addresses many of the shortcomings of standard mammography. Because there is no better proven way to detect early breast cancers, we recommend annual mammograms beginning at age 40.

Dr. Eva Lizer is a fellowship trained breast imager on staff at Women's Life Imaging Center - a joint venture between Wentworth-Douglass and Frisbie Memorial Hospitals to provide breast imaging and bone densitometry services - located in Somersworth, NH. Women's Life Imaging Center is recognized as a Breast Imaging Center of Excellence by the American College of Radiology. Visit womenslifeimaging.com.

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be less useful than standard mammography in identifying certain signs of breast cancer. However, four years into our experience with tomosynthesis at Women's Life Imaging Center, I can't imagine ever going back to 2D mammography again. Tomosynthesis is really that much better.

Tomosynthesis is an

x-ray of the breast, just like a regular 2D mammogram. From the patient's perspective tomo is nearly identical, except that the exam will take a few seconds longer. Instead of taking one picture at a time the machine moves through a short arc and takes multiple low-dose x-rays; a computer puts these together as a 3D set of images. In a 2D mammogram, the radiologist looks at the complex architecture of breast tissue in one flat image. Overlapping normal breast tissue can appear abnormal on a 2D mammogram, but with

a 3D mammogram a radiologist can more confidently see that there is no true abnormality. This prevents "callbacks" for additional mammograms or ultrasound. In fact, multiple scientific studies have shown a significant reduction in the percentage of women asked to return for more testing - somewhere between 15 and 40%. In addition, these studies have found higher cancer detection rates with tomo. That's because a 3D mammogram provides better visibility of small cancers that could be hiding in breast tissue.



October is
Breast Cancer Awareness Month

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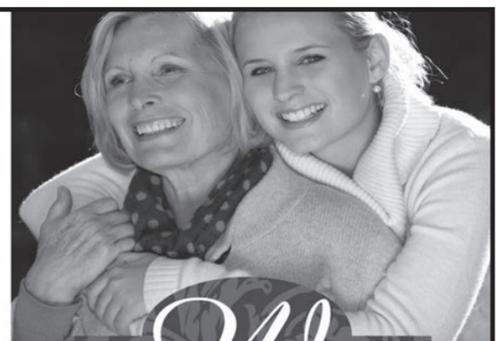
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The Rest of the Story

A16 NEWFOUND LANDING, THURSDAY, OCTOBER 19, 2017

Liang

FROM PAGE A1

"I love cars so, so much. I want to one day work at a big car company and help build them," said Liang.

For the next eight months, however, he will focus on the experience at hand as he finishes high school in the United States. He's enjoying his classes and looks forward to playing piano in an up-

coming show at NRHS. As the cross country season comes to a close he's now looking for more sports to take part in. Liang said at home in Shenzhen he ran track, played badminton, table tennis



Sandra Coleman of the Day Away Program in Bristol recently accepted a check from the board of the Newfound Charitable Trust that will aid them in the continuance of programs for local adults dealing with dementia and other medical challenges.

NCT

FROM PAGE A1

have been the New-

found Lake Region Association, Newfound Pathways, local conservation groups and

memorial scholarships for graduates of Newfound Regional High School.



America's Heroes will be celebrated in the November 9th

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DONNA RHODES

Newfound Regional High School's Assistant Principal Chris Ulrich is pleased to have senior Jason Liang of Shenzhen, China join the school community this year through the CCI Greenheart Exchange Program.

and soccer. He loves to try new experiences though so he thought he might try skiing next or perhaps join the cheer squad this winter.

"The NBA is very popular in China but I can not play basketball so I thought it might be fun to cheer for them instead. Something different," he said with a big smile.

School life at NRHS is "something different," too, as he finds himself interacting with students of all ages. In China his class of approximately 40 students keeps to itself throughout the school day, rarely interacting with those in other grade levels.

"Here I am a senior now, but I get to meet freshman and sophomores, too, which is very different. I think that's

okay though. We just talk like people," he said.

Getting to know other people and cultures is actually the reason he joined the international exchange program. Liang said he has already traveled to Korea, Japan, Vietnam and Indonesia but now looks forward to sharing his own culture with people in the United States.

"My mother has always said our horizons are very important, so I've come here to broaden my horizons, but I also want to teach people here about the Chinese culture and our traditions, too," he said.

As part of his cultural exchange, Liang is experiencing the American lifestyle with the Wade family in Bristol, who turned out to be a perfect

match for him. They all share in his love for the outdoors, even play the piano, too, but now on the weekends they also get to enjoy the authentic Chinese foods he prepares for them in return for their hospitality.

