

Newfound Landing

THURSDAY, SEPTEMBER 14, 2023

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COMPLIMENTARY

NH delegation announces \$12 million for Grafton County broadband

BY ANGEL LARCOM
angel@salmonpress.news

REGION — In a press conference last week, the NH delegation announced that \$12 million of the Bipartisan Infrastructure Law funding

SEE BROADBAND PAGE A15

Newfound field hockey taking a shot at mental health

BRISTOL — Newfound field hockey has created a tradition, at which the team plays for a cause larger than the game itself. This year the Bears are hosting a dedication game on Tuesday, Sept. 19. This game will highlight awareness for student-athlete mental health through the organization Morgan's Message. The team has ordered t-shirts that they will wear during our warm-ups and pregame ceremony. Visit <https://www.morgansmessage.org/> for more information on the organization.

In addition to the dedication game, the team will be fundraising money to educate educators and students on the importance of mental health. Team members will be collecting money for each shot on goal by each team in the Sept. 19 game or by a flat dona-

tion. All proceeds will be donated to NAMI NH. Visit <https://www.naminh.org/> for information.



curious motored slowly along the main road of the old village, stopping at historic markers erected by local Troop 50 Boy Scout member Tyler Kulacz for his Eagle Scout project in 2021. Greeting two of the many visitors last Saturday were Hill Deputy Fire Chief Mark LaBonte and his wife and Jill, along with Peggy Razzaboni from the Hill Historical Society member, which hosted the event.

DONNA RHODES

Old Hill Village

A steady flow of traffic made its way into Old Hill Village last weekend when the Back Road gate to the Franklin Reservoir land was opened. Over the weekend motor vehicles had the chance to tour the site of the former town, which was moved in 1940 when the U.S. Army Corps of Engineers built the Franklin Dam to control flooding along the Pemigewasset River. History buffs, relatives of former residents and the

Community has a ball at Danbury Grange and Community Fair

BY DONNA RHODES
Contributing Writer

DANBURY — Those who have ever attended the Danbury Grange and Community Fair may agree that their rural celebration is something not to be missed. Held on the first Saturday after Labor Day each year, it's a day filled with agricultural displays and competitions, locally made foods and crafts, raffles, music, a parade and lots of good old-fashioned fun.

This year kicked off with breakfast, vendors and music from the Lindsey Schultz Band, which included Lindsey's own song about "Hippie Hill," a long loved landmark in Danbury Village.

Inside the Blazing Star Grange Hall, local children's author Mary Lyn Ray was on hand autographing her books and doing some face painting. There were baked goods for sale and the

SEE DANBURY PAGE A15

DONNA RHODES

(Right) With the theme, "Let's Have A Ball," it was easy to see which group of boys and girls was truly having some "big time fun" as they watched the Grange and Community Fair parade in Danbury last weekend.



Locals breathing new life into Tenney Mountain

Iconic Plymouth resort undergoing major renovations, improvements

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — When Steven Kelly purchased the Tenney Mountain property in May of last year, he saw opportunity.

And to help turn that opportunity into a viable business venture, he turned to a group of locals who bring plenty of Tenney Mountain experience to the table as well as plenty of experience in the ski industry and the business world.

"I saw opportunity here to build a community," Kelly said. "It was a resort that had a lot of potential."

Kelly owns a pair of companies, Timberline Construction Company and Timberline Communications Inc., and brings plenty of business experience to Tenney as well as a business that specializes in one of the key ingredients of a ski resort: Towers.

"This is my 22nd year with my company, I know a lot about successful business building. Success is a team effort," Kelly stated. "I knew we had to have a group of



JOSHUA SPAULDING

The new management team at Tenney Mountain Resort includes (l to r), owner Steve Kelly, Marketing Director Richard Lufkin, General Manager Dan Egan, Director of Mountain Operations Dave Lorrey and Director of Operations Jeff Day.

people with compatible skill sets and these guys checked all the boxes."

The guys he's referring to are Dan Egan of Thornton, Dave Lorrey of Plymouth, Jeff Day of Plymouth and Richard Lufkin of Concord. Egan ran the mountain from 2002 to 2004 and is returning to the role of General Manager and Lorrey did the same from 1995 to 1998 and will be the Director of Mountain Operations.

Lufkin is the Marketing Director and Day is the Director of Operations.

"We plan on making Tenney Mountain a local mountain, but eventually a destination location," Kelly stated.

Day, who started at Tenney in the 1980s in the fry shack and running lifts, has been an entrepreneur in the restaurant business for the past 20 years.

"As a local, I saw the false starts at Tenney

over the last few years," he said. "Steve is the real deal, he has the plan to get this place where it needs to be and put Tenney back on the map."

Lorrey, who worked at the mountain in the 1980s and 1990s before going on to coach youth skiing in locations all over the world, was part of the original push of rebuilding and is excited to see his past come back to life. So excited that he came back to a place he

was sure he was never going to be back at.

"It's more about a dream from the past and realizing that dream and taking it to the finish line and maybe further," Lorrey stated.

Egan noted the mountain had a lot of success in the early 2000s, but it wasn't sustainable and now he sees the current plan as something that can work.

"I've skied all over the world and I was having fun here," he said. "To have a shot to revitalize a closed ski resort, to see Tenney be successful again, that's it."

"I grew up skiing in a small place and it changed my life," he added.

And as they have begun going out into the community and talking about Tenney Mountain, the response has been nothing but positive.

"All of us are excited to see the level of community support for a mountain that has had so many false starts," Day said, noting that the resort restaurant has been open all summer and the sales have con-

tinued to grow. "It has a following, which is only going to get better."

Tenney Mountain, located off Route 3 south of the intersection with Route 25, began with backcountry skiing in the 1930s before the first formal trails were cut into the mountain in 1959 and serviced with a t-bar. A double chair lift was added in 1964 and at the time made Tenney the largest ski area in the region. Expansion came in the 1980s with a triple chair lift added and new trails, but since the 1990s, a handful of ownership changes have left the mountain in a perpetual state of limbo. Lufkin points out that from a marketing standpoint, they are taking a beloved and iconic brand and reinventing it to bring back those that have loved it in the past and new guests in the future.

"It's been really neat to meet people from the community," he stated. "Whether they went to PSU or grew up here, everyone has a Tenney story."

SEE TENNEY PAGE A16



COURTESY PHOTOS

Helping out

Cub Scout Pack 56 participated in the Plymouth town wide yard sale on Saturday, Sept. 9. Scouts volunteered by donating and selling items and selling refreshments to fundraise for Scouting events during the 2023-2024 year. Programs include overnight trips to Camp Carpenter, summer camp, community service, and more. RJ Crowley, operated by Dragonfly Moving and Storage, provided a truck to store donated items. Cub Scouts is a year round program and serves Plymouth and surrounding communities. E-mail pack56plymouth@gmail.com for more details.

Ashland School Board updated on start of the new year

BY DAVID RUELL
Contributing Writer

ASHLAND — At its Sept. 5 meeting, the Ashland School Board learned of the start of the school year and the near completion of the ventilation project. A grant application for insulation in the gymnasium is now ready for submission.

Principal Guy Donnelly reported the "successful opening" of the school. He praised the staff for their work getting the school ready. The principal noted an emphasis on the core values of the school, such as integrity, kindness, perseverance, respect and citizenship during the first days of school. The fall athletics season has begun with practices to be followed soon by the first games. The staff received training on literacy learning. The seventh and eighth grades will share a day in Waterville Valley. The principal also reported that that afternoon two kindergarteners had shown him the butterfly that had hatched in their classroom and will soon be released.

The school enrollment on Sept. 1 was 152 students, all attending in person. There are currently no students learning remotely. It was noted that home schooled students can take part in school activities, including classes, and that two home school students are playing on the school's sports teams.

With the hiring of Jason Keysar for student support services, the Ashland school is now fully staffed. Superintendent Mary Moriarty recognized several staff members for their help in the hiring process during the summer.

The Superintendent also reported that the new ventilation system was almost completed. It was started up on Friday, Aug. 28, just in time for the heat wave. There were no significant problems, but some adjustments need to be made in the system in the school library and the Ober wing. And the staff has to be trained on the operation of the system. The school is now seeking a federal SEED grant for more energy efficiency improvements, mostly for the insulation of the gymnasium.

Much of the meeting was devoted to a long non-public session, described as "consideration of matters relating to the preparation for and the carrying out of emergency functions." The school board members also signed two documents required by state agencies.



COURTESY PHOTO

Plymouth State University honored Pat Cantor, Ph.D., (right) with the Harold E. Hyde Award for Distinguished Educational Leadership in recognition of her more than 30 years of exemplary service to Plymouth State University. The award is named for former PSU President, Harold Hyde, whose daughter, Mary Anne Hyde Saul (left), attended the ceremony.

Plymouth State honors Pat Cantor

PLYMOUTH — Plymouth State University (PSU) recently honored Pat Cantor, Ph.D., with the Harold E. Hyde Award for Distinguished Educational Leadership. Named for PSU's 10th president, Harold E. Hyde, who served as president from 1951 to 1977, the award recognizes those whose academic accomplishments and visionary leadership helped to guide PSU's future growth and success. PSU President Donald L. Birx, Ph.D., presented Cantor with the award at the University Days Faculty and Staff Awards ceremony on Monday, Aug. 21.

Cantor was a professor at PSU

for more than 30 years. Over that time, in addition to her teaching role, she held numerous leadership positions, including chair of the Education Department, director of teacher education, chair of the Early Education Department, and more recently, facilitator for the Education, Democracy and Social Change Cluster. Cantor also served as associate provost from June 2020 to June 2023.

"I am pleased to bestow this distinguished award on such a worthy recipient," said Birx. "Pat exemplifies PSU's motto Ut Prosim - (that I may serve). She is a selfless, collaborative, and highly

respected leader. This honor is well-earned and well-deserved."

Cantor is the first person to which President Birx has bestowed the Hyde Award, and only the sixth person to receive the honor since its inception. In addition to her PSU colleagues, many of Cantor's family members and friends were on hand and President Hyde's daughter, Mary Anne Hyde Saul, also attended the ceremony.

Cantor joins a distinguished group of Hyde Award recipients, including Donald P. Wharton, Ph.D, PSU's 13th president (1993-2000). SEE CANTOR PAGE A12

Pemi-Valley Habitat for Humanity begins new home construction

Informational meetings set for October in Plymouth

PLYMOUTH — Pemi-Valley Habitat for Humanity (PVHFH) is excited to announce that they have started building their newest home in Plymouth. They are now announcing the dates of the required informational meetings to learn what a partnership with PVHFH looks like. The meeting is typically one hour long and will be held at The Flying Monkey Theatre in Plymouth at 39 S Main St. on Oct. 16, 17 and 20th at 6 p.m.

Each applicant must attend to receive an application.

If you have questions regarding the information-

al meeting, please e-mail PVHFH at office@pemi-valleyhabitat.org.

PVHFH is an equal opportunity partner, they partner with family in the 30-80 percent median income range as defined by HUD, families must have lived within the service area for at least one year, partners are required to contribute sweat equity hours and have a willingness to contribute to the Habitat mission

Residents are encouraged to apply and are advised to not disqualify themselves without applying.

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COURTESY PHOTO

Plymouth State University welcomed 996 first year students for the fall 2023 semester, which began Monday, Aug. 28.

Plymouth State welcomes nearly 1,000 first-year students to campus

PLYMOUTH — Plymouth State University (PSU) welcomed 996 first-year students to campus for the fall 2023 semester, which began Monday, Aug. 28. This year's incoming class marks a 12 percent increase in first-year students over fall 2022.

This year's incoming class is also one of PSU's most diverse, with more than 24 percent of its first-year and transfer students representing people of color – more than doubling the percentage of non-white students who enrolled in fall 2022 – as well as an increasing number of students from a range of cultural and ethnic identities, countries of origin, religious beliefs, income levels, political affiliations and gender identities.

"We are always excited to welcome our new and returning students to campus, but this fall is especially gratifying as our campus community continues to grow, not only in number, but in other important ways," said Donald L. Birx, Ph.D., president, Plymouth

State University. "First-year students will be challenged in and out of the classroom with real world experiences, classroom learning, and, for many, living on their own for the first time, but I am confident that they will settle in and become part of the fabric of PSU in no time."

As of move-in day, there were 996 incoming first-year students enrolled, of which 471 hail from 148 cities and towns in New Hampshire.

This year, students will be joining a campus made safer by a \$150,000 federal Nonprofit Security Grant awarded by the New Hampshire Department of Safety. The funds, which will be used to purchase and install video surveillance equipment outside key campus facilities, are supported by a \$4.8 million Department of Homeland Security grant program for non-profit organizations.

To learn more about Plymouth State University, visit www.plymouth.edu.

Ashland selectmen appoint waste to energy facility committee

BY DAVID RUELL
Contributing Writer

ASHLAND — At their Sept. 11 meeting, the Ashland selectmen appointed the members of the waste to energy facility committee and approved the purchase of a blower for the Public Works Department, a contract for landfill monitoring, higher rates for the campground, and new floodplain forms.

The 2023 town meeting approved the study of the construction of a waste to energy plant. The selectmen voted to appoint five members to the study committee, including Selectman Charles Bozzello, Electric Superintendent Harry Gallien, Public Works Director Craig Moore, Alan Cilley and Wil Hess. They were promptly sworn into office.

The public works director presented a proposal to purchase a used ride-on blower, with equipment and road improvement funds from his department budget. Moore explained that they had previously rented this particular piece of equipment for about

two days a year. It was now being offered for sale by the company that had rented it to the town. He felt that if the department owned it, it would be used much more, to blow leaves out of ditches and along roads, and even goose droppings from the ballfield. After some discussion, the selectmen voted, with one dissenting vote, for the \$9,900 purchase.

The selectmen voted to renew the groundwater and gas monitoring contract for the closed town landfill with Emery & Garrett Groundwater of Meredith, at a cost of \$43,100 for the next five years.

After Building Inspector Devon Thibeault explained the new forms for work in the floodplains that FEMA is now requiring for the continuance of the National Flood Insurance Program in Ashland, the selectmen voted to adopt the new forms. They will apply to "substantial improvements" in the floodplains along the Pemigewasset and Squam Rivers, Ames and Owl Brooks. In the fu-

ture, the selectmen will consider administrative rule changes also being required by FEMA.

Selectman Ann Barney, who also serves as the Parks and Recreation Director, suggested that the annual rental rate for the municipal campground be raised by \$300 per campsite to cover the increased costs of tree trimming and trash removal. She also asked that there be a non-refundable \$500 deposit for each campsite (due by Columbus Day) to cover any costs, such as the removal of structures, with the deposit to be ultimately deducted from the rental cost. The selectmen approved both requests. They also voted to accept a \$5,000 donation from the Ashland Community Center for scholarships for the Summer Camp and Afterschool programs. They also voted to approve a State Wetlands permit application of a property owner who suffered damage during the June rains. The selectmen ended their meeting with a non-public session.

Teagan's Ride NH does it again

REGION — On July 30, Teagan's Ride NH hosted a record-breaking annual fundraising Poker Run and barbecue.

Founded in 2006, their mission is "Enhancing the lives of those with differing abilities by providing opportunities to further their independence."

Teagan's Ride NH's namesake, Teagan Lee Comeau, left the Earth in 2015 at the age of 13. It is in his memory that they continue to do what they can to help their Grafton County friends and neighbors.

Opportunities the organization has provided over the years include rental assistance, vehicle repairs, handicap vehicle equipment, handicap vehicle purchase assistance, handicap ramps, fuel assistance, grocery assistance, home repairs, home modifications and equipment, and assistance with daily necessities.

For more information about the organization, please call 603-254-2010. If you or someone you know lives in Grafton County and can benefit from their help, please e-mail TeagansRide06@gmail.com and they'll



Teagan Lee Comeau – Feb. 27, 2001-Feb. 18, 2015

happily forward an application.

The organization is a 501(c)(3) tax exempt

non-profit organization, and as such most donations are tax deductible.

Volunteer efforts to keep school communities healthy

REGION — The Central NH Medical Reserve Corps (MRC) / Community Emergency Response Team (CERT) volunteers work to enhance public health in the Central NH region in diverse ways. In addition to emergency response, the Central NH MRC/CERT Unit volunteers serve the region through preventative non-emergency public health initiatives. A long-standing example is their involvement in School-Based Clinics (SBC), a program driven by the New Hampshire Immunization Program (NHIP) that is coordinated through the Central NH Regional Public Health Network (RPHN). The Central NH RPHN has coordinated these free clinics, with the support of the MRC/CERT volunteers since 2009 as have several RPHNs across NH. The Central NH MRC/CERT Unit welcomes new members to join our team to support these efforts.

Through the NHIP, schools throughout the Central NH RPHN can host a clinic during regular school hours. The SBC program provides an opportunity for enrolled children as well as school staff to get vaccinated. The goal of NHIP's SBC initiative is to optimize families' ability to protect their children and the school community against the flu by addressing constraints that rural families face,

including busy schedules, transportation, and other barriers. Dates and times are scheduled when it works best for each hosting school, affording the least disruption to the school day. Most are scheduled in October. School-Based Clinics are a convenient way to receive the influenza vaccine and help maintain strong, healthy school communities that are ready to learn and operate effectively.

School-Based Clinic information is sent home to families by the school. Participation is completely voluntary. It is common to witness proud smiles on the recipients' faces following their vaccination, as clinic staff are experienced, patient, and willing to talk through

any of the recipient's concerns. Partners who make up the Central NH SBC clinic staff not only include the Central NH MRC/CERT Unit, but also Plymouth State University Nursing Department and Speare Memorial Hospital medical professionals.

In the coming weeks the schools within the region who are offering SBCs will send out information. For more details on the school clinics and to confirm your school's participation, please contact your school's administration. If you are interested in joining the Central NH MRC/CERT Unit to participate in SBCs, please contact Haley at hmyers@mid-statehealth.org or 603-238-3602.

