

# Newfound Landing

## PAREI hosts relocation celebration Nov. 18

PLYMOUTH — The Plymouth Area Renewable Energy Initiative (PAREI) has completed the interior renovation of the west end of the former Brimstone Building and they invite you to join in their celebration of their new office location!

On Saturday, Nov. 18 from 2 – 4:30 p.m., there will be a ribbon cutting (2:30 p.m.), free cider and popcorn, tours of the office and farmers market pavilion, gifts for new and renewing members, solar lantern raffle, music by Kingfisher (3pm on) and food by the Full Circle Food Truck. Have a musical talent you'd like to share? Open Mic will begin at 3:45pm. Bring a lawn chair and hang out by the warm fire as we savor the success of a year-long project to create a new community resource in North Plymouth.

SEE PAREI PAGE A17



JOSHUA SPAULDING  
Elli Englund runs for Plymouth at the Division II State Meet on Saturday afternoon.



JOSHUA SPAULDING  
Leo Ebner rounds the final corner of the Division II State Meet at Derryfield Park in Manchester.



JOSHUA SPAULDING  
Addison Englund returned to action for the end of her senior year and finished second among Bobcat girls on Saturday in Manchester.



JOSHUA SPAULDING  
Tate Hayman led the way for the Plymouth cross country boys at the Division II State Meet.

## Elli Englund leads Plymouth girls to third at Division II State Meet

BY JOSHUA SPAULDING

Sports Editor

MANCHESTER — The top two teams in the Division II girls' cross country championships were pretty obvious early on.

But the battle for third proved to be a good one and proved to be one that the Plymouth Bobcats were up for.

Oyster River and Hanover had the first seven runners across the finish

line to easily outdistance the rest of the field for first and second, respectively, but the Bobcats edged out Souhegan by just one point to finish in third overall at Manchester's Derryfield Park on

Saturday afternoon.

Elli Englund led the way for the Bobcats with a ninth place finish overall in a time of 20:31.

SEE XC PAGE A17

## Hill students celebrate launch of new children's book

HILL — A publishing launch celebration for "Jennie's Story," a children's book written and illustrated by students at the Jennie D. Blake School, will be held Wednesday, Nov. 8 from 6:30-7:30 p.m. in Amsden Auditorium

This historical fiction story was researched, written and illustrated by the students of the Jennie D. Blake Elementary School, with the support of their teachers and the Hill Historical Society. The Hill Historical Society has committed to partnering with the school to ensure that every child of Hill has an appreciation and understanding of the town's unique history, including the life of Jennie D. Blake, an influential woman who dedicated her life to teaching the children of Hill.

Inside this book, you will find an account of Jennie's life and how the elementary school came to be named after her. Also included in the story is information about how and why the town of Hill was moved from its original location, other historical facts about life in Hill during the 1900s, and of course, some imagination to bring Jennie's story to life as a way to help children learn about the history of their town.

Proceeds from this book will be shared between the Hill Historical Society and the Jennie D. Blake student activity fund. A special thank you to the students who worked on creating this book and the community of educators who made it possible. Books will be on sale for \$15.00.

SEE JENNIE'S STORY PAGE A17



DONNA RHODES  
Sporting a sticker on his forehead, five-year-old Xavier and his sister Brailyn, age six, were excited to meet up with NRHS students Nick Gilbert and Nick Mazur to see how their award winning robot worked during the National Lights on Afterschool celebration last week.

## National Lights On event spotlights afterschool programming

BY DONNA RHODES  
Contributing Writer

BRISTOL — For the first time since 2018, the Project Promise program of the Newfound Regional School District and Tappay-Thompson Community Center's After School program teamed up once more for the National Lights On Afterschool celebration last Thursday.

National Lights On Afterschool began in 2000 to draw attention to the importance of afterschool

programs that benefit youth of all ages across the United States. These programs support not only children but their families and communities as well by providing activities that lead youth along a positive track in life, such as through the arts, STEM activities, social skills and more.

Gina Richford, Program Supervisor and overseer of the afterschool programming at TTCC, joined with Project Promise afterschool director Alisha

SEE LIGHTS PAGE A20



# Got Lunch! Plymouth chosen again for Hannaford Bag Program

PLYMOUTH — Got Lunch! Plymouth, a nonprofit committed to providing nutritious food for children during the summer months, has been selected again as a beneficiary of the Hannaford Helps Reusable Bag Program for the month of November. This is a very exciting development for the organization as we begin to prepare for next summer's program.

Launched in April 2014, the Hannaford Helps Reusable Bag Program is designed to support local hunger relief organizations through the sale of the \$2.50 reusable Fight Hunger bag. This program's goal is to make a difference in the communities where shoppers live and work. For every \$2.50 reusable Fight Hunger Bag purchased at the Plymouth Hannaford during November, Got Lunch! Plymouth will receive a \$1 donation.

Plus, in addition, Got Lunch! Plymouth will receive 25 CENTS from every Hannaford Snack Pals Plate sold at the same location during November. You will find these 2/\$5 plates in special displays at the store.

"We are so pleased to be chosen again for this program which gives community members another way to share with our children," said Got Lunch! Plymouth Coordinator, Margaret Salt. "We know that



**The Got Lunch Steering Committee: Front row, Mary Kietzman, Louise Randall; middle row, Margaret Salt, Carole Perkins; back row, Joe Kietzman, Kevin Ciechon; behind the camera, Anne Hunnewell.**

well fed children learn better. Our program meets these needs and

helps children be ready to learn as they begin their new school year!"

Got Lunch! Plymouth also wants to thank Longview Farm

Stand for helping us provide healthy vegetables and fruits. Their support as well as Hannaford's enabled our volunteers to deliver nutritious food bags to 82 students and 40 families this year.

Finally, we send a big thank you to all the volunteers who helped pack the food and deliver it to our families.

We also want to thank the Young Ladies Library Association for supporting book vouchers that can be redeemed at Step Ladders. Such a wonderful way for children to have a book of their own.

Many thanks to the UNH Extension Nutrition Connection which provides us with recipes and other suggestions for cooking that are distributed to the families every week.

Got Lunch! Plymouth is a nonprofit based in Plymouth, and was founded in 2013. Our local schools provide free and reduced lunch to about 43 percent of the students enrolled in our schools. Their need continues through the summer months. We provide lunch and additional pantry supplies as well as coupons for fresh vegetables from the Longview Farm stand. Learn more about Got Lunch! Plymouth by visiting [gotlunch-plymouth.org](http://gotlunch-plymouth.org).



DONNA RHODES

## The Witches are back

A huge crowd was on hand Halloween night to welcome the Witches of Bristol back to town again this year. After a few cackles and dances to songs like "The Witches Are Back," people from the crowd were invited to join them around their boiling kettle. Together they all danced the "Cha Cha Slide" before the coven flew off into the night and families set out for more Trick or Treat fun around town.

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# Tapply-Thompson Community Center looks ahead to Turkey Trot, One-Stop Shop and Holiday Pop

BRISTOL — We are celebrating this Festive Season with a Dr. Seuss style zest and spark, where a Turkey Trot, and a One-Stop Shop combine for a Holiday Pop that will knock your socks right down the block. First things first, tomorrow night, Nov. 3, from 6:30 to 8:30 p.m., we will be holding our Fourth and Fifth Grade Bash and Halloween Dance Party. For just \$5 at the door, you can bring your scariest costumes to the TTCC, where you could win prizes while having a super-sized good time.

On Sunday, Nov. 12, from 9:30 a.m. to 3 p.m., we will be hosting a New Babysitting Course for ages 12 and up at the TTCC. The cost for the program is \$110, as participants are asked to bring a lunch, water bottle and snacks. All participants will learn the basics of babysitting and get certified in both CPR & First Aid! Designed primarily for youth ages 12 and older, this course will prepare



students to be better babysitters. Participants will gain the knowledge, skills & confidence needed to babysit children of all ages. Please pre-register.

On Tuesday, Nov. 21 from 4 to 7 p.m. and on Friday, Nov. 24 from 2 to

5 p.m., we will be holding our 2023 One-Stop Christmas Shop for students in Kindergarten through Eighth Grade. This event is being held in the lower level of the TTCC and is an opportunity for children to do their Christmas shopping for family and

friends all in one place, where items range from 25 cents to \$6. There will be many different gift ideas to choose from for parents, siblings, grandparents, teacher's and more, as we hope you find that special something for everyone on your list.

Sandwiched between the two-days of our One-Stop Shop is our Annual Turkey Trot, happening on Nov. 23 at 9 a.m. Push aside the impulse to sleep, and strap shoes on your feet for this Thanksgiving Morning jaunt, where proceeds will be used to help Newfound Children & Families in Need by providing gift cards for gas, groceries & other essentials.

The 3.5-mile Trot begins at 9am at Newfound Country Store, 408 Mayhew Turnpike, Bridgewater, and heads north on 3A. Take a left on Whittemore Point Road and do the full Whittemore Point Loop finishing back at the store! Be sure to stay after the trot for your chance to win some of the amazing prizes we have collected! Pre-Register online or in person at Newfound Country Store the morning of the Trot beginning at 8 a.m. New this year will be a Costume Contest, where individuals and groups will be awarded prizes for "Best

Thanksgiving Day Costume' and 'Most Unique Costume.'

To wrap up our Trot and Shop Spot, we wanted to share a quick recap of our 2023-2024 After-School Program. We are off to a great start, averaging about 70 kids per day from 6 different schools. We offer homework time, quiet time, and a variety of gym games every day. This year we have had the pleasure of having Mirka from Newfound Lakes Region Association to come on half days and do some cool projects with the kids. One of the days they did a soil painting with different types of soil and the other half day they got to go bird watching! Thank you to all our friends and families for supporting our programs & special events and hope to see you soon!

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ERIN PLUMMER

They new Market Basket in North Conway is now open. Store manager Andy Heggerty (right) stands in front of the new store with Assistant Managers Jared Archambault and Adam Bonovich (left and middle) the day before the grand opening.



ERIN PLUMMER

Associates at the new North Conway Market Basket put the finishing touches in Market's Kitchen.



ERIN PLUMMER

Shelves in the produce department were being stocked to have fresh fruits and vegetables ready for the store's opening.



ERIN PLUMMER

The North Conway store has a Butcher Block section with several cuts of meat.

# New Market Basket opens its doors in North Conway

BY ERIN PLUMMER  
mnews@salmonpress.news

**NORTH CONWAY** — Whether looking for everyday groceries, something to fill the cupboards or the cooler at camp, or making that last minute stop for snacks before hiking or leaf peeping, the doors and shelves of the new Market Basket at Settler's Green are now open and stocked with a variety of groceries for so many different people.

The new North Conway Market Basket location at 80 Barnes Rd. officially opened on Friday, Oct. 27, with customers going through the doors right at 7 a.m. The day

before, Store Manager Andy Heggerty and all the associates were busy stocking shelves and getting the last details together before the grand opening.

The North Conway store has 21 aisles with a wide variety of grocery staples. The store has a Butcher Block with several different cuts of meat and a Market's Café with coffee and snacks.

Like some other newly opened stores, North Conway also has wide picture windows letting in a lot of natural light. Shoppers can also see local artwork at the front of the store.

Heggerty said the grocery aisles have

been stocked up over the past few weeks and were filled up in time for the opening and they were getting some more items the day before including fresh produce and bread.

Heggerty said seeing the store open was "very exciting."

"We're hoping to welcome in the community; we're very excited," Heggerty said.

Assistant Managers Jared Archambault and Adam Bonovich echoed the sentiment.

"It's like a kid waking up on Christmas morning, the excitement," Archambault said. "It's been a long time coming."

Bonovich said since

the beginning the anticipation has been building leading up to this point.

Heggerty said Market Basket's three major principles are service, customers, and value. He said the company already has great customers and wants to provide great service, which all ties into the motto, "More for your Dollar." This service is now available in the North Conway area.

Heggerty said a lot of people in the area have been excited about the new store's opening, including residents and visitors coming from North Conway and surrounding communities. There has been a lot of excitement from prospective customers and people looking for job opportunities at the store.

"I also feel this community is ready for a Market Basket in North Conway," Heggerty said. "They've been very welcoming for us and hopefully we can return the favor."

He said they hope to get a wide variety of customers including area residents, visitors experiencing Market Basket for the first time, and others.

"I believe the people in this area have been waiting for this for a long time," Heggerty said.

Work on the store began earlier this year. Heggerty said construction on the new store began in March. Archambault said he saw the store being built and its rapid progress.

"It happened in the blink of an eye; it just

came so quickly," Archambault said.

Heggerty said all the staff have been coming together as a team. Staff from other Market Basket stores also came to North Conway to help with the opening.

Heggerty has been working at the new store since Aug. 1 and said he has been amazed at the progress.

"From what I've gathered its like night and day, it's unbelievable the progress that's been made," he said.

Heggerty, Archambault, and Bonovich all come to the North Conway Store with decades of experience with the company. For all of them this new store is an opportunity to be closer to home or closer to the mountains.

Heggerty has been with the company for 44 years and has worked in the locations including several stores in Massachusetts such as Lowell, Littleton, Westford, and recently Wilmington. He has been serving as a store manager since 2001. Heggerty himself lives

SEE MB PAGE17

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# Pemi-Baker Hospice & Home Health presents “Caregiver, a Love Story” film screening

BY ANNA SWANSON  
Pemi-Baker Hospice & Home Health

PLYMOUTH — Pemi-Baker Hospice & Home Health is thrilled to invite the community to a special film showing of “Caregiver, a Love Story,” followed by a thought-provoking question and answer session with a panel consisting of a Hospice Registered Nurse, Hospice Medical Director, Spiritual Care Counselor, and Social Work professionals. This event is open to the public and will take place on Wednesday, Nov. 15, from 4:30 to 5:30 p.m. at the Boulder Point Community Room of Speare Primary Care at Health Place, located at 103 Boulder Point Dr., Plymouth.

“Caregiver, a Love Story” is a poignant 25-minute documentary that delves into the life of a 59-year-old woman named Bambi and her devoted husband, who becomes her primary caregiver after Bambi chooses to discontinue further cancer treatments. The film provides an intimate and heartfelt look at the challenges and moments of tenderness that Bambi and her husband experience as they confront the reality of her impending mortality.

Susan Varnum, Pemi-Baker’s Home Care, Palliative Care & Hospice Director, expressed her enthusiasm for the event, stating, “This film gives us a realistic glimpse inside what home hospice looks like and can initiate discussions we have now with ourselves and others about what matters most to us if we were in Bambi or her husband’s shoes. Our expert panel, which includes our Hospice Medical Director, will be available to answer questions related to hospice care and what matters most to you.”

The film screening and question and answer (Q&A) session are open to anyone interested in learning more about the invaluable services offered by hospice care providers and the profound impact it can have on the lives of patients and their loved ones. It’s an opportunity to gain insight into the challenges, emotions, and ultimately the

love that often defines the caregiving journey.

Attendees are encouraged to ask questions, share their own experiences, and engage in meaningful conversations about the importance of end-of-life care and the choices individuals make during such critical moments in their lives.

Hospice care is a compassionate approach to end-of-life care that focuses on enhancing the quality of life for individuals facing terminal illnesses. Pemi-Baker Hospice & Home Health has been a trusted provider of hospice and home health services in the area, since 1967; dedicated to providing exceptional care and support to patients and their families during difficult times.