"I want to adapt to the lifestyle while I am here but I miss the food at home so it's nice that they let me cook for them once in awhile," said Liang.

Besides the tall trees, the new sports opportunities, the educational experiences and the cultural exchanges, there is one last thing that Liang said he looked forward to when he set out on this journey.

"I wanted to make new international friends. That's very important to me," he said.

Open House

FROM PAGE A1

derneath all the helmets and heavy jackets and perhaps not be so frightened should those men and women ever have to come into their home for an emergency.

"Little ones can get scared when they see someone coming at them with all that gear on. We wanted them to see it's real people who are there to help them. We're thrilled with the turnout," said Phyllis Adkins of the Firefighters Association.

As everyone explored the department and all the fall fun they offered, they also had the chance to enjoy cookies, apple



DONNA RHODES

Three-year-old Selena of Alexandria enjoyed painting pumpkins, meeting local heroes and having some great snacks at the Open House for Alexandria Fire Department last Friday.

cider and other treats provided by the association.

"My family had a blast. The kids had fun painting their pumpkins and talking to everyone on the fire department," said one local dad.

There is more to come

though, Clayman said. The fire department also would like to invite everyone to stop by their department on Washburn Road in Alexandria for some Halloween Night Trick or Treating with the firefighters and their supporters.

What's Happening at Plymouth State University

OCTOBER

Visit Plymouth State this month for arts & culture!

PSU Theatre presents *MUCH ADO ABOUT NOTHING* ▶ Silver Center, October 19-21 at 7 p.m., October 21-22 at 1 p.m.

Saul O Sidore Lecture Series presents *DR. IRWIN REDLENER: ADVOCATING FOR KIDS* ▶ Silver Center, October 23 at 7 p.m.

PSU Music presents *FACULTY LECTURE RECITAL* with Emily Jaworski, mezzo-soprano and Dan Perkins, piano ▶ Silver Center, October 25, 5 p.m.

PSU Symphonic Band presents *A JOURNEY TO THE STARS* ▶ Silver Center, October 30, 7 p.m.

Visit plymouth.edu/calendar for details and more events.

Plymouth State UNIVERSITY

See further up here.

What's On Tap

The regular season wraps up for some teams and postseason action heats up heading into next week.

The Division III field hockey tournament starts today, Oct. 19, at 3 p.m. and continues with quarterfinal action on Sunday, Oct. 22, at 2 p.m., both at the home of the higher seed. The Division III semifinals are Thursday, Oct. 26, at Bill Ball Stadium in Exeter at 5 and 7 p.m.

The Division II field hockey tournament has quarterfinal action on Friday, Oct. 20, at 3 p.m. at the home of the higher seed and the semifinals are at Bill Ball Stadium in Exeter on Tuesday, Oct. 24, at 5 and 7 p.m.

The Division III boys' soccer tournament begins on Tuesday, Oct. 24, and continues on Thursday, Oct. 26, both at 3 p.m. at the home of the higher seed.

The Division II boys' soccer tournament begins on Wednesday, Oct. 25, at the home of the higher seed at 3 p.m.

The Division II girls' soccer tournament opens on Thursday, Oct. 26, at 3 p.m. at the home of the higher seed.

The Division III volleyball tournament begins on Thursday, Oct. 26, at the home of the higher seed at 6 p.m.

The Division II volleyball tournament starts on Wednesday, Oct. 25, at 6 p.m. at the home of the higher seed.

Regular season action at Newfound wraps up for the soccer and volleyball teams on Friday, Oct. 20, with the volleyball team hosting Pittsfield at 6:15 p.m. and the soccer team at White Mountains at 3:30 p.m.

SEE ON TAP PAGE B3

Bears start strong, finish strong to best Belmont

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Things weren't exactly easy for the Newfound volleyball team on Tuesday, Oct. 10, but in the end, the Bears got the job done and picked up a 3-2 win over Belmont.

Coach Amy Fairbank noted that her girls came through despite the fact that they let down a bit in the third and fourth games.

"I think what happened, after those first two games (Newfound wins), with Belmont making mistakes, they thought they'd be able to rely on the mistakes in games three and four," Fairbank said. "And it's hard when you lose momentum."

