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COMPLIMENTARY

Local canine becomes champion DockDog diver

BY DONNA RHODES Contributing Writer

BRISTOL - While Team USA was busy winning medals for their athletic feats in Tokyo this summer, a local athlete has just as busy accumulating medals of her own. Her name is Cascade, and she is a sixvear-old Labrador Retriever who loves diving.

Owned by Heidi and Don Milbrand of Bristol, Cascade showed an interest in diving at just six-months-old. The Milbrands own Pleasant View Bed and Breakfast and as a puppy Cascade would often follow Heidi up the steps to their pool deck while she was cleaning it. One day when the pup was once again eagerly barking about the water, she finally told her to "just jump" and Cascade did. In fact, it wasn't long after that first jump before she was reaching the far

When Heidi and Don went to the Hopkinton Fair that year, there happened to be a DockDog

side of their pool.



Bristol resident Heidi Milbrand enjoyed a good laugh as her black lab, Cascade, proudly showed off all the medals she won at a recent DockDog diving competition in New York.

competition listed as one of the events. They realized that the sport was not only fun to watch, but something they felt their lab would love to do. The couple took her to a dock soon after, and sure enough Cascade

was a willing dock diver.

On June 16 the following vear. DockDogs came to the Agway Store in Tilton for a competition. Heidi signed Cascade up to participate and even the announcer agreed she was a "natural" after

her first attempt, which measured 16-ft..

The rules of dock diving for dogs are quite simple. One handler/ owner is allowed on the platform and has one minute to get the dog ready to leap after their

toy into the 40-foot-long pool.

"The main thing is the dog has to dive off the dock as a natural act. You can't push or shove them, they have to be toy driven to jump," Heidi explained. "A lot of it

depends on my throw. I really have to be on the mark with her."

Cascade knows what it means when Heidi holds that toy up for the toss though and she is always ready, willing and eager to go after it.

"She has a bag we take to the events and when I get that bag out, she knows she's going to compete. I'll put her harness on her, get her toy and she's ready. From then on she's just focused on jumping," she said.

Divisions dock diving are Big Air, Speed Retrieve and Extreme Vertical. Those who compete in all three become an "Iron Dog." Within each of those divisions, dogs can start as a novice, then move up to Junior, Senior, Master, Elite and finally Super Elite, depending on their distance. Right now, Cascade is participating in Big Air competition as a senior and her typical 16to nearly 20-foot jumps keep her right where

SEE **CASCADE** PAGE A12

NLRA to host watercolor painting excursion



HEBRON —The Newfound Lake Region Association invites you to a butterfly-themed watercolor painting session with Watershed Steward Karen Candia at Grey Rocks Conserva-

tion Area on Aug. 19 at 10 a.m.

This program will allow participants to explore their artistic side while also learning about New Hampshire's butterflies and their importance to natural ecosystems. Participants will gather at the picnic area for an introduction to local butterfly species before touring the garden areas of Grey Rocks to find real-life butterfly inspiration for their paintings. Attendees will then pick up their paintbrushes and try their hand at creating watercolor butterflies!

This program is free and open to all ages and skill levels. Anyone who

SEE **PAINTING** PAGE A9

Run Your Buns Off 4.2 Miler is back Sept. 4

BRISTOL know it has been a while since you ran your buns off! Well, this Labor Day weekend you can again! Come and join the event that locals and vacationers have been talking about for over a decade.

On Saturday, Sept. 4 at 8:30 a.m., runners and walkers will leave from Basic Ingredients Bakery located on Route 3A in Bristol to "run their buns off" for a 4.2 mile professionally timed

run/walk. The reward for your hard work... a homemade sticky bun will be waiting for you at the finish line!

Hosted by the Newfound Area Charitable Fund, the Run Your Buns Off race committee is excited to announce that this year's beneficiary will again be the NH Food Bank who will visit Bristol in mid-winter to deliver food for over 250 families. Last February's event was a tremendous success and we cannot wait to assist

those in need again with this year's race proceeds.

"This year we are so happy to be holding our event in person again. We truly missed seeing everyone last year. We are honored to be collaborating with the NH Food Bank to assist our community by providing an abundance of food to those who may be dealing with hardships. Working with the NH Food Bank is so rewarding and we are looking

SEE **RUN** PAGE A9

Freese Brothers Big Band to play in Bristol Aug. 26

BRISTOL – The Freese Brothers Big Band will be playing in Bristol on Thursday, Aug. 26 from 6:30 - 8 p.m. in the Concert Pavilion in Kelly Park.

The Freese Brothers Big Band is in its 40th year of keeping the sounds of swing and classic Big Band music alive -- entertaining audiences throughout the region and raising scholarship funds for a new generation of talented musicians.

Formed in 1982 by Jack, Bill, George and Courtland Freese, the band has performed on scenic bandstands from Wolfeboro to New Boston; in elegant theaters in Concord, Claremont, Rochester and Manchester; and even at New Hampshire's grand White Mountain hotels.

The four Freese brothers began playing music in a family troupe in the 1930s. Their musical enthusiasm and community spirit continue to be the band's

driving force. Members has awarded more than volunteer their time and talent and donate band performance fees to the Freese Brothers Big Band Memorial Scholarship Fund. The fund

\$70,000 in scholarships to enable talented young musicians to enhance their musical ability.

The 20-member band offers a lively program

that incorporates the classic sounds of Duke Ellington, Benny Goodman, Count Basie, Frank Sinatra, the Dorsey Brothers and Glenn SEE **FREESE** PAGE A9



~ Comfort Keepers ~

Seniors and kitchen safety: Tips for the "heart of the home"

BY MARTHA SWATS Owner/Administrator Comfort Keepers

A kitchen is often the central gathering place in the home. Family dinners, special occasions and time shared together all happen in the heart of the home.

Making sure the kitchen a safe, happy place is important. On a daily basis, many of us spend time in our kitchens, and it is easy to forget that the kitchen can be a place where dangerous accidents are not uncommon – especially for seniors.

When it comes to senior adults and kitchen safety, the numbers show where potential issues can occur:

The National Fire Protection Association reports that three (3) in ten (10) home fires start

than any other room in the house.

The Centers for Disease Control and Prevention reports that 76 million cases of foodborne illness occur each year, including 5,000 fatal cases. Older adults, due to a natural decrease in their immune systems, can succumb to food poisoning more easily and have a harder time fighting it off if they do.

Kitchens are also areas with high fall-risk areas: items stored out of reach, slippery floors, and the likelihood that meals are carried to eat in another room.

The Federal Emergency Management Agency (FEMA) reports that people over the age of 65 have a 2.7 times greater risk of dying in a kitchen fire than the general population.

For those that want to

in the kitchen, more is as safe as possible for their senior loved ones, there are three key areas to consider:

> Fire prevention and safety – The primary cause of kitchen fires is unattended food - seniors should never leave the kitchen when food is cooking. Automatic shut-off devices are a great tool to help seniors that have memory issues but like to spend time cooking. Loose clothing, kitchen towels and potholders can all catch fire if too close to the stove. so it is good to be mindful about fabric near flames. And, on a regular basis, a qualified electrician should check wiring and outlets to ensure safety compliance - this is a common cause of fires in older homes.

illness Foodborne prevention - Because of the ways our bodies change when we get older, foodborne illness can ensure that the kitchen become a much more

serious issue. This can be prevented by properly storing food, checking fridge temperatures often, properly reheating food, cleaning old items out of the fridge and pantry often and checking expiration dates.

Reduce fall risks -When seniors need to reach an item, whether stored too high or too low, it can cause a balance issue that may lead to a fall. Keeping cooking items within reach is critical. Clutter on counters should be removed, bright lights are helpful, and the heaviest objects should be stored at waist level. Water is often a problem in the kitchen – possible issues include spilled water from the sink, leaking refrigerators and pipe leaks. Spilled water can make kitchen floors slippery, so adding mats and checking water sources often is important.

The kitchen can be a joyful place in the home, with intentional action to minimize the risk of accident or illness. Being safe in the kitchen is not just common sense and revisiting safety tips for the kitchen is never a waste of time.

Comfort Keepers® can help

About one-quarter of Americans over age 65 need help with everyday activities such as eating, cooking, and getting in and out of bed or a chair. Our trained caregivers can help with these and other tasks, while engaging clients in activities that improve quality of life. They can also provide support for physician approved diet and exercise plans, provide transportation to appointments and community events and can assess a home for safety issues and reducing fall hazards. For more information on how we can help, contact your nearest Comfort Keepers® office today.

About Comfort Keep-

Comfort Keepers is a leader in providing inhome 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.

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

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beyond the exam room to

provide integrated care

that treats the whole per-

son by providing access

to necessities like food

and housing resources.

Community Health Cen-

ters care for everyone,

Mid-State Health Center undergoes corporate rebrand

Health Center to unveil new logo and design aspects during **National** Health Center Week

PLYMOUTH — Mid-State Health Center, is set to unveil its newly redesigned logo and design aspects during National Health Center Week. which is celebrated from Aug. 9 through Aug. 13 and recognizes health clinics around the na-

tion that work tirelessly to keep our communities healthy and safe.

