THURSDAY, OCTOBER 5, 2017

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COMPLIMENTARY





Bobby Longenecker of Lititz, Penn. and Beth Connolly of Manchester were jubilant as they each crossed the line to take first place in the men's and women's divisions of the New Hampshire Marathon in Bristol last Saturday.

# 25th Annual NH Marathon draws more than 600 to Bristol

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — The Bristol Recreational Advisory Council hosted their 25th annual New Hampshire Marathon last Saturday, and more than 600 people traveled from not only all corners of the country but from foreign lands as well for a race touted by many as one of the "friendliest and most

scenic marathons out though. This is a nice there."

Joe LaFrance of Tilton was one of the hundreds taking part in this year's event, which included a Kids' Marathon, an adult 10K race, a Half Marathon and the Full Marathon.

"I've done the half marathon before but this year I'm only doing the 10K. I love coming here

course. It's really pretty," LaFrance said. He also took part in friends and new.

at the Union Lodge on Friday where he met old

the annual pasta dinner

"That's a great time. You get to see people you've met before and meet new runners, too.

We all talk about other marathons we've run and just really have a lot SEE MARATHON, PAGE A10

# **New Hampton Garden Club** joins in NH Federation of **Garden Clubs meeting**

The New Hampton Garden Club joined with other New Hampshire clubs for the fall annual meeting of the New Hampshire Federation of Garden Clubs, Inc. at the Inn on Newfound in Bridgewater on Sept. 27. It is a picturesque setting with the landscape of great interest to the attending gardeners with all varieties of plants and shrubs. New Hampton Garden Club honored the memory of two members who had passed away during the year with President Rita Glasheen placing two white rose blossoms in a vase. Those members were Barbara Shaw and Trudy Powers, both longtime members and loved dearly by all. The National Garden Club President, Nancy Hargroves, was a guest and spoke on creative ideas for transforming container gardens for all seasons and holidays. The meeting was presided over by Joyce Kimball, President of the New Hampshire Federation of Garden Clubs, Inc. New Hampton Garden Club President Rita Glasheen is pictured here placing roses in remembrance of deceased members.

Fall Wishes Banquet celebrates the efforts of Make-A-Wish



# Town grants tax incentive for Central Street properties

BY THOMAS P. CALDWELL Contributing Writer

BRISTOL — A developer who has been renovating buildings at 16 and 20 Central St. unanimous received approval on his applications for a five-year stay of assessment increases, as allowed under the Community Revitalization Tax Relief Incentive Program.

Eugenio Ianniciello Vacation Paradise Realty Trust in Stoneham, Mass. purchased the buildings in February. The two buildings lie near Central Square and have been vacant or under-utilized for many years. Ianniciello said he wants to create apartments that are affordable to working-class occupants.

Volume 4 • Number 41 Opinion...... A4-A5 Towns......A5 Churches...... A6,A12 Arts & Ent...... A6,A7 Health......A7,A12 Business...... A9,A12 Sports .....B1-B3 & B8 Classifieds.....B4-B7

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"I've had a passion for [Newfound] lake for many years, and I love the downtown. It's nice just sitting in the park," Ianniciello told the Bristol Board of Selectmen.

Addressing concerns about the type of tenant the apartments might attract, Ianniciello said, "I can afford to keep my places empty until I get the right people in there."

His plans call for renovating both buildings and installing new electrical, plumbing, and

SEE **INCENTIVE**, PAGE A10

BRIDGEWATER

Representatives of

the New Hampshire

Make-A-Wish Foun-

dation and longtime

advocate Bob Corm-

ier from the Tilton

volunteers and sup-

porters at the Inn on Newfound Lake

in Bridgewater last

Sunday evening for the their second an-

nual Fall Wishes

banquet, celebrating

the 82 wishes of chil-

dren facing life-chal-

lenging health issues

that were granted in

the past year.

Department

with many

Police

joined

BY DONNA RHODES drhodes@salmonpress.news

# Right-To-Know request sheds light on police department turnover

BY THOMAS P. CALDWELL Contributing Writer

BRISTOL — A local resident's right-to-know request has shown that six officers have left the Bristol Police Depart-

ment since March 2016. One of them has filed a lawsuit against the town, seeking additional overtime pay to cover time he spent at the New Hampshire Police

Standards and Training Academy to gain his certification.

The town has hired three new police officers this year, bringing the number of full-time patrol officers to six, and the department has an administrator. Selectmen placed the police chief on administrative leave in early September, but are not providing any reasons for their decision.

Paul Simard submitted seven questions to Administrator Nik Coates, who dismissed several of them as inappropriate for a right-to-know request. Coates did provide a list of officers and their hiring dates, indicating which ones have resigned. He also provided a summary showing the

SEE **POLICE**, PAGE A11



Guests of Honor Delia Callery (far left) and Eric Adams (second from the right) were joined by Make-A-Wish representatives and volunteers Jennifer Schillinger, Nikki Lyons Lahey, Holly Blanchard and Bob Cormier during the second annual Fall Wishes banquet at the Inn on Newfound Lake last Sunday evening.

at this year's event were Delia Callery, a

Guests of honor 17-year-old from Nashua, and Eric Adams, age 15, of Moultonbor-

Delia has faced tu-SEE MAKE A WISH, PAGE A11



# **Sixth Annual Community Spelling Bee returns!**

PLYMOUTH — After the excitement of last year's 15th anniversary celebration, one might expect this Community Spelling Bee to be hohum, but Darci McCarthy promises it will be anything but. "The Bee has become an annual highlight for the community, and such a great way to get the word out about PBL," says McCarthy, director of Pemi-Baker Literacy. "Many of the changes to this year's program are actually driven by our competitors. They really get into it!"

Among these changes is a new venue. The Bee will be held at the



Last year's Spelling Bee winners, Letter Rip!

PSU Ice Arena and open at 6 p.m., with the Welcome Center in Bee starting at 7 p.m. Holderness on Friday. Oct. 27. Doors will participated every year

Many teams have

raiser. Teams often don bee attire, and represent themselves with

names such as "Letter in this spirited fund-Rip," "Kween Bees," and "Beste Spellors." This prompted a new contest this year: prizes for the best dressed

> The participants do not let the silliness distract, however; competition is fierce. As usual prizes will be awarded to the team raising the most sponsorship money, and of course, the best spell-

The enigmatic A.J. Coppola will be returning as emcee, armed with his trusty school bell and ruler to keep order at this raucous event.

Registration teams opens Sept.

22. The rate to enter is \$60 a team, with early bird registration offering a discount price of \$45 until Oct. 6. Teams would be wise to act on that early pricing, as the Bee does fill up quickly. The number of teams is limited, so be sure to visit Pemi-BakerLiteracy.org as soon as possible for registration information and materials. Full registration ends Oct. 20.

The Bee is a great time even for the weakest of spellers. Purchase a ticket to come cheer the teams on as well as enjoy hor d'oeuvres and desserts for only \$20. A cash bar will be available. Teams will be looking for sponsors, so come support your favorite spellers. Raffle tickets (\$5 each, 3 for \$10) can also be purchased for such prizes as 100 gallons of home heating oil from Dead River, a beautiful quilt handmade by Sarah Bunkley, and gift certificates to local restaurants and ski areas. All proceeds benefit Pemi-Baker Literacy. Raffle tickets and tickets to the Bee can be purchased from board members or at the door, and will be SEE **SPELLING BEE**, PAGE A11

# **New Hampton's Douglas Clement to be honored** at national service for fallen firefighters

EMMITSBURG, Md. — The 36th Annual National Fallen Firefighters Memorial Service will honor two firefighters who died in the line of duty from New Hampshire. They are among the 75 firefighters who died in 2016 and 20 firefighters who died in previous years who will be remembered at the official national service at the National Fire Academy in Emmitsburg, Maryland on Sunday, Oct. 8.

Firefighter-AEMT Douglas A. Clement, age 43, of the New Hampton Fire Department, died on June 14, 2016, after participating in motor vehicle extrication and rescue training at the station.

Firefighter Charles A. "Charlie" Waterbury, age 56, of the Orford Fire Department, died while fighting a brush fire on July 24, Their names will be

added to the National Fallen Firefighters Me-

morial on the Academy grounds. The national tribute is sponsored by the National Fallen Firefighters Foundation (NFFF) and the Department of Homeland Security's U.S. Fire Administration.

Thousands are expected to attend the service, including families and friends of the fallen firefighters, members of Congress, Administration officials and other dignitaries. Families will receive flags flown over the U. S. Capitol and the National Memorial. Members of the fire service, honor guard units and pipe and drum units from across the country will participate in this national tribute.

For a complete list of fallen firefighters being honored and a widget to display their information on your website, along with Memorial Weekend related videos, photos, media and broadcast information, go to weekend.firehero.org.

# Lions charter new Pemi-Baker area club

Lions Club comes to the Pemi-Baker Val-(Warren, and women celebrate al Lions Club.

Wentworth, Rumney, the charter night of Groton, and Plym- the Grafton County outh), when 24 men Pemi-Baker Centenni-

During the ceremonies, District Governor Eric Lindberg will SEE **LIONS**, PAGE A11

# Friends of the Hebron Library to sponsor fall fashion show

HEBRON — Mark or calendar for Monday evening, Oct. 23, and plan to join the Friends of the Hebron Library for an evening runway

show featuring unique fall wardrobe "must haves" presented by the Image Boutique of Bristol. Bring your friends and find new items to

Hiking trail update from

the Slim Baker Foundation

spice up your closet for the cooler months

ahead. The fashion show

will be held in the Community Room at the Hebron Union Congregational Church from 7 to 8:30 p.m. Refreshments will be served and admission is free but reservations are required as space is limited. To reserve your seat, please contact Lin Everett at 744-6136. Husbands and other men friends are cordially welcome. A good time to find that "Special" gift for the holidays.

Donations are welcome to benefit the Friends of the Hebron

Ora Schwartzberg

603-536-2700

# Community Center bosting 34th Annual Apple Pie Festival Oct. 7

BRISTOL — On Saturday, Oct. 7, the Tapply-Thompson Community Center at 30 North Main St. in Bristol will sponsor its 34th Annual Apple Festival. This year's events include a Craft Fair from 9 a.m. to 2 p.m. in the TTCC gym. The Apple Pie & Food Sale will include pies, apple crisp, fresh bread, home baked beans, apple brownies, fresh applesauce and

Pies will sell for \$10 a pie and are made on Friday, Oct. 6 by area residents who come together at the Center and peel, slice, roll and bake 300 apple baked goods.

We are still looking for volunteers for Friday, Oct. 6. If you can come down and help out please call the TTCC at 744-2713. If you would like table space for the Craft Fair it is \$30 per six-foot space & \$40 for an eight-foot table space.

Pies can be reserved (uncooked available) by calling before Friday, Oct. 6. We hope to see all of you there to enjoy apple pie a-la-mode and fresh perked coffee.

SARN ZS

**MEREDITH CINEMAS** 

**844-4BARNZS** 

**BLADE RUNNER 2049** 

Week of 10/6 - 10/12

Fri.-Sun.: 12:30, 4:00, 7:30 PM

Mon.: 12:30, 4:00, 7:30 PM

Tues.-Thurs.: 4:00 & 7:30 PM

KINGSMAN: THE GOLDEN CIRCLE R

Fri. & Sun.: 12:45, 3:45, 6:45, 9:45 PM

Mon.: 12:45. 3:45. 6:45 PM

Tues.-Thurs.: 3:45 & 6:45 PM

Fri.-Sun.: 1:15 & 4:15 PM

Mon.: 1:15 & 4:15 PM

Tues.-Thurs.: 4:15 PM

Fri.-Sun.: 7:00 & 9:45 PM Mon.: 7:00 PM Tues.-Thurs.: 7:00 PM

LEGO NINJAGO MOVIE





the new trail should begin in late 2017 or mid-2018, with a goal of opening this late in 2018.

The mapping work, funded in part by a Quabbin to Cardigan Initiative (Q2C) trail grant and an award from the Newfound Area Charitable Fund, furthers the Foundation's efforts to construct another one and a half to two miles of trails in the undeveloped eastern half of its property, bringing the total trail mileage on the property to 3.5 to 4.0 miles and opening up another section of the property to hikers and snowshoers. A map of formation on Q2C, see the current trail system is available on the Slim Baker Web site, www. slimbaker.org. For in-

www.q2cpartnership. org. For information on the trail work firm that SEE **TRAIL**, PAGE A11



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# Adolescent antihistamine misuse

BY DEB NARO

Contributor

The concept may sound strange, especially when there are millions of people battling other serious addictions, but antihistamine abuse is a common trend among adolescents and teens. These products, such as Benadryl, are overthe-counter (OTC) medications used for treating allergies, cold symptoms, hay fever, and insomnia: and can also be used topically for treating itching, minor cuts, and burns. Antihistamines are typically found in a home medicine cabinet, are reasonably inexpensive, and relatively easy to purchase from pharmacies, grocery stores and drug stores.

Diphenhydramine, the main ingredient in Benadryl, can be taken to combat insomnia and is sometimes used as a sedative due to the drowsiness effect. When combined with other prescription drugs, the sedating effects can be increased. This is also true if antihistamines are combined with alcohol. Tolerance can develop in as little as a few days, meaning more and more needs to be taken to achieve the same results.

When it comes to addiction and/or misuse of drugs, many assume that this typically involves illicit and prescription drugs. However, over the counter substances like Benadryl and generic equivalents are commonly misused, often because they are easy to obtain.

Adverse effects associated with antihis-

tamine abuse include: nausea, fast heart rate, anxiety, dry mouth, difficulty urinating, constipation, and blurred vision. If you are concerned that someone you know may be misusing these products, be aware of these signs and symptoms that may indicate a problem.

Long-term Diphenhydramine use has been linked to shortterm memory loss, can affect the central nervous system, and cause sleepiness. The drugs lower the brain's choline levels which can cause memory impairment in as little as two to three days.

The University of Washington and Group Health conducted a study of 3,500 people who used these OTC medications daily over the course of more than seven years. Their findings showed that 800 participants ultimately developed dementia and/or Alzheimer's disease.

Discontinuation of Diphenhydramine may not be as severe as heroin withdrawal, but the symptoms are very real and should be monitored. Symptoms of withdrawal may include: insomnia and restlessness, and diarrhea, hot and cold sweats, and coldlike symptoms.

When it comes to any drug, prescription over-the-counter, awareness about risks is very important. Because of the adverse effects potentially associated with this substance, we recommend keeping this OTC medication out of the reach of children and youth

SEE **CADY**, PAGE A11

# of the Week Suzy

It happens quite often at New Hampshire Humane Society; surrender of animals due to their, or their owners advancing years and ill health. In the case of Miss Suzy, she is hardly a geriatric, she is not even in the double digits yet, agewise, but her owner was suffering serious health problems and could no longer care for this sweet little black cat.

Suzy led the quiet life prior to arriving at the shelter in April, yes she's been waiting far too long for a new home. That sheltered former life has meant residing at our animal welfare agency has been a bit of a shock to the system for such a reserved, quiet little feline, Suzy hides under her blanket, perhaps thinking



the next time she pops her head up, she might find herself home again. Six months really is too long to live in hope, and have your dreams dashed every day, as the adopting public move on past your cage to other, more photogenic cats!

Let not the syn- a cat lover out there

drome of her coat colour stand in her way moment longer, black cats are special, they are physiologically sound, look amazing lounging in summy spots around the house. Neither do we wish to compartmentalize the ideal home for her, surely

somewhere will look at Suzy;s petite face and fall in love.

Shelter is open Tuesday/Thursday/ Friday/Saturday/ Sunday.

Plenty of time to

Call 524-3252 to find out more about Suzy or check www.nhhumane.org.

# The Battle resumes

BY BRUCE GLASS

Pemi-Baker Community Health

Just released, the movie "Battle of the tween Bobby Riggs and Billie Jean King. Not to be outdone, the White Mountain Athletic Club will host the Fourth Annual Tennis

Battle of the Sexes on Sunday, Oct. 29.