Out of the gate, the Bears came on strong, scoring the game's first four points on hits from Ashlee Dukette and Aryn Prescott. Dukette also added a pair of service aces and Megan Stafford also had a nice play at the net as Newfound advanced the lead to 9-3. Mackenzie Davis found a nice spot for a shot and Prescott also helped out with a good play at the net. Dukette came through with a couple more hits for two more points and the Bears upped the lead to 15-10.

Belmont tried to get



JOSHUA SPAULDING

Megan Stafford reaches to return a Belmont shot during action last week.

back in the match but the Bears held tight, with Bailey Fairbank coming through with a good hit and Prescott

also had a hit to open the lead up to 21-13. Belmont got a couple more points but an ace from Fairbank helped

the Bears secure the 25-19 win.

The two teams were even in the second match early on, but

Fairbank and Dukette had hits and both added aces from the service line, opening up a 12-4 lead. Davis had a service ace as well and Newfound continued to keep the lead at a safe distance. Kasey Basford had a couple of nice hits and Dukette came through with two more service aces. Newfound went up 22-8 before the Raiders charged back, cutting the lead to 22-14 but the Bears finished strong at 25-17 for a 2-0 lead.

Belmont came out charging in the third game, as they scored the first seven points of the game before Newfound got on the board. Fairbank had a hit for

SEE BEARS PAGE B8

Bears finish undefeated season, earn top seed

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound field hockey team finished up the regular season undefeated by beating Winnisquam and White Mountains in the final week.

On Wednesday, Oct. 11, the Bears visited Winnisquam and the hosts came out strong, outplaying the Bears in the



JOSHUA SPAULDING

Savanna Bony and her teammates earned the top seed in the Division III tournament.

first half, but Newfound was able to strike first, as Julianne Marchand scored an unassisted goal 10 minutes into the game.

"(We) had our opportunities in the first half but were not controlling play," coach Karri Peterson said. "Each time we got possession we went down the whole field and into their circle but did not finish."

The hosts had six corners and keeper Montana Bassett had four saves in the first half, with Winnisquam getting on the board with a goal to send the game to halftime tied at one.

The second half was all Newfound, as Jasmine Peterson scored on an assist from Mackenzie Ryan on a corner 7:30 into the second half for a 2-1 lead.

Newfound managed to keep Winnisquam out of the circle for the entire 30 minutes, as the hosts didn't have a single shot or corner in the second half.

Kylee MacDonald got the final goal, as she

connected on a Hayleigh LeTourneau shot with eight minutes to play.

Newfound finished with a 10-6 advantage in corners and 20-6 advantage in shots on cage.

Peterson praised the work of Katy Drapeau and Ryan and also noted that MacDonald, Marchand, Savanna Bony, Peterson and LeTourneau also played well in the win.

The Bears hosted White Mountains on the high school field on Friday, the first game played on the field this year and they walked off with a 9-1 win.

Caroline Marchand scored just 1:30 into the game on a feed from Peterson and less than two minutes later, Peterson finished off a shot on a corner, with LeTourneau getting the assist.

Three minutes after that, MacDonald finished off a pass from Peterson and Newfound was up 3-0 with only six minutes gone in the game.

Madison Hanley scored the fourth goal on an assist from Peterson

and Haley Dukette added a goal on an assist from Drapeau for a 5-0 Newfound lead at halftime.

Caroline Marchand scored again in the second half and then Julianne Marchand scored on an assist from Bony. Hanley added her second tally of the game and Ryan finished off the scoring.

"I was able to keep people moving in and out of the game with different lineups," Peterson noted.

The Bears had a 16-3 advantage in corners and a 26-4 advantage in shots, with Bassett recording two saves.

The Bears finish the regular season at 14-0 and will be the first seed in the Division III tournament. The tournament began Thursday, Oct. 19, but the Bears had a bye in the first round and will play at New Hampton School on Sunday at 2 p.m. in the quarterfinal round.

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



America's Heroes will be celebrated in the November 9th

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Bobcats place fourth at State Meet

Ouellette, Morel move on to individual championship

BY JOSHUA SPAULDING

Sports Editor

CAMPTON — The Plymouth golf team had a home-course advantage for the Division III State Meet, teeing off at Owl's Nest on Tuesday, Oct. 10, but couldn't quite get past the top teams and earn any hardware.

Plymouth finished with a 356 for the day, 13 strokes behind the winning team from Derryfield, with Kearsarge finishing second and Bow in third, just two strokes ahead of the Bobcats.

While regular season matches are nine holes, the State Meet is 18 holes over the course of the day.

Coach Jeff Park was thrilled with how the course was, despite the soaking the region took the previous day.