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Bank of New Hampshire presents the 2023 Taylor Community Music Series

LACONIA — Bank of New Hampshire is proud to be the naming sponsor of the Taylor Community's 2023 Bank of New Hampshire Music Series.

The Taylor Community is a Continuing Care Retirement Community with its primary location in Laconia, the heart of the Lakes Region. The Taylor Community has built a reputation of excellence over the last century and beyond, that has given them the label of one of the most premier retirement destinations in New England. The mission of this non-profit organization is to allow residents to enjoy maintenance-free, active retirement living, while also giving them the time and opportunities to pursue the many recreational, cultural, and entertainment opportunities that the area has to offer.

Since 2013, Bank of New Hampshire has partnered with the Taylor Community to present free monthly concerts open to the public, featuring a variety of talented musicians. The Taylor Community reflects similar values to Bank of New Hampshire, prioritizing their community's needs over all else. The Bank of New Hampshire Music Series will allow both the Taylor Community and the greater Lakes Region community, to enjoy some of the recreational and entertainment opportunities that this area has to offer.

"We are grateful for Bank of New Hampshire's continued partnership," said Michael Flaherty, Taylor Community's President and CEO. "As a local bank with local roots and ownership, they have a unique understanding of the people and businesses they serve. Their ongoing help in bringing this free concert series to the greater Lakes Region is a testament to their commitment to making a difference in the lives of the people they serve."

The Bank of New Hampshire Music Series is widely popular, featuring high-caliber



COURTESY PHOTO
The Cat Faulkner Trio performs at the Taylor Community Woodside Pavilion during a Bank of New Hampshire Music Series concert.

musical talent in genres ranging from classical to folk, swing and the blues. Thanks to Bank of New Hampshire and Taylor Community resident donor support, the music series has expanded in 2023, with upwards of 60 free concerts happening year-round on Taylor's Laconia and Wolfeboro campuses.

Bank of New Hampshire is proud of this partnership as they aspire to remain an

independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21

banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BNH.Bank.

RISE Recovery services moving to Main Street in Plymouth

PLYMOUTH — Mid-State Health Center is pleased to share news of the upcoming relocation of its RISE Recovery services to a new and more accessible location. Starting Oct. 1, RISE will be moving from its current home at Whole Village to 28 Main St., Plymouth. The new location, conveniently situated in the heart of Plymouth, ensures that individuals seeking recovery support will have convenient and direct access to the comprehensive services provided by Mid-State.

For many years, Mid-State's RISE Recovery services have played a pivotal role in the region's healthcare landscape, providing a diverse range of support options for individuals navigating the complexities of

substance use disorder. These services encompass an Intensive Outpatient Program (IOP), Medication Assisted Treatment (MAT), and an array of recovery support services. By relocating the RISE Recovery services to 28 Main St. in downtown Plymouth, Mid-State aims to remove barriers and create a more accessible path to recovery for all.

Scott Leighton, the Program Director of Mid-State's RISE Recovery services, expressed enthusiasm for the move, stating, "We are truly excited about this relocation and its potential to positively impact the lives of those on their journey to recovery. The new location will allow us to expand our reach and create a more inclusive en-

vironment where individuals can find the support they need. We look forward to building upon our program in this new space."

For more information about Mid-State's RISE Recovery services, please contact 603-271-6300, or visit midstatehealth.org.

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.

Sue Sampson moves to new role at Badger Peabody and Smith Realty

HOLDERNESS — After 15 years as the office manager and Managing Broker of the Badger Peabody and Smith Realty Plymouth office, Sue Sampson has returned to the team of agents to work as an Associate Broker with the firm.

Sampson said, "One of the most rewarding parts of my job was helping our agents with buyers and sellers – it was great getting to see a first time home buyer or a seller who was moving onto something new. I had started my real estate career as a Sales Associate and am looking forward to returning to full time sales by showing, listing and selling property for our clients and customers."

Andy Smith, Broker/Owner of Badger Peabody and Smith Realty said, "Sue has been a tremendous asset to our firm helping all of our agents, our clients and our customers. I know she will continue to be a guide for our sellers and buyers as she helps them



COURTESY PHOTO
Sue Sampson has moved into a new role at the Badger Peabody and Smith Realty Holderness office.

in their real estate journey."

Sampson added, "For most of my adult life, I've

been a resident of the Lakes and Mountains Regions of New Hampshire. Having enjoyed a teaching career in Plymouth after retiring from education in 2008, I received my real estate license - turning a lifelong love of real estate into a full-time job."

For much of her time with Badger Peabody and Smith Realty, Sampson worked out of the Plymouth office on Tenney Mountain Highway. With this new role, she will be working full time from the firm's Holderness office – directly on Squam Lake at Curry Place.

When not showing and listing property, Sampson can be found hiking the trails that surround Squam Lake and the peaks of Castle

in the Clouds in Moultonborough.

Badger Peabody and Smith Realty is the Lakes Region, Central, Mt. Washington Valley, North Country, Western Maine and Northeast Kingdom of Vermont representative of LeadingRE (www.LeadinRE.com). With a membership that spans six continents, LeadingRE connects more than 550 firms and 135,000 sales associates who produce more than 1.1 million real estate transactions each year. With combined resources of more than 60 full time agents, and eight offices, Badger Peabody and Smith Realty can be reached online at www.badgerpeabodysmith.com.

PSU lecture series kicks off this evening

PLYMOUTH — Plymouth State University (PSU) will host the first Saul O Sidore lecture in the 2023-2024 series today, Thursday, Sept. 14, at 7 p.m., when New Hampshire native and PSU alum Trevor Chandler presents "Getting Along is Boring, Let's Fight: Embrace Conflict and Live the Most Interesting Life." The free lecture will explore the ongoing political toxicity and polarization in our society.



COURTESY PHOTO
SEE PSU PAGE A13

Plymouth State University will host the first Saul O Sidore lecture of the 2023-2024 series on tonight, Sept. 14, at 7 p.m., when New Hampshire native and PSU alum Trevor Chandler presents "Getting Along is Boring, Let's Fight: Embrace Conflict and Live the Most Interesting Life." The lecture will be held in the Smith Recital Hall at the Silver Center for the Arts on the PSU campus.

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Courtyard mural by local artist celebrates the Sculpture Walk's 10th year

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH – The wall on the Courtyard on Main has blossomed with a colorful mural depicting a lake, wildlife, trees, and images from some of the sculptures that can be found around town as part of the Meredith Sculpture Walk. The mural was designed and painted by a local artist and celebrates the Sculpture Walk's 10th anniversary.

This year the Meredith Sculpture Walk is celebrating its 10th year. To celebrate, the Sculpture Walk put out a call to artists seeking designs for a mural on the wall in the Courtyard on Main.

Stacey Lucas of Ashland was one of the artists that decided to put in an application with a proposed design. Lucas, also known as Veggie Art Girl, has long worked as a freelance artist and runs Fig Tree North in North Woodstock and the Fig Tree Barn event space in Ashland.

"I decided my concept would be to combine my favorite things about New Hampshire and the Lakes Region," she said.

She also included seven of the sculptures on the walk to paint in the mural.

Lucas said she said initially she doubted she would get chosen, but she pushed imposter syndrome aside and decided to submit her proposal.

"I didn't even think they were going to like my design," she said. "I pushed myself and got my design in."

To her surprise she was chosen for the project and has been working with the Sculpture Walk Committee.

Lucas said everything on the image was painted by hand and there were no stencils or projections used in the process.

Lucas has received assistance on the project from fellow local artist Matt Crafton (also known as SpaceViking42), who she has been working with for two years. Both said they have never painted a project this large before.

Work on the mural has been going on for around a month. The heavy summer rains have been a significant problem, but they have been taking any window of opportunity to get things done.

"We've been working in between the raindrops," Lucas said.

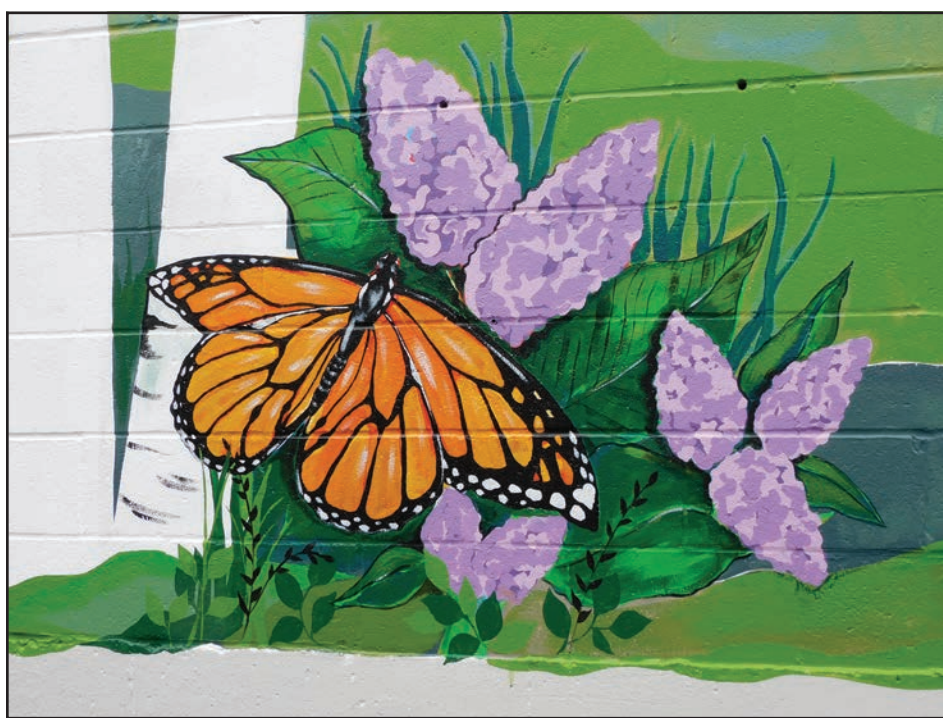
After a few weeks, her back pain started to take over and made it difficult to work and she eventually underwent surgery to address the problem. Lucas said the Sculpture Walk Committee was exceedingly patient during the process of surgery and recovery.



Stacey Lucas works on the mural in the Courtyard on Main with help from assistant Matt Crafton. The mural commemorates the Meredith Sculpture Walk's 10th anniversary.



Artist Stacey Lucas of Ashland puts some details on her mural project in Meredith.



This monarch butterfly is one of the features of the mural and was painted in memory of a departed friend.

A lot of the mural was done while standing on the ground or on ladders. For the higher sections of the mural, Ready Equipment of Meredith donated the use of a lift and staging equipment for the project.

Lucas said she wanted her creative perspective to come out in every aspect of this project. The mural is painted in her signature style incorporating fun and whimsy with some different symbolism in colors and images. As she has worked on it, she has been regularly getting ideas and staying focused for the whole project.

She put special detail into the image of a monarch butterfly in lilacs at the left-hand corner of the mural. The colorful images of nature directly juxtapose with the metal sculpture right next to it: "Droid's Free Time" by Colton Workman of Gilford.

"You have the paradox of this robot against the beautiful colors of the butterfly," Lucas said.

She said she especially wanted a section of the painting that people would use to take photos.

The butterfly and the lilac it's resting on also pay tribute to her friend Shaun. The last photo Shaun posted was of a monarch butterfly resting on her hand.

"I've been wanting to commemorate her life in a big way," Lucas said. "I thought if this was the last thing I ever did, this was my chance."

Lucas said she wanted to paint the butterfly and right afterward a monarch butterfly flew by. That same butterfly returned later in the painting process. She said she felt Shaun's presence with her while working on this.

Crafton said this has allowed him to channel his creative passion into the piece. Crafton is usually a digital artist and said he is not used to working on physical projects this size.

"I'm passionate so I feel like I'm constantly working out my demons in art," he said.

When Lucas and Crafton are painting, their work gets a lot of attention from people passing through the park. She said one of the great things about painting in public like this is a lot of encouragement and feedback.

"I feel like it builds the energy of the work as you go," she said.

The mural was coming to a wrap the week of Sept. 11. On Monday, Sept. 18, the Meredith Sculpture Walk will celebrate its anniversary with a gala at Church Landing.

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CADY Corner

Alcohol and cancer: Know the risks

BY DEB NARO
Contributing Writer

Most of us are aware of the risks related to drinking alcohol, such as hangovers, alcohol poisoning, and impaired driving. But did you know that drinking alcohol can also increase your risk of cancer? If you didn't know, you're not alone. Four out of five Americans don't know that drinking alcohol increases the risk of cancer.

There is significant research showing that drinking alcohol can cause certain kinds of cancer. The World Health Organization found that 750,000, or four percent, of cancers diagnosed worldwide in 2020 were alcohol-related. Alcohol-related cancers include head and neck cancer, mouth and throat cancer, liver cancer, esophageal cancer, and colon and rectal cancer. The more alcohol one drinks, the more at risk they are for developing these kinds of cancer. While drinking heavily causes the most risk, even just one drink per day can increase the risk of cancer.

Why does alcohol increase cancer risk? According to the Centers for Disease Control and Prevention, when you drink alcohol, your body breaks it down into a chemical called acetaldehyde. Acetaldehyde damages your DNA and prevents your body from repairing the damage. DNA is the cell's "instruction manual" that controls a cell's normal growth and function. When DNA is damaged, a cell can begin growing out of control and create a cancer tumor. A toxic buildup of acetaldehyde can increase your cancer risk.

How can I reduce alcohol-related cancer risk? Prevention is key to helping your teen or young adult reduce their risk of developing alcohol-related cancers. Inform them of these health risks, and make sure you do it early. If they do not already drink, let them know the risks of drinking and encourage them not to start drinking for any reason. Ensure that your loved one's health care providers regularly perform alcohol screenings.

According to the National Institute on Alcohol Abuse and Alcoholism, "the more alcohol a person drinks—particularly the more alcohol a person drinks regularly over time—the higher his or her risk of developing an alcohol-associated cancer. Even those who have no more than one drink per day and people who binge drink (those who consume four or more drinks for women and five or more drinks for men in one sitting) have a modestly increased risk of some cancers."

From a public health standpoint, it is important to increase awareness of the link between alcohol use and cancer risk. There is a movement to add warning labels about alcohol and cancer-related risks to alcohol packaging, just like there are on cigarette packages. However, until these steps happen, you will likely be your loved one's best bet for understanding this concern.

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. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 603-238-3555. To learn about prevention, treatment, and recovery resources in Central NH, visit Findwell NH at findwellnh.org.



COURTESY PHOTO

Landing zone

At approximately noon on Friday, Sept. 8, Campton-Thornton Fire Rescue and Campton Police Department responded to Briarcliff Circle in Campton for a medical emergency. Crews stabilized and transported a patient who had suffered life threatening injuries from a fall, to a landing zone in Campton, across from Station 1. The patient was transferred to a DHART helicopter and was flown to Dartmouth Hitchcock Medical Center in Lebanon for treatment.

Governing beyond faith: Elected officials must serve all

In a diverse and pluralistic society, the principle of separation between church and state is fundamental to preserving individual liberties and ensuring that government serves the interests of all citizens, regardless of their religious beliefs or lack thereof. Elected officials have a solemn duty to represent the entire community, making decisions that respect the rich tapestry of religious beliefs that exist in our nation. However, there have been instances where some officials have allowed their personal religious convictions to guide their governance, raising concerns about the fairness and inclusivity of their actions.

One of the cornerstones of democracy is the idea that elected officials are entrusted with the responsibility to serve the interests of all their constituents, not just those who share their religious beliefs. Our society is incredibly diverse, with individuals from various faiths and belief systems coexisting harmoniously. It is imperative that our elected representatives reflect this diversity in their decision-making processes and refrain from imposing their own religious beliefs upon the broader population.

When elected officials allow their personal religious convictions to dictate policy, it can lead to the exclusion of those who hold different beliefs. This is not only unjust but also undermines the very essence of a democratic society that values religious freedom and tolerance. Our nation's history is replete with instances where religious intolerance and discrimination have caused immense harm, and we must not forget the lessons of the past.

Furthermore, the potential for religiously driven governance to teeter into radicalism is a grave concern. While most people practice their faith peacefully, there is a risk that individuals with extreme religious views may seek to impose their beliefs on society through the political process. Such radicalism can lead to policies that not only infringe on the rights of those outside the particular faith but also create an environment of hatred and divisiveness.

It is crucial for elected officials to remember that the separation of church and state is not an attack on religion but a safeguard for both government and faith. It ensures that religious institutions remain free from government interference and that government remains neutral and inclusive. This principle allows people of all faiths and none to coexist peacefully and participate fully in

our democracy without fear of discrimination or marginalization.

To uphold the values of fairness, inclusivity, and religious freedom that our nation holds dear, elected officials must commit themselves to serving all their constituents, regardless of their religious beliefs. They must resist the temptation to govern based on personal religious convictions and instead prioritize policies that promote the common good and respect the diverse beliefs of the people they represent.

The importance of elected officials serving all people, irrespective of their religious beliefs, cannot be overstated. Our democracy thrives when it respects the principles of religious freedom, tolerance, and inclusivity. Elected officials must uphold these principles by governing without bias and ensuring that their decisions reflect the diverse and pluralistic nature of our society. By doing so, we can build a stronger, more united, and truly democratic nation where every citizen is valued and protected.

Locals earn summer President's List honors at SNHU

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2023 President's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired eight-week terms grouped in fall, winter/spring, and summer.

Natalie Hirschfield of Holderness
Christopher Marshall of Plymouth
Kathleen Pawlicki of Bridgewater
Cody Gibbs of Plymouth
Paige Koning of Campton
Sean Graham of Plymouth
Kayci Costigan of Bristol
Cassidy Neri of Plymouth
Southern New Hampshire University (SNHU) is a private, non-profit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.