The rebrand has been in the works this past year, and is being spearheaded by Samantha Hooper, Marketing and Strategic Communications Manager at Mid-State Health Center and the leadership team. Ms. Hooper, along with senior level management at the Health Center authorized the initiative for an organizational rebrand in order to encompass the tremendous growth in services over the years. "This rebrand is part of a larger transformation of Mid-State eDriven Marketing.

Health Center. We hope the community is as excited as we are as we continue to expand to meet the needs of our community" says Ms. Hooper.

The branding project was awarded to New Hampshire based creative agency, eDriven Marketing.

"Collaborating with Ms. Hooper and the entire management team at Mid-State Health, it's easy to see how dedicated these folks are to their patients, the community and their organization," says Charles Sayegh, Managing Director at

Dr. Robert MacLeod, Chief Executive Officer at Mid-State Health Center, says, "Mid-State has worked to establish whole person healthcare services and programs in our region that will benefit all. This enhanced image is symbolic of the deepened role we have taken to serve those in our community who need it most."

Community Health

Centers (CHCs) provide preventive primary care, behavioral health, and dental services to almost 92,000 patients in New Hampshire, and like Mid-State, have continued to do so amidst a global pandemic. CHCs strive to provide care to those in our community who are underserved and lack access to affordable, quality care. CHCs are not ordinary medical clinics; they are also solutions based prob-

regardless of the ability to pay. Follow along with Mid-State during Health Center Week as they unveil their new brand and discuss the importance of Community Health

Centers across the na-

Mid-State Health Center finds itself on the leading edge of innovative, high-quality, patient-centered primary care. This approach helps residents of the communities we serve lead healthier lives and stretch their health care dollars further. To this end, the mission of Mid-State Health Center is to provide sound primary health care to the community acces-

sible to all regardless

of the ability to pay.

Mid-State's ophy of doing what is right for the patient extends to doing what is right for our community. Our staff is committed to the care of the entire community - not just our patients. Mid-State's leaders actively engage the community in the leadership of its practice through the participation of the community leaders serving on our Board of Directors and support its larger community by encouraging its professional staff and employees to actively participate in many venues. For more information on Mid-State Health Center, please visit www. midstatehealth.org.

to Dean's List at Northern Vermont **University**

Local student named

LYND0NVILLE, Vt. — Cameron Delouis of Alexandria ad Shane Johnston of Thornton named to the Dean's List for the spring 2021 semester at Northern Vermont University.

Students who achieve between a 3.50 and 3.99 semester average are placed on the Dean's List.

Northern Vermont University is a two-campus institution of higher education with campuses in Johnson and Lyndonville, Vermont as well as an online division that combines the best of our campuses' nationally recognized liberal arts and professional programs. At Northern Vermont University, our goal is to guide curious, motivated, and engaged students on their paths to success and their places in the world. Learn more at Northern Vermont.edu.

Newfound searching for some fall coaches

BRISTOL — Newfound Area School District is looking to fill some coaching

positions for the 2021-2022 school year. At Newfound Regional High School they are searching for an assistant foot-

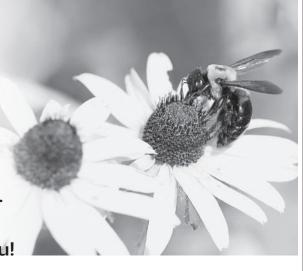
ball coach, JV field hockey coach, varsity girls' skiing coach and a JV volleyball

At Newfound Memorial Middle School they are searching for a boys' soccer coach, a girls' soccer coach and an assistant football coach.

If interested, please send a letter of intent, resume, and names and phone numbers of three references to Pierre Couture - Superintendent, Newfound Area School District, 20 North Main St., Bristol, NH 03222.

Questions should be directed to Alex Sobolov, Athletic Director at asobolov@ sau4.org or 744-6006 x1507.

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If interested - please contact us by email to:

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Tokyo brings the heat (and the humidity)



ONE OF THE FEW VENUES where the press tribune was in the shade was the Oi Field Hockey Stadium.

As I write this, it is Friday afternoon in Tokyo, very early Friday morning on the East Coast of the United States. I have a busy few days ahead, including attending the closing ceremonies, something I was hoping would happen and was confirmed yesterday with a trip to the United States Olympic and Paralympic Committee office here in the Main Press Center.

With so much ahead in the next two days, including gathering everything together to head back to the United States, I thought I would get this column written a few days early. By

the time vou are reading this, if all goes as planned, I have returned to the United States in one piece.

This Olympic experience has been interesting to say the least (look for my account of the closing ceremonies next week), but I will say if I can use one word to describe this trip, it would

And that doesn't even begin to describe it. My first Olympics, Sochi back in 2014, were surprisingly mild for a Winter Olympics. I rarely needed a hat or gloves and was able to stand outside easily. Four years later, I found PyeongChang to be much colder. with hats and gloves almost always necessary when outside watching the sports.

Tokyo has taken the weather to another extreme. It is brutally hot. And humid. My friend, Bob Tuttle, who spent many years living in Japan, told me it would be this way, and while I don't always believe what he says, on this, I did believe him and he was right. Most days, the tem-

peratures hovered in the low to mid-90s, but it was the humidity that pushed the "feels like" number even higher. Numerous days when I checked my phone for a weather update, the "feels like" number was 105 or higher. Simply sitting outside to watch the

SPORTING CHANCE

By IOSHUA SPAULDING

events had me sweating like crazy.

Part of the issue is that the press tribunes seemed to be in the direct sunlight. No more was this true than at the beach volleyball venue. I was there for the gold medal game earlier today, and even though the US women made quick work of the match, by the time I got on the bus, my shirt was absolutely soaked. Of course, not only did I spend the match out in the sun, at Shiokaze Park where the matches are played, there is a long walk from the bus drop off to the venue and back, almost all of which is in direct sunlight.

A few hours later, after some time in the air conditioning, I had dried out a little before the trip to Olympic Stadium, another venue where the sun beats down on the press venue. Luckily this

trip is at night, so the heat will be a bit more bearable.

One of the few exceptions to the press tribune in direct sunlight rule was at field hockey, where the stands were covered, including the press area, and while it was warm, the respite from the direct sunlight was great. And at skateboarding I found a spot just in front of a large wall where I was almost entirely in the shade. That was a win.

I was prepared for the heat, but I am not sure I was as prepared as I should have been. After all, Bob did warn me.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier. Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

UNH graduate advances to finals in first Olympics

BY JOSHUA SPAULDING

TOKYO, Japan — Elle Purrier St. Pierre rewrote the history books at the University of New Hampshire.

Now that her time in Durham has come to a close, she is competing on the world stage and made her Olympic debut on Tuesday, Aug. 2 at Olympic Stadium in Tokyo, Japan.

Running in the second heat, Purrier St. Pierre ran with the lead pack most of the way and worked her way to the front of the pack as the race entered its last lap. She held the lead most of the way around the track but was overtaken in the final stretch and finished third overall with a time of 4:05.34. The top six in each heat moved on to the semifinals, so she easily qualified to move on. Sifan Hassan of the Netherlands and Jessica Hull of Australia took the top two spots in the heat. Fellow Americans Corey Ann McGee and

Heather MacLean also advanced to the semifinals.

Purrier St. Pierre then moved on to the finals with a sixth place finish in her semifinal on Wednesday, Aug. 4, finishing in 4:01. While she was not one of the top five finishers who automatically qualified, she was the fastest outside of those runners and earned a spot in the

Friday, Aug. 6, was the 1,500-meter finals and Purrier St. Pierre hung in with the very fast pack through the first few laps, crossing the finish line in sixth place and then in seventh place with two laps to go. She dropped back to 12th place as the bell lap started, but she rallied and finished strong, finishing in 10th place overall with a time of 4:01.75. Olympic Defending champion Faith Kipyegon of Kenya defended her title and also broke the Olympic record in a time of 3:53.11. The top eight women all broke four minutes.

Purrier St. Pierre, who qualified for the Olympic team by winning the 1,500 meters at the Olympic Team Trials in Oregon, is the fifth athlete with ties to the UNH track and field program to represent the US in the Olympics, the most recent being Clare Egan in the biathlon in

Purrier St. Pierre was an 11-time All-American and 17-time America East champion across UNH's cross country, indoor track and field and outdoor track and field teams; she was the NCAA national champion in the mile at the 2018 maoor meet.

She swept the America East conference Scholar-Athlete season awards for women's cross country, women's indoor track and field and women's outdoor track and field in both the 2016-17 and 2027-18 academic years. She was also named the America



ELLE PURRIER ST. PIERRE runs to the lead in her first-round race at Olympic Stadium in Tokyo.

East Scholar-Athlete of

the Year both years. Purrier St. Pierre holds six individual records and is part of four record relays in the UNH record book. On the indoor leaderboard. she is at the top of the list in the 800 meters

(2:03.64), 1,000m (2:46.02), mile (4:26.55) and 3.000m (8:55.68); she is also part of the record distance medley relay team. On the outdoor leaderboard, she is the top Wildcat in the 1.500m (4:10.08) and steeplechase (9:43.65), as well as the sprint medley,

4x800m and 4x1,500m relays; she also graduated as the UNH record holder in the 800m.