This event is free of charge, and no RSVP is required. Attendees are encouraged to arrive a little early to secure a seat. We look forward to welcoming you to this meaningful evening.

For more information about the event or Pemi-Baker Hospice & Home Health’s services, please contact Susan Varnum, LICSW, APHSW-C, Home Care, Palliative Care & Hospice Director: info@pbhha.org or call 603-536-2232.

### Bottom of Form

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 32 towns in central and northern New Hampshire since 1967. Expert services include at-home healthcare and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local senior centers. Providing compassionate care with experienced staff who are trained, certified professionals and also your neighbors. In your time of need, we’re right where you need us.

Pemi-Baker is located at 101 Boulder Point Dr., Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: @pembakerhospicehomehealth.



## Science Center offers engaging hands-on learning for homeschoolers

HOLDERNESS — Squam Lakes Natural Science Center offers a monthly program for homeschool students on the first Thursday of the month from November through April. Programs are for ages four to six or ages seven to 10.

The monthly homeschool programs allow students to learn about the natural world through hands-on activities and investigations. Each monthly program will wrap up with a visit with one of the Science Center’s live animal ambassadors. Take-home activities are provided to continue the learning after each session.

Homeschool activities take place both indoors and outdoors so participants should dress to be outdoors with insulated boots,

hats, gloves, jackets, and warm layers. Advanced registration is required and participants can register for one program or the whole series.

The Science Center’s monthly homeschool programs are on the first Thursday of each month through April from 10:00 to 11:30 a.m. Topics include:

- Ages 4-6 Topics
- Nov. 2: Plant Survival Needs
- Dec. 7: Animal Survival Needs
- Jan. 4: Habitat – Where Animals Live & Why
- Feb. 1: Weather – How Organisms Respond to Seasons
- March 7: Weather – Measuring Sunlight
- April 4: How Organisms Change the Environment

- Ages 7-10 Topics
- Nov. 2: Be A Scientist – Biology
- Dec. 7: Be A Scientist – Dendrology
- Jan. 4: Be A Scien-

- tist – Ecology
- Feb. 1: Be A Scientist – Ornithology
- March 7: Be A Scientist – Mammalogy
- April 4: Be A Scientist – Entomology

The cost for the homeschool program is \$12 per member child per session or 15 for non-member child per session. An adult must participate with children at no additional cost.

To register or learn more about upcoming programs and events, visit [nhnature.org](http://nhnature.org).

## New classes this month at Artistic Roots

PLYMOUTH — Artistic Roots is doing a variety of classes this month.

Annette Mitchell and Suzan Gannett will present on Zoom Creative Challenges. Each week will have a new challenge for artist to try. This class is brand new! Dates for the class are Mondays, Nov. 6, 13, 20, 27 and Dec. 4 and 11. Nothing like taking a class in the comfort of your own home and engaging with artists from all over the country. Cost for sponsors is \$175 and for non sponsors \$200.

Suzan Gannett will offer her favorite class, Make Your Own Earrings. You will use semi-precious stones, her flame work beads and sterling silver. Each student will make two pairs of earrings. This is a great way to start your Holiday shopping early with presents made by your own hand. The class is on Nov. 16 from 5-7 p.m. Cost for Sponsor is \$40 and for non-sponsors \$50.

Shelley Smith will be teaching “How to Paint Pumpkin and Sunflower Boxes.” She will teach you how to design and paint boxes to store your treasures. The cost for sponsors is \$5 and for non sponsors \$45. This class will take place on



COURTESY

This is a picture of the leaf bowl that the free children’s class will be making on Nov. 12 from 1-2:30 p.m. Please register at the gallery or on our Web site, [www.artisticroots.com](http://www.artisticroots.com).

Nov. 11 from 1-3 p.m.

Liz Keefe will be presenting her Glass Mosaics Class on Sunday, Nov. 4 and 11 from 9-11 a.m. The cost for sponsors is \$70 and for non-sponsors \$100.

We offer a free class for kids, making silk leaf bowls, led by Jon Sayre. The bowls are made by modge podging leaves on top of balloons. They will make a festive addition to your Thanksgiving table. Please register for the class so that we know how many students to plan for. The class will take place on Sunday, Nov. 12 from 1-2:30 p.m. Join the fun.

Artistic Roots will provide scholarships to any that wish to take a class; just email the ex-

ecutive director@artisticroots.com for a scholarship. You can sign up for any of the courses

by visiting the gallery or our Web site, [www.artisticroots.com](http://www.artisticroots.com).

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# Opinion

'The unity of freedom has never relied on uniformity of opinion.' John Fitzgerald Kennedy

## CADY Corner

### Adverse Childhood Experiences (ACEs): Preventing early trauma to improve health

BY EMILY SHANAHAN  
Contributor

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.

Preventing ACEs can help children and adults thrive and potentially lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood, reduce serious behaviors such as substance misuse, and improve education and job potential. Together we can work to stop ACEs from being passed from one generation to the next.

Adverse Childhood Experiences impact lifelong health and wellness opportunities. They are common and the effects can add up over time. CDC research has shown that 61 percent of adults had at least one ACE and 16 percent had four or more types of ACEs. Females and several racial/ethnic minority groups were at greater risk for experiencing 4 or more ACEs. Many people do not realize that exposure to ACEs is associated with increased risk for health problems across the lifespan.

What can healthcare providers do? Anticipate and recognize current risk for ACEs in children and history of ACEs in adults. Refer patients to effective services and connect adults to family-centered supports and treatment approaches that include substance misuse treatment and parenting interventions.

What can employers do? Adopt and support family-friendly policies, offer family leave flexible work schedules, and Recovery Friendly Workplace Initiatives that help to promote individual wellness by empowering workplaces to provide support for people recovering from substance use disorders.

What can States and communities do? Improve access to high-quality childcare by expanding eligibility, activities offered, and family involvement. Use effective social and economic supports that address financial hardship and other conditions that put families at risk for ACEs. Enhance connections to caring adults and increase parents' and youth skills to manage emotions and conflicts using approaches in schools and other settings.

What can everyone do? Recognize challenges that families face and offer support and encouragement to reduce stress. Support community programs through volunteerism and financial contributions and advocate for policies that provide safe and healthy conditions for all children and families.

Raising awareness about ACEs can help to change how people think about the causes of ACEs and who can help prevent them. Shift the focus from individual responsibility to community solutions. Together, we can reduce stigma around seeking help with parenting challenges or for substance misuse, depression, or suicidal thoughts. We are all part of the solution in promoting safe, stable, nurturing relationships and environments where children live, learn, and play.

If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at (603-934-8905) for help. To learn about prevention, treatment, and recovery resources in Central New Hampshire, visit FindWell NH at findwellnh.org.



### Ashland's Ginny Danforth recognized for service to Enterprise Rebekah Lodge

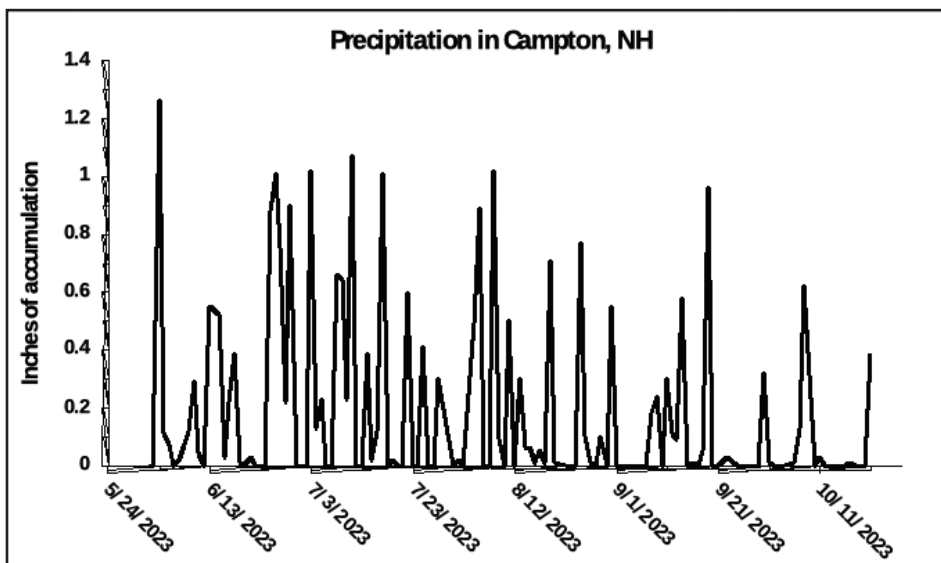
Ginny Danforth of Ashland, pictured with Noble Grand Patrick Doughty, was recognized by Enterprise Rebekah Lodge #46 of Bristol for her 45 years of service. She joined Ashland Rebekah Lodge #67 in 1978 and served in many positions, including Financial Secretary for 20 years. Ashland Lodge consolidated with Enterprise Lodge several years ago. The Independent Order of Odd Fellows (I.O.O.F.) and Rebekahs are a fraternal organization involved in a variety of civic and philanthropic efforts on a local, national, and international level. If you would like to know more about the organization, please call 603-744-3321.

## Conservation Commission

### Rain, rain rain

BY LISA DONER  
Plymouth Conservation Commission

2023 in New Hampshire has been, in one word, wet. I searched the National Centers for Environmental Information (<https://www.ncei.noaa.gov>) and found a weather station in Campton (US-1NHGR0051) with data from this summer, just to check my sense of how wet it's actually been. Between June 1 to Oct. 21, we've had 75 days with measurable precipitation (rain) and only 58 days without. So, yeah, there's good reason for feeling that we had a lost summer, cruddy weather for tourists, and garden plants and solar panels that struggled with the cloudy conditions. A mycologist friend told me that it's even been too wet for mushrooms.



And now fall is here, a time usually filled with bright, clear, dry days and no mosquitoes or black flies, when we can really enjoy being outside - and the rain continues.

So, let's take a dive and ponder what this wet period does for the

environment. For one thing, there's been low local forest fire danger, despite the long distance smoke reminding us of the risk for many months. Also, rivers and streams have stayed high. Migrating birds, especially waterfowl, had no trouble finding places to rest and forage

for food well away from shoreside predators. Vernal pools stayed with us much of the summer, giving amphibians leisurely time to mature. Upland vegetation has thrived in the wet and, with the delayed frost this year, many plants have continued to grow,

SEE CONSERVATION PAGE A17

## Comfort Keepers

### 10 hobbies that can bring joy to seniors all year long

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Although the winter months can cause cabin fever for many of us, there are plenty of year-round activities to stay active and keep doing the things you love to stave off feelings of isolation or boredom. For seniors, in particular, it's essential to plan intentional activities that support physical, mental, and emotional health. Older adults are physically and mentally healthier when they maintain social connections and foster relationships. Studies show that socially

isolated people have a 50 percent greater risk of developing dementia and other health issues (Forbes). Trying new activities and or rekindling old hobbies that bring joy throughout the winter—or even better—all year long is a step to a healthier, more enjoyable season, regardless of the time of year.

Here are 10 activities that seniors can do no matter what the day looks like outside the window.

1. Writing

Writing is a simple way seniors can keep mentally and cognitively stimulated while indoors, and best of all, it only requires a pencil and paper. Penning daily journals, memoirs, fiction, letters, and postcards are easy ways to begin a writing practice.

2. Chess

Chess is a wonderful game that stimulates several parts of the brain at once. It can be played in person or online, and doesn't require anything other than a chess board. Senior chess clubs are popping up all over the country and meeting to play in-person is a great way to socialize with others while exercising the brain.

3. Video Games

More seniors are playing video games than ever before. According to an AARP survey, 44 percent of adults over 50 years old played video games in 2019 at least once a month and averaged five hours of game time a week. Video games can be played on mobile phones, tablets, computers, and gaming consoles. What's more, there are even games designed specifically

SEE COMFORT PAGE A17

### Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



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Sports



**Gilford's Addy Wernig and Newfound's Adeline Dolloff battle for the ball in semifinal action last week.**



**Isa LaPlume controls the ball during her team's semifinal game with Gilford.**



**Savannah Bradley moves the ball during semifinal action last week against Gilford.**

# Bears stopped by defending champions in semifinals

BY JOSHUA SPAULDING  
Sports Editor

EXETER — Two of the top field hockey teams in the Lakes Region traveled to the Seacoast to do battle in the Division III semifinals last Wednesday evening.

The defending champions from Gilford, the top seed in the tournament, got the lone goal of the game in the third quarter and held on to beat fifth-seeded Newfound by a 1-0 score to book a return trip to the championship game.

"It was a great game, well-fought by both sides," said Gilford coach Joy Southworth. "They keep fighting until the last second of the game and they wore down Newfound."

"Newfound's goalie (Allie Normandin) had some unbelievable saves and number one (Isa LaPlume) had a great game for them," Southworth added. "They just couldn't take our pressure."

"That's a really good

team, we came in prepared, we just couldn't score," said Newfound coach Kammi Williams. "That was the first goal we've given up in a few weeks, we've really stepped up our defense the last few weeks."

"Their 19 (Olivia Keenan) controlled the game, she is a great player," Williams said. "We had to spend so much time just focusing on her."

Gilford's Addy Normandin had a good defensive stop on a Savannah Bradley chance and Keenan just missed connecting on a chance with Grace Kelly and LaPlume and Casey Bush had solid defensive stops for the Golden Eagles. Addy Wernig made a good run in for the Golden Eagles but was turned away.

Gilford had the game's first corner and Adeline Dolloff had a good defensive stop for the Bears while LaPlume had another good clear. Grace Southworth got in

close with a chance for Gilford and Normandin came out to make the stop. Gilford had a couple more corners, with LaPlume getting a good defensive stop and then Southworth and Maddie Guest got in for a chance on the second one, with Normandin making the stop.

Southworth made another run, with Bush making a good defensive stop. Kelly sent a shot wide of the net and then Dolloff made a run the other way, with Addy Normandin making the good defensive stop for Gilford. Keenan had a late long hit and the game went to the end of the first quarter with no score.

The two teams exchanged chances in the zone early in the second quarter and Keenan had a good run stopped by LaPlume. Keenan and Kelly connected on a chance that went wide of the net and then Dolloff went the other way for the Bears,

with Ally Onos making a good defensive stop for Gilford.

Ellie Nicolas had a good clear for Gilford and Annabel Smolenski did the same for Newfound at the other end. Keenan and Catherine Fay connected on a chance, with Smolenski making the defensive stop.

Newfound then went on a run of corners, getting six chances late in the half. Keenan had a good clear on one and Addy Wernig and Maddie Guest each had another defensive stop. LaPlume had Newfound's best chance on the six corners, but the Bears could not get anything past goalie Caroline Guest and the game went to the break with no score on the board.

Allie Normandin had a kick save for Newfound early in the third quarter and Maddie Guest and Kelly connected on a chance for the Golden Eagles that was cleared by Jayden Gilpatric. Gil-

ford had a couple of corner chances, with Dolloff getting a nice clear, with Maddie Guest had a trip into the zone.

The Golden Eagles continued to pressure and after a couple of corner chances, that pressure paid off, with Keenan sending the ball in to Southworth, who got a shot off and Calia Blackey was there to put the ball in the net for the 1-0 lead with 7:57 to go in the third quarter.