"The grounds crew did a great job after two days of rain," Park stated. "The fact that they were able to get everything squared away was huge."

"And we had the bonus of having good weather," Park continued. "When you plan a gold tournament for the middle of October, this is what you hope for."

While rainwater in a few of the bunkers adjusted the rules a bit (all bunkers were considered grounds under repair, giving players drops outside of the sand), Park was pleased with how everything went.

"There are a lot of good scores and we set the course up to encourage scoring," Park stated. "We want everybody walking away feeling good about how they played."

As for the Bobcats, four players shot 93 or below to give the Bobcats the final of 356.

"Four kids at 93 and under is awesome," Park said.

Mike Ouellette led the way for the Bobcats out of the second spot in the lineup, as he fired an 85.

Marcus Morel, playing in the fourth spot, finished with an 88, with both athletes earning the chance to move on to the individual championship, which took place at Owl's Nest on Saturday.

"Mike with an 85, to have him have that kind



The Plymouth golf team poses for a photo after the Division III State Meet on Tuesday.

JOSHUA SPAULDING

of success, it's encouraging to see," Park said. "And Marcus hadn't broke 45 on nine holes all year and to come up with an 88 is great."

Jeremy Rineer, playing in the third spot for Plymouth finished with a 90 to qualify as the team's third scorer.

Michael Johanson finished with a 93 to round out the scoring for Plymouth from the

sixth spot in the lineup.

AJ Colgate from the top spot and Zack Ross from the fifth spot both finished with 103 for the day and Robbie Johanson fired a 105 in the seventh spot.

Park said while it was great to play on a familiar course, there also comes an added pressure when your home course hosts the State Meet.

"In some ways there's a little more pressure," Park said. "When you're close, you're going to get more spectators and that can add pressure."

"I thought the guys handled that really well," the Bobcat coach continued.

Plymouth finished the regular season at 19-8.

In the individual tournament on Satur-



Mike Ouellette putts on hole nine during the Division III State Meet at Owl's Nest last week.

JOSHUA SPAULDING

day, Ouellette shot an 86 for a two-day total of 171, which placed him ninth, while Morel shot a 93 for a two-day total of 181, which placed

him 13th overall.

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

Ogden's tally lifts Bobcats past Knights in finale

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — After an uncharacteristic game between the two teams a few weeks earlier, the Kingswood and Plymouth field hockey teams were back to their normal tight battles on Thursday, Oct. 12.

A goal late in the first half gave the Bobcats a 1-0 lead and they held on to record the win by that score to finish out the regular season.

Kate Ogden scored on an assist from Mariah Luscher on a scramble in front of the net with 6:07 to go in the first half to send the Bobcats to the 1-0 lead at halftime.

"These games are good, this sort of situation," Plymouth coach Ashley Laufenberg stated, noting that the same thing happened after an early season big loss to Hanover. "We get blown out on their fields and one our field, we have to up our game."

"We didn't play like ourselves in the first half, but we made some corrections and picked up our passing game," said Kingswood coach



Jackie Gaumer moves the ball down the side of the field last week against Plymouth.

JOSHUA SPAULDING

Kaitlin Reilly. "But it wasn't enough today."

Kingswood had a corner early in the second half, with Amanda Lapar sending a shot into the circle, but good defense from Tristan Keller kept the ball away. Mariah Craigue had a good run into the zone for Kingswood but Haley Patridge stood strong on defense. Sofia Marshall and Craigue continued the pressure for the Knights but Keller was strong on defense and sent the ball back the other way.

The Bobcats came back with some good pressure at the other end and it resulted in four corners. The Knights came through with some good defense, with Sarah Bean and Lapar both helping to turn the ball away and Sam Tavares was able to make a save on a shot from Kelsey Johnston.

The Knights came back in the other direction with a few chances, as Ginny Skelley made a run into the zone and Meghan Lapar sent a ball in to Jill Blocher that was turned away. Meghan Lapar also had a shot go wide of the Plymouth cage.

Johnston moved the ball in the other end,

sending the ball in to Ogden and Marisa Barach but the ball went just wide of the net. Kingswood came back with a bid but the ball went through the crease.

The Knights got a corner chance, with Meghan Lapar sending the ball in to Marshall, who tipped the ball just wide of the cage. Holly Mason came through with good defense for the Bobcats and then Craigue came back with a bid that Plymouth keeper Molly Edmark turned away.

Kingswood had another corner bid that Meghan Lapar sent in to the circle to Craigue, but her bid was cleared away.