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

A treat to see legends do their thing



JOSHUA SPAULDING

ALLYSON FELIX shows off her bronze medal after Friday's 400 meters at Tokyo's Olympic

BY JOSHUA SPAULDING Sports Editor

Stadium.

TOKYO, Japan — One of the highlights for me in the 2018 Winter Olympics was getting the chance to see Lindsey Vonn ski. She was injured in 2014, so I didn't get to see her in Sochi. The draw of seeing her ski is that you are seeing one of the best of all time doing her thing and any time you can do that, it's a treat.

Coming into the Summer Olympics in Tokyo, one of the things I wanted to do was see more of the best do their thing. And I accomplished that,

at least on a few occa-

sions.

On the first day I was able to get out of my hotel, I saw Katie Ledecky swim. Granted, it was just the trials, but it was still Katie Ledecky, who has cemented her legacy as one of the best swimmers of all time.

I was scheduled to see Simone Biles compete in the floor exercise in my second week in Tokyo, but as has been widely reported, Biles had to back out of competition and did not compete until the day after I saw gymnastics.

On Friday night, I got the chance to watch another legend compete and this time, bring home a medal. Allyson Felix entered the 400 meters tied with Merlene Ottey of Jamaica for the most medals ever won by a female track athlete with nine.

Felix won the bronze medal with a season-best time of 49.46 seconds, seconds behind

the winning time of Shaunae Miller-Uibo of Bahamas.

Among men and women for track, she was tied for second all-time with 10 medals, same as Carl Lewis, and trailing only Paavo Nurmi (Finland) with 12.

Among US women in all sports, she was then fourth all-time with 10 medals, trailing a threesome of swimmers, Natalie Coughlin, Dara Torres and New Hampshire's Jenny Thompson, all with 12.

She was tied for ninth all-time among US Olympians - men and women tied with Lewis, Ledecky, and Gary Hall, Jr., trailing Michael Phelps, Ryan Lochte, the three women swimmers, Mark Spitz, Matt Biondi and shooter Carl Osburn.

By winning a medal

in her fifth Olympics, Felix ties the record for track and field athletics (men or women) set by Jamaican sprinters Ottey and Veronica Campbell-Brown.

SEE **LEGENDS** PAGE A10

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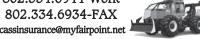
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Opimion

CADY Corner

Five things parents need to know about mental health and back-to-school season

BY DEB NARO

As we begin the back-to-school season, it's important to pay attention to your child's mental health just as much as their physical health. As a parent, it's important to monitor your family's mental health during this transition. Cyberbullying, self-harm, and suicidality are some of the topics that cause parents concern as the school year begins, and substance use can be connected to all of these. What are some things that you should know about back to school and mental health?

Understand that transitions can be difficult at any age. Some youth thrive in the face of change but for others, it can be a tricky situation to navigate. Watch for signs of distress in your child as they transition to a new grade, sport, or group of friends. You can help manage the stress by monitoring mood changes, sleep patterns and watching for signs of isolation. Especially since substance use can be an outlet for many kids, you can encourage healthy coping mechanisms such as maintaining a balanced schedule that includes exercise, nutritious meals, and enough sleep, helping them stay connected to positive social supports, and modeling healthy ways to manage stress.

Know the signs of common mental health conditions. The most common mental health conditions in youth are anxiety disorders, attention deficit hyperactivity disorder (ADHD) and depression. If you are concerned that your child is experiencing a mental health disorder, it's helpful to talk it over with a licensed provider and get an evaluation. General symptoms to be aware of include poor school performance or changes in grades, persistent boredom, frequent physical ailments such as headaches, stomachaches, sleep issues, signs of regression like bed wetting, and even aggressive behaviors.

Learn how to start a conversation around mental health. Understanding how to talk about mental health — just like with talking about substance use — is one of the challenging things you will do as a parent. When beginning these conversations, it is important to speak from a place of empathy and care. It is best to avoid language associated with a particular disorder but instead to use general language such as "I am worried about you," "I am here for you," or "Can we talk about what is going on with you?" You want your child to know that you are there for them every step of the way. Gentle approaches can go a long way in building trust with your child, so they are more open about sensitive issues.

Understand bullying and how you can help. Bullying can take many forms and can involve a lot of different actions. It is important to know that bullying behaviors exist on a continuum – from inappropriate jokes and teasing, all the way up to physical violence. It is common for youth to feel shame if they are being bullied and consequently may not always share with you what is happening. Therefore, it is more important than ever to keep open lines of communication with your child. Work with your child on a proactive plan. This plan can include who will do what to resolve the situation based on the severity of the bullying. It's important to not keep the bullying a secret, though – your child's safety is at risk and adult intervention by a parent or teacher is almost always needed.

Bullying can have long-term psychological and psycho-social impact on both the offender and the victim, which is why early intervention is so important. When it comes to the mental health of victims, there is a clear link between bullying and depression, and bullying and substance use. Offenders are also at increased risk of substance use and of becoming involved with the juvenile justice system.

There are resources out there to help you navigate your child's mental health and substance use.

Talking about mental health should be a normal part of everyday conversation. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



COURTESY

TTCC hosting annual Lobster & Chicken Supper

The Tapply-Thompson Community Center's Annual Lobster & Chicken Supper will be held at Kelley Park in Bristol on Saturday, Aug. 28 from 5:30-7 p.m.

Don't miss this delicious summer tradition. Tickets are available at the TTCC or at the door while they last. The cost is \$17 for Chicken, \$20 for Lobster & \$25 for a combo of a lobster and quarter chicken. We offer kids hot dog plates for \$6 The meal includes salad, Walker's Farm corn on the cob, baked potato, cole slaw, fresh rolls, dessert and drinks. Dinner entertainment will be provided by 'Solitary Man' In the event of rain the dinner will be held at the TTCC. For more information, call 744-2713.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Mammoths and mastodons, and place-names of the past



One rides, and two paddle. Photographer John Rockwood will be featured at the Loon Preservation Committee's annual meeting (via Zoom) on Aug. 26.

Cohasse, Coashaukees, Coös County, and Cohas Brook, not to mention Coos Bay (pronounced "cooze") in the Pacific Northwest--what's an armchair historian and map aficionado to do?

Place-name similarities occurred on early maps of New Hampshire, just as they did all along the East Coast. Pre-Revolution maps of New Hampshire tended to label everything above the Fifteen Mile Falls (on the Connecti-

cut River, from Littleton on down) as the Upper Cohasse Intervales, and called everything below them the Lower Cohasse.

The Fifteen-Mile Falls began more or less at the towns of Dalton, New Hampshire and Gilman, Vermont, and tumbled southward for about that many miles in one foaming cataract after another. Today, much of the fast water is buried behind dams.

However, many wild

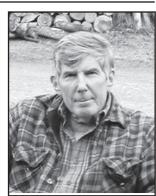
and free stretches remain, enough to offer plenty of recreation for the adventurous, from either side of the river. These range from nice little kayak runs to places just right for a forked stick and a night-crawler. The curious need only to scrutinize a good map, and seek them out.

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Early cartographers spelled the name of a little tributary that flowed into the Merrimack River below the stupendous Amoskeag Falls as "Cohas Brook."

There are at least two obscure sources for this name, and some day I'm going to check them out. I've always wondered if early Europeans were simply confused between the Merrimack and the Connecticut rivers

"Up north," after all, was (and in some ways still is) a big mystery.



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While we're on the subject of map mysteries, why are there so many places named "calef" this and that the nation? They're everywhere. The word can mean leader, or chief, or calf, or calves, or for all I know, caves, of maybe even "chafe," which is what chasing it down makes me do.

Similarly, there are many "mammoth" and "mastodon" roads across the country. The reason for this is surprisingly simple: the media were to blame. Well, partly.

In 1848, workers digging a railroad through a ridge in southern Vermont unearthed the

SEE **NOTEBOOK** PAGE A9

Letters to the Editor

Time to rethink Sununu

To the Editor:

On July 30, Gov. quietly Sununu signed HB 373, a bill prohibiting — yes, prohibiting — the Department of **Environmental Services** (DES) from participating in discussions of low carbon fuel standards programs at the state, regional, or national level. Is this yet another First Amendment violation?

This confirms the Governor's view that if DES doesn't talk about climate change, then it will just magically go away. Most New England states are investigating low-carbon and zero-carbon energy sources for the future fuels needed to provide heat, electricity, and transportation. Meanwhile, Governor Sununu, wants to keep us in the dark.

HB 373 not only restricts DES from performing its duties to our state, but it also removes DES as a source of unbiased information for policymakers and legislators. As a legislator who worked on a climate action bill last year, I found DES very helpful in guiding me toward appropriate and workable language. HB 373 has now created a roadblock

in our work.

The Granite State should be proactively facing climate change and taking advantage of the opportunities provided by a new industry. Sununu cannot claim to be pro-business if the only businesses he supports are the oil and gas industries.