Gilford had another corner chance that Dolloff was able to defend well. Southworth sent a shot off the post for Gilford and Keenan had a bid that was saved by Allie Normandin in the Newfound net. Cora Sanchagrin turned in a solid defensive stop for the Bears and Gilford sent a shot through the crease, with the third quarter coming to a close with Gilford up 1-0.

Newfound made a run early in the fourth, but the Gilford defense held tight. Bradley made a run in for the Bears, with Onos making a good defensive stop for the Golden Eagles. Addy Normandin had a good defensive stop on a Dolloff run into the zone and Kelly went the other way for the Golden Eagles, with Electra Heath coming

up with a defensive stop. Keenan had another clear and went the other way for a bid that was denied by Allie Normandin and the final whistle blew, sending Gilford to the championship.

"We continued to pressure and were able to finish, but it took the whole team to dig deep," Southworth said. "It was a whole team effort."

"We've played through adversity since the beginning, trying to learn from our mistakes and grow," she continued. "We take it to the next game strong and better than we were before."

"The hardest part for me is our tough schedule, it stinks that we had to play Bishop Brady in the quarterfinals," Williams said. "It stinks we had to play the best team but our girls played hard."

"We had a great season and I told them this is the spotlight, take the time to enjoy it," Williams continued. "They're great kids and they do everything right."

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



## Season finale

Robbie Thorne finds a lane to run during Plymouth's regular season finale against Sanborn on Saturday. The Bobcats came through with a 21-0 win to head toward the Division II playoffs. The tournament kicks off this coming Saturday with Plymouth slated to host John Stark.

## PSU softball hosting pitching clinics

PLYMOUTH — The Plymouth State University softball program will hold a series of pitching clinics during the month of November, head coach Mike Bernier announced last week.

The clinics will be held Nov. 5 and 12 from 11 a.m. to 1 p.m., and Nov. 19 from 2 to 4 p.m. in the Bank of New Hampshire Field House at ALLWell North.

Merrimack College pitching coach and former Salem High School softball coach Harold Sachs will serve as guest clinician, along with members of the Plymouth State coaching staff and team.

The clinics are open to students in fifth through 12th grades at a rate of \$100 per session, with discounts for athletes attending multiple sessions (\$175 for two sessions and \$250 for all three sessions). The clinic is suitable for pitchers of various skill levels ranging from low-intermediate to advanced. Pitchers should bring a catcher with them, as well as sneakers, a glove and water.

Online registration is required for all Plymouth State Athletics camps and clinics. Links are available at [athletics.plymouth.edu/camps](http://athletics.plymouth.edu/camps).

## SalmonPress.com

**Edward Jones: Financial Focus**

**Avoid these investment mistakes**

We all make mistakes in many areas of life. These mistakes are usually fairly harmless — we took a wrong turn while driving, used the wrong ingredients in a recipe and so on. But sometimes, our mistakes can be costly — especially those connected to investing.

Here are some of the most common investment mistakes:

- **Too much buying and selling** — Some people find it exciting to constantly buy and sell investments in the pursuit of big gains. Yet, frequent trading can work against you in a couple of ways. First, it can be expensive — if you're always buying and selling investments, you could rack up taxes, fees and commissions. Perhaps even more important, though, excessive purchases and sales can make it difficult to follow a unified, cohesive investment strategy. Such a strategy requires, among other things, careful construction and management

of an investment portfolio that's appropriate for your goals, risk tolerance and time horizon. Heavy trading can disrupt this strategy.

- **Failing to diversify** — If you only owned one type of asset, such as growth-oriented stocks, your portfolio could take a hit when the financial markets go through a downturn. But not all investments will respond the same way to the same forces — for example, stocks and bonds can move in different directions at any given time. And that's why it's usually a good idea to own a mix of investments, which can include domestic and foreign stocks, bonds, certificates of deposit (CDs) and government securities. Keep in mind, though, that while diversification can help reduce the impact of market volatility, it can't guarantee profits or protect against losses in a declining market.
- **Trying to "time" the market** — "Buy

low and sell high" might be the original piece of investment advice, but it's pretty hard to follow — because no one can really predict when an investment will reach "low" or "high" points. Also, trying to "time" the market in this way can lead to bad decisions, such as selling investments whose price has dropped, even if these same investments still have good business fundamentals and strong prospects.

- **Not understanding what you're investing in** — If you don't know the nature of investments when you buy them, you could set yourself up for unpleasant surprises. For example, some companies, by the very nature of their business and the type of industry they're in, may consistently pay dividends to their investors even though their stock prices may only show relatively modest price gains over time. If you bought shares of this

stock, thinking it had the potential to achieve quite substantial appreciation, you might end up disappointed.

- **Making the wrong comparisons** — You're no doubt familiar with some of the most well-known investment benchmarks — the S&P 500, Dow Jones Industrial Average and the Nasdaq Composite. But it might be counterproductive to compare your results against these indexes. If you have a diversified portfolio, you'll own an array of investments that won't fit into any single index or benchmark, so you won't get an apples-to-apples comparison. You're better off comparing your portfolio's performance against the daily benchmark that really matters — the progress you need to make to help achieve your goals.

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# Talk of the Towns

## News from our Local Correspondents

### Alexandria

Merry Ruggirello 744-5383  
merrysunshine51@yahoo.com

Today was the first blast with frost for me and just enough to say "the Old Man is coming!" Good thing I picked the last two small zucchini from my garden on Sunday!

### Town

Board of Selectmen meeting Tuesday, Nov. 7 at 6 p.m. in the Municipal Building.

NLRA (Newfound Lake Region Association) will be holding a Watershed Workshop at the Alexandria Town Hall, 45 Washburn Rd., on Monday, Nov. 13 at 6 p.m. For more information, contact Executive Director, Rebecca Hanson at (603)744-8689.

Budget Committee meeting Tuesday, Nov. 14 at 6 p.m. in the Municipal Building.

Planning Board meeting Wednesday, Nov. 15 at 6 p.m. in the Municipal Building. The Planning Board is in need of an Alternate. If interested, please submit a letter of interest to the Planning Board, 47 Washburn Rd., Alexandria, NH 03222.

### Alexandria UMC

Community Dinner Saturday, Nov. 4 at 5 p.m. in the Vestry. On the menu is hamburgers, hot dogs and French fries. There will be an assortment of desserts and beverages as well for your dining delight.

Sunday, Nov. 5, services will be held at 9 a.m. in the Vestry, with Pastor Mark Lamprey officiating. Sunday School will begin at 10:15 a.m.

Church services will be held in the Vestry until the chimneys on the Sanctuary building, one of which vents the heating system, have been repaired/replaced to function safely and properly.

It has certainly been a busy year for the Trustees and they are to be commended for their efforts.

There will be an Administrative Council meeting on Sunday, Nov. 12 at 6 p.m. in the Vestry for final preparation of the Annual Church Conference to be held on Nov. 19.

I just noticed that my thermometer has stopped shivering, so I'm headed outside to put the garden to rest for this year. Have a great week ahead. Safe travels to all those going out and about these frosty mornings!

### Ashland

David Ruell 968-7716  
davidruell@gmail.com

Operation Santa Claus, which provides Christmas gifts to Ashland children, will begin accepting applications today at the Ashland

Fire Station. The application hours are 5 to 6:30 p.m. on Thursday, Nov. 2, Tuesday, Nov. 6, and Thursday, Nov. 9; 10:30 a.m. to 12:30 p.m. this Saturday, Nov. 4; and 9 to 11 a.m. and 5 to 6:30 p.m. next Monday, Nov. 6. The children must be Ashland residents. (Proof of residency, such as utility bills or leases, is required.) School aged children must be enrolled in the Ashland school, the Plymouth Regional High School, or in alternative schooling approved by Operation Santa Claus. Please bring clothing and boot sizes and "toys of interest."

### Veterans Day

The Dupuis-Cross Post of the American Legion will celebrate Veterans Day at 11 a.m. on Saturday, Nov. 11, at the war memorials in front of the Legion Hall on Main Street.

### Legion breakfast cancelled

The Dupuis-Cross Post will not be serving its usual monthly breakfast in November.

### Library donation hearing

The Library Trustees will hold a public hearing at 5:30 p.m. on Wednesday, Nov. 15, at the Library, on changes to the agreement on the anonymous \$400,000 donation to the Library. The revisions will allow the use of the funds for an addition to the Scribner Memorial Building, as well as for the purchase of the old school, and will remove the end of 2023 deadline for the use of the donation.

### Civil War quilt program

Quilt expert and author Pamela Weeks will present "Civil War Soldiers Quilts" at 6:30 p.m. on Thursday, Nov. 16, in the Booster Clubhouse. The program will focus on some of the rare surviving quilts that were used by soldiers during the Civil War. Their story was covered in the book "Civil War Quilts" by Weeks and Don Beld. The program is largely funded by New Hampshire Humanities and is hosted by the Friends of the Ashland Town Library, who will also serve refreshments.

### Bristol

Al Blakeley  
adblakeley0@gmail.com

BSA Scout Troops 59G and 59B will be collecting non-perishable food donations for their Scouting For Food Drive on Saturday, Nov. 4, from 8 a.m. to 2 p.m. at the entrance to the Bristol transfer station. All monetary and food donations will stay local and benefit the Bristol Community Services Food pantry.

The Bristol Town Office is interested in showcasing the artwork of local artists in various spots in the office space for residents, taxpayers and visitors to admire and purchase. If you are

a local artist interested in displaying your work at the town Office, please contact Deborah Clarke-Tivey at 603-744-3354, ext. 124 or by mail at TOAssistant@bristolnh.gov.

Two very important programs are being instituted through the TTCC again this year: Newfound Every Child is Ours and Operation Warm. Every Child is Ours is a national nonprofit which has a goal of providing children in need with food. This chapter was adopted by the Newfound Area elementary schools to benefit our local communities. Many of our children depend on our schools to provide the majority of their daily food needs. The local goal is to send these children home at the end of the week with bags of food to last through their weekend. To help with this program, donations of newly purchased single-serve, prepackaged food items may be dropped off at the TTCC. A list of suggested items is available at the TTCC. Operation Warm is a collaboration of the TTCC, Bristol Community Services and the Bristol Fire Department with assistance from the Santa Fund of the Greater Lakes Region. If you are in need of coats, boots and/or snow pants for your kids for this winter, please get in touch with the TTCC as you must pre-order in order to get items. Sizes are needed on applications in order to satisfy clothing needs. To make donations to this important program, please contact the TTCC at 744-2713.

Registration is now open for TTCC Youth Basketball! Assessments for grades 1-6 will be on Nov. 16 with the first team meetings for grades 7-8 and High School Rec Teams will be on Nov. 18. Lil' Hoops and Kindergarten basketball will start Jan. 6.

Lil' Hoops for ages three to five has no assessments and will meet on Saturday mornings at the TTCC.

Kindergarten Basketball has no assessments and will meet Saturday mornings at the TTCC and also. 1/2 COED Division for first and second grades will meet Saturday mornings at the Bristol Elementary School with specific times, days and optional skills night TBD.

3/4 Division for third and fourth grades boys and girls teams will hold weeknight practices and games plus Saturday mornings mostly at the Bridgewater-Hebron Village School.

5/6 Division will operate similar to the 3/4 Division for fifth and sixth grade boys and girls with days, times and locations TBD.

7/8 & HS Rec will play in the Merrimack Basketball League with most games on Saturdays and will start in December.

The cost is \$30 per player for Lil' Hoops and Kindergarten, \$40 per

player for 1/2 Division, \$50 per player for 3/4, 5/6, and HS Divisions. Scholarships are available.

For more information on all of the above activities, call 603-744-2713 or use the TTCC Web site, www.ttccrec.org. For more TTCC events and programs, be sure to get a copy of their 2023 Fall/Winter Crusader.

High School Teen Nights will be held at the TTCC on Thursdays from 6-8 p.m. for Newfound students only. The next Parents Nights Out will be held on the following dates: Dec. 16, Jan. 27, March 30, May 4 from 5-9 p.m. for ages four and up at just \$25 per child.

The Minot-Sleeper Library will be closed on Nov. 11 for Veterans Day, and Nov. 23 and 24 for Thanksgiving. Friends of the Library will meet on Monday, Nov. 6 at 10:30 a.m.

A reminder of the events at the Minot-Sleeper Library so you may pick and choose something new, or continue to participate in longstanding events. The recurring events include: Knot Only Knitters on Mondays from 2:30 - 4:30 p.m., Poetry Night on the first Tuesday of each month at 6:30 p.m., Storytime on Wednesdays at 10:30 a.m., Mah Jongg on Wednesdays from 1 - 3 p.m., Scrabble on Thursdays from 10:30 - 11:30 a.m., Baby Time on Fridays from 10:30 - 11:30 a.m. and Lego Club on Fridays at 2:30 p.m.

The Friends of the MLS will launch its 2023 Holiday Cookie Sale beginning on Monday, Nov. 6 and ending on Thursday November 30. Your favorite holiday cookies can be ordered on the library website, minotsleeperlibrary.org or by completing an order form at the library. Choose from ten varieties of delicious homemade cookies. You can view the choices on the library website to help you decide. The Friends are also offering an attractive gift basket full of holiday treats. A sample of this hostess gift is on display at the library and also pictured on the website. All orders must be received by Nov. 30 and will be available for pickup at the library on Dec. 8 from 3 - 6 p.m. Purchases will help fund all museum passes available to MSL patrons throughout the year.

### Campton-Thornton

Joël Freeman 398-4368  
bearfootfarm@aol.com

### Fall Craft Fair & Bake Sale

The Campton Baptist Church is holding a Fall Craft Fair and Bake Sale on Saturday, Nov. 18 from 9 a.m. to 3 p.m. Come shop for the holidays, Thanksgiving decor, baked goods and lots of items to buy for Christmas. There will be a Raffle & Door Prize! Free Parking available. If

you are interest in being a Vendor or for more information contact Bette Ann Coy at 603-246-0332.

### Holiday Concert and Cookie Swap

Please join the Campton Historical Society for some fun and camaraderie on Saturday, Dec. 3 from 4-6 p.m. This year's Community Concert promises to create a blend of musical offerings that will satisfy anyone's thirst for a good time. Dust off your vocal cords and get ready to join in the singing of Christmas Carols as we all get in the spirit of the season. This year's emcee AJ Coppola will lead the way with special guests from Campton Elementary School. William Gunn will be returning with special guests from Plymouth Regional High School, and the Fiddlehead Field Youth Orchestra and other local musicians will be leading a flute ensemble. After the musical performance and sing-a-long you can enjoy the annual cookie fest. Bring along a dozen or so of your cookies and you can swap them for other delightful treats. Even if you don't bring cookies, you can still join in and enjoy a good cookie, or more, and some hot cocoa.