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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.



Talk of the Towns

News from our Local Correspondents

Alexandria

Merry Ruggirello 744-5383
merrysunshine51@yahoo.com

Board of selectmen meeting Tuesday, Sept. 19, at 6 p.m. in the Municipal Building.

Planning board meeting Wednesday, Sept. 20, at 6 p.m. in the Municipal Building.

Budget committee meeting Tuesday, Sept. 26, at 6 p.m. in the Municipal Building.

Alexandria UMC

Sunday, Sept. 17, services will begin at 9 a.m. There will be a trustees meeting immediately following the services.

Sunday School will begin on Sunday, Oct. 1, at 10:15 a.m. If you have any questions, or would like to enroll your child, please leave a message at (603) 744-8104. All are welcome.

Have a wonderful week ahead.

Ashland

David Ruell 968-7716
davidruell@gmail.com

ASHLAND — The 16th town wide yard sale will be held this Saturday, Sept.

16. It will be a good time to sell what you no longer want or to buy what you do want. The Ashland Woman's Club will have a sales booth with sandwiches, baked goods, plants, and "much more" in Memorial Park. The Ashland Community Church will serve a free cookout from 11 a.m. to 1 p.m. The Friends of the Library will hold a book sale on the library lawn.

Library book sale

The Friends of the Ashland Town Library will hold a book sale, (also including audios, videos and jigsaw puzzles) from 9 a.m. to 1 p.m. this Saturday, Sept. 16, on the library lawn. The sale is by donation, so the buyer determines the prize. The books will be protected by a tent provided by Mad River Tents, so the event will be held even if it rains. The sale helps the Friends help the Town Library, so come to buy some reading (or other) materials and help improve the library.

Legion Breakfast

The Dupuis-Cross Post of the American Legion will serve its monthly breakfast this Sunday, Sept. 17, in the Legion Hall at 37 Main St. The price is \$8 for an adult and \$6 for a senior or small child.

Household Hazardous Waste

The Pemi Baker Solid Waste District will hold a household hazardous waste collection from 9 a.m. to noon on Saturday, Sept. 23, at the Plymouth Recycling Center on Beech Hill Road off Fairgrounds Road. This collection is free to Ashland residents (up to

a certain volume). For more details on what can and cannot be collected, see the poster at the Town Hall, or go to the events calendar on the town website (ashlandnh.org), click on the event and then click on Pemi Baker SWD Collections.

Moose program

The Friends of the Ashland Town Library are planning to sponsor "The Survival Story of Moose in New Hampshire" a free program presented by the NH Fish and Game Department at 7 p.m. on Tuesday, Sept. 26, in the Booster Clubhouse.

Nathaniel Peabody Rogers Program

Rebecca Noel of Plymouth State University will speak on "New Hampshire Abolitionist Nathaniel Peabody Rogers" at 7 p.m. on Thursday, Sept. 28, in the Booster Clubhouse. Rogers was a native of Plymouth, where he practiced law before moving to Concord to edit a major abolitionist newspaper. This free public program is mostly funded by New Hampshire Humanities and is sponsored by the Ashland Historical Society, who will also serve refreshments.

Cemetery walk postponed

Because of thunderstorms predicted for the day and the rain date of the Green Grove Cemetery Walk, the Ashland Historical Society canceled the event for this year. As it turned out, there was no thunderstorm on the original planned date. New England weather is, of course, fickle and hard to predict, particularly this year. The Historical Society and the Ashland Reenactors do plan to do the cemetery walk program next year, when hopefully the weather will be better or more predictable.

Bristol

Al Blakeley
adblakeley0@gmail.com

The Pasquaney Garden Club Fall Bulb Fundraiser is underway. Funds raised by the club primarily go toward the maintenance of the butterfly garden behind the Minot-Sleeper Library. Members do most of the maintenance, but from time to time, contracting services is needed to spruce things up. The club will realize a 50 percent profit from every package of bulbs sold. Place your order by Sept. 27 and bulbs will ship directly to you in early October - just in time for Fall planting. Shop at threeriversfundraising.com with the Club Code: 002B8C.

Afterschool and fall sports registration is now open at the TTCC. In addition to participants, the TTCC is look-

ing for volunteer coaches for all levels and for additional staff for the Afterschool Program. The links to register are listed below. If you have any questions, you can call 744-2713 or e-mail info@ttccrec.org

Afterschool program - https://ttccrec.org/youth_programs/afterschool-program/

Field hockey - https://ttccrec.org/youth_programs/field-hockey/

Soccer - https://ttccrec.org/youth_programs/soccer-fall-league/

The TTCC will offer additional programs that include: Special Olympics Young Athletes for kids ages 2 - 7 with and without disabilities on Saturdays starting on Oct. 14 until Nov. 18 from 11:15 a.m. until noon at the TTCC gymnasium: Basketball for ages three up through high school starting Nov. 18 with fees for the different age groups. Referees, coaches and sponsors are needed for these programs. Please contact the TTCC if you are interested.

Dance lessons will also be offered on Saturday mornings starting on Sept. 30 until Nov. 11. Fees will be charged for these lessons for all age groups. For more information on all of the above activities, call 603-744-2713 or use the TTCC website www.ttccrec.org

For more TTCC events and programs, be sure to get a copy of their 2023 Fall/Winter Crusader. 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 to 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 to 3 p.m., Scrabble on Thursdays from 10:30 to 11:30 a.m., Baby Time on Fridays from 10:30 to 11:30 a.m. and Lego Club on Fridays at 2:30 p.m.

Events that will be offered during the month of September include Shakespeare - His Life and Works, a six-week course on Tuesdays from Sept. 19 through Oct. 24 from 3 to 4:30 p.m.; Author Talk with local author Virginia K. Bennett on Tuesday, Sept. 26, from 6 to 7:30 p.m.; Teen Craft Corner on Wednesday, Sept. 27, from 3:30 to 4:30 p.m. For information: www.minotsleeperlibrary.org or 744-3352.

The MSL will be closed for training on Thursday, Sept. 28, from 11 a.m. to 4 p.m. There will be a trustees meeting on Sept. 28 at 5 p.m.

The town of Bristol has job openings that might interest you. An Administrative Clerk that is a part time, 20-hour per week Monday through Friday position at the Land Use Department at the Town Office. If interested, contact jbailey@bristolnh.gov. A full time Library Director at the Minot-Sleeper Library, a Transfer Station Lead Attendant and a Transfer Attendant position are also needed. Please visit the Town of Bristol web page for more information. There are also openings for a cemetery trustee, a planning board member and for the Historic District Commission.

The annual Slim Baker Day and Hawk Watch will be on Sept. 17 from 10 a.m. until 2 p.m. For information visit www.slimbaker.org.

The 30th annual NH Marathon will take place on Sept. 30 for full, half, 10K and kids' races starting at 9 a.m. For information: www.nh-marathon.com.

marathon.com.

Campton-Thornton

Joël Freeman 398-4368
bearfootfarm@aol.com

The Thornton Conservation Commission invites you to participate in a family hike to Peaked Hill Pond. This is a 3.2-mile roundtrip hike to Peaked Hill Pond in western Thornton. It is expected to last about three hours. It is a family event. Participants under 18 must be accompanied by a parent or guardian. Trailhead and parking at end of Peaked Hill Pond Road.

Peaked Hill Pond Road is off US Route 3 just south of the Shamrock Motel. What should you bring?

Water and snacks

Whistle on a lanyard for each person

Comfortable, sturdy shoes

Weather appropriate clothing

Inclement weather cancels the event

Campton Public Library

The Campton Public Library started its fall/winter hours on Aug. 28. Monday 3-6 p.m., Tuesday 3-6 p.m., Wednesday 3-7 p.m., Thursday closed, Friday 3-7 p.m., Saturday 9 a.m.-4 p.m., Sunday closed. Please come in for a visit. You can browse their collection of books and DVDs, make requests, or use the WiFi and computers. The library staff are happy to assist you with all needs and requests.

Campton Old Home Day

Campton Old Home Day takes place on Sept. 23 at the Campton

Historical Society on Route 175 from 10 a.m. to 2 p.m. Come hang out at CHS for some good eats, music, demos and really cool people. The more the merrier. Enjoy live music with singer-songwriter Richard Gehrts. Back in the day he performed with The Mamas and the Papas, Gordon Lightfoot etc. before stepping back from life on the road to open a winery with his wife out West. Joe Hiese will offer a Harpsichord demonstration. The Campton Fire Department barbecue, bean hole beans, Priscilla's freshly baked bread and free ice cream, a cider press demonstration with David Moulton. Local farrier Robert Oakes will give tours of carriage shed. See Tinker Tools unusual display with George Short. They will have pottery demonstration with Sharon Dunigan and printmaking with Blair Folts. Children's stuff with Campton Park and Rec and paint Al the Moose, the makings of what will hopefully be a new tradition. There will be fly fishing instruction with Pemi Trout Unlimited. Come see antique and other cool vehicles. If you have a "cool" vehicle, they would love for you to join them. Give them a call. Enjoy cornhole and more. Visit the Campton Historical Society website at www.CamptonHistorical.org or contact Paul Yelle at 726-6580 for more information or to be a part of the action.

Bake sale

Campton Congregational Church is excited to join the festivities at SEE TOWNS PAGE A8



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Edward Jones: Financial Focus

Own a business? Consider these retirement plans

If you own a small business or are self-employed, you've always got plenty to do, but you can't forget about the days when you'll be less busy — that is, when you're retired. How can you prepare for that time of your life?

One key step is establishing a retirement plan for your business or yourself. And thanks to the 2022 SECURE 2.0 Act, you can now receive tax credits for opening and administering a 401(k), SEP-IRA or SIMPLE IRA. These aren't the only plans available for small businesses or sole proprietors, but they are among the most popular. Let's look at each of them:

• **401(k)** — A 401(k) offers several key benefits: First, any earnings growth is tax deferred, and your contributions can be tax deductible. (Taxes are due upon withdrawal, and

withdrawals prior to age 59½ may be subject to a 10% penalty.)

If you choose a Roth 401(k), your contributions aren't deductible, but your earnings and withdrawals will be tax free, provided you meet certain conditions. And a 401(k) offers a variety of investment options. If you have workers, you'll need to consider whether to offer matching contributions, which are tax deductible to you, up to the limit of 25% of compensation paid to eligible employees.

But even if you're self-employed, with no employees other than your spouse, you can establish what's known as a "solo" or "owner-only" 401(k). In 2023, you can put in up to \$22,500 as an employee, plus a catch-up contribution of \$7,500 if you're 50 or older, for a total of \$30,000. Plus, you can contribute an additional 25% of earned income as an employer, up

to an overall employee and employer maximum of \$66,000 (or \$73,500 if you're 50 or older).

• **SEP-IRA** — An SEP-IRA may be attractive to you if you're self-employed or if you own a business but have few or no employees. That's because you must contribute an equal percentage of your own compensation to every eligible employee. In 2023, you can contribute up to \$66,000 or 25% of your income, whichever is less.

• **SIMPLE IRA** — A SIMPLE IRA is easy to establish and administer. As with an SEP-IRA, earnings in a SIMPLE IRA can grow on a tax-deferred basis. If you have employees, they aren't required to contribute to this plan — but you are. You must match up to 3% of employees' contributions or provide 2% of their annual salaries, although

you do have some flexibility. If your business goes through a rough patch, you can temporarily decrease SIMPLE IRA contributions to 1% for up to two years out of the previous five. Your contributions to your employees' accounts are tax deductible, but in terms of building resources for your own retirement, a SIMPLE IRA may be less appealing because of its contribution limits, which are relatively low compared to a 401(k) or SEP IRA. In 2023, you can put in up to \$15,500, or \$19,000 if you're 50 or older.

You should consult with your tax advisor to determine which retirement plan is right for you. Your financial advisor can also help you explore your options. And the sooner you put a plan to work, the better.



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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC
Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Towns FROM PAGE A7

Campton Historical Society for Old Home Day on Sept. 23 with one of their much-anticipated bake sales. Old Home Day is a plethora of activities, food, vendors, and music for everyone in the family to enjoy. The church's bake sale is sure to be a success offering a wonderful assortment of treats including homemade donuts, delicious pies, cookies, and more.

Thornton Community Book Club

Thornton Community Book Club meets every second Monday of the month at 5 p.m. in the Thornton Public Library. They have read and discussed several wonderful books.

Holderness

Fran Taylor 968-3846

Waiting to see how Hurricane Lee tracks. If it comes close to our area, we could be in for a lot more rain. Just seeing what happened to parts of the greater Boston area on Monday night should give us pause. If your home is surrounded by over mature trees and the winds pick up, or if the rising lake or ponds often come near your home, have a plan for personal protection.

The Town Clerk and Tax Collector's office will be closed on Thursday, Sept. 21.

As some of you know, Bruce Parsons has announced that he will retire at the end of the school year after 33 years as principal of PRHS. You might be interested in completing the PRHS Principal Search Community Survey available at prhs.pembaker.org or at the mainpage of the SAU48 Principal Search. You might also want to take a minute to hear from Superintendent Kyla Welch as she gives a report on the first week of school.

Holderness Central is off to a good start with 151 pupils. Soccer is well into the season with weekly games. The students are divided into grade 5-6 and 7-8 teams. The schedule is posted on their website.

At the library, the Noon Book Group will meet on Sept. 20 to discuss Michael Pollan's "This Is Your Mind On Plants." Not too late to pick up a book at the circulation desk.

The Friends of the Library will meet on Tuesday, Sept. 19, at 4 p.m. All supporters of the library are welcome.

The job posting for Assistant to the Town Clerk and Assistant to the Tax Collector are on the town homepage. The selectmen are also

looking for a Town Treasurer as Todd Elgin is retiring. If you're interested, be sure to look up either Todd or a member of the selectboard to find out more about the position.

NH Fish and Game will be teaching the OHRV-Snowmobile Safety Course at the Town Hall on Saturday, Dec. 16, from 9 a.m. to 3 p.m. State law requires that all operators 12 years of age and over must possess either a valid Motor Vehicle driver's license or must have successfully completed and approved OHRV or Snowmobile Class when operating off their own property. Many of us have seen nearly daily reports of ATV/OHRV accidents in the news. Many times, the victims of these accidents aren't wearing safety equipment and don't know the rules. If you have an eligible child, register early. Last time the course was offered it filled up and some applicants were turned away.

Still openings for Ray Lagasse basket making classes. He'll be back on Sept. 30 and Oct. 21. Suggest you sign up soon, as classes fill up quickly.

Campton Old Home Day comes up on Saturday, Sept. 23, from 10 a.m. to 2 p.m. Don't be surprised if you see some or your neighbors exhibiting their crafts there.

Sandwich Fair Natural Fiber Arts Dept. invites all fiber artists to exhibit their handcrafted items at the fair this fall. Bring your entries to the Hodge Building on the fairgrounds between 4 and 7:30 p.m. on Friday, Oct. 6. They can be picked up on Monday after 5 p.m.

Warren/Wentworth

Gary Jesseman 707-7129
garyj@together.net

Greetings everyone. Hope you are all having a good week. Summer is winding down. But I have to say I love the weather we've been having. I will be attending the first of two remaining plays this week. Look for the review next week.

Warren news

I don't have any news at this time.

Wentworth news

Wentworth Open Air Market runs through Oct. 7, Saturdays from 10 a.m. to 2 p.m. E-mail Renee at wentworthfarmmarket@gmail.com for more information. This week features the Fiddlehead Fields Children's Orchestra from 11 a.m. to 1 p.m.

Have a good week and remember to count your blessings.

Sandwich Fair returns Columbus Day weekend

SANDWICH — Organizers are thrilled to invite you to the highly anticipated Sandwich Fair, an annual event that takes place on Columbus Day weekend. Mark your calendars for Oct. 7, 8, and 9, with a sneak preview of the midway on Friday night. This event spans three and a half days and promises something for everyone. Admission is just \$12 per day, and children under 12 get in for free. Gates open at 8 a.m., and the exhibit halls welcome visitors at 9 a.m. You'll be treated to breathtaking fall foliage during your visit to this agriculturally based fair, which proudly features a wide variety of animals and animal competitions throughout the fair, including many exciting 4-H animal contests.

New this year, on Monday, they have a thrilling compact equipment skills competition with skid steer and excavator operators vying for top honors. Join in on Oct. 9 from 1 to 4 p.m., following the exciting truck pull.

For the second year in a row, Friday night brings you the corn hole tournament, sponsored by Humble Grunt Work, kicking off at 5 p.m. All proceeds from this fun event will benefit the Humble House Fund. For details or registration, please contact cornhole@humblegruntwork.org. Don't forget to stop by the Sandwich Fair merchandise booth, conveniently located by the flagpole, to explore their collection of t-shirts and hats. New product including toddler t-shirts and Big and Tall sweatshirts.

The Sandwich Fair offers a diverse range of activities suitable for all ages, including animal competitions, antique tractor pulls, a traditional farmers' market, thrilling helicopter rides (weather permitting), a bustling midway, and numerous buildings filled with crafts, flowers, vegetables, photos, baked goods, and more. The stage shows featuring music and variety acts are scheduled throughout the day and are included in your general admission ticket. And let's not forget their delectable food vendors; come hungry, as there's something to satisfy every palate.

Kick off the weekend on Friday night with their midway ride preview, where you can enjoy unlimited rides for just \$25 from 4 to 9 p.m. Please note that all exhibit halls will be closed until Saturday morning.

Saturday brings the highly anticipated antique auto show, starting at 8 a.m. and culminating in a

grand parade at 1 p.m. Additionally, you can look forward to numerous animal exhibits and competitions, including the Farmer's Hitch, along with captivating performances on the stage by Dusty Gray Band, Bryson Lang the juggler, Magic by George, and The Crunchy Western Boys. Granite State Disc Dog will also be here with four thrilling shows on Saturday. Take advantage of the special pay-one-price ride offer from 9 a.m. to 2 p.m. for just \$25.