Rep. Joyce Weston Plymouth

Bristol

Al Blakeley adblakeley0@gmail.com

The Bristol Rotary Club 68th Annual Penny Sale will be held at Newfound Regional High School tonight, Thursday, Aug. 12 at 6:30 p.m. Proceeds benefit the Bristol Rotary Club Scholarship Fund. Over 300 prizes will be awarded and the Grand Prizes will include: \$100 cash, picnic table, 125 gallons of fuel oil, 100 scratch tickets and more! A 50/50 raffle will benefit the Bristol Community Services, and 100 Sweepstakes Tickets Raffle will benefit the TTCC Summer Program Scholarship Fund. Join the fun for great causes.

Saturday, Aug. 14 will be another very busy day in the Newfound Area! Events during the day will include: Alexandria Village Church Craft Fair from 9 a.m. until 3 p.m. (393-9376), Alexandria Town-wide Yard Sale from 9 a.m. until 3 p.m. (744-5383), Family Fun Day at the Hebron Gazebo and BBQ from 11 a.m. until 8:30 p.m. featuring corn hole, book sale, music, dessert contest, vintage car show and fireworks.

On Wednesday, Aug. 18, hike with the Slim Baker Foundation Executive Director, Rebecca Hanson from 9:30 - 11 a.m. at the Slim Baker Area. Reservations are required and the hike is limited to 10 people. www.slimbaker.org.

Next Thursday, Aug. 19, the Bristol Summer Concerts in the Park will feature the Morgan-Nelson Band. The concerts start at 6:30 p.m., and will be over at approximately 8 p.m. Bring your chair, your family, friends and neighbors and join in the fun!

Story Time at Kelley Park Pavilion is held the Minot-Sleeper Library on the second, third and fourth Friday of the month at 11 a.m. Families with young children are invited to an outdoor story time. On Monday, Aug. 16 at 3 p.m., the Sustainability Committee and the MSL are offering family eco-friendly crafts at the library. Recycled material will be used to make your own baskets, and a cup and ball game from an old soda bottle. Families are asked to sign up ahead of time. Please contact the library to reserve your spot by calling 744-3352 or emailing minotsleeperlibrary@ gmail.com.

On Saturday, Aug. 21, Bridgewater will hold its 123rd Annual Old Home Day at the Bridgewater Old Town House on Bridgewater Hill Road. All are welcome. Festivities get under way at 10 a.m. with coffee and set up and the day is filled from there with a flag-raising by the Boy Scouts, crafts and bake sales, children's games, a group photograph followed by baked beans with all the fixins' at noon, a Squam Science Center program with hawks and owls, and a square dance at the Old Town Hall at 7:30 p.m. to cap off the day!

The TTCC needs volunteers for the Annual Old Home Day and Lobster & Chicken Supper coming up on Aug. 28. Baked items needed include: pies, cupcakes, cake items. If you can be there to help that day, corn-shuckers, prep, staffing TTCC ticket booth are needed from noon until 3 p.m. Prep for dinner help is needed from 3 - 5pm. Dinner serving and clean up is needed from 5 - 8 p.m. (fresh crew preferable).

Other volunteers are needed to deliver posters for upcoming events monthly at various businesses and boards. Also needed are folders for Fall fliers for the schools to be done by the end of August. These can be taken home to be worked on. (744-2713 or bccfun@ metrocast.net).

Mill Stream The Farmers Market is held every Saturday at the Mill Stream Park in Bristol on Saturdays from 10 a.m. until 2 p.m. Many vendors are selling a was received from Karvariety of goods including: meats, fish, maple syrup, vegetables, knit goods, soap, blankets, jellies and jams, jewelry, plants and bird houses with many new items each week. Please avail yourself of the many local wares.

Groton

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

The select board meeting from Aug. 3 began with the announcement of upcoming work sessions on Aug. 17, Sept. 7 & Sept. 21 beginning at 6 p.m. The select board meetings are Aug. 17, Sept. 7 & Sept. 21 & will begin at 7 p.m. All are welcome to attend. The agenda can be viewed on the Mondays prior to the select board meeting.

conservation commission will be meeting at the Town

House on an as needed basis. There will be a planning board meeting at the Town House on Wednesday, Aug. 25 at 7

The selectboard meeting & non-public work session meeting minutes from July 20 were approved.

Under Old Business, the town has heard from Avitar regarding the two properties that were forwarded to them with all the pertinent information. The town has received responses from Avitar. Map 10, Lot 12 was combined with Map 10, Lot 13 as 1.3 acres in 2012, but was never corrected in the records. A correction will be made to show this as one lot. Map 10, Lot 40 is in the process of being surveyed & results are pend-

ing. New business began with a resident reaching out to the town regarding a property that is in current use being posted. The property is not in recreational current use so it can be posted. It was also noted a building was erected on this property & no building permit is on file. The town will reach out to the owner to verify this information. A question was raised regarding what property this is. The property is Map 2, Lot 97.

background check on the junkyard application was received & approved from the July 20 meeting.

A land use change tax for Map 5, Lot 9 for the portion of the land taken out of current use in the amount of \$4,230 was signed.

The exclusive listing for the three properties en Walsh, the realtor for Peabody & Smith. Map 1, Lot 91 for 5.11 acres on N. Groton Road, Map 7, Lot 36 for 3.25 acres on N. Groton Road, & Map 10, Lot 29 on Halls Brook Road for five acres was signed. A question was asked about pricing for

the properties.

Map 1, Lot 91 is \$13,807; Map 7, Lot 36 \$23,725 & Map 10, Lot 29 is \$21,212. This is the total monies due for taxes & realtor fees.

The PA-16 is a form that allows the town to receive reimbursement for federal & state forests was approved.

A building permit for Map 5, Lot 52 for a nine-foot-by-20-foot replacement wood shed was signed. A building permit for Map 6, Lot 63-12 for a 28 by 36 foot foundation with a walkout basement, three bedroom, two bath, two story home was approved. A building permit for Map 6, Lot 63-4 that is located on a private road has gone before the planning board & has all necessary forms was also approved.

ARPA funding is money the federal government is allocating to the states. The total allocation to the state of New Hampshire was \$112 million. The town will be submitting the application by Aug 18 to be eligible to apply for any money. This pertains to COVID-19 needs.

The conservation commission submitted a request for Justin Weekly to join which the select board approved.

Under department items, Chief Bagan noted there is an abandoned pot belly pig from a property on River Road that will be picked up on Saturday by Reuben's Rescue.

Robert (Bubba) Ellis reports mowing has been done on Sculptured Rocks Rd & N Groton Rd. Cracks were filled on N. Groton & Sculptured Rocks Road.

Groton Old Home Day will be Aug. 21, 5:30 - 9 p.m. at the Everett Hobart Memorial Park on Sculptured Rocks Road. Line up for the parade will be at 5 p.m. at the Town Garage. The parade will begin at 5:30 p.m. with cash prizes being

awarded. Live music by The Fog will begin at 5:30 p.m. Food, fun, raffles & games will be available. The BBQ will begin at 6 p.m., hamburgers, hotdogs & drinks are free. Fireworks are back & will begin at dusk.

If anyone has any newsworthy town events, let me know.

Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

Hebron Historical Society Program

On Friday, Aug. 20, the Hebron Historical Society will be hosting a program at 7PM featuring NH historian and humorist

Rebecca Rule with "That Reminds Me of a Story."

The program is sponsored by the NH Humanities Council and will be held at the Hebron Community Hall, 16 Church Lane.

It is handicap accessible, free of charge, and open to the public. Light refreshments to follow. For more info call 744-3335. Mask Wearing is Strongly Encouraged at this Program!

Hebron Gazebo Family Fun Day

Join the Hebron Conservation Commission for our Annual Family Fun Day Hike. We will walk about two or three miles round-trip over easy to moderate terrain.

Meet at the Town Forest parking lot, 184 Groton Rd. (one mile from Hebron Village Store)

Bring your lunch or snack and water.

For more information, contact Suzanne Smith at 715-0086 or email zanne719@gmail.

Hebron Library

Hebron Library will have a Book Sale on

designations on all of your accounts

at some point - and especially after

a significant change in your family

situation. If you see something that

is outdated or incorrect, contact your

retirement account administrator - or

your insurance representative, in the

case of life insurance – to request a

Aug. 14 from noon-4 p.m. Come browse our fantastic selection of sale books newish and old. Wonderful additions to your personal collection!

The last two Hebron Gazebo Concerts of the year will be Saturday, Aug. 14.

At 4 p.m., Little Davey and the Rolling 88's will be performing, followed at 6pm by the Shana Stack Band. BBQ will be by the Hebron Fire Department. Followed by Fireworks on the Common which will be set off at dusk.

Hebron Yard Sale Day Saturday, Sept. 4, 9 a.m.-3 p.m.

Many of the items that would have been sold at the Hebron Fair white elephant, auction, and book tents will be for sale outside on the church grounds at the yard sale on Sept. 4. Plus, there will be other yard sales at various locations throughout town that day.

If you would like to have the address of your individual yard sale listed, please contact Dian West at dian03241@ gmail.comby Aug. 21. There is no fee to participate, but contributions to the church are appreciated.