### Conservation in Campton

Please join Campton Historical Society for our monthly program, Monday, Nov. 20 at 7 p.m. for "Conservation in Campton" by Jane Kellogg. The Campton Conservation Commission will talk about the basics of land conservation, and how it is in evidence and practiced in Campton. The three town-owned properties and their histories will be featured as examples. The longest serving Conservation member, Jane Kellogg, will lead the discussion. Jane has been a member of the Campton Conservation Commission since its inception in 1999. She is retired from teaching elementary school, having taught fourth grade at Holderness Central School. The New Hampshire Moose license plate was a classroom brainstorm idea her students started in fourth grade and followed until legislation passed years later. New Hampshire geography and history became of great interest to her when she began teaching those social studies topics after moving to New Hampshire from Pennsylvania in 1987. She has been involved in the town's acquisitions of the conservation properties and will describe their unique histories, natural aspects, and public interest.

### Holderness

Fran Taylor 968-3846

The Central School Mountain Bike Race was rescheduled and will take place Friday, Nov. 3 on the Holderness School Campus.

The town's assessors, Corcoran and Associates, have completed an update of property values to reflect the current market. You can view the new assessments on your tax cards on the town website. Remember, just because the value of your home rose, it doesn't necessarily mean your taxes will go up.

With two new members of the Budget Committee, the Town is ready for the upcoming budget cycle. Welcome Kristen Fuller and Kim Beardwood Smith who will replace Bob Maloney and Kevin Barrett. Don't know who your members of town committees are? The names are all listed in the 2022 Town Report on pages 3-5.

Coming up this week is the First Friday Family Movie Night featuring the Disney movie "The Secret World of Arrietty." Pizza and drinks provided. Starts at 5 p.m.

On Wednesday, Nov. 8, there'll be a Gemstone Beaded Bracelet Workshop downstairs at the Library at 4 p.m. for ages four and up. All children must be accompanied by a caregiver. Space is limited. Register at the Desk.

Next Friends of the Library meeting will be on Nov. 14 at 4 p.m.

The Library is seeking a part-time Library Assistant for 15 to 19 hours per week. Start date of Jan. 1.

If you're interested in what's going on in Concord concerning our New Hampshire lakes, you can sign up for the e-newsletter from nhlakes.org. Legislation has already been proposed and is now being put into proper language. The next session will begin just after New Year's.

### Warren/Wentworth

Gary Jesseman 707-7129  
garyj@together.net

Greetings everyone. Hope you are all having a good week and didn't eat too much Halloween candy.

Don't forget to set your clocks back 1 hour on Saturday night Nov. 4 or early Sunday the 5th.

### WARREN NEWS

I don't have any news at this time.

### WENTWORTH NEWS

The next book club discussion will be held at the Webster Memorial Library on Nov. 15 at 6 p.m. The book is "America's First Daughter." By Stephanie Dacey and Laura Kamoie. Books are available at the Library.

Mark your calendars for the annual Christmas on the Common, which will be held this year on Saturday, Nov. 25. More information as it becomes available.

Have a good week, and remember to count your blessings!



**Sports**



JOSHUA SPAULDING

Keegan Russo of Kingswood and Kyle Dodge of Plymouth appear to lock eyes as they both go up for a head in action last week.



JOSHUA SPAULDING

Chance Twomey follows the flight of the ball in action last week in Wolfeboro.



JOSHUA SPAULDING

Maddox Allain moves the ball up the field in tournament action at Kingswood last Friday.

# Bobcat run ends in quarterfinal battle in Wolfeboro

BY JOSHUA SPAULDING  
Sports Editor

WOLFEBORO — The Plymouth soccer boys ended the season playing their best soccer of the year and that resulted in a big regular season finale win over Coe-Brown and an upset of Merrimack Valley in the opening round of the tournament, setting up Friday night's quarterfinal battle at Kingswood, where the Knights were coming off a first-round bye.

The two teams battled back and forth through a scoreless first half before the Knights put two goals in the back of the net in the second half to clinch the 2-0 win and a third-straight trip to the Division II semifinals.

"Credit to Plymouth, that's the best Plymouth squad I've seen in my six years," said Kingswood coach Erik Nelson. "We had to make some tactical adjustments at halftime, we had a heated talk about what we needed to do.

"And they executed and that's all I can ask," the Knight mentor said.

"We are a team that doesn't quit, we're a blue collar team," said Plymouth coach Jesse Elderkin. "They know if you don't quit, don't stop, good things will happen.

"Coe-Brown showed them that, they fought to the end," he added.

Noah Swenson had a good chance for the Knights midway through the first half, with Plymouth keeper Thomas Daigneault made the save. Troy

Dow also had a shot go over the top of the net for the Knights and teammate Brady Moulton had a good defensive stop on a bid from Maddox Allain. Nate Cloos sent a shot over the top of the net for the Knights and Luke Legacy had a direct kick for the Bobcats that Dow headed out of the box. Chance Twomey had a shot go wide of the net and Allain made another run in that Kingswood keeper Ben Libby was able to stop. Legacy and Max Levin had good defensive plays for the Bobcats as well.

Dom Alberto made a good run and sent a shot wide for the Knights and Legacy had another good clear in front of the net. Levin sent a shot over the top of the net on a direct kick and Legacy had a pair of direct kicks that Libby was able to stop. Calvin Sanft sent a ball in just ahead of Alberto and Allain was able to clear the ball in front of the net.

Ben Daigneault had a nice defensive stop on a bid from Cloos and Brody Copenhagen sent a shot over the top of the net for the Knights. Albert had a good cross that was cleared by Twomey and the game went to halftime with no score on the board.

The halftime adjustments paid off quickly for the Knights, as they scored less than three minutes into the second half, as Cloos broke in on net and fired a shot past a diving Thomas Daigneault. Silva followed with a good run and the Knights had a corner kick,

with Alberto getting in close but the Bobcat keeper made the save.

Cloos made another run that was stopped by Ben Daigneault and Twomey sent a shot wide of the net at the other end. Keegan Russo fired a long direct kick that went wide of the net and Cloos just missed connecting with Sanft on a chance, with Thomas Daigneault grabbing the ball.

Russo had a good defensive stop on Plymouth's Kyle Dodge and Moulton had a good stop on a bid from Dylan Webster. Webster also had a shot stopped by Libby and Cloos and Alberto teamed up for a bid that the Bobcat goalie was able to handle.

Legacy sent a direct kick over the net and Silva answered at the other end with a shot wide of the net. Dodge and Webster had chances go wide for the Bobcats and Alberto made another run that was stopped by Legacy's defense.

Landon Custance had a good defensive clear for the Bobcats and Levin had a shot stopped by Libby. Thomas Daigneault stopped another Kingswood shot and Libby answered with a save at the other end, while Sanft had a good cross in front.

With 5:19 to go in the game, the Knights got a little insurance, as Alberto made a run in and fired a shot on net. Thomas Daigneault made the save, but Sanft was there to put the rebound home for the 2-0 lead.

Kingswood had a couple of corners in the final five minutes of the game, but the Plymouth defense held tight, but the Bobcats couldn't get the ball in the net at the other end and Kingswood had the 2-0 win.

"Jesse does an amazing job with those guys, each game we've seen them, they've gotten better and better," Nelson said. "They're a legit playoff team and that's a credit to them."

With the Bobcat game in the books, Nelson also looked ahead to the semifinal game with a chance to avenge an early season loss.

"Bow was a really close game the first game," Nelson said. "It will be interesting to see how the two teams have progressed since then."

"We gave up a defensive mistake and that changed the whole outcome of the game," Elderkin said. "But the way they kept fighting is a testament to their hard work and dedication and perseverance.

"That's the Plymouth way," he added. "We're blue collar, we keep working with our nose to the grindstone."

The Knights advanced to the Division II semifinals after deadline Tuesday. The Division II finals are Friday, Nov. 3, at 7:15 p.m. at Stellos Stadium in Nashua.

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

# Quartet of Bears move on to Meet of Champions

BY JOSHUA SPAULDING  
Sports Editor

MANCHESTER — The Newfound cross country girls just missed out on a chance to run at the Meet of Champions, coming up one point short of the top five with a sixth place finish on Saturday at Derryfield Park in Manchester.

Mascenic took top honors for the girls with Hopkinton winning for the boys. The Newfound boys finished in 12th place overall.

Emerald Briggs earned herself a chance to run in the Meet of Champions, finishing in a time of 20:39 to place fifth overall

Ceili Irving will be joining her teammate on Saturday, as she finished in 12th place overall with a time of 21:50 and Addison Alpers was 23rd overall with a time of 23:03.

Charlotte Kaempfer finished in 45th place overall in a time of 24:54 and Josie Halle rounded out the scoring with a time of 25:12 for 51st place.

Soraya Glidden ran to 72nd place in a time of 26:42 and Reece Cutting finished in a time of 29:17 for 101st place to round out the field of Newfound runners.

Colin Foster finished in a time of 17:21 to place 10th overall to lead the Bears, earning himself a spot at the Meet of Champions.

Evan Foster will also compete at the Meet of Champions after finishing in a time of 17:49 for 14th place and Kelton Austin finished in 76th place with a time of 21:01.

Tobias Eckert finished in 108th place with a time of 22:34 and Wyatt Towne finished out the scoring for Newfound with a time of 22:39 for



JOSHUA SPAULDING

Emerald Briggs earned a top-five finish at the Division III State Meet on Saturday in Manchester.



JOSHUA SPAULDING

Josie Halle runs to the finish line of Saturday's Division III State Meet at Derryfield Park.



JOSHUA SPAULDING

Colin Foster led the way for the Newfound boys during last weekend's State Meet in Manchester.



JOSHUA SPAULDING

Tobias Eckert (531) and Wyatt Towne round the final turn of the Division III State Meet Saturday.

12th place.

Julian Field finished in 124th place with a time of 23:11 and Jack DiFilippe finished in a time of 26:00 for 157th place overall.

Briggs, Irving, Colin Foster and Evan Foster will all compete at the Meet of Champions on Saturday, Nov. 3, at Alvirne High School in Hudson. The girls will compete at 2:30 p.m. and the boys will follow at 3:20 p.m.

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

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# THE REAL REPORT

Town	Address	Type	Price	Seller	Buyer
Alexandria	Perkins Hill Road	Residential Open Land	\$90,000	Jeffrey S. Milender	Robin Camire
Alexandria	2311 Washburn Rd.	Single-Family Residence	\$210,000	Denis R. and Cathy P. Thibault	Daniel and Luciana M. Frazee
Ashland	Riverbend Condo Unit 22	Condominium	\$225,000	R.A. Cappalli Fiscal Trust	William H. and Gertrude I. Sullivan
Ashland	N/A	N/A	\$90,000	Amy L. Oberr and Nickolas T. Byars	Rachel E. Cirincione
Bristol	266 Hall Rd.	Single-Family Residence	\$105,000	Paulette A. Morris	266 Hall Road LLC
Bristol	250 Jenness Hill Rd.	Single-Family Residence	\$500,000	Jessica Fedorich	Thomas A. Pothier and Jean M. Allard
Bristol	84 N. Main St.	Multi-Family Residence	\$320,000	Stephen Emanouil	Alejandro Ocampo and Nayive Ruiz
Bristol	N/A	N/A	\$372,000	Rafael C. Perez	Edith A. Rose
Groton	122 Edgar Albert Rd.	Single-Family Residence	\$196,000	Thomas J. Spaulding Estate and Arthur J. Spaulding	Elizabeth M. Marad
Holderness	N/A	N/A	\$163,000	Gabriel Nunez and Lakeview Loan Servicing	Katie Voci
Plymouth	Pike Hill Road (WS)	Woodland-Prdv.	\$295,000	Nicola and Gregg C. Bach	1 Squam Shore Drive RT and Jeffrey Reale
Plymouth	Route 3A	N/A	\$53,000	Garrett Prince	Matthew and Kimberly McDermott
Plymouth	706 Tenney Mountain Highway	Retail Store	\$499,000	706 T M H LLC	Pramukh 706 Inc.
Thornton	86 Old Sawmill Rd.	Acc. Land Imp.	\$316,000	Jerel A. and Shirley D. Benton	Lucas Florio
Thornton	52 Orris Rd., Unit 1	Condominium	\$300,000	Anne S. and Marc D. Culhane	Andre M. Puleo-Ordenez
Thornton	27 Upper Mad River Rd.	Single-Family Residence	\$200,000	Beaudry Fiscal Trust and Roberta L. Beaudry	Alex E. and Amber E. Tedesco
Thornton	N/A	N/A	\$275,000	Maria and Peter Demarco	Jeffrey C. Perkins
Warren	49 Studio Rd.	Single-Family Residence	\$420,000	Diane C. Cheney	Bradley H. and Brandon C. Lott
Warren	N/A	N/A	\$180,000	Susan W. Spencer and Katherine S. Joyce	Michael R. and Christine Newton
Waterville Valley	88 Osceola Rd., Unit 88	Condominium	\$860,000	Myra E. Barradas Frain Trust	Richard Bolduc
Wentworth	E. Side Road	N/A	\$300,000	Patricia J. Sackett and Eban Noble	Steven L. and Jodie L. Degrasse
Wentworth	66 Goves Lane	Single-Family Residence	\$527,533	Nigel D. and Nicole L. Furlonge	Sorrowful Heart Of Mary

**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](http://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.thewarrencorp.com](http://www.thewarrencorp.com)



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**Sports/Local News**

JOSHUA SPAULDING

Belmont's Molly O'Connell goes up for a hit as Newfound's Mia LeBrun defends in action last Thursday night.



JOSHUA SPAULDING

Stacia Paul goes up for a hit during her team's playoff game in Belmont last week.



JOSHUA SPAULDING

Evie Bastarache bumps the ball up during playoff action last week in Belmont.

## Bears put up a fight but fall in opening round in Belmont

BY JOSHUA SPAULDING

Sports Editor

**BELMONT** — It has been a process of building for the Belmont volleyball team over the past few years, a time where the Newfound volleyball team was experiencing the most success in program history.

This year, that building process for Belmont resulted in a fifth seed in the Division III playoffs, where they got the chance to host the Bears in the opening round of the tournament on Thursday, Oct. 26.

The Raiders advanced to the Division III quarterfinals with a 3-0 win over the Bears, 25-19, 25-15, 25-14.

"This has been at least two years in the making if not three," said Belmont coach Andy Edgren, whose team did not make the playoffs last year. "We've been making inroads at the middle school.

"It's a big turnaround, these girls have done an amazing job of bringing those young kids up," Edgren continued. "The varsity players went down to the middle school programs and showed them our system, so the incoming freshmen already know what we're doing."

"We're a young team, four freshmen starters and a brand new setter," said Newfound coach Amy Fairbank. "We had a good run for a long time, but rebuilding is bound to happen.

"The good thing is, these four freshmen and the two sophomores, they're super eager to learn and they pick things up easily," she added.

Newfound got the game's first point on a Mia LeBrun hit before Belmont answered with a hit from Hayden Blanchard. Belmont got a great service run from Liv Chandonnait, who ran off five aces and turned a 2-2 tie into an 11-2 lead before the Bears got on the board again. Molly O'Connell had a couple of hits for the Raiders in the run.

Newfound fought back into it with a couple of points but the Raiders opened the lead up to 16-5 before Bella Valliere had a hit for the Bears. A couple of service aces from

Sami O'Connor helped Belmont go up 19-6, but a Stacia Paul ace on the other side of the net and a hit from Ari Plummer got the Bears back on the board. Belmont got a hit from O'Connell and Newfound answered with one from LeBrun then Mariah McKim for Belmont and LeBrun exchanged points as well.