As in previous years, 20 men ("MCP's") will

("Nutcrackers") for a challenging

Sexes" recreates the fun, to once again de- Cranshaw responded epic tennis match be-termine which is the with a horse laugh. superior gender. In years past, the

men have dominated on the court, but the women have consistently raised more

money for the benefit of Pemi-Baker Hospice. Women's captain Maria Park has made

face twenty women it clear that this is the year for total

triumph. feminine afternoon of sexist Men's captain George

"These uppity women will finally learn their proper place," he declared. Ms. Park only sneered her

contempt at this absurdity.

Thanks to the support of WMAC and the Wild Coyote Grill, this

event has become a major fund-raiser

for this vital community service. Other corporate sponsors include Roper Real Estate, Mulligan's

Restaurant, Speare Memorial Hospital.

Spectators are invited to watch, and cheer loudly for their gender. Players interested in participation

SEE **BATTLE**, PAGE A11

# Strategies for Living

# The end of the story

BY LARRY SCOTT

The dramatic events that followed the crucifixion of Jesus Christ may be summarized by a statement made in the Gospel of Matthew, chapter 27, verses 57-60,

"As evening approached, there came a man from Arimathea, named Joseph ... he asked for Jesus body, and Pilate ordered that it be given to him. Joseph took the body, wrapped it in a clean linen cloth, and placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance ... and went away."

End of the story ... or so everyone thought.

For King Herod and Pilate, the Roman Governor, a troublesome, popular figure was dead; for Caiaphas, the High Priest, the one claiming to be Messiah, the one who challenged his authority,

had finally been eliminated: for Joseph of Arimathea, he would be forced to live in shame for his inability to dissuade the Jewish power-brokers from sentencing Jesus to death; for the disciples, it was an unmitigated disaster. Their hopes for the promised Kingdom, their faith, which had been strengthened by their Messiah and best friend ... all vanished with the crucifixion; for the women who followed Jesus, the one man who had treated them with dignity and respect was no longer available; for the guards, charged with protecting Jesus' tomb, it was a gravy assignment, the failure at which would doom them to death.

But not so fast, guys. You're dealing with God here ... and you are about to hear the rest of the story!

Again, from the Gos-

pel of Matthew (28:5-6), "After the Sabbath, at dawn on the first day of the week ... the angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not

here, he has risen." For the guards, their gravy assignment had just turned into a nightmare as the stone began to move; for Herod and Pilate, it was not the end but the beginning – of a disaster they could not have imagined; for the temple hierarchy, an explosive new church would soon emerge ... and in their heart of hearts, they would have to acknowledge they had crucified their Messiah, and that to their own damnation; for Joseph of Arimathea, it heralded a new opportunity to regain his self-respect and serve the one he had grown to love and

admire; for the disci-

ples, the resurrection promised new understanding, new hope, new direction, and a new mission to which they could dedicate their lives; and for the women? Unbelievably, "He's back! Happy days are here again!"

But it was not for them alone! For me, too, as stated by the Apostle Peter who expressed my feelings perfectly,

"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth unto a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish ... kept in heaven for you" (I Peter 1:3-4).

He is risen! Thank God Almighty, Jesus Christ has arisen from the dead!

And if you want to talk about it, hit me up at rlarryscott@gmail.

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# Ah, life on a dirt road, and a certain etiquette

I live on a dirt road, a term some people wince at, their preference being "gravel road" or the even loftier "country road." To me this is sort of like calling a camp a cottage, but that's all right.

A dirt road has to be graded at least two or three times a season. A lot of towns are grading their roads just about now, in a gamble that there won't be any more rut-creating cloudbursts before freeze-up.

People unaccustomed to dirt roads tend to drive with their wheels almost going over the right shoulder, in an apparent attempt to get as far away from the yellow line as possible, in an apparent panic attack to

**NORTH COUNTRY NOTEBOOK** 

avoid collisions. But of course there is no yellow line. On a dirt road, the center is where one perceives it.

I learned to drive on a dirt road along Clarksville Pond, and Rudy Shatney always told me "Take your half out of the middle, Bub," which I do, except of course around corners or over blind hills. Rudy's reasoning was that driving in the middle offers more choices in avoiding potholes, washboard ruts or downed limbs, which made sense to me back



South Hill Road, nice and smooth and crowned just right, after what the town undoubtedly hopes is the final grading for the season.

then and still does.

Rudy had an old 1948 Jeep with a quick clutch, a hard rig for a kid to learn on, but I did. The old Jeep had bad brakes, and one day I pulled into the yard of the Main Cabin just before suppertime and sailed right down the path and onto the wharf and almost straight into Clarksville Pond.

Soon, I was allowed to drive the big old Chevrolet Apache truck, which in my eyes was an awesomely big vehicle, but I still preferred the old Jeep, and vowed at that tender age to have one myself some day, and I do, a '47 with no roof and no doors that is sitting in the hay barn all ready to go, for what soon will be the last drive of the season.

# l'owns

## Alexandria

Judy Kraemer 744-3532 judy7@metrocast.net

The Newfound Lake area was certainly a busy place this past weekend! It is interesting to see those running in the marathon, young, older and in between. My little side kick is turning out to be quite a little salesgirl, and I am very proud of her! She helped sell raffle tickets for the CARE (Citizens of Alexandria Rights Effort) Group. I'll be at Skip's Gun Shop again next Saturday with more tickets for the Hunter Raffle. Drawing for one of three choices will be

# From the town

on Oct. 10.

Budget Committee meeting Thursday, Oct. 12 in the Municipal Building. The Committee, with the Board of Selectmen will be reviewing and discussing budgets for the Alexandria Police Department and the Transfer Station. This meeting is open to everyone.

#### **Upcoming events** at AUMC

Sunday School has begun! There were many new children attending, and the church was bustling with activities and smiling faces!

Community Dinner Saturday, Oct. 7 at 5 p.m. in The Vestry. Spaghetti, salad, bread and assorted desserts are on the menu. Everyone is welcome, and this is a "by donation" dinner! Good food, good people, much awesome companionship!

Christian Music Concert by Tom Ewing on Saturday, Oct. 14 at 6 p.m. at Alexandria United Methodist Church

Hope you have an amazing week, and are getting used to the more seasonable temperatures! Not to worry, there may be an Indian Summer right around the corner, before the you-know-what flies!

# **Danbury**

Donna Sprague huntoonfarm@myfairpoint.net

#### Firemen's Supper

This Saturday, the 7th, is the Firemen's annual Turkey dinner, dance and gun raffle. Held from 4:30 p.m. on at the grange hall, please come out to support your volunteer fire department.

# **Danbury Church**

On Oct. 8, the South Danbury Church Sunday gathering returns to its regular schedule of 11 a.m., with a worship service and the observance of Communion. All are welcome and invited to attend. Kendra Bralev. Director of the Danbury Center. Community will be with us to share information and news about community programs and services, and opportunities for the church to strengthen its partnership with the DCC.

**Blazing Star Grange** The grange will hold community open meeting on Oct. 19 at 7 p.m. The grange new year starts Oct. 1, and the unveiling of 2017-2018 program focus will be revealed. There will be a program for entertainment, time for socializing and meeting your neighbor and and an overview of the projects we are consid-The items we choose to tackle will be based widely in part on the interest of those attending. The grange has the framework to take on varied interests through smaller committees of persons with common goals. From the ritual comes the words that there is work for all and idler has no place amongst patrons of husbandry. For those that just want an evening out, feel free to come. Member are welcomed and needed however this is a low stress meeting with no one being pushed to be more involved than they would

#### Groton

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

The Groton Conservation Commission is looking for your help to tackle roadside clean "Operation Clean Sweep" will take place on Saturday, Oct. 14 from 9 a.m.-noon, meeting at the Town House. The bags have been donated by the DOT in Rumney and there will be vests available and caution signs will be posted. Slim mentioned that he had picked up some "grabbers" for those who may have trouble leaning over and picking up items off the ground. More information is available on the Town Web site at www. grotonnh.org. The rain date for this event will be the next day, Oct. 15.

The New Hampshire Division of Safety/DMV released this statement concerning a software update that will take place in October.

New Hampshire Division of Motor Vehicles to close offices for two days

during software upgrade The New Hampshire Department of Safety, Division of Motor Vehicles (DMV) will implement a new driver licensing system in October to replace the current system originally implemented in the 1980s. Implementation of the new system will require the closure of all DMV offices on Monday, Oct. 9 and Tuesday, Oct. 10, and will temporarily limit some services.

"Although temporarily closing DMV offices is required during this transition time, we are aware of how the closure will impact our customers," said DMV Director Elizabeth Bielecki. "Hopefully, by providing advanced notice, we will minimize the inconvenience this closure will cause."

During the transition: Town/City Municipal clerks will not be able to process the state portion of vehicle registrations from Friday, Oct. 6, through Tuesday, Oct.

Online services, including Online Driver License Renewal and Online Ticket Pay, will not be available from Wednesday, Oct. Wednesday, through Oct. 11.

Ticket pay by phone will not be available on Monday, Oct. 9, and Tuesday, Oct. 10.

To pay a ticket by phone on another day during normal business hours, please call 1-800-272-0036.

Customers are encouraged to complete DMV transactions regarding driver licenses and registrations in advance of expiration dates if they expire during the transition period. In the days following implementation of the new system, customers may experience longer than usual wait times and are asked to plan their visit accordingly.

Save time by completing forms in advance of your visit. Answers to frequently asked questions and forms are available at the DMV Web site at www.nh.gov/dmv.

#### Meetings and **Closures Coming Up:** Select Board meetings

are scheduled for Oct. 3, and Oct. 17; all at the Town House in the front meeting area at 7 p.m.

Select Board Work Session at the Town House Tuesday, Oct. 3 and Oct. 17 at 5 p.m.

All Town Offices are closed Monday, Oct. 9 for Columbus Day

Conservation Committee Meeting on Oct. 12, 7 p.m.

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

The Town Clerk/Tax Collector offices will be closed Oct. 18-20 for the Tax Collector's Confer-

# Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

**Community Breakfast** 

Oct. 7 is the next Community Breakfast in Community Hall at the Union Congregational Church. For \$4, we will be serving eggs, bacon, sausage, pancakes ((and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice and coffee. But you must be an early riser as breakfast is served from 7:30 -8:45 a.m.

There is a certain etiquette for driving on dirt roads, which I wrote about some time ago but which a woman I met at the post office urged me to write about again.

+++++

"I've forgotten that business about waving," she said.

On a dirt road you always wave, to one degree or another. For drivers you've never seen before, you waggle your first digit from atop the steering wheel. For someone you know, you flap up all five. For someone you know really well, especially for neighbors who've put up with escaped livestock trampling their flower gardens, or take care of your dog when you're gone, it's wild gesticulating, like Daffy Duck.

The other day I had a guest in the passenger seat, and I did the full hand wave for an oncoming truck, and she said, "Who was that?" and I said, "I don't know, so I waved just in case I should."

(This column runs in 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.*)

# PLOW PROPOSALS

WINTER SNOWPLOWING SEASON 2017-2018

**TOWN OF HEBRON** 

The Town of Hebron is looking for plow trucks with operators for the 2017-2018 season.

All operators and equipment must have emergency lighting, an 8.5 foot power angle plow, and current certificate of insurance and a valid driver's license.

Please respond with hourly rates and equipment description to the Selectmen's Office at P.O. Box 188, Hebron, NH 03241 by Tuesday, October 17, 2017 at 12:00p.m. The highway supervisor and/or selectmen reserve the right to accept or reject any or all proposals deemed to be insufficient.

Casey Kuplin, Highway Supervisor

#### **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,

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

# **Legendary looper Keller Williams jams in Plymouth**

PLYMOUTH mix. — Keller Williams set to Jam at The Flying Monkey Performance Center on Friday, Oct. 6 at 7:30 p.m. Tickets for this show start at \$25.

Keller Williams has taken part in a lot of different projects over the years. His most common guise is as a one-man band, using onstage looping technology to create a song track by track. First, he'll get a beat going, then sample and repeat it, followed by a bass guitar line and some keyboards before donning an acoustic guitar and layering in his sixstring skills and laidback vocals into the

But he also has a band with modern-bluegrass master Larry Keel and Larry's wife, Jenny, aptly called Keller & The Keels. And there's also his funk band called More Than a Little, not to mention his frequent appearances with the venerable jam-band String Cheese Incident. Overall, between 1995 and 2016, Williams released a jaw-dropping 22 albums in various genres.

In fact, up until this year, there was pretty much only one thing Williams hadn't done: a solo acoustic album. But it's not like he



#### **Keller Williams**

hadn't tried. Four of the tracks on his new, first-ever solo acoustic release, "Raw," come from a project that Williams recorded and then abandoned six years ago.

"The plan was to play 12 different songs on 12 different guitars, and I did it," Williams says. "But it just wasn't right, so I didn't release

So what prompted him to return to that all-acoustic idea and add six more new songs in the same mode? As it happens, the impetus came from a proposed tour with one of Williams' idols, and a legendary guitarist in his own right.

"The tour was called 'Shut the Folk Up And Listen," Williams says about a run with Leo Kottke. "And it was about just focusing on playing guitar and singing and telling stories through song. I was abandoning all electronics and just playing with a microphone and guitar."

Williams will play the Flying Monkey stage on October 6th, and the audience might hear some of those stripped-down songs,

or they might not.

"It depends on the atmosphere," he says. "If I find myself in that situation to where these songs can be absorbed in the right way, then I'll definitely play them. But I'm very grateful to have a plethora of songs to choose from. With my solo shows, anything can happen at any time. There are no rules; the set could change in a second."

Tickets to see Keller Williams are \$25, and \$35 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.flyingmonkeyNH.com.

# **Churches**

# **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 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

Frdiays 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

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 or visit the church Web site, ashlandcommunitychurch.com.

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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)

On Sunday, Sept. 10, Bishop Rob celebrated with both congregations the 93 years of worship and ministry of Church of the Holy Spirit. Eighty people attended the service at CHS on Main St. Plymouth. That building is in the process of being sold to Plymouth State University and will can also e-mail him at be used as a University accernie@hotmail.com chapel. A meeting was held following the service to discuss calling a full time resident priest who will serve both congregations and also act as Episcopal Chaplain to the University community. On the following Sunday, Canon Hannah Anderson and Benge Ambrogi, Missioner for Congregational Initiatives met with the Vestry and Bishop's Committee to begin the process of calling the next priest to serve the two congregations. It is hoped that this person will commence ministry for us on Dec. 3, the First Sunday of Advent.

The Book Study will begin on Thurs. Oct. 12 at Griswald Hall from 9:30 - 11:45 a.m. The book featured is Bishop Rob's new book. "Without Shame or Fear from Adam to Guy Tillson Christ." will lead the group discussion. Reservations are a must so that books may be ordered. Contact Guy (nicenhguy@roadrunner.com) or Maryan (maryaneee@msn.com).

If you know anyone who has not been able to come to church for a while and would like a pastoral call or visit, please call Deacon Maryan Davis (maryaneee@ msn.com).

Choir meets at 8:45 a.m. each Sunday to rehearsal the morning's anthem and music for the next few Sundays. Everyone is welcome to join this group, just come at 8:45 a.m. The music is simple and prior experience is not necessary. If you like to sing and can read music, we'd love to

have you. Greeters Readers, and coffee hour hosts are always needed. There are sign up sheets at the back of the church and at coffee hour. Doing coffee hour with a friend is a good idea and it need not be elaborate - just a snack. Coffee hour is a chance to get to know each other and share ideas.

# **Holy Trinity** (Roman Catholic)

The Day Away Pro-

gram 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 sjrhett@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. Session are Tuesdays at St. Matthew Hall. Find out what it's all about and enjoy a delicious meal free of charge!

