

# Sanbornton Central celebrates students with a “reverse parade”



During a “Reverse Parade” at Sanbornton Central School last week to celebrate the beginning of summer, Principal Kathy Pope paid tribute to the students who will be moving on to the middle school next fall.

BY DONNA RHODES  
Drhodes@salmonpress.news

SANBORNTON — Schools, and even entire school districts throughout the state have organized special community

parades where teachers and administrators decorated their vehicles and paid students a visit along their bus route. Last week, Principal Kathy Pope and the staff at Sanbornton Central

School decided to hold a “reverse parade,” inviting their K-5 students to come down to the school to parade by them instead. “The last day of new instructions is June 11,



Second grade teacher Lindsay Tiddes of Sanbornton Central School brought her pal Jeffrey the Giraffe to the “Reverse Parade” in the school’s parking lot last week so her students who saw Jeffrey in the background of their remote learning classes could finally meet him in person.

and it’s so important for us to see them all one more time before the school year ends,” said Pope. On Friday, June 5, the “Have a Great Summer” reverse parade took place in the school’s parking lot. Teachers arrived early to set up fun summer-themed dis-

plays on their vehicles (and beyond in some extra fun cases) before students began to arrive. Starting at 2:30 p.m. students and their families were then invited to cruise slowly through the school parking lot to see the familiar faces of their teachers once more. The faculty greet-

ed them all with flamingos, inner tubes, soap bubbles, beach chairs and other fun outdoor summer items, along with congratulatory signs and well wishes for their summer vacation. What many second graders really enjoyed however was finally see-

SEE PARADE, PAGE A11

## Whitewater recreation park planned in Franklin

FRANKLIN — With the approvals and permits issued by the New Hampshire Department of Environmental Services, the city of Franklin is poised to become the first whitewater sporting venue in New England. Enthusiasts who enjoy kayaking, surfing, paddle boarding, tubing and canoeing will be able to play on a section of the Winnepesaukee River on Olympic-style features designed to maximize their fun and experience. The city of Franklin, in partnership with Mill City Park, is creating a new segment

of the outdoor recreation economy centered around a whitewater park. The Winnepesaukee River was once the home to seven mills between Tilton and Franklin, and those mills powered the engine for the economies of the region. As those mills were eclipsed by modern industry, the powerful engine of the Winnepesaukee River was turned off. Mill City Park and the whitewater venue will re-ignite that engine to be a greater driving force than it has ever been in the past. A study conducted by the state of New Hamp-

shire estimates that when completed, Mill City Park will attract 162,000 annual visitors, and will generate direct spending of more than \$6.8 million. The economic impact to the city, to the region and to the state cannot be overstated. For Franklin, the surging growth will be fully transformative to downtown revitalization, to the schools, to housing demand, to job creation, to infrastructure investment and to business vitality. New businesses will vie for

SEE PARK, PAGE A11



Jen Adams and her Fierce Spirit Fitness Saturday morning fitness class have been meeting at Odell Park in Franklin where they can stay fit and still stay safely distanced.

## Local business owner takes fitness outdoors

BY DONNA RHODES  
drhodes@salmonpress.news

FRANKLIN – Fierce Spirit Fitness of Franklin decided to think “outside the box” when the state began closing businesses due to the COVID-19 virus in early March. As days turned into weeks, owner Jen Adams, along with other many businesses, began to come up with ways in which to provide people with their products and services yet still keep them safe. “This shutdown not only opened me up to more ideas, but actually brought me even more people in the long run,” she said. “Sometimes, I wonder why we didn’t think to do some of these

changes earlier.” Adams lives in Northfield, and is a former Northfield police officer who is married to Laconia police officer Eric Adams. Through her career she has been involved in fitness training and besides her background in law enforcement, she also holds a Bachelor’s degree in Human Services. After 11 years with NPD, Adams joined the Belknap County Attorney’s Office, where, for four years, she investigated cases that involved domestic and sexual assault, along with child abuse. During that time, she also began a certification process through the American Council of Ex-

ercise. Starting in 2018 Adams was certified as a Fitness Trainer; became a certified Health Coach in 2019, and is now also a certified Life Coach. This month, she will be receiving her Personal Coaching Certification from the University of New Hampshire. Adams said that it was in 2018, while still working for the Belknap County Attorney General’s office, that she began holding fitness classes in her backyard during her off hours. As she completed much of her training in wellness and fitness, in August of 2019 Adams finally decided to leave her fulltime job with the AG’s office to

SEE FITNESS, PAGE A11

## Veterans Home welcomes Pastor Paul DeHart

TILTON — The New Hampshire Veterans Home (NHVH) is pleased to announce the appointment of Paul DeHart as Chaplain. “We are fortunate to have Pastor Paul join our team serving our residents,” shared Margaret LaBrecque, NHVH Commandant. “His ability to connect with our veterans on a personal level while fulfilling their spiritual needs is appreciated by residents and staff, alike.” Following the retirement of the Home’s Rev. William Paige, DeHart is now responsible for the planning, development and expansion of spiri-



Paul DeHart

SEE DEHART, PAGE A11



# Parade Reverse





**NORTH COUNTRY COINS, LLC**  
BUYING • SELLING • APPRAISALS  
Est. 1989  
WWW.NCCNH.COM  
TUES - FRI 10-5 • SAT 10-3

**HIGHEST PRICES PAID**  
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.  
**NORTH COUNTRY COINS.**  
Main St., Plymouth, NH 536-2625.

**House, Condo or Land Wanted**  
**Single Mom Cash Buyer For Own Use**  
Wanted: House, condo or land on or near the water  
cash buyer, fixer upper is ok,  
but prefer good cond.  
NO REALTORS. Principles only.  
**Call Armen (860) 550-1999**



**THE WINNISQUAM ECHO:**  
*The next best thing to word of mouth advertising!*

MEET YOUR SALES REPRESENTATIVE

**TRACY LEWIS**


**603-616-7103**

Call Tracy today at (603) 279-4516 ext. 182 or e-mail [tracy@salmonpress.news](mailto:tracy@salmonpress.news)  
Our advertisers trust us, our readers trust our advertisers!

