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Halloween In Area Towns

Andover, Oct. 31, 5-8 p.m. **Antrim,** 0ct. 31, 6:30-7:30 p.m. **Bennington,** 0ct. 31, 6-7 p.m **Bow,** 0ct. 31, 5 p.m. to 8 p.m. **Deering,** 0ct. 31, 4 p.m. to 8 p.m. **Dunbarton,** 0ct. 31, 4:30 p.m. to 7 p.m.

Francestown, Oct. 31, 6 p.m. to 8:30 p.m.

Franklin, 0ct. 31, 4 p.m. to 8 p.m. **Goffstown,** Oct. 31, 6 p.m. to 8 p.m. **Greenfield,** Oct. 31, 6 p.m. to 8 p.m. **Hancock**, Oct. 31, 5:30 p.m. to 7:30 p.m.

Henniker, Oct. 31, 5:30 p.m. to 7:30 p.m.

Hillsborough, Oct. 31, 5 p.m. to

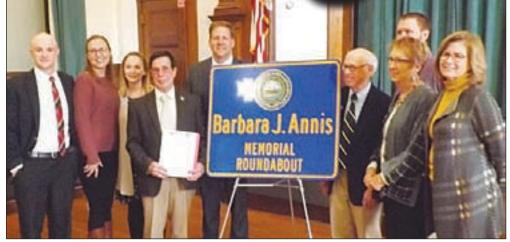
Hopkinton, 0ct. 31, 5 p.m. to 8 p.m. **New Boston,** Oct. 31, 6 p.m. to 8 p.m. **New London,** 0ct. 31, 5 p.m. to 8 p.m.

Newbury, Town Office, Oct. 27, 10 a.m. to 12:30 p.m.

Newport, Oct. 31, 5 p.m. to 8 p.m. **Northfield,** Oct. 31, 5 p.m. to 8 p.m. Peterborough, Oct. 31, 5 p.m. to

Sunapee, 0ct. 31, 5:30 p.m. to 8 p.m. **Tilton,** 0ct. 31, 5 p.m. to 8 p.m. **Warner,** Oct. 31, 5 p.m. to 8 p.m. **Washington,** 0ct. 31, 5 p.m. to 8 p.m. **Weare,** Oct. 31, 6:30 p.m. to 8:30 p.m. **Wilmot,** Community Center, Oct. 31, 5 p.m. to 7 p.m.

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Governor Chris Sununu, Selectmen and State Representatives Clyde Carson and David Herrick (sponsors of the legislation), Barbara's daughters, Deb and Karen and members of her extended family gathered to unveil the sign dedicating the Barbara J. Annis Memorial Roundabout.

Warner icon honored

Roundabout recognizes Barbara Annis' 50 years service



If there was job to be done in Warner, Barbara Annis probably did it at one time or another.

Tuesday afternoon Governor Chris Sununu joined local officials and family members to honor the memory of a woman who, in the words of the Governor, "Exemplified public service."

For a half century, Annis served Warner in several capacities, including Tax Collector, Selectmen's Secretary, Planning Board, Town Administrator and as volunteer extraordinaire.

As an original instigator and consistent proponent of the roundabout, it is a fitting tribute that it is named in her memory.

New London Select Board & Budget Committee meet

The Selectmen and Budget Committee have started the budget process for the fiscal year 2021 budget that will be presented to voters at Town Meeting in March. This budget starts on July 1, 2020 and ends on June 30, 2021.

The process starts with the board's meeting jointly to hear the initial budget presentations by town departments, social service organizations and nonprofit groups seeking funding from the

Once the Selectmen complete their budget, it will be forwarded to the Budget Committee and

the Budget Committee will prepare the budget for presentation to town meeting voters.

Some of the budget recommendations include: A part-time staff person in the finance office Additional hours for the Town Planner Building permit software ■ Additional full-time firefighter - Additional part-time staff in dispatching - Part-time to full-time in the Highway Department ■ Additional full-time staff in the Sewer Department ■ A change in employee life & disability policies that will save approximately 20% ■ A library bond for a sprinkler system.

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A GoFundMe page established to assist the family of Emerson Quinonez

A GoFundMe page has been set up to help with funeral costs and other expenses for the family of Emerson Quinonez, 1,



who died in a fire last week along his father, Benjamin Fauteux of Hillsborough. The online fundraiser titled "Love and Help for the Family of Sweet

Emerson" had raised nearly \$12,000 by Thursday night with a goal of reaching \$15,000. The deadly fire broke out on Oct. 11 at 90 Lovering Road. Emerson lived at the apartment with his mother, Marisa Quinonez, who is from Hillsborough but had moved to North Hampton several months ago but was not home when the fire began. Fauteux was staying with Emerson at the time of the blaze.

Emerson's mother and grandmother, Erika Folliard Of Hillsborough, issued a statement on behalf of the family:

"Our family would like to thank the incredible community for their outpouring of love and support during the worst time of our lives. Emerson was such a wonderful boy and he is so deeply missed. We are so grateful to the town of Hillsboro and the community at large who have been so gracious with all that they have donated. The support we have received is truly a blessing in this difficult time," the statement said. Quinn, a Hillsboro resident,

described Emerson as a "water baby" who once swam with sharks with his mother, put his toes in the Atlantic and Pacific Oceans, and had kayaked since he was two months old. "The beach and ocean were his favorite places to be."

Anyone interested in donating to the GoFundMe page can visit https:// www.

gofundme.com/f/love-andhelp- for-thefamily-of-sweet-emersonRockingham-News@unionleader.com

The state Medical Examiner's Officer ruled their cause of deaths to be accidental due to smoke inhalation. The exact cause of the fire remains under investigation by the state Fire Marshal's Office.



Selectman Chet Bowen.