Thank you to Carole Osmer for a delicious monthly supper hosted by Fr. Leo for students last weekend. The next one will be Sunday, Oct. 15, at 6 p.m. in the rectory. To Fr. Leo for giving an interesting introduction to the Bible at the last week's meeting. Add your piece to the Peace Wall: The weekly student meeting on Tuesday, Oct. 3, at 8 p.m. will take place at the Museum of the White Mountains on campus, where we will be painting tiles to add to the new Peace Wall mosaic. Upcoming activities: Watch this space for the dates of service projects related to hurricane relief, social activities such as walking a corn maze

#### 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 community 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 125.00. Financial aid is available. To register online: http://josephhouseretreatcntr.org/; mendingamothersheart.

For more information, call Vivian at 627-9493.

Anointing of the Sick In honor of Respect Life Month, the sacrament of the Anointing 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. 5 Day Away, Simard

Hall, 9 a.m.—3 p.m. Boy Scout meeting, St. Matthew Hall, 6 p.m.

Saturday, Oct. 7 CDA Meeting, St. Matthew Hall, 5 p.m.

Sunday, Oct. 8 No Faith Formation or Confirmation classes.

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

# Restoration Church, **Plymouth** (formerly Family **Worship Center** Ply. Assembly of God

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.. 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 and 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, Fel-

lowship

On Sunday, Aug. 20, SEE **CHURCHES**, PAGE A12





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# **Artistic Roots welcomes four new** artists to the Visiting Artist Program

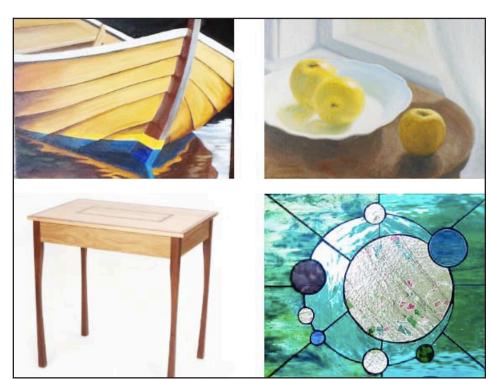
PLYMOUTH — Artistic Roots Gallery is welcoming four new artists to the Visiting Artists' Program beginning Oct. The artists include: painters, Joan Barnum and Robert Biggs; glass and paper artist, James Frase White, and woodworker, William Ferrullo. Artistic Roots will sponsor a Visiting Artist Reception on Oct. 19 from 5-7 p.m. All are welcome and refreshments will be served.

Joan Barnum is a selftaught artist who paints still life and landscapes in oils. She finds inspiration in the effect of light on simple objects, and in the woods, fields, and quiet back roads of the Lakes Region of New Hampshire. Whether working from a still life setup in her studio or heading outside with her easel, Joan paints from life when she can. She also enjoys the craftsmanship of painting - experimenting with tools, surfaces, pigments, mediums, and color mixing.

Robert Biggs lives and works in Saco, Maine as the Executive Director of Main Street Saco. He does oil only and was taught by his mom who painted extensively prior to having children. His subjects lean toward barns and boats.

"Barns intrigue me as they are disappearing at an alarming rate and the all have a lot of wonderful stories of the people who worked in them," commented Biggs. "I either have the building or boat dominate the canvas to show its age and importance or really large skies to emphasize the remoteness of the building."

James Frase-White is a stain glass artist and paper cutter. He is currently a Board Member of the Northeast Kingdom Ar-



These are the works of, top row: Robert Biggs and Joan Barnum. Bottom Row: William Ferulla and James Frase-White.

work shows the joy Jim finds in life and his wonderful use of color.

William Ferullo has been in the carpentry trade for more than 10 years full time. He started working for my father's construction company even earlier that that. In the years since those early days he have done basically all phases of carpentry from framing to finish work and has worked with some very talented and skilled craftsman over the years.

The work of these artists will be on display in the gallery from Oct. 1 through Jan. 31. Stop by to see their unique styles

# Understanding breast cancer

BY MARTHA SWATS Owner/Administrator Comfort Keepers

#### Magnitude and Impact

If you ask a random person on the street if he or she knows someone who has been affected by breast cancer, it's likely that the answer will be 'yes.' As of 2017, there are over three million breast cancer survivors in the United States, and awareness of breast cancer has improved leaps and bounds over the past few decades, with numerous organizations and foundations working tirelessly to provide education and community sup-These efforts have not been in vain. In fact, the American Cancer Society approximates that breast cancer-related deaths have decreased steadily since 1989, due to finding cancer earlier through breast screening and effective adju-

vant therapy. Although survival rates have increased over the past few decades, one hard fact still remains: breast cancer is the second leading cause of cancer death in women. The hope is that this will change as screening becomes better and therapy technology advances, but regardless, proactive measures should be taken by all adult women. Additionally, any incidence of breast cancer - regardless of how early it's detected – should be treated with the utmost attention, especially by adult women 65 years of age and older.

Knowing the statistics about breast cancer is important as it highlights the overall magnitude and impact of the disease, but it's also crucial to understand how it forms/ spreads and the risk factors involved.

#### What Is **Breast Cancer?**

Put simply, breast cancer represents the unsuppressed growth of breast cells, occurring when there are mutations or abnormalities in the genes that facilitate growth. As these cells multiply, rapidly and without regulation, a tumor often results. Tumors can either be threatening nant) or non-threatening (benign), with cancer being affiliated with the former. Below are some of the more common risk factors of breast cancer:

Old age

Family history of breast cancer (especially if a mother or sister is/was diagnosed)

Radiation therapy in the breast or chest region

Dense breast tissue Frequent consumption of alcohol

Administration of estrogen and/or progesterone

A majority of malignant tumors form in the ducts that drain milk to the nipples, forming a type of breast cancer known as ductal carcinoma. Another common type, lobular carcinoma, forms in the milk-producing lobes or lobules. Other types include adenoid cystic carcinoma, lowgrade adenosquamous carcinoma, and medullary carcinoma. Regardless of the type, breast cancer tends to go from 'bad' to 'worse' once the lymph nodes are involved.

Located just underneath the armpits,

the lymph nodes are clumps of cells that provide filtering for the lymphatic system, which runs throughout the body. Once cancer has spread to the lymph nodes, the prognosis tends to be poorer than if the cancer had remained solely in the breasts, due to the increased chance of the cancer spreading to other areas of the body.

tisans Guild and a mem-

ber of the League of New

Hampshire Craftsmen.

He has a background in

education and worked as

a Title I Reading teacher

for many years. His art-

Detecting and Treating Breast Cancer

Self-examination is an important component of detecting breast cancer. Women should regularly check the breasts for any unusual masses or lumps and have them checked by a health care provider as quickly as possible. Other indications of breast cancer can include pain in the breasts or nipples, swelling, skin irritation, redness (or scaliness), and discharge from the nipples.

Although amination is vital in determining notable changes in the breasts, mammogram is of the primary tools used for screening breast cancer. Using low-level x-rays, the mammogram is designed to provide an in-depth look at breast tissue. Screening mammograms are used for those who have no symptoms of breast cancer, while diagnostic mammograms tend to be more thorough and examine the breasts from additional angles.

While still effective, there is some contro-SEE **BREAST CANCER**, PAGE A12

### expands opioid addiction treatment services to Plymouth Mid-State now offers a Medication Assisted Treatment (MAT) Program in its Plymouth location PLYMOUTH — In reseling, and medication anyone interested in sponse to the communiassisted treatment.

Mid-State Health Center

ty's need for treatment and recovery options, Mid-State Health Center is now offering Medication Assisted Treatment (MAT) services to treat opioid addiction in its Plymouth office in addition to its Bristol location.

The MAT program at Mid-State is an outpatient recovery option offering substance use disorder treatment in an integrated mod-tion as well. el. A specialized team that includes certified physicians, behavioral health counselors, and clinical support staff offers participants a caring and safe environment, a personalized treatment plan to recovery through consistent, ongoing coun-

Every participant becomes a patient of the health center with full access to the comprehensive services it offers to support their recovery including primary care, dental, and social services.

Mid-State has been offering its MAT program in its Bristol office since 2015 and will continue to offer these services at that loca-

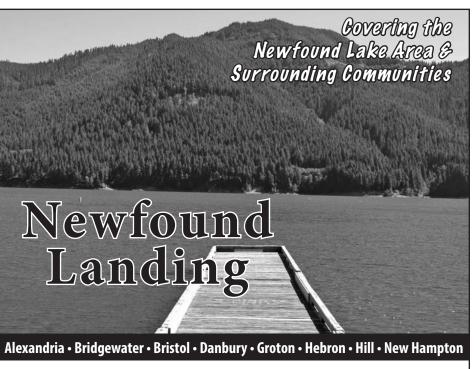
For more information about the MAT program and opioid addiction treatment at Mid-State Health Center, call 536-4000 during regular business hours or visit midstatehealth.org.

Mid-State is accepting new patients of all ages and encourages

learning more about Mid-State's team and its services, to visit them on the Web at midstatehealth. org or by calling 536-

#### **About Mid-State Health Center**

Mid-State Center delivers primary care and supportive services at both its Bristol and Plymouth offices, offering medical services, dental services, behavioral health counseling and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay.



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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

#### Town

Ashland Bristol Bristol Bristol Campton Campton Campton Campton Campton Holderness Holderness New Hampton New Hampton New Hampton Plymouth Plymouth Rumney Thornton

Thornton

Thornton

Wentworth

# Address 62 Winter St.

Single-Family Residential 50 Doloff Rd. 410 N. Main St. Single-Family Residential 75 New Chester Mountain Rd. Single-Family Residential Single-Family Residential 37 Back St. 127 Bell Valley Rd. Single-Family Residential Birch Circle Lot Residential Open Land 15 Blair Rd. Acc. Land Imp. 16 Tripplewood Rd., Unit 19 Condominium Highland Links Colony, Unit 29 Condominium Squam Lakes Recreational Unit 57 Condominium Coolidge Woods Road Residential Developed Land 131 Gordon Hill Rd. Mobile Home Old Bristol Road N/A 37 Merrill St. Single-Family Residential Tenney Mountain Highway N/A 309 Depot St. Single-Family Residential

Type

Single-Family Residential

Condominium

# Price

\$185,000 \$75,000 \$149,933 \$282,000 \$95,000 \$192,000 \$11,000 \$82,000 \$79,533 \$275,000 \$49,333 \$100,000 \$135,000 \$45,000 \$154,933 \$102,000 \$220,933 Highland Pointe Road, Lot 1 Residential Open Land \$49,000 Condominium \$157,533

\$132,533

\$26,533

# Seller

Debra L. Bennet Joanne and Kristen Bedigian Jamie B. Russell Garrett C. and Debra A. Caputo Beebe Valley Family LP Harry E. and Patricia Learned **Group East Financial Services** Frank E. Allen, Jr. RET John L. Battaglino Robert W. and Helen B. Lindstrom Squam Lakeside Farm Inc. Michael Haas Alan R. Monroe Phoebe A. Franklin LT Catherine H. Sullivan North Plymouth Plantation Nathaniel D. Myles William F. and Christine J. Tollenger Thomas E. Tingley 2009 RET Kathleen A. Flaherty RET Mark and Debbie Gallagher

# Buyer

Stephen F. and Naomi L. Frateschi Brian R. Joyce and Robin M. Morra Jacob C. Jewett N/A Ramon E. Acevedo-Perez Judith M. and Andrew D. Bostrom Daniel W. Grant Brandon and Lisa Tupper Debra A. and justine C. Guilbert Tuveson FT

Ryan M. and Katie L. Kunker Troup FT Robert S. Wells Garth E. Woolsey Elizabeth A. Parmelee Mill Brook LLC Roxanne L. Glaica RET Gary S. and Nancy L. Herald Margaret Connolly Joseph S. and Jessica Padykula

David J. and Holly A. Gregoire

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.

# 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

56 Mountain River Ave., Unit 3

51 Mountain River East Rd., Unit 66

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

# **MARK ON THE MARKETS**

# Black Monday



BY MARK PATTERSON

Couple of weeks ago, I was listening to the financial channel on the radio in my car when the commentator said, "the markets have closed up, a record 13 days in a row, into record territory, the last time this happened was in 1987". My cession of the 70s and

because I remember that Oct. 19, 1987 was a devastating day for equity markets not only in this country but around the world.

First off let me state that I am not trying to scare anyone into believing that the parallels I am drawing between 1987 and almost 30 years later are going to repeat. I like history and I like statistics, so consider this nothing more than food for thought.

In the mid-'80s, we were involved in a very fast economic recovery with a President who expanded the economy after the reears perked up when early 80s. If you want-

I heard that statistic ed to work in this country, there was a good paying job for you. The dollar strengthened, inflation picked up which in turn created a higher interest rate environment. In August 1987, the Dow Jones industrial average peaked, and multiples, otherwise known as price earnings ratios were expanding. When you get multiple expansion, you need the actual earnings to keep up or you'll have contraction in the markets. Many of these earnings are based on forward-looking numbers.

> Oct. 15, 1987, Iran hit our supertanker "Sungari" flown un-

SEE MARKETS, PAGE A12

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THREE DOG NIGHT **GRAMMY-Nominated** Classic Rock Stars Sunday, October 8

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# **Edward Jones: Financial Focus Consider Multiple Factors When Creating Retirement Plans**

When you create your financial and investment strategies for retirement, what will you need to know? In other words, what factors should you consider, and how will these factors affect your investment-related decisions, before and during your retirement?

Consider the following:

•Age at retirement - Not surprisingly, your retirement date likely will be heavily influenced by your financial situation – so, if you have to keep working, that's what you'll do. But if you have a choice in the matter, your decision could have a big impact on your investment strategy. For example, if you want to retire early, you may need to save and invest more aggressively than you would if you plan to work well past typical retirement age. Also, your retirement date may well affect when you start accepting Social Security payments; if you retire early, you might have to start taking your benefits at age 62, even though your monthly checks will be considerably smaller than if you waited until your "full" retirement age, which is likely to be 66 or 67.

•Retirement lifestyle - Some people want to spend their retirement years traveling from Athens to Zanzibar, while others simply want to stay close to home and family, pursuing quiet, inexpensive hobbies. Clearly, the lifestyle you choose will affect how much you need to accumulate before you retire and how much you will need to withdraw from your various investment accounts once you do.

•Second career – Some people retire from one career only to begin another. If you think you'd like to have a "second act" in your

working life, you might need some additional training, or you might just put your existing expertise to work as a consultant. If you do launch a new career, it could clearly affect your financial picture. For one thing, if you add a new source of earned income, you might be able to withdraw less from your retirement accounts each year. (Keep in mind, though, that once you reach 70 ½, you will have to take at least some withdrawals from your traditional IRA and your 401(k) or other employer-sponsored retirement plan.) On the other hand, if you keep earning income, you can continue putting money into a traditional IRA (until you're

70 1/2) or a Roth IRA (indefinitely) and possibly contribute to a retirement plan for the self-employed, such as a SEP-IRA or an "owner-only"

•Philanthropy - During your working years, you may have consistently donated money to charitable organizations. And once you retire, you may want to do even more. For one thing, of course, you can volunteer more of your time. But you also might want to set up some more permanent method of financial support. Consequently, you might want to work with your legal advisor and financial professional to incorporate elements of your investment portfolio into your estate plans to provide more support for charitable groups.

As you can see, your retirement goals can affect your investment strategy - and vice versa. So, think carefully about what you want to accomplish, plan ahead and get the help you need. It takes time and effort to achieve a successful retirement, but it's worth it.

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.



Eric Tierno Financial Advisor 603-293-0055



Kathy Markiewicz AAMS Financial Advisor (603) 524-4533 Laconia, NH



Jacqueline Taylor Financial Advisor (603) 279-3161 Meredith, NH



Ben Wilson, AAMS Financial Advisor (603) 524-4533 Laconia NH



Financial Advisor 603) 253-3328 Moultonborough, NH

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning or qualified tax advisor regarding your situation.

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# **Debbie James joins Peabody & Smith Realty**

PLYMOUTH --As Peabody & Smith expands their presence in the Lakes Region and Central New Hampshire markets, a new addition has joined their team of agents. The Plymouth office has added Sales Associate Debbie James, a seasoned agent and long time resident of New Hampshire.