Sunday is highlighted by the spectacular Grand Street Parade, commencing at 1 p.m. This year's parade theme is "Sandwich Fair Family Traditions." They've introduced a new category for the parade, a tribute float for an individual or group, and a new award sponsored by The Elliott Family for the best livestock presentation. The day will be packed with events, including the FFA Woodmen's Field Day competition, horse pulling, Gymkhana, and various animal competitions. Stage entertainment for the day includes The Henri LaLiberte Trio, Roderick Russell the mentalist and sword swallower, and Brandi, a dynamic six-piece band.

Saturday and Sunday mornings feature the Children's Tractor Pull, followed by the engaging "Hoop Girl" in the afternoon, performing an interactive Hula Hoop show.

Monday boasts an action-packed schedule with the women's skillet toss, the gentlemen's keg toss, oxen pulling, and a truck pull, as well as the brand-new mini excavator competition. Don't miss the baked goods auction at 3:30 p.m., where all proceeds will be donated to a local food pantry. Monday is also dedicated to 4-H Day, featuring a variety of animal competitions throughout the day to showcase the hard work and dedication of these talented young individuals. It's also a day to honor military service members, with free admission for active duty and retired personnel with proper ID. Seniors aged 60 and above can take advantage of reduced admission prices.

Entertainment for the day will include Professor Paddy Whack and Joe Howard the Magician, The Red Hat Band, and Annie and The Orphans tribute band.

For entry forms and a comprehensive list of activities and events for each day, please visit thesandwichfair.com.

Jim Nute to step down from Mayhew Program

BRISTOL — Following a career of more than 30 years serving the boys, participants, and families of Mayhew — the last 20 as Executive Director — Jim Nute announces that he will be stepping down on Dec. 31 to spend more time helping and being with family.

Over his time with Mayhew, Nute has been a part of the program's extension from a two-year experience to an eight-year experience for the boys and its continual evolution in their support. In his time as Executive Director, Mayhew has earned both statewide and national recognition as a leading youth-serving organization.

In sharing his decision with the Mayhew community, Nute said, "I have been changed by these 30 years with Mayhew. The boys, fam-

ilies, staff, and trustees have taught me so much about being a professional, about being a good person — about living. I've tried to give back in kind. I hope I've been more successful than not." [For Jim's full message to the Mayhew community, please visit the Mayhew Blog, <https://www.mayhew.org/blog>].

Board President Jim Fitts said of Nute's transition, "Jim's contribution to Mayhew as its Executive Director will be recognized as long as there is a Mayhew. When celebrating the accomplishments of the program over the past 54 years, Jim's tenure as ED and Mayhew's growth under his leadership will be acknowledged as the keystone to its future. Jim cannot be replaced, but the board and staff will work tirelessly together to create

another era of excellence under new leadership. In his full message to the community, Jim notes the comprehensive evaluation being completed which will inform and shape that future, and our commitment is to find the best leadership available to take us there. As difficult as it is to say goodbye to Jim, we wish him and his family the very best in their next adventure and know that he will be both helping and cheering Mayhew on as we build the next chapter."

The board, working closely with Nute, the staff and others, is committed to ensuring this leadership transition maintains Mayhew's strong present work for the boys, participants, and families while also preparing it for ever-stronger and brighter service in the future.

Since 1969, Mayhew

has been dedicated to helping deserving New Hampshire boys strive toward futures they're proud of, where the focus is on family and community and achievement. Mayhew's work begins when a boy is 10 or 11 and continues through his high school graduation; it includes a transformative summer program on Bristol's Newfound Lake and regular mentoring throughout the school year. It is only through the generosity of its family of contributors that Mayhew remains tuition-free for the boys.

Mayhew receives support from the Granite and Monadnock United Ways — and so many other individuals, businesses, and organizations across New Hampshire. For more information, visit www.mayhew.org.



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TRAVELS

Traveling opens up the world, lets us leave behind the hum-drum of obligations and responsibilities, and helps us see how diverse the world is. Whether we drive an RV to the Outer Banks, cruise Alaska, kite surf in Baja, go on safari in Botswana, or hike Mt Fuji, travel helps us see the beauty of other places, try out new foods, listen to different music and accents, see the diversity of Mother Earth. If we're lucky we connect with locals in other places and learn something unique that we didn't know, and maybe we also spend just enough time to see that the human experience is incredibly similar wherever we go. And then we come home... and appreciate all that we missed while away. We hope this week's Story Page stirs a travel bug in you or reminds you of places you've been, near and far. As always we thank our contributors for sharing their travel stories this month and we invite – as we do every month – any and every reader of any age or skill to submit a piece of writing, artwork, or photography by the 30th of each month following one of our upcoming themes.

A STORY PAGE SUBMISSION

If you've ever thought of being a contributor...go for it! The more diverse we are the better. Here are the upcoming themes and submission dates. Please send in to storypage@gmail.com by the 30th of the month. Thank you as always for visiting the Story Page, where we believe that in this brief, magical life...every story counts!

Theme: Due the 30th of:
ANGELS..... September 2023
PEACE October 2023
GOODWILL November 2023
DREAMS..... December 2023

TALES OF THE BIOLOGIST'S WIFE

When I tell the stories of where and how we travel, I often get gasps and "How could you stand it!" But the truth is I loved every adventure, almost every spider, but especially the amazing places and people we have encountered in our lives.

In the 1980's we explored New Hampshire and Maine. We stayed at remote lakes where the loons and coyotes called each night and where we watched moose, bear, fox and northern birds. We paddled in by canoe and braved bats in the cabin dormitories. Fully curled inside my sleeping bag, I hoped I wouldn't suffocate.

In the 1990's we traveled further afield to Alaska, Scotland, Switzerland and England. No matter where we were, my science teacher husband found treasures in the natural world to photograph and study and take first-hand experiences back to his students. Every snail and plant had a story to share.

In Alaska we wore loud "bear bells" when we hiked. We watched eagles feeding on salmon. We heard the horrors of oil spills, like the Exxon Valdez. I overcame my fear of heights on Mt. Healy by chanting "I will not fall". And I didn't.

Everywhere we travel, we keep our business with local people and guides. In Kenya we joined a small tenting safari where we were on "ground level" with an elephant, vervet monkeys and a big cat who left footprints in the sand.

But it's the vast rainforests of Costa Rica, Ecuador and Peru that have stolen our hearts. No words can capture the shades of green or the chorus of bird sounds and insects. We have been blessed with generous, knowledgeable guides who showed us poison dart frogs, pink dolphins, bellbirds and scarlet macaws.

In the Amazon Basin, our small group came across jaguars cooling themselves on the river bank above us. Traveling by water treated us to howler monkeys in the trees, wading birds and a big puma at the edge of the jungle.

Yes, I shared a shower with a spider the size of a dinner plate. Yes, tropical downpours cause mold in shoes. Yes, it's risky to touch anything on the trail. Spider monkeys will throw sticks at you and if you don't move, they'll pee.

But, I can promise that the world is a place of natural wonders, huge challenges and always surprises. Travel and see!

-Gretchen Draper, New Hampton

"A Year between Campton and Thornton, NH"

Route 175 curves northward through summer. White birches curl sunstreaks onto faded asphalt, arch their green, undulating bows over dips of pavement tonguing early morning's heavy dew.

Along the road's narrow thighs blackness spins between the two towns. She nuzzles leaf eddies, surrenders to yellow, orange, reds— Could she but turn, pass beyond the stand of maples, and into thick-scented pine the road would have her bed there and make love to the stone wall among the ashes of an autumn forest burning.

The Gore Road gathers snow's caresses from twelve miles of winter plowed into her heaved breast. Frost in soil and dirt thrusts pavement up, opens byroads—wets evening street lights where soft white banks lie quietly along her hips.

In April the road rises, naked. Snowmelt succors the furrows of her skin and green breaths pant from the culvert: a womb for Spring's grass and flowers to grow in the hollow of the gore.

-Kate Donahue, Holderness, NH



Kinvarra, County Galway, Ireland 2022. Submitted by Tom Keegan.

Highland Herding

Scottish sheepdogs quiver, ears perked, crouch in tense unison, on a grassy highland field. Eyes locked on creamy black-faced sheep, theirs to herd by instinct and blood.

Highland sheepherder, pup-in-training under one arm, barks Gaelic commands, whistles and whispers. Dogs circle sheep, winding woolly spools.

Crisp whistles - dogs spring to action, funnel sheep through crouching sentry posts. Cast into the fray, pup joins his brothers, circles sheep, their clicking hooves, an eddy of whirling white.

Sheep submit in muddied circle, wait to be shorn. Sheepdogs surround, watch and guard, guard and watch, they, too, bound in commands of generations.

Susan B. Miller
Plymouth

FAILTE (Irish for WELCOME)

A JOURNEY TO IRELAND

The traveler arrives greeted by a landscape that envelopes you in its bosom

Bestowing a calm trance on your soul with nature's bounty.

The Cliffs of Moher have bound-less energy with persistent winds and circling sea birds,

Heard above the wild Atlantic waves crashing against shale and granite hundreds of feet below.

Stunned by the seas raw power, a picture fails to capture the moment and

The traveler's camera sits idle waiting for the trance to end.

Kylemore Abbey invites a traveler into a forested garden of giant oaks and blossoming rhododendrons A contemplative natural setting for remembering those ancestors in a famine graveyard

Where nature speaks with a soft reassuring presence and

The quiet voice in your soul connects you and your ancestors with the one we call the creator.

The Dingle Peninsula has a hidden richness, it's vastness appears void of life but

A sharp eye spies a landscape teaming with grasses, bushes,

Intertwined with loughs, sheep, and moss covered boulders that

Speaks more of life than death to the traveler.

Sally Gate Pass encompasses a landscape of endless winds and uncommon flatness

Where the traveler can savor the emptiness with a "now and again" decorated evergreen tree

And marvel at the survival skills of sheep decorated with bright colored spots on their backs.

In Glendlough Valley the traveler encounters blackbirds,crows, magpies

Steering, sailing in and out of towers and church walls, seemingly defying the laws of gravity

And abandoned mining homes beg you to stop and listen to painful stories and glorious finds.

After a warm Irish sunset

The visit ends, not with a goodbye, but with "FAILTE" in love and acceptance

In the traveler's heart and soul.

Tom keegan
Bristol

It Was Only...

Always in August just before school the family road trip planning Triple A maps and guide books

a general destination

sites to see places to stop but

no particular itinerary

no reservations historic sites

roadside wonders natural beauty

museums local tours

open to whatever

Monday morning departure

drive, stop, drive, visit, drive

wondering where to stay

hoping for a Vacancy sign

motels with pools

cabins with squeaky beds

finding restaurants and cafes

new foods different combinations

vending machines

souvenirs... perhaps..

postcards always

Oh the adventure of gone forever and a day

though looking back

it was only 4 days!!!

- Ruth Harlow, Bristol

THE REAL REPORT

Town	Address	Type	Price	Seller	Buyer
Bristol	121 Browns Beach Rd.	Single-Family Residence	\$350,000	Dobbs Fiscal Trust and Amanda Kasyjanski	Nathan P. and Nicole Joyal
Bristol	45 Lakewood Pines Rd., Unit 8	Condominium	\$315,000	Stephen and Sharon Johnson	Jeffrey S. Manning
Bristol	Merrimack Street	N/A	\$275,000	Norman K. and Melody M. Mansur	Christopher and Susan A. Lang
Campton	358 Beech Hill Rd.	Single-Family Residence	\$485,000	Richard A. Giehl	Waite Fiscal Trust and Geoff P. Waite
Groton	127 Bailey Hill Rd.	Single-Family Residence	\$280,000	Michael C. Martin	Mackenzie Haines
Groton	Hall Brook Road	N/A	\$149,933	Green Acre Woodlands Inc.	John A. and Pamela L. Borisko
Holderness	Pleasant Place Drive, Lot 8	N/A	\$155,000	James F., Jr. and Elaine Titus	Kyle and Jessica Adamyk
New Hampton	Drake Road	N/A	\$10,000	Linden R. Drake	Jeremy J. Hiltz RET
New Hampton	565 Winona Rd.	Single-Family Residence	\$130,000	Peter Dumont	Jason R. Martel
New Hampton	N/A	N/A	\$450,000	Gloria R. Ajemian Estate and Shari L. Craig	Stefan R. and Hanna Kuhsel
Plymouth	8 Garland St.	Single-Family Residence	\$298,000	French Family Exempt Trust and John R. French, Jr.	Alison P. Duerwald
Plymouth	Stage Coach Road	N/A	\$559,533	William E. and Carla A. Blanchette	Eileen and Daniel Paradise
Thornton	Route 175	N/A	\$31,000	Robert A. Shore	Paul V. and Debra A. Archetto

ABOUT THE REAL REPORT

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



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Pair of locals on Dean's List at Southern New Hampshire

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2023 Dean's List. The summer terms run from May to August.

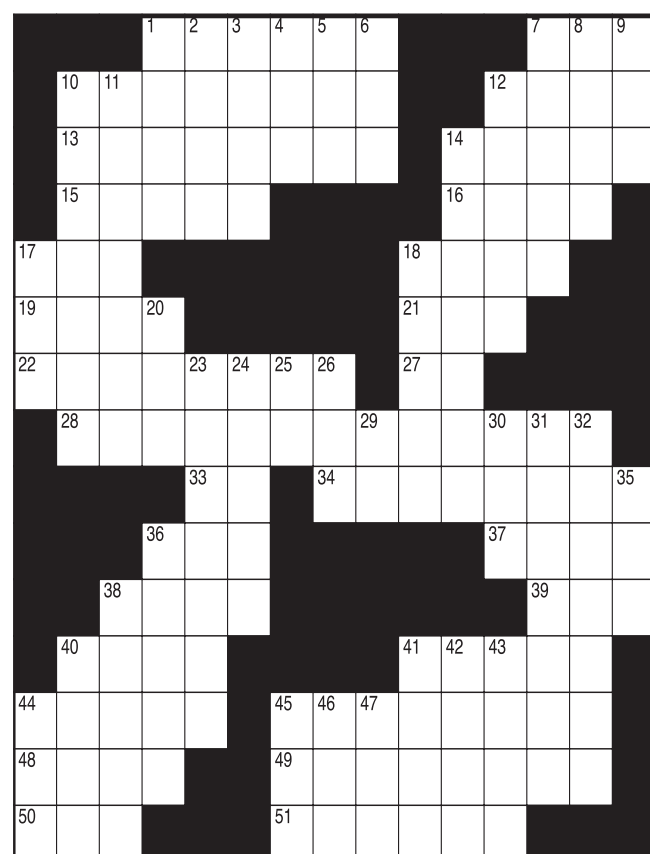
Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over

each 16-week term or paired eight-week terms grouped in fall, winter/spring, and summer.

Jillian Benoit of Campton
Emily Lower of Bristol
Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately

200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

TAKE A BREAK



ACROSS

- Type of crayon
- Fashion accessory
- Most cerebral
- Incline from vertical
- Dependent on
- Broken in
- Strongly desires
- Mounted soldier
- Ad __: when necessary
- Cattle
- Ottoman military commanders
- __ student, learns healing
- Composed in poetic meter
- Promotional material
- Where people live
- Sodium
- Embarrassing
- Medical man
- Mother of Hermes
- One who saves the day
- Tooth caregiver
- Not clothed
- Slope covered with loose stones
- Used to cook
- Praises enthusiastically
- Rooney is a famous one
- Beekeeper
- Pigpen

- Potato chip brand

DOWN

- Living quarters
- Horizontal passage
- Attacks
- Vietnamese offensive
- Midway between east and southeast
- Confined (abbr.)
- Book of Esther antagonist
- Port in Yemen
- CNN's founder
- Type of bulb
- Prepare
- Promoted
- Dinner jackets
- Partner to cheese
- Nebraska city
- Human gene
- Pays no attention to
- Lowland South American plain
- Blood group
- Mauna __, Hawaiian volcano
- Atomic #37
- Unit of electrical resistance
- Jeweled crowns
- Nastiest
- Traditional cars need it
- Bowler hat
- Robust
- Not straight
- Stony waste matter
- Have an interest in
- Jacob __, journalist
- Maintains possession of
- Swiss river
- Average cost of market goods
- Spanish soldier: El __

MOLD & MILDEW WORD SEARCH

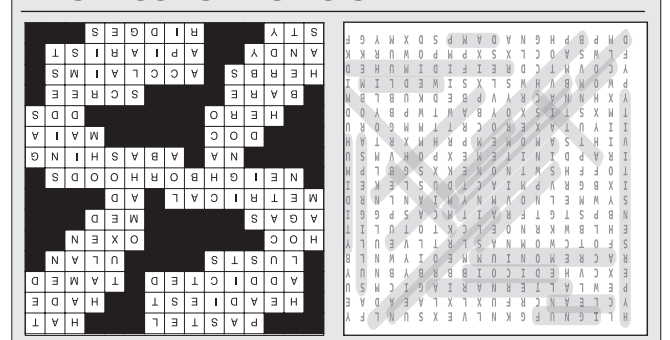


Find the words hidden vertically, horizontally, diagonally, and backwards.