Goffstown hosts a successful Pumpkin Regatta Weekend

The Goffstown Board of Selectmen won this year's Pumpkin Regatta thanks to Goffstown Selectman Chet Bowen who piloted his giant pumpkin down the Piscataquog. The regatta weekend raises money for the Goffstown Main Street Program, a nonprofit dedicated to the "promotion, preservation and economic vitality" of Goffstown Village. On Saturday, Peter Crisp of Nashua won the giant pumpkin weigh-in with his entry at 1,541 pounds.

October is One-of-a-Kind Sofa Month

Don't settle for a sofa some other store has in stock. You get the style you want, in the fabric or leather you want, delivered promptly to your home at special order sale prices. Choose from many styles of sofas, loveseats, recliners, sectionals, chairs and sleep sofas. Select from 1,000 fabrics. Rest assured with America's best warranty!



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October 26, 2018

Hopkinton officials mum on reasons for office move New Boston couple arrested on child endangerment charges Vote delayed on Sunapee lease transfer Bomb threat at Hillsboro-Deering High School

October 27, 2017

Bow teen dies from injuries in motorcycle accident Bradford Town Hall options explored Former Goffstown coach guilty of child pornography Selectmen ponder improvements to Bow Community Center

October 21, 2016

Weare man arrested for soliciting sex with a minor Franklin Savings Bank Community Achievement Awards Henniker Rescue Squad receives EMS Achievement Award New Boston breaks ground on Emergency Services Site

October 23, 2015

Sunapee Police Officer receives Congressional Award Bow DPW Foreman named Roads Scholar Hopkinton exploring solar panels on Fire Station ConVal Superintendent departs in June

October 24, 2014

John Velleca resigns as Weare Police Chief Intoxicated New Boston woman arrested in Deering Former Goffstown teacher convicted Franklin Hospital Auxiliary holds Craft Fair

October 25, 2013

Henniker man given France's highest honor Ellen DeGeneres rewards Henniker waitress Ground broken for Sunapee's new library Hancock considers \$1 million Meetinghouse project

October 26, 2012

Andover's two fire departments merging Jan. 1st Sunapee discussing updated noise ordinance Plans to spend \$8 million on Newport Health Center New London shooting issue is unresolved

October 28, 2011

Grand Jury indicts Newport couple Newbury Town Report wins 1st place again Contoocook man crashes car into girlfriend's house Several items reported stolen from Henniker

October 29, 2010

Attempted child abduction in Peterborough
Warner College adopts a new name
Hillsborough receives Brownfield Grant
New London Hospital seeks 40% ambulance increase

October 23, 2009

Henniker man dies in Stoddard crash Hillsborough Police bust party at Grimes Field Weare man assaults his sister Sutton's Police Chief retires

John Stark's Lorraine Connell wins Voya Unsung Heroes Award

John Stark Regional High School science teacher Lorraine Connell was named



Lorraine Connell holds the plaque she received as a 2019 Voya Unsung Heroes winner.

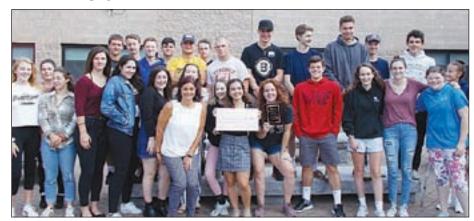
a 2019 Vova Unsung Heroes winner for the Peer Leadership Program she spearheads at John Stark. The award comes with a \$2,000 grant for the Peer Leadership program.

Peer Leadership at John Stark is a credit-

bearing course open to juniors and seniors. Student Peer Leaders are trained in team building, class facilitation, content delivery, and community focus. They work collaboratively with each other, administration, faculty, and the greater student body.

One of their biggest projects matches them with incoming freshmen to foster personal, education, ethical, and moral growth. Other projects undertaken by the Peer Leaders include Safe Driving programs and last year's mental health awareness campaign.

"Peer Leaders help develop a positive school culture and gain valuable leadership experience. The Voya grant will help us continue our mission of building positive school culture," commented Mrs. Connell upon receiving the award. Plans for the grant include the Peer Leaders attending new conferences to expand their team-building skills during their annual retreat.



JSRHS teacher and Peer Leadership Advisor Lorraine Connell (front row, white top) with this year's Peer Leaders and the \$2,000 check from Voya.





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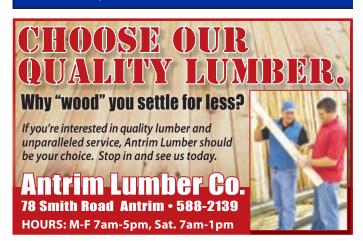
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Hometown Heroes

WASHINGTON FIRE DEPARTMENT

The Washington Elementary School visited Washington's Safety Center and were given demonstrations by firemen and police. Great time for a bunch of super kids. Country living



HILLSBOROUGH FIRE DEPARTMENT

Hillsborough Firefighter Chris Grimes recently visited with students at the Montessori School.



Weare Fire Rescue recently hosted all second grade students at the fire station as part of Fire Prevention Week. Lt. Wayne Meattey shows students firefighting equipment.



BRADFORD FIRE DEPARTMENT

The Bradford Fire & Rescue Department visited the Kearsarge Regional Elementary School -Bradford Kindergarten.

FRANKLIN FIRE DEPARTMENT

Water rescues are challenging and require trained manpower. This

week Franklin Firefighters were able to spend time in the river training thanks, in part, to a Community Grant from Tilton Walmart.



MARGARET LOUGEE **BOW POLICE** DEPARTMENT

Bow Police Chief Margaret Lougee was proud to partner with the NH Department of Safety to announce the start of School



Bus Safety Week. The press release was presented at Bow High School. Bow Police will be highly visible in school zones and school bus routes throughout the week.

H-D School Board expects over \$3 million maintenance costs in 5 years

Building & Grounds Supervisor James Bailey presented the Hillsboro-Deering School Board with an eye-opening Five Year Capital Maintenance Plan for the District's three schools.