Debbie James has been a real estate sales associate for over a decade and works full time with both buyers and sellers throughout the Lakes Region & Central New Hampshire. James is a Purdue University graduate with a degree in marketing. She and her husband Rich have been Newfound Lake property owners for more than 12 years, and recently decided to make the transition from the Seacoast area and become full time residents.

Andy Smith, Broker/ Owner of Peabody & Smith Realty, said, "We are very pleased to have Debbie working at our Plymouth office. With Debbie's years of experience in the real estate profession, she will be a great addition to our team and her knowledge of the area will prove to be invaluable to the cli-



**Debbie James** entele of the Central New Hampshire market."

James works hard to foster relationships and cultivate the sales experience for her clients and enjoys assisting them. She is ready to work with clients and customers in the purchase or sale of property. She can be reached at the Plymouth office or by email at debbiej@peabodysmith. com

Peabody & Smith Realty has offices in Plymouth, Holderness, Meredith, Franconia, Littleton and Bretton Woods. They are one of only 550 firms chosen as part of The Leading Real Estate Companies of the World and Luxury Portfolio International. To learn more, you can visit them online at www.peabodysmith.com.

# **Marathon**

FROM PAGE A1

of fun," he said. Erica LaBella was one of those familiar faces LaFrance saw this year. LaBella was last year's winner of the women's half marathon and this year was leaving that run to her mom, who

sixth year. "I've committed to going big this year and run the full marathon," she said. "This is so well-organized, and I just love the positive energy of this race."

was participating for her

Weather for the start of the race may not have been ideal to most, with temperatures in the low 50's and a light rain falling, but all the seasoned athletes agreed that it was actually great conditions for a long run.

"If this had been last weekend with temperatures near 90 it would have been brutal," more than one runner commented.

When the pistol sounded to start all the adult and teen runners on their way, the Kid's Marathon participants then prepped for their start.

summer long boys and girls were encouraged to log in their running miles as they worked toward an initial goal of 25.2 miles. They then gathered beside the farmer's market on Lake Street last weekend to finish the last mile of their marathon endeavor together.

"We had 52 kids register this year but only about 30 showed up today due to the weather," said Mike LaPlume, head of the local children's running club. "They all ran that last mile together then turned in their logs today to show how much they ran over the summer."

Wendy Williams of Mid-State Health was there to greet them all as they crossed the finish line and received their medals.

"Mid-State Health has sponsored the marathon for many years and about 3-4 years ago we started sponsoring the children's marathon. It's great to see the boys and girls out here doing something healthy like running and we're proud to support that," Wil-

liams said. It wasn't long after that when the first runners from the 10K began to cross the finish line. Topping the field this year for the men was 23-year-old Riley Macon of Boston with a record setting time of 32:25, beating the 2015 record set by former Bristol resident



As the 25th New Hampshire Marathon got underway in Bristol last Saturday morning, more than 600 people had registered to

placed well with a time

of 1:39:53, which awarded

her fourth place in the

athon took participants

out along Newfound

Lake to a point just be-

yond Sculptured Rocks

where they then headed

back for Kelley Park in

Bristol. For the 25th an-

niversary of the race it

was Bobby Longeneck-

er of Lititz, Penn. who

bested the field with a

time of 2:40:29. In second

place, just over a minute

behind, was Benjamin

Kopecky of St. Louis,

Missouri at 2:41:23 and

finishing a close third

was Mobridge, S.D. res-

ident Curtis Huffman

athoners this year but

Beth Connolly, a former

Belmont resident now

living in Manchester,

was the first across the

For the women mar-

with a time of 2:42:02.

The full 26.2-mile mar-

DONNA RHODES

Proud Marine Billy Robinson toted the American flag as he and his friend Bill set out along the shores of Newfound Lake for the 25th Annual New Hampshire Marathon last Saturday.



John Clayton of the New Hampshire Marathon committee was pleased to present 81-year-old Eugene DeFronzo with his medal for completing the 26.2 mile course last weekend.



Rory Sutherland of Holderness was the first of more than 30 boys and girls who crossed the finish line for this year's Kids Marathon in Bristol.

David Chorney by four seconds. In second place was Chorney himself at 32:43 and third place went to James Korin of Plymouth at 40:48. For the 10K women, Kimberly Debiasse of Lebanon placed first with her time of 44:42, Derry resident Katy Veprauskas was second as she crossed the line at 45:07 and Kendra Chevalier from Bristol

finished in third with a of 1:31:43.

time of 49:39. In the Men's Half Marathon. Thomas Parker of Bow took this year's top honors, completing the 13.1 mile course with his time of 1:26:28. Behind him in the Top 3 were Colin Sheehan of Quechee, Vt. who crossed the line at 1:29:46 and Groton resident Alan Barrett who finished with a time

Emily Raymond of Cambridge, Mass. was the winner of the Women's Half Marathon for 2017 with a strong time of 1:27:36. Melrose, Mass. resident Courtney Koschei was second at 1:37:00 and Jennifer Giroux of Dover placed third with her time of 1:37:49. Local resident Kristina Brown of Plymouth also

PUBLIC

ning Board. Selectmen also approved Bristol Police Sergeant Aaron Chapple's request to place flags and banners for veterans on utility poles downtown. who served as a US Marine, said he would like to see flags flying on 97 poles, from R.P. Williams & Sons on Summer Street to West Shore Road. He also was inspired by the way Troy

finish line at the 3:31:14 mark, while Hancock resident Erica Labella placed second with her time of 3:37:54. Just a little under three minutes behind her was Zoe Ray of Jamaica Plain, Mass. at 3:40:05 and right on her heels was Hebron's own Emma Lundberg at 3:40:11 to take a close fourth in the race.

Yet another impressive performance was put forth by perennial favorite, 81-year-old Eugene DeFronzo who walked the route to complete his 709th marathon last week in just over nine hours. It was his 14th trip to Bristol to take part in the event. This year Eugene was joined by six other seasoned marathoners over the age of 70.

Race Director Karen Schaffner and her co-director Bob Watson were pleased with the event and reported that in all more than 650 people were registered for the three major races and the Kids Marathon. Participants were from nearly every state in the continental U.S., with even a few who came from Canada, Norway and Hong Kong.

"This turned out great. For quite a few of them this was their final 50 State Marathon Challenge race so that in itself was pretty exciting," Schaffner said.

# Incentive

FROM PAGE A1

mechanical systems. For 16 Central St., he would make two one-bedroom apartments on first floor and another one-bedroom apartment on each of the next two floors. He would create three one-bedroom apartments at 20 Central

The Community Revitalization Tax Relief Incentive Program encourages such renovations by keeping the tax assessments the same for a period of time after the work is completed, which helps to offset the cost of making the improvements. Ianniciello anticipates spending \$205,000 on 16 Central St. and \$160,000 on 20 Central St. After five years, property assessments would increase to regular market rates.

Ianniciello still has to obtain site plan approval from the Bristol Plan-

Chapple, NY honors members of the military by hanging banners that feature the name, photo, and branch of service. Those banners could be purchased and displayed for specific periods of time which would allow the space for other event banners, he said.

The Bristol Police Relief Association would handle the donations which will cover all of the flag and banner purchases, and Chapple said he would make sure they remained in good repair or were replaced as necessary.

Selectmen specified that the banners would initially be restricted to Bristol veterans or those with bonafide Bristol connections, but they might open it up to veterans from other towns in the future.

The board extended the current smoking ban to include municipal sidewalks, parks, town beaches, bike path, and other town property such as Kelley Park and the former Millstream property. The ordinance is intended to prevent smoking while loitering, but allows someone to smoke while walking. There was some concern about enforcing the ban, but the ordinance passed unanimously.

Members continued discussing how they might change the transfer station ordinance to make it fair and yet prevent abuse by contractors and other businesses that produce a lot of solid waste. They suggested new fees to properly address the types of use, and those will be brought back for final approval.



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**WELCOME!** cream for dessert by the ladies of the Women's Fellowship. ADULTS: \$9.00 — CHILDREN 12 & UNDER: \$4.00

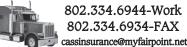
homemade apple dishes with ice

Take out meals are available. For more information call the Church at 744-8132.



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# **Police**

FROM PAGE A1

police chief's year-todate income.

Chief Michael Lewis earned \$58,474.40 in regular pay, \$8,252.53 in overtime pay, and \$1,280 from special duty assignments as of Sept. 18.

long Simard has maintained that the Bristol Police Department does not need as many officers as it has, and he said the current count of six officers is the appropriate level for a town of this size.

Town officials have maintained that Bristol's police force has to be larger because the town serves as an economic hub for the Newfound Region. People from oth-

**Spelling Bee** 

available at the Plvm-

**FROM PAGE A3** 

er towns come to Bristol for employment, dining, and shopping, swelling the population beyond the residential census figures and contributing to more police calls.

Officers who have resigned, according to the information provided under the Right-To-Know law, are Megan McDevitt and Everett Knighton, in March 2016; Garrett Beck, in September 2016; Jonathan Francis, in February 2017; Thomas Seager in March 2017; and Brian Spink, in April 2017.

Francis filed suit in federal court last May, seeking additional money from the town to cover his time at the Police Academy, and arguing that he owed the town

no money under his employment contract because unprofessional behavior by Lewis and lax operating procedures in the department constituted a "failure to satisfy the implied covenant of good faith and fair dealing."

The town maintains that Francis' employment contract stipulates that leaving before the contract period ends requires repayment of a prorated portion of the town's investment in his certification.

The new officers that have joined the town this year are Aaron Chapple, in February; Dakota Van Tassel, in May; and Barry Tanner, in September.

#### ry, Plymouth Rotary Club, Sunset Grill, Venture Print Unlimit-

outh Farmer's Market Additional sponsoron Thursday, Sept. 21 ship this year is proand 28. Tickets for the vided by Alpine Pool Bee are also available Service, Bridgewater at Chase Market in Power Company, Con-Plymouth. strux, Inc., Mask Construction & Family, The event is graciously sponsored by M & M Scoops, Singh Bank of New Hamp-Family Dental, Six shire, Meredith Vil-Burner Bistro, Three

ed, Inc.

Savings Bank. Pemi-Baker

Lit-

Bristol and Lincoln ing, math, English as a second language, the High School Equiv-

Lakes Landscaping, Woodsville Guaranty

eracy is a privately funded, non-profit organization dedicated to the improvement of individual literacy skills in the Plymouth, area. Free one-to-one tutoring and small classes are offered to adults in reading, writbasic computer skills and preparation for alency Test (HiSET/ GED).

# rial to Everett "Slim" FROM PAGE A3

created the new route, Snowhawk, LLC, see www.snowhawkllc.com.

lage Savings Bank,

Noyes Insurance, Off

Campus Rentals, Plym-

outh General Dentist-

The Slim Baker Area is 135-acre tract of conserved land on Little Round Top Mountain in Bristol, New Hampshire, set up in 1953 as a memo-

Baker, a dedicated and much-loved local conservation officer with the New Hampshire Fish and Game Department. Slim dreamed of setting up a "school for outdoor living" in the Newfound Lake area, and the Slim Baker Area is the fulfillment of that dream.

maintained by the Slim Baker Foundation, and open year-round for hiking, snowshoeing, and camping. For more information, to make facilities reservations, or make a donation to the foundation, please go to www.slimbaker.org.

The Slim Baker Area is

# CADY

**Trail** 

**FROM PAGE A4** 

to prevent access and misuse. As always, dispose of drugs properly in local Take Back Boxes at Plymouth Police Department and Bristol Police Department,

buy dose size amounts, monitor supplies, and a strong relationship with your children by talking about medicine misuse and abuse is a very effective prevention strategy. Visit

inc.org for conversadon't be afraid to ask tion starters. If you questions. Building or someone you know is struggling with addiction or substance use, call the NH Statewide Addiction Crisis Line at 1-844-711-HELP

CADY at www.cady-

Pemi-Baker Community Health is a 50-year old nonprofit home health agency serving over 900 clients

and their families annually from 12 member towns in central New Hampshire. Services include athome

healthcare, hospice

site physical and occupational rehab therapy

ships including fitness classes in our 90-degree therapy pool and fitness gym. Please

visit our Web site, www.pbhha.org, like us on Facebook: Pemi Baker Community Health.

# **FROM PAGE A4**

should contact the respective captains. Players are invited to wear seasonal (or non-seasonal) tumes.

A prize will be given for the best ((or, perhaps worst) of these. Divorce attorneys

will be available, as well. Post-tournament

awards and raffle prizes will be awarded by host Tom Gross at the Coyote Grill. Pemi-Baker Hospice

Director Mary Francis Drake noted that over the past three years, nearly \$25,000

has been raisedwith the hope that this year will be even more successful.

Raffle tickets for chances to win Red Sox, Celtics and Bruins tickets and a number of other valuable

prizes are available at WMAC and Pemi-Baker.

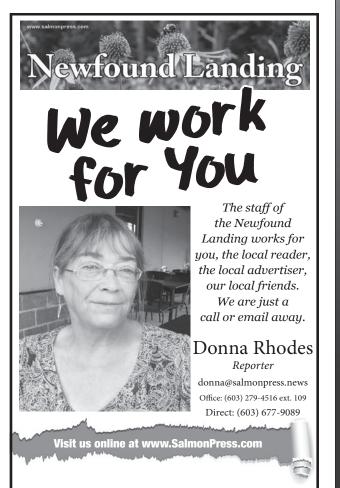
Please visit www. pbhha.org for more information or to donate to the 'women' or 'men'. If you are

unable to attend the matches at WMAC during the day we hope you can join us at the Coyote Grill at

7:30 p.m. on Oct. 29 for the winner's celebration.

and palliative care, onand

fitness member-



# **Make A Wish**

**FROM PAGE A1** 

mors from both pheochromocytoma paraganglioma, all attributed to a gene mutation that ran in her family, but is doing well today. She said she was grateful for the chance Make-A-Wish provided her to relax after many treatments at both Tufts University and the National Institute of Health where medical teams dealt with her rare illness.

Delia's wish was to visit Universal Studios in Los Angeles and she was treated to a VIP experience that began with a police escort from the airport.

"It was amazing to see all of them come out to take us to our hotel with their lights flashing and all," she

She went on to enjoy the trip of a lifetime at Universal Studios, and said it was an experience she will never forget.

Making it bittersweet, however, was the fact that it was a trip she had planned to take with her father before he passed away from the same illness, Delia's mom said.

The other honoree of the night was Eric

Adams, who was diagnosed with Burkitt's Lymphoma, a form of leukemia, at the age of

It was a long struggle but today Eric is not only an outstanding student, but a threesport athlete at Moultonborough Academy where he is a member of their cross-country, track and Nordic ski teams.

"He's only a sophomore, but he's the one of the top four runners at his school right now," his father, Bill Adams, said with pride.

he recovered As from some intensive chemotherapy, said his one wish was to meet Tom Brady and through Make-A-Wish, that dream eventually came true.

An album depicts his adventures at a practice session in Gillette Stadium a few years ago where he not only met the famed quarterback but many other heroes, like the New England Patriots' most popular tight end, Rob Gronkowski.

Photos, autographs and memories of that day will be with him for a long, long time.

"It was amazing," he said as he flipped through his album.

Bill Adams said that because of his son's amazing day with his football heroes, he and Eric's mom Candee Adams now do all they can to support New Hampshire Make-A-Wish.

"I'm trying to make sure we give back as much as we can and even encourage people at work to join in Rafting for Wishes and other events," he said.

Kicking off the Fall Wishes banquet for 2017 was music from Kent Finemore and the J Street Extension Band of Northfield, followed by this year's headliners, the country music group Batson Haines.

"We played in Nashville last night then got on a plane at 6 a.m. this morning to be here tonight," said Eric Haines, who was born in Keene.

He and his partner Jeff Batson penned a song a number of years ago called "Make A Wish" that they finally debuted at last year's Fall Wishes banquet and the duo made it a point to come back to perform it and a number of their other original songs this year.

"We were just happy to be asked to be a part of this great event again," they said.