[www.salmonpress.com](http://www.salmonpress.com)







**Winnisquam Echo**

**ADVERTISE WITH US**  
ADVERTISING EXECUTIVE  
Tracy Lewis  
(603) 575-9127  
[tracy@salmonpress.news](mailto:tracy@salmonpress.news)

**TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:**  
WINNISQUAM ECHO  
(603) 279-4516 OR  
KERRI PETERSON  
(603) 677-9085  
[kerri@salmonpress.news](mailto:kerri@salmonpress.news)

**SEND US YOUR NEWS AND PICS**  
[MyEcho@SalmonPress.news](mailto:MyEcho@SalmonPress.news)

**TO FAX THE ECHO:**  
CALL (603) 279-3331

**TO PRINT AN OBITUARY:**  
E-MAIL: [news@salmonpress.news](mailto:news@salmonpress.news)

**TO SUBMIT A LETTER TO THE EDITOR:**  
E-MAIL: [news@salmonpress.news](mailto:news@salmonpress.news)

**TO SUBMIT CALENDAR ITEMS:**  
E-MAIL: [news@salmonpress.news](mailto:news@salmonpress.news)

**WWW.SALMONPRESS.COM**  
**(603) 279-4516**

**A SALMON PRESS PUBLICATION**  
**ECHO STAFF DIRECTORY**

**PRESIDENT & PUBLISHER**  
FRANK G. CHILINSKI  
(603) 677-9083  
[frank@salmonpress.news](mailto:frank@salmonpress.news)

**BUSINESS MANAGER**  
RYAN CORNEAU  
(603) 677-9082  
[ryan@salmonpress.news](mailto:ryan@salmonpress.news)

**OPERATIONS DIRECTOR**  
JIM DiNICOLA  
(508) 764-4325

**EDITOR**  
BRENDAN BERUBE  
(603) 677-9081  
[brendan@salmonpress.news](mailto:brendan@salmonpress.news)

**DISTRIBUTION MANAGER**  
JIM HINCKLEY  
(603) 279-4516

**PRODUCTION MANAGER**  
JULIE CLARKE  
(603) 677-9092  
[julie@salmonpress.news](mailto:julie@salmonpress.news)

USPS 024-975

The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

**Forest Pump & Filter Co.**

Serving The Greater Lakes Region Area for Over 50 Years

**WE DO IT ALL**

**WELL DRILLING** **PUMP SYSTEMS**

**FILTERS**

*Family Owned Business for 40 Years*

**CALL FOR SERVICE**  
**FOREST PUMP & FILTER CO., INC.**  
**603-332-9037**



# Honors continue for Winnisquam student athletes

BY DONNA RHODES  
drhodes@salmonpress.news

TILTON — Presented each year to student athletes who not only participated in at least two sports while in high school but maintained a B-plus average or better in academics, the New Hampshire Athletic Directors Association is an honored distinction among students throughout the state. This week Chloé Colarusso and Olivia Dill are two more of the award winners from Winnisquam Regional High School.

Colarusso, who lives in Northfield, participated in volleyball, cheerleading and softball in her four years at WRHS. Besides being a member of the cheerleading squad, she was a setter on the volleyball team for seven years, including high school and middle school, and also played volleyball for six of those years for a Junior Olympics team.

Before playing softball for WRHS, Colarusso also played on a Babe Ruth softball team and was part of two AAU softball teams over the course of six years in the school district.

Asked if she had a favorite sport among those she took part in, she said, “I never thought I had a favorite sport. I always focused on the sport that I was playing at the time and didn’t value one over another because I loved them all. However, if I had to choose, it would be volleyball be-

cause I’ve been playing it longer and have more experience with it.”

As far as standout moments in athletics, Colarusso said for volleyball it would be the state championship game against rival Inter-Lakes High School this year during their Homecoming/Dig Pink Senior Night.

For cheerleading, her fondest memory was once again a championship competition in her senior year, and in softball it was a game from last year that stands out the most.

“It would have to be my junior year at our annual ‘under the lights’ senior game at Franklin,” she said. “It was a humid night and a great game. The best part was when it down poured. We never got a rain delay and it was so wet out that the ball was soaked before it reached me in centerfield. It was probably the best game of our season and we won.”

In the fall, Colarusso will be attending Merrimack College in North Andover, Mass. where she was accepted as part of their honors program. She will be majoring in biology with a pre-veterinary medicine concentration and a minor in business management. Merrimack College was recently moved up into NCAA Division 1 and Colarusso said she hopes to play for either their varsity or club volleyball team as well as club softball.

Being awarded NHIA

recognition meant a lot to her because she and other athletes are also students, and at times juggling their schedules and being mindful of their priorities can be difficult.

“Some people don’t realize that we have to improve our time management skills because we can’t just go home everyday and do our homework,” she said. “We have practice or games every day during the season. We work hard to be good at the sports we play but we also work hard to get the good grades we deserve. Achieving this award means that our hard work in both academics and athletics are being recognized together.”

She also wished to thank Athletic Director Brian Contorchick “for the incredible work he’s done for us these past years.” Colarusso said Contorchick spent countless hours making sure they could all play the sports they love. Above and beyond that, he also worked hard to make sure that the athletes at WRHS succeeded, whether it be in athletics or academics, and in hopefully both.

“He helped me with my classwork when I was struggling while he was busy with his own job. Last year’s spring season had so many cancellations due to the rain, but he worked hard to reschedule everything and made sure it didn’t interfere with the seniors’ extra events,”

said Colarusso. “His door was always open to me whether I had an important question or if I just wanted to pop in and say hi. He has been an amazing AD at Winnisquam, and I know he’ll be missed.”

Coming from Tilton, Olivia Dill was also a leader on the school’s volleyball team, a member of the varsity cheer squad for all four years of high school and played second base for the WRHS softball team.

On the volleyball court Dill was a setter/defense player for three years in middle school and four years in high school. She also served as the team’s captain.

“My favorite sport is and always has been volleyball,” she said. “I’ve been playing for seven years. I love the fast pace and how much it truly is a team sport. The six players are always playing as one in order to be successful. I’ve played club since seventh grade as well, so there’s never been a time I haven’t been playing on some sort of team. I love the program at the high school, how much of a family it is. The culture of always wanting to work hard and strive to be the best while having so much fun every year has made me love the sport. I’m going to really miss playing volleyball for Winnisquam.”

Dill said she was fortunate to have also been involved in two state championships for volleyball and cheer-

leading. One game that stands out most in her mind though occurred during her junior year on the volleyball team.

“Not only did we go undefeated and beat the rival team for a back-to-back title, but I also had my own personal achievement. I had switched to setter that year, which was my first real season playing the position, and I was able to achieve the school record for single season assists with 550,” said Dill.

She will be attending UNH next year to study political science and international relations, with plans to then attend law school to become a civil rights lawyer. Dill said if she can find the time in her class schedule, she may also try out for the university’s club volleyball team.

Winning the NHIA distinction felt very re-

warding to Dill, and she stated that it was nice to be recognized for her hard work in both the classroom and on the athletic field. She added that she is especially proud to be a part of the seven (student athletes) from her school who “really made the most of our four years!”

Missing the final softball season in her senior year due to the COVID-19 outbreak was hard but Dill remains optimistic as she looks back on her high school athletic career.

“I’m thankful to have played eleven (I wish I could say twelve!) seasons for Winnisquam. Being a Bear means being a part of a culture and a family that everyone should be proud of,” she said

## Mountainside Pit NOW OPEN

Off of Sandy Knoll Road, Tuftonboro  
Sand Fill  
For questions call Jim Bean  
603-455-5700

## Market swings making you uneasy? Let's talk.



**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
Meredith, NH 03253  
603-279-3161

**Edward Jones**  
MAKING SENSE OF INVESTING  
edwardjones.com

## Sakes Region Chimney Pro

Sweeps • Stonework  
Brick Repairs • Liners  
Caps • Installations  
Fire Place Makeovers

**603-520-7217**

**\$149**  
Chimney Sweep

**Video Chimney Inspections**

**CERTIFIED CHIMNEY SWEEP**

**BBB**  
Fully Insured


## Local students named to President's List at Plymouth State University

PLYMOUTH — A total of 1,070 students have been named to the Plymouth State University President's List for the Spring 2020 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Spring 2020 semester and must have attempted at least 12 credit hours during the semester.

