

## GYC hosts Virtual 5K

**BY ERIN PLUMMER**  
mnews@salmonpress.news

Large group races can't happen right now because of the coronavirus so the Gilford Youth Center put on its own Virtual 5K to get people moving and raise money for the center.

In April, the GYC held its first ever Virtual 5K where participants could register and run or walk a 5K on their own time, submitting their time results and photos. "Virtual Races are a new trend in the running community," read the GYC's Web site. "Runners who sign up for a virtual race register online and simply choose their own starting line, whether it's a treadmill or a neighborhood street. They run the race distance (in this case, a 5K), time themselves, and upload their finish time. Our virtual race will span for four days...participants can choose which day/time to start."

For a \$12 entry fee, people of all ages and abilities could participate in their own personal 5K. Participants would receive their own race bib and t-shirt by

mail. People had to run or walk between April 17-20 and post their times to the Web site. The race was sponsored by Bank of New Hampshire.

The Virtual 5K had around 50 participants ranging from one-year-old to 70-years-old. Participants came from Gilford, Gilmanton, Laconia, Meredith, Belmont, Franklin, Plymouth, Wolfeboro, Boscawen, Salem, Loudon, Concord, Merrimack, Dover, Somersworth, Winchester, Amherst, Hudson, Nashua, and as far away as Berwick, Maine, and Somerville, Mass.

The overall top finisher was Cameron Cook or Dover with a time of 15 minutes, 39 seconds. The top female finisher was Michele Waldron of Gilford with a time of 25 minutes, 34 seconds. The overall finishers received a Virtual 5K sweatshirt and the top finishers in each age bracket received a medal, all by mail.

The GYC posted photos submitted by the race's participants on its Web site, gilfordyouthcenter.com, and Facebook page.



Some of the photos submitted by participants of the Gilford Youth Center's Virtual 5K as displayed on its Facebook page.

COURTESY PHOTO

## Selectmen approve crosswalk around Tannery Hill

**BY ERIN PLUMMER**  
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The selectmen approved a request to have a crosswalk painted across from Tannery Hill despite the Public Works director saying the location is less than ideal for one.

Public Works Director Meghan Theriault told the selectmen during the April 22 meeting she had received an email requesting a crosswalk from the island at Tannery Hill and across the road. As the request was received in the win-

ter, she said they told the resident they would look at this in the spring. After spring started, Theriault said the department reviewed the area and she was recommending against the crosswalk for a number of reasons. Theriault said the

requested crosswalk would be a midblock crossing and area the requested for the crosswalk isn't ideal for its placement. She said there is already a crosswalk 250 feet away at an

SEE CROSSWALK PAGE A10

## Town, Bank of NH Pavilion working on agreement

**BY ERIN PLUMMER**  
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The town is and Bank of New Hampshire Pavilion are working out a memorandum of understanding which includes a surcharge to recover costs from the use of town services.

Town Administrator Scott Dunn presented a draft of the memorandum of understanding (MOU) to the selectmen during the April 22 meeting. Dunn said the Pavilion requested this MOU between the venue and the town, though Dunn said the pavilion did not give them much to work with in putting this together. Dunn worked with fire chief Steve Carrier and police chief Anthony Bean Burpee and came up with a draft memorandum for this year.

Dunn said one of the things being added this year is a surcharge to recover costs from off duty police officers working after hours on reports and court appearances related to incidents at the pavilion. He said if off duty officers are being used for reports and court appearances the town should recoup the costs from those asking for the police details.

He said Bank of NH Pavilion didn't agree to the language initially, so the town came back with revised language for an agreement for this year only.

"There may not even be a concert season at all this year, so clearly the facility is going to be (definitely) impacted by the pandemic that we're dealing with," Dunn said. "I think that we've come up with an alternate approach that we'd like to try."

Dunn said the language in the MOU regarding the surcharge for off duty police could be applied to other events and arrangements aside from Bank of NH Pavilion.

Dunn recommended the board move to take this approach for the year to expire on Dec. 31. After the concert season is over all parties could evaluate its effectiveness and move forward from there.

The board made and unanimously approved the motion.

**BY ERIN PLUMMER**  
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The town will go forward with the lease purchase agreement for self contained breathing apparatus for the fire department.

Town Administrator Scott Dunn told the selectmen during their April 22 meeting the town received a bid for self contained breathing apparatus (SCBA) for the fire department. Voters approved an article

putting \$250,000 towards a lease purchase agreement for the new equipment including a \$51,500 down payment. Including \$2,880 in extra supplemental costs, the lease purchase agreement would be a net total

of \$228,569 which is less than what was budgeted for. Selectman Gus Benavides made a motion to waive the town's purchase policy related to

SEE PURCHASE PAGE A8



PHOTO BY ERIN PLUMMER

### Saluting the Class of 2020

Signs honoring the Gilford High School Class of 2020 were placed by seniors' homes and around Gilford High School and the SAU office. A large sign is now hanging on the front entrance of the Gilford Middle and High Schools.





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## 6 ways to prevent falls around the house

themselves against falls. These steps can minimize risk at home.

1. Remove tripping hazards. Examine rooms and hallways for potential hazards, such as slippery throw rugs, floorboards that stick up, loose carpeting, or furniture that blocks walking paths. Remedy these hazards as soon as possible. Address loose floorboards and/or place nonslip materials beneath rugs.
2. Install grab bars or railings. Install grab bars in certain locations for extra stability or where someone may need leverage getting up from a seated position. They are particularly helpful near toilets and bathtubs and in stairways and hallways.
3. Stick to sensible shoes. Sensible shoes fit properly and have sturdy, nonskid soles. Avoid walking around in slip-



- pers or even in stocking feet, which are much more slippery.
4. Store items within reach. Store items that are used frequently, such as dishes, in easily accessible cabinets and other locations. This prevents having to climb or reach for them.
  5. Install more lighting. Poor visibility can contribute to falls. Lighting in hallways, stairways, bathrooms, and bedrooms — even if it is a small night light — can be enough to light the way.
  6. Reinforce your home’s exterior. Falls do not only occur inside. Inspect the perimeter of a property for uneven turf, holes or cracked or uneven patches of walkways. Make sure lighting is working at entryways, and check that exterior handrails are secure.