2020-2021 Projects Include: \$320,000 \$0 General

\$135,000 Elementary School

\$25,000 Middle School

\$160,000 High School

2021-2022 Projects Include: \$470,000

\$70,000 General

\$350,000 Elementary School

\$0 Middle School

\$70,000 High School

2022-2023 Projects Include: \$625,000

\$15,000 General

\$250,000 Elementary School

\$50,000 Middle School

\$310,000 High School

2023-2024 Projects Include: \$790,000

\$20,000 General

\$400,000 Elementary School

\$0 Middle School

\$350,000 High School

2024-2025 Projects Include: \$935,000

\$o General

\$295,000 Elementary School

\$50,000 Middle School \$690,000 High School 2020-2025 Totals \$125,000 General \$1,430 Elementary School \$125,000 Middle school \$1,460,000 \$3,140,000 GRAND TOTAL



The Hopkinton Select Board and School Board held a joint session to discuss topics of mutual interest.



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(L-R) Robyn Manley of Project Linus: Sue Hofstetter, co-chair of Comfort Quilts Committee; Diane Edwards of TLC Family Resource Center and Amanda Mace of Turning Points Network.

Soo-Nipi Quilters' Guild gifts 50 Comfort Quilts and 18 Afghans

The Soo-Nipi Ouilters' Guild, which meets at South Congregational Church in Newport, NH at 10:30 AM on the third Thursday of each month, celebrated its annual Comfort Quilt Day on October 17 by donating 50 beautiful handmade quilts and 18 hand crocheted afghans to three local organizations: Project Linus Southwest NH Chapter serving much of NH and some locations in Vermont; TLC Family Resource Center located in Claremont; and Turning Points Network with offices in Newport and Claremont. Representatives from each of the organizations attended the meeting and described how the quilts and blankets are distributed to new parents and caregivers, as well as children, youth and adults who may be entering the hospital, recovering from abuse or violence, or just in need of an anonymous expression of warmth and love. The Soo-Nipi Quilters Guild also makes Quilts of Valor, which are awarded to U.S. military service members and veterans who have been touched by war. For more information on the guild, contact the Guild President at soonipiquiltersguild@gmail.com.

Warner Historical Society's NH Open Doors

On November 1-3, eight artists and artisans will transform the historic rooms of Warner Historical Society's Upton Chandler House Museum into their own personal art studios, in conjunction with the statewide NH Open Doors fall shopping and touring event. The artists will occupy their onsite studios on Friday evening, Saturday and Sunday, to discuss or demonstrate how they create their art, and to offer their creative works for sale. The Art Walk will take place on Friday evening, Nov. 1 in the Warner village. Opening artist receptions with refreshments will be held from 5:00 - 7:00 p.m. at the Upton Chandler House Museum at 10 West Main St., and 6:00 - 8:00 p.m. at MainStreet BookEnds Gallery, 16 East Main St. The Open Doors shopping event at the Upton Chandler House Museum will be held Sat. & Sun. Nov. 2 & 3, from 10:00 a.m. to 4:00 p.m. The Open Doors Art Show and sale at MainStreet BookEnds will be open from 9:00 a.m. to 6:00 p.m. on those days.

Weare Library talk on childhood depression

Author/Illustrator Irene Buchine will be the featured guest at the Weare Public Library's Community Coffee on November 7, at 10am. Irene brings the challenges of childhood depression into the light through her own personal experience and thoughtful reflection. From struggling with dyslexia to raising a child with depression, Irene has known what it is like to be unseen, marginalized and helpless.

Center Woods Elementary hosts "Invite A Grandparent Day"

Invite a grandparent or grand friend to school is always a grand day at Center Woods Elementary School. This year was no exception. Students invited grandparents and special friends to come to school for a visit and lunch.

Some students used scavenger hunts to help them tour guests to various spots in their classroom, while others conducted interviews with their guests for future writing projects, and others showed off the many things they'd learned so far this school year.

Transgender Policy deferred

The Franklin School Board met Monday evening to discuss a proposed policy on Transgender Students, which would require officials "not disclose information that may reveal a student's transgender status to others, including parents." After several people spoke in opposition, the matter was referred back to the Policy Committee for review.

Lunch in the cafe was "bring your own" or buy the school's pizza lunch. The Weare PTO is a great sponsor of this event providing coffee and snacks for visitors while they wait to meet up with their students and dessert for all.



Katelynn Helm poses for a selfie to send her mom with her Meme and Pepe, Maurice and Louise

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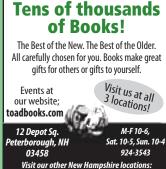
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A Guide for New Hampshire's Active Seniors

Unspecified 'Safety Concerns' at Hopkinton High School

Hopkinton school officials and the Hopkinton Police are investigating "safety concerns" raised at the high school. Although no details were released, the matter was serious enough for Superintendent, Steven Chamberlin to issue the following e-mail to parents:

"The purpose of this email is to provide information regarding the recent safety concerns at Hopkinton High School. I hope to provide a balance between providing important information to the community and respecting the privacy of individual students. Fundamentally, the work of the District is to provide a safe, comfortable, and productive environment for all members of the school community, all students, faculty, and staff. Caring about every student is a guiding principle for this work.

On Thursday, a safety concern was brought to the attention of our school administration. The investigation began on Friday and continues through today. Part of the investigation is to work with the Hopkinton Police Department. I am very grateful for the collaborative relationship the District has with the town but especially the Hopkinton Police Department.

An essential aspect of my job is to ensure students can be and are safe in our schools. These decisions follow a deliberate and purposeful process with insights from administrators, counselors, and teachers. If your son/daughter feels unsafe in our schools, please have them reach out to an adult in school (or me directly). It is important that those concerns are addressed.

I am sorry that this is our current experience. Each day I see many examples of extraordinary care in our schools. I truly believe that caring about all students is the best way to support a safe environment. This is good, important work."

Liz Durant, Chair-Hopkinton School Board, added the following: The Hopkinton School Board held an emergency non-public meeting last night to review the reported safety risk at the High School. On Thursday, we will be reviewing the matter with our District's counsel. We understand the need to share additional information and will be discussing how best to do so while upholding our obligations to confidentiality and state statute. Thank you for your support in the School District's commitment to keeping all students safe.