Tyler Bryant of Belmont  
Jordan Camerato of Sanbornton  
Asher Clark of Belmont  
Asia Merrill of Belmont  
Sabrina Robinson of Belmont  
Krystal Groz of Northfield  
Marissa LoGrasso of Belmont  
Meagan McCarthy of Belmont  
Amanda O'Leary of Northfield  
Kerry Boyle of Sanbornton  
Terri Folsom of Belmont  
Jessica Holt of Sanbornton  
Kimberly Noseworthy of Belmont  
Grace Shaw of Belmont  
Christopher Skelley of Northfield  
Madison Langan of Tilton  
Seamus Therrien of Belmont  
Sheena Duncan of Tilton  
Monique Horne of Tilton

About Plymouth State University  
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Wonderful Things  
Come In Small Packages...



Old Man Pendant from \$35

especially if they're from  
**Alan F. Soule Jewelers**  
286-8649  
422 W. Main St.  
Tilton, NH  
(across from Winnisquam HS)

AS Gold • Sterling • Diamonds  
Colored Stones • Repairs  
Custom & Handcrafted Items  
Wedding & Family Jewelry



## WELDING SERVICES CALL FOR QUOTE

Route 3 • Meredith, NH • 03253  
**279-4444**

## Affordable living for Seniors of all Incomes! Current Openings – No Admission Fee!





**Peabody Home**  
A NON-PROFIT RESIDENTIAL COMMUNITY

**A not-for-profit private pay organization caring for seniors since 1942**

- Enjoy home cooked meals
- 24 Hour Licensed Nursing Staff
- Housekeeping services
- Music & Memory Program
- Pet Therapy
- Daily Social activities
- Peabody Bus Transport for outings, restaurants & shopping

**Assisted Living, Nursing & Memory Care  
Respite & Elder Day Care**

Call for a tour or to learn more about Peabody Home

**24 Peabody Place, Franklin, NH  
(603) 934-3718 • www.peabodyhome.org**



## United we stand, divided we fall

In the 6th century B.C., Aesop shared a fable about the Lion and The Four Oxen. The story, if you have not heard it, goes like this....

A lion used to prowl around a field where four oxen dwelled. Several times, he would try to eat them but whenever he approached the four oxen would back their tales up to each other with their bodies pointed outward in different directions. No matter what direction the lion approached, he was met by the horns of one of them and could do nothing. Finally, the oxen began quarreling amongst themselves, and so each went off to a pasture of their own in a separate corner of the field. Then the lion attacked them one by one and soon made an end to all four.

Aesop's moral to this tale has become one of the most well known sayings of our time, "United we stand, divided we fall." President Abraham Lincoln parroted the sentiment in his acceptance speech, made in the year 1858: "A house divided against itself cannot stand."

As of late, it seems the division throughout the country and even in our small communities has grown deeper. What we noticed, however, is that most well minded, kind, compassionate, intelligent people all want the same things. To be happy and successful. The arguments ensue, when people have different ideas on how to reach such a state of success in our government, and even in our own lives. When one person thinks we should reach A by doing X and Y, and another thinks we should reach A by doing Z, tempers flare. We want to remind you, that there is no reason to get heated when talking to a friend or colleague. Getting heated at a stranger is even more inappropriate. It's ok if someone disagrees with you. Remain calm.

What needs to unfold is the ability to hear each other out with a listening ear. Where one person's experience ends, another's begins. Solutions always appear in that middle area, where compromises are made.

To be steadfast in your beliefs is important, but it's even more important to exercise some flexibility, that is where growth takes place. This is where we can learn from someone who doesn't think the same way we do. It does not make a person weak, when there is a mind shift. It makes them smart.

We're seeing a lot of arguing on social media, people publicly going back and forth and the thread never ends with any real change being made. If you want to have a meaningful, productive conversation with someone online, take it to a private message, where the world isn't watching. In the public eye, we all can be defensive.

Now, there are extremists on both sides of any argument, in those cases, there's not much you can do. There are people who want to see things through one lens and one lens only. Fine, let them. You will also see ignorance and evil come flying out of the mouths of those you never thought capable, fine let them. Remember that the majority of the people in this country want to unify. It comes down to common sense. United we stand, divided we fall. That statement couldn't ring truer.

Be strong enough in character, where you are a leader, whether in your own community, at work or in your own family. Unity should always be the end goal. Therefore, if you see someone that disagrees with you, and you want to unify, have a conversation that will do just that.

Sometimes simply saying, "Hey the country is really divided right now, how can we start to unify on a small scale?" That question puts both people in a position to come up with a solution that works for everyone. Then the domino effect takes hold. Then unity happens, then change, then success.

In the words of author Ken Blanchard, "None of us is as smart, as all of us."

## LETTERS TO THE EDITOR

### A great concert for a great cause

To the Editor:

A belated, but very big and heartfelt thank you to the friends and neighbors of Tucker Shore Road in Belmont for coming out to support a good cause and share in a musical celebration to welcome in the warm weather.

On Sunday, May 23, local recording artists, 19 Miles Per Hour played an outdoor concert for friends, family and neighbors on Tucker Shore Road. The weather couldn't have been better, the music was energetic and uplifting and the folks that gathered had a wonderful time while practicing safe, social distancing. As part of their giving back philosophy, the band asked friends and neighbors to donate food or money to the New Hampshire Food

Bank. They also live streamed the concert for the purpose of raising money for "Feed America." They raised over \$500 for both organizations and donated over 100 pounds of food to the NH Food Bank! It was a wonderful event that allowed friends and neighbors to get outdoors and enjoy some fun and entertainment while maintaining social distancing.

Along with some of their awesome original songs, like "Reason I Live" and "Dance Away The Night" the band performed a great selection of classic rock songs and a special and stirring rendition of "Proud to Be An American" in honor of Memorial Day and all those who have served our country. We can't thank friends and neighbors



COURTESY

### Northfield PD welcomes new officer

Northfield Police Chief John Raffaeli was happy to welcome Officer Caleb Daniels to the Northfield Police Department last week. Daniels was sworn in to the position on Wednesday, June 3, and is now a fulltime police officer for the community.

## STRATEGIES FOR LIVING

### And America burns!

BY LARRY SCOTT

Unbelievable! Government buildings, black businesses, police stations, chain stores ... all going up in flames. And people from every walk of life have given their lives to the mayhem that has nothing to do with the death of George Floyd.

I hesitate to express my feelings, for much has already been written about this latest crisis in America. But I have chosen to add to the discussion, for I operate on the principle that evil can only prevail when those who stand for righteousness remain silent. The messengers of hate will succeed only so long as the messengers of love do nothing.