Donations of items for the church's yard sale will be accepted on Thursday, Sept. 2 from 5 to 7 p.m. and again on Friday, Sept. 3 from 9 a.m. to 3 p.m. at the church. Please note we will not be selling rummage at the yard sale, so keep those items for next year's fair, or contribute them to Ladders in Plymouth, Bristol Community Services, or the charity of your choice. Also, refer to the No-No's List on the fair website for items we cannot accept. Thank you!

For more information, visit hebronchurchfair.org.

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Review your IRA, 401(k) beneficiaries

If you've had an IRA and a 401(k) for many years, you may occasionally ask yourself some questions: "Am I contributing enough?" "Am I still funding these accounts with the right mix of investments for my goals and risk tolerance?" But here's one inquiry you might be overlooking: "Have I used the correct beneficiary designations?" And the answer you get is important. It wouldn't be surprising if you haven't thought much about the beneficiary designation – after all, it was just something you once signed, possibly a long time ago. Is it really that big a deal?

It could be. For one thing, what if your family circumstances have changed since you named a beneficiary? If you've remarried, you may not want your former spouse to receive your IRA and 401(k) assets or the proceeds of your life insurance policy, for which you also named a beneficiary. However, upon remarrying, many people do review their estate plans, including their wills, living trusts, durable powers of attorney and health care directives. If you've revised these documents, do you have to worry about the old beneficiary designations? You might be surprised to learn that these previous designations can supersede what's in your updated will and other documents. The end result could be an "accidental" inheritance in which your retirement accounts and insurance proceeds could end up going to someone who is no longer in your life.

Furthermore, your retirement plans and insurance policy may not just require a single beneficiary – you may also be asked to name a contingent beneficiary, to whom assets will pass if the primary beneficiary has already died. As you can imagine, the situation could become quite muddled if stepchildren are involved in a remarriage.

To avoid these potential problems, make sure to review the beneficiary

change-of-beneficiary form. And if you really want to be on the safe side, you may want to enlist a legal professional to help you with this review to make sure the beneficiary designations reflect your current family situation and are consistent with what's in your estate plans.

In fact, if you're already working with an experienced estate planning attorney - and you should - you might also pick up some other suggestions

for dealing with beneficiaries. Just to name one, it's generally not a good

idea to name minor children as beneficiaries. Because children can't control the assets until they become adults, a court would likely have to name a guardian - one that you might not have wanted. Instead, you could either name your own custodian to manage the assets designated to the minor or establish a trust for the benefit of the minor, which can distribute the money in several disbursements over a period of years - which is often a good move, since young adults aren't always the best at managing large lump sums.

If you're like many people, you have a strong desire to leave something behind. But you'll want to do it in the right way. So, pay close attention to your beneficiary designations – when you first create them and throughout your life.



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ALL WE KNOW IS LOCAL ~ SalmonPress.com

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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments

are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.













Gold medal Saturday for US hoop, water polo teams



THE US WOMEN'S water polo team celebrates its third consecutive Olympic gold medal.

BY JOSHUA SPAULDING Sports Editor

TOKYO, Japan — As the Olympics draw to a close, most of the contests that show up on the schedule are medal matches and Saturday, Aug. 7, saw a couple of gold medal games for the United States.

First up was the US men's basketball team, which took on France in the gold medal game at Saitama Super Arena. The US team was look-

ing to avenge a loss in the opening game of the Olympics, when France handed Team USA what would be its only loss of the tournament. Since that loss, the United States has managed to take care of business, beating Iran and the Czech Republic in pool play and going on to beat Spain in the quarterfinals and Australia in the semifinals to advance to the title game. France entered the title game undefeated. The US was looking to win its fourth straight gold medal, following Beijing, London and Rio De Janeiro.

The US team avenged its loss to France, though it wasn't easy. The USA built as much as a 14-point lead before France chipped away at the margin, drawing as close as three points when Nando de Colo made two free throws with 10 seconds remaining for an 85-82 score.

Two Kevin Durant free throws with eight seconds left sealed the win.

Durant led all scorers with 29 points. Celtic Jayson Tatum added 19 and led the team with seven rebounds. Jrue Holiday and Damian Lillard added 11 apiece. Former Celtic Evan Fournier had 16 points for France to lead a balanced offensive attack that saw four players reach double figures.

"It's a hell of a feeling. Slow start when we first got here, tough couple of games in Vegas, not being able to bring our families. Having three guys come late, we had to figure it out. But we figured it out," Tatum said after the win. "I can't wait (to get the gold medal around my neck). That's what we came here for. I'm grateful. I'm happy. A hell of a feeling. It's a great feeling."

The gold medal is the 19th won by Team USA in men's basketball: 16 gold, one silver (Munich 1972), and two bronze (Seoul 1988 and Athens 2004). They move their record in Olympic competition to 150-6, a .962 winning percentage.

Next up was the women's water polo gold medal game at Tatsumi Water Polo Centre and like in basketball, the US has dominated this sport at the Olympics, as Team USA was looking to become the first women's team to ever win three consecutive Olympic gold medals.

The US women didn't leave much anticipation, as they took charge at the start and never looked back, beating Spain 14-5.

The USA broke on top early, with Alys Williams scoring a mere 27 seconds into the match. Maggie Steffens added another goal with 3:36 left, then Spain found the goal on its sixth shot attempt when Roser Tarrago Aymerich tallied at the 2:15 mark. Maddie Musselman and Rachel Fattal each scored in the last minute to give the USA a 4-1 advantage after one quarter.

Musselman picked up a second goal and Makenzie Fischer and Kaleigh Gilchrist each scored in the second quarter, but Maica Garcia Godoy scored twice and Bea Ortiz got one goal to make the halftime score 7-4.

Five unanswered goals in the third quarter gave the USA an insurmountable margin.

Goalkeeper Ashleigh Johnson shut down the Spain offense with a series of stops in the second half. Elena Ruiz snuck a shot past substitute goalkeeper Amanda Longan with just over two minutes left in the game for Spain's lone goal of the second half.

Nine players scored for Team USA, led by Musselman's three goals. Williams, Gilchrist, and Aria Fischer each had a pair.

"They're unwavering in their approach. Obviously, when you've had success before it gives you some confidence going into a game like this," said US coach Adam Krikorian. "We've talked a lot about the fine line between confidence and complacency.

"But we've done a fantastic job of just staying focused through this process and it's amazing," he added.

"We're having fun out there and I think you could see that today," Musselman said. "Everyone brought their best when their best was needed and it showed in all four quarters."

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

A new Olympic sport, but nothing new to many



JOSHUA SPAULDING

THE SPORT CLIMBING wall at the Olympics included courses for (left to right) lead, bouldering and speed.

BY JOSHUA SPAULDING

Sports Editor TOKYO, Japan — I always tell people that my brother climbs mountains for a living. In a way, this is true, though I am well aware that his job entails much more than climbing moun-

He has worked as an instructor for National Outdoor Leadership School for many years now. He currently works out of the office in Lander, Wyo., and while he has more of an office job now, he still leads trips on the regular. In a sense, he gets paid to climb mountains.

But he also gets paid to teach, helping kids learn about the outdoors and skills that they might need. He teaches things like rock climbing, backpacking and ice climbing and even has some training with horses. For a person like him, who has been in to the outdoors for as long as I can remember, it really is the perfect job. He can spend a few weeks at a time living out of a tent in a mountain range in Wyoming or even in the mountains of New Zealand or India and it doesn't phase him.

Being old and out of shape, my idea of rock

climbing is squeezing between the boulders lining the parking lot by the Prospect Mountain High School track and softball field to get to a game faster. My idea of sleeping outside is catching a few winks in my car prior to an evening basketball game at one of the many local high schools.

But, I have seen many pictures of him climbing steep rock faces with friends, sleeping on narrow ledges and generally living a life that is much more dangerous, and much more adventurous, than my own.

Tuesday, Aug. 3, I ventured out to Aomi Urban Sports Park to have an up close look at some of the things that he does, just in a more controlled setting. Sport climbing was making its debut at the Olympics and I spent a few hours in the baking sun (and a few after the sun mercifully went behind a building) watching some elite athletes do some crazy things on a climbing wall.

I must say, it was a lot of fun to watch. The event of the evening was the men's combined qualifications, so I got to see a little of each event that makes up sport climbing. First up was

the speed event, where competitors went headto-head on a wall trying to register the fastest time up the wall. Each athlete got two runs (one on each side of the wall) and the fastest time counted as their score.

Next up was the bouldering event. In this one, there were four different "problems" that the athletes had to solve, one at a time. They got five minutes on each one, getting points if they were able to reach a certain zone on each course and more points if they reached the top and held on for a determined period of time.

The final event was the lead climbing, where athletes had six minutes to get as high as they could on a wall. It didn't matter which exact course they took, but the higher they got, the better they scored.

Colin Duffy of the United States put on an impressive performance, especially in lead, and qualified third overall, while Mikael Mawem of France was incredibly strong on the bouldering portion and was the top qualifier. Nathaniel Coleman of the United States also used a strong finish in lead to earn the final qualifying

Coleman went on to finish second overall in the finals, with Duffy finishing in seventh overall.

While I know that my brother spends most of his time on real rocks, not on the rock walls used in the Olympics, it was cool to see what he does for a living being featured in international

competition. I asked him if he had seen the competition and he noted he had seen some of it and pointed out that, obviously, what he does is definitely different. Climbing on real rocks as opposed to walls with plastic hand holds, is a different animal.