Belmont got the lead out to 23-13 before a Paul hit sparked a Newfound run. She added two more hits as the Bears charged back and cut the lead to 24-19 before the hosts were able to finish off the 25-19 win in set one.

The Raiders got the first two points of the second set before a LeBrun tip got Newfound on the board. Chandonnait then added another ser-

vice ace for Belmont and O'Connell followed with a bit hit. A service ace from Hayden Blanchard helped the lead open up to 8-4, but LeBrun got the Bears on the board. McKim had a nice tip at the net, but Newfound answered with an ace from Mia DiFilippe and a hit from Evie Bastarache.

O'Connell got a service ace and McKim followed with a hit for the 12-9 lead for the Raiders, but Paul answered on the other side of the net and the Bears cut the lead to 12-11. However, Chandonnait and Blanchard followed with hits for the Raiders and Blanchard added a pair of service aces to push the lead to 20-12. LeBrun and Paul had hits for the Bears to

help bring them back, but Belmont was able to close out the 25-15 win and the 2-0 lead.

The Raiders got out to a 3-1 lead in the third set before a service ace from Coretta Egan helped the Bears pull even at three. Newfound went up by a 6-4 score on a service ace from LeBrun, but Belmont answered with a hit from O'Connell to help Belmont go in front.

Valliere added another hit and the Bears were able to rally to pull even at 11 on a hit from Plummer before the Raiders went on a run of their own. Blanchard had a block at the net and McKim added a service ace before Chandonnait followed with a hit. O'Connell added an-

other hit, as did Chasey Fleck and the Raiders went up 21-14. Chandonnait added a service ace and Belmont closed out the 25-14 win and the 3-0 victory.

Edgren praised the strong crowd that helped to spur his team on to victory, particularly the vocal and enthusiastic student section that chanted for his team the entire night and also praised the Bears for all they have accomplished the last few years.

"They have been good for us, we know that's part of it, having the home crowd making it easier on us," Edgren said. "It's been a great thing for the school.

"Newfound has such an amazing program, so we never take anything

for granted," he added. "We knew we had to be at our best because they are always tough."

"They won't look scared next year," Fairbank said of her young squad as they look toward the offseason and next year. "Hopefully many of them will be playing year round ball too.

"The mental game is make it or break it and they'll get there," she added.

Belmont moved on to face Portsmouth Christian in the quarterfinals, where their season came to a close with a loss in Dover.

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

### Schafermeyer to address Trout Unlimited Nov. 14

**PLYMOUTH** — Please join the Pemi Chapter of Trout Unlimited on Tuesday, Nov. 14, at 7 p.m. when they host Andrew Schafermeyer. He retired from NH Fish and Game after 29 years as a Fisheries Biologist in Coos County and now serves as a Field Specialist with UNH Cooperative Extension in the area of Outdoor Education and Recreation. He will be presenting a short program on the Barry Conservation Camp. They will have raffle tickets available at the meeting to support sponsoring youths to attend the Barry Conservation Camp fishing session (candidates will be selected in January). Pemi-TU Chapter meetings are free and open to the public, all are welcome.



COURTESY PHOTO

Andy Schafermeyer will speak at the Nov. 14 Trout Unlimited meeting in Plymouth.

They will have raffle tickets available at the meeting to support sponsoring youths to attend the Barry Conservation Camp fishing

session (candidates will be selected in January). E-mail PemiTU@gmail.com with any questions or suggestions.

### Explore the Connecticut River with the New Hampton Historical Society

**NEW HAMPTON** — The New Hampton Historical Society presents "The Connecticut: New England's Great River" Tuesday, Nov. 14 at 7 p.m. at the Gordon-Nash Library, 69 Main St.

The largest river in New England rises in a small beaver pond near the Canadian border and flows more than 400 miles through four states, falling 2,670 feet to the sea through America's only watershed-based national fish and wildlife refuge. Our Presenter, Adair Mulligan, leads an armchair tour of this great river in New Hampshire and Vermont, exploring its history and natural beauty through the seasons and among the communities that have sprung up along its banks. Next, the discussion will shift to how the river has influenced the lives of those who live there, and how they, in turn, have affected the river. Much more than a travelogue, this presentation explores the many issues involved in managing the health of this major river, and how citizens from all walks of life have created a vision for its future.

Adair Mulligan has a runaway curiosity about the natural and cultural history of northern New England. Author of "The Gunstock Parish: A History of Gilford, New Hampshire," she has also contributed to "Proud to Live Here in the Connecticut River Valley," "Where the Great River Rises: An Atlas of the Connecticut River"; and "Beyond the Notches: Stories of Places in New Hampshire's North Country."

Executive Director of the Hanover Conservancy, she served for 20 years as Conservation Director of the Connecticut River Joint Commissions, Mulligan holds an MA Degree from Smith College.

NHHS thanks New Hampshire Humanities for providing our 2023-2024 Presenters and Programs. Our programs are free and open to the public. Light refreshments will be served. Please join us.

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# CHURCHES

## Campton Congregational

**Sunday, Nov. 5**  
9:30 a.m. Rev. Jeff Robie will lead us in worship.

10 a.m. Sunday School.

Following Worship we gather for fellowship.

**Tuesday, Nov. 7**  
10:30 a.m. Bible Study  
Noon BYO fellowship  
Lunch

1 p.m. Ladies Guild meets for crafts, fun, & fellowship

On Veterans Day, we have a wonderful opportunity to come together as a community of faith at Campton Congregational Church to express our deep gratitude and respect for our veterans. These courageous men and women have made many sacrifices to serve their country with dedication. This Veterans Day Sunday, we invite you to join us as we honor these heroes. It's a day when we can stand united in faith and gratitude, offering our thanks and prayers to those who have protected our freedoms and upheld the values we hold so dear.

Join us Sunday morn-

ings at 9:30 when come together to worship and praise God. Our Church is a member of the National Association of Congregational Christian Churches, a national body of churches dedicated to preserving traditional Congregational principles and practices in the world.

Our Services are available on Facebook. Bible studies are available on Zoom. If you are unable to be with us in person, tithes and offerings may be sent to PO Box 328, Campton, NH 03223.

Please direct any questions or needs to ourccc1774@gmail.com or call 603-536-2536.

## Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship holds Sunday services each Sunday at 9:30 a.m., both in person at 101 Fairgrounds Rd., Plymouth, and live streamed via Zoom. Nursery and childcare services are available. Religious education classes are offered every week.

## Nov. 5 Reciprocity and Generosity Rev. Linda Barnes

We are painfully aware, sometimes, of the way our lives feel lacking. What would happen if we stepped outside our longing for just long enough to offer to another what we need? Join us as we explore the reciprocity that happens when we practice generosity.

Unitarian Universalism is a caring, open-minded religion that encourages you to seek your own spiritual path. Our Faith draws on many religious traditions, welcoming people with different beliefs. We are a Welcoming Congregation recognizing no distinction of class, nationality, race, gender, or sexual orientation.

For more information and Zoom link visit our Web site: [www.starrkingfellowship.org](http://www.starrkingfellowship.org).

## Wentworth Congregational

Here is our list of upcoming speakers: Our services are now

at 10 a.m., except for the first Sunday Communion

Service in West Rumney, which is at 9 a.m.

Nov. 5—W. Rumney Communion Service 9 a.m.

Nov. 12—Rev. Cindy Petrie

Nov. 19—Joy Moody

Nov. 26—Rev. Lynn Morrison

## MEET OUR SPEAKERS:

LYNN MORRISON: (First Sunday Communion and 4th Sunday in Wentworth)

Lynn J. Morrison grew up in Wyoming and was ordained by the Christian Church (Disciples of Christ) in 1982. She holds an MDiv from Phillips Theological Seminary, and served chaplaincies and small churches in Oklahoma before coming to NH in 1994. Lynn was pastor of West Rumney Community Church for 10 years, and also worked at Innisfree Bookshop in Meredith for 2 decades until her retirement in 2019. She is currently a member of Plymouth Congregational Church, UCC.

CYNTHIA B. PETRIE, M. DIV: (2nd

Sunday-Wentworth) Cindy lives in Freedom, NH with her husband Russell. She earned her Master of Divinity from Gordon Conwell Theological Seminary while simultaneously completing her studies in the National Association of Congregational Christian Churches, Congregational Foundation of Theological Studies, after which she was ordained. She served as Associate Pastor of the Campton Congregational Church with her husband Russell for 11 years.

She is celebrating her seventh year and continues to serve as the Pastor of The Chapel of St. John of the Mountains in Ellsworth, NH and is honored to serve as pulpit supply for churches in New Hampshire and Maine when invited. Bringing Christ centered Biblical messages is her life-long dream and is thankful and honored to be with all of you in Wentworth! God Bless You!

Cindy leads Bible Study after the morning service.

JOY MOODY: (3rd Sunday-Wentworth) Joy was born and raised in NH. She is currently a seminary

student at Christian Leaders Institute. She has been pulpit supplying in numerous churches over the last four years. She has been working towards ordination in the Congregational Church. When she is not working towards her Bachelor's Degree in Divinity, she is a Certified Recovery Support Worker at Archways Community Resource Center. At the Resource Center she helps give a hand up to others to help find recovery. Blessings!

Rev. Ruth A. Martz (5th Sunday-Wentworth) Ruth is an ordained UCC pastor who retired two years ago from active pastoral ministry. She served for nine years as the solo pastor of the Sanbornton Congregational Church, UCC (NH). Ruth loves to tell biblical and multi-cultural stories, along with linking Scripture with art, music and everyday life. She offers meditative walks and workshops on her canvas labyrinth. Ruth lives in Sanborn-ton with her husband, Steve Majeski, and their dog Maggie. She enjoys skiing and playing the Celtic harp.



**ALEXANDRIA**  
**Alexandria United Methodist**  
12 Washburn Rd.  
Alexandria Village, Alexandria  
9 a.m. Sunday Worship Service  
Pastor Mark Lamprey • 603-744-8104  
Methodist Church  
April 16th Easter Worship @ 9a.m.

**ASHLAND**  
**Ashland United Methodist**  
18 Washington St., Ashland  
9:30 Sunday morning Worship Service  
Visit our Website:  
<https://ashlandumc.faithlifefites.com/>  
for more information and recordings of the Services.  
Pastor Roger Kleinpeter  
1-603-254-7796

**Ashland Community Church**  
55 Main Street - Ashland  
(across from Shurfine Market)  
10:00 a.m. Worship  
August 18 - September 15 Teaching Series: "I Love My Church!"  
Toddler Zone (infants - five years old) led by Kara Hamill and Kid Zone (for K-6th grade) led by Debbie Madden.  
Small groups: We offer adult small groups that meet on Sunday, Tuesday, Wednesday, and Thursday evenings.  
New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.  
Pastor Ernie Madden  
(603) 968-9464  
[accernie@hotmail.com](mailto:accernie@hotmail.com)

**Emmanuel Episcopal Church**  
18 Highland Street, Ashland  
(603) 968-7640  
9:30 am Sunday School and Worship  
Rev. Stephen Rugg

**BRISTOL**  
**Bristol Baptist Church**  
30 Summer Street, Bristol, NH 03222  
(603) 744-3885  
SUNDAY  
• Worship service with music as well as the Scriptural message and time of fellowship. 10:00 a.m.  
• We also do "live streaming" of this service. Sermons/message of each week can be found on our website ([bristolbaptistchurch.org](http://bristolbaptistchurch.org))

**Bristol United Church of Christ**  
15 Church St., Bristol  
9 a.m. Bible Study • 10 a.m. Sunday School  
10 a.m. Worship Service • Child Care Available • 744-8132  
**Our Lady of Grace**  
(part of Holy Trinity Parish)  
2 West Shore Rd Bristol, NH 03222  
Mass Schedule: 9:30 AM on Sundays (this is

the only Mass on Sundays year round now).  
Daily Masses: Tuesdays and Thursdays at 8 AM.  
Eucharistic Adoration every Thursday after Mass until 10:00 AM.  
Parish office for both locations:  
11 School St, Plymouth, NH 03264,  
Phone: (603) 536-4700.

**CAMPTON**  
**Campton Baptist Church**  
1345 Main Street, Campton (603) 726-4662  
Sunday 10 a.m. Worship Service followed by Time of Fellowship  
Monday 4 p.m. Bible Study  
Wednesday 7 p.m. Prayer  
Friday 5:30 p.m. Dinner & Movie (free)  
Women's Gathering 2nd Tuesdays 10 a.m.  
Men's Breakfast 2nd Saturdays 7 a.m.  
"Digging Deeper" Service 3rd Sundays 7 p.m.  
Food Pantry by Appointment  
All are Welcome • Handicapped Accessible  
Pastor Chuck Green

**Campton Congregational**  
#495 Rt. 175, Campton  
9:30 a.m. Sunday Worship Service  
Nursery and Child Care Available  
10:30 a.m. Tue. Bible Study for Youth & Adults  
Rev. Jeffery Robie • 536-2536  
Member NACCC

**New Light Chapel**  
Southmayd Plaza (off I-93 Exit 28)  
24 Southmayd Road, Campton  
(Across Route 49 from Campton Mobil)  
10:00 a.m. Sunday Worship Service  
Childcare and Children's Ministry available  
Pastor Steven Veinotte  
[www.newlightchapel.com](http://www.newlightchapel.com)

**DANBURY**  
**Danbury Christian Church**  
High St., Danbury  
9:30 a.m. Sunday School  
11 a.m. Morning Worship  
Tuesdays 6:30 p.m. AWANA  
Thursday. 7:00 p.m. Prayer Group/Bible Study

**United Church of Danbury**  
"All Are Welcome"  
Rt. 104 — Near Center of Town  
9:30 a.m. Sunday Worship Service  
9:30 a.m. Sunday School  
Contact: Sylvia Hill, Deacon at 768-3936  
[danburypastor@myfairpoint.net](mailto:danburypastor@myfairpoint.net)

**HANOVER**  
**Our Savior Lutheran Church**  
5 Summer Street, Hanover • 643-3703  
10:30 a.m. Sunday Service of Holy Communion and Children's Church  
9:15 a.m. Adult Education Hour

**HEBRON**  
**Union Congregational Church**  
Union Congregational Church  
15 Church Lane, Hebron  
603-744-5883  
We welcome all persons

The Rev. Ralph S. English  
Worship Service - Sunday 10am  
Communion is celebrated on the first Sunday of each month  
A Coffee Hour following worship  
Recorded Services on website  
[www.hebronchurchnh.org](http://www.hebronchurchnh.org)

**HILL**  
**Hill Village Bible Church**  
9 a.m. - Sunday School  
10 a.m. - Morning Worship  
11 a.m. - Coffee Fellowship  
11:30 a.m. - Bible Hour  
6:30p.m. - Wed. Prayer & Bible Hour  
Teen/Children's Ministries  
Nursery provided at all services  
Pastor: Rev. Daniel Boyce  
Youth Pastor: Nathan Pelletier  
[www.hillvillagebiblechurch.com](http://www.hillvillagebiblechurch.com)  
Look for us on Facebook

**HOLDERNESS**  
**Holderness Community Church**  
919 US Route 3 - P.O. Box 613  
Holderness, NH 03245  
Worship Service - Sunday 10 a.m.  
Rev. Chris Drew - 968-3219  
[www.holdernesscommunitychurch.org](http://www.holdernesscommunitychurch.org)

**NEW HAMPTON**  
**New Hampton Community Church**  
• 744-8252  
A Christian Church w/ a Family friendly atmosphere • Main St. New Hampton  
10 a.m. Sunday Worship  
Nursery care, Children & Youth ed.  
Small groups throughout the week in area homes

**PLYMOUTH**  
**Calvary Independent Baptist** • 536-3024  
115 Yeaton Rd., West Plymouth  
8:45 a.m. Sunday Morning Service  
10:30 a.m. Sunday School  
6:30 p.m. Sun. Evening Service-Tilton  
7:00 p.m. Tuesday Evening Service  
Dr. Chester W. Kulus, Pastor

**Christian Science Society**  
7 Emerson St., Plymouth  
10-11 a.m.-Sun. Service/Sun. School  
Wed. 6:00-7:00-Testimonial Meeting  
[www.cs-plymouth-nh.org](http://www.cs-plymouth-nh.org)

**Church of Jesus Christ of Latter-Day Saints**  
354 Fairgrounds Rd., Plymouth  
10:00a.m. Worship Service  
11:10a.m. Sunday School  
Kevin Simpson • 536-3664

**Gateway Alliance Church**  
9 Fairgrounds Road, Plymouth • 536-3043  
Sunday School and Adult Education  
9:45 a.m.  
Worship Service 11:00 a.m. (Nursery Care is available)  
Dennis Simmons, Pastor  
[gatewayalliancechurch.org](http://gatewayalliancechurch.org)

**Grace Baptist Church**  
Meeting temporarily at the

Baker River Bible Church  
at 259 Route 25, Wentworth, NH  
1:30 p.m. - Sunday School for all ages  
2:30 p.m. - Sunday Worship Service  
Thursday, 6:30 p.m. - Teen and Adult Bible Study  
Thursday, 6:30 p.m. - Kids "Patch the Pirate" Club (from September - May)  
Fall Meetings with Morris Gleiser, October 18-22.  
Sunday, 1:30 and 2:30 PM; Monday - Thursday at 7:00 PM.  
Visit [www.gbcnh.org](http://www.gbcnh.org) for sermons and more information.