Despite what one gets from the media, our national problem is not racial inequality. It may be a convenient excuse, but racism and the death of George Floyd are not the issues. Our problem

is self-serving ambition and greed, a victim mentality that justifies evil and irresponsibility. Mob action, which burns and destroys and kills, solves nothing.

These are not the pictures of the America I love. How can a group of otherwise respectable human beings savagely beat a man and his wife, or kill a former police chief, for defending their business? How is it that scores of otherwise respectable young people can be seen running from a department store carrying all the clothing they can steal? Indeed, mob action has at times been so overwhelming and violent even the police had to hold their fire. Any action on their part would have surely gotten them killed.

Whereas America is not open to the demands of the Gospel, it is responsive to those who are prepared to burn and kill in promoting

their self-interests. This is the face of evil. Hate, anger, destruction, and death are all symptoms of a society that has lost its moral foundation.

Wake up, America. You have turned away from God; you have rejected His Word as a valid standard of truth; you have redefined marriage, the fundamental unit of society, and you have ignored the Christ Who offers purpose and meaning to life. When truth has been redefined, when morality has been made a matter of choice, when you have no objective standard of right and wrong, this is what you get.

As much as I believe the ultimate solution to unhappiness, unrest, and hatred can only be found in Jesus Christ, I am not suggesting everyone must become a Christian to solve our national problems. What I am saying is that when a nation turns its back

on the principles raised by a respect for God and His Word, selfish ambition will soon take its place. If God — whatever our concept of God — is not an influential factor in our life, then we take His place, we become our own god. What follows from that is what you see.

Jesus said, "Come unto me all of you who are weary and burdened, and I will give you rest." Accepting Jesus Christ as your Lord may not solve all the problems that come with life. It will, however, give you a foundation by which to deal with the pressures of living in the twentieth century. And it will give you peace of mind, meaning to your existence, and an unbelievable sense of security knowing that, come what may, heaven awaits.

For more thoughts like these, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

SEE **PTSD** PAGE A5



North Country Notebook

For anyone whining about the weather, the answer is “Wait a minute” or “Move”



By JOHN HARRIGAN  
COLUMNIST

My standard reply to anyone complaining about the weather has been the old New England standard--“Wait a minute,” or (always in a kidding way) “Move.”

True, many people are born into this way of life--seven months of cold (sometimes very cold) weather; Mud Season, black flies, no such thing as “privacy” and all that--and thus have no say in the matter.

Sure, maybe they can leave the territory when they’re 18, but some people so love the place and the lifestyle by then and are so impossibly intertwined that they don’t want to. They realize they’ve grown up in a beautiful place other people from far-off places will pay thousands of dollars to visit, and a place of great individual freedoms, and stay.

+++++

My experience is that this same scenario plays out in small towns everywhere, but is most pronounced and heart-rending in small towns in far-flung places with scant sunshine and harsh climates. These are places with long drives to the nearest place of higher education, in situations that require either an overnight stay or a long, tired, pitch-black drive home.

Every now and then, I bump into a member of an old family or one new to the region, and in the ensuing conversation find out that this person is holding down at least two part-time jobs (sometimes three), and driving to this or that distant place (Berlin, Littleton, Plymouth) in search of a post-high-school degree. Sure, some of the work can be done on-line; but many courses require at least some on-campus time, which can mean a late-night, two-hour creep home in the middle of a snowstorm.

The farther south you go, most naturally, the greater the number of institutions of higher learning. But for much of

Maine, New Hampshire, and Vermont it can still mean well over an hour’s drive, a factor that gains importance in declining weather and over a long period of time.

Over the years, there have been discussions and attempts on affordable overnight housing for people making long and often exhausting drives for daytime or evening courses. But in the end, even the best-intentioned efforts have been derailed by insurance problems, risk-management, lack of reliable funding, and enforcing any rules that emerge from it all.

+++++

Visitors occupying the Carolina rockers on the porch, with its 35-mile panoramic view into northern New Hampshire and Vermont, often exclaim on just that--the view. “Too bad you can’t eat it for supper,” is one of the old refrains, always uttered by the legendary old-timer (that would not be me).

It reminds me of the legendary dead cat, kept in sight atop a barrel near the door by the legendary blacksmith. “Thank you,” says the



JOHN HARRIGAN  
Not everyone chooses to live in a territory that offers seven months of cold weather. I took this shot of melting snow curling over the edge of the porch roof around the middle of May.

customer, headed for the door after some small job of mending or creation. And says the blacksmith, finger pointing, “That cat died of ‘Thank you.’”

Both stories are about hard money, meaning real money, as in “coin of the realm,” both sayings harking back to an era when paper money was distrusted and people wanted to be paid in coins they could trust.

I’m certainly no numismatist, but to my mind we haven’t had a

beautiful coin in this country since Augustus Saint-Gaudens designed the famous Liberty twenty-dollar gold piece for Theodore Roosevelt. It was and is a gorgeous coin of the realm. The fact that the coin has strong New Hampshire ties doesn’t enter into it.

But coin or no coin, I love this place and the landscape, which has so helped shape me into the stubborn, weather-worn I am. That decision came more than 40 years ago: On up the ladder of ever-larger daily

newspapers, or back to the closer and instantly accountable world of weeklies?

A pile of beautifully designed and freshly minted silver and gold pieces (my fantasy coins) could never convince me to leave. But I’d be among the first to point out that not everyone has the choice.

(Mail is welcome, with phone numbers, please, at [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Rd., Colebrook, NH 03576)

MARK ON THE MARKETS  
Productive cash



BY MARK PATTERSON

Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates “cash drag” that

adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client’s accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes.

I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client’s accounts where appropriate, and this is a tactic within a strategy that gains revenue for the account, because I’m selling pre-

mium and collecting money. The other reason that I do it is to build positions of stocks or ETF’s using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sitting there unproductive, but if used sporadically and tactically, returns

can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available.

As I’ve stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time, you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will buy near the top and sell near the bottom. Having cash in the account allows us to scale into asset classes that are un-

dervalued and scale out or rebalance those asset classes where we are over invested.

A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market it stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average.

Your portfolio should reflect goals, objectives and risk tolerance that pertains to you. It is my opinion you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/ mitigate risk

and have low fees.

Please visit my web site, MHP-Asset.com, and go to tools and then risk analysis. You are welcome to take the Riskalyze profile to measure your risk tolerance using real dollars as an example.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

PTSD

CONTINUED FROM PAGE A4

These people may also feel more negative thoughts about themselves, the world around them, the event, or even guilt that things hadn’t turned out differently. They may feel more on-edge or irritable, or react to things in a way that is surprising. Like getting furious at small infractions, or abusing drugs or alcohol. They may also feel numb to everything, and not feel happy or connected to people and things like they want to, or used to.

Thankfully, therapy has been shown to be

very effective in relieving the symptoms of PTSD, or even curing it in some cases, even years after the trauma took place. There are several different types of therapy, so people can find the kind that is a good fit for them. They can include therapy to help people relive the memory in a less traumatic way, medications to help with anxiety or depression, or processing therapy which can show them ways to stop from having unhealthy thoughts about themselves, or the world around them.