Falls can cause serious injury or death, particularly for aging men and women. Simple fixes around the house can make things more secure and reduce the risk for falls.

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Despite all of the potential hazards around a house — from electrical issues to fire hazards to carbon monoxide — the National Home Security Alliance says that falls are the leading cause of death due to home accidents. Falls are responsible for one-third of all home-related fatalities. Although seniors are the group most affected by falls, these types of accidents can affect anyone.

A broken bone may be a minor inconvenience for young people, but fractures are more serious for the elderly. As a result, seniors must take measures to protect

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# ALMANAC

## Notes from the Gilford Public Library

Notes from the Gilford Public Library

By Mark Thomas  
Library Correspondent

Safety is a balancing act. As we think about reopening, we face the same challenges that many face. We desperately want to share the collection with the public, and we've heard how desperate people are for things to read! The trustees want to be sure that the library is open gradually, in a way that makes sense with practical science. They want to take measures to protect the librarians, while also offering the services that the community relies on.

In accordance

with Gov. Sununu's announcement, the Library will start offering curbside pickup on May 18! We're hoping to have an efficient, simple process for borrowing physical books again. Here's how it will work:

Pick out materials to borrow. You can call, text, or email the library and ask for specific books or ask for recommendations. You can also browse the Gilford Library catalog at <https://gilford.biblionix.com/catalog/> and and put books on reserve by signing in with your library card and password (phone number by default).

Let us know you're coming to pick them up. Call, text, or email to give us a heads

up you're on your way and we'll get your materials ready to go.

Drive into the drive through line and let us know you're here! Call the library to say that you're waiting outside, and we'll run the books out to hand through your window. That's it!

For those who are unable to get to the library, there's homebound delivery. Library volunteers will pick up your materials and drive them to your home. Get in touch for more information.

Virtual Events  
May 7-May 14

Thursday, May 7  
Tea Time with Maria, 10:30 a.m.

Sign up to join Maria for Tea on Zoom!

Mental Health and Wellness in the the time of Corona, 1-2 p.m.

Dr Raymond Suarez of Lakes Region Wellness will be here to answer any questions that you may have about mental health and wellness during this very interesting time of quarantine and pandemic concerns. Join us on Facebook Live If you have questions or topics that you would like to hear discussed, please send your questions to [library@gilfordlibrary.org](mailto:library@gilfordlibrary.org).  
Teen Discord Game Club, 2:30-3:30 p.m.

Friday, May 8  
Miss Jill's Storytime, 10:30-11 a.m.

Storytime live on Facebook.  
Teen Discord Game Club, 2:30-3:30 p.m.

Monday, May 11  
Geri Fit: New Classes Weekly. Call the library for login information.  
Miss Maria's Stuffed Animal Storytime, 10:30 a.m.

Storytime on Facebook Live.  
Teen Discord Game Club, 2:30-3:30 p.m.

Tuesday, May 12  
Miss Maria's Preschool Storytime, 10:30 a.m.  
Storytime on Face-

book Live.  
Teen Discord Game Club, 2:30-3:30 p.m.

Wednesday, May 13  
Check out a Virtual Expert, 10 a.m.-noon  
Work out your tech problems by calling an expert at the Library.  
Storytime with Pets, 10:30-11 a.m.  
Storytime on Facebook.  
Teen Discord Game Club, 2:30-3:30 p.m.

Thursday, May 14  
Tea Time with Maria, 10:30 a.m.  
Sign up to join Maria for Tea on Zoom!  
Teen Discord Game Club, 2:30-3:30 p.m.

## Laconia Motorcycle Week® rescheduled

LACONIA — Progressive Laconia Motorcycle Week has officially been postponed to Aug. 22-30. The announcement was made shortly after the Laconia City Council unanimously decided to reschedule the rally in keeping with the governor's mid-May extension of the state's stay-at-home order. The consensus was that June was too early for a gathering of tens of thousands of people in Weirs

Beach and beyond, particularly considering that most visitors travel from out of state.

Organizers are working tirelessly to maintain the look, feel and logistics of the rally by reaching out to vendors and event hosts in an effort to reschedule the signature events that make the world's oldest motorcycle rally so popular, as evidence by the millions of dollars it pumps into

the state's economy. Already, New Hampshire Motor Speedway has announced that the 97th Annual Loudon Classic will be moved to August 29th, continuing its tradition of closing out the week. The rally traffic plan will stay the same, with Lakeside Avenue closed to motorcycles only, centerline parking and serving as home to Rally Headquarters for the duration of the 9-day event.

Says Deputy Director, Jennifer Anderson, "We know these are unusual times and are doing everything possible to make this year's rally the best it can be within the parameters of ever-changing health and safety guidelines. We'd like to thank local businesses and the city of Laconia and town

of Meredith for their commitment to ensuring this historic spring event endures. In our 97-year history, this is certainly a first. But, as riders, circumstance has given us the opportunity to experience August in New Hampshire, when the state is in full bloom and the warmth of summer is in the air."

Stay tuned for event updates over the next several weeks as the rescheduled 97th Progressive Laconia Motorcycle Week takes shape. Any/all updates will be posted to [LaconiaMCWeek.com](http://LaconiaMCWeek.com), through their e-newsletter and on all LaconiaMCWeek social media channels.

### GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of April 27 to May 3.

William Murray, age 51, of Tewksbury, Mass. was arrested on April 27 for two counts of Driving After Revocation or Suspension and Arrest Without a Warrant (Fugitive).

Theodore J. Perry II, age 48, of Gilmanton was arrested on April 27 for Suspension of Vehicle Registration and Driving After Revocation or Suspension (second offense).

Jordan T. Smith, age 21, of Laconia was arrested on April 28 for two counts of Theft by Willful Concealment and Theft by Unauthorized Taking.



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# OPINION

## An important lesson from history

We have several thoughts now that states are beginning to slowly re-open. Each state is doing it in their own way. We have noticed that this situation has made more aware of the remarkable amount of control state governors actually have. This is a good thing.

In New Hampshire, we have seen Gov. Chris Sununu take matters into his own hands by making deals with other countries to bring in the equipment needed to fight this virus. Sununu is not battling this pandemic like a politician; he is battling it like a human being. His leadership has proved refreshing for many on both sides of the aisle.