Mariah Luscher raced back down the field for a bid but Tavares came charging out and kicked the ball away. The Bobcats did get another corner but Bean was strong on defense and cleared the ball away. The Bobcat defense held tight in the final minutes as the Knights pressured and Plymouth took the 1-0 win.

"We took advantage of our opportunities," Laufenberg said. "We only had a handful of corners but the pressure was on the Kingswood

defense at the beginning.

"The defense stayed strong, they had their heads in the game and came up with some key saves when we needed to," the Bobcat coach continued. "Everybody was working well and the intensity was there."

Laufenberg pointed out that playing teams like Kingswood, Kennett and Hanover twice in the season will do a lot to prepare her team for the playoffs.

"That gives us a look at who you may see in the playoffs," the Bobcat coach said. "We've got a good group of girls working hard and showing that they want it."

"We needed this going to tournament, there's a few lessons to learn," Reilly stated. "At this point we can only build."

"They (Plymouth) showed they were ready for us," the Knight coach continued. "In the first half they kind of put us back a little."

"That's something we have to recognize going forward," Reilly added. "Every game from this point on will be like this or harder."

to be done and have bounced back nicely from disappointments throughout the season, including losses to Derryfield and Kennett.

The Knights opened the week with a 1-0 win over Portsmouth.

Plymouth opened the week with a 7-5 win over Lebanon. Olivia Eastman scored the first two goals then Lebanon tied the game. A goal from Hailey Crowley on an assist from Luscher on a corner made it 3-2 and it was 3-3 at the half.

Eastman scored her third goal to open the second half and then Ogden scored on assist from Luscher and then unassisted. Lebanon scored two more goals but Ogden added her final goal in the last seconds of the game.

Kingswood finished at 10-3-1 and Plymouth finished at 8-5-1. The Division II tournament opened on Tuesday, Oct. 17, and continues on Friday, Oct. 20, at the home of the higher seed. The semifinals are Tuesday, Oct. 24, at Bill Ball Stadium in Exeter at 5 and 7 p.m.

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

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Team effort leads Bears over Wildcats

BY JOSHUA SPAULDING
Sports Editor

LANGDON — The lengthy trip to Fall Mountain proved to be worth it for the Newfound football team, as the Bears picked up their second win of the season with a 47-8 romp over the Wildcats on Saturday night.

The Bears jumped out to an early lead, scoring 34 points in the first half and keeping the hosts off the board for the entire half.

The offense picked up a total of 435 yards, almost exclusively on the ground, as the Bears just passed the ball three times for a

total of 55 yards and ran for 380 yards.

Cody McGee converted two of his three passes on the day for the aforementioned 55 yards and also rushed for 25 yards and a touchdown and went in for a two-point conversion as well. Cam Anderson caught a 30-yard pass

Tiellar Mitchell was the top gainer on offense, running for 143 yards on 11 carries and two touchdowns and also carried in a pair of two-point conversions.

Brett Pidgeon added 93 yards on seven carries, while Rolando Sylvain had a 25-yard



JOSHUA SPAULDING

The Newfound football team will be playing the final home game of the season on Saturday.

touchdown run and Aydin Robbins had a

20-yard touchdown run as well.

Logan Rouille chipped in with a 65-yard punt return for a touchdown and Tyler Haskell booted one of three extra point at-

tempts. Shawn Huckins, Anderson and Connor McLaughlin also got carries for the Bears in the win.

On defense, Sylvain led the way with nine tackles, while Huckins

had four tackles and Robbins added three tackles and also had an interception.

Haskell was strong on defense as well, as he had a 20-yard interception return and a 62-yard fumble recovery return for a touchdown.

McLaughlin had a fumble recovery and an interception as well.

"An all-around great effort," coach Ray Kershaw said.

The Bears will play their final home game on Saturday, Oct. 21, at 2 p.m. against Inter-Lakes-Moultonborough.

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

Bobcats host John Sanborn Invitational

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth cross country team hosted its lone meet of the season on Friday, Oct. 13, welcoming Merrimack Valley, Oyster River, Kennett, Kingswood, Newfound, Bow, Laconia and Pembroke to town for the John Sanborn Invitational.

The Bobcat girls finished in fifth place and the Bobcat boys placed seventh overall. Kingswood won the boys' race and Kennett won the girls' race.

For the Plymouth girls, Samantha Van DeMoere led the way with a time of 23:20 for 15th place overall.