Even though PTSD is so common, people still hesitate to get treatment.

Being far from a place to get treatment, stigma associated with mental illness, and even not being sure what is wrong with them can all stop people from getting the treatment they need.

Krystin Albert, CEO of Franklin VNA & Hospice says, “We know that PTSD can affect people of all ages, and walks of life, whether they have been Veterans or not. We hope that through articles like this, patient

education for people on service with us, and collaborations with other community organizations, we can encourage people with PTSD to seek help in a way that makes sense to them. It’s another way that we believe in whole-person care, because all our patients are individuals, not numbers. That’s the beauty of our small agency- you’re never a number.”

education for people on service with us, and collaborations with other community organizations, we can encourage people with PTSD to seek help in a way that makes sense to them. It’s another way that we believe in whole-person care, because all our patients are individuals, not numbers. That’s the beauty of our small agency- you’re never a number.”

Serving all of New Hampshire for 50 years.



[www.porterpaving.com](http://www.porterpaving.com)  
Paving & Resurfacing • Driveways & Parking Lots • Line Striping  
Specializing in Residential and Commercial Paving  
Owner Installs Every Job



Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Edward Jones: Financial Focus

Nearing Retirement? What Questions Should You Ask?

The recent market volatility has affected just about everybody’s financial and investment situations – so, if you were planning to retire soon, will it still be possible?

Of course, the answer depends somewhat on your employment situation. With so many people’s jobs being affected by the coronavirus pandemic, your retirement plans may also have been thrown into confusion. But assuming your employment is still stable, what adjustments in your financial and investment strategies might you need to make for your retirement?

Here are a few areas to consider, and some questions to ask yourself:

• Retirement goals – Now is a good time to review your retirement goals and assess your progress toward achieving

them. You may want to work with a financial professional to determine if the current environment has materially affected your goals or if you need to make modest adjustments to stay on track.

• Retirement lifestyle – You probably created your investment strategy with a particular type of retirement lifestyle in mind. Perhaps you had planned to become a world traveler when your working days were over. Of course, in the near term, extensive travel may not be possible, anyway, but once we move past the pandemic, your freedom to roam will likely return. But if your investment portfolio is not where you thought it might be, can you (or do you want to) adapt your lifestyle plans? And can you accept the same flexibility with your other lifestyle goals, such as purchasing a vacation

home, pursuing hobbies, and so on?

• Tradeoffs – Based on your retirement goals and your willingness to adjust your retirement lifestyle, you’ll want to consider your options and tradeoffs. For example, would you be willing to work more years than you had originally planned in exchange for greater confidence in your ability to enjoy a comfortable retirement lifestyle? By working longer, you can continue adding to your IRA and 401(k) or similar retirement plan, and you may be able to push back the date you start receiving Social Security to receive bigger monthly benefits. You might also review your budget for opportunities to reduce spending today and potentially save more toward your retirement goals.

• Social Security – You can file for Social Security benefits as early as 62, but you

can get 25% to 30% more each year if you wait until your full retirement age, which is likely between 66 and 67. As you created your retirement plans, you likely also calculated when you would take Social Security, but you may need to review that choice. If you postpone retirement a few years, what effect will that have on when you choose to take Social Security and, consequently, the size of your benefits? You won’t want to make a hasty decision, because once you start taking Social Security, you can’t undo your choice. This is certainly a challenging time to be entering retirement, and you’ll have some questions to answer. But even in the midst of uncertainty, you still have many choices. Consider them carefully and make the decisions that work for you.

Devon Sullivan  
Financial Advisor  
164 NH RTE 25  
Suite 1A  
Meredith NH 03253  
603-279-3284  
Fax 866-644-4469  
[devon.sullivan@edwardjones.com](mailto:devon.sullivan@edwardjones.com)



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.



Jacqueline Taylor  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith NH 03253  
603-279-3161  
Fax 866-632-8685  
[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)

Member SIPC

2 BR APARTMENTS

BRETON WOODS  
GILFORD, N.H.

RENT BASED ON INCOME

USDA-RD Property

- Income Certification and Reference Checks required
- Applicants must meet USDA-RD Income Guidelines
- Non Smoking, No Pets

Equal Opportunity Provider and Employer

Call Now:

(603) 485-5098

TDD RELAY:

1-800-735-2964





Pauline R. Felker, 97

NORTHFIELD — Pauline “Polly” R. Felker, 97, formerly of Shaker Road, Northfield, died on Tuesday, May 26, 2020, at Concord Hospice House.

Polly was born on May 22, 1923 in Belmont, daughter to the late Levi O. and Celina L. (Roberts) Clairmont.

Polly attended Belmont Grade School and Belmont High School, and went on to graduate from Wilfred Beauty Academy in Boston as a licensed beautician. She worked for Cormier Hosiery in Belmont for 20 years as a knitter and worked for 34 years at Laconia Developmental Services as the Beautician until her retirement in 1986.

Polly enjoyed gardening, canning, and traveling. She loved her home and loved spending time with her children and grandchildren. Everyone called her “Nana.”

Polly’s favorite saying was, “Everything happens for a reason!”

Polly was president of the Belmont PTA, president of the Belmont Auxiliary Unit #58, Sun-



Polly Felker

shine Chairman of the Belmont Senior Citizen Group, and president of the SEA until she retired. She was a communicante of the St. Joseph Church in Belmont and she was also a member of the Rosary and Altar Society in Belmont, the Laconia Elders Friendship Club, the Retired Chapter of the SEA Life, and of the Winnepesaukee Yacht Club.

Polly is survived by two sons, Gary J. Sturgeon and his wife, Dee, of Winter Springs, Fla. and Kevin Sturgeon and Deborah Sturgeon of Belmont and Northfield; nine grandchildren, 13 great-grandchildren, and six great-great-grandchildren; one stepdaughter, Susan M. Harris; three step grandchildren; and five great grandchil-

dren.

In addition to her parents, Polly was predeceased by her husband, Kenneth L. Felker, five brothers, and four sisters.

Services will be announced at a later date.

For those who wish, the family suggests that memorial donations be made in Pauline’s name be made to Clairmont Family Scholarship Fund, c/o Ruth Mooney, 428 South Rd., Belmont, NH 03220, or to the charity of one’s choice.

The family would like to thank Canterbury Hall and all the people that helped take care of Polly, they were like another whole family to her. The family would also like to thank Concord Hospice House for doing an incredible job in her final days.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinson-beane.com](http://www.wilkinson-beane.com).

COVID-19 restrictions can’t keep Scholarship Foundation from its goal



COURTESY

LRSF Director, Karen Switzer working from her remote office (at home).

GILFORD — Lakes Region Scholarship Foundation has been working hard from home and closed office over the past two months to make sure that scholarships awards would go out this June as they have since 1956.

The Foundation received 269 applications in from students between the January 2020 and the April 1, 2020 deadline. Many of these students did not file until mid to late March, complicating their lives and that of the staff at LRSF. It was often difficult to get all of the paperwork that was required for the application; however, Paulette Loughlin, Director of the Foundation, commented that both she and Director, Karen Switzer, were greatly assisted by the local high school guidance counselors.