I was curious as to whether or not the guys in the Olympics could cut it in the world of real rock climbing and he said that there are definitely some crossovers. He pointed to Adam Ondra of the Czech Republic, who finished fifth overall in the qualifying and said he is, "arguably one of the strongest climbers out there."

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

Seidel wins bronze in just her third-ever marathon

SAPPORO, Japan — Molly Seidel of Cambridge, Mass. won a bronze medal Saturday in the women's marathon, which was held in Sapporo on the northern island of Hokkaido, because of the concern over the heat and humidity in Tokyo.

Seidel finished third in only her third race at the marathon distance, finishing in 2:27:46 and trailing two Kenyans, gold medal winner Peres Jepchirchir (2:27:20) and silver medalist Brigid Kosgei (2:27:36). Seidel was with the lead pack throughout the race but lost contact with Jepchirchir and Kosgei shortly before the 40km mark. She was more than one minute ahead of the fourth-place finisher, Ethiopia's Roza Dereie.

"We didn't go out super fast and I kept it very controlled at the beginning. After halfway, rather than follow, I wanted to make moves and be aggressive. These races are tactical, so I wanted to be a little bit of a bulldog and not let people walk all over me," Seidel said. "Truthfully, I wanted it as hard as possible. I wanted it hot and windy knowing a lot of these women run really fast in conditions that are very good. I think I thrive off a little bit of adversity. The course in Atlanta (at the US trials) was a tough, hilly course. When the going gets tough, that's my strong suit."

Seidel's medal was the third for Team USA women in the Olympic marathon, after Joan Benoit's gold medal in the inaugural Olympic women's marathon in 1984 and Deena Kastor's bronze medal at Athens in 2004. Seidel made her marathon début at the 2020 US Olympic Trials in February 2020, then finished sixth at the 2020 London Marathon in October. Sally Kipyego finished 17th today in the Olympic marathon, while Olympic Trials winner Aliphine Tuliamuk had to stop due to injury and did not finish.

"To get a medal for the US and to do it in the US uniform is huge. I've seen other US athletes do such incredible things these Games. Seeing my friend Courtney Frerichs win silver (in the women's 3,000m steeplechase) the other day was my inspiration. Seeing her do that and race aggressively was truthfully what gave me the strength to not be afraid to stick my nose in it."



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From extreme to intense

BY JOSHUA SPAULDING

Sports Editor TOKYO, Japan — After spending Sunday morning at BMX freestyle, I changed things up and went to the Tokyo Metropolitan Gymnasium, where the table tennis competition was

taking place. Entering the arena, there were four tables set up on the floor of an arena that was comparable to the former Verizon Wireless Arena in Manchester, maybe a tad bit bigger. I had to register at the venue media center for a seat in the press tribune and since the US was playing on table three, I asked for a seat in front of that table. Tables three and four were on opposite ends of the arena, with tables one and two in the middle.

The United States was playing in the women's team competition. Team matches consist of four singles matches and one doubles match, each played over the best of five games. Each team consists of three players

and matches end when a team has won three individual games.

While table tennis and BMX freestyle likely don't get compared too often, there was a level of intensity in each of the sports that was comparable. The BMX riders, while certainly focused on what they were doing, also seemed to be pretty laid back, while the table tennis players seemed hyper-focused and incredibly intense.

The US team of Juan Liu and Lily Zhang got off to a tough start, falling to Chinese Taipei in the first game by an 11-6 score. They took an early lead in the second game, only to see their opponents come charging back to cut the lead to three, however, they scored an 11-6 win to even things up.

The third game saw the two teams go back and forth, but the US duo finished strong, pulling away for another 11-6 win for the 2-1 lead. After the US got out to an early lead in the fourth game,



JOSHUA SPAULDING

TOKYO METROPOLITAN GYMNASIUM played host to the table tennis tournament.

Chinese Taipei rallied for a 12-10 win, forcing a fifth and deciding doubles game. The US fell 11-8 in that game to go down 1-0 heading to sin-

US started in singles play and fell 11-5 in the opening game, 11-1 in the second game and 11-4 in the third game, giving Chinese Taipei the 2-0 lead.

Liu took the table next Huijing Wang got the for her singles match, with the US needing a win to stay alive and she got a 13-11 win in the opening game. Chinese Taipei took the 11-4 win in the second game to even things up while the third game was a mara-

thon, with Liu falling 16-14. Chinese Taipei won 11-4 in the fourth game to take the overall 3-0 win.

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

New faces of beach volleyball keep US dominance alive



JOSHUA SPAULDING

APRIL ROSS and Alix Klineman stand on the podium after winning the beach volleyball gold medal last Friday.

BY JOSHUA SPAULDING Sports Editor

TOKYO, Japan For years, Misty May-Treanor and Kerri Walsh-Jennings the face of beach volleyball in the United States.

May-Treanor With retired and Walsh-Jennings coming up short in her bid to make another Olympics, the torch was passed in Tokyo and it was picked up nicely by the duo of Alix Klineman and April Ross,

who dominated the Australian pair of Mariafe Artacho Del Solar and Taliqua Clancy 21-15, 21-16 to take the gold medal at a blazing hot Shiokaze Park on Friday, Aug. 6.

It was a dominating Olympics for the US duo, dubbed the "A Team" and informally adopted by the ubiquitous Mr. T, as they rolled through the competition on their way to the Olympic gold. Klineman and Ross started with a 2-0 win over China on July 25, rolled to a 2-0 win over Spain on July 27, defeated the Netherlands on July 30, beat Cuba in the round of 16 by a 2-0 score on Aug. 2, got a 2-0 win over Germany in the quarterfinals on Aug. 3 and beat Switzerland in the semifinals on Aug. 5 by a 2-0 score.

"I'm still trying to process it but I'm so in the present moment here with this team and this medal," said Ross, who in her third Olympics picked up her third medal and her first gold medal. "I'm so proud of my other ones but just how this worked out, and the risks that Alix took to come out onto the beach and all her hard work ... it doesn't happen without that.

"I can't fathom that it worked out the way it did. It's kind of a fairytale story like, 'oh, I'm going at 39 to try and get my gold medal', and the and surreal. I'm just so proud of our team and so grateful for everyone who helps us get here," she added. "It didn't feel dominant, we have to work

fact that it actually hap-

pened feels so special

so hard to win points against the Australian team and I'm just so proud that we've believed that we could do it," Klineman said. "That team has given us a lot of trouble in the past and we went out there, we just put it all out there and we trusted our abilities."

Ross took her responsibilities as the new "face of beach volleyball" with a grain of salt, but at the same time, very seriously.

""I am fine with it if that's the case, but it's not something I seek out. There's a lot of responsibility in that. I think there will probably be more after this," she said. "I said part of this journey, I really wanted to start giving back to the girls coming up. We had some training sessions with those coming up and they were our toughest competition. You don't see that too often, having training sessions with your toughest competition. But I just want to see beach volleyball grow.

"I don't know what the cards hold for me personally after this. I just want to keep US beach volleyball growing," she added.

Klineman expressed her gratitude to her partner for everything she put into their partnership.

"People should realize what a risk April took, taking me on as a partner. When we got together, I had less than a year of experience on the beach. And I was not playing at a high level, she just took my indoor experience into account, and my goals and motivations and felt how badly I wanted this," Klineman said. "She saw something in me that no one else did. I am so grateful she was looking at my potential and took that bet on me.

"We wanted this so bad, we dreamed of this, we worked so hard for this, it was an amazing moment," she added.

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

US women win seventh consecutive hoop gold

TOKYO, Japan — Team USA continued its dominance in women's basketball, claiming its seventh consecutive Olympic gold medal by defeating Japan 90-75 Sunday at Tokyo's Saitama Super Arena.

The win extends the USA undefeated streak in Olympic play to 55 games and gives them gold medals in nine of the last 10 Olympic Games.

Veteran guard Sue Bird scored six of the USA's first 10 points to run out to a 10-2 lead that would not be relinquished. The USA led 23-14 at the end of the first quarter and 50-39 at the half. Brittney Griner hit 14 of her 18 field goal attempts and led all scorers with 30 points, while A'ja Wilson

added 19. Breanna Stewart scored 14 and grabbed a game-high 14 rebounds. "Seven in a row, I mean that's just amazing. That just goes to show everything USA basketball's about,"

Griner said. "Japan's hard to guard. They can shoot it anywhere on the court. They're a tough guard, they're a really good team. I'm just glad we've got this gold."

Bird and Diana Taurasi each won their fifth Olympic gold medal, which is the most by any basketball player. It also ties them for third place for most Olympic Games earning a gold medal. Two athletes have won gold at six Olympic Games: sprint kayaker Birgit Fisher-Schmidt of East Germany and fencer Aladar

"What can you say? It's 20 years of sacrifice, of putting everything aside and just wanting to win. It's never easy playing on this team (with) the pressure, but this group found a way to win and I'm just happy this group got to enjoy it," Taurasi said.

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 two years. 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, August 6,

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.