# Lions

FROM PAGE A3

present the members of the new club with their official charter. Members of the Canaan Lions Club, who sponsored the formation of the Pemi-Baker Centennial Lions Club, will also be on hand to congratulate members of the new

women into Lions. The Pemi-Baker area will be proud to have such a fine group serving community,"

said DG Lindberg. The Pemi-Baker

Centennial Lions Club plans to become involved with sight and hearing issues, diabetes awareness, youth, and other areas to benefit the needs of the community. The

Pemi-Baker Centennial Lions Club meets the second and fourth Wednesdays of each month at 6:30 "I am proud to wel- p.m. For more inforcome these men and mation, contact Stephanie Crawford at 960-0056, Bob Holmes at 523-9086, or Tony Harrington at 254-3410.

Lions Clubs Inter-

national is the world's largest service organization with nearly 1.3 million members in approximately 45,000 clubs in over 200 countries and geographical areas around the world. Since 1917, Lions clubs have aided the blind and visually impaired and made a commitment strong to community service and serving youth throughout the world. For more information about Lions Club International, visit the Web site at www.lionsclubs.org.



# Churches

**FROM PAGE A6** 

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

#### **Upcoming Events**

draws closer.

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. The time of this meeting will be included in the next article.

Sunday, Nov. 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 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

#### Sunday, Oct. 8 – The Sacred and the Scared Janet Newton,

Worship Leader When our animal brains light up with fight or flight responses

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triggered by anxiety or fear stimuli, we count on our more rational thoughts to sort out the real from the imaginary. But with an eager 24hour news cycle press, fear-based political rhetoric, and the warnings of weather and science all clamoring for a piece of our fear, what can we do to challenge these innate responses? This Sunday, you're invited to an exploration of our fears and the courage it takes to channel and transcend them.

#### 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 website.

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 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.

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

Interested in Becoming a Member of Starr King? Join our Path to Membership, a threeweek series to learn more about Unitarian Universalism and our Starr King UU Fellowship. The dates are Oct.

15, 22, and 29 at 11 a.m. after the Sunday Service. The sessions will last about two hours. A signup sheet can be found on the bulletin board in the foyer or email: admin@ starrkingfellowship. org. Though this is not a requirement for membership, it's a great way to learn more about the Fellowship, share stories and meet others.

Vespers Services - On second Fridays Starr King UU Fellowship will be offering a Vespers service. Vespers is an evening worship service that offers a peaceful end to a hectic week. We will meet for casual, all generations service that

includes music and candles for about 30 minutes and then share a meal (probably pizza). Join us for our first service on Friday, Oct. 13 starting at 6 p.m. Everyone is welcome.

The next meeting of the Wise Women in Training is Wednesday, Oct. 11 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.

# **Breast Cancer FROM PAGE A7**

versy as to whether older women should have mammograms and other screening tests conducted. The focus of the argument tends to come down to the life expectancy of older adults and cost/probability of screening and treatment, should cancer be detected. Ultimately, however, the decision to be screened should lie solely in the hands of each individual woman.

That doesn't mean a physician should not be consulted - quite the opposite, in fact. Consulting a physician (or team of physicians) will help your loved

one understand what age-related factors determine the success of treatment. The treatment options for breast include surgery, radiation therapy, chemotherapy, and hormone therapy. BreastCancer. org has put together a comprehensive, tailed guide on what to expect from each form of treatment, what's most appropriate given one's stage, and the potential side effects.

#### **Comfort Keepers®** Can Help

Our caregivers can help provide services that help your aging loved one live peacefully at home. If he or she needs to get to any scheduled medical appointments, our caregivers can make sure they get there safely and on time. Additionally, we can provide everything from light housekeeping to meal

preparation. For a full list of our services, contact your local Comfort Keepers® location 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.

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Rick Ash, Hardware Manager, Ashland Lumber 20 West St. Ashland, NH 03217 or you may email to rash@belletetes.com

# Markets

FROM PAGE A9

with a silkworm missile. These events in conjunction with equity markets (stocks) that had gotten ahead of itself, a strong dollar which makes exports more expensive, program trading in the markets, and market participants (you and I) having become very complacent, all contributed to the perfect storm.

We are much earlier in the economic cycle of expansion currently, however the dollar is strengthening, interest rates are rising, we have multiple expansion in the equity markets, compounded by the fact that we have not had a meaningful market correction in over eight years.

A swift meaningful correction is not necessarily a bad thing. der a Liberian flag and It allows new money then hit "Sea Isle city" to get into the markets at better pricing, and if you do not panic and sell your positions near the bottom, hopefully the equity markets can continue to move up.

If you were in a position needing to count on this money for retirement income, then I may rethink my position if I am in stocks or stock-based mutual funds. If the markets were to retract and go flat such as the period between 2000 and 2011, you could potentially exhaust your money if you are relying on that money for income.

If you are in stocks or stock funds, and you are in the "red zone" for retirement you need to familiarize yourself with the theory, "sequence of returns risk". The "red zone" for retirement is roughly 10 years until your planned retirement date. There are ways to protect your capital that still may allow your money to grow. Contact my office if you would like to hear more about these concepts and our fee structure to manage assets, MHP works for you! Client funds are held at TD Ameritrade Institutional.

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

# SPECIAL EDUCATION FINANCIAL ASSISTANT

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SAU #48, Plymouth, seeks an individual to work directly with the Director of Special Education to complete State and District reports both financial and data entry; Medicaid billing and reimbursement; CAT Aid; Specialized Transportation; Budgets and Purchase Order requests; organizing monthly meeting agendas; Grant purchase orders and other related work.

The individual needs to be detail oriented and highly competent in software applications including Excel, Word and Google docs, with an eye for organized visual presentation of materials. We are seeking a highly organized, self-motivated and independent worker who can be flexible and multitask in a fast paced environment with deadlines. Someone who has good interpersonal skills to speak professionally to staff, parents and outside agencies will be successful in this position.

> 5 years experience and/or Bachelor's Associate's Degree in an area related to finances.

Interested individuals should send a letter of interest, resume and at least 2 letters of reference to:

Mrs. Kim DiSalvo Director of Special Education • SAU #48 47 Old Ward Bridge Rd • Plymouth, NH 03264 kdisalvo@pemibaker.org

Position will remain open until filled. SAU #48 offers competitive package for salary and benefits.

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Call TTCC at 744-2713 to pre-order your holiday pies!



# Breast Cancer



# Exercising after breast cancer

Routine exercise is an essential element of a healthy lifestyle. Exercise can help people maintain healthy weights, reduce stress and lower their risk for various diseases.

After surviving breast cancer, many survivors wonder if it's safe to return to the exercise regimens they followed prior to being diagnosed. Breast cancer survivors can benefit from exercise, but it's important that they prioritize safety when working out. Survivors who have had breast cancer surgery may be at risk of lymphedema, a condition characterized by swelling of the soft tissues of the arm, hand, trunk, or breast. That swelling is sometimes accompanied by discomfort and numbness, and some people dealing with lymphedema also experience infection.

Breastcancer.org, a nonprofit organization dedicated to providing up-to-date information about breast cancer, notes that some exer• swimming laps using

cise may be especially risky for breast cancer survivors. These exercises include:

strokes with arm move-•activities that in-

> volve the usage of resistance bands

> > ·pull-ups and push-

 certain yoga poses, including downward-facing dog and inversions, that put ample weight on the arms

elliptical/cross-train-

ing machines

·cross-country skiing

•tennis

While breast cancer survivors might want to avoid certain types of exercise, it's important to note that the American Cancer Society recommends exercise after breast cancer surgery. But exercise should be approached with safety in mind, and breast cancer survivors should heed the following tips to ensure their exercise regimens do not compromise their recovery.

Discuss exercise with your physician and surgeon. Before making exercise a part of your post-recovery routine, speak with your physician and surgeon to determine if there any movements you should avoid. Your doctor and surgeon can tell you how you will

be affected by medications you might be taking as part of your continued recovery.

•Take it slowly. If you were an exercise enthusiast prior your diagnosis, you must recognize that returning to your regimen pre-cancer may not be possible, or that it's likely to take a while before you feel like your old self again. Take a gradual approach, allowing yourself to build strength and not expecting results to appear overnight.

• Emphasize form. Place a great emphasis on form when exercising after surviving breast cancer. Many breast cancer survivors undergo surgery as part of their treatments, but even those who did not should still prioritize proper form when exercising, even if it means lifting substantially less weight than you might have prior to your diagnosis.

 Don't persist through pain. If you feel any pain upon returning to exercising, stop immediately and speak with your physician and surgeon prior to exercising again.

· Rest between sessions. You likely won't be able to exercise on successive days anytime soon, but build off days into your routine so you can rest and recover.

Exercising after surviving breast cancer can promote recovery, but survivors must be extra careful as they work to get back on







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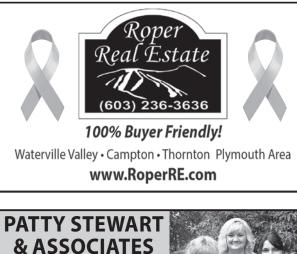
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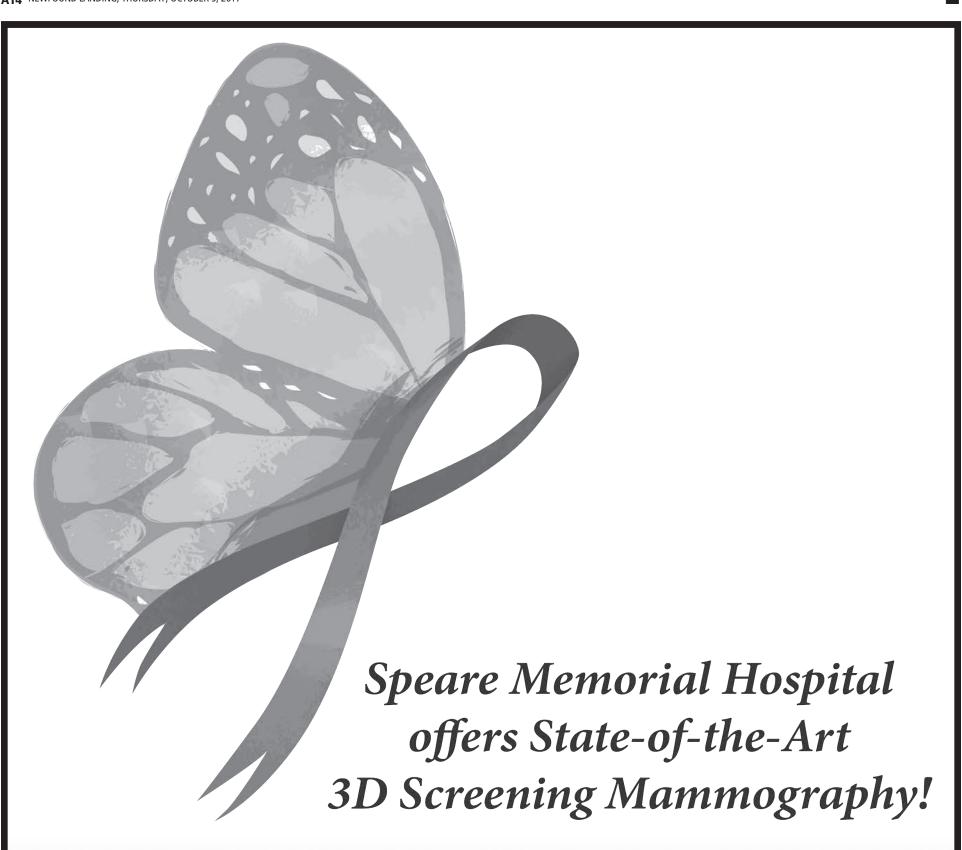


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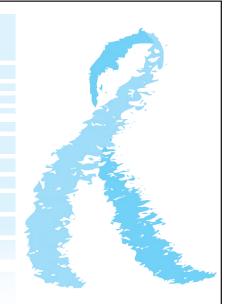
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# Breast Cancer

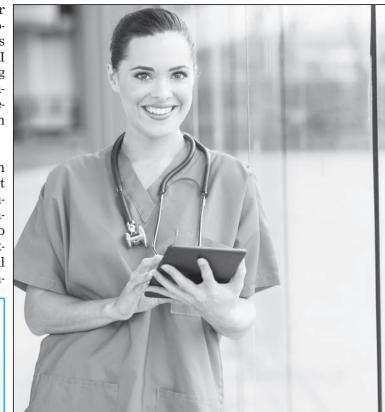


# 3D Mammography at Women's Life Imaging Center

self 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 x-ray of the breast, just be too high. We also wondered if tomo would be less useful than standard mammography in identifying certain signs of breast cancer. Howev-

Radiologists like my- er, 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 hetter

> Tomosynthesis is an like a regular 2D mammogram. From the patient's perspective tomo is nearly identical, except that the exam will take a few seconds lon-









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diologist can more confidently see that there does use slightly more is no true abnormality. radiation than a stan- for any state. When This prevents "callbacks" for additional mammograms or ultra-

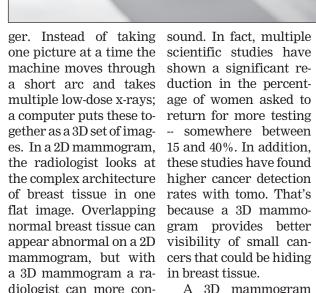
A 3D mammogram

dard 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

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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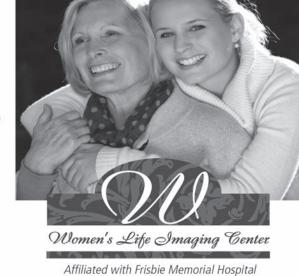
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# What's

The month of October is in full swing for the local high school sports teams.

The Division III golf team state tournament will be hosted by Owl's Nest Resort in Campton on Tuesday, Oct. 10, starting at 9 a.m.

At Newfound, the soccer boys will be at Bishop Brady today, Oct. 5, at 4 p.m. and will host Inter-Lakes at 3:30 p.m. on Tuesday, Oct. 10.

The Newfound cross country team is scheduled to run at Belmont at 4 p.m. on Friday, Oct. 6.

The volleyball Bears will be at Sunapee for a 6:15 p.m. contest on Friday, Oct. 6, and will be hosting Belmont at 6:15 p.m. on Tuesday, Oct. 10.

The Newfound field hockey team will be hosting Gilford at 4 p.m. on Friday, Oct. 6, and will be at Winnisquam for a 3:30 p.m. game on Wednesday, Oct. 11.

The Plymouth girls' soccer team will be at Kennett for a 4:30 p.m. game on Thursday, Oct. 5, will be hosting Kingswood at 4 p.m. on Tuesday, Oct. 10, and will visit Trinity at 4 p.m. on Thursday, Oct. 12.

The Bobcat soccer boys will be at Kennett for a 4:30 p.m. game on Friday, Oct. 6, and will be hosting Kingswood at 4 p.m. on Wednesday, Oct. 11.

The Plymouth cross country team will be running at

SEE ON TAP PAGE B3

# Second-half goal lifts Prospect past Newfound

BRISTOL — Newfound coach Jason Hill was well aware that his soccer team was getting into a tough stretch of the schedule starting on Monday, Sept. 25, against Prospect Mountain, which itself was coming off probably its toughest game of the year at Derryfield.

The game turned out to be a great back and forth battle on a verv warm day in Bristol, with Prospect's Andy Hamilton managing the lone strike midway through the second half to lift the Timber Wolves to a 1-0 win over the Bears.

"I was happy with how the defense played today," said Prospect coach Cory Halvorsen. "Newfound has a quick guy (Justin Shokal) up top and he had the chances.



JOSHUA SPAULDING

Newfound's Tuan Nguyen (right) and Prospect Mountain's Joe Doherty battle for the ball in action on Sept. 25.

"Credit to them, they played well and gave us a battle," Halvorsen added. "We had a number of shots on goal in the first half but we couldn't put one in."

"That was a game," said Hill. "We played really aggressive defensively.