“They managed to get us transcripts and other information to complete applications and assist their students despite working remotely from

their homes,” Loughlin said.

Karen Switzer continued the story, adding, “Once all of our applications are processed, they are reviewed by the members of the LRSF Board of Trustees. This year, the process was done with the use of ZOOM, emails, phone calls and meetings in driveways where Board members could sit outside and at the proper social distance.”

Reportedly the greatest hurdle for the staff of the Scholarship Foundation came next: the implementation of a “Remote” Donors Day. Each year, the middle of May, Lakes Region Scholarship Foundation holds a Donors Day where more than 125 donor representatives come in to the LRSF office to select their candidates for scholarships. Also, at that time, the staff is contacting many more donors who are not able to come into the office. This year this gather-

ing was not possible due to COVID restrictions. Accordingly, the staff had to contact close to two hundred donor representatives, one by one, either by phone or email. The staff was determined to get this done by the first week of June as they always have.

Loughlin commented, “We wanted our young people to realize that the community is behind them and supports them as they look forward and plan for their future after all of the changes in their lives due to the Covid-19 restrictions.”

Despite all of these hurdles in their way, Lakes Region Scholarship Foundation has met their goal and is sending the local schools the lists and award letters for their student scholarship recipients during the first week of June and will be mailing the rest of the award letters by mid-June.

B. Jeanne (Needham) Todt, 89

NORTHFIELD — B. Jeanne (Needham) Todt, 89, a resident of Northfield, died Tuesday, June 2, 2020 at the Franklin Regional Hospital following a period of failing health.

Mrs. Todt was born on Aug. 9, 1930 in Massachusetts, the daughter of the late Robert Cushman Needham Sr. and Besie Margarite (Belden) Needham. She married Edwin “Dutch” Todt in Massachusetts on July 28, 1951. They had two children, Mary Dianne Todt of Northfield and

a son, Edwin “Tex” Todt II.

Prior to moving to New Hampshire in 1979, she worked as a Floral Designer. After moving here, they owned and operated a family business called Tilton Depot Market and Deli on Main Street in Tilton until 1986.

She leaves her daughter, Mary Dianne Todt of Northfield, with whom she lived.

Mrs. Todt was predeceased by her husband B. Jeanne (Needham) Todt, 89 band and son. She

was a private person who loved her family, her home, traveling with her daughter and living in New Hampshire.

At her request, there will be no calling hours held. A graveside service was held on Saturday, June 6, 2020 in the family lot in Park Cemetery in Tilton.

Assisting Jeanne’s daughter Mary is the William F. Smart Sr. Memorial Home in Tilton.

For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 481 calls for service and made the following arrests during the week of May 25-31.

Arrested were Erin Kirchner (for Driving After Suspension), Deidre Thomas (for Possession of Drugs), Zachary Lebreque (for Receiving Stolen Property), Melissa Sylvia (for Theft), Rian Fleury (for Disorderly Conduct and Endangering Welfare), Sarah Johnson (for Allowing an Improper Driver to operate a vehicle), James Moore (for Driving After Suspension), Justin Dion (for Disobeying an Officer and Driving After Suspension), Michelle Hammond (in connection with a warrant), Kevin Jennings (for Driving After Suspension), and Paul Mangiafico (in connection with a warrant).

**TOWN OF NORTHFIELD  
ZONING BOARD OF ADJUSTMENT**  
**Monday, June 22, 2020 at 7:00 pm**  
**AGENDA**

**ATTENTION:** Due to COVID-19 we will be hosting this meeting online via Zoom. If you do not have access to attend the meeting online, you can call into the meeting.  
Join Zoom Meeting  
<https://us02web.zoom.us/j/85679580660?pwd=WEdBMTtPZ-3kyOWRQcWZjRUZlODBvQT09>  
Meeting ID: 856 7958 0660 Password: 027207  
One tap mobile  
+13126266799,,85679580660#,,1#.027207#  
Dial +1 646 558 8656  
Meeting ID: 856 7958 0660 Password: 027207  
Find your local number: <https://us02web.zoom.us/j/85679580660?pwd=WEdBMTtPZ-3kyOWRQcWZjRUZlODBvQT09>  
All applications and plans are available for review at [www.northfieldnh.org](http://www.northfieldnh.org).

**1. Minutes** – May 18, 2020 and May 29, 2020  
**2. Virginia Livingston Rev Trust** – Application for a Variance to allow less road frontage located at 475 Payson Rd (Map R21 Lot 8C) in the Conservation Zone.  
**3. Wireless EDGE Towers II, LLC** - Continuation of Application to construct an AGL Tower located at 149 Park Street (Map U09 Lot 1F) in the C/I Zone.  
**4. Other Business**  
**5. Adjournment**

The Town of Northfield complies with the Americans with Disabilities Act regulations. Please contact the Selectmen's Office at 286-7039 if you need special assistance in order to attend this meeting.

New England Wolves JR team in need of host families

LACONIA — New England Wolves Junior team in need of housing. \$400 a month stipend paid to host families. Players need a bedroom, access to kitchen to prepare meals. Season runs from end of August to March with a break at Thanksgiving and Christmas. These kids are great kids and motivated student-athletes!

The New England Wolves are comprised of players age 16-20 pursuing their highest hockey aspirations and college opportunities, by training and developing in the Lakes Region of NH. For the second straight year in 2018-19, the Wolves program was awarded the Eastern Hockey League’s “Humanitarian of the Year” award for their dedication to community service projects in the Lakes Region.

Interested parties should reach out to Wolves Host Family Coordinator Kerry Mullmullkl426@gmail.com.



**Brake for Moose.**  
*It could save your life!*



# TD Bank donates pizza party to Spaulding Youth Center

— Spaulding Youth Center is happy to announce TD Bank in Tilton arranged for a campus pizza party for its residential students and staff members.

TD Bank in Tilton reached out to Spaulding in hopes to recognize the dedication demonstrated by its employees during the current COVID-19 crisis. The store manager ordered pizzas from a local pizzeria to be delivered to the organization as a way to lift spirits for residential students and staff members during this time of uncertainty. Like many who are working the front lines during this pandemic, our staff are leaving the safety of their homes to report to work. Our residential students are still going into our school each day for their academics and



our talented school staff are there to teach and support them. Because of the devoted staff, our children feel safe and

supported during this uncertain time.

“We are so thankful for TD Bank in Tilton

and their support during the pandemic,” said Susan C. Ryan, President & CEO of Spaulding Youth Center. “Pizza is a favor-

ite of our students and staff members, so everyone enjoyed this meal immensely. So many local businesses have demonstrated kindness and generosity throughout the uncertain time and TD Bank in Tilton is an excellent example how our community has rallied to support our organization. This pizza party was a fun way to treat our residential students and front-line staff members.”

TD Bank is dedicated to helping its local communities during this time. To learn more about the corporation’s efforts, please visit <https://www.td.com/us/en/personal-banking/COVID-19/>.