MOLD & MILDEW WORD SEARCH

ACREMONIUM, ALLERGEN, ALTERNARIA, ANTIMICROBIAL, ASPERGILLUS, ATTIC, BASEMENT, BATHROOM, BIOCIDES, BLACK, CLEAN, CONTAMINANT, DAMP, DEHUMIDIFIER, FUNGI, HUMIDITY, HYPERSENSITIVITY, MILDEW, MOLD, MUSHROOM, MYCOTOXIN, PATHOGEN, REMEDIATE, SPORES

This Week's Answers





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40th annual Apple Festival and an amazing fall lineup at TTCC

BRISTOL — After a summer season that soaked everyone with seemingly endless rainfall, the Tapply-Thompson Community Center is welcoming Autumn in with open arms and a full schedule with a little bit of everything for everyone. Starting on Sept. 23, TTCC will be offering their first Parents Night Out of the year, from 5 to 9 p.m., for just \$25 for children four and up. The Teen Council always has fun-filled nights planned for your youngsters - including a special dinner, games, bingo, crafts, themes and more.

On Sept. 29, they will be holding their first teen dance for sixth to eighth graders. The

dances go from 6:30 to 8:30 p.m. and are \$5 per person. The last two dates for 2023 dances are Oct. 20 and Dec. 1, as they hope to see some new moves this year. On Sept. 30, they begin dance lessons on Saturday mornings that run through Nov. 11, (with no Oct. 7 class). Instructor Catie Roman will hold creative movement/ballet and fundamentals of dance classes for ages three to five and K - two, and jazz/hip-hop classes for grades three to six, all on Saturday mornings at the TTCC.

On Oct. 1, the TTCC will be offering a babysitting course from 9:30 a.m. to 3 p.m. for ages 12 and up. All participants will learn the

basics of babysitting and get certified in both CPR and First Aid. The cost for the program is \$110 and you must register by Sept. 26 as space is limited. The TTCC is also looking for volunteer coaches for the Fall and for a few more people to help staff their afterschool program. If you're interested in being a counselor and joining the team, please contact the office at (603) 744-2713 or through e-mail at info@ttccrec.org. The online coaching form is at <https://forms.gle/aV3dJzfMHn4diGrk9>.

COURTESY PHOTO

(Right) Tapply-Thompson Community Center will again be hosting its annual Apple Festival.



To round things out, on Oct. 7 from 9 a.m. to 2 p.m., they will be holding the 40th annual Apple Festival and Craft Fair. Homemade apple pies, baked beans and fresh bread will be front and center, as pies can be pre-ordered by calling 744-2713. The craft fair will be in the TTCC gym with a variety of crafters and vendors for some early Christmas shopping. Table space is still available, as they are looking for some help on Friday, Oct. 6, from 9 a.m. to 4 p.m., to cut apples and prepare pies. Fall is here and they are overjoyed to share their programs and progress, thank you for all your support and hope to see you soon.

Get your Scot on at annual Highland Games and Festival this weekend

LINCOLN — Music and dance, food and drink, pageantry, and elite athletic competition return to Loon Mountain Resort in Lincoln this weekend, Sept. 15 - 17, during the 48th annual New Hampshire Highland Games and Festival.

Presented by NHSCOT, the NH Highland Games and Festival is one of the largest Scottish cultural events in the Northeast and welcomes visitors, competitors, and vendors from around the world to celebrate Scottish culture and "Get Your Scot On."

Single-day tickets and three-day weekend passes are available for purchase online. Advance ticket purchases are highly recommended for this event. Once sold out, no event tickets will be sold at the gate. Any parties interested in purchasing Saturday tickets are strongly encouraged to buy in advance to guarantee admission.

Competitors showcase traditional Scottish skills

Heavy athletics are a staple of the NH Highland Games and Festival, attracting elite athletes to compete in traditional Scottish sports. The heavy athletic competition is an invitation-only event featuring professional, master, amateur, and disabled athletes competing in a variety of athletic games including the caber toss, weight over bar, and loon stone carry.

A new Celtic stone lifting challenge, Clach

Neart: A Stonelifting Challenge, will be taking place on Parade Square Friday, Sept. 15 at 12 p.m. Clach Neart is Gaelic for stones of strength. For thousands of years, stones have been used to gauge strength and endurance. Six competitors will compete in this challenge, including Chloe Brennan from England, who set a record for lifting Rogue Replica Dinnie Stones in 2022.

Sheep dog trials are another popular event that only take place on Friday during Games weekend. Sheep dogs, guided by their handlers use personalized whistle commands to herd a pack of sheep through obstacles with speed and efficiency. This is an invitation only competition, where the winner is awarded the Campbell Cup trophy.

Throughout the weekend, a variety of dance and music competitions also take place, which provide competitors the opportunity to showcase their skills in fiddle, piobaireachd, Scottish harp, solo piping and drumming, and pipe and drum bands.

Live music all weekend

Nearly a dozen professional musicians and bands will be performing the sounds of Scotland at five venues across festival grounds. Traditional acoustic ballads and melodies, bag-rock, and upbeat Celtic songs are among the many music styles to be heard during the weekend. Massed Bands is a fan favorite

and consists of two-dozen pipe and drum bands marching and performing in unison along Parade Square.

This year's Games will also see the return of The Red Hot Chilli Pipers, the world's most famous bagpipe band, who will be performing at a variety of set times during the Games in addition to headlining the Saturday night concert with Albanach, scheduled for Sept. 16 at 7:30 p.m. The Red Hot Chilli Pipers have been twice awarded "Best Live Act in Scotland" and their feel-good music appeals to audiences of all ages all over the world.

Hands-on activities and intriguing seminars

Highland Games weekend offers plenty of opportunities to engage with Scottish culture through hands-on activities, demonstrations, and seminars. Celebrate the culture of the Scottish Highlands during a free Try It class; play a Scottish instrument, learn to Highland dance, take a Gaelic lesson, or test your strength lifting a stone. Additional Try Its include street curling, Scottish country dancing, and mas wrestling (swingle tree).

A highlight of this year's Try its include Rhythm Master Michael Eagle, a master of the rudimental drumming style, who will be instructing an interactive Snare Drum Try It. Participants will follow step-by-step video instructions using drumsticks

and drum pads to reveal the secrets of the unique and storied style of Scottish Pipe Bands.

Seminars are an engaging way to delve into Scottish history and culture. This year's offerings include cooking demonstrations by Gary Maclean, Scotland's National Chef, and winner of MasterChef: The Professionals. Maclean will also be hosting a book signing for his newly released cookbook, *Scottish Kitchen Cookery*.

Laura Goodman, a professional historian, guide, and storyteller from Scotland will be enthralling guests with tales of Scotland. Carol Soules from Miles Smith Farm (Loudon) will be attending the Games on Friday and Sunday with her Scottish Highland Cows in tow. Stop by for an informational seminar or photo op throughout the day. David Brody, a native of Laconia, will be discussing Scottish history, including Prince Henry Sinclair and the exploration of America before Columbus. NHSCOT will also be holding a seminar with Collette Tours to discuss an upcoming trip to Scotland, Discover Scotland featuring the Royal Edinburgh Military Tattoo at Edinburgh Castle.

For a complete list of Try Its and Seminars, view the 2023 Program Guide: <https://nhscot.org/things-to-do/festival-guide-map/>.

Enjoy festival fare and Scottish cuisine

Across the grounds, festivalgoers can absorb

the culture and fares of Scotland. A stroll through Clan Village allows guests to discover their Scottish roots by talking with representatives of 60+ Scottish clans while the Historic Encampment showcases everyday life in the Scottish Highlands during the 14th - 18th centuries.

Vendor Village is home to more than 30 vendors selling tartan wearables, traditional Scottish sweets, bagpiping supplies, and various other Celtic items. Food vendors will also be onsite selling a range of Scottish cuisine: Scotch Eggs, meat pies, scones, shortbreads, and more, giving attendees a chance to explore the flavors of Scotland. Beer tents will be set up throughout the venue.

Special ticketed events to enhance your experience

Attendees can elevate their Games experience through a variety of special ticketed events showcasing Scottish food and drink, musical performances, and dinners with entertainment.

The second annual Scotch Ale Tasting and Competition will take place on Sunday, September 17. This competition will feature eight Scotch Ales from local breweries. This year's competitors include Woodland Farms Brewery, Tuckerman Brewing, Concord Craft Brewing, Stoneface Brewing Co., Throwback Brewery, 603 Brewery, Woodstock Inn Brewery, and Kettlehead Brewing. Two ticket times available: 11 a.m. and 1 p.m. Must be 21+.

The Whisky and Spirits Tasting Tent is another popular add-on adventure, allowing guests to develop their palate by sampling a variety of spirits from Dewars, Angel's Envy, Hotaling and

Co, Terlato, Laphroaig Quarter Cask, Maker's Mark 46, Basil Hayden Malted Rye, Laphroaig Single Malt 10YR, Suntory Toki, Maker's Mark 101, and 10th Mountain Whisky. Must be 21+.

For a complete list of special ticketed events, visit <https://nhscot.org/special-ticketed-events/>.

Ticket information

The New Hampshire Highland Games and Festival offers single-day tickets and three-day weekend passes. Tickets are available online at nhscot.org. Advance ticket purchases are recommended to expedite gate entrance. Single-day Saturday tickets sell out early.

Ticket prices are \$35 for Friday admission; \$59 for Saturday admission; \$35 for Sunday admission and \$99 for three-day weekend passes. Single-day tickets for children ages 6 to 14 are \$5; three-day weekend passes for children ages 6 to 14 are \$10. Children five and under are admitted free with a paying adult.

Attendees have access to festival grounds from 8 a.m. to 5 p.m. daily; additional ticketed evening events will be held at various onsite and offsite locations throughout the weekend. The event is held rain or shine. Pets are not allowed on the grounds or in vehicles. Service dogs are admitted.

The New Hampshire Highland Games are presented by NHSCOT, a non-profit corporation dedicated to preserving and promoting Scottish culture for future generations. The success of these Games, now in its 48th year, is a testimony to the enduring and welcoming spirit of this organization. Additional information is available on NHSCOT's website, nhscot.org.

PSU

FROM PAGE A4

The increasing distrust between political parties and the growing number of political opinions in recent years have caused a rise in the self-isolation of ideologies among Americans. Chandler will explore how bridging these divides can not only benefit our personal and professional lives but also play a significant role in mending America's overall civic engagement.

Chandler's continued curiosity and commitment to understanding different viewpoints has earned him recognition as one of *Economist Magazine's* Top 50 Global Diversity Leaders in Public Life, alongside notable figures such as the Obamas' and Malala Yousafzai.

Chandler earned a Bachelor's degree in Political Science from Plymouth State University. He has actively contributed to various leadership roles since, serving as a leading strategist and organiz-

er for the Human Rights Campaign (HRC) in the LGBTQ+ civil rights movement, as Progressive Outreach Director for the American Israel Public Affairs Committee (AIPAC) and as a Director of Government Affairs for the Citizen App.

Named for humanitarian and New Hampshire businessman Saul O Sidore, the lecture series brings a variety of speakers to PSU to address critical issues and events in politics, society and culture, topics that reflect

Sidore's interests. The 2023-2024 series will explore how curiosity and creativity feed passion for life.

The Saul O Sidore Lecture series is open to the public, but reservations are recommended. Unless otherwise noted, lectures take place in the Smith Recital Hall in the Silver Center for the Arts in Plymouth. A reception will follow the lecture.

For more information and to register to attend in-person or online, visit <https://campus.plymouth.edu/>



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Campton Congregational

Sunday, Sept. 17
9:30 a.m. Sunday Service, Rev. Jeff Robie will lead us in Worship

10 a.m. Children's Sermon/Sunday School. Following Worship we gather for coffee, goodies, and fellowship.

Tuesday, Sept. 19
10 a.m. Church Committee Meeting
12 p.m. BYO fellowship Lunch

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

Campton Congregational Church is excited to join the festivities at Campton Historical Society for Old Home Day on Sept. 23 with one of our much anticipated bake sales. Old Home Day is a plethora of activities, food, vendors, and music for everyone in the family to enjoy. Our bake sale is sure to be a success offering a wonderful assortment of treats including homemade donuts, delicious pies, cookies, and more. We have some excellent bakers here at Campton Congregational Church.

All are welcome Sunday mornings, as we 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.

Christian Science Society, Plymouth

We love to have visitors at our Sunday services, which we hold each week at 10 a.m. in our Emerson Street building. The Bible lesson sermon we'll be hearing this coming Sunday includes this comforting verse from Ecclesiastes, "... God gives to a man that is good in his sight wisdom and knowledge and joy." This lesson, which can be studied during

the week, including in our Reading Room study area, will be read in churches around the world this coming Sunday. Organ music, hymns and a solo will also be shared.

We have a Sunday School for children and teens and it's held at the same time as the church services. Students learn how the truths and lessons in the Bible can help them with their everyday lives. It's held at the same time as the church service.

We also have a Wednesday meeting at 6 p.m. each week. It begins with short readings from the Bible and from the Christian Science textbook with thoughts to help meet personal and world needs. Then there is time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our spiritual study and prayer. We'd love to have you join us.

Please visit our website at www.cs-plymouth-nh.org if you would like to join in our services by zoom.

We are getting ready for sponsoring a talk on Sunday afternoon, Oct. 1, at 1 p.m., with a zoom call between members and the speaker Patricia Woodard. Her subject is "Breaking news: Freedom is ours now." Stay tuned for details, which will include an open house so you can see our brand new Sunday School space and refurbished sanctuary and reading room areas.

The Reading Room in our church building is open Monday 12-2. There is a comfortable quiet space to sit and read in the new downstairs area. On some good weather days we'll have a table outside as well for those strolling by. We welcome you to come in to browse, borrow books and resources and enjoy the study area, or just to pop in and see our space.

At jsh-online.com you'll find a wealth of articles and audio offerings which are new each week. The weekly Sentinel magazine leads with an article "Love hasn't left this house" which offers clear and healing ideas on dealing with loss.

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 Road, Plymouth, and live streamed via Zoom. Nursery and childcare services are available. Religious education classes are offered every week.

Sept. 17: Resistance is Futile: The Practice of Welcoming Change - Rev. Linda Barnes

While resistance to change may be futile, still, change is inevitable. In truth, our struggle with change is part of our common human experience. Join us this Sunday to explore how we might welcome change openly, how we might easily believe that there is reason to expect our future to bring us beauty, love, and even joy.

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 website, www.star-kingfellowship.org.

Wentworth Congregational

Here is our list of upcoming speakers:

On Oct. 8 we will revert back to 10 a.m. for worship in Wentworth
Sept. 17—Joy Moody
Sept. 24—Rev. Lynn Morrison

Meet our speakers:

Lynn Morrison (first Sunday Communion and fourth 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 two decades until her retirement in 2019. She is currently a member of Plymouth Congregational Church, UCC.

Cynthia B. Petrie M. Div. (second Sunday-Wentworth) Cindy lives in Freedom 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 and is honored to serve as pulpit supply for churches in NH 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 (third 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 (fifth 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 Sanborn 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 with her husband, Steve Majeski, and their dog Maggie. She enjoys skiing and playing the Celtic harp.

Eagle Pond Authors' Series kicks off with Abenaki poet



COURTESY PHOTO

The Eagle Pond Authors' Series at Plymouth State University welcomes Abenaki poet Cheryl Savageau to the Silver Center for the Arts for a free public reading and book-signing on Tuesday, Sept. 19, at 7 p.m.

PLYMOUTH — Plymouth State University (PSU) will host the first Eagle Pond Authors' Series event of its 25th season on Tuesday, Sept. 19, at 7 p.m. Abenaki and French-Canadian poet Cheryl Savageau will read from her poetry collections *Dirt Road Home* and *Mother/Land*, which explore facets of New England and Indigenous place and identity. The reading and book-signing, which is free and open to the public, will take place in the Smith Recital Hall at the Silver Center for the Arts in Plymouth.

Savageau, who will also read from her latest book, *Out of the Crazywoods*, challenges readers to view all of New England as a fundamentally Indigenous space. *Out of the Crazywoods* is a memoir that explores Savageau's struggle with mental illness through lyrical prose. Her poetry retells Abenaki stories, often focusing on the unrecognized lives of women and the working class. Other published works include *Home Country* and *Muskkrat* will be *Swimming*, which was selected by *Smithsonian Magazine* as a Notable Book for Children and received the *Skipping Stones Book Award* for Exceptional Multicultural and Nature/Ecology Books.

Her newest collection of poems, *Arcana Major*, is expected later this year.

University of New Hampshire professor of English and Native American Literature Siobhan Senior describes Savageau's poetry as a continuation of a tradition of Abenaki writing that can be traced back to precontact birchmark maps called "awikhi-ganak."

"Cheryl Savageau's affecting poems remind us that notions of identity, heritage and home are complex, nuanced, intersectional, and both individually and collectively vital," said PSU Professor of English and Eagle Pond Authors' Series organizer Liz Ahl. "We are very fortunate to have her share this work with us in person."

The Eagle Pond Authors' Series was founded in 1998 by former United States and New Hampshire Poet Laureate Donald Hall and then director of the Silver Center for the Arts Diane Alexander Jeffrey. The series is sponsored by generous donors, brings nationally-known poets to central New Hampshire and is a memorable and meaningful part of the Granite State's arts and cultural landscape.

Series readings are free and open to the public (pre-registration required) and are followed by a reception and book signing. Books by Savageau will be available for purchase on-site. Presentations take place at the Silver Center for the Arts' Smith Recital Hall located at 114 Main Street, Plymouth, on the PSU campus. For information and tickets, visit plymouth.edu/silvercenter/.

The Eagle Pond Authors' Series encourages attendees of its 2023 readings to stay up to date on COVID vaccinations and boosters and to wear a mask during the events, if possible, to help create a safer space for one another, for event staff and for the visiting poets.