As we've seen on the national news, some states are riddled with protesters, in many cases armed with guns. We simply cannot fathom this approach. Governors are taking measures to protect the health and well being of their residents. Mistakes are bound to happen in the face of an unprecedented scenario such as this, but we are quite certain that no one — governors and legislators included — wants to be dealing with a highly deadly contagious disease that has now killed more Americans than were killed during Vietnam. No one.

The Stay at Home orders are not easy on anyone, especially those who are still waiting for unemployment checks, and who are dealing with a backlog of unpaid bills. It's also stressful to have to watch the impact on our economy. Again, no one wanted or invited this situation, but here we are. Whether things might have turned out differently if we had seen a quicker response from the federal government, we cannot say, but in any case, what is in the past should be left there.

The question now becomes, what happens if states rush to open too much too soon? Will we have to close everything down again if a second wave of COVID-19 washes through?

Flashing back to the 1918 Spanish Flu epidemic, we can learn a few things about how and what happens when reopening. Cities who kept strict orders in place such as social distancing, earlier and kept them longer, fared better both financially and health-wise in the long run. Noted was fewer deaths and a faster bounce back to their economies. Health and economy went hand in hand.

Studies show that in Denver, San Francisco and St. Louis, measures to distance were taken early; however, those cities made what was, in retrospect, the mistake of reopening too soon, and a second wave hit that was worse than the first. People in states who lifted restrictions too early in 1918 went out into the streets to celebrate the armistice that ended the First World War sans masks, and from there, a severe second wave hit.

In 1918, New York City kept their measures in place for much longer. Officials waited until the death rates were extremely low. Consequently, New York experienced only one wave, and had the lowest death rate in the country. What we can learn here is that it is better to shut down once, for longer, than experience a shutdown far longer, if two shut downs become necessary.

A study recently posted by the CDC tells the story of a woman who was dining at a restaurant while asymptomatic. She spread the disease to nine other diners who were eating nearby. Noted was the fact that those who were infected were in the same zone as the air flow from an air-conditioner.

At the end of the day, we learn from history that the most advisable approach is a slow, steady, and cautious one.



PHOTO BY ERIN PLUMMER

### Recognizing healthcare heroes

Signs like this one in front of the Belknap County Complex and the Belknap County Nursing Home have been going up around the area honoring all those at the front lines of the COVID-19 battle.

## FROM OUR READERS

### Could masks hurt us more than help us?

To the Editor:

I am a wife and mother who deeply cares for her family. With no apologies, I say that my caring extends beyond my immediate family and into the lives and suffering of my fellow man, especially now, in the light of current events.

More and more retail establishments are requiring that their employees wear masks for their entire shift, and now, many of the same establishments are beginning to require customers to wear masks when they enter their store. Much of this is due to public pressure, but that same public is in dire need of proper information.

I couldn't help but begin thinking about the retail workers who, due to the shortage of masks, are forced to wear the same mask for their usual eight, 10, or 12 hour shift. Simple common sense tells us that there could be a health issue caused by the bacteria normally found in a human's mouth and respiratory system being kept close to a person's face during the extended wearing of a close fitting mask (surgical, handmade or other).

A very quick Internet search revealed a high

number of studies done on the bacteria levels found on the inside and outside of used surgical masks. Since many are now wearing surgical masks (hopefully the best masks available), these studies now apply directly to us and the various types of masks we wear. All of these studies can be found and read on the U.S. National Library of Medicine: <https://www.ncbi.nlm.nih.gov/pmc/>.

The scientific studies are too numerous to list; however, it is important to note that at least one of the studies (performed in 2014) was led by the World Health Organization due to their concern about the levels of bacteria trapped inside a surgical mask during the wearing of one. It was scientifically proven that the bacteria levels on the inside the mask were about equal to the outside due to the fact that in order to let a mask wearer breathe, the fibers of the masks had to be placed too far apart. One can conclude from this study that a mask offers little protection from outside bacteria, but beyond that, the mask, when worn, then traps the same bacteria close to the wearer's face, mouth, and respiratory system.

Further studies on

masks were done (performed as late as February 2020) due to the concern about the increasing number of infections at patients' surgical sites after surgery. It was concluded that the surgeon's masks, after two hours or less of usage, harbored high levels of different types of bacteria due to the fact that normally present bacteria in a human had been enclosed in a mask, thus quickly multiplying. These high levels of bacteria were then released into the environment by the surgeon's breathing or speaking through the bacteria-laden mask. To quote this study, the results were "cause for alarm."

The four most common types of bacteria and or fungi found inside and outside masks worn by humans are (and they are some of the deadliest): Staphylococcus: commonly known as "Staph" – a bacteria that causes many diseases and can be fatal; Aspergillus: a fungus which can cause a lung disease that can kill in as little as 10-14 days; Streptococcus: a bacteria that can cause minor to very serious diseases, and Psuedomonas: a bacteria that can, for some people, be fatal within 24 hours.

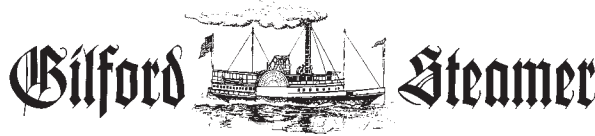
Using just a little bit

of common sense, we can all conclude that we are asking retail workers to put their health in serious jeopardy by wearing a mask for their entire shift. We then need to use that common sense and realize that we are also putting ourselves in the same danger. Science has proven to us that as the masked workers breathe and talk, they are propelling high, concentrated levels of bacteria into the retail environment, which we are not protected from, even if we wear a mask.

Given what science has proven and has given to us as fact, we need to ask ourselves if we are willing to put ourselves, our families, and our fellow man in this kind of danger by asking everyone to wear masks, and for extended periods of time. Are we willing to cause more health problems for the world by helping to propel at least four more things into the environment that can cause infection and death?

I believe I know what the answers to those questions would be as we all answer them as human beings who deeply care for one another.

CAROL ANDERSON  
GILFORD



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North Country Notebook

A note the old-fashioned way, and the cougars of yesterday



By JOHN HARRIGAN  
COLUMNIST

These weekly scribblings generate a lot of mail, enough so I spend five times as much time answering correspondence as I do writing the column. Each is a different kind of joy.