About Spaulding Youth Center  
Spaulding Youth Center is a leading provider

of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, residential, clinical, community based, foster care, and family support. Established in 1871 and known as Spaulding Youth Center since 1958, our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit [www.SpauldingYouthCenter.org](http://www.SpauldingYouthCenter.org).

## Olivia Robillard of Sanbornton named to Clarkson University’s Dean’s List

POTSDAM, N.Y. — Olivia L. Robillard of Sanbornton, a junior majoring in mechanical engineering, was named to the Dean’s List for the spring 2020 semester at Clarkson University. Dean’s List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours. As a private, national research university, Clarkson is a leader in technological education and sustainable econom-

ic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Re-

gion, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

## Local students named to Dean’s List at Plymouth State University

PLYMOUTH — A total of 443 students have been named to the Plymouth State University Dean’s List for the Spring 2020 semester. To be named to the Dean’s List, a student must achieve a grade point average between 3.5 and 3.69 during the spring semester and must have attempted at least 12 credit hours during the semester. Callie Dawson of Northfield Taylor Nute of Sanbornton Derek deSousa of Tilton Jacob Mozier of Belmont Dharmik Patel of Northfield Seamus Therrien of Belmont Lilli Keegan of Laconia Sheena Duncan of Tilton Monique Horne of Tilton

About Plymouth State University  
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

## Seth Wilkinson of Sanbornton named Presidential Scholar at Clarkson University

POTSDAM, N.Y. — Seth Wilkinson of Sanbornton, a freshman majoring in chemical engineering, was named a Presidential Scholar for the spring 2020 semester at Clarkson University. Presidential Scholars must achieve a minimum 3.80 grade-point average and carry at least 14 credit hours. As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge

and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

salmonpress.com



# FOCUS

on your career.

Join NH’s Common Man Family in the Lakes Region!

SEEKING EXCEPTIONAL BANQUET CHEFS, SOUS CHEFS & ASSISTANT MANAGERS

We offer outstanding compensation, health benefits, 401k, paid vacations, community service days, employee discounts and an *opportunity to build a career.\**

Focus today. Apply at [theCman.com](http://theCman.com) or send your resume to [cindy@theCman.com](mailto:cindy@theCman.com).



\*Pictured: Chef Tony Bomba, Executive Chef, Common Man Specialty Restaurants, Meredith, NH  
Winner NH Food Bank Steel Chef and Common Man’s Iron Chef competitions • With the Common Man family for 8 years

We are proud to be a drug and tobacco-free workforce.







**TO VIEW THESE  
AND OTHER  
PROPERTIES, VISIT:**

Alpine Lakes Real Estate: [www.alpinelakes.com](http://www.alpinelakes.com)

Bean Group: [www.beangroup.com](http://www.beangroup.com)

Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)

Century 21 Twin Rivers Realty: [www.nhreal21.com](http://www.nhreal21.com)

Coldwell Banker: [www.cbldmill.com](http://www.cbldmill.com)

Coldwell Banker Residential Brokerage  
[www.newenglandmoves.com](http://www.newenglandmoves.com)

ERA Masiello: [www.masiello.com](http://www.masiello.com)

Exit Lakeside Realty Group: [www.exitlakeside.com](http://www.exitlakeside.com)

Granite Group Realty Services:  
[www.granitegrouprealty.com](http://www.granitegrouprealty.com)

Gowen Realty: [www.gowenrealty.com](http://www.gowenrealty.com)

Kressy Real Estate: [www.kressy.com](http://www.kressy.com)

Lakes Region Realty: [www.lakesregionrealestate.com](http://www.lakesregionrealestate.com)

Lamprey & Lamprey Realtors: [www.lampreyandlamprey.com](http://www.lampreyandlamprey.com)

Maxfield Real Estate: [www.maxfieldrealestate.com](http://www.maxfieldrealestate.com)

McLane Realty: [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)

Mountain Country Realty: [www.mountaincountryrealestate.com](http://www.mountaincountryrealestate.com)

Nash Realty: [www.nashrealty.com](http://www.nashrealty.com)

New Hampshire Colonials Real Estate: [www.squamlake.com](http://www.squamlake.com)

Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)

Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)

Peabody and Smith: [www.peabodysmith.com](http://www.peabodysmith.com)

Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)

Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)

Remax Bayside: [www.baysidenh.net](http://www.baysidenh.net)

Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)

Strawberry Lane Real Estate: [www.strawberrylane.com](http://www.strawberrylane.com)

Town & Forest Realty: [www.townandforest.com](http://www.townandforest.com)



# REAL ESTATE



**Equal Housing Opportunity**

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777. For The Washington DC area, please call HUD at 202-726-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301. Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



**PLYMOUTH TERRACE**

**ONE BEDROOM UNITS**  
Lovely Apartment Community For Tenants 62 and Over, or Handicapped/Disabled Regardless of Age

SUBSIDIZED RENT BASED ON INCOME. INCOME RESTRICTIONS APPLY.


**HANAWAY MANAGEMENT COMPANY**  
An Equal Housing Opportunity Agent  
536-4402 • Contact us Today!

**55 Plus MODEL HOME  
OPEN SUNDAY 12 to 2**



**\$169,995 Come and take a look!**  
**Garage, Porch, Appliances**  
**\*10% down - 25 years at 6%**

**Call Kevin - 603-387-7483**  
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH  
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'




## YOUR LAKES REGION PROPERTY HAS BEVER BEEN MORE VALUABLE!

Our home and lifestyle is becoming an example of how so many people want to live their lives.

**WE ARE HERE FOR YOU!**

If you're thinking about selling, buying, or just interested in knowing the value of your property, contact us today!



**RE/MAX Bayside**

208 Daniel Webster Hwy Meredith, NH 03253 (603) 279-0079  
604 Main Street Laconia, NH 03246 (603) 527-8200  
[www.baysidenh.net](http://www.baysidenh.net)

**BELMONT, NH  
2 BR TOWN HOUSE APARTMENTS  
VOUCHERS ONLY**

- On-site laundry, parking
- 24-hr maintenance
- Close to center of town

Must meet income limit guidelines

Rent starting at \$935 + utilities

Security deposit required.

Download application at

<http://www.sterling-management.net/application.pdf>  
or contact mgmt. at (603)267-6787

**ROCHE REALTY GROUP**

**MEREDITH OFFICE**  
97 Daniel Webster Hwy  
(603) 279-7046

**LACONIA OFFICE**  
1921 Parade Road  
(603) 528-0088

**VISIT US ONLINE: WWW.ROCHEREALTY.COM**

**\$2,295,000 MLS# 4808991**  
*Showings start 6/7 by appointment*  
**LACONIA:** Gorgeous 4BR/4BA Winnepesaukee home with boat-house, boat & watercraft dock.

**\$375,000**  
**MLS# 4808940**  
**MEREDITH:** Custom home w/ panoramic views, abuts forest & deeded access to Pickerel Pond.

**\$319,900**  
**MLS# 4808357**  
**LACONIA:** Beautifully kept, 3BR/3BA Gables unit w/ private pool, tennis courts, playground.