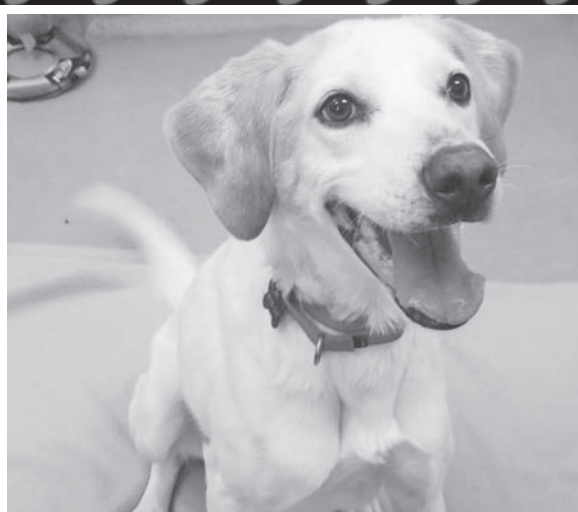
Cantor

FROM PAGE A2

2006); Dennis Maslakowski, former PSU associate vice president of the College of Graduate Studies; Virginia Barry, former PSU acting president, provost and vice president for academic affairs, and New Hampshire commissioner of education; Stanley J. Yarosewick, former president of Keene State College; and Hannah McCarthy, former president of Daniel Webster College.

To learn more about Plymouth State University, visit www.plymouth.edu.

PETS OF THE WEEK



Yukon

Meet Yukon! He is very excited about moving to New Hampshire and would thrive in an active home. Yukon would be great for a family that craves more energy in their life. Yukon is very smart and could even do well making some dog friends.



Max

Meet Max! In his prime years, this gentle fella is looking for a cozy bed and quiet home to call his. He is an easy going boy and enjoys the simple things in life; naps, wet food, and classical music playing in the background.

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DONNA RHODES

Everyone loves a parade

Crowds lined the streets of Danbury for the annual Danbury Grange and Community Fair parade, which featured a little bit of everything that one would expect from a small town community parade.

Statewide efforts and resources announced to support suicide prevention

CONCORD — Suicide is a preventable public health problem. In advance of NH and National Suicide Prevention Week, Sept. 10-16, the New Hampshire Suicide Prevention Council hosted a press conference with Governor Sununu and Council representatives from the American Foundation for Suicide Prevention, NAMI New Hampshire, and the New Hampshire Department of Health and Human Services to discuss statewide efforts and resources geared to prevent suicide. Speakers highlighted the community impact of NH Rapid Response/988, the launch of Strong As Granite, a new public awareness campaign, and the NH Suicide Prevention Council's new website, offering a statewide resource for suicide prevention.

In New Hampshire, suicide is the second leading cause of death among individuals ages 15 to 34 and the ninth leading cause of death overall. "When we're talking about mental health and suicide prevention, we're talking about people," said Governor Chris Sununu. "New Hampshire has focused our efforts on implementing systems that meet the needs of the individual. While we're recognizing Suicide Prevention Awareness Week, our efforts continue 365 days a year to put the community resources in place to reduce stigma and care for those in crisis."

The NH Suicide Prevention Council is dedicated to increasing awareness of suicide prevention, addressing the mental health and substance concern needs of all residents, supporting those affected by suicide and promoting policy change. During the press

conference, the NH Suicide Prevention Council launched a new website, PreventSuicideNH.org.

"This new website provides resources to support mental health and suicide prevention in the Granite State for caregivers, schools, survivors of suicide loss, military and more," said Shamera Simpson, NH Suicide Prevention Council Vice Chair. "PreventSuicideNH.org illustrates New Hampshire's continued commitment to strengthening suicide prevention efforts statewide."

New Hampshire has taken important steps in preparation for the transition to the 988 Suicide and Crisis Lifeline on July 16, 2022 including strengthening the state's long standing Lifeline center, adding a secondary lifeline center, implementing NH Rapid Response which includes statewide mobile crisis response, increasing mental health training for first responders, and building a peer workforce, along with other priority items of the 10-Year Mental Health Plan which will reduce emergency department boarding and increase timely access to mental health treatment.

"I have been in mental health treatment since I was an adolescent," said Karen Privé of Franklin, who shared her story at the press conference. "Medication, therapy and support groups help a lot and I have had periods of



COURTESY PHOTO

Governor Chris Sununu and statewide stakeholders recognized Suicide Prevention Week, Sept. 10-16. Left to right, Shamera Simpson, American Foundation for Suicide Prevention and New Hampshire Suicide Prevention Council Vice Chair; Karen Privé, an individual with lived experience; Susan Stearns, NAMI New Hampshire Executive Director; Commissioner Lori Weaver, NH Department of Health and Human Services; and New Hampshire Governor Chris Sununu.

stability but even with treatment I continue to struggle with depression, complex PTSD and suicidal thoughts. Last year was particularly tough and led to me contacting NH Rapid Response and there is no doubt in my mind that calling saved my life. Rapid Response and mobile crisis teams were phenomenal, and I am grateful to still be here to be to be a writer, an advocate, a wife, a stepmom, a Grammy and a friend."

The NH Department of Health and Human Services announced a new public awareness campaign, Strong As Granite, which will help those in New Hampshire connect with support like Karen received. The campaign is designed to raise awareness about the services available to make it easier to find support, giving people the

courage to take the first step in seeking help for themselves or for someone they care about. The campaign will feature the Rapid Response Access Point, the 988 Hotline and 211 the Doorways program via 211.

"As parents, teachers, neighbors and coworkers, let's all take responsibility to be part of a systemwide solution to ensure a brighter future for everyone," said Governor Sununu.

Should you or someone you know need mental health or substance use

crisis care in New Hampshire, please call or text the NH Rapid Response Access Point at 1-833-710-6477 or visit NH988.com.

If you need assistance outside NH, please call or text 988. Both are available 24/7.

Wolfeboro Friends of Music

9.17.23 3:00

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A Cappella Modern Pop with a Soulful Twist

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Main St. Wolfeboro

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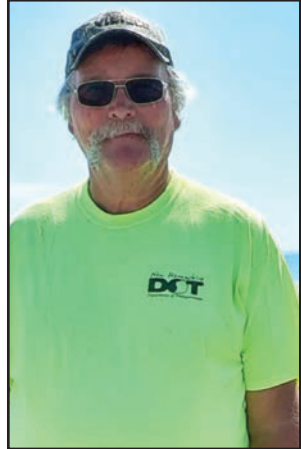
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Randy Wayne Rugar, 64

Randy Wayne Rugar, 64, of Wentworth, NH, passed away peacefully surrounded by family on September 1, 2023 at Dartmouth Hitchcock Medical Center, Lebanon, NH, after a valiant fight with stage 4 Esophageal Cancer.

He was born in Lawrence, MA, on June 13, 1959 to Betty M. (Courtemanche) Williams and David A. Rugar. He attended school at Lisbon Regional and was a volunteer firefighter after high school. He made friends easily and was always willing to lend a helping hand to anyone in need. He enjoyed the outdoors whether it be mowing lawns, gardening, hunting, fishing or camping with his friends and family. His favorite pastime was adventuring with his loving wife Mary. Randy met the love of his life Mary in Warren, NH, in 2005. He worked his charm and took Mary on a date to buy a new hunting suit for the upcoming season. They fell in love and married on July, 28, 2012 at their home in Wentworth,



NH, where they built a beautiful life together. Unable to have children of their own, they were the favorite Aunt and Uncle to many nieces and nephews. Randy's ability to tell stories and tease all the kids will be greatly missed.

Over the years he worked many jobs including the New England Wire, Lisbon, NH, NHDOT of Warren, NH, and Wentworth Transfer Station. He was predeceased by his parents, sisters Robin and Jane Schofield, brothers Jeff Courtemanche and Robert Rugar.

He is survived by his loving wife Mary (White) Rugar of 18 years, his sisters Pa-

mela Drogo husband Bobby, Nashua, NH, Lisa Young and husband Thad, Lisbon, NH, brothers David L. Rugar, Southern NH, James A. Rugar wife Jennifer, Haverhill, NH, honorary brothers Wallace Trott wife Martha, N. Haverhill, NH, Ted Trott and wife Jen, Rob-
 ington, ME, father-in-law Daniel White and companion Penny, Camp-
 ton, NH, brother-in-law Christopher White wife Elizabeth, Campton, NH, and many, many, many, nieces and nephews.

A graveside service will be held on Saturday, September 30, 10:00 AM, at the Glenwood Cemetery, Littleton, NH, followed by a Celebration of Life at the Pythian Sisters Hall, Warren, NH, at 1:00 PM. Memorial donations may be made in Randy's memory to Norris Cotton Cancer Care Pavilion, Barbara E. Rubin Building, One Medical Center Drive, Lebanon, NH, 03756. To offer your condolences to the family please visit www.rossfuneral.com

Rodney Clark Peverley, 82

Rodney Clark Peverley, 82, died on May 1, 2023 at Spear Memorial Hospital in Plymouth, NH after a five and a half year battle with lung cancer. He was born on December 26, 1940 in Salem, MA, son of the late Ronald and Elinor (Pope) Peverley.

Rodney was a 1959 graduate of Topsfield High School. He served a tour in the U.S. Navy from 1959-1963, becoming a 3rd Class Photo Technician. He graduated from Gordon College in Wenham, MA in 1967 earning a BA degree with a major in Bible.

On August 26, 1967, he married Shirley Claire Straw at Advent Christian Church in Lawrence, MA.

Throughout the years, he worked as a Photo Technician, Computer Operator and Technician, Group Leader of Front Manufacturing, Retail Clerk, and House Painter until he retired in 2002. He was



also a Deacon, Elder, Lay Preacher, and Bible Teacher in the local Christian church.

In his free time, Rodney enjoyed researching family history, boating, hiking, and gardening.

Along with his loving wife of nearly 56 years, Claire, he is survived by their son, Christopher David Peverley; two grandchildren, Ethan and Jasmine Peverley; brother and sister-in-law, Ronald Peverley Jr and wife Audrey; three nieces, Cindy Peverley, David and Suzanne (Peverley) Bogannon, and Eric

and Lisa (Peverley) Shurtleff; as well as several great-nieces, great-nephews, and great grandchildren.

SERVICES: A Celebration of Life will be held at the Cremation Society of NH, 172 King Street in Boscawen on Thursday, September 21, 2023 with gathering from 12:30pm to 1pm and service starting at 1pm. Interment prayers and military honors will follow at the NH State Veterans Cemetery, 110 Daniel Webster Highway in Boscawen at 3pm. Family and friends are respectfully invited to attend.

In lieu of flowers, donations in Rodney's name may be made to The Gideons International at <https://www.gideons.org/donate> or Houses for Warriors at <https://housesforwarriors.org/donate-to-support-homeless-disabled-veteran-housing-program>



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.faithlifetimes.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 Shurline 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

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)

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

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

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

HILL
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 Non-denominational, All Welcome
 Murray Hill Rd.
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 Rev. Carol Snow-Asher • 744-7864

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
 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

NEW HAMPTON
New Hampton Community Church
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 A Christian Church w/ a Family friendly atmosphere • Main St. New Hampton
 10 a.m. Sunday Worship
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 Small groups throughout the week in area homes

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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

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

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.gbchnh.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
 Communications coordinator: Christine Chiasson email: chrisschiasson@holytrinityparishnh.org.
 Pastor: Fr. Mark Dollard.
 Instagram: [holytrinitynh](https://www.instagram.com/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

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.starkingfellowship.org

RUMNEY
Rumney Baptist Church
 Rumney Baptist Church
 Rev. Seth Powers, Pastor
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office@rumneybaptist.org
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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
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 Sunday School 10 a.m.
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WENTWORTH
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 259 Mooslake Hwy., Wentworth
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 * 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

Wentworth Congregational Church
 Wentworth Village Road (Common)
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 Muehleke Jr.

Danbury

FROM PAGE A1

annual Dutch Auction took place throughout the day, where people dropped tickets into bags in front of items they hoped to win. A table covered with bidding sheets for multiple other donated items and gift cards entered in the silent auction was located out in front of the hall.

Just up the street, members of the Danbury Fire Department were selling raffle tickets for 23 great prizes, including a Weatherbee Weather-guard 308 from Smith River Trading Post, a season pass to Ragged Mountain Ski Resort and 100 gallons of fuel oil from Dead River. Tickets will still be available up until the night of Oct. 7 when the lucky winners will be announced at DFD's annual turkey supper fundraiser.

The fire department



DONNA RHODES

Representatives of the Blazing Star Grange had the honor of leading off the 109th annual Danbury Grange and Community Fair's Parade this year.

also hosted agricultural displays in their garage again this year. Local crops, all worthy of admiration, lined the tables where each gardener hoped to be recognized by the judges. There were massive pumpkins and impressive floral arrange-

ments vying for ribbons that day, too.

When the clock struck 11 a.m. however, crowds lined the street for the parade. The theme, "Let's Have a Ball," drew enthusiastic participants who presented many great floats this year. Among

them was a UTV celebrating the 109th year of the fair by tossing small balls tossed out to the crowd and inviting everyone to "take a shot" at two baskets hanging on the side as it passed by. The Danbury Soccer Club had a colorful entry

with not only colorful round balloons but lots of smiling young soccer players as well. Other participants were Danbury Country Store, church groups, the Hippy Hill Foundation, and representing the cemetery trustees, Andy Phelps had a

ball driving a "Memory Lane" small tractor decorated with humorous tombstones that memorialized characters like "Grandpa Hook & Sinkler." Marching veterans, antique vehicles, fire equipment, horses and ATVs also filled the streets.

Following the parade people began signing up for the town's famous bed race, tossed horseshoes at Independence Park or grabbed a seat to watch the tractor pull competition. There were some old-fashioned children's games that folks of all ages enjoyed, too.

The celebration wrapped up with the announcement of winners in the silent auction as people grabbed a take-out ham and bean supper to eat out in front of the grange hall while listening to the music of the Granville Daze band.

Broadband

FROM PAGE A1

would go directly to Grafton County for the build out of a middle-mile broadband infrastructure project.

Senators Jeanne Shaheen and Maggie Hassan and Representatives Ann Kuster and Chris Pappas joined Mitch Landrieu, Senior Advisor to the President, and Alan Davidson, Assistant Secretary of Commerce for Communications and Information and National Telecommunications and Information Administrator, in making the announcement.

This project was funded through the National Telecommunications and Information Administration's (NTIA) Middle Mile Broadband Infrastructure Grant Program. This \$1 billion program provides funding for constructing, improving, or acquiring middle-mile infrastructure. The grant program aims to expand and extend middle-mile infrastructure to reduce the cost of connecting unserved or underserved areas to the internet backbone. The program was created and funded by the Bipartisan Infrastructure Law.

Last year, Senator Shaheen joined her colleagues in encouraging the NTIA to quickly implement the \$65 billion in the Bipartisan Infrastructure Law for broadband expansion efforts nationwide. The Bipartisan Infrastructure Law provides a \$550 billion investment in the country's core infrastructure

priorities, including water systems, the electric grid, roads and bridges, broadband, and mass transit.

According to a statement issued by Senator Shaheen's office, the project will provide the infrastructure needed to support future growth and expansion of Grafton County's broadband needs with minimal additional investment. Senators Shaheen and Hassan helped negotiate the Bipartisan Infrastructure Law, and the entire delegation supported it.

"Providing the resources to connect unserved and underserved communities to reliable, high-speed internet is one of the best investments we can make to secure future growth in our state," said Senator Shaheen, a key negotiator of the bipartisan infrastructure law. "I'm proud to welcome this \$12 million federal grant to build out over 200 miles of fiber optic cable that will help deliver faster internet service to Granite Staters in Grafton County."

Hassan added, "With nearly \$12 million in funding from the bipartisan infrastructure law, this grant is going to make a tremendous difference in connecting every corner of Grafton County to affordable and reliable high-speed internet. For years, Granite Staters have pushed to expand high-speed access to every family and community, and with the bipartisan infrastructure law, we are now making that a reality."



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JOSHUA SPAULDING

Looking down the double chairlift at Tenney Mountain. On a non-hazy day, you can see as far off as Mount Chocorua in Tamworth.



JOSHUA SPAULDING

The base lodge at Tenney Mountain is a true New England-style ski lodge, but upgraded with modern amenities.



JOSHUA SPAULDING

The chairs on the triple lift at Tenney Mountain are getting a new coat of Tenney Blue paint in preparation for opening this winter.



JOSHUA SPAULDING

Tenney Mountain Resort, located off Route 3 in Plymouth, is scheduled to open for the year on Dec. 23.

Tenney

FROM PAGE A1

Kelly points out that the goal is to help to revitalize Plymouth and the surrounding communities by providing plenty of jobs and a place where they can go locally to ski, tube and generally enjoy the outdoors all year long.

Kelly admits that there is plenty of aging infrastructure around the property, including the road that leads from Route 3 into the resort and points out that part of the plan is to replace those roads, with a short term strategy to modify the roads to make them more passable.

With the knowledge of his tower company, employees have been working on tuning up and/or rebuilding lift towers and the chairs will all be painted (the iconic Tenney Blue returns) and

have seats and backs replaced. The snowmaking system has been seriously upgraded and 80 new tower guns have been purchased, which Lorrey notes is a huge upgrade to the snowmaking system at the mountain. There have also been two new groomers purchased that should also contribute to the quality of the snow.

“There are changes that people will notice, but there’s changes that they don’t see,” Egan said, noting the snowmaking pipes, new valves and other things under the surface that will greatly improve the quality of the man-made snow.

“We’re not just opening to open, we’re opening with specific goals in mind,” he stated.

Kelly said that a million dollars has been invested in new equipment and several million has

been invested in maintenance of existing equipment, which will be beneficial for the mountain in the long term.

“My wife and I have been in New Hampshire for the better part of 25 years, we’re not a new kid on the block,” Kelly said, noting his company has been working in New Hampshire for decades and he is invested in the local community.

“Our goal is to be well respected among our peers as a place to come and live,” he said. “Live, work, play.”

With major sewer upgrades in place, the property is already zoned for more on-mountain homes, both condominiums and market-rate housing, to supplement the ones that are already there, making it a destination for more than just skiing.