As the years go by, the letters written out in elegant longhand dwindle. While I appreciate any form of communication, notes so laboriously written somehow give me an extra tug.

I received such a note a couple of weeks ago from a reader in Ossipee. It was written in a fine hand, obviously guided by an equally fine mind.

The stationery had a ragged lower edge, which gave it a handsome note when folded. It fit nicely into its envelope, the stamp affixed just so.

All of this takes time, the kind of time never given without thought. And that is one of the many nice things about note paper, and its precisely fitted small envelopes, and stamps, and the United States Postal Service, and the ability to communicate in script.

+++++

This vile pandemic totally dominates the news, to the exclusion of almost everything else. Meanwhile, other stuff still happens. Ships sink, fires rage, landslides bury entire towns. Drunken pachyderms stampede into villages in India in search of more beer being fermented for fertility rites. (Editors and headline writers love this story, which actually happens now and then, because it gives them an excuse to use “pachyderm.”)

The only way you can run away from this kind of thing, this barrage of coverage on a subject you loath, is to go to camp, impossible just yet because the roads to the trail aren’t ready, and my legs aren’t anyway.



A mountain lion (catamount, cougar) on full alert. (Courtesy dreamstime.com)

Sure, there are plenty of off-beat news stories online. But I want my news in a newspaper or over the airwaves. The computer takes a big enough bite of my world as it is.

+++++

Cougar sightings occur every year, and are often reported in hometown newspapers. In northern New England, speculation often turns to Maine as the supposed haven for a remnant

Eastern cougar population, hanging on by its wicked long and curved toenails.

While doing some research on Adirondack cougar reports, I bumped into a five-year review done in 2011 by the Orono, Maine field office of the U.S. Fish and Wildlife Service. It broke down the status of cougars (referred to by the generic “puma”) on a state-by-state (and province-by-province) basis.

Here is what the re-

view had to say about the state of Maine (the “Wright” referred to is Bruce Wright, a professor at the University of New Brunswick at Fredericton, who wound up being ostracized by his peers because of his stubborn belief in the Eastern cougar):

“Wright lists a number of more recent records, including pumas killed in LaGrange in 1915 and on the Little St. John Lake in 1938. The 1938 specimen was photographed, and is in the

New Brunswick Museum.

“This is believed to be the last documented wild Eastern puma taken before extirpation in the state of Maine and possibly in the eastern United States.”

As for the Brunswick Museum mountain lion specimen, it seems to be in shabby shape and of little use. This is how the Canadian Times Globe put it:

“Fifty years ago, in 1938, a cougar was killed in the Lac Saint John area near Madawaska. The animal was collected, stuffed and added to the museum’s collection as the last hard evidence of an eastern cougar in New Brunswick.”

Unfortunately, the hide was tanned during the process, so there wasn’t anything left for the test-tubes.

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

Comfort Keepers  
Loneliness and isolation can affect senior health

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

For seniors, maintaining social connections and staying in touch with loved ones not only improves quality of life, it improves health. Socially isolated seniors have a 59% greater risk of mental and physical decline than those who do not experience social isolation, and socialization has been shown to slow Alzheimer’s and Dementia patient’s decline.

According to the U.S. Census Bureau, 11 million, or 28 percent of people who are aged 65 and older, now live alone and almost half of women over 75 live alone. By taking intentional steps to reduce isolation and reduce lack of contact, overall wellbeing is also improved.

So, how can seniors foster connection and reduce loneliness?

Social Media – Facebook, Instagram and other social media sites can help seniors stay connected to friends and family across the country. And, many social media platforms have built in chat functions, games and other features that foster connection.

Togetherness Activ-

ities – For older adults, planning activities reduces lack of contact. This can be in-person, when possible, or through video chat and phone calls. Virtual or in-person activities can include good conversation, cooking and eating together, reading together, playing games, scrapbooking, or listening to music. And, studies show that planning and looking forward to an event can have mental health benefits too!

Online Interaction – Seniors may enjoy virtual meetups, online worship services, Facebook trivia night, virtual communities focused on hobbies, and other online activities can help people connect to others in their community without leaving home. For those that are able to go out, sharing hobbies and activities with others can bring joy and connection.

Virtual Volunteers – For seniors looking for a sense of purpose, there are opportunities to volunteer to help others from the comfort of home. This can include building Easter baskets for children’s charities, sewing quilts for shelters, writing cards for military service members overseas and other activities that allow people to do good works in

their free time.

Isolation and loneliness can be signs that a senior lacks the support and tools needed to live a healthy, independent life. However, with planning and deliberate action, fostering positive relationships and connections can be incredibly rewarding for everyone involved.

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For seniors that need companionship or help fighting loneliness, Comfort Keepers caregivers can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health

through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers  
Comfort Keepers is a leader in providing in-home care consisting of

such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Com-

fort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [www.comfortkeepers.com/plymouthnh](http://www.comfortkeepers.com/plymouthnh) for more information.

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MARK ON THE MARKETS

Six questions for your financial advisor



BY MARK PATTERSON

Whether you are interviewing a potential new financial advisor or meeting with your current advisor, these five questions are key to determining if this advisor and their firm are working for you, or for the broker-dealer.

Question one: Does

your advisor or firm have any “revenue-sharing” arrangements with any insurance or fund company? This is important because the advisor’s firm may be paid to promote certain fund families for the brokerage firms benefit, not yours. This arrangement is usually disclosed in the small print of a long and technical document.

Question two: Do you or your firm promote “proprietary products?” Again, proprietary products are products created by the broker dealer that may pay more to the broker if sold by them. These products may not be as transparent to you, the client, as they should be.

Question three: Who holds custody of my money? This is a question you would want to ask an investment advisor representative or RIA (Registered Investment Advisor). TD Ameritrade, Charles Schwab and Fidelity are popular custodians for registered investment advisory firms. The investment advisory firm should only have limited power of attorney for them to direct your money into proper investment allocations and to extract their fee from your account. Shortly after opening an account at one of these custodians, you should receive a letter from the custodian acknowledging your

account.