Libby Van DeMoere was not far behind, finishing in 23:26 for 16th place overall, with Ashley Ulricson finishing as the third Plymouth scorer in 24:14.

Valerie Johnston took 41st place in 25:32 and Hailey Botelho rounded out the scoring for Plymouth with a time of 25:33 for 42nd place.

Brianna Therrien finished in 61st place in 26:32, Yaxi Stapp was 70th in 27:10, Alexandra Dunstan finished in 79th place in 28:07, Emma Tryder finished in 84th place in 28:55 and Madison Marsh was 93rd in 29:24. Connie Kim was 102nd in 30:42, Calie McLeod finished 105th in 30:53, Kiana Pino was 106th in 31:24 and Nikki Stout placed 108th in



JOSHUA SPAULDING

Libby Van DeMoere and the Plymouth cross country team hosted the John Sanborn Invitational on Friday.

31:55.

For the boys, Joe Collette led the way for Plymouth with a time of 19:39 for 27th place overall.

Griffin Smith was next in 29th place in 19:46 and Michael Kulig finished in 19:49 for 30th place overall to place as Plymouth's third scorer.

Randall Scroggins was next for the Bobcats in 20:17 for 38th place and Cameron Donnell rounded out the field of scorers for Plymouth in 20:38 for 44th place.

Ethan Whitman took 54th in 21:20, Ben Par-

sons was 60th in 21:46, Liam Crowley finished in 21:51 for 63rd place, Shane Johnston was 64th in the same time and Mason Earick was 83rd in 22:46. James Phibin finished 87th in 23:33, Cade Earick was 94th in 23:57, Odin Bickford placed 98th in 24:22, Mackenzie Doyle was 99th in 24:34 and Shawn Breen finished in 103rd place in 25:03. Billy Barrette rounded out the field of Bobcats in 112th place in 25:42.

The Bobcats will wrap up the regular season at Kingswood today, Oct. 19, at 4 p.m.

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

Springer, Combs pace Bears in Plymouth

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Newfound cross country team closed in on the end of the regular season, running in the John Sanborn Invitational at Plymouth Regional High School on Friday, Oct. 13.

The Newfound boys were led by Connor Springer, who finished in 21:16 for 53rd place overall.

Joe Montgomery finished in 59th in a time of 21:44 to place as the second Bear, with Hunter Coleman in 62nd place in 21:46.

Nick Comeau ran to 68th place in 22:07 and David Somers finished in 22:11 for 69th place to round out the scoring for the Bears.

Ashlar Dotson ran to 80th place in 22:34, with Wyatt Day rounding out the field of Bears in 24:36 for 100th place.

For the Newfound girls, Amy Combs was tops, finishing in 36th place in 25:04.

On Tap FROM PAGE B1

The Newfound and Plymouth cross country teams wrap up the regular season today, Oct. 19, with Newfound at Merrimack Valley and Plymouth at Kingswood, both at 4 p.m.

The Newfound football team will be hosting Inter-Lakes-Moultonborough at 2 p.m. on Saturday, Oct. 2.

The Plymouth football team will be at Lebanon for a 7 p.m. game on Friday, Oct. 20.



JOSHUA SPAULDING

(Right) Nick Comeau and the Newfound cross country team ran at Plymouth on Friday.

Manon DeGreef finished in 48th place in a time of 25:47, followed by Sophia Pettit in 99th place in 30:27 and Ketevan Gabashvili placed 111th in 35:52 to round out the field of Bears.

The Bears will be racing at Merrimack Valley today, Oct. 19, at 4 p.m.