To that end, a disc golf course is expected to

open by Oct. 1, and mountain biking is scheduled to be included in the mountain plans starting next summer. Kelly points out that future plans will likely include alpine zip lines as well.

After Kelly purchased the resort last year, he opened up for seven weeks to test out what was there and see what he had to work with, including the new snow guns.

“It allowed me to see where we needed to improve,” he said, pointing out that they didn’t advertise heavily that they were open again so as to not be overwhelmed out of the gate.

Since 1988, it is estimated that the mountain has been opened and closed four or five different times, but Egan notes that the 2005-2006 season was the last time that it

was a fully-operational mountain.

“There are aspects that are better now,” he said. “The water bars, the trail maintenance, it’s all better because of the resources that we have.”

“When Dave called me (about coming to Tenney) he told me I wouldn’t believe the work that they’ve been doing,” Egan added.

“When we open this year, we’ll be in the best shape Tenney has been in 30 years because of the investment in infrastructure and equipment,” Kelly said. “We’re going to open and we’re going to impress the public that comes to visit, whether new or returning.”

“What you see at Tenney today is not what you’ll see in one, two, five or 10 years,” Egan said. “We have a realistic master plan in place, I

think we have a mix here to win.”

The plan for this winter is to open on Dec. 23 and remain open through the end of March. The Eclipse triple lift will be open for recreational skiing and the hope is that the double lift will be servicing side country and adventure skiing. The restaurant, café and bar will remain open, there will be tubing available and night skiing will be an option, though there are no lights, instead skiers will ski with head lamps, something done out at Big Sky in the Rocky Mountains.

More information on the resort can be found online at skitenney.com.

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



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JOSHUA SPAULDING

Elli Englund led the field from the start of Saturday's Paul Letarte Invitational in Pinkham Notch.



JOSHUA SPAULDING

Ellis Pietroniro runs in the pack during the Paul Letarte Invitational on Saturday morning.

Elli Englund runs to Paul Letarte Invitational title

Anna Boyer gets win in JV race in Pinkham Notch

BY JOSHUA SPAULDING

Sports Editor

PINKHAM NOTCH — Behind a winning performance from Elli Englund, the Plymouth cross country girls ran to third place overall at the annual Paul Letarte Invitational at Great Glen Trails at the base of the Mount Washington Auto Road.

Englund finished in a time of 20:41 to take the top spot, almost a full minute ahead of her closest competitor.

Kelsey Maine also cracked the top-10, finishing in seventh place in a time of 22:44 and Ella Ronci was 11th overall with a time of 23:30.

Leah Ines finished in 27th place overall with a time of 25:31 and Ellis Pietroniro rounded out the scoring for the Bobcat girls with a time of 26:57, which placed her 35th overall.

Reagan Sutherland finished in 37th place in 28:50 to round out the field of Plymouth girls in



JOSHUA SPAULDING

Tate Hayman paced the Plymouth cross country boys on Saturday at Great Glen Trails.

the varsity race.

Tate Hayman led the way for the Bobcat boys

in the varsity race, finishing in 18th place overall with a time of 18:25.



JOSHUA SPAULDING

Graeme Burtis leads teammate Hassan Osserian heading toward the finish line on Saturday in Pinkham Notch.

Abraham Hankens finished in a time of 20:37 for 53rd place and Has-

san Osserian finished in 21:10 for 63rd place overall.

Graeme Burtis finished in a time of 21:21 to round out the field of Bobcats in the varsity race.

Anna Boyer ran to the win in the JV girls' race, putting up a time of 22:32. Xindi Thomas was 14th in 25:26, Claire Gervez was 15th in 25:27, Heron Hannon finished in 16th place in 25:52, Violet Towers placed 27th in 27:12, Naomi Koren was 34th in 28:45 and Maggie Pitman placed 37th in 29:55.

For the boys in the JV race, Yuriy Paul was 37th overall in 23:25, Domenic Brown placed 58th overall in 26:57, Evan Duchette was 68th in 27:30 and Harrison Dixon placed 73rd with a time of 29:21.

The Bobcats are scheduled to compete in the Newfoundland Invitational on Wednesday, Sept. 20, at 4 p.m.

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



JOSHUA SPAULDING

Will Foisy hauls in a touchdown pass for the Plymouth football team on Saturday.



JOSHUA SPAULDING

Luke Diamond looks for room to run during Saturday's game with Bow.

Bobcats blast Bow, move to 2-0

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth football program is known for its relentless ground attack. On Saturday afternoon, the Bobcats showed that they have a few other tricks up their sleeves as well.

Bobcat quarterback Luke Diamond threw three touchdown passes as the Bobcats got off to a quick start and never looked back on the way to a 35-7 win over Bow on the Zoulias Field grass.

"I thought we did a good job up front, especially defensively," said coach Chris Sanborn. "I thought the line did really well and the defensive line was just dominant."

Plymouth got the ball first and scored on the first drive, with Diamond hitting Gabe Kean

with a quick pass that the senior turned into a long touchdown. Caedon Manseau's extra point gave the Bobcats the 7-0 lead right out of the gate.

After the defense shut down the Falcons, the offense got right back to it. Ben Valenti, Kean and Robbie Thorne did the job on the ground and Diamond found Jaxon Rineer for a first down. Diamond then finished off the drive by dropping a perfect pass to Will Foisy at the end zone pylon with one minute to go in the quarter and the extra point made it 14-0 for the Bobcats.

Emmit Nossaman had a big sack to close out the first quarter, giving Bow a third and 13 to start the fourth and the Falcons eventually had to punt. Plymouth got runs from Eli Crane, Valenti and Kean before a bad snap ended the

drive, with Plymouth punting away.

The defense came through again, with Cullen McNair getting in the backfield for a run stop and then Kean and Taylor Rousseau dropped a pass catcher in the backfield to force another Bow punt.

This time, the Bobcats found the end zone. Thorne and Crane ran the ball, with Thorne picking up a gain of 24 yards inside the 10. Thorne then carried into the end zone two plays later with a five-yard touchdown run with 5:15 to go. Manseau's extra point pushed the Plymouth lead to 21-0.

Nossaman had another sack as the Falcons went three and out again and Plymouth got the ball back and made it count again. Valenti had a pair of runs and Diamond picked up a few yards on the ground. On

SEE FOOTBALL PAGE B5



JOSHUA SPAULDING
Plymouth's Eren Yee (left) and Maggie Roper sandwich Kennett's Nora Goodman as they all go after the ball in action last Tuesday afternoon.



JOSHUA SPAULDING
Brooke Austin winds up for a shot during action against Kennett last Tuesday afternoon.

Big second half sends Kennett past Bobcat field hockey

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — After a first half that saw just one goal, the Kennett field hockey team broke things open in the second half with three goals to dispatch host Plymouth on a warm Tuesday afternoon, Sept. 5.

"I am super proud of them," said Kennett coach Amanda Werner. "We had multiple players contribute and some young players got some good time."

"Defensively the girls thought they held their own with the pressure in the first half," said Plymouth coach Ashley Laufenberg. "In the second half, we got more offensive pressure. The defense was thankful for the second half because there was more offensive pressure."

Plymouth's Hailey Guilbert made a strong defensive play to open the game as Kennett's Georgia Coleman and Sophia Hanson teamed up on a chance. Abigail Avery also had a nice defensive play for the Bobcats on a run by Kennett's Izzy Fitzsimmons. Kennett's Eliana Newton turned back a good Plymouth run and Allie Hussey made a good run for the Eagles that came up short.

Kennett had the first corner of the game but could not convert. Coleman sent a shot wide of the net and then had another shot denied by Plymouth goaltender Alexis Lucas and Cami Newton got in close on the rebound but could not convert.

Ava Gaudette had a chance on another Kennett corner and Avery made a good defensive stop on a run by the Eagles. Kennett had back-to-back corners, with Hanson firing a shot on net that was stopped by Lucas on the first one and Gaudette sent a shot wide on the second. Avery Noyes had a good defensive stop for the Bobcats and the first quarter came to a close with no score.

Grier Carrier had a good cross for the Eagles, but Noyes was able to clear the ball out of the zone. Hussey had a shot denied and then connected on another bid that went wide of the net.

With 4:40 to go, Kennett got on the board, as Raegan Armstrong fired off a shot and Coleman was able to tip the ball in for the 1-0 lead. Noyes had another good defensive stop on Coleman and Hanson got in close for a bid that Lucas denied, with Cami Newton getting to the rebound.

Guilbert sent a ball up the other way to Mackenzie Welch, but the Eagles got a good defensive stop from Hussey. Armstrong and Hanson just missed connecting on a bid and Ava Fox had a bid blocked by the Plymouth defense. Hussey had a good cross that Amanda Ahern was able to push out of the zone and the game went to the half with Kennett up 1-0.

Just more than a minute into the second half, Hanson was able to put the ball in on an assist from Coleman and then Coleman scored just more than a minute and a half later to stretch the lead to 3-0.

Welch sent a shot wide for the Bobcats, who then had three corners in a row. Kennett's Nora Goodman made a pair of good defensive stops on the first two corners. The Bobcats continued to pressure, with Eren Yee, Aubrey Brunt and Morgan Gilpatric combining on a chance and then Yee and Maggie Roper made a good run in that Kennett goalie Madison Walcott came charging out to make the save.

The Bobcats had a couple of solid corner chances in the final minutes of the third but could not convert and Kennett took the 3-0 lead to the third quarter.

Olive Rose took over in goal for the Bobcats in the fourth quarter and the Bobcats had the first corner of the quarter, with Walcott making the save. Coleman had a bid denied by Rose and Armstrong sent a shot off the post and Hussey had another bid stopped

by Rose.

Kennett had a pair of corners in the final 10 minutes, with Hussey getting bids on both of them. Rose turned away the first one, but the second one saw Fox put the rebound home and Kennett had the 4-0 lead with eight minutes to go.

Both teams had late corners, with Armstrong and Lucia Sakin getting chances at their respective ends, but there was no more scoring to be done and Kennett took the 4-0 win.

"They toughed through the heat and stayed disciplined," Werner stated. "They knew when needed to come out and advocated for themselves."

"They gave 100 percent every time they stepped on the field," the Eagle coach added. "The senior leadership, I can't say enough good things about them, they set the tone for this team."

"After that second goal, they kind of put their heads down and we couldn't shake it and that third

one came in and sealed it," Laufenberg noted. "We had far more pressure offensively after that than we had in the first half."

"The girls played well all around, but it's the communication piece," the Bobcat coach added.

Kennett is back in action on Friday Sept. 15, at Kingswood at 7 p.m. and will be hosting John Stark on Monday, Sept. 18, at 4 p.m.

The Bobcats return to action on Friday, Sept. 15, at Hanover, then visit Derryfield on Monday, Sept. 18, and Hollis-Brookline on Wednesday, Sept. 20, all with 4 p.m. starts.

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

Newfound field hockey wins Battle of the Bears

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound field hockey team had an unexpectedly light week last week, as Friday's game with Littleton was postponed, leaving the Bears with just the Wednesday, Sept. 6, game win Winnisquam on the docket.

Newfound scored early, only to see their fellow Bears cut the lead to 2-1 before the end of the first quarter. However, Newfound took control in the final three quarters and took the 4-1 win.

"I think we have gotten a little complacent and thought the game was ours," said Newfound coach Kammi Williams. "Winnisquam had other plans and fought hard every minute of the game."

Newfound scored just less than a minute and a half into the first quarter, as junior Adeline Dolloff scored off a penalty corner on an assist from classmate Elle MacDonald. Less than seven minutes later, the host Bears scored on another penalty corner, with freshman Jayden Gilpatric scoring her first varsity goal off the left post, with MacDonald getting the assist.

Then, with three minutes to go in the first quarter, the visitors played the hit and chase game and earned a penalty corner and finished on a cross in front of the net to cut the lead to 2-1.

Dolloff collected the third goal of the game for Newfound at the four-minute mark of the second

quarter on another corner, with Casey Bush picking up the assist and the hosts took the 3-1 lead to the half.

At the 10-minute mark of the third quarter, Dolloff and MacDonald combined again, picking up their third goal and third assist, respectively, of the day to round out the scoring.

"I think the heat of the day definitely came into play throughout the game with girls playing new positions and learning on the fly," Williams stated. "I was proud of their hard work and perseverance throughout the tough conditions."

The Bear coach praised the work of sophomore defender Annabel Smolenski, who was a force to be reckoned with, winning 50/50 balls, relaying the ball to the offense and slowing down Winnisquam's hit and chase game. Williams also noted that MacDonald had her best game of her career, setting up the offense for a lot of opportunities, stepping up on defensive corners and not slowing down. Senior Isa LaPlume had a strong day at center-midfield and continues to be a consistent and steady presence for the offense and defense.

The Bears are scheduled to be back in action on Friday, Sept. 15, at Berlin and will be hosting Mascoma on Tuesday, Sept. 19, both at 4 p.m.

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

Bear girls battle to tie with Spartans

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound soccer girls got an early goal against White Mountains on Tuesday, Sept. 5, but the Spartans added a tally late in the first half and the two teams battled throughout the rest of the game with nobody else scoring and settled for a 1-1 tie.

In the sweltering heat, it was Rylee Barney who got the scoring

going just two minutes into the game, finishing off a feed from Abby Carlson for the 1-0 lead. However, the Spartans scored their only goal of the game with 10 minutes to go in the first half to send things to halftime with the score tied at one.

The teams played the next 60 minutes without scoring and finished with a 1-1 tie.

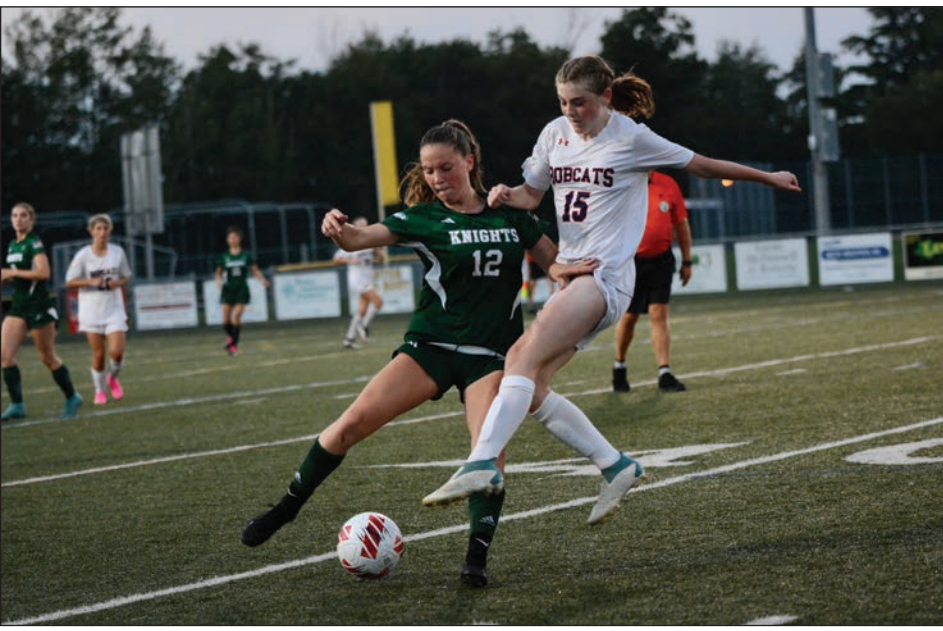
Coach Ray Curren praised the play of Lily Fisher on defense off

the bench for the Bears.

Newfound is slated to be at Guilford today, Sept. 14, at Berlin on Tuesday, Sept. 19, and at Mascoma on Thursday, Sept. 21, all with 4 p.m. scheduled starts.

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

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JOSHUA SPAULDING

Plymouth's Parker Tirrell goes airborne as Kingswood's Taylor Allar prepares to boot the ball down the field last Tuesday night.



JOSHUA SPAULDING

Addie Elfstrom netted the only goal of the game for the Plymouth girls last week in Wolfeboro.

Bobcat girls fall in double-overtime heartbreaker

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — In a game where neither coach was terribly impressed with the officiating, it made sense that the game was decided by a double-overtime penalty shot, as the Kingswood soccer girls got a 2-1 win over visiting Plymouth on Tuesday, Sept. 5, when Kylie Rapoza fired a penalty shot to the low right corner of the goal with just about two minutes to go in the second overtime.

"We had to grind it out," said Kingswood coach Shane Flood. "But in the end, our captain did what captains do and got the goal in the second overtime to win it."

"The girls have put in so much effort, it's such a terrible way to lose a

game," said Plymouth coach Fraser Kirkpatrick. "But I am so proud of them."

Kingswood's Anissa Desrochers had an early cross that the Bobcats cleared and Rapoza sent a ball in to Saige Griffin and Taylor Allar, but Plymouth keeper Lily Renkert kept the ball out of the net. Kingswood had the game's first corner, with Renkert punching the ball out of harm's way.

Sydney Valenti made a nice run up the field for Plymouth, with Kingswood keeper Heidi Roiter coming out to make a sliding save. Griffin made another run in that Renkert stopped and then Kendal Oliver fired a shot off the cross bar, with Renkert grabbing the rebound.

Griffin made another run, with Arianne Lee making a nice defensive stop for Plymouth. Valenti just missed connecting with Addie Elfstrom on a chance for the Bobcats and Oliver and Rapoza teamed up on a bid at the other end that Renkert stopped.

With 21:39 to go, Rapoza got the Knights on the board with a header into the back of the net for the 1-0 lead. Olivia Griffin had a bid for the Knights that Renkert stopped and then Rapoza and Saige Griffin teamed up on a bid that Renkert saved. Oliver and Saige Griffin teamed up for another chance and again, Renkert was there for the stop.