New London Committee holds Workforce Housing forum

New London's Citizens Advisory Committee will Host Twin Pines Housing Trust at November 2nd meeting at Whipple Memorial Town Hall Workforce housing has been the subject of much discussion in town recently so the Committee has invited representatives of the Twin Pines

Housing Trust to attend a meeting to discuss their experiences as developers and providers of affordable housing in the Upper Valley.

The meeting is open to the public and is being held at Whipple Memorial Town Hall at 9AM on November 2.

K-8 Antrim students needed for Children's production

Auditions for the Children's Stage Adventures production of "The Sword Called Excalibur" will be held at 3:15 pm, Monday, November 11th, at the Antrim Town Hall. Immediately preceding the audition, at 2:00 pm, will be a theatre workshop open to all participants at no cost.

Approximately 40 local children, grades

kindergarten through 8th, will be cast to appear in the show with CSA Actor/Educators Johnny Gordon and Heather Cooperman.

Performances will take place at the Antrim Town Hall at 6:30 pm on Friday, November 15th, and at 10:30 am on Saturday, November 16th.

Deering Police Chief James Pushee to resign in November

Deering Police Chief James Pushee is resigning after nearly 17 years of full time service. Pushee officially transitions to his new position as Director/Chief of Security for the Windham Mountain Resorts in the Catskill Mountains of Upstate New York.



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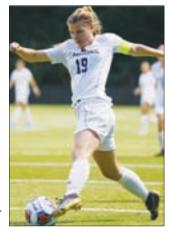




H-D's Izabella Warrren - Rookie of the Week

Simmons University's Izabella Warren was named the Great

Northeast Athletic Conference Women's for the week of October 7-13. The midfielder was outstanding in two matches for Simmons, racking up six points on three goals, including her first collegiate multi-goal effort. The Hillsboro-Deering High School graduate began the week in dramatic fashion by scoring the game-winning tally with 4:31 left in overtime to give the Sharks a 3-2 victory over Emmanuel College (Mass.) on October 8. Warren capped the week by netting a pair of goals in three shots at Norwich



University on October 11. For the season, the first year leads Simmons with five goals and 10 points and ranks 13th among league leaders and second among GNAC rookies in goals scored. Warren is among the most accurate shooters in the conference as well with a .333 shooting mark to place eighth in the league. A Physical Therapy major, she has scored at least one goal in three of her last four matches.

SOCCER

Hillsboro-Deering 1, Inter-Lakes 0: H-D scored the only goal of the game with less than a minute left using a corner kick from Kendra Warren to Eva LaVallev.

John Stark 2, Coe-Brown 1: Chelsea Woodsum scored the game-winner with one minute left in the first half, assisted by Liz Downing.

John Stark 2, Lebanon 1: Goalie Emaly Roy finished with four saves which gave Stark the advantage it needed.

Bow 9, Sanborn 0: Jocelyn Anderson scored in her first varsity start while Tessa Thomas and Annaliese Kaufman tallied their first varsity goals.

Hanover 3, Bow 2: The 15-0 Hanover team remained unbeaten Taylor Burnham and Anna LeFrenier each scored once for Bow.

Kearsarge 4, Pelham 0: Mary Meagher and Samantha Meadows shared credit for the shutout.

Hopkinton 6, Monadnock 0: The Hawks scored three goals in each half to take control.

ConVal 4, Kingswood 0: ConVal dominated with four goals from four different players.

Souhegan 3, ConVal O: The net was elusive as Cougars' offense stalled.

Sunapee 4, Woodville 2: The Lakers went to halftime scoreless with previously undefeated Woodsville, but came alive after the

Sunapee 3, Stevens 2: Abby Pollari scored the game winner as Sunapee handed Stevens their second loss of the season.

Kearsarge 7, Manchester West 0: Jordan Busch's hat trick led the Cougars' attack.

Mt. Royal Academy 4, Newport 0: Sophie LaRose posted her second shutout of the season, totaling three

Bishop Guertin 5, Goffstown 0: The Grizzlies couldn't get it ▶



going in this match.

VOLLEYBALL

Winnisquam 3, Belmont 1: Emma Richardson tallied 16 kills, to lead the Bears.

Winnisquam 3, Franklin 0: The Bears had 25 aces and 30 kills to sweep the Tornadoes, 25-9, 25-14, 25-17.

Franklin 3, Trinity 1: Abby Sylvester led the way with 18 service points.

John Stark 3, Souhegan 0: The Generals had a clean sweep over the Bears.

John Stark 3, Manchester West 0: Stark registered the sweep 25-13, 25-8, 25-11.

Newfound 3, Sunapee 0: Sunapee fell on the road to Newfound, 3.0

Epping 3, Sunapee 0: The Lakers fell behind early, fought back but couldn't prevent the sweep.

FIELD HOCKEY

Goffstown 2, Bow 1: The game stayed tied until 40 seconds left in the second half when Goffstown tucked in the winning goal. Hopkinton 5, Newport 3: Katie Meserve tallied 4 goals to lead the Hawk's attack.

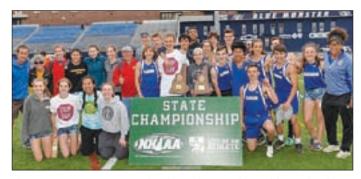
DIVISION III FIELD HOCKEY TOURNAMENT

#4 Lebanon 1, #13 Kearsarge 0, OT: The Cougars pushed the higher-rank Raiders to the brink, but Lebanon scored with 24 seconds left in overtime to escape with the first-round victory.

#5 Mascoma 6, #12 Winnisquam 2: The Royals had a 5-0 lead and Winnisquam's season came to an end in the first round.

FRANKLIN ATHLETE OF THE WEEK

The Al's Village Pizza and FHS Female Athlete Of The Week is Senior **EMMA LAPIERRE** of the field hockey team. Emma is a Tr-Captain, 4 year member of the varsity field hockey team and a member of the Student Athletic Leadership Team.