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

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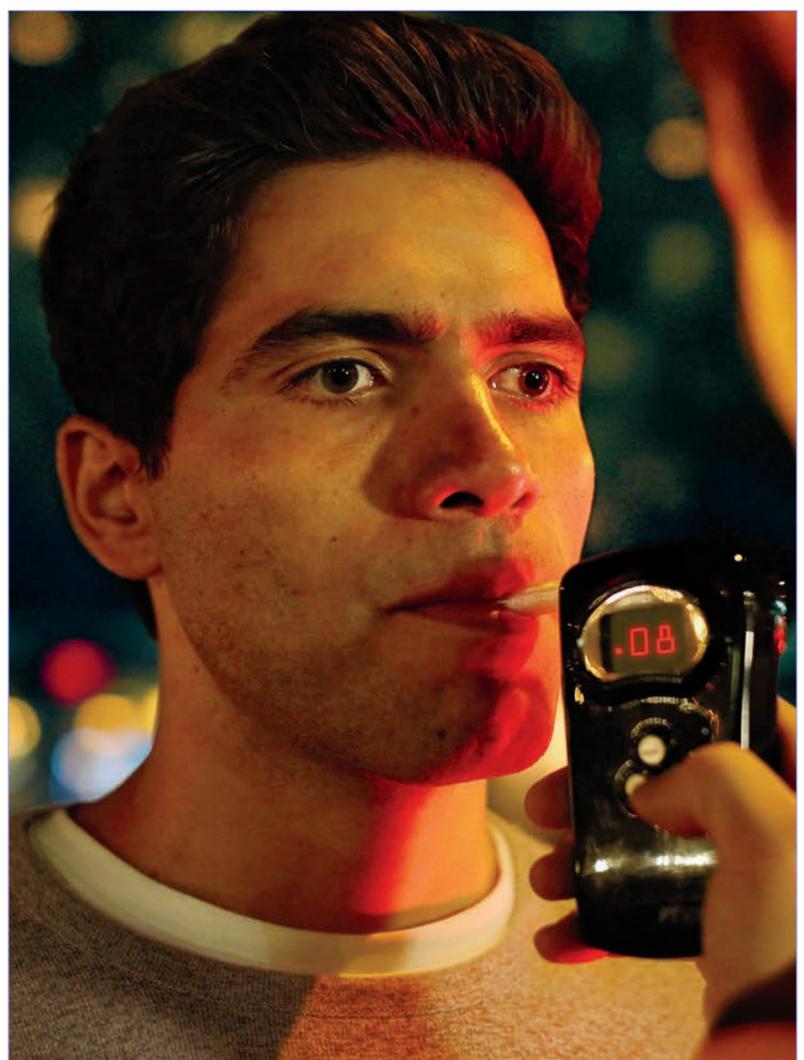
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SAU 68
Lin-Wood Public School
Lincoln-Woodstock Cooperative School District
72 Linwood Drive
Lincoln, New Hampshire 03251
Telephone (603) 745-2214

The Lincoln-Woodstock Cooperative School District, Recognized as one of the Best Schools in NH, and located in a year round recreational setting in the White Mountains announces an immediate full-time opening for the 2017-2018 school year:

ELEMENTARY BEHAVIORAL INTERVENTION SPECIALIST

Bachelors Degree preferred in childhood studies or equivalent. Interested parties should send transcripts, a letter of interest, a resume and three letters of reference to:

Frances Bean
Lin-Wood Public School
P.O. Box 846
Lincoln, NH 03251
603-745-2051

The Lincoln-Woodstock Cooperative School District is an equal opportunity employer.

Job Applications are available on our website at www.lin-wood.org under the "Employment" section.

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Elementary Fax (603) 745-3730 • SAU Fax (603) 745-2352
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Pay Rate: \$15.50 per hour with full benefits.

REQUIREMENTS:

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To apply, contact the Town Admin
at (603) 786-5095 or email
townofdorchester@gmail.com

Newfound Area School District

is looking for a candidate to fill a vacancy on the School Board. Eligible candidates must reside in the town of Bristol, be at least 18 years old, and must be a registered voter. The term of the seat runs from appointment by the School Board until March 2018.

Interested parties should submit a letter of interest by Friday November 3, 2017 to:

Jeff Levesque, School Board Chair
C/O SAU #4
20 North Main Street
Bristol, NH 03222

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TOWN OF ALEXANDRIA

HELP WANTED

The Town of Alexandria is accepting applications for the position of
Highway Department Maintenance Worker.

This position performs work involving operating plow trucks, dump trucks, loaders, backhoes, and other moderately complex equipment for the construction, repairing, cleaning and maintenance of Town roads. Also responsible for manual labor tasks incidental to the operation of assigned equipment, such as loading and unloading materials. This position involves plowing snow in the winter and overtime is a requirement. Valid New Hampshire Class (B) Commercial Driver's License required or ability to obtain class B CDL within 6 months of date of hire. This is a full-time, year round position. The Town of Alexandria offers health insurance, dental insurance and more. Must pass all background checks including criminal and motor vehicle and drug and alcohol testing.

Applications accepted until position is filled and are available in the Selectmen's Office, 47 Washburn Road, Alexandria, NH. For more information contact the Selectmen's Office at 603-744-3220.

HOLDERNESS SCHOOL DISTRICT Holderness Central School

2017-2018 School Year

MIDDLE SCHOOL GIRLS BASKETBALL COACH

HCS is looking for a Middle School Girls basketball coach for the 2017-2018 season.