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A8 NEWFOUND LANDING, THURSDAY, AUGUST 12, 2021



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Old Cross Road	N/A	\$55,000	Randy L. Connell	Thomas and Kristi Clark
Ashland	20 Glove St.	Single-Family Residence	\$200,000	Tesla Properties LLC	Scott M. Santos
Ashland	56 Winter St.	Single-Family Residence	\$117,500	Nationstar Mortgage LLC	Mason Rd. LLC
Bristol	130 Jenness Hill Rd.	Single-Family Residence	\$400,000	Michael and Sheila Macklin	Nicole M. and Adam M. Swain
Bristol	Pine Grove Condo Unit 9	9Condominium	\$224,933	Patricia Bryant	Stephen J. and Michelle W. Callan
Bristol	271 Summer St.	Single-Family Residence	\$265,000	John W. and Nancy G. Sawyer	Anthony J. McMahon
Bristol	W. Shore Road (Lot 16)	N/A	\$245,000	Ray & Judy Chesley Fiscal Trust	Todd E. and Jennifer L. Taylor
Campton	Red Sleigh Condo Unit 4	Condominium	\$114,800	RS 43 RT and Normand Herbert	James You and Patricia A. Wong
Dorchester	Jackson Drive	Residential Open Land	\$75,000	Michael K. and Ronald F. Pasic	Brian Litchfield
Dorchester	N. Dorchester Road	N/A	\$85,000	Sandra K. Green 2015 RET	Kristina Moses and Dana Ward
Groton	Old Rumney Road	N/A	\$115,000	Mark E. Kahler	Timothy and Monica M. Foy
Groton	176 River Rd.	Single-Family Residence	\$295,000	Patricia D. Bailey-Harris	James Mahoney
Hebron	39 Ledgewood Circle	Single-Family Residence	\$629,000	James W. and Dawn L. Marshall	Amy L. Dines
New Hampto	n 16 Clement Rd.	Single-Family Residence	\$436,666	Christine and Todd Pica	Jason Lievens
New Hampto	n Oxbow Road	N/A	\$455,000	Michael P. and Leslie M. Zimmer	Gordon S. Loud
New Hampto	n 26 Pemi Shores Condo l	Rd., Unit 26 Condominium	ı \$285,000		e Armstrong-Whitney and Paige A. Whitney
New Hampto	n 1410 Winona Rd.	Single-Family Residence	\$260,000	Adam and Nicole Swain	Tessa Bartlett and Timothy J. McLaren
Plymouth	14 Foster St.	Single-Family Residence	\$200,000	Francis and Laurie Reed	Trevor Wassel
Plymouth	Oak Ridge Road	N/A	\$77,133	Bonnie Sears and Terry Smith	Jeffrey S. Downing Trust
Plymouth	280 Old Hebron Rd.	Mixed Use (Residential/F	Forestry) \$564,00	0 Pamela A. Martin Trust	Barbara D. Lopez-Mayhew
Plymouth	32 Plaza Village Rd., Uni	t D Condominium	\$80,000	Weene Realty LLC	CBB RE Holdings LLC
Plymouth	Texas Hill Road	N/A	\$102,533	Nancy Haynes	Ashley and Brian Francis
Plymouth	Wentworth Street	N/A	\$166,466	Virginia V. Dunn Estate and Barbara	a D. Dutile David and Erin James
Thornton	Amory Leland Road	Residential Open Land	\$47,000	Stephen P. and Deborah M. Crook	David A. Waterbury

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

FROM PAGE A1

Miller, with more contemporary tunes specially arranged for Big Band performances.

The Bristol Community Events Committee would like to thank the following local businesses who are helping to sponsor the 2021 Concert Series: Franklin Savings Bank, Granite Group Realty, TD Bank and West Shore Marine.

These free Summer Concerts bring people of all ages together on Thursday nights in July and August to enjoy and celebrate some great local music. Held in Kelley Park, the concerts are bring your own chair, and may be cancelled for inclement weather.

For information on

concerts, Old Home Day and more you can contact the Tapply Thompson Community Center at 744-2713, or the Town of Bristol at 744-3354, ext. 136. Up to date concert and event info is posted on the Town of Bristol web site at www.townofbristolnh.org, on local Bristol TV and on the TTCC Web site at www. ttccrec.org. You can also follow the Committee on Facebook.com/Bristol Community Events.

FROM PAGE A1

is interested in learning more about butterflies or is simply looking to pick up a new, creative hobby is welcome to join! No prior experience to painting or butterfly knowledge is required. Watercolor paints, paper, and brushes will be provided as well. Please be sure to bring plenty of water and sunscreen as we will be out in the picnic area and under the sun for the majority of the painting session. Register and learn more at: NewfoundLake.org/ events.

The Watershed Stewards are part of a regional AmeriCorps service program that increases NL-RA's capacity to conserve and protect the Newfound watershed. Along ards, please visit NewfoundLake.org.

with leading guided watershed exploration twice a month throughout the summer, they spend their service term maintaining conservation areas, connecting with the community, and collaborating with other local organizations. The Newfound Lake Region Association's mission is to protect Newfound Lake and its watershed. The Association - through education, programs and collaboration - promotes conservation and preservation of the region's natural, social, and economic resources. For more information about the NLRA, upcoming events, and this year's Watershed Stew-

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Notebook FROM PAGE A4

bones of a woolly mammoth. The find was the first of its kind, at least the first to make the press. It caused a sensation.

But the nation was expanding quickly, and mammoth and mastodon bones and fossils began turning up all across the continent, and the stories wore off. Today, similar place-name stories ("pigeon roost," "salmon run," "buffalo jump," and so on) are buried on Page 17 or the like and barely generate a yawn.

European newcomers dickering for other people's land (the Penacooks, the Ameriscoggins, the Coashaukees) preferred to think they were dealing with "sachems," or "sagamores," to wit, persons of high stature. Sometimes this was true, many times not so very much so.

All too often, land speculators went looking for any Indian of apparent high station, which could be any Indian with the most European trade-goods. Often, this person had no authority to deed land. Private ownership of common land was incomprehensible to Native Americans anyway.

+++++

In all my life, I've nev-

er been out of sight or sound of Indian placenames. In a region of harsh climate and acidic soils, it is the most enduring legacy we have.

In Nashua, where I landed my first newspaper job, I had the city's place-name itself as a steady reminder. "Nashaway" is the old phonetic spelling for the people who originally lived there. The river had several rapids and small falls along that stretch, and was augmented by aquifers welling up from adjacent hills.

European settlements tended to move on up the river on a generational basis, with another leap up the river, like migrating salmon, every ten year or so. Every falls in the river seemed to be up for grabs, a mind-boggling opportunity for settlers. Water-rights in Europe had been bought up centuries before, and kept in the family.

Early accounts in Nashua refer to what stood as a local landmark for many years---an Indian-head carved into the trunk of a giant pine tree where the Nashua River flows into the Merrimack. Supposedly, it was left by Indians angry after a one-sided trading session. Why angry Indians would take the time to carve such a thing has always escaped me.

+++++

Somehow, this story

reminded me of Frank Parker, the veteran outdoor writer who preceded me at the New Hampshire Sunday News. We didn't get along so well at first, mainly because of some ignorant stuff I'd written about the pheasant program, but once we'd shot a few games of pool on his basement table we got along just fine.

Frank and I wound up hunting together, and one day we went to one of his favorite places west of Merrimack, in territory I'd come to know well.

Sure enough, flushed a bird right away, and Frank dropped it with a clean shot.

"That gun shoots nice," I said, by way of an off-handed compliment.

"I've got another one even better," Frank said.

A couple of months later, he reached up during a game of pool and handed me the gun, a twenty-gauge ca.-1920s French double. yours for a C-note," he said, and I hunt with it today.

+++++

In those days, Route 101-A from Milford to Nashua was open farm country, with one gas station and adjacent restaurant ("Eat Here and Get Gas") where the road to Merrimack took off. Now, all nine miles are the epitome of a strip-mall.

About where the Coca-Cola bottling plant is (or maybe was), I pulled over one day to take a photograph of the huge and fast-flowing outflow from the high country of Hollis and other towns all around the horizon, from the aquifer that later became the fabled Pennichuck Water Works.

Someone was living along the northeastern bank in a sort of shack, and one of the inhabitants, more or less tending a fishing pole from the comfort of a lawnchair, waved me over and immediately offered me a beer. Sorry, couldn't stop long, and all that (damned job).

We talked a bit about the behavior of aquifers, and previous inhabitants, and bottling plants, and he said, "Hold on a minute, let me show you something."

fetched He round-pointed shovel, and in a spot where I'd just walked drove it in to form a small square, and lifted the sod out, and deep, dark water gurgled below.

"Here, fish here," he said, offering me a chair.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@ gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Kun FROM PAGE A1

forward to hosting our 2nd mobile food pantry next February with this year's race proceeds," says Garlyn Manganiello, NACF Vice-President and co-founder of the

"The NACF Board was established for the purpose of assisting local charitable groups and causes that promote wellness, fitness, health education, and activities in the Newfound region," says Audrey Goudie, NACF President and co-founder of the race.