The 2019 Kearsarge Boys and Girls Outdoor Track & Field team has been named NH Track & Field Coaches Association's program of the Year.

FOOTBALL

Londonderry 48, Goffstown 7: The undefeated Lancers proved that they are a cut above the rest in Division I.

Pelham 51, ConVal 6: Pelham stormed to a 39-0 lead at half and the Cougars had no chance to recover.

Bow 44, Hanover 0: Steven Guerrette rushed for 204 yards and scored three times.

Winnisquam 35, Bishop Brady 0: Winnisquam took a 14-0 lead at halftime and cruised home.





Despite years of warnings that older adults shouldn't take sedative drugs that put them at risk of injury and death, a new study reveals how many primary care doctors are still prescribing them, how often, and exactly where. Mapped out county by county, the study shows wide variation in prescriptions of the drugs, called benzodiazepines. Some counties, especially in the Deep South and rural western states, had three times the level of sedative prescribing as

others. The study also highlights gaps at the level of individual prescribers — some primary care providers prescribed more than six times more often than their peers. These high-intensity prescribers of drugs such as Xanax, Ativan and Valium also tended to be high-intensity prescribers of opioid painkillers.

A new study published in Circulation showed that fish oil — which contains the omega-3s EPA and DHA — did not increase perioperative bleeding in surgery patients. In fact, higher blood omega-3 levels were associated with lower risk of bleeding.

A drug first identified 150 years ago and used as a smooth-muscle relaxant might make tumors more sensitive to radiation therapy, according to a recent study published in the Proceedings of the National Academy of Sciences. The researchers found that the drug, caled papaverine, inhibits the respiration of mitochondria, the oxygen-consuming and energymaking components of cells, and sensitizes model tumors to radiation. They found that the drug does not affect the radiation sensitivity of well-oxygenated normal tissues. The study "represents a potential landmark in the six-decade-old quest to eliminate hypoxia as a cause for radiotherapy treatment failure."

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WHAT IS DENTAL CARIES? TREATMENTS, SIGNS, AND SYMPTOMS



Dental caries, which is also referred to as tooth decay or cavities, is one of the most common and widespread persistent diseases today and is also one of the most preventable. When you eat certain foods, the bacteria on your teeth break them down and produce acids that have the ability to seriously damage the hard tissues of your tooth. The result is Dr. Esin Narli-Trangaris the formation of dental caries (cavities).

What Causes Dental Caries?

Typically, dental caries can be spotted on two specific areas of the teeth: occlusal caries, which form on the topmost part of the tooth, where food particles repeatedly come in direct contact with the teeth; and interproximal caries, which are dental caries that form between the teeth. It's in these two locations where bacteria fester and pose a risk to your oral hygiene. If the teeth and surrounding areas are not cared for properly, the bacteria will begin to digest the sugars left over from food in your mouth and convert it into acids as a waste product. These acids are strong enough to demineralize the enamel on your teeth and form tiny holes—the first stage of dental caries. As the enamel begins to break down, the tooth loses the ability to reinforce the calcium and phosphate structures of the teeth naturally through saliva properties and, in time, acid penetrates into the tooth and destroys it from the inside out.

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Alvirne 34, John Stark 7: The Generals fell behind early and could never catch up.

Trinity 36, H-D/Hopkinton 21: Jack Morrall returned a fumble for the game's opening touchdown and Colby Quiet had touchdown runs of 5 and 4 yards to give the Redhawks 14-13 halftime lead and 21-13 third quarter lead, but that was it. Trinity's John Thibault scored four rushing touchdowns

ConVal 1, Milford 1: ConVal opened the scoring.

Lebanon 2, ConVal 0: Lebanon led 1-0 at halftime, and added a second score in the second half.

ConVal 4, Kearsarge 2: Kearsarge had a 2-0 halftime lead but ConVal scored four unanswered goals in the second half to come from behind.

Hopkinton 5, Inter-Lakes 0: Derek West and Kevin Newton-Delgado each scored a pair of goals for the Hawks.

Hopkinton 7, Monadnock 0: It was all Hawks, as Shea Dickson scored twice while Derek West, Mike Baer, Andrew Beckwith, Logan Rockwood, and Aiden Kennett also scored.

Woodsville 3, Sunapee 2: The Woodsville Engineers put up three goals to beat the Lakers 3-2.

Franklin 2 Mount Royal 1: The Tornadoes fell behind early, tied the game before halftime, went ahead in the second half for their first victory.

Bow 3, Pembroke 1: Matt Ferland's second gave the Falcons the breathing room they needed to secure the win.

Portsmouth Christian 6, Franklin 0: Franklin had little chance against a powerful Portsmouth opponent.

Bow 1, Souhegan 0: Graham Weisberg tallied the game's only goal.

Sunapee 3, Wilton Lyndeborough 1: The Laker's tight D complimented the scoring.

Milford 2, John Stark 1, 20T: Cam Doyle scored with three minutes left in the game off an assist from Emmett Rinehimer to tie.

FRANKLIN ATHLETE OF THE WEEK

The Male AOTW is Junior **DAWSON LAFRANCE** of the football team. Dawson had 13 tackles against Newfound, is a Co-Captain and is a consistent two-way player for the Golden Tornadoes.



Hunter Patterson (center) and Jacob Greene (right) represented John Stark at the Division III Individual Golf Championship at Mt. Washington Resort Golf Club on October 15. On this cold day, they both shot a 104, tying for 70th in a field of nearly 100 competitors. The JSRHS Golf Coach is Matt Caputo (left).