Question four: Ask the broker or advisor about their background, education and experience pertaining to financial planning, asset management or retirement planning. There is a significant difference between passing a securities exam that allows someone to sell securities versus working in an environment that demands continued education and encourages personal growth and knowledge regarding financial planning or asset management.

Question five: Are you a fiduciary? A fiduciary works for you, the client, and is obligated to do what is in the best

interest of the client, not themselves or their broker dealer. The tricky part about being a fiduciary is that an advisor may have the license to act in a fiduciary manner, but that does not mean that they do so.

Question Six: Is your Advisor firm managing your assets in-house or are they using a third-party firm? It is likely that if they are using a third party firm, your cost are possibly doubled because the advisor is probably charging “relationship fee” and the third party asset management firm is charging a fee and they may be using a costly mutual fund model portfolio with internal

expense. The details are in their disclosure documents.

All this information can be found on various web sites but can be confusing because people that are not in this business typically are not familiar with terminology surrounding, financial advisors, registered reps, broker-dealers and investment advisors. If you want clarity on this language, you are welcome to contact our office!

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

United Way brings resources to Central Region during pandemic

LACONIA — When the COVID-19 pandemic began sweeping through New Hampshire Granite United Way was there to help.

“We know there are immediate needs across all of our communities, and we are proud to be working together with so many individuals and partners to bring that to our Central Region,” said Patrick Tufts, President and CEO of Granite United Way.

One of the first ways Granite United Way’s team stepped up was when the Governor’s an-

nouncement was made that 211 NH would serve as the information line for the COVID-19 pandemic. Since that announcement, the team at 211 NH has taken more than 25,000 calls from New Hampshire residents.

“Granite United Way quickly established the Granite United Way COVID-19 Relief Fund where 100 percent of donations are being directed to individuals and families in need because of the pandemic. To date this Fund has raised \$475,000 in pledges and

we anticipate raising \$750,000 in total.”

Granite United Way is working with regional organizations to help distribute these funds across the state.

“We are proud to be partnering with Lakes Region Community Services in the Central Region to deliver this help to our neighbors in need,” said Scoop Welch, Vice President of Regional Operations for Granite United Way. “It’s inspiring to see our community pulling together during these unsettling times.”

Some examples of investments in the Central Region during the COVID-19 pandemic include:

The Samuel P. Pardoe Foundation has granted \$100,000 to Granite United Way. This gift will be distributed directly to individuals and families in the Lakes region of New Hampshire and provide additional support to neighboring communities in need.

“It is a privilege to support Granite United Way in its efforts to provide emergency relief to our neighbors in the Lakes Region and throughout the state,” said Charles Pardoe, President, Samuel P.

Pardoe Foundation.

Granite United Way made a \$10,000 investment in the New Hampshire Hospitality Employee Relief Fund to assist those who were directly affected by the closures of restaurants and lodging establishments.

Food pantries were some of the first organizations the Granite United Way COVID-19 Relief Fund reached out to, understanding many were being inundated by newly unemployed individuals. In the Central Region, the Kingswood Youth Center, Meredith Food Pantry and Plymouth Area Community Chest all received support from the Fund.

An investment of \$25,000 was made to the GOT LUNCH! Laconia program, which has developed a 15-week response to the immediate needs of Laconia residents. “Thank you so much - \$25,000 will provide 1,250 bags of groceries so children will have breakfast, lunch and dinner on the weekends! Pastor Paula Gile, GOT LUNCH! Laconia Advisory Board. “We knew we needed between \$70,000 and \$100,000 for this fifteen week emergency project

- that number is overwhelming. It is so wonderful to be a part of a community that cares and puts their finances behind taking care of the children in this community.”

Support was provided to WIC programs that were experiencing when converting many of their program to remote access.

The Whole Village Family Resource Center has continued to help families by providing online resources for both parents and children during the crisis.

“Granite United Way has always been here for our community, and we are committed to helping individuals and families recover from this crisis.” Said Tufts.

“It’s during these unprecedented times that our community in partnership with Granite United Way and Lakes region Community Services, truly dig deep to find ways to meet those in great need.” Cass Walker, Lakes Region General Hospital and Granite United Way Community Impact Committee (CIC) Chair.

Those interested in supporting these efforts can do so by:

Giving online at [www.graniteuw.org](http://www.graniteuw.org) Texting GUWHELPS to 41444

Mailing a check to Granite United Way, 22 Concord Street, Manchester, NH 03101

Granite United Way Granite United Way is an experienced and

trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community’s most pressing needs. United Way’s purpose is to convene public, private, and governmental leaders and resources to tackle the largest, most pressing issues facing our community. Granite United Way fights for the education, health and financial stability of everyone in every community.

Each year, 1 in 3 residents of New Hampshire and Windsor County, Vermont engage with Granite United Way as a donor, volunteer or beneficiary of a United Way-funded program. Granite United Way, the merger of 6 local United Ways, mobilizes the power of 22,000 donors and volunteers to provide more than \$14 million in support to over 350,000 individuals and provides funding to more than 750 nonprofit programs. Granite United Way is rated a Platinum level participant by GuideStar and holds a Three Star Charity rating by Charity Navigator.

Granite United Way serves the Central Region, Merrimack County, North Country, Northern Region, Southern Region (Manchester / Derry / Salem) and Upper Valley Regions of New Hampshire as well as Windsor County, Vermont. For more information, visit [www.graniteuw.org](http://www.graniteuw.org)

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**Edward Jones: Financial Focus**

**Smart Moves for Women Business Owners**

Mother's Day is upon us. If you're a mother, you'll enjoy the recognition you get from your family on this day. And given the health concerns caused by the coronavirus, your appreciation of family may be even greater this year. As we all know, mothers have a difficult job. And many mothers also run their own businesses – another demanding task made even more difficult these days. What special challenges do women face who embark on careers as business owners?

Of course, motherhood itself presents a major challenge. As a society, we have not achieved gender equity yet, in terms of family responsibilities, so mothers – even busy business owners – still face time constraints and interruptions from work to care for children. And it's not just children, either – the vast majority of caregivers for elderly relatives are women,

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according to a study from Northwestern University. So, many women business owners may be coping with multi-generational family issues.