"They (Prospect) play very well up the middle and I felt we did a good job of limiting the opportunities," Hill continued.

"When they did have the shots, Mike (Doan) was there and made the saves."

Prospect came out with some good chances out of the gate, with a cross going through the crease and Isaac Smolin having a shot blocked by the defense. At the other end, Ryan Quinn sent a ball just ahead of Shokal on a bid.

Prospect had the game's first corner kick

"But they really came

The Bears went three

together," Kershaw stat-

and out on their first two

ed.

JOSHUA SPAULDING

Ryan Quinn moves the ball around a Prospect defender in action on Sept. 25.

and Doan was able to punch the ball away and then made a save a few moments later. Joe Doherty moved the ball along the base line for a bid but could not convert.

Prospect had a couple more corners, but Matt Libby was able to clear the ball out of the zone. Shokal headed a ball in on net on a throw-in but Prospect keeper Drew Nickerson was able to grab the ball. Doherty had a shot turned away at the other end.

Cian Connor had a nice ball ahead to Shokal that Nickerson was able to stop and the Bears got their first corner kick, but Hamilton headed the ball out of the zone. At the other end, Hamilton had a shot go high and then had another go off the post. Lucas Therrien sent a good ball in

er Prospect chance but Doan made the save.

Connor had a direct kick for the Bears and Smolin cleared it out of the zone after a scrum in front. Brad MacDonald sent a nice ball across to Quinn, who got it to Matt Costigan, who's bid was stopped by Nickerson. Therrien had a bid denied by Doan and Jonah Dudzik's run for Prospect was stopped by good defense from Quentin Helmers. Connor's direct kick was cleared by Smolin and Connor had another bid stopped by Nickerson.

Carter Dore had a shot go wide for the Timber Wolves and Hamilton got through the defense for a bid that Doan stopped. MacDonald just missed connecting with Quinn at the other end and then Connor's di-SEE **SOCCER** PAGE B8





Sports Editor

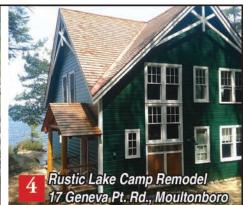
BRISTOL — The Newfound football team took to the road on Saturday and returned home with the first win of the season, racing past Mascoma by a 45-13 score.

"Each game they're improving and improving," said coach Ray Kerwas coming together and overcoming any obstacle."

The Bear coach pointed out that a uniform issue meant the team had to wear pinnies over their uniforms at Mascoma and then the head sets weren't working, to name just a few of the









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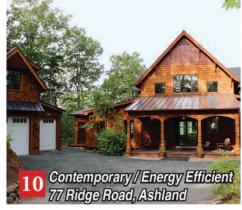
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# Bears push through the heat to beat Royals

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — It wasn't the prettiest of games, but given the heat in the Newfound gym, coach Amy Fairbank was happy to come away with the win.

The Bears welcomed Mascoma to town on Monday, Sept. 25, and pushed through the summer-like heat to a 25-18, 25-12, 25-13 win over the Royals.

"A win is a win," Fairbank stated. "I think we didn't go at them.

"Every game is a step to the next game," she continued. "The serves were good, but we only attack the ball when we feel we have to.

"Every attempt should be a kill," Fairbank added. "And we're not doing that enough."

Newfound pushed through the first game and came away with a 25-18 win over the Royals.

The second game saw the Bears get out to an 8-3 lead, with Mackenzie Davis finding a good spot, but Mascoma battled back to cut the lead to 8-7. Aryn Prescott found a good spot to get the Bears back on the board but Mascoma scored the next two points and tied the match at nine.

A good serve receive from Danessa Duclos helped Newfound get out to the lead and then Bailey Fairbank went on a service run to stretch the lead from just two all the way to 11. Fairbank had four aces during the run and Ashlee Dukette added a nice tip as the Bears went up by a 20-9 score.

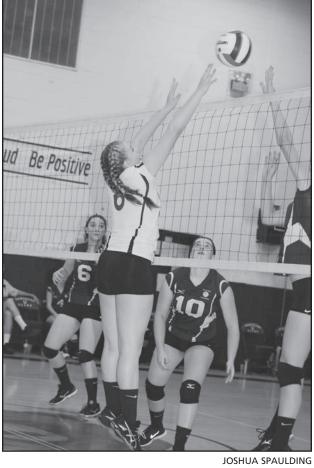
The Royals got a couple more points but Newfound finished strong and walked off with the 25-12 win, with a good kill from Kasey Basford finishing off the match.

Prescott had a service ace out of the gate in the second third game but Mascoma came back and scored the next three points to go up by a 3-2 score. Newfound came back and took the lead with an ace from Basford getting the Bears up by a 6-4 score.

Mascoma around and took leads at 7-6 and 8-7 but the Bears got back on track with another service run from Fairbank that once again included a trio of aces. Dukette had a pair of big kills to stretch the Newfound lead to 149-9.

Basford had another hit for the Bears and Megan Stafford had a nice block at the net as Newfound opened the lead to 21-10.

The Bears closed out the win with four of the



Kasey Basford goes up for a block attempt at the net in action against Mascoma last week.



Leslie Shattuck goes deep for a dig in action against Mascoma on Sept. 25.

next seven points to get the 25-13 win and the 3-0 victory.

"We didn't communicate the way they usually do," Fairbank said, noting that the Bears will need to talk more if they want to get wins over tougher teams.

She also noted that the work of some of the kids on the team has begun to show and kids are earning more playing time with their work.

"Kasey (Basford) is getting more opportunities as she starts pushing herself," Fairbank said. "She's been working on things in practice.

"In order for us to be competitive, we need at least four girls on the court who will continue

to improve their skills," Fairbank stated. "We have that right now."

The Bears will be at Sunapee on Friday, Oct. 6, and will be hosting Belmont on Tuesday, Oct. 10, both at 6:15 p.m.

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

# Rosendahl, Combs lead Bears in Moultonborough

BY JOSHUA SPAULDING

Sports Editor

MOULTONBOR-OUGH — he Newfound cross country team traveled through Meredith to Moultonborough on Thursday, Sept. 28, to run at Moultonborough Academy. The meet also featured Campbell, Kearsarge, Inter-Lakes, Derryfield and Lin-Wood, in addition to the host Panthers.

Coach Mike LaPlume noted that the very young Bear team has been improving and working hard all season and he's glad to see the kids having fun.

"It's safe to say they're having a good time," LaPlume said, pointing to the group of kids laughing on the infield of the Moultonborough track. "We have a lot of young kids."

At the start of the season, the Bears were low on numbers but since school began, the numbers ticked upward. Three girls ran at Moultonborough, with two more still battling injuries. Seven boys ran in the Moultonborough.

Counting an change student and a runner who divides time between soccer and cross country, the team has just three seniors and no juniors, with the majority of the team coming from the freshmen and sophomore classes.

"If we can keep them all with the sport, they should develop pretty nicely," LaPlume said.

In the boys' race, Kyle Rosendahl led the



JOSHUA SPAULDING Conner Springer runs in action at Moultonborough last Thursday afternoon.



JOSHUA SPAULDING Sophia Pettit earned coach Mike LaPlume's praise for

her continued improvement

over the course of the season.

a time of 21:08, which placed him 35th overall. Hunter Coleman finished in 40th place in a time of 21:42.3, which was just ahead of team-

way for the Bears with

who finished in 41st place in 21:42.9. "Conner just looks like a natural runner,"

LaPlume praised.

mate Conner Springer,

Nick Comeau was next for Newfound in 44th place with a time of 22:35 and Ashlar Dotson rounded out the field of Newfound scorers in 52nd place in 23:31.

Wyatt Day crossed in 55th place in 24:11 and Jason Liang finished in 24:58 for 61st place over-

For the Bear girls, the top two runners finished within seconds of each other.

Amy Combs led Newfound with a time of 25:05, which placed her in 16th place overall. Manon DeGreef was one spot behind in 17th place in a time of 25:12.

Sophia Pettit finished in 36th place in 30:13 and earned her coach's praise for her continued improvement.

"She's consistently picking off minutes every single race," LaPlume stated.

The Bears will be back in action on Friday, Oct. 6, at Belmont at 4 p.m.

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

# Bears earn two more big wins

BY JOSHUA SPAULDING

BRISTOL — The Newfound field hockey team picked up two more wins last week, both on the road.

Against Kearsarge on Sept. 27, the Bears came out and scored just more than a minute into the game, with Savanna Bony getting the tally on a pass from

Mackenzie Ryan. Five minutes later, Kylee MacDonald was able to put a goal in the net on an assist from Katy Drapeau and then 12 minutes later, MacDonald added her second goal of the day on an assist from Hayleigh Letourneau

on a corner.

Less than two minutes later. Jasmine Peterson score on an unassisted tally and then in the final 10 minutes of the half, Caroline Marchand scored twice, one assisted by Peterson and the other

assisted by MacDonald. MacDonald her third goal of the game to close out the half, with Julianne Marchand getting the assist and the Bears took the 7-0 lead to the

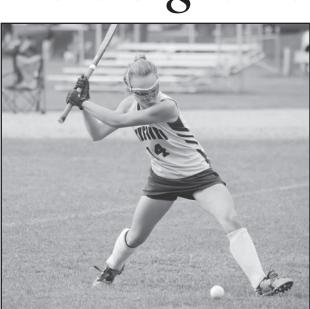
halftime break. Peterson scored her second on a feed from Drapeau to start the scoring in the second half and then Julianne Marchand and Caroline Marchand each added a goal, the second on a feed from Peterson.

Freshman Haley Dukette scored on an assist from classmate Tiffany Doan and Madison Hanley added the final goal of the day on an assist from Caroline Marchand.

"With all the young players in, Newfound gave up their first corner of the afternoon, but was able to hold Kearsarge to no shots on the cage," coach Karri Peterson.

The Bears headed to Littleton on Sept. 29 and defeated Littleton by an 8-1 score.

Newfound appeared



JOSHUA SPAULDING

Hayleigh Letourneau and her teammates will be back at home today, Oct. 5, against Gilford.

to score early on but the goal was called back due to going off a player's leg. Newfound was able to score in the first six minutes, but Littleton was able to tie the game.

However, with just 17 seconds to go before halftime, Julianne Marchand was able to tip the ball in off a MacDonald pass for a 2-1 lead at halftime.

The Bears allowed no shots and no corners in the second half and scored six goals in the frame.

Caroline Marchand scored three goals in the second half, assisted by MacDonald, Letourneau and Doan. MacDonald scored on an assist by Peterson and Julianne Marchand scored her third goal on an assist by Peterson. Doan scored the final goal of the game.

Ryan, Letourneau and Hannah Eastman earned the coach's praise for their defensive play, while Drapeau, Peterson, Bony, Kaylan SantaMaria and Madi Dalphonse all earned the praise for the play in the midfield game.

Newfound will be in action today, Oct. 5, at 4 p.m. at home against Gilford at Kelley Park and will be at Winnisquam on Wednesday, Oct. 11, at 3:30 p.m.

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

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Memories Last Forever

# Unified Bears bring the offense in home opener

BY JOSHUA SPAULDING

Sports Editor

BRISTOL Newfound unified soccer team put some goals on the board in its home opener on Monday, Sept. 25, scoring seven goals against Inter-Lakes-Moultonborough.

However, the Lakers came through with one more goal and got the 8-7 win on a scorching hot afternoon in Bristol.

game The changed a bit due to the heat, with the teams getting a break in the middle of each of the 10-minute periods for water and instead of playing the normal four quarters, they played three periods.

Out of the gate, keeper June Hagan had to make a save in the Newfound net, while Jordan Joyce had a couple of bids on the net on good feeds from Reid Wilkins and Jake Judkins. She was able to connect on the second chance and Newfound took the 1-0 early lead.

The Lakers came back with a good chance that struck off the goal post and then Cole Frye had a nice clear from the defensive zone that led to another chance by Joyce that was turned away.



Zeke Richardson attempts to boot the ball away from an ILMA



JOSHUA SPAULDING

Jordan Joyce had a pair of goals in Newfound's game with ILMA last week.

Hagan had another save for the Bears and Zeke Richardson had a couple of bids that went wide of the net.

The Lakers were able to tie the game on a long arching shot that got over Hagan's head and into the net and the game went to the second period with the teams tied at one.

The Lakers had a shot go off the post early in the second

period and then both Faith Smith and Jovce cleared the ball from the zone in front of Hagan. However, the Lakers struck for three consecutive goals that put them on top by a 4-1 score.

Newfound was able to bounce back with Joyce getting her second tally of the game just a few minutes lat-

Then, just moments



Katrina Moulton boots the ball up the field in action against ILMA last week.



JOSHUA SPAULDING

Molly Croxon surveys the field for a passing lane in action last week against ILMA.

after that, Richardson netted his first goal to cut the lead to 4-3, but ILMA responded with another tally and the lead to 5-3.

Jillian Buchanan came through with a good steal for the Bears and good defense from Emma Desmond helped Newfound keep the Lakers off the board. However, the Lakers were able to strike for another tally.

Richards through with his second goal of the game just before the end of the period and Newfound trailed by a 6-4 score heading to the third and final period.

Richardson over in goal in the final period for Newfound and after the Lakers had a bid go wide, Joyce had a shot that was cleared out by the defense and Molly

Croxon sent a good ball through the crease that just missed connecting. Hagan also played good defense in front of Richardson.

Croxon then tied the game when she struck for back-to-back goals for the Bears, the first coming on a corner kick and the second knotting the score at

ILMA came right back and scored another goal to take the lead back and Kartina Moulton played some strong defense to keep another run into the zone from gathering steam. Hagan had a shot go wide and then had a couple more bids in the zone that were cleared out by the defense.

The Lakers added another tally to go up by two but Hagan got Newfound's final goal of the day in the final few minutes, cutting the final score to 8-7.

Newfound's scheduled game is at Laconia at 3 p.m. on Oct. 18.

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



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# Late first visits with a few teams

Last week was a fairly successful week, in terms of work anyway.

With five schools and more than 30 teams in my coverage area, it usually takes me a while to see all the teams that I cover. There's been seasons in the past where I haven't actually seen a team until the final week of the regular season. That's always disappointing, but that's a reality of the schedule.

I like to see a team once every couple of weeks, but again, that is based on the schedule and this year, there's a small monkey wrench in the schedule in that I have rehearsals for the Village Players' production of The Music Man on Wednesday nights, which means I usually have to be done covering games by 7 p.m. those nights, which essentially restricts me from covering volleyball on Wednesdays. And with football most Friday nights, volleyball usually doesn't get covered that night either. So that leaves Mondays as the main day to cover volleyball and thus, this season, there's a couple of volleyball teams that I've only seen once so far.

However, the success for the week came in the fact that last week I saw three of the five teams that I had yet to see on the

# **FROM PAGE B1**

Kennett at 2 p.m. on Saturday, Oct. 7.

The Bobcat football team will be at Gilford-Belmont on

Saturday, Oct. 7, at 2:30 p.m. The field hockey Bobcats will be hosting Lebanon at 4 p.m. on Tuesday, Oct. 10, and will be hosting Kingswood on Thursday, Oct. 12,

at 4 p.m. The Plymouth volleyball team will be at Hanover for a 6:30 p.m. game on Wednesday, Oct. 11.



noon I saw the Newfound unified soccer team play Inter-Lakes-Moultonborough in Bristol and then on Tuesday afternoon I saw the Plymouth soccer boys take on Coe-Brown. One night later, I was in Wolfeboro to see the Plymouth field hockey team take on Kingswood, the first time this season that I'd seen Plymouth. So three days into the week I had seen three teams that I hadn't seen on the season yet.

That leaves me with iust two teams that I have not seen yet this season. One is the Plymouth girls' soccer team (which I should've seen after deadline Monday) and the other is the Prospect Mountain unified soccer team. The seemingly constant addition of teams at the local schools makes things more of a challenge each season, but that's the way it goes.