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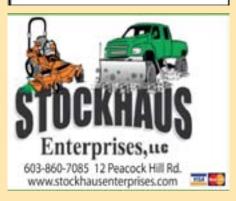
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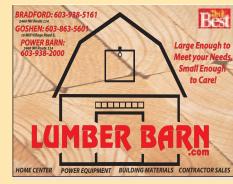
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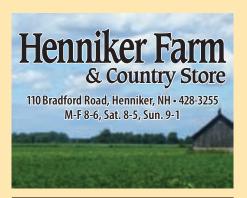
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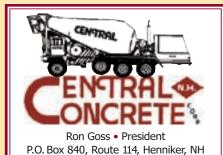
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ActiveLifestyles

AARP has launched the Stop RX Greed campaign

CONCORD — Some Granite Staters are going without lifesaving medications as prescription drug costs continue to rise out-of-pace with incomes.

AARP has launched the Stop RX Greed campaign, as a nationwide effort to press Congress, the Trump administration and state officials to take action to lower drug prices.

Todd Fahey, state director of AARP New Hampshire, says he's spoken to people across the state who've had to ration their life-saving medications, cutting doses down to half or even a quarter of what their doctors prescribed — and without their approval.

"The average cost of prescription drug treatment increased 57.8% between 2012 and 2017, but the annual income for New Hampshire residents

only increased by 13.2%," Fahey points out. It's very clear that the cost of meds is greatly outpacing people's real wages and ability to pay for what they need to stay healthy."

The Stop RX Greed campaign is urging federal lawmakers to take swift action to pass the Prescription Drug Pricing Reduction Act when they return in September from their current recess.

Last spring, pharmaceutical manufacturers Amgen, Eli Lilly and Merck sued the Trump administration over a policy to require that drug prices be included in TV ads. According to the latest AARP survey on the topic, older Americans take an average of just over four medications, and they're paying twice as much for them as people in other wealthy nations. Fahey says 80% of that profit is going somewhere other than into research and development for new drugs.

"Americans pay the highest prescription drug prices in the world, and consumers need to know why," he states. "It's a big issue in New Hampshire.

"In many cases, people are having to make a choice between filling prescriptions or buying groceries." In the first six months of 2019, average drug prices increased 10.5%, which is five times the rate of inflation. Fahey hopes that greater transparency will help rein in rising costs.



On Wednesday, October 16th, about 30 Friends of the Northern Rail Trail in Merrimack County gathered around a long table at the Highland Lake Inn in Andover for the friends group's annual Self-congratulatory feast.



person for members and \$7 for non-members. Please pay at the door!



ActiveLifestyles

2nd Kearsarge Area Senior Luncheon to be held November 21

The second fun-filled 2019-2020 luncheon serving seniors in the Kearsarge Region will take place at the Wilmot Community Association (WCA) Red Barn at 11:30 a.m. on Thursday, November 21st and it is going to be an especially good one.

Brunswick Stew is on the menu and for the entertainment, private sponsors are making it possible for Ronnie Chase to regale us with keyboard music from the 20s and 30s.

Ronnie will bring his sidekick, Misty the Wonder Dog as well. Don't miss this special pre-holiday event in Wilmot.

Reservations are required for each luncheon. First time attendees wanting to enjoy a hot lunch, the camaraderie of other seniors and an occasional

short program are requested to call the New London Council on Aging at 526 6368 by November 11th.

Door prizes and books will be given out and fun entertainment will follow the meal.

A \$2 donation is suggested for the meal and a \$3 donation for the WCA for providing the space and kitchen for a total of \$5. For those aged 60 years and under, there is a \$6 charge for lunch and a suggested donation of \$3 for the WCA.

If the weather is frightful, please use your best judgement about venturing out. As a guide, however, the luncheons will be "on" if the Kearsarge Schools are open or delayed. If school is cancelled, the luncheon will also be cancelled.

The WCA Red Barn is located at 64 Village Road next to the Wilmot Post Office in Wilmot Flat. Parking is available in the WCA's upper parking lot, the Wilmot Baptist Church and across the street.



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ActiveLifestyles

Language Matters for those with Substance Use Disorders

FRANKLIN – The National Institute on Drug Abuse lists New Hampshire among the top five states with the highest rate of opioid-involved deaths, 424 in 2017 alone. Yet substance misuse can occur with opioids, alcohol, stimulants, and a whole host of other substances. That's why this past month, a dedicated group of Franklin VNA & Hospice employees gathered together to learn about addiction, not just the ins and outs of opioid reversal drugs and how to recognize if someone might need them, but also the language of addiction and recovery.

The way we speak about addiction impacts the way a person with substance use disorder, or a person who cares about someone with substance use disorder, communicates with us. This



can be the difference between someone asking for help or staying silent, and it's a much more likely scenario for us to encounter than needing to give someone Narcan. Annika Stanley-Smith, Director of Substance Misuse Prevention with Granite United Way, was on hand to present a compelling talk on exactly this topic. "Referring to someone as a junkie, considering medication that helps with recovery a crutch, and the clean vs. dirty terminology that even well-meaning people use can stigmatize the illness of addiction." Stanley-Smith says.

Instead, we should recognize that people living with substance use disorder can be helped by medications as a treatment tool to help them begin to live in recovery. Stanley-Smith likens this to, "A person with diabetes who needs insulin to help control their blood sugar."

The National Council for Behavioral Health even has a clear handout that begins by noting, "Stigmatizing language perpetuates negative perceptions. Person first language focuses on the person, not the disorder."

And this notion of focusing on the whole person is true for all of us. Just as having diabetes or being a parent may be a part of who we are, it isn't the whole.

Tabitha Dowd, Executive Director for Franklin VNA & Hospice, says, "The consequences of substance use cause much suffering and are major public health and economic problems. Data indicates that substance-related consequences introduce systematic bias and degrade the validity of caring throughout the systems. Using language that takes away the stigma of substance misuse can allow a person with substance use disorder to ask for help. Those are the invaluable opportunities we can create with our words and our behavior. Each of our patients and community members is a whole person. Our services support that, and we need to ensure that our language when discussing substance use disorder, supports that as well. "



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Events: Community Bulletin Board

SATURDAY OCTOBER 26

TURKEY DINNER: The Antrim Baptist Church will be offering a turkey dinner with all the fixings from 5 - 6:30pm. Menu: turkey, red mashed potatoes, stuffing, squash, green beans, cranberry sauce, rolls and warm spice cake for dessert. Adults \$10.00, children 5-12 \$6.00 with an immediate family maximum of \$32.00.