You can't change the demographic pressures you may face, but, as a business owner, you can take some steps to help improve your financial outcomes. Here are a few ideas:

- Seek networking opportunities. You can find useful, and empathetic, allies in other women business owners, who may be able to direct you to valuable resources. To illustrate: Women's businesses often lack financial support to a greater degree than men's, and it is unfortunately not uncommon for women to be denied loans because of gender and cultural biases. But if you become active in a network of women business owners, you could find some leads to financial institutions that

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have showed themselves to be free of gender-based prejudices.

- Be extra aware of investment risks. Everyone should always be aware of investment risk, of course, but if you have most of your assets tied up in your business, you may need to be extra diligent. You're already taking a fair amount of risk by just having a business, so you may need to balance this risk in your investment portfolio by choosing the mix of investments that can help you move toward your goals without subjecting you to excessive market volatility.
- Establish a retirement plan for yourself. Have you established a retirement savings plan for yourself? About one-third of business owners haven't, and 40 percent are not confident they can retire before 65, according to data compiled by SCORE, a non-profit organization that works with small

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businesses. Fortunately, you have several good retirement plan options, including an "owner-only" 401(k), a SEP-IRA, a SIMPLE IRA or even a solo defined benefit plan, which functions like a pension.

- Create a succession plan. You may need a strategy for transferring or selling your business. Do you want to keep the business in the family? If so, who do you want to take it over? Or would you prefer to simply sell it to someone else? Your decisions, whatever they are, will affect your financial picture and possibly that of your family, so you will want to consult with your tax, legal and financial advisors to arrive at a plan that works best for your needs.

You've got some twists and turns ahead of you on the road to financial security. But planning ahead, considering various possibilities and seizing your opportunities can help you smooth out the journey.

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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# Lakes Region Virtual Interfaith Prayer Breakfast May 7

LACONIA — The Lakes Region Interfaith Prayer Breakfast Committee has decided to record an interfaith program to be made available at 8 a.m. on Thursday, May 7 — the National Day of Prayer. This will be the sixth consecutive year that an interfaith committee will sponsor a local program to coincide with the country-wide event- originally established by Pres. Harry Truman in 1952.

This year’s theme- mindful of the Covid 19 pandemic- will be Healing, Prayer & Hope.

In past years, full buffet breakfasts, special prayers and featured speakers have been the rule- with excess funds donated to a local charity. Last year’s beneficiary was Camp Resilience, a group that supports disabled veterans (pictured). But the current restrictions on public gatherings required a change in plans.

This year, we will have clergy and lay personnel- representing several area faith communities to include the Congregational Church of Laconia, the Gilford Community Church, the Laconia Unitarian Universalist Society, the Laconia Christian Fellowship, Temple B’Nai Israel and St. Andre Bessette Catholic Church who will offer biblical readings and prayers for our nation, state and community. Music will be performed by singers and musicians from the Gilford Community Church.

Access to the program will either be via your church/synagogue Web site or at the Lakes Region Interfaith Prayer Breakfast website-www.lripb.weebly.com.

Please plan to join in this interfaith program of Healing, Prayer & Hope on Thursday morning- May 7 at 8 a.m.- or at a later time of your convenience.

# Wings, Water, Wheels at Laconia Airport postponed



A future pilot checks out a plane at Wings, Water Wheels 2019.

GILFORD — The now annual family event, Wings, Water & Wheels scheduled as an Open House at Laconia Airport on May 30 has been postponed due to COVID-19.

The event, which features airplanes, police and fire vehicles, heavy construction equipment, a NASCAR Pace Car and boats for young and old to sit in, explore and chat with the professionals who own or operate the equipment, is sponsored by the non-profit STEM Education group, WinnAero each year. Co-sponsoring organizations include the Laconia Airport Authority, the Airport Manager and Fixed Base Operators Sky Bright Aviation and Emerson Aviation.

Karen Mitchell, WinnAero President and pilot, in announcing the postponement, stated that “our Board of Directors didn’t feel a May 30 Open House event was feasible given the uncertainties of the current COVID-19 pandemic so we decided to keep attendees and exhibitors safe and reschedule this crowd-pleasing event to the early fall.”

The new date for Wings, Water & Wheels is Saturday, Oct. 3. Mitchell pointed out that this postponement only impacts Wings, Water & Wheels for now. The popular WinnAero summertime day camps, the ACE Acad-

emies, scheduled for July are still on the schedule and applications for youth of elementary, middle and high school ages are currently being accepted.

“In May, our Board will take another look at where our Country and State are relative to the pandemic recovery and decide then about hosting the July ACE Academies. Parents will have ample notification time to adjust accordingly,” said Mitchell.

Anyone interested in knowing more about WinnAero and its aviation/aerospace-themed STEM activities may visit the Web site at [www.winnae-ro.org](http://www.winnae-ro.org).

# A journey through history, one marker at a time



DONNA RHODES

The historic marker at Loveland Bridge on Stinson Lake Road in Rumney provides a look back at one of the early businesses that helped the town thrive in the late 1800s.

BY DONNA RHODES  
[dirhodes@salmonpress.news](mailto:dirhodes@salmonpress.news)

REGION – A scenic trip to Historic Marker #0174 will lead adventurers up the lower slope of Stinson Mountain in Rumney to Loveland Bridge, just above the site of Lewis H. Loveland, Jr.’s former crutch mill.

Michael A. Bruno, author of the book “Cruising N.H. History,” wrote that in 1999 the Rumney Town Report detailed the history of the Loveland Crutch Mill, calling Rumney the “Crutch Capital of the World” back in that day.

The factory, formerly located just below a bridge on Stinson Lake Road, first began operations in the late 1800s. Water cascading down Stinson Brook to the Baker River below made

it ideal for bringing early forms of hydro-power to the factory, which then used that power to make crutches from local materials available in the surrounding forest. Also tapping into those natural resources and power capabilities were more than 30 other industries along the river in that time period, Bruno said.

Eventually, Lewis Loveland, who first worked at the crutch factory with his brother George, eventually purchased the company and his mill became known as “The King of Crutches,” shipping products as far away as Australia and Africa.

Rumney is a rural, recreational town today, where a trip to the Loveland Historic Marker can be an enjoyable stop along the scenic river that once meant so much

to the town’s economy.