In year's past, the

Board has solicited applications from non-profits to be the race's beneficiary. This year, due to short timing and the ongoing food insecurity issues our neighbors are faced with, the Board chose to host a mobile food pantry for the second year in a row.

"Since the first Run Your Buns Off road race held in 2009, we have given back over \$90,000 to worthy causes and programs in our community and that continues to make us very proud. It's incredible to realize we've been doing this for twelve years now!" Goudie said.

Individual runners, walkers and teams of

all ages are encouraged to participate! The top three male and female runners, as well as the fastest team will be awarded prizes. We will host our large prize raffle with prizes including a Sonos Sound Bar, 100 gallons of heating fuel from Rymes Propane & Oil, and a Blue Sky Fire Pit with cover. The one accommodation being implemented to reduce the large crowds is we are requesting that all participants pre-register this year to avoid long lines and crowding the morning of the event. All participants will receive 2021 race swag upon completion of the event and it will be a tremendous Labor

Day weekend communi-

ty event that was sorely missed last year.

So, why not do your part to help support the NH Food Bank and our friends and neighbors in need while indulging in a delicious sticky bun, having fun with family and friends and getting yourself some exercise on Labor Day weekend? You can register for the Run Your Buns Off 4.2 Miler online at https://raceroster.com/ events/2021/49667/runyour-buns-off-42-miler. For businesses interested in becoming a sponsor of the event, please email runyourbunsoff@ gmail.com or contact Garlyn Manganiello at 744-6035.

A10 NEWFOUND LANDING, THURSDAY, AUGUST 12, 2021

Panther women's soccer team earns USC Team Ethics Award

PLYMOUTH — For a fourth straight season the Plymouth State University women's soccer team was recognized by United Soccer Coaches as the group revealed its annual Team Ethics and Sportsmanship Award winners on Monday afternoon.

The Team Ethics and Sportsmanship Award recognizes teams that exhibit fair play, sporting behavior and adherence to the laws of the game, as reflected by the number of yellow caution cards or red ejection cards shown by referees throughout the season based on the number of cards accumulated divided by the number of games played.

In all, 34 men's and women's teams received one of four versions of the award. Platinum winners accumulated no cards during the season, while Gold (1-10 percent), Silver (11-30 percent) and Bronze (31-50 percent) winners were also recognized.

Plymouth State was honored at the Bronze level after the completion of its four-game schedule this spring. The Panthers also earned Bronze recognition in the fall of 2017, followed by back-to-back Silver awards in 2018 and 2019. PSU and Castleton University were the only two Little East Conference (LEC) schools honored.

Under the guidance of seventh-year head coach Ryan Joy, the PSU split its four games during the spring semester. The Panthers expect to play a full 16-game schedule this fall.

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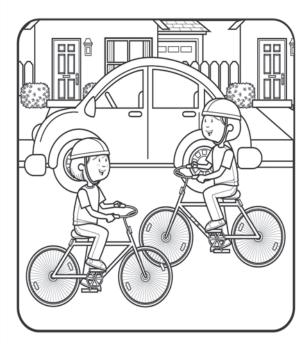


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1821: MISSOURI BECOMES THE 24TH STATE.

1846: THE SMITHSO-CHARTERED BY THE U.S. CONGRESS AFTER A POSTHUMOUS DONATION FROM JAMES SMITHSON.

1993: RUTH BADER GINSBURG IS SWORN IN AS THE SECOND FEMALE IS SUPREME COURT



give way to another

ENGLISH: Traffic

SPANISH: Tráfico ITALIAN: Traffico

FRENCH: Trafic

GERMAN: Verkehr





the bigger picture is? ANSWER: TRAFFIC SIGNAL

⊙‡ ☆®❖~◐吲⋄★☆×☆+☆☆▲@★♂★ × 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

Ω * 8 *** Determine the code to reveal the answer!

Solve the code to discover words related to learning. Each number corresponds to a letter. (Hint: 1 = E)

1 6 17 23 19 25 1

Clue: Provide instruction

21 1 13 13 15 11

Clue: Period of learning

6 1 5 3 1 1

Clue: Academic rank

25 1 19 23 2 1 3

Clue: One who instructs

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6 6 9 8 1 3 3 6 2 6 5 5 2 3 9 5

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appear by using the numeric clues already provided in the boxes. The
more numbers you name, the easier it gets to solve the puzzle!

_	-		~	-		-			
9	В	2	9	6	V	ε	۷.	ŀ	
Þ	G	1	ε	7	8	9	2	6	
ω	L	6	ш.	П	9	Þ	(J)	8	
6	Þ	۷	8	G	ε	L	9	S	
and	S	g	6	9	Z	8	ε	Þ	
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7	L	Þ	S	ε	9	6	8	9	
9	9	8	L	Þ	6	2	and.	ε	
S	6	ε	9	8	1	7	Þ	G	
HZMEH:									

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FROM PAGE A3

Her winning medals in five Olympics surpassed among USA Olympians only by shooter Kim Rhode (with six) and equals Torres, hoopster Teresa Edwards and rider J. Michael Plumb, all with

Felix then added another medal as part of the 4X400-meter relay the next night.

The foursome of Sydney McLaughlin, Felix, Dalilah Muhammad, and Athing Mu posted a time of 3:16.85, 3.68 seconds ahead of Poland, who took the silver medal in 3:20.53. Jamaica won the bronze medal in

With her 11th career Olympic medal, Felix takes second place behind Nurmi for all-time Olympic track and field medals in a career. She also adds to her record among USA track and field women and is seventh all-time among all women at the Olympic Games.

The gold is the seventh of that hue won by Felix, which is second among all USA women at the Olympic Games. With gold medals won at four different Olympic Games, she is first among all USA athletes and ties for fourth among female summer Olympians regardless of nation.

At 35 years and 263 days, Felix also becomes the oldest USA female gold medalist in track and field, the oldest USA gold medalist (male or female) in a track event, and the second-oldest female gold medalist in a track event regardless of nation, trailing only Constantina Diţă-Tomescu of Romania, who was 38 years and 206 days when she won the marathon at the Olympic Games Beijing 2008.

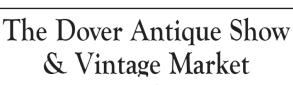
Seeing legends is always a treat and was a great part of my trip to Tokyo.

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





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NEWFOUND LANDING, THURSDAY, AUGUST 12, 2021

Cascade

FROM PAGE A1

Heidi wants to see her after five years of participation.

DockDogs is a worldwide organization with competitions in not only

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the United States, where it is hugely popular, but also in Canada, Great Britain and Australia. Heidi said she joined a U.S. club and has been to several events along the eastern seaboard and in the Midwest. Each

Vhere Friends & Family Meet

LONE STAR,

DERBY, 4X4 PULL, BIG RIG TRUCK PULL

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jump Cascade takes allows her the chance to up her ranking and the young lab did so well in 2019 that she was invited to participate in the World Competition held in Dubuque, Iowa that year. Heidi said she first

ran her dog through two qualifying rounds to see if she would make the Top 5 but there was nothing to worry about. Cascade did her typical leap and showed she was worthy of her role in the World Competition.

Last year, the pandemic limited their travel, allowing them to only attend two meets, but this year they have already competed in Maryland, Vermont and New York where Cascade has kept the awards piling up. In New York alone she brought home eight medals and made it into the finals. Overall, Heidi said she's lost count of

all the medals Cascade has brought home but believes it to be more than 30 now in her fifth year of competing.

"I just want her to jump and have fun though. She loves doing it and we have a blast at the competitions," said Heidi.

In the Big Air category, senior level, Cascade is currently ranked 77th in her club and 218th out of 1,000 like-competitors in the world. Next up the diving duo will be on the road again in Sept., traveling to Hebron, Conn., then Bennington, Vt. as they hope to keep rais-

shot at a World Championship invitational.

DockDogs began in 2000 "to create a nationally recognized competitive sport based on rules and precedents in Track and Field competitions." Their slogan is "Farther, Faster, Higher" and the organization offers categories for owners of dogs of any size and breed that would like to participate. Those interested in signing their four-legged friend up for the fun can visit www. dockdogs.com for details and sign-up information as well as videos of events on their Dock-Dogs TV link.



Courtesy

Cascade, a six-year-old black lab from Bristol, is shown here in action as she leapt for the toy her owner Heidi Milbrand tossed out over a pool for her at a DockDog diving competition this

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Quincy Bog Natural Area hosts photography walk

RUMNEY – Join photographer Bob Fleck as he shares his expertise and experience portraying Quincy Bog by means of the camera lens on **Saturday, Aug. 14 from 7:15 to 9:30 a.m**.

Participants should meet at the Nature Center at 7:15 p.m.; the walk will leave there at 7:30 p.m. for two hours of photographing the wonders found at the bog. In the case of inclement weather, this program will be held at the same time on Sunday, Aug. 15.

Walks and workshops at Quincy Bog are free and open to the public. Cancellations will be posted on the kiosks at the Bog and on the Quincy Bog Facebook page. All walks leave from the Nature Center, 131 Quincy Bog Rd., Rumney. For more information or to check for cancellation, contact Betty Jo Taffe, bjtaffe@gmail.com.

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