FULLER LIBRARY: Special Saturday Storytime at Fuller Public Library, 10am. Wear your costume if you'd like! Stories, songs and a special project.

OPEN HOUSE: At the Greenfield Fire Station from 8am to 12pm. Come celebrate with us. Tours of the station. See the new tanker. Meet our Fire and Rescue personnel. Skills demo.

SUNDAY OCTOBER 27

TUCKER LIBRARY: The public is invited to join the Tucker Free Library Trustees and the Friends of Tucker Free Library at 2pm as SMP Architects will be on hand to share the latest design for the library building project. The project includes adding an elevator to improve accessibility for all to all levels of the library, adding additional, ADA compliant bathrooms to increase safety and accessibility to those facilities, and renovating the attic (the last viable space in the building) for programs. Following SMP Architects' presentation, there will be time to ask questions, make comments, and suggestions.

SENIOR CLINICS: Concord Regional VNA is holding Senior Health Clinics at Smith Memorial Congregational Church from 9am to Noon and Maple Leaf Village Apartments, 10 Center Road on Wednesday, November 20 from 9am to Noon. All Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. Services offered

include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.

NEWPORT SENIORS: Halloween dance from 2 - 4pm at the Center. Joe Jennings from JJ's Music will be entertaining. Prizes for best costumes. Cost \$5.00

MONDAY OCTOBER 28

HILLSBOROUGH REPUBLICANS: The next meeting of the GHRTC will be held at 6:30pm at the Hillsborough Legion Hall. Lynne Blankenbeker, Republican Candidate for the 2nd Congressional District will speak. Light refreshments will be served. We are very early in the 2020 election process, but discussion on how the Committee would like to proceed in terms of phone banks, socials, candidate appearances should generate some discussion.

HILLSBOROUGH SENIORS: 10am at St Mary's-Making knit baby caps to be donated. The materials will be provided. Need two people to bring a sewing machine. Call Barbara Hays, 464-2692.

TUESDAY OCTOBER 29

HISTORICAL SOCIETY: Hillsborough Historical Society Annual Board Meeting at 6:30pm in the Gilbert Room at the Fuller Public Library. Amy Beach was an internationally renowned pianist and composer who spent a lot of time in Hillsborough. And a plaque was commissioned for the Hatch shell in Boston, and a copy of this will be given to the Historical Society by Victoria Eskin. And we're expecting to have a guest speaker to tell us about History Alive!, so come and join us.

WEDNESDAY OCTOBER 30

HILLSBOROUGH SENIORS: Walker Series: Live

Piano performance by Mark Valenti. An internationally renowned pianist who has become a Walker favorite. Leaving Shaw's at 6:30pm. Bus fare is \$5 while the program is free. Call Marie Mogavero 464-4726/724-5272 to reserve your seat.

COFFEE WITH THE CHIEF: The next Coffee with the Chief from 7:30 - 8:30am at the Safety Services Building. A representative from the NH Fire Marshal's office will be present to demonstrate the skills of their canine employee in assisting with arson investigations. We hope you will join us for coffee and conversation.

FRIDAY NOVEMBER 1

SENIOR CLINICS: Concord Regional VNA is holding Senior Health Clinics at Smith Memorial Congregational Church from 9am to Noon and Maple Leaf Village Apartments, 10 Center Road on Wednesday, November 20 from 9am to Noon. All Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.

CENTER FOR THE ARTS: First Fridays! Gallery Opening Receptions, 5:30-7:00 FREE Opening Receptions for this and other exhibits all on Main Street New London. The New London Inn, Bar Harbor Bank & Trust, Blue Loon Bakery, and Whipple Hall on Main Street and Tatewell Gallery on Newport Road! —"Eat, Sip, Stroll, and Enjoy the Art!" PLUS... Author and Filmmaker Steve Lomer at the Pillsbury Free Library-Warner 7:00. The Courage to Create: Overcoming Fear of Failure.

JOB OPENING TOWN OF DEERING

The Town of Deering has an immediate opening for part-time temporary business office Administrative Assistant. Ideal candidates are organized, self-directed, professionals who enjoy working with people and systems. Work may include payroll, accounts payable, reporting, customer service, website and general office duties. Previous work in local government is beneficial but not necessary. Send resume by email to assistant@deering.nh.us with ADMIN ASSIST JOB in the subject line. See the Employment section of our website www.deering.nh.us for a full description. For more information call Diane Kendall 603-464-3248.

Town of Hillsborough NH PUBLIC NOTICE

Notice is hereby given in accordance with RSA 676:4 that a Minor Site Plan application has been submitted by Arthur F. Siciliano Jr. on behalf of 16 Antrim Road LLC. located at 81 Antrim Road (Map 11L Lot 318). The Site Plan Application is for the construction of a 5000 square foot building to be used for Auto and Truck repair and maintenance. The application will be submitted to the Hillsborough Planning Board during a regular meeting, Wednesday, November 6, 2019, at 7:00 p.m. at the Hillsborough Town Offices, 27 School Street, Hillsborough, New Hampshire. Upon a finding by the Board that the application meets the submission requirements, the Board will vote to accept the application as complete and the Public Hearing on the merits of the proposal will follow immediately. Copies of the application may be viewed at the Office of Community Planning, 27 School Street, Hillsborough, New Hampshire. Anyone with questions about this application should contact Robyn Payson, Planning Director at 603-464-7971.

Hillsborough Planning Board Case No. 2019-003



Obituaries: Friends & Neighbors Remembered

Benjamin David Fauteux

WASHINGTON - Benjamin David Fau-

teux, 23, of Washington, NH passed away unexpectedly on Friday October 11, 2019, due to a house fire a week before his 24th birthday. He was born on October 18, 1995 in Nashua NH, to Bonnie Fauteux-LaCasse



and Dick Fauteux. Ben went to Washington Elementary and Hillsboro-Deering School District. He leaves behind his mother, Bonnie Fauteux-LaCasse; his two older brothers Derek Ellstrom and Caleb Fauteux, his nephew Nicholas Peter Ellstrom; his little sister, Emi Lou Fauteux and many, many, many friends. Service & Burial will be held at the convenience of the family.