To learn more about the Loveland Crutch Mill’s historic distinction in New Hampshire, turn off Route 25 at the blinking light for Rumney Village. Traveling all the way through the village, head left onto Stinson Lake Road then drive uphill (3.1 miles from Route 25) until you cross Loveland Bridge. The marker will be there on the right hand side of the road with safe and ample parking available.

And, while at Loveland Bridge, it’s also worthwhile to continue up the road to experience the beauty of Stinson Lake as well as some of the hiking trails found there in the White Mountain National Forest. Personally, it’s one of my favorite local destinations.

# LACONIA CHRISTIAN ACADEMY HONOR ROLL

LACONIA — Laconia Christian Academy has released its honor roll for the third quarter of the 2019-2020 school year.

- Grade 12**  
Carolyn Bixby, Abigail Dadian, Kathryn Duddy, MacKenzie Glines, Noah Longval
- Grade 11**  
Ryann Hendricks, Ian Manning, Deborah Umwiza
- Grade 10**  
Sarah Glines, Caleb Longval, Violet Manson, Grace O’Brien
- Grade 9**  
Emma Blake, Grace Burton, Emma Desmarais, Katelyn Kilcup, Hannah Longval, Emily McLeod, Jacob Sheehan, Amber Stillion
- Grade 8**  
Brycen Allen, Audrey Bond, Ava Hall, Robert Merola
- Grade 7**  
Leanne Daigneau, Jillian Mitchell
- Grade 6**  
Ian Blake, Natalie Bleiler, Oliver Bond, Luke Butler, Brendan Call, Cooper Mack
- Grade 5**  
Sophia Horne, Grace Longval, Zaidon Mentore, Adam Mitchell, Mya Selesky, Aubrey Tyrrell

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PURCHASE

bids from one company and grant the bid of \$228,569 to Protective Services of Salem.

Selectman Kevin Hayes had expressed concern about making purchases like these until they had an idea of how much they were receiving in tax payments starting in July given the pandemic's economic impact. He said he would rather wait until July to purchase these items, though asked fire chief Steve Carrier if not getting the new equipment would pose a life safety issue.

Carrier said the current breathing apparatus was over 10-years-old they would be replaced under this program. He also said they are using equipment on which two cycles of safety standards have already passed.

Selectman Gus Benavides said while he understood Hayes' concerns, he thought this was purchase that related to life safety that had already been approved by voters,

"If we're only dealing with five years, I'd say okay, but were talking 10 years for this," Benavides said.

Board Chair Chan Eddy agreed with Bena-

vides.

"I think we're dealing with life safety here, I don't want to put this off if we can possibly avoid it," Eddy said.

Carrier said if they put off the lease purchase agreement trying to limit the cost impact, they will instead be taking another \$250,000 hit later.

"Don't get me wrong, chief, I don't have a problem with the purchase or the lease," Hayes said. "I just don't want to spend the money now until we see what our June tax receipts are. That's my only concern."

Benavides said maybe tax payments aren't going to be that much of an issue as most homeowners already have their tax payments in an escrow account.

"I'm trying to be an optimist here because we just don't know," Benavides said.

He said this situation could be much quicker than when the economy took a dive in 2008. Eddy agreed, saying the economic situation now is because of outside factors and not a structural deficiency in the economy.

Hayes said they still don't know what tax receipts will look like this

(Continued from Page A1)

year during both tax collection periods and he would rather wait until at least July before making any purchases.

"But at the same time, I'm cognizant of the fact you're breathing apparatus is 10-years-old," Hayes said. "What happens if its 10 years and three months? I don't know; I can't answer that."

Carrier said the department would continue servicing the equipment and it has to go through a number of things every year. He said the packs get a lot of wear and tear, whereas newer packs would be better quality and have the improvements. Carrier said he did understand the tax impact of this.

In the end, the selectmen voted unanimously in favor of entering into the lease purchase agreement.

CROSSWALK

(Continued from Page A1)

intersection where motorists are already stopping and looking around before making turns. There is also a midblock crossing on Belknap Mountain Road by the Gilford Village Store with a sign already on it.

"These midblock crossings are not ideal and you want to have signage one if we we're going to do it," Theriault said.

She said she doesn't think they need to put another one in and the site distance in that area isn't close.

Selectman Kevin Hayes said there should be a crosswalk that leads toward the recently constructed sidewalk in that area. Right now, there isn't a sidewalk on both sides, but the crosswalk could connect to the sidewalk by the library and the church and Gilford Youth Center complex.

Hayes said anyone who walks up Tannery Hill ends up on a dead end. If they stay with the crosswalks that are already there, he said people would have to walk in the side of a busy road with no sidewalk.

"To me the lesser of the evils is to put the crosswalk in and get them to the sidewalk we just constructed and put the two signs up that you say we need," Hayes said. "To me, that's the lesser of the evils or the better of the solutions."

Theriault said having a crosswalk there could create a false sense of security for pedestrians.

"People see a crosswalk and think everyone's going to stop for them," Theriault said. "What I'm saying is, the site distance is definitely not ideal coming from the Belknap Mountain Road side and I'm just worried people are

going to think oh yeah I'm fine and walk right out and cars are coming right over the little bit of the hill there," Theriault said.

Selectman Gus Benavides said he didn't disagree with Theriault's rationale, but said that concern could apply to any crosswalk.

"We need to do something here because I don't think it's going to get any less use; I think it's going to get more use," Benavides said.

He said the town has already made an investment in that area. With the warm weather and people wanting to get out of their homes during the pandemic, Benavides said more people are going to be out walking.

Benavides made a motion to put in the crosswalk, and the selectmen approved it unanimously.

Shaker Regional School District  
Marlite FRP Wall Panel Proposal Request

Shaker Regional School District is seeking proposals for purchase and installation of Marlite FRP Wall Panels at Belmont Middle School. A site visit will be held on May 4, 2020 at 11 am. Proposal specifications can be found on the District website, [www.sau80.org](http://www.sau80.org) or by contacting Steve Dalzell via email [sdalzell@sau80.org](mailto:sdalzell@sau80.org) or by phone at 603-267-9223 x5309.