If you are interested please contact the school at 536-2538.

SCHOOL ADMINISTRATIVE UNIT #18 FRANKLIN SCHOOL DISTRICT

Substitute Custodians

Franklin School District is currently seeking substitute custodians. Please send a letter of intent, resume, application & 3 letters of reference to:

Superintendent of Schools
Franklin School District
119 Central Street, Franklin, NH 03235

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Bears

FROM PAGE B1

the Bears as they attempted to get back in the game, but the Raiders held tight. Prescott had a nice play at the net for another Bear point but Belmont was able to open up the 15-6 lead.

An ace from Davis and good plays during a long volley for both Danessa Duclos and Prescott allowed Newfound to cut into the lead, with Dukette following up with a hit and Prescott adding an ace. A pair of aces from Dukette got the Bears to within two at 17-15

and hits from Fairbank and Davis allowed Newfound to pull even at 18. The Bears took a one-point lead but Belmont scored the final seven points to take the 25-19 win.

Despite good plays from Duclos and Fairbank, Belmont got out to a 7-4 lead but Newfound came back, with a tip from Prescott pulling the teams even at seven. The game went back and forth, with Dukette getting a hit and Fairbank doing the same but Belmont was able to pull ahead by an 18-15 score. An ace from Davis and a nice serve receive from

Leslie Shattuck helped Newfound get close, with the Bears getting to within one at 21-20, but Belmont finished strong for the 25-22 win, forcing a fifth and deciding game.

Newfound got out to a 3-1 lead in the final game behind strong play from Stafford. Belmont pulled even at three but a trio of aces from Stafford helped Newfound open up an 8-3 lead. Prescott and Dukette added nice plays and Fairbank added an ace as Newfound got the lead up to 11-4. Belmont battled back to make it 11-9, but Newfound finished

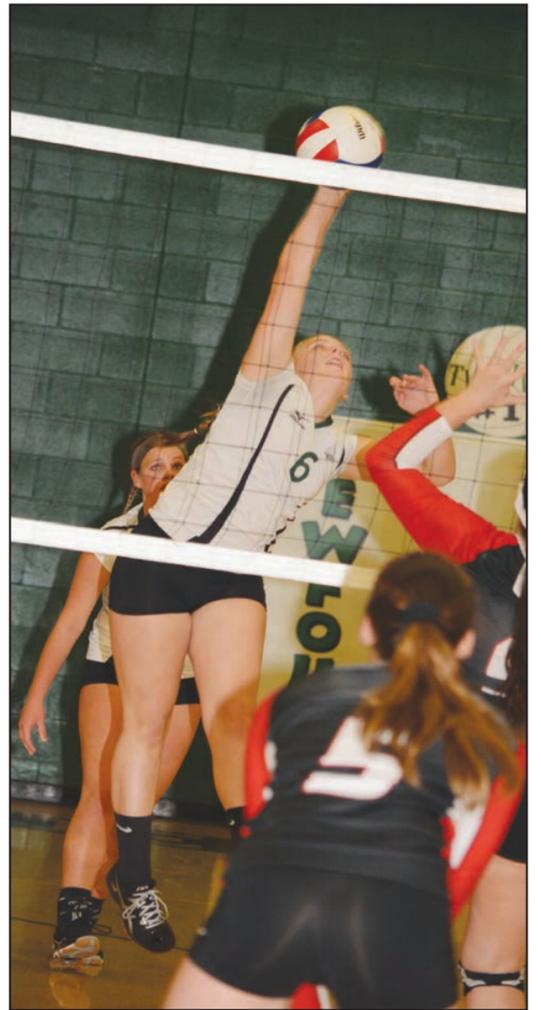
strong, with Dukette finishing off a good volley with a nice tip and Newfound got the 15-10 win and the 3-2 victory.

“Six errors serving is not what I like to see,” Fairbank said of the third game. “We just lost focus on the serve.”

“But they plugged away,” Fairbank said. “A lot of it is the mental stamina, you can’t take a break.”

“The break is when you are done,” she continued. “Sometimes we check out sooner and then we have to spend a game recuperating.”

The Bears will be finishing up the reg-



JOSHUA SPAULDING

Kasey Basford goes up for a hit in action last week against Belmont.

ular season on Friday, Oct. 20, at home against Pittsfield at 6:15 p.m. The Division III tournament opens on Thursday, Oct. 26,

at 6 p.m. at the home of the higher seed.

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

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