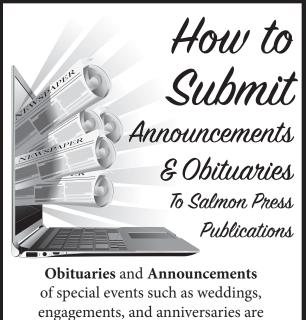
In fairness to the Plymouth soccer teams, they were on my schedule earlier in September but those games at Kingswood were postponed due to thunder and lightning. Weather also plays a role in the schedule, as rain-outs can throw an entire week's schedule out the window. These are things that happen when you're dealing with outdoor sports in New England.

That being said, the

fall sports season is officially heading to the postseason in the coming week, which is a scary situation. The Division II and Division III golf state tournaments are being held next week and for the first time in my memory, the two tournaments are not being held on the same day. This means I can possibly cover both tournaments instead of just one, which is normally the case. Plymouth and Prospect will play in the D3 tournament, which is being hosted by Plymouth at Owl's Nest Resort and Kennett and Kingswood will play in the D3 tournament, which is being held at Rochester Country Club. Not only are

the matches on different days, they aren't too far away either, which is also a good thing, at least for me. A new month and still plenty to do, but that's not a surprise anymore. Finally, have a great day Doug Skelley.

Joshua Spaulding is e Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, *Winnisquam* Plymouth Echo, Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 279, Meredith, NH 03253.



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Photos are also welcome, but must be submitted in jpeg format. Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.

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With a Town-to-Town FREE Classified Line ad\*, place up to a 30-word For Sale or Yard Sale ad for up to 3-weeks at a time for **FREE**!

\* No businesses or vehicles please. Private sales only. Ads must be 30-words or less and can not run for more than 3-consecutive weeks. Ask about available upgrades. Promotion ends Dec. 31, 2017.

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Monday-Friday 8am-4pm



# Town-to-Town

# CLASSIFIEDS

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#### Misc. For Sale

#### For Sale:

5' Oak hard top desk - best offer. Hutch top, dark pine, 2 pieces best offer.

Old dry sink with pump (copper) best offer. Call Charles 603-253-6434

For Sale: White 4 Burner Gas Stove. Excellent condition. Asking \$130.00. Call 603-286-3298. Multiple furniture items also available.

Hand Carved. Fully Jointed Doll. Fundraiser for Doll Club, 15" replica of 1796 doll, wardrobe, and accessories. Signed Fred Laughon. Minimum bid \$255.00 by December 1. Bidding envelope loissmed@yahoo.com.

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18"/ May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email liz@salmonpress.news

#### Barn/Garage/Yard Sale

Estate Sale: Antiques, Collectibles, Copper, Tools, Furniture, Sandwich Glass, Holiday Deco, Housewares, Small Appliances, Books, Crafts,& more! Saturday October 7. 9am-3pm 789 North Line Rd Tuftonboro 03816

#### NORTHFIELD MOVING SALE

Oct.7 Sat.Only 230 Shaker Road Furniture, Antiques, Lamps, Rugs, Canoe, Flatware, Power Wheelchair and much more.

## **Lost & Found**

Found Ads Are published Free of Charge. 30 words for 1 week.

Lost Ads Are Charged at our regular classified rates.

> Mon-Fri 8:00-4:00 1-877-766-6891 or go to www.nhfrontpage.com 24/7

HAVE YOU SEEN ME? I AM LOST! MY NAME IS BUDDY I am a 5 year old, 16 LB. buff colored male cat. I live on Pinnacle Park Road PLEASE CALL MY FAMILY at 279-7000. Reward if found.

# Snowmobile/ATV'

2005 Polaris Edge Touring 600cc 2 upper. Blue. \$1,900. Call 603-520-7470.

# **Boats**

Cold River Marine boat winterization and storage (starting at 10 per FT) shrink wrap and full line up of mechanical services. Pickup and delivery. Limited space available. Reserve now. 603-340-4363 or coldrivermarine@yahoo.com

# Thank-You

I want to express my gratitude for all the friends and associates of Charles Hall of West Rumney NH that have stopped by and shared their memories. Over the past five weeks it is comforting to know that he was liked and respected by so many friends and people he knew from the historical society, snow mobile club and Grange. For those unaware, he past away at the age of 81 on April 28 2016 at Lahey hospital in Burlington Mass.

> Our line ad classifieds are on our website!

# www.nhfrontpage.com

is the place to check our weekly classifieds online! More great coverage and information from the

> Salmon Press Town To Town Classifieds!

Why place your ads anywhere else? 1-877-766-6891

### Thank-You

#### Thank you for browsing The Town To Town Classifieds in the

West **Meredith News** Record Enterprise Winnisquam Echo **Newfound Landing** 

Publication Rates (30 words)

\$12 - 1 Week \$20 - 2 Weeks \$27 - 3 Weeks \$36 - 4 Weeks

Call Our main Call Center 1-877-766-6891 Mon-Fri 8:00-4:00

or place online 24/7 at mpshirelakesandmountains.com

> Deadline: Monday 10:30 am

#### **Fuel/Wood**

Firewood for sale: \$200 per cord, green, grapple loads also available. Pelletier and Son Logging and Firewood 603-569-4543.

#### Pets/Breeders

#### LOW COST SPAY/NEUTER

Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

# **Lost & Found Pet**:

Missing year old female MaineCoon with orange on back and head. White underneath. Extremely sad. If found Buttercup lives 8 Garys Way Meredith.

#### **General Help** Wanted

## **IBEST WESTERN** SILVER FOX INN WATERVILLE VALLEY, NH FULL-TIME GROUP SALES

COORDINATOR YEAR ROUND SALARY POSITION SEND RESUME TO wvlodges@together.net OR CALL FOR AN INTERVIEW 603 236-3699 AND ASK FOR TOR BRUNVAND

Black Diamond Barge Co. is seeking a barge operated. Must be experienced in running heavy equipment. Commercial boat license a plus but not a must. Must have knowledge of Lake Winnipesaukee. Pay commensurate with your experience.

If interested call Jim at 603-455-5700

# DOCK CREW INSTALLER.

We are looking for energetic team members who enjoys the outdoors. Position is for installing, removing and repairing seasonal docks around the lakes. Position requires heavy lifting, carrying sections to shoreline for set up. Mechanical and carpentry skills a plus for repairs and new construction. Training available. Must have tool box, basic tools for building and assembling docks. Call 603-253-4000

Immediate Help Wanted! The Corner House Inn in Center Sandwich is looking for Waitstaff. 284-6219 info@cornerhouseinn.com

Knower Academics is hiring part and full time instructors. If you have in-depth knowledge of your subject area, strong organizational skills, or passion for teaching, please email a resume and cover letter to info@knoweracademics.com.



#### **Professional**/ **Technical**

#### **Executive Manager** The Coos Coalition for Young Children and Families is looking for a dynamic leader to work with an established Coalition of organizations focused on improving the social and emotional development of children 0-8 in Coos County. The position requires strong leadership and communication skills. The successful candidate will be responsible for managing monthly meetings of the Coalition and the work groups, insuring that the activities of the strategic plan are being carried out, collecting data and reporting outcomes, managing a budget and maintaining connections with state and national research and initiatives related to early childhood development among other duties. This position requires creativity, thoughtful planning, a collaborative mind set and the ability to move the

Minimum requirements include a BA and 4 years professional experience in a leadership position. Preference will be given to candidates with a background in early childhood development or education. Flexible hours (20-35/week), ability to work from home, salary negotiable depending on experience. Benefits available. Travel for state

Coalition forward towards its

stated goals

meetings (mileage paid) required. For more information on the Coos Coalition go to www.investincooskids.com. Send cover letter, salary expectation and resume to cmcdowell@ne.rr.com by October 20, 2017.

#### TOWN OF ORFORD HIGHWAY DEPARTMENT

The Town of Orford is seeking a full time Highway Department employee with the following qualifications:

Operation and maintenance of heavy equipment such as a Loader, backhoe and grader, ability to take directions, work independently and as a team player. Job responsibilities include, but not limited to: winter plowing, maintenance of town roads, equipment and municipal properties and routine manual labor under adverse weather conditions. Requirements: must possess a valid Class "B" CDL license, Mandatory drug testing. Competitive salary and benefits package

> Send resume to: Town of Orford. 2529 Route 25A Orford, NH 03777

Application deadline: October 4, 2017 at 4:00 PM



Find out what you can do to stop wildlife crime.



#### **Real Estate**



**Equal Housing Opportunity** All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sec, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U,S,C, 3604(c))

This paper will not knowingly accept any adverting which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis To complain of discrimination call **HUD** toll free at

1-800-669-9777 For The Washington DC area, please call **HUD** at 275-9200. The toll free telephone number for the hearing impaired is

#### 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights

at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation. typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

#### **Apartments For** Rent

MEREDITH: PINEWOOD KNOLL, Very quiet, private, 2 BR, over 55. No smoking/no pets. Heat, hot water ncluded. One car Garage. \$1100/mo One year lease. Call David at 253-6247 or 781-665-8400.

# **Houses for Sale**

Camp for sale on leased land Need to be moved or take down and build your own camp 14 x 24 open woods camp New metal roof, 1x10 exterior boards. knotty pine interior, 1x12 floor ncludes stove, gas lights, furniture Old Cherry Mountain road, Carrol NH Best offer 603-289-2868

# Seasonal Rentals

#### Seasonal rental Moultonborough. Winnipesaukee waterfront

3 bedroom ranch. Furnished, beach, dock, large yard. Non-smoker. No pets. \$1,300/month, includes heat, electric, snow and trash removal. Available Oct-May 603-455-7844

# **Automobiles**

#### 2004 Ford Thunderbird Convertible. Hard to find: Merlot w/tan

interior, top, boot cover. Power, heated seats. 3.9L V8, 5 speed automatic,RWD, 62k miles. Regularly serviced, excelent condition, garaged. \$15,900.00. kdtbird04@gmail.com

# Vehicles/Wanted

# Paying \$100.00 Cash

for unwanted automobiles dead or alive, Same day ramp truck pick up in most cases call or text @ (603)343-8793

# **Public Notices**

nvitation to Bid snow removal for 2017-8 season for Eagle's Rest Community on Route 28 in Alton. Please contact Bernie Movers at 603-738-5998 for more information

# CHOOSE CAR SEAT: BY AGE & SIZE THE ONES WHO ACTUALLY DO. THE NUMBER OF PEOPLE WHO THINK THEY HAVE THEIR CHILD IN THE RIGHT SEAT.

KNOW FOR SI

IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

VISIT SAFERCAR.GOV/THERIGHTSEAT

Child Car



# TOWN-TO-TOWN CLASSIFIEDS

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#### **HELP WANTED**

Landscaping • Fall clean ups Snowplowing & shoveling Immediate start date with competitive wages!

Serving Campton, Thornton, Waterville Valley, and Plymouth areas P.O. Box 66, Campton, NH 03223 • jeff@jdtpropertycare.com 536-1134 • www.jdtpropertycare.com

# OPENINGS

# **Sawmill and Planer Mill Workers**

Full-time Day Shift, Benefits include vacation, sick and holiday pay, insurance, credit union, 401(k) plan.

Apply in person

#### PRECISION LUMBER INC.

576 Buffalo Road • Wentworth, NH 03282

# JOB FESTIVAL



Jobs at Loon Mountain for the 2017-18 winter season. Ski School, Snowmaking, Lift Operations, Parking, Children's Center,

Retail, Tickets, Food & Beverage and more.

Saturday, October 14th \*9:00 a.m. to 12:00 p.m.\* Loon Mountain Children's Center

60 Loon Mountain Rd Lincoln NH Free Skiing & Riding, On-Job-Training and Food & Beverage discounts.

Refreshments will be served!

Apply online at www.loonmtn.com Loon Mountain Human Resources 60 Loon Mountain Rd Lincoln NH



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## **FULL TIME OPPORTUNITIES**

 LNA – 36 hours (night shift) • INFORMATION SYSTEM SUPPORT SPECIALIST - 40 hours

• NIGHT CHARGE NURSE – 36 hours • RN MED SURG - 36 hours (2 positions: night shift) • RN MED SURG/ED – 36 hours (night shift)

#### **PART TIME OPPORTUNITIES** OR NURSE SUPERVISOR

#### PER DIEM OPPORTUNITIES CARDIAC REHAB NURSE

HOUSEKEEPER

- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
  - UNIT SECRETARY
  - REGISTRATION CLERK • RN

Apply Online at www.ucvh.org Upper Connecticut Valley Hospital 181 Corliss Lane, Colebrook, NH 03576 Phone: (603)388-4236 ucvh-hr@ucvh.org

EOE

LOOK TWICE



MOTORCYCL ARE EVERYWHERE



Yard Customer Service / Driver

Belletetes has an immediate opening in our Ashland Lumber location for a full-time delivery driver/lumberyard customer service. The hours are Mon-Fri. and some weekend days required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Heavy lifting is required.

You may apply in person to Dan Uhlman or download a driver application from our website. All applications should be submitted to:

Human Resources, c/o Belletetes Inc. 51 Peterborough Street, Jaffrey, NH 03452 or you may email to dbelletete@belletetes.com

E.O.E.

### TOWN OF THORNTON HIGHWAY DEPARTMENT

16 Merrill Access Road • Thornton, NH 03285 Tel: 603/726-8168 • Fax: 603/726-2078

#### THORNTON HIGHWAY DEPARTMENT **On-Call Winter Plow Drivers Request for Applications**

2017/2018 Winter Snow Removal

The Town of Thornton Highway Department is accepting applications to hire On-Call Snow Plow Drivers for the 2017/2018 winter season. The on-call employee shall be available during inclement weather and possess a valid CDL-B driver's license. The wage is \$25.00 per hour. Applications can be picked up at the Thornton Town Office during regular business hours and are available on the Town website: http:// www.townofthornton.org

A map identifying the routes are available for review at the Town Office. Applicants shall submit applications as soon as possible. Applications will be received until positions are filled. The Town of Thornton reserves the right to reject any and all applications.

> Questions may be directed to Road Agent John Kubik at 603/726-4546.

The Town of Thornton is an equal opportunity employer.

You're no ordinary

# **Customer Service** Representative

But then, this is no ordinary opportunity.

Potluck lunches, casual attire (pajama days!)...We're serious about service, but find time for fun.

We're also finding we have more customers, which means more Customer Service Representatives. The schedule is flexible and the benefits generous, including health, dental, and some shiny new fitness equipment.

Everything you need to know is right here: garnethill.com/careers.



# Power Outage Tips

- Add warm clothes and blankets to emergency kit
- Take cash out (ATM's may not work)

Ready



# Kitchen & Bath Design Specialist

We are looking for an experienced Kitchen and Bath Designer with initiative and enthusiasm for a rewarding career. This position requires someone with excellent customer service skills in a service friendly work environment with attention to detail and the ability to multi-task. The successful candidate will be responsible for field measuring, 2020 design, scheduling of installations and invoicing. Work schedule includes Saturday hours.

If you have the skills required for this position and are willing to work in a team-oriented environment, please send your resume and references to:

**EOE** Human Resources, c/o Belletetes Inc. 51 Peterborough Street, Jaffrey, NH 03452 or you may email to dbelletete@belletetes.com

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

Steel Erectors, **Metal Roof & Siding Installers** 

Foreman, Leadmen

**And Laborer Positions** 

Will Train. Valid Driver's License required. Application available at:

CONSTRUX, 630 Daniel Webster Hwy.

Plymouth, NH 03264 (603) 536-3533

Leading Pre Engineered Metal Building Co.

# **Newfound Area School District Employment Opportunities**

# **Technology Support Specialist**

To provide support of district wide technology by maintaining systems, peripherals and applications.