Shaker Regional School District  
Bathroom Partition Proposal Request

Shaker Regional School District is seeking proposals for bathroom partition replacement in 2 bathrooms at Belmont Elementary School. A site visit will be held on May 4, 2020 at 9 am. Proposal specifications can be found on the District website, [www.sau80.org](http://www.sau80.org) or by contacting Steve Dalzell via email [sdalzell@sau80.org](mailto:sdalzell@sau80.org) or by phone at 603-267-9223 x5309.

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Job applications are available from the New Durham Town Offices located at 4 Main Street, New Durham NH or on the Town website at [www.newdurhamnh.us](http://www.newdurhamnh.us). Applications may be submitted to Scott Kinmond, Town Administrator via US mailed, in-hand or email ([skinmond@newdurhamnh.us](mailto:skinmond@newdurhamnh.us)).

**More information contact:**  
Scott Kinmond, Town Administrator,  
Town of New Durham,  
PO Box 207, New Durham NH 03855-0207  
859-2091 Town Hall

Or Pam Ward, DPW Administrative Assistant-  
859-8000 Highway Department

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**BARNSTEAD SCHOOL DISTRICT  
Notice of Vacancy  
School District Clerk**

The Barnstead School Board invites civic-minded residents of Barnstead to apply for the position of School District Clerk. The Clerk will record school board minutes for all meetings beginning July 1, 2020 and will be compensated at a rate of \$75.00 per meeting. For Barnstead, meetings are held once a month (usually the 4th Tuesday of the month) at 6:00 PM. Please submit a letter of interest along with an outline of pertinent experience to [ladkins@mybes.org](mailto:ladkins@mybes.org). Please send to:

Lyla Adkins, Board Chair  
SAU 86  
PO Box 250  
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# NATIONAL NURSES WEEK



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## Awards and recognitions for nurses

Nurses’ efforts are not always recognized, but there are instances when their patients or the families of their patients offer their gratitude to these widely unsung heroes of the medical profession. In recognition of the integral role nurses play within the health care industry, organizations such as the American Nursing Association and various national and regional groups award official honors to reward nurses for their undying efforts on behalf of their patients.

- Distinguished Direct Patient Care Award: This award recognizes a registered nurse who provides exemplary direct patient care. He or she must also contribute to the advancement of the nursing practice by demonstrating a commitment to personal leadership.
- The DAISY Award: The DAISY Award for Extraordinary Nurs-

es recognizes the work nurses do every day. The award was established by the DAISY Foundation, which focuses on eliminating diseases that attack the immune system (DAISY). A DAISY Award is presented monthly to nurses in hospitals across America.

- The Grace Award: This award recognizes outstanding achievements and dedication in caring for expectant mothers and children.
- Public Health Service Award: This award honors nurses who are outstanding professionals and contribute to public health nursing.
- Jeanne Mance Award: This award is the highest recognition for nursing achievement that the Canadian Nurses Association offers. It is named after one of the country’s most inspirational nurses, and has been issued at the CNA biennial convention since 1971.
- Diversity Award: This award recognizes registered nurses who have a long-standing commitment and have made significant contributions to the advance-



ment of diversity in the nursing profession.

- The Beacon Award for Excellence: This award honors nursing units that distinguish themselves by improving multiple facets of patient care. Recipients

set the standard for excellence in patient care and use evidence-based information to provide positive patient outcomes.

- Excellence in Leadership Award: Established to honor a person whose primary responsibility is to manage people or projects, this award is given to those who excel in leadership, teamwork, communication, accountability, and more.
- The Award of Excellence in Nursing: Presented each year during National Nursing Week, this award is given to nurses who were nominated by their peers. This award celebrates the dedication, initiative and excellence of nurses employed by Canadian First Nations communities and Indigenous Services Canada and Inuit communities.

These are a few of the awards and recognitions bestowed on the hard-working nurses who make a difference in the lives of their patients across Canada and the United States.

**Thanks for all you do!  
Happy Nurses Week**



We are so grateful for our healthcare professionals who are on the frontlines of the pandemic. Your compassion and commitment to helping others during these unprecedented times is truly inspiring!

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*With respectful appreciation.*

*Rosemary Simino, NHA  
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# NATIONAL NURSES WEEK

## What nurses do each day



There are millions of nurses nationwide. According to the American Association of Colleges of Nursing, there are roughly 3.8 million registered nurses in the United States. That number figures to grow along with the demand for qualified, highly trained nurses.

Nurses perform a variety of functions, some of which may come as a surprise to those outside the medical profession. Learning more about what nurses do on a daily basis can paint a clearer picture of just how vital these health care professionals are.

Nurses are on the front lines of the medical profession, often interacting with patients more than any other professional within the health care field. Nurses communicate concerns,

answer questions about conditions and care and even administer such care. While there are many tasks nurses can perform, some of their main responsibilities are observing and recording behavior, performing physical exams and diagnostic tests, collecting patient health histories, counseling patients and their families, and educating about treatment plans. Nurses also are responsible for administering medications, addressing and treating wounds and interpreting doctors' patient information to make decisions about necessary actions, where appropriate.

Nurses excel at listening to patients and analyzing their physical and emotional needs. Nurses also coordinate care with other health

care providers and stay current with treatment options and cutting edge research and technology.

In addition to the aforementioned tasks, nurses may draw blood and perform other health-related tests. Testing may differ based on the subspecialty of the nurse. For example, obstetrics nurses may initiate sonograms or oversee urine testing for pregnancy hormones. Pediatric nurses may plot growth charts and administer routine immunizations.

Nurses are also there to listen to patients, and some may offer compassionate advice as they aim to help patients navigate difficult situations.

According to Career-Builder, nurses who work in physicians' offices, community

health centers, schools, and other health environments may enjoy a regular working schedule and shifts during typical business hours. However, nurses working in hospitals and

trauma centers tend to work rotating shifts to ensure patients receive round-the-clock care. Many nurses work outside traditional business hours, including during evenings, on holidays

and on weekends. Some nurses are even on-call like doctors.

Nurses possess a distinct skill set that enables them to handle various tasks.

Lamprey honors Nurses and All those on the Front Lines of Healthcare and Essential Businesses During this Difficult Time.


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National


# NURSES WEEK







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