Rapoza made another good run that the defense stopped and then headed

a shot over the net on a Kingswood corner. Lee had a direct kick for the Bobcats that Sierra Rose was able to clear out for the Knights. Norah Pelletier had a good defensive stop on a run from Elfstrom and Plymouth had their first corner of the game, but could not put the ball in.

Rapoza and Saige Griffin teamed up on a run and then Desrochers fired a shot on net that Renkert stopped. Desrochers made another run, with Lee making a nice defensive stop. Saige Griffin made a good cross and Rapoza had a bid tipped wide. Kingswood had a late corner, but the game went to halftime with the Knights up 1-0.

Plymouth's Lucie Bechminen just missed

connecting with Johanna Wakefield on a chance, with Roper making the stop and then Parker Tirrell fired a shot on net that Roiter handled. Emma Smith just missed connecting with Elfstrom on a chance as the Bobcats continued to pressure.

Rapoza came back with a good cross that just missed connecting with Allar and Rapoza made another run that Lee was able to put a clamp on.

With 31:50 to go in the game, the Bobcats were able to pull even, as Elfstrom broke away from the defense and fired the ball past Roiter for the tying goal. Smith had a bid go wide for the Bobcats as well, while at the other end, Saige Griffin and Rapoza combined

on a chance that was stopped, but Bechminen was there to kick the ball out of harm's way.

Desrochers made another bid through the defense, but Renkert snared the ball and Lee made another good defensive stop for the Cats. Wakefield sent a shot wide of the net and Rose just missed connecting with Rapoza on a bid at the other end. Megan Nicol had a bid for the Knights that Renkert stopped and Rapoza did the same. Valenti sent a direct shot over the top of the net and then Renkert sent a great pass ahead to Elfstrom, who fired a shot just wide.

Plymouth had a corner kick that Oliver cleared and then Nicol just missed connecting

SEE BOBCATS PAGE B4

Irving, Briggs crack top-10 at Great Glen Trails



JOSHUA SPAULDING

Colin Foster runs toward the finish line of the Paul Letarte Invitational on Saturday.



JOSHUA SPAULDING

Josie Halle runs in the Paul Letarte Invitational at Great Glen Trails Saturday morning.



JOSHUA SPAULDING

Kelton Austin makes a late charge toward the finish line on Saturday at Great Glen Trails.



JOSHUA SPAULDING

Reece Cutting races for Newfound during Saturday's race in Pinkham Notch.

BY JOSHUA SPAULDING
Sports Editor

PINKHAM NOTCH — The Newfound cross country team got a couple of top-10 finishes at the Paul Letarte Invitational on Saturday at Great Glen Trails in Pinkham Notch.

Ceili Irving led the way for the Bear girls with a fourth place finish overall in a time of 22:22.

Emerald Briggs was right behind her teammate, finishing in fifth place in a time of 22:36 and Josie Halle was third for the Bears, finishing in a time of 26:19 for 32nd place.

Reece Cutting finished in 33rd place overall in a time of 26:30 to round out the field of Bears in the varsity race.

For the varsity boys, Evan Foster was the top Bear, finishing in a time of 18:34.

Colin Foster finished in a time of 19:21 for 37th place overall and Kelton Austin finished with a time of 21:28 for 68th place.

Julian Field finished in a time of 23:30 for 88th place overall and Broderick Edwards rounded out the field of Bears in the varsity race with a time of 29:37 for 93rd place.

In the JV race for girls, Soraya Glidden finished in 11th place in 25:21, Charlotte Kaemper was 17th in 26:02, Sophie Garlick-Drake was 18th in a time of 26:19, Isa LaPlume placed 28th in 27:19 and Laurel McKellar was 35th overall in a time of 28:58.

In the boys' JV race, Jack DiFilippe was 71st in 28:55 and Benjamin Gilbert was 77th in a time of 37:28.

The Bears are scheduled to compete again on

Friday, Sept. 15, at Mascenic at 4 p.m. and will host the Newfound Invitational on Wednesday, Sept. 20, at 4 p.m.

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

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Bobcats

FROM PAGE B3

with Saige Griffin. Kingswood had a corner kick that Renkert saved and Oliver had a direct kick that Lee cleared out of the zone. Elfstrom had a late chance go wide and the game headed to overtime tied at one.

Rapoza made a run that was turned back by Valenti and Olivia Griffin had a chance denied by Renkert. Elfstrom just missed connecting with Anna Boyer for the Bobcats and Rowan Donovan-Laviolette just missed connecting with Rapoza on a chance. Oliver had a direct kick that Renkert stopped and

the Bobcat keeper also stopped another Rapoza bid. Valenti blocked a shot on a Kingswood corner kick and the first overtime ended with the score tied at one.

Valenti sent a shot wide of the net early in the second overtime and the Bobcats had a corner kick chance that Kingswood's Marina Roy cleared from the zone. Valenti had a direct kick that Roiter grabbed and Rapoza had a cross that just missed connecting with Desrochers. Kingswood had a corner but could not convert and Donovan-Laviolette made a good defensive stop on Wakefield.

With 2:11 to go, a

Knight player was taken down in the box after a corner kick chance and Rapoza stepped to the line and delivered the penalty kick for the 2-1 win.

"Credit to Plymouth," Flood stated. "They really surprised us, they played one heck of a game."

"It's too bad (Arianne) Lee got injured, she was having a great game at sweeper," Kirkpatrick said. "Our goalie was great, Elfstrom, Sydney and Emma were all fantastic tonight."

The Bobcat coach noted that half of his team played in the JV game before the varsity game and still battled through

the heat.

Plymouth is back in action on Friday, Sept. 15, at Hollis-Brookline, then hosts Kennett on Tuesday, Sept. 19, both at 4 p.m.

Kingswood visits Bow today, Sept. 14, at 4 p.m. and then hosts Kennett at 5:30 p.m. on Saturday, Sept. 16, and Oyster River on Tuesday, Sept. 19, at 7 p.m.

The two teams meet again in Plymouth at 4 p.m. on Thursday, Sept. 21.

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

REAL ESTATE

STEENBURGH AUCTIONEERS
 Auction - The Estate of Walter & Carol Young
 Antiques, Furniture, Accessories, Tractors and Equipment
 Sunday September 17, 2023 @ 10 AM
 2695 Mt. Moosilauke Hwy. East Haverhill, NH

This sale will feature the second part of the Estate of Walter and Carol Young of Woodsville, NH. There is a large assortment of quality items including furniture, accessories, artwork, porcelain, and fine glassware. In addition will be a vehicle, and two John Deere tractors

Preview on Saturday September 16 from 1-5 pm and 8-10 AM day of sale. This will be a 350+ lot auction. The following is only a partial listing - no internet bidding - please see our website for more pictures and info www.steenburgh.com.

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Accessories, Artwork: Glass, and China: large collection of modern ink pens in leather display box mostly Mont Blanc and some Parker Ink pens; Pastel of Puma signed Wilke 19x30 in.; Oil on canvas painting of leopard signed Jean Abrie 31x48 in.; large Verdite green stone carving of Elephant; large verdite green stone carving of wart hog; other stone carving of a hippo; oil on canvas half length portrait of Native American chief signed Chet Russel 24x36 in.; Bronze statue Bronco Buster 24 inches - after Remington; Resolute sculpture of Native American chief 29 inches; set of C.A. Pardell Legends of the West Native American portrait sculptures; 3 wooden sculptures by Bob Boomer of Native American women ca. 1987-88. from 23-31 inches; 50x50 framed oriental painting on paper of Mongolian eagle hunters on horseback; oil on canvas painting of African elephants signed Paul Schmidt 30x45 in.; oil on canvas painting of two leopards by Craig Bone 26x47 inches; watercolor of mill scene 21x30 in. signed L. Gerard Paine; large Japanese watercolor landscape scene framed; large collection of Pepi Hermann cut glass stemware; Royal Doulton Carlyle pattern set; Royal Crown Derby porcelain dinnerware; Cloisonne vases; 1979 Royal Geographic society desk top globe; Lynn Chase jaguar pattern china set; Coalport blue and white china set; approx. 115 pieces of Versace Russian Dream and Floral Elegy pattern porcelain dinner service; blown glass decanters; many other decorative objects; lamps; rugs, glass and china.

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Ac Council

Bobcats

FROM PAGE B3

fourth and six, Diamond found Kean for a 23-yard touchdown strike with 1:42 to go in the half and after the extra point, Plymouth was up 28-0.

The Bobcats then held the Falcons to another three and out, with Zack Carter getting a good stop in the backfield and the game went to the half with the Bobcats up 28-0.

The Falcons got a long return for good field position to start the third quarter, but Carter made another good defensive stop as the Falcons eventually turned the ball over on downs.

Three plays lat-

er, Plymouth was in the end zone again, as Thorne broke free for 48 yards to get the ball to the 18 and then Diamond carried in for the touchdown with 8:33 to go, giving Plymouth the 35-0 lead.

Bow got another good return, this time setting themselves up inside the 24 and a pass gave them their first first down of the game and they scored from three yards out to cut the lead to 35-7 with 6:45 to go in the third. The Falcons then recovered a fumble on the kick return and got the ball back, but the defense held tight. The visitors attempted a 26-yard field goal, but the ball missed wide left and

the Bobcats got the ball back.

Manseau took over at quarterback and Valenti and Rineer had runs to close out the third quarter. The Bobcats could not get their drive going in the fourth and Bow had one final drive. Alex Fleury and McNair had good defensive stops and the Bobcats kept the Falcons off the board and closed out the game with the 35-7 win to move to 2-0.

"We held the ball a little, so that was good," Sanborn said. "And we did go to the air a little.

"We took too many penalties, we have to stop those," the Bobcat coach added.

Sanborn praised

the play of Carter, Brennan Johnson, Nossaman, McNair and Tyler Dekutoski along the line and also noted Foisy and Rineer had some solid defensive backfield play as well.

The Bobcats now turn their attention to Merrimack Valley, with game time scheduled for 6:30 p.m. on Friday, Sept. 15, in Penacook.

"They run the spread and run a lot," Sanborn said. "They're good, physical, a step up from what we've seen so far this year."

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

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 2nd Circuit - Probate Division - Haverhill
 8/18/2023 thru 8/30/2023

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.

Haupt, Lynn Meda, late of Ashland, NH. William Haupt, P.O. Box 1443, Ashland, NH 03217. #315-2023-ET-00497

Packard, Lois M., late of Rumney, NH. David W. Packard, 12 Winter Hill Road, Goffstown, NH 03045. #315-2023-ET-00416

Sawyer, Barrie James, late of Rumney, NH. Christie Sawyer, 40 Pleasant Drive, Londonderry, NH 03053. #315-2023-ET-00415

Schoenweiss, Jean C., late of Thornton, NH. Michael Schoenweiss, 47 Tamarack Road, Thornton, NH 03285. #315-2023-ET-00356

Dated: 8/31/2023

High School Slate

Thursday, Sept. 14 NEWFOUND
 Girls' Soccer at Gilford; 4
 Unified Soccer vs. Prospect Mountain; 4

PLYMOUTH
 Volleyball at Milford; 5:45

Friday, Sept. 15 NEWFOUND

Boys' Soccer at Gilford; 4
 Cross Country at Mascenic; 4
 Field Hockey at Berlin; 4
 Volleyball vs. Inter-Lakes; 6:15

PLYMOUTH
 Boys' Soccer vs. Pembroke; 4

Field Hockey at Hanover; 4
 Football at Merrimack Valley; 6:30
 Girls' Soccer at Hollis-Brookline; 4

Saturday, Sept. 16 NEWFOUND

Football at Franklin; 2

Monday, Sept. 18 NEWFOUND

Volleyball at Concord Christian; 6:15
PLYMOUTH
 Field Hockey at Derryfield; 4
 Golf at Derryfield; 2
 Volleyball vs. Gilford; 5:45

Tuesday, Sept. 19 NEWFOUND
 Boys' Soccer vs. Berlin; 4
 Field Hockey vs. Mascoma; 4
 Girls' Soccer at Berlin; 4

PLYMOUTH
 Boys' Soccer at Kennett; 4
 Girls' Soccer vs. Kennett; 4

Golf Home Match; 3:30

Wednesday, Sept. 20 NEWFOUND

Cross Country Home Meet; 4
 Unified Soccer at Plymouth; 3
PLYMOUTH
 Cross Country at Newfound; 4

Field Hockey at Hollis-Brookline; 4

Thursday, Sept. 21 NEWFOUND
 Girls' Soccer at Mascoma; 4
PLYMOUTH
 Girls' Soccer vs. Kingswood; 4

Golf at Bishop Brady; 3:30

Volleyball at John Stark; 6

All schedules are subject to change.

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 See the Classifieds TODAY!





Creative Coloring

Celebrate National Hispanic Heritage Month. Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- **1609:** HENRY HUDSON REACHES THE RIVER THAT WOULD EVENTUALLY BEAR HIS NAME.
- **1898:** HANNIBAL GOODWIN PATENTS CELLULOID PHOTOGRAPHIC FILM.
- **1956:** THE IBM 305 RAMAC IS INTRODUCED. IT IS THE FIRST COMMERCIAL COMPUTER TO USE DISK STORAGE.

THIS EVENT THAT STRETCHES FROM SEPTEMBER 15 TO OCTOBER 15 CELEBRATES CITIZENS FROM SPAIN, MEXICO, THE CARIBBEAN, AND CENTRAL AND SOUTH AMERICA.

ANSWER: NAT'L HISPANIC HERITAGE MONTH

New Word

HERITAGE
valued objects and qualities passed down from previous generations

How they SAY that in...

ENGLISH: Culture
SPANISH: Cultura
ITALIAN: Cultura
FRENCH: Culture
GERMAN: Kultur

Did you know?

NATIONAL HISPANIC HERITAGE MONTH BEGAN AS A WEEK-LONG OBSERVATION. IT WAS EXPANDED BY PRESIDENT RONALD REAGAN IN 1988.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: MAKACAS

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to mold awareness. Each number corresponds to a letter. (Hint: 25 = E)

A. 4 18 7 16
Clue: Structure fungi can form

B. 4 6 7 16 25 1
Clue: White type of mold

C. 4 18 6 17 5 20 21 25
Clue: Dampness

D. 10 21 25 13 5 8 25
Clue: Inhale/exhale

Answers: A. mold B. mildew C. moisture D. breathe

SUDOKU

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

Level: Advanced

Fun By The Numbers
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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

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

ANSWER:

Pemi-Baker Hospice and Home Health celebrates Fall Prevention Month

REGION — Pemi-Baker Hospice and Home Health is proud to announce its participation in Fall Prevention Month this September. Falls are the leading cause of injuries among older adults, and Pemi-Baker is committed to raising awareness and promoting safety measures to prevent these accidents within the home.

Each year, millions of older adults suffer from fall-related injuries, leading to hospitalizations, reduced quality of life, and increased healthcare costs. Fall Prevention Month serves as a vital opportunity to educate the community about the importance of fall prevention and offer guidance on creating safer home environments for older adults.

According to the Centers for Disease Control and Prevention (CDC), falls are responsible for numerous injuries, including fractures, head injuries, and even fatalities. The physical, emotional, and financial toll of falls is significant, and Pemi-Baker Hospice and Home Health is dedicated to making a positive impact by sharing valuable information and resources on fall prevention.

Key ways to prevent falls in the home:

Home Safety Assess-



COURTESY PHOTO

Activities like tai chi and yoga are particularly beneficial to help prevent falls.

ment: One of the first steps in fall prevention is conducting a thorough home safety assessment. Identifying and addressing potential hazards like loose rugs, cluttered walkways, and poor lighting can significantly reduce the risk of falls.

Medication Management: Many medications can cause dizziness or unsteadiness, increasing the likelihood of falls. Regular medication reviews with healthcare providers can help adjust doses or find safer alternatives.

Exercise and Balance Training: Engaging in regular exercise, especially strength and balance training, can improve stability and coordination,

reducing the risk of falls. Activities like tai chi and yoga are particularly beneficial.

Vision Care: Regular eye check-ups are crucial as poor vision can lead to falls. Ensure that eyeglass prescriptions are up to date, and adequate lighting is available in all areas of the home.

Assistive Devices: The use of assistive devices like grab bars, handrails, and non-slip mats in bathrooms and other high-risk areas can significantly enhance safety.

Footwear: Encourage the use of proper footwear with non-slip soles and good arch support, both indoors and outdoors.

Stay Hydrated and Nourished: Dehydration

and poor nutrition can lead to weakness and unsteadiness. Maintaining a balanced diet and staying hydrated are essential for overall health and fall prevention.

Home Health Services: Pemi-Baker Hospice and Home Health offers home health services, including skilled nursing and physical therapy, to help older adults maintain their independence and reduce fall risk.

"We are dedicated to the well-being of our community, especially its older members," said Danielle Paquette-Horne, RN, Executive Director of Pemi-Baker Hospice and Home Health. "We hope to empower individuals with the knowledge and

tools they need to stay safe in their homes and enjoy a higher quality of life."

Pemi-Baker Hospice and Home Health encourages everyone to join in their efforts to prevent falls and promote safety within the home. For more information and to access free resources, please visit www.pbhha.org or contact their team at 603-536-2232.

Pemi-Baker Hospice and Home Health is a trusted, non-profit 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.

Pemi-Baker is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact them please call 603-536-2232 or e-mail info@pbhha.org. Like the organization's Facebook page at [pemibakerhospicehomehealth](https://www.facebook.com/pemibakerhospicehomehealth).

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UNDERAGE DRINKING IS DANGEROUS

Underage drinking poses a range of risks and negative consequences including:

- Impaired judgement
- Interference with brain development
- Increased risk of physical and sexual assault
- Increased risk of alcohol problems, including addiction, later in life
- Increased risk of injury and death

(NIAAA)

We're working to keep kids drug and alcohol free— please join us!

For more information, visit: CADYINC.ORG

CADY
Communities for Alcohol- and Drug-Free Youth