**Holy Trinity Parish (Roman Catholic)**  
*Our Lady of Grace Chapel*  
2 West Shore Rd, Bristol  
*St. Matthew Church*  
11 School St in Plymouth NH.  
Parish Office: 11 School St in Plymouth (603) 536-4700.  
Office email: [holytrinitynh@gmail.com](mailto:holytrinitynh@gmail.com)  
Communications coordinator: Christine Chiasson email: [chrischiasson@holytrinityparishnh.org](mailto:chrischiasson@holytrinityparishnh.org).  
Pastor: Fr. Mark Dollard.  
Instagram: holyTrinityNH.  
FB page is Holy Trinity News and Info.

**Plymouth Congregational United Church of Christ**  
Sunday Worship 9:30 AM on Facebook Live  
Virtual Sunday School 9:30 AM  
Open and Affirming, Just Peace  
Global and Local Missions. Fully Accessible  
Pastor, Rev. Sara M. Holland  
Ashley Paine, Organist/Accompanist  
David Williams, Director of Music  
536-2626 • [www.uccplymouth.org](http://www.uccplymouth.org)

**Plymouth United Methodist Church**  
334 Fairgrounds Road  
(603)536-1941  
Sunday Morning Worship 9:30 am weekly

**Restoration Church**  
319 Highland Street, Plymouth NH  
10:30 am morning service  
We Care Food Pantry  
Open every Monday from 10-2

**Starr King Unitarian Universalist Fellowship**  
101 Fairgrounds Rd., Plymouth  
536-8908  
9:30 a.m. Sunday Service and Church School & Nursery Care  
Rev. Linda Barnes  
[www.starrkingfellowship.org](http://www.starrkingfellowship.org)

**RUMNEY**  
**Rumney Baptist Church**  
Rumney Baptist Church  
Rev. Seth Powers, Pastor  
375 Main Street • 786-9918  
[rumneybaptist.org](http://rumneybaptist.org)  
office@rumneybaptist.org  
Like us on Facebook  
Sundays: 10:00 a.m. Sunday Worship Service  
Livestreaming on YouTube  
Blended, worshipful music  
Relevant Bible teaching  
Children's ministry

6:30 p.m. Mondays: Teen Worship Service  
Small group Bible studies throughout the week

**West Rumney Community Church United Church of Christ**  
1218 Old Route 25, West Rumney  
Sun. Worship 9 a.m., All are welcome.

**THORNTON**  
**Thornton United Methodist**  
22 Church St., Thornton  
Off Cross Road between Rts 3 & 175  
Call 603-726-3774 for more information or to leave a message.

**WARREN**  
**Warren United Methodist Church**  
On the Common, Warren, NH  
Sunday Worship 1:30 p.m.  
Sunday School 10 a.m.  
Rev. Dr. David Palmer • 787-6887

**WENTWORTH**  
**Baker River Bible Church**  
259 Mooslake Hwy., Wentworth  
\* Sunday School - 9:45 a.m.  
\* Morning Worship Service 11:00 a.m.  
\* Potluck Lunch - 12:00 noon  
\* Afternoon Service 1:30 p.m.  
\* Wednesday Prayer Meeting, Patch the Pirate Club for grades 1-6, and Teen Youth Group 7:00 p.m.  
Rev. Bruce Michaud, Pastor  
764-9406 or 786-9550

**Wentworth Baptist Church Independent, Fundamental, K.J.V.**  
260 Cape Moonshine Rd., Wentworth  
9:30 a.m. Sunday School  
10:30 a.m. Sunday Service  
1 p.m. Sunday Afternoon Service  
7 p.m. Wednesday Evening Service  
764-9800 [www.wbcnh.org](http://www.wbcnh.org)

**Wentworth Congregational Church**  
Wentworth Village Road (Common)  
[wentworthcongregationalchurch.org](http://wentworthcongregationalchurch.org)  
Sunday services: 10:15 a.m., Sept.thru May.  
9:00 a.m., May thru August  
764-9081

**WOODSTOCK**  
**Pemi Valley Church**  
1091 Rte 3 South Woodstock, • 745-6241  
ALL ARE WELCOME  
Wednesday - 6:30 p.m. Bible Study and Prayer Group.  
Sunday 9-10 a.m. Worship Service and Children's Sunday School. 10-10:30 a.m. Refreshments.  
Reverend John Muehlke Jr.



# OBITUARIES

## Julia (Julie) Moody Downing, 96

Julia (Julie) Moody Downing, 96, of Plymouth, NH, died on October 26, 2023, at Merrimack County Nursing Home in Boscawen, NH. Born October 9, 1927, she was raised in Plymouth, and was the oldest of seven children born to Dannie and Grace (Philbrick) Moody. She lived her life in service to others, and will be greatly missed by all those she left behind.

Family was the joy of Julie's life and she helped raise four generations, starting with her siblings and extending to her children, grandchildren, and great-grandchildren. She even lived long enough to hold her great-great granddaughter! Julie was the go-to babysitter, the Nana who would always have advice if you wanted it (and frequently even when you didn't!). She stood in the doorway waving you off as you drove away, and wanted you to call when you got home to let her know that you had arrived safely. Her house was the gathering spot for love and laughter; from Sunday dinners to the Easter, Thanksgiving, and Christmas gatherings that were always celebrated in her home. She loved to visit, and her door was always open to anyone who wanted to stop by. She loved to read romances and crime novels, to watch TV while she knitted or crocheted, and to go to



church every Sunday. In addition to caring for her family, Julie worked at various jobs over the course of her life: First National grocery store, Adam's Supermarket, Cricenti's Supermarket, Sprague's, Hitchner, McDonald's, and A Cleaner World drycleaners. At each of them she touched the lives of those who came through her checkout line or sat next to her on the assembly line.

Julie was predeceased by her husband Edward G. Downing, parents Grace and Dannie Moody, siblings Thomas Moody, Doris (Moody) Pike, Daniel Moody, Carole (Moody) Roy, Clifton Moody, and Consuelo Moody.

Julie is survived by her daughter, Cynthia Downing and her partner Henry Ahern Jr., son, Niles Downing and his wife Terry Downing; grandchildren: Jennifer Yeaton (husband Ken), Danielle Downing, Kristen Downing de Almeida, Christopher Downing (wife Amanda), and

Aaron Downing (wife Heather); great-grandchildren: Ashley Yeaton, Jonathen de Almeida, Trevor Yeaton, Rachael Downing Santos, Evan Downing, Rhea Downing, Avery Downing, and Briggs Downing; great-great granddaughter Mercy de Almeida; sister-in-law Carol Moody; and many nieces, nephews, and cousins.

A graveside service will be held at Riverside Cemetery in Plymouth, NH, at 11 a.m. on Wednesday, November 1, 2023.

In lieu of flowers, donations in her memory may be made to the Plymouth United Methodist Church, 334 Fairgrounds Road, Plymouth, NH 03264, or to the Merrimack County Nursing Home, 325 Daniel Webster Hwy, Boscawen, NH 03303.

## Marthur Hurley Kalil, 84

Marthur Hurley Kalil, 84, of Alexandria, NH, died on October 9, 2023. She was born on February 8, 1939, in Nashua, NH, to Mary O'Leary Hurley and Arthur Paul Hurley.

She is survived by her husband, Charles Jeffrey Kalil, her sister, Ruthann Hurley Vihon, her son, Jeffrey Ryan Kalil, and her daughter, Mary Kalil Hamawy, as well as her five grandchildren.

Beyond her family, Marthur's greatest love and source of solace was the natural beauty of Newfound Lake, Mt. Cardigan, and the Fowler River. Having spent summers at Camp Wulamat on Newfound since age 6, she happily retired to the area in 1996, where she was a force for good in the community. Marthur will be



deeply missed by all who knew and loved her. Her legacy of intelligence, wit, and community involve-

ment will continue to inspire others.

A Mass in Marthur's memory will be offered:

Thursday, November 9th, at 8:00 am

Our Lady of Grace Chapel, 2 West Shore Rd, Bristol, NH 03222.

Contributions may be made to Bristol Community Services at 21 Pleasant, St, Bristol, NH 03222 or Pemi-Baker Hospice & Home Health at 101 Boulder Point Drive, Ste 3, Plymouth, NH 03264.

**Dupuis Funeral Home**  
Service Since 1953

11 Hill Avenue  
Ashland, NH 03217

Tel: (603) 968-3372  
Fax: (603) 968-9367

www.dupuisfuneralhome.com Elliott E. Dupuis, Director

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Main St., Plymouth, NH 536-2625.



## PETS OF THE WEEK

### Ralph

Meet Ralph! This goofball is such a sweetheart and brings so much joy to the staff and volunteers here at the facility. He loves meeting new people and is always curious of other doggos. Ralph does have an autoimmune disease that requires treatment by daily medication and will require routine veterinary check ups (Check with your vet! You will find the monthly cost is not high!). During his



down time, between eating treats and playing fetch, Ralph loves to cuddle up for nap time and would be a great addition to a home looking for a little extra love.

Recently, members of our Volunteer Program, have been able to give Ralph some extra time out of the shelter! Through these outings we have learned - Ralph loves water and hiking. He enjoys getting to spend time outdoors and making new friends along the way.

### Murray

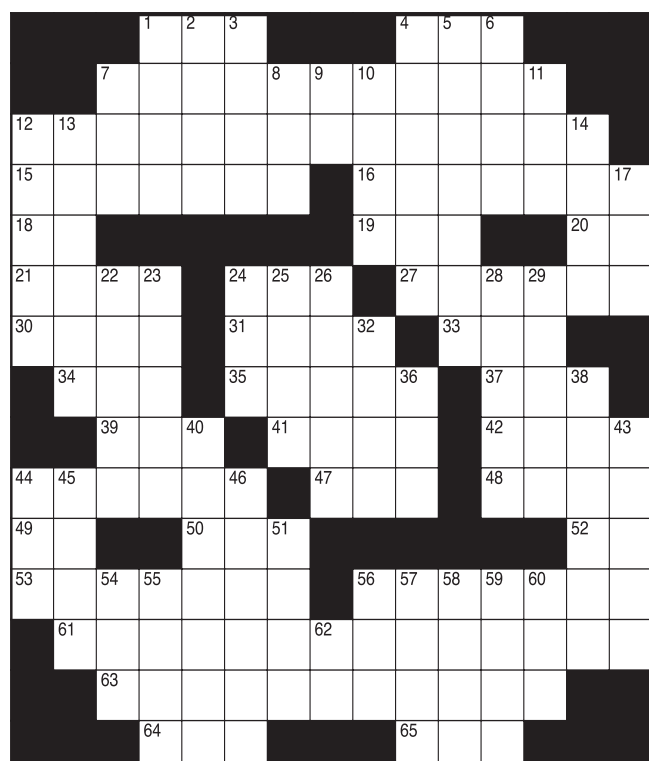
Meet Murray! Adorable is an understatement for this fluffy boy. Murray is a calm cat that is seeking a home with many windows to look from and humans to help ease the stress of shelter life. Got a brush? Murray's long coat would thrive with some brushing!

**NH Humane Society**  
Over a century of love for those without a voice.  
1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

**BREAK OUT**  
of the same monotonous routine and find an exciting **NEW JOB**  
See the Classifieds **TODAY!**

Eat  
Drink  
Laugh  
Play  
Love  
Live  
and...  
**Shop Local!**

## TAKE A BREAK



### ACROSS

- A way to drop
- Bits per inch
- Ghosts
- Presents
- Noises
- Honorable fourth name in ancient Rome
- Elevated railroad
- A way to drench
- The Tarheel State
- Lilly and Manning are two
- Where golfers begin
- Harvester
- Unit of subjective loudness
- Jewish calendar month
- Dash
- Armed conflict

- Daisy \_\_\_: Broadway actress
- Jump
- Get free of
- A written proposal or reminder
- Organic chemistry reactive structure
- African country
- Cool!
- Used to treat Parkinson's disease
- \_\_\_ route
- Ed Murrow's home
- Lethal dose
- Give cards incorrectly
- A treeless grassy plain
- Famed R.L. Stevenson novel
- In an incisive way
- Mark Wahlberg's screen partner

### 65. Criticize

### DOWN

- Mountain in the Julian Alps
- A domed or vaulted recess
- Trade agreement
- Larger
- Edged
- Data
- Something curved in shape
- Root mean square (abbr.)
- Farm state
- Pre-1917 emperor of Russia
- Short-term memory
- Indigenous peoples of central Canada
- Honor as holy
- Monetary unit of Samoa
- Company that rings receipts
- City in Finland
- Small finch
- Arctic explorers (abbr.)
- Mild yellow Dutch cheese made in balls
- Very willing
- Partner to "ooled"
- Turntable
- Major Hindu deity
- Move head slightly
- Plain-woven fabric
- Die
- Shipped as cargo
- Something highly prized
- Individual thing or person
- Humbled
- Speak indistinctly
- No seats available
- Financial obligation
- Green vegetable
- Tough outer skin of fruit
- \_\_\_ Spumante (Italian wine)
- Troubles
- Singer Charles
- Camper

## MEN'S HEALTH WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

## MEN'S HEALTH WORD SEARCH

ANXIETY, BALDING, BENIGN, CANCER, COLONOSCOPY, DEPRESSION, DIABETES, DOCTOR, DYSFUNCTION, EXAM, GENETIC, HEALTH, HEART DISEASE, INFERTILITY, KIDNEYS, MOVEMBER, OBESITY, OVERWEIGHT, PROSTATE, STRENGTH, STROKE, TESTICULAR, TESTOSTERONE

## This Week's Answers

SILO  
ON V T S I E B N S V E R J L  
E I R I V Y H d T V E O S I W  
O T L  
V d o u d O V H V Y E N I I N D  
T O N E O W E V E G I R  
d O H N V D V E H Y M  
H V O M V V O V E N O S  
H E d V O M V V E L S I T E  
C N N I E B T E  
N E W O N D V S I E T S I H V C  
S I L I D S Y W L S I B H C  
S N O I L I R V d d V  
I d B d V S



# Ashland Woman's Club hosts GFWC-NH Capital North District Meeting



Back Row: Beth Roth – GFWC-NH President, Jeanette Stewart, Bernadette Jencks, Christine Johnson, Rachel Kingson, Denise Raisanen, Carol Brauz, Dorothy McNamara, Mary McGahan, Rita Farris, Sue Harville, Dot Wiggins. Second Row: Mary Plott and Judy McPhail. Seated: Kathy Lombardi, Phylliss Reitsma, Anne Lamson, Caroline Gosse, and Dori Hamilton.