Ariel Lynn Hill

HILLSBORO - Ariel Lynn Hill, 23,

of Hillsboro, NH died October 16, 2019 at her home. Ariel was born on May 2, 1996 in Peterborough, NH to Peter B. Hill Jr. and Dena M. (O'Brien) Tatro. To all those who are mourning the loss of our beloved



girl - when you think of Ariel, celebrate the good memories you have of her. Remember that life can be fragile and short - hug each other, say "I love you" often, forgive each other as soon as you can, and live life to the fullest every day. A Celebration of Life for Ariel will be held on Saturday, November 2, 2019 from 1-5 at the American Legion in Hillsboro. People are asked to bring pictures and stories to share. She is survived by her father, Peter B. Hill Jr. and his wife, Diane of Warren VT; her mother, Dena M.

(O'Brien) Tatro and her husband, Mike of Antrim, NH: 1 son, Dexter L. LaPlant of Hillsboro, NH; 1 brother, Anthony D. Hill of Antrim, NH; 1 sister, Alyssa M. (Hill) Warren of Antrim, NH; 3 step brothers, Michael J. Tatro, Christopher S. Tatro of Unity, NH and Dustin B. of Texas. Contributions can be brought to any Bank of New Hampshire fund to go to the Ariel Fund. Checks can be made payable to the Ariel Fund and mailed to Bank of New Hampshire, 77 Main Street, Antrim NH 03440.

Shawn W. Jordan

Hillsboro - Shawn William Jordan, 23,

of Hillsboro, NH passed away unexpectedly on Friday October 18, 2019. Shawn was born October 12, 1996 in Concord. NH to Ricky W. Jordan and Lisa Arlene (Robertson). He graduated from Hillsboro-Deering



High School class of 2015. Survived by his parents, Lisa And Ricky Jordan of Hillsboro, NH and older sister, Nicole Jordan and Gina Jordan of Hillsboro, NH, Leslie Tapley of Deering, NH; a cousin Sonya Tapley and husband, of Hopkinton, NH; and multiple aunts uncles and cousins of Maine. He will be missed more than ever by everyone, A celebration of Shawn's Life will be held Sunday October 27, 2019 from 2-4 pm in the Holt-Woodbury Funeral Home & Cremation Service, 32 School St., Hillsboro, NH.

Jane M. Ronan

NEWPORT - Jane M. Ronan, 91, passed away peacefully at Woodlawn Care Center on Oct. 15, 2019. She was born in Stoneham, Massachusetts, on July 24, 1928, to Robert and Hazel (Barrows) Howe. She is survived by her six children, Kathleen

Dykeman of Newbury, Christopher and Judy Ronan of Christiansburg, Virginia, Pamela and John Brown, Sean Ronan, Amy and Barry Wade, all of Newport, Lucinda and Steve Austin of Fairfield, Connecticut; brother, Robert Howe of Wells, Maine, and Palm Desert, California; sister, Priscilla and Ernie Brown of Newburyport, Massachusetts; 15 grandchildren, 12 great-grandchildren; several nieces and nephews. She was predeceased by her husband; her parents; sister, Pauline Coates; brother, Richard Howe; and son-in-law, Robert Dykeman.

Pierre Marchand

HOLLIS - Pierre Marchand, 64, of Hollis, NH, passed away peacefully after a brief battle with brain cancer on Sunday, October 20, 2019, at The Community Hospice House in Merrimack. Pierre is survived by his sons. Dana Marchand and his wife. Jaime of Milford, NH; Steven Marchand and his wife, Kimberly of Litchfield, NH; and Corey Marchand of Nashua, NH. He also leaves behind his ex-wife, Diane Marchand of Nashua, NH; a brother, Yvon Marchand and his wife, Monique of Hudson, NH; and a sister Francine Marchand and her husband, Bob of Hillsboro, NH. Pierre also leaves behind many nieces and nephews, as well as his beloved grandchildren, Chloe, Piper, and Finn Marchand of Milford; and Loghan and Briahna Marchand of Litchfield. Pierre was born on October 26, 1954 in Sherbrooke, Canada to Roland Marchand and Yvonne St. Laurent. A funeral is scheduled for 11:30 am on Saturday, October 26, 2019 at the St. Louis de Gonzague Cemetery in Nashua, NH; with a celebration of life to follow at the Haluwa in Nashua, NH. All family and friends are welcome to attend and celebrate Pierre's life.

PUBLIC NOTICE WASHINGTON SCHOOL DISTRICT PUBLIC BUDGET HEARING

A Public Budget Hearing will be held on Tuesday, November 12, 2019 at 6:00 PM in the Washington Elementary School Multi-Purpose Room.

The purpose is to receive public input for the Washington School District to raise and appropriate \$31,764.00 in additional state funding received due to a change in education funding.

PUBLIC NOTICE HILLSBORO-DEERING SCHOOL DISTRICT

The Hillsboro-Deering School Board will hold a Public Hearing on Monday, November 4, 2019 at 6:00pm in the Hillsboro-Deering Elementary School Media Center.

The purpose of the hearing is for discussion of expenditure from the Technology Expendable Trust Fund for the purchase of Chromebooks, IPads and cases, for up to \$77,450.



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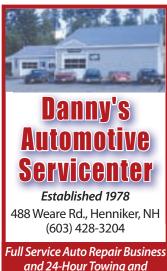
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Hillsborough Prayer Vigil in Butler Park

Members of Hillsborough's Smith Memorial Church UMC are inviting any and all to a Prayer Vigil in Butler Park on Sunday October 27th at 6:00 p.m.. The gathering is for those who lost their lives due to a drug problem that claimed two people in Hillsborough last week.













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