# **Paraprofessional**

Bristol Elementary School - 5.9 hrs/day

Must have para II certification

# **Substitute Custodians**

District Wide

Applicants for all positions should submit a letter of interest, resume, supportive credentials, job application and three current written references to: Stacy Buckley - Superintendent of School Newfound Area School District 20 North Main Street Bristol, NH 03222

Application is available at: http://www.sau4.org/human-resources/employmentinformation

# **HELP WANTED** TOWN OF RUMNEY, NH

# **HIGHWAY DEPARTMENT EMPLOYEE**

The Rumney Highway Department is accepting applications for a full-time employee. The candidate will have experience with heavy and light construction equipment and have a history of safe operation of this equipment. Knowledge of maintaining town streets, culverts and other public works project is preferred. A clean driving record and current CDL-B endorsement is required. The Town of Rumney is an Equal Opportunity Employer and offers a competitive benefit package. A completed Town of Rumney **Employment Application must be submitted** to the Office of the Selectmen no later than 2:00 p.m. October 16, 2017.

Applications are available at Rumney Town Office, 79 Depot Street, Rumney and on the Town of Rumney website.



Each year, thousands of schoolchildren are killed or injured by automobiles. Remember, you hold the key to their safety and future in your hands. Please drive carefully.

# TOWN-TO-TOWN CLASSIFIEDS

# **FINANCE ASSISTANT**

The Town of Campton, N.H. is seeking an experienced Finance Assistant to join our administrative staff two days a week. The qualified applicant must have a good working knowledge and experience with QuickBooks software, Accounts Payable, Accounts Receivables and NH Retirement. Salary commensurate with experience. A complete job description is available at the Campton Town Office.

Please submit your resume and cover letter on or before October 11, 2017 to: Board of Selectmen, 12 Gearty Way, Campton, NH 03223 or email to toc.mb@camptonnh.org.

> The Town of Campton is an Equal Opportunity Employer.

# SEE OUR AD AT WWW.CM-H.COM - HOMES FROM COLONY, NEW ERA & TITAN \$75,995 38x26, Sunny Cape! \$109,995 56x28 Ri h, #948 Roman Spa rresistible Kitchen! \$113,995 2000 Sq. Ft. 2 Story WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU? ALWAYS OPEN DAILY, 10 TO 6 SATURDAYS & SUNDAYS 10 TO 5 Rt. 3, Tilton NH WWW.CM-H.CO

# TEACHING STUDEN TOUCHING THE FUTUR



# **TOWN OF THORNTON** HIGHWAY DEPARTMENT

16 Merrill Access Road • Thornton, NH 03285 Tel: 603/726-8168 • Fax: 603/726-2078

THORNTON HIGHWAY DEPARTMENT Notice to Subcontractors • Request for Contracts 2017/2018 Winter Snow Removal

The Town of Thornton Highway Department is requesting contracts for 2017/2018 Winter Snow Removal Subcontractors. Contracts can be picked up at the Thornton Town Office during regular business hours and are available on the Town website: http://www.townofthornton.org. A map identifying the routes are available for review at the Town Office.

- Subcontractors shall submit contracts on or before 3:00pm, Friday, October 20, 2017 with proof of insurance attached as described in detail on pages 1 and 2 of the contract form. Proof of insurance must be attached to ensure consideration for approval.
- Applications will be considered for approval by the Board of Selectmen at 1:30pm on Wednesday, October 25, 2017.
- The Town of Thornton reserves the right to reject any and all contracts.
- Questions may be directed to Road Agent John Kubik at 603/726-4546.



# Real Estate

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







deeded shared waterfront with sandy beach & mooring field. Two car detached fields and mature woodlands. Beautiful landscaped grounds and a detached garage with large workshop and attached barn. \$178,000



Wrap around deck, open living -kitchen area with cathedral ceiling and hearth.



bell. Lovingly restored red brick home. \$1,595,000



CENTER HARBOR ESTATE: Set on 27 acres with spectacular views of Squam CENTER CHIMNEY CAPE: Set on 15 acres with a pond and two story bam. POST & BEAM BARN: In Holdemess with a great location for a home business. Lake and surrounding mountains. One of a kind carriage house with clock tower and Beautiful setting and so much charm throughout. Family owned for years. Cathedral ceilings, built-ins & so much more.  $\$349,\!900$ 



Multiple options. \$195,000





#### **GOOD PAY** FOR HARD WORK

King Forest Industries, located in Wentworth, NH, is currently accepting applications and resumes for full and part time work as lumber handlers, equipment operators and experienced maintenance personnel. Individuals must be hardworking, able to take and follow directions, dependable and able to do hard work for good pay. You must be able to lift at least 50 lbs.

As a full-time employee, you will qualify for health insurance/dentail/401K retirement plan/paid vacation/paid holidays and production bonuses

If you wish to apply, stop in to our Wentworth office for an application or drop off a resume and a completed employment application, which can be downloaded from our website and dropped off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

King Forest is an equal-opportunity employer.

53 East Side Road • Wentworth, NH • www.kingforest.com

# You don't see bullying like

Your kids do.

this every day.

Teach your kids how to be more than a bystander.

Learn how at StopBullying.gov



Want to earn \$\$\$ while earning a degree for FREE? Are you hard working, reliable, friendly and a team player?

If so, we want you to work for Plymouth State University as a Custodian! We have several positions available.

Benefits Include: A competitive salary and a comprehensive benefit program that includes Medical, Dental, Life Insurance, Retirement, Leave Time, Tuition Waiver (five courses at any USNH campus a year after six months of employment) and more! The salary range for this position is \$10.83/hour to \$12.22/hour with additional shift differential.

> Want to learn more? To view full description of the

Building Service Worker position, and to apply, please visit http://jobs.usnh.edu/postings/27622 ONLINE APPLICATIONS ONLY.

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



THIS DAY IN...

• 1863: U.S. PRESIDENT LINCOLN DECLARES THE LAST THURSDAY IN NOVEMBER AS THANKSGIVING DAY.

• 1919: CINCINNATI REDS PITCHER ADOLFO LUQUE BECOMES THE FIRST LATIN PLAYER TO APPEAR IN THE WORLD

• 1990: EAST GERMANY AND WEST GERMANY UNITE TO BECOME GERMANY, 45 YEARS AFTER BEING SPLIT.

SERIES.





SOME PEOPLE HAVE THIS CONDITION, WHICH IS CHARACTERIZED BY A DIFFICULTY READING OR DECIPHERING LETTERS.

**YNSMEK: DASCEXIY** 

# **Learning Word Find**

Find the hidden words in the puzzle.

ABILITY				HELP					LEVEL		
BOOKS				INSTRUCT					READ		
<b>EDUCATION</b>				LE	EARN	1		SCHOOL			
G	RAD	ES			LES	SSON	1S		T	EACI	HER
Н	I	L	I	O	В	X	O	J	R	L	I
L	Η	Z	O	O	L	X	M	E	I	E	N
I	E	В	O	O	K	S	A	S	F	S	В
S	N	V	Y	X	Η	D	P	E	A	S	U
E	U	S	E	D	U	C	A	T	I	O	N
D	C	Z	T	L	Z	В	S	N	E	N	Ο
A	G	Q	D	R	I	В	R	S	Н	S	G
R	U	P	P	L	U	A	N	L	J	Η	Ο
G	C	N	I	W	E	C	X	X	В	E	W
Q	W	T	A	L	R	В	T	D	S	L	F
W	Y	V	U	C	L	Q	T	D	S	P	C
R	E	Η	C	A	E	T	Y	A	T	U	J

# **Get Scrambled**

Unscramble the words to determine the phrase.

RWDOS & TELRETS



**BACKWARD** 

directed behind or to the rear

**ENGLISH:** Word

**SPANISH:** Palabra

**ITALIAN:** Parola

FRENCH: Mot

**GERMAN:** Wort



DYSLEXIA SHOULD NOT HOLD ANYONE BACK. PABLO PICASSO, ALBERT

EINSTEIN AND STEVEN SPIELBERG ARE SOME NOTABLE PEOPLE WHO DEALT WITH DYSLEXIA.

Answers: A. braces

B.

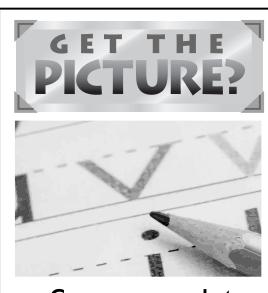
wires

 $\dot{\Omega}$ 

elastic D. straighten



Answer: Words & letters



Can you guess what the bigger picture is?

*PNSMEK: ALPHABET SHEET* 

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have

you hooked from the moment you square off, so sharpen your

pencil and put

savvy to the test!

your sudoku

A B C D E F G H i J K L M N O P Q R S T U V W X Y Z

# Determine the code to reveal the answer!

Solve the code to discover words related to orthodontic health. Each number corresponds to a letter. (Hint: 10 = e)

24 22 3 12 10 7

Clue: Metal devices

Α.

23 15 22 10 7 В.

Clue: Filament

10 5 3 7 9 15 12

Clue: Stretchy

7 9 22 3 15 11 17 9 10 8 D.

Clue: Align

# SUDOKU

	4						
	1		4				2
7	8			1			
2	9	7			3		
6			8	5		7	
				3		2	
8		3	5				
·					5	9	
				7	1		8

Level: Intermediate

# Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8	9	ŀ	L	2	Þ	G	ε	6
3	6	G	8	9	ŀ	2	Z	†
L	†	2	6	G	ε	9	ŀ	8
ç	2	Þ	3	6	9	Z	8	ŀ
ŀ	Z	6	9	8	2	ε	Þ	9
9	8	3	<b>ヤ</b>	ŀ	L	6	G	2
Þ	S	9	L	ε	6	8	2	Z
2	ε	Z	9	Þ	8	L	6	G
6	L	8	2	Z	G	Þ	9	3

**ANSWER**:

# Football

FROM PAGE B1

that resulted in a touchdown and the Bears ran out to a 32-6 lead at halftime.

All told, the Bears ran 60 plays on offense for a total of 378 yards, with 295 of those yards coming before the halftime break.

AJ Muse led the offense with 11 carries for 113 yards and one touch-



JOSHUA SPAULDING

The Newfound football team got its first win, defeating

Mitchel had 11 carries for 92 yards, two touchdowns and three twopoint conversions. Cam Anderson had 13 carries for 83 yards, one touchdown and two two-point conversions, while Cody McGee and Brett Pigeon each ran for touchdowns and Tyler Haskell caught a two-point conversion and kicked an extra point.

while Tiellar

On the defensive side

## cleared out a direct kick Soccer FROM PAGE B1 rect kick was cleared by

Hamilton. Travis Stockman came up with good defense for Prospect on a bid by Shokal and Newfound had a corner kick go wide of the net.

Carter Dore and Doherty had chances for the Timber Wolves and MacDonald had a good clear on a Prospect corner kick. Defenders Jack Gosson and Libby came through with good defense for the Bears as well. Tucker Kierstead turned away a good Shokal bid and Connor had a shot go wide as the half came to a close with no score.

Out of the gate in the second half, Ryan Lyford had a good clear for the Bears and Helmers also slowed down a bid from Dudzik. Doan made a save on another Dudzik while MacDonald came back with a bid that was denied at the other end. Libby had a good look that just missed connecting with Shokal and Dudzik had a shot stopped by Doan. Smolin from Connor and Dudzik just missed connecting with Caden Dore on a direct kick bid. Helmers continued his strong defense for the Bears as well and Doan made a save on Cody Willette.

Mascoma last week.

With 21:18 to go, Smolin was able to send a direct kick in from near midfield, catching the Newfound defense off guard a bit and Hamilton settled the ball and delivered a shot to the back of the net for the 1-0 lead with 21:18 to go in the game.

Both teams continued with chances, as Prospect's Nolan Sykes had a bid in the zone and then a corner, while at the other end MacDonald just missed Shokal and Connor was denied on a bid. Connor and Shokal connected on a bid but Nickerson made a nice grab to keep his team in the lead. Doherty had a shot for the Timber Wolves that went wide and Hamilton had a shot go high. Lyford cleared another bid out and Sykes followed that up with a shot that was denied. Doherty headed a Dudzik direct kick over the top of the net.

Connor had the final bid of the game for Newfound, but his direct kick went just high and Prospect took the 1-0 win.

"The team is coming back from a few injuries and missing a few players," Halvorsen said. "And we've been battling a lot with some sickness.

"But overall, I'm happy with the effort they put in," the Timber Wolf coach said. "We learned a lot from Derryfield and new they know what the expectations are.

"Hitting the back half of the season, they know what they have to do," Halvorsen added.

He noted that at the half, he told the team to be patient, which could lead to chances instead of getting frustrated and pushing harder.

"Patience was key," Halvorsen said. "We showed it today and got the win."

"We had plenty of opportunities and I would've liked to see some go in," Hill said. "It was 90 degrees, with both teams going hard

and no established momentum."

The Newfound coach said he noted at the half that the team that scored the first goal was going to win, given the nature of the game.

"We had that breakdown in the middle," Hill said of the Prospect goal. "He had a window and he took it and executed.

"This is the toughest week of the season (Belmont, Stevens and Inter-Lakes also on the schedule) and this is the way we need to play," Hill stated. "I just hope we can get some goals in the next game."

Hill praised the defensive work of Helmers in shutting down numerous Prospect chances up the middle.

The Bears will be at Bishop Brady today, Oct. 5, at 4 p.m. and will be hosting Inter-Lakes at 3:30 p.m. on Tuesday, Oct. 10.

Prospect Mountain will be at Berlin today, Oct. 5, at 3:30 p.m. in the lone game of the week.

Joshua Spaulding can be reached at 279-4516,

of the ball, Haskell, Muse and Demeatris Marin each had an interception.

"The kids are feeling good," Kershaw stated.

Newfound will have this week off and returns

to action with a trip to Fall Mountain on Saturday, Oct. 14, for a 7 p.m. game with the Wildcats.

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

# **Fall Foliage Foot Race is Sunday**

WATERVILLE VALLEY — The town of Waterville Valley Recreation Department presents the 10th annual Fall Foliage Foot Race, set for Sunday, Oct. 8, at 9:30 a.m.

This classic 5k/fun run style event will start and finish at Waterville Valley Resort Town Square. The 5k is a USATF certified course and the 1.6k Fun Run is a family favorite. Race organizers are excited to offer a 10-mile trail run race for the second year in a row. Long-time Waterville Valley Recreation Department supporter Mark Invernizzi Landscaping will be the 2017 event sponsor, along with Roper Real Estate, Speare Memorial Hospital and Waterville Valley Foundation as major sponsors.

A portion of this year's proceeds will support the Pemi-Baker Community Track Committee who are working with SAU 48 Superintendent of School and the Pemi-Baker Regional School District to bring an outdoor track and field facility to the community.

Online registration for the Fall Foliage Foot Race is now open at http://www.lightboxreg. com/fall-foliage-footrace 2017.

You may also pick up a registration form at the Waterville Valley Recreation Department at 11 Noon Peak Road. Race day registration is available from 8:15 to 9:15 a.m. at Waterville Valley Town Square.

The first 100 people to register for the 5k or 10-mile trail race will receive a free event T-shirt. All 1.6k Fun Run registrants will receive a free mini pumpkin for participation.

Following the race there will be a raffle, race awards, beer samplings and live music.

The Town of Waterville Valley's Recreation Department (WVRD) is open to the public yearround and offers a full gymnasium, programs for adults and youth, summer camps, facility rentals, special events and more. For more information go to www.watervillevalley.org/ recreation, "like" them at www.facebook.com/ WVRecreation or call Recreation Director Brooke Wakefield at 236-4695.





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**OCTOBER** 



**PROUDLY HOSTS** 

# **SCOUTS DAY**

SATURDAY, OCTOBER 7, 2017 Kickoff at 1 p.m. Scouts wishing to participate should arrive no later than 12:15 p.m.

# Calling all Scouts-Cub Scouts, **Boy Scouts, and Girl Scouts!**

Plymouth State Football is hosting Scouts Day on Saturday, October 7 versus Bridgewater State. Form a high-five tunnel for the players, join them on the field during the National Anthem, and take photos after the game and collect autographs!

Tickets can be purchased at the gate on gameday. All Scouts in uniform, siblings, and kids 12 & under are FREE, \$3 for adults.

**Questions?** For more information contact Lauren Lavigne at 535-2763 or L\_Lavign@plymouth.edu.



See further up here.