Sue Harville, Anne Lamson, and Phylliss Reitsma

ASHLAND — The Ashland Woman's Club hosted the General Federation of Women's Clubs of NH at the Capital North District Meeting held at the Emmanuel Episcopal's Sherrill Hall on Saturday, Oct. 21. It was a dreary, rainy Saturday in October, but turned into a time of sharing and caring as leadership from GFWC-NH and members of Concord Contemporary, Lisbon Friends in Council, and Salem

Area Women's Club joined Ashland Woman's Club in their meeting room at Sherril Hall in Ashland.


Ashland Woman's Club members provided a morning brunch table upon arrival and a lovely buffet for lunch. Linda Barnes, a speaker from Ashland, spoke on one of Ashland's early settlers keeping in theme with NH Women, Past, Present, and Future.

Everyone donated to a raffle to support the President's "Stepping Stones" project. Those who brought in a non-perishable item received an extra raffle ticket. We raised \$100. To support shut-ins, we all signed cards which will be brought to a nursing facility. The best part of the meeting was the sharing of ideas and concepts used by other groups. GFWC-NH leaders gave us insight on how to improve our clubs and

shared new ideas. It was a brilliant meeting of the minds and everyone left inspired. The Ashland Woman's Club prized the opportunity to host the Capital North District meeting in Ashland.

Eighty-five pounds of non-perishable items were donated to the Ashland Food Bank by the AWC President Anne Lamson, Sue Harville, and Phylliss Reitsma.

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## Artistic Roots showcases six new visiting artists

PLYMOUTH — Artistic Roots welcomes six new visiting artists starting Nov. 1. They are BJ Eckardt, oil painter; Tim Cawley, photographer; Janine Reynolds, glass cutting boards featuring her photography; Joan Poitras, multi-media art work; David Allen, wood carver; and Tim Curry, wood turner. We will celebrate their work on Nov. 17 in an Opening Reception from 5-6:30 p.m. All are welcome and refreshments will be served.

BJ Eckardt is a fine art oil painter, who lives and paints at her home on Lake Winnisquam in Belmont. As a contemporary artist, Eckardt is known for her vivid and bold works. She renders moments in time, capturing light as it magically illuminates her subject matter. She has won numerous awards for her paintings and has had works selected for juried exhibitions. Her work has been shown around the state and she is a juried member of New Hampshire Art Association.

Tim Cawley is an artist working in the medium of digital painting onto steel. He lives with his wife and two dogs in Rumney, New Hampshire. As an avid hiker, Cawley's collection is filled with steel from the top of the White Mountains and other areas of New Hampshire. These vibrant works capture the feeling of being in the mountains in every season. [timcawleyphotography@gmail.com](mailto:timcawleyphotography@gmail.com)

Beautiful tempered glass cutting boards featuring Janine Reynolds' original photography. A heat process called Sublimation fuses her photography to the underside of the textured glass cutting board, creating a food safe surface for cutting, as well as a vibrant piece of functional artwork for your kitchen. Used as cutting boards, charcuterie boards, and serving platters, the multi-function use makes this the perfect gift for the foodie in your life!

Joan Poitras' main media is a water base paint. Her paintings have a softness to them, which fills the canvas. Pictures are interpreted by her unique style. Some work is based on seasonal themes, reflecting a certain color scheme.

Realistically life-like, wielding chisels and blade, David Allen sculpts detailed birds and animals with native New England woods. Basswood, pine, red birch and maple. His sister, Barbara



BJ Eckardt is one of the six new Visiting Artists to come to Artistic Roots. Join us for an opening reception on Nov. 17 from 5-6:30 p.m. Meet the artists and join the fun.

McAllister brings his carvings to life using acrylic paints.

Tim Curry is local to New Hampshire's Lakes Region residing currently in Meredith. He enjoys woodworking and craftsmanship of many varieties ranging from building construction to wood turning to children's toys. He has many other pastimes as well including jeeps, bicycling and spending time with his children, and these inspire his woodwork. Curry is happy to be joining Artistic Roots this fall as a guest artist.



Not getting enough attention?

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# Re-sale shop hop event in Plymouth

PLYMOUTH — Back by popular demand, the re-sale shops of Plymouth will once again be holding a town wide Shop Hop event. This will be a big dose of re-sale therapy at the ten re-sale shops that are taking part in this great Veteran's Day weekend event!

All the participating shops will be offering bargains, sales, refreshments and a grand prize

drawing for those who have made it to all the shops! In honor of Veterans Day, some of the shops will be offering discounts to Veterans with their military ID.

Participating shops include:

Boomerang Used Furniture & Funky Stuff, Dressers Unlimited, Flip'n Furniture, Habitat for Humanity/ReStore, Ladders Thrift, NewBerry's, Junk &

Disorderly, Roxie Rose Boutique, Step Ladders Thrift and The Readery

Pick up your Shop Hop Participation Card at any one of the 10 participating shops, then plan your route/weekend. Get your card stamped at each shop between Nov 10 – 12 and turn it in at the last shop you visit to be entered into our Grand Prize Drawing. The winner will receive a \$250 gift certificate val-

id at any of the 10 shops (may be spent at just one or multiple stores), plus \$50 for lunch, or to add to your purchases. In addition, there will be several drawings for gift certificates to area restaurants. You must have all stamps on your participation card to be entered in the drawing. You do not need to be present to win.

Participating area restaurants will have their own special Shop

Hop discounts throughout the weekend. You must present your participation card in order to be eligible for discount.

This will be a great weekend of fun for all in Plymouth, the Re-Sale Capital of New Hampshire!

For more information on each of these shops go to:

[https://boomeran-](https://boomerangusedfurniture.com/shop-hop)

[shop-hop](https://www.facebook.com/Re-Sale-Shop-Hop-Plymouth-NH-110853120321569/) or you can contact Boomerang Used Furniture & Funky Stuff at 603-536-6000 or email us at [boomerangusedfurniture@gmail.com](mailto:boomerangusedfurniture@gmail.com)

# HELP WANTED

Call our toll-free number  
**1-877-766-6891**

and have your help wanted ad in 11 papers next week!

**FRIENDLY & RELIABLE NIGHT CASHIERS** needed at the Following Location:  
**Bosco Bell** on Route 28 Barnstead  
*Please apply in person.*

## Gallery Associate Position

The Sandwich Fine Craft Gallery is seeking a highly qualified, motivated individual to join the gallery staff to work with the gallery manager in the running and promotion of all aspects of the gallery and related educational programs.

The Sandwich Fine Craft Gallery is the combination of the League of New Hampshire Craftsmen and the Sandwich Home Industries. The League of New Hampshire Craftsman is a fine craft association that unites all of its members to ensure that it presents the highest quality of craftsmanship. The Sandwich Home Industries, birthplace of the League, has a mission to support local artists and to offer outstanding classes and other programs concerning arts and crafts of all kinds.

This position begins in January 2024, with varied hours depending on the needs and the programs of the gallery. The winter work session includes support of the Sandwich Home Industries Lecture Series. Spring tasks involve re-opening and setting up the gallery, inventorying work, and setting up displays to prepare for the summer retail season. An additional focus is our education program, which runs from May until October. Throughout the year there are promotional efforts through social media outlets and our on-line store.

Prior knowledge of or the willingness to learn about retail sales, arts and crafts, social media, and on-line sales are qualities we seek in a candidate.

For more information and a detailed job description go to: <https://center-sandwich.nhcrafts.org>. To be considered for this position, please send a resume, cover letter, and two references to Ralph Watson, Gallery Manager, at: [GalleryAssoc2024@gmail.com](mailto:GalleryAssoc2024@gmail.com). Interviewing for this position will take place during the first week of December 2023.

## NCH Upper Connecticut Valley Hospital

### JOB OPPORTUNITIES

#### Spotlight Positions:

- |                                |                                   |
|--------------------------------|-----------------------------------|
| Phlebotomist                   | Health Unit Coordinator           |
| Registered Nurse               | Environmental Services Technician |
| RN – OR                        | Certified Surgical Technician     |
| RN – Med/Surg Charge Nights    | Multi-Modality Radiologic Tech    |
| RN Nurse Manager – ED/Med-Surg | Medical Assistant                 |
| Endoscopy Technician           | Medical Technologist              |
| Physical Therapist             |                                   |

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# Do you need health insurance?

REGION — Health Insurance Marketplace Open Enrollment is officially here! From Nov. 1 through Jan. 15, you'll be able to enroll in, or change, your health-care coverage options. Trust us, we know how confusing navigating coverage options can be. As your local community health center, we believe that everyone should have access to high-quality health care. That's why Mid-State has a Marketplace Assistance Team available, FREE OF CHARGE, to anyone in the community who needs assistance choosing the best plan for

them.

There are plenty of ways to get in touch with our Marketplace Assistance Team:

Send our team an email at [marketplace@midstatehealth.org](mailto:marketplace@midstatehealth.org).

Schedule a free in-person appointment at any of our locations by calling 603-536-4000, ext. 1450.

Again, assistance is free and open to everyone in the community. To learn more about the Health Insurance Marketplace, please visit [www.healthcare.gov](http://www.healthcare.gov).



A Mid-State Marketplace Assistance team member helping community member.

COURTESY

## About Mid-State Health Center

Mid-State Health Center delivers primary care and supportive services at locations in Bristol, Plymouth, and Lincoln, offering medical services, dental services, behavioral health counseling, imaging, recovery, 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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Please contact Patti Burlingame at 401-662-5676 for details on hours and rate of pay

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[www.gcsc.org/job-opportunities](http://www.gcsc.org/job-opportunities)  
603-448-4897  
E.O.E.





**COMFORT**

FROM PAGE A6

cally for older adults.

**4. Indoor Gardening**

When most people think of gardening, then think of being outdoors. However, there are plenty of indoor gardening options for those with a green thumb who love the life and energy plants can bring to a home. The easiest way to get started is to purchase a terrarium and fill it with favorite indoor plants.

**5. Learn an Instrument**

Playing music can be a lifelong hobby that stimulates the mind and soul. Even learning simpler instruments, like harmonica or bongo drums, can have a positive effect on mood as well as exercise the brain. While some instruments are harder to learn than others, many seniors have successfully learned classic instruments like piano and guitar.

**6. Exercise**

We all know exercise is beneficial to both our physical and mental health, and many stud-

ies have specifically shown the benefits of exercise on senior health. Thanks to the internet, it's very easy to find free senior exercise routines that can be done from the comfort of home. A quick online video search will yield free exercise routines for every ability and interest, including yoga, body weight movements, and resistance band exercises that require little or no equipment.

**7. Learn a Language**

Learning a different language can bring both joy and a sense of accomplishment. And with modern technology, accessing language lessons is easier than ever. Mobile phone apps and online courses make learning a new language fun and possible to do without an instructor. In fact, studies show that learning a new language benefits the mind and is easier to do than many seniors think.

**8. Book Club**

The joy and fascination of reading can be amplified when shared with others. Many older

adults find enjoyment and motivation in joining book clubs that meet in-person or virtually. Reading and thoughtful, lively discussions during book club meetings keep the mind sharp and offer socialization opportunities to reduce feelings of isolation.

**9. Volunteer**

There are many rewarding, community-oriented volunteer activities for seniors. Programs like foster grandparent, after school sessions, and community gardens provide social, feel-good opportunities that give a sense of purpose. After all, bringing joy to others is one of the best ways to create joy in one's own life.

**10. Painting**

Art and painting as a hobby goes back thousands of years—and for good reason. It takes very little physical movement while providing mental stimulus, a creative outlet, and stress relief. Even better, painting works well as a solo activity, or one done with friends or loved ones.

**Comfort Keepers® can help**

At Comfort Keepers®, we create individual care plans for every client. These plans include wellness goals that consider physical, mental, and emotional health. Our caregivers can help support physician-prescribed exercise plans and help seniors engage in the activities they love the most. And, our caregivers can help seniors stay connected with loved ones through video chats, phone calls, and care updates. We believe that every senior should experience the best in life. If you have

questions about Comfort Keepers uplifting in-home care services, please contact us 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.

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Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

**References**

AARP. Video Games Score Big With Older Adults. Web. 2019.

Forbes. The 'Loneliness Epidemic' Among The Elderly May Not Be What It Seems. Web. 2021.

TIME. Want to Prevent Aging? Learn a New Language. Web. 2012.

**CONSERVATION**

FROM PAGE A6

refusing to drop their leaves. The high lake levels floated docks and eroded shores, but the lakes also experienced less intense surface warming, weaker stratification and deeper mixing. This might bring some relief to lakes and ponds that struggle with bottom water oxygen depletion. At the same time, frequent rains carried nutrients from the soil to streams, lakes and wetlands at a fairly steady pace, reducing the tendency for boom-and-bust algal blooms and cyanobacteria outbreaks.

Going into the colder months, ground water levels in the soil remain high, causing issues for construction (puddles in foundation holes, site soil runoff), road agents (road beds that will frost heave, perpetual ice on some dirt roads) and residents (leach fields that freeze or are too saturated to work, wet cellars and mold). Problems with saturated ground as winter approaches aren't limited to the human realm. Frost heave damages the fine root hairs of trees and shrubs, slowing their ability to uptake water and nutrients in spring. Burrowing and hibernating animals may find fewer areas suitable for dry dens. Probably the greatest risk of saturated ground in fall is the risk of snowfall on trees still holding onto leaves and whose roots are in wet ground – any significant wind could upend them. And frozen soil means that any fall and winter rains will run off, not soak in, enhancing likelihood of flooding.

It's a race against the solstice now, as the sun's orbital path zooms towards the equator and the days shorten. Its important to realize that climate warming can delay the onset of freezing conditions but it does not change the length of day. Winter will come. Let's hope we get some drying out before the snow arrives.

**MB**

FROM PAGE A4

in Bartlett and said his family has been coming to the area since the late 1980s.

Archambault has been with the company for 18 years and worked at Market Basket locations in Hooksett, Manchester, Somersworth, and Methuen, Mass. He said when the opportunity came to work in North Conway he jumped at the chance.

"I fell in love with the mountains. I've been coming up here for five years," he said.

Archambault is a hiker and has been working on the 4,000-Footer Grid: hiking each of the 48 mountains on the 4,000-Footer list once a month.

Bonovich has been with Market

Basket for 29 years worked in locations including Seabrook, Rochester, and Haverhill, Mass., and helped open the store in Westbrook, Maine. He lives in Center Ossipee and said this will be a much easier commute for him.

"It's closer for one and they were kind enough to give me a shot here," he said.

Bonovich said he is proud that the North Conway store is coming to fruition.

The new Market Basket in North Conway is located at 80 Barnes Road and is part of Settler's Green. For more information, visit <https://www.shopmarketbasket.com/store-locations/north-conway-new-hampshire-market-basket-94>.

**JENNIE'S STORY**

FROM PAGE A1

Also premiering that same evening will be a new historical panel noting the Native American presence.

This additional panel to the town story will be housed at the Hill Historical Meeting House on Murray Hill Road, adding to the pictorial history of our town. The idea for highlighting the presence of the Abenaki Indians in our area came from several students.

After a field trip to the Mount Kearsage Indian Museum last year, one student noted the "mistake" on the historical panels telling the story of Hill. It was noted that our town's history did NOT begin when Cutting Favor was the first white man to settle along the Pemigewasset River... native Americans had lived here for 10,000 years before any settlers came.

Come on Wednesday, Nov. 8 to see another great historical addition created by some of our students.

**PAREI**

FROM PAGE A1

The PAREI office is located at 300 Main St., near the corner of Route 3 and Fairgrounds Road in Plymouth. This event is sponsored by Rockywold Deephaven Camps, and is free and

open to the public. The Plymouth Area Renewable Energy Initiative is a non-profit membership organization providing programs (such as NHSaves Button Up Workshops, NH Solar Shares and Local Foods Plymouth On-Line Farmers Market)

that inform, inspire and assist community members with living more sustainably. To learn more about this event or donation and membership opportunities visit PAREI at [www.plymouthenergy.org](http://www.plymouthenergy.org) or call (603) 536-5030.

**XC**

FROM PAGE A1

place in a time of 21:44.66.

Reagan Sutherland ran to the finish line in 42nd place in 24:09 and Claire Gervez finished in 44th place overall with a time of 24:11 in her first state championship meet.

Ella Ronci was 58th overall with a time of 25:17 and Leah Ines rounded out the field of Bobcat girls with a time of 26:48, which placed her in 75th place overall.

The Bobcat boys finished in ninth place overall, with Hanover taking the Division II championship.

Tate Hayman led the Plymouth boys with a 15th place finish in a time of 17:27.

Leo Ebner came in next, finishing in 24th place in 18:01 and Abraham

Hankens was the third Bobcat, finishing in 72nd place with a time of 20:35.

Hassan Osseiran was 76th overall with a time of 20:46 and Gordon Love rounded out the scoring with a time of 20:52 for 81st place overall.

Graeme Burtis was 87th overall in a time of 21:12 and Declan Ulricson finished out the field of Bobcat runners with a time of 21:59 for 102nd place.

With their top-25 finishes, Hayman and Ebner will join the girls' team in competing at the Meet of Champions on Saturday. The race takes place at Alvirne High School in Hudson on Saturday, Nov. 4, with the girls running at 2:30 p.m. and the boys following at 3:20 p.m.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*

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# LEGAL

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## TOWN OF PLYMOUTH 2023-2024 WINTER SERVICE BID SNOW & SAND HAULING

The Town of Plymouth will be accepting bids for winter operations consisting of hauling snow and sand as needed for the Highway Department. The qualified bidder shall provide the highway department with two (2), ten (10) wheel dump trucks, in good operating condition, as well as operators, from approximately November 1, 2023, through April 30, 2024. The qualified bidder must be available 24 hours a day, 7 days per week.

Contractor and all subcontractors shall, before commencing any work, provide the Town with a current certificate of insurance for general liability (minimum of \$1,000,000), workers compensation and fleet liability. The use of any subcontractors shall be approved by the Highway Manager / Town Administrator / Board of Selectmen.

Contractor and all subcontractors shall certify compliance with US DOT Regulations, 49 CFR 382-Drug and Alcohol Testing, for all applicable employees. All bids must be accompanied by a Business and Taxpayer Identification Information Form (W9). This bid will be awarded on an hourly basis. Each bidder can include a fuel surcharge if the cost of fuel exceeds a predetermined price included in each bid.

ENVELOPE MUST BE CLEARLY MARKED: 2023/20204 WINTER SERVICE BID- SNOW & SAND HAULING

Submit bids to: Town of Plymouth  
Attn: Joe Fagnant, Highway Manager  
6 Post Office Square  
Plymouth, NH 03264

**Deadline: 1:00pm, Tuesday, October 31, 2023, at which time bids will be opened. No bids will be awarded until they are reviewed for accuracy by the Highway Manager and approved by the Board of Selectmen.**

Inquires: Joe Fagnant, Highway Manager (603-536-1623). The Town of Plymouth reserves the right to reject any and all bids or any part thereof, to waive any informality in the bidding, to accept the bid to be in the best interest of the Town, or to purchase, on the open market, if it is considered in the best interest of the Town to do so.

## TOWN OF PLYMOUTH PUBLIC NOTICE

All Town Hall offices will be closed on Friday, November 10, 2023 in observance of Veterans Day. The ceremony will be held on Saturday, November 11<sup>th</sup> and will begin at 10:30AM in front of the Town Hall.

Office of the Select Board

### LEGAL PROBATE NOTICE THE STATE OF NEW HAMPSHIRE

2nd Circuit - Probate  
Division - Haverhill  
10/13/2023 thru 10/26/2023

### APPOINTMENT OF FIDUCIARIES

Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Grafton County. All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

**Zock, SR, Robert A.**, late of Ashland, NH. Robert A. Zock, 98 Birch Hill Road, Warner, NH 03278. #315-2023-ET-00523

Dated: 10/27/2023

## TOWN OF THORNTON PLANNING BOARD NOTICE OF MEETING

Thursday, November 16, 2023

The Planning Board for the Town of Thornton will hold a Public Meeting on **Thursday, November 16, 2023** beginning at **6:00 PM** based at the Thornton Town Offices at 16 Merrill Access Road for the purpose of holding public hearings:

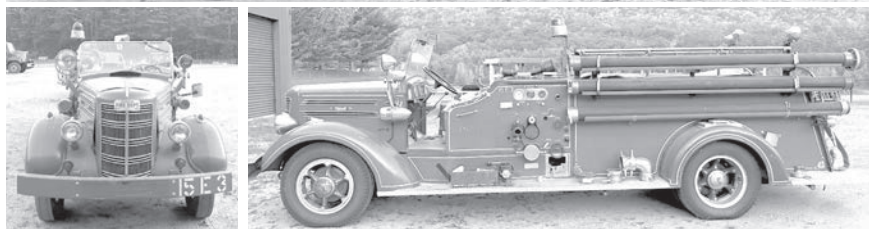
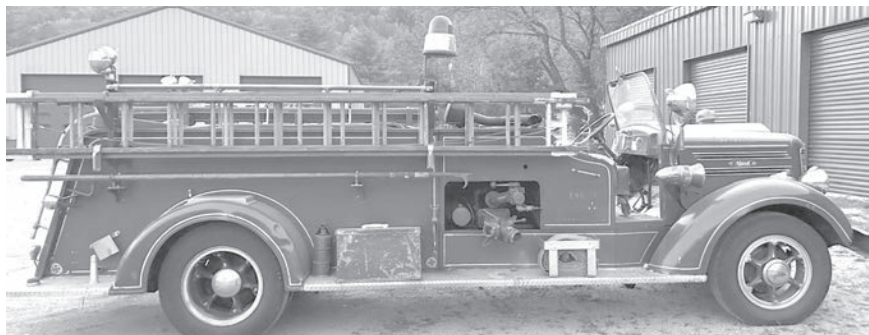
APPLICATION: **PUBLIC HEARING** – Site Plan Review; Phil Hastings as agent for Franconia Subsidiaries; 2635 US Route 3 [Map 237, Lot 59]. *Construct 15 geodesic domes and a commercial building at the site of the former Blake Mountain Hotel.*

APPLICATION: **PUBLIC HEARING** – Site Plan Review; Phil Hastings as agent for LCJ Holdings, LLC [Map 240, Lot 114]. *Construct a pump house.*

**The Town Hall is open to the public and the public is allowed to attend in person or remotely using ZOOM by going to <https://zoom.us/j/8256731802> (or via telephone at 1-646-876-9923) with Meeting ID: 825 673 1802. For further information please visit our web page at [www.townofthornton.org](http://www.townofthornton.org)**

Nancy Decoteau, Planning Board Chair

## Town of Woodstock For Sale by Sealed Bid 1948 Mack Fire Truck Type 45 Minimum Bid of \$15,000.00



The Town of Woodstock is accepting sealed bids for a 1948 Red Mack Pumper Fire Truck Type 45, 277 cubic inch motor, 6-cylinder, gas, standard transmission, and currently has 18,397 miles.

The truck may be viewed by appointment at the Woodstock Public Works Garage at 459 Daniel Webster Highway in Woodstock, NH. Please call 603-348-8783 to schedule an appointment.

Sealed bids will be accepted until Monday, November 13th, at 3:00 p.m. The bid will be awarded on November 14th at the Select Board Meeting. The bidder will have seven days from the award notification to pay and collect.

Submit sealed bids to Woodstock Select Board, PO Box 156, N. Woodstock, NH 03262. Please mark the envelope **1948 Mack Fire Truck**.

The truck will need a 6-volt battery and a fuel pump. This truck is sold as is with no guarantees or warranties.

The Woodstock Select Board reserves the right to accept or reject the bid in the Town's best interest.

## TOWN OF PLYMOUTH 2023-2024 WINTER SERVICE BID BOULDER POINT ROAD

The Town of Plymouth will be accepting bids for plowing and sanding of Boulder Point Road. This road is .3 (three tenths) of a mile long and is paved. Boulder Point Road is located off of Tenney Mountain Highway (Route 25 near Wal-Mart driveway). The qualified bidder shall provide the highway department with a minimum of a one ton sized 6-wheel dump truck (with plow and sander) in good operating condition and with an operator from approximately November 1, 2023, through April 30, 2024. The qualified bidder must be available 24 hours a day, 7 days a week. This is a high priority road and must be continuously maintained. Bids based on an hourly rate, using town supplied materials (salt and sand).

Contractor and all subcontractors shall, before commencing any work, provide the Town with a current certificate of insurance for general liability (minimum of \$1,000,000), workers compensation and fleet liability. The use of any subcontractors shall be approved by the Highway Manager / Town Administrator / Board of Selectmen.

Contractor and all subcontractors shall certify compliance with US DOT Regulations, 49 CFR 382-Drug and Alcohol Testing, for all applicable employees. All bids must be accompanied by a Business and Taxpayer Identification Information Form (W9). This bid will be awarded on an hourly basis. Each bidder can include a fuel surcharge if the cost of fuel exceeds a predetermined price included in each bid.

ENVELOPE MUST BE CLEARLY MARKED: 2023/20204 BOULDER POINT WINTER SERVICE BID

Submit bids to: Town of Plymouth  
Attn: Joe Fagnant, Highway Manager  
6 Post Office Square  
Plymouth, NH 03264

**Deadline: 1:00pm, Monday, November 6, 2023, at which times bids will be opened. No bids will be awarded until they are reviewed for accuracy by the Highway Manager and approved by the Board of Selectmen.**

Inquires: Joe Fagnant, Highway Manager (603-536-1623). The Town of Plymouth reserves the right to reject any and all bids or any part thereof, to waive any informality in the bidding, to accept the bid to be in the best interest of the Town, or to purchase, on the open market, if it is considered in the best interest of the Town to do so.



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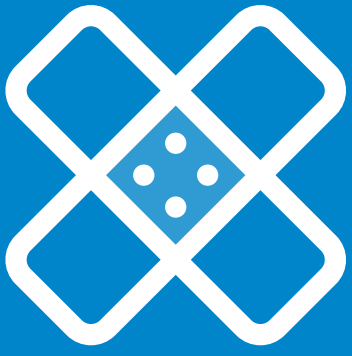
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Boulder Point Community Room 7am - 3pm

**November 29 (Wednesday)**  
Speare Hospital: Main Lobby 7am - 3pm

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Questions? Please call:

**603.238.2348**

Fall Virus Series: The preparation of this document was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.

Coming soon – RSV Vaccine and updated mRNA COVID-19 Vaccine information.

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# Lights

FROM PAGE A1

Langill to orchestrate this year's Lights On event.

Looking across the field where there were not only many fun activities but free hot dogs, chips and drinks for everyone, Richford said with a big smile, "This is great! It's an amazing event!"

Langill couldn't agree more.

"Due to COVID, we've had our own separate Lights On celebrations for the past few years but this year we were able to finally all come together here again at Kelley Park," she said with a matching smile.

Among the activities planned for families that night were a coloring contest and a table where they could mix up their own special "slime" to take home. Another craft opportunity was one where they were invited to create their own colorful sand art project. A photo booth also provided many fun props for the families to capture some memories from the evening.

A Dance Party and a Talent Show allowed the children the chance



DONNA RHODES

Families enjoyed a fun Cake Walk at the National Lights on Afterschool celebration in Bristol's Kelley Park last Thursday evening where many happy family were able to take home some dessert when the event concluded.

to show off their moves and their special skills as well. Besides expressing themselves through dance, the talent show provided them the opportunity to sing, do gymnastics or perform any other form of entertainment for the crowd to watch and enjoy.

Everyone was also amazed to see the robot that won the Newfound Regional High School's Robotics Team the Judges' Award at the 2023 FIRST Robotics Governor's competition last

winter. The team is made up of more than 12 high school students, including junior Nick Gilbert and senior Nick Mazur, who were on hand to demonstrate that robot for some excited young Newfound Area students.

"We're not actually part of Project Promise, but we thought we'd come out tonight to show our support for the community that supports us," said Nick Mazur.

His dad and mom, Clay and Allison Mazur,

are the Parent Mentors for the team and said they hope to find more sponsors for the 2023-2024 robotics competitions, which is an expensive venture for the members as they travel to the events. By showing what the students accomplished last winter, they hope others will see the STEM talents youth learn through FIRST Robotics and support their participation in future competitions this year.

One of the most popular of all the activities was perhaps the Cake Walk though. Numbered markers in a circle on the ground allowed groups of people to stand on one then step from one marker to the next. When the word came to stop, whoever was on the number pulled then got to select a cake, cookies or cupcakes from the more than sixty desserts

donated to the event.

The TTCC After School program is a long-standing and popular opportunity for kids to be involved in all types of fun activities when the final school bell rings. Langill said Project Promise also involves another 200-plus boys and girls, showing not only the need for both programs but their popularity and support from families, too. This year's grant from Project Promise allowed both programs to present the fun filled night out last week.

"We have lots of talented staff members who are very dedicated to the equally dedicated students, and this is a great way to celebrate them all," Langill said.



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