**\$225,000**  
**MLS# 4809023**  
**WEIRS BEACH:** Built in 2006, adorable cape walking distance to all the Weirs Beach attractions.

**HIGHLAND RIDGE IS OPEN!**

Visit [www.rocherealty.com](http://www.rocherealty.com) or [www.highlandridgenh.com](http://www.highlandridgenh.com) for more information on these new homes being constructed in Tilton, NH. Prices start at \$299,900 | **A Note from the Developer:** In these strange times it is vitally important to provide a safe and secure setting to show property. The nature of home construction is allowing for work to continue as close to normally as possible. We have broken ground on several new foundations and are prepared to meet our 120-day construction timeline. We are fortunate at Highland Ridge to have two unoccupied and easy to show model homes as well as virtual tours where you can view the home from any device. **MLS# 4775688**

**Camelot HomeCenter**  
ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS  
**WE ARE ESSENTIAL & OPEN!**  
Drive up to any home, talk to a salesman by phone!  
603-286-4624

Get Best Deals on our Double Wides!  
**\$59,995**

**GREAT DEAL! 3 BEDS WIDE**  
**\$89,995**

**Visit us at WWW.CM-H.COM**

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?  
Rt. 2, Tilton NH, exit 20 on Rt. 133 across from Lakes Region Factory Mall • WWW.CM-H.COM

SINCE 1954

**Maxfield**

REAL ESTATE



**Island**

REAL ESTATE

THOUSANDS OF PROPERTIES, ONE ADDRESS...

**MaxfieldRealEstate.com**



Call us today – let us be your hometown hero for buying or selling a property in the Lakes Region.

**WOLFEBORO: (603) 569-3128 | ALTON: (603) 875-3128 | CENTER HARBOR: (603) 253-9360**



# HELP WANTED

**EXPERIENCED LOWBED TRUCK  
DRIVER MOVING HEAVY  
EQUIPMENT.**

**603-536-2838 OR 603-481-1674**



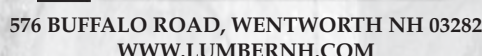
## FIND A CAREER IN THE CLASSIFIEDS!

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

Roxanne H. Ball, Adm. Assistant to the Superintendent of Schools/Human Resources  
White Mountains Regional School District  
SAU #36  
14 King Square Whitefield, New Hampshire 03598  
TEL.: 603-837-9363/FAX: 603-837-2326  
Email: rhball@sau36.org

Competitive Wages	Paid Vacation	Paid Holidays	Paid Time Off
Health Insurance	Profit Sharing	Store Discounts	Much More!

The New Owner of the UPS Store in Plymouth is looking for part time sales associates. Fast paced environment. Must be able to lift up to 50 lbs. Computer skills a plus. Please apply in person or by email. 75 Main St. Plymouth.  
store3582@theupsstore.com



**53 East Side Road • Wentworth, NH • [www.kingforest.com](http://www.kingforest.com)**



NEW  
HAMPTON  
SCHOOL

[www.newhampton.org/about-us/careers](http://www.newhampton.org/about-us/careers)



# HELP WANTED



**TRANSFER STATION ATTENDANT  
TOWN OF MOULTONBOROUGH**

Immediate opening, part time position assisting patrons in proper disposal of materials; operating a forklift and other equipment. Preferred candidate will have mechanical abilities, knowledge of equipment (forklift, front end loader), ability to understand waste management regulations and experience dealing with customers. Required: Valid driver's license, high school diploma or GED, current DES Level 1 Certification (or ability to obtain same w/in 6 months of hiring). Submit application letter, resume and standard Town application, available at [www.moultonboroughnh.gov](http://www.moultonboroughnh.gov) (Employment Opportunities), or Town Hall to Walter Johnson, Town Administrator, 6 Holland Street, PO Box 139, Moultonborough, NH 03254.

Position open until filled. DOQ/DOE, EEO Employer

**Newfound Area School District  
COACHING POSITIONS**

Newfound Area School District is looking to fill the following coaching positions for 2020-2021:

**Newfound Regional High School**

- Varsity Baseball Coach

**Newfound Memorial Middle School**

- Head Football Coach
- Assistant Football Coach
- Volleyball Coach
- Field Hockey Coach
- Girls Soccer Coach

If interested, please send a letter of intent, resume, and names and phone numbers of 3 references to:

**Stacy Buckley- Superintendent  
Newfound Area School District  
20 North Main St.  
Bristol, NH 03222**

Questions should be directed to Alex Sobolov, Athletic Director at [asobolov@sau4.org](mailto:asobolov@sau4.org) or 744-6006 x1507.

**VARNEY-SMITH  
Lumber Company, Inc.**

**INSIDE SALES PERSON NEEDED**

Duties to include:

- Retail sales of lumber & building materials, windows, doors, cabinets as well as customer service.
- Must be conscientious, self-motivated, good with people, a team player
- Must have knowledge of the building industry
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:

- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at  
2701 Route 302, Lisbon, NH 03585  
No phone calls please.



# CLASSIFIEDS

For Advertising Call (603) 444-3927

**Personal Care  
Attendant**



GSIL is seeking compassionate, dependable individuals to assist consumers in their homes with personal care, light housekeeping, grocery shopping, errands, etc. We offer flexible scheduling with opportunities to work full time, part time, or just a few hours a week if you're just looking for a little extra income. Experience with personal care is helpful, however, training is provided.

Please contact Ashley at 603-568-4930 for more information.

\* A background check is required.

GSIL is an EOE

**LANDSCAPING  
HELP WANTED**

**Carroll County  
Landscape**

Apply now! Openings for year-round and seasonal positions. Successful design, installation, maintenance and gardening landscape company with over 35 years in the beautiful lakes region has opportunities for motivated men and women who love plants and the gratification that results from creating and maintaining beautiful landscapes.

Join our team of dedicated individuals. \$15-\$22 per hour and benefits. For more information email resume to [cclinc@metrocast.net](mailto:cclinc@metrocast.net) or contact our office at 569-2013

[carrollcountylandscape.com](http://carrollcountylandscape.com)

**HELP WANTED**

**BLACK DIAMOND  
BARGE CO.**

is seeking a full time employee. Experience driving a barge and knowledge of Lake Winnepesaukee a plus. Must be able to run heavy equipment. Must be able to obtain a NH Boaters license and a medical card. Excellent pay for the right person.

Please call Jim at 603-455-5700 or email [blackdiamond-barge@roadrunner.com](mailto:blackdiamond-barge@roadrunner.com) to set up an interview

**HELP WANTED**

**MOUNTAINSIDE  
LANDSCAPE INC.**

is seeking a full time employee. Must have a CDL and be able to obtain a medical card. Experience running heavy equipment a plus. Excellent pay for the right person.

Please call Jim at 603-455-5700 or email [mtnsidelandscap@roadrunner.com](mailto:mtnsidelandscap@roadrunner.com) to set up an interview.

**HELP WANTED**

**Professional  
painters  
needed**

**Drivers License  
and references  
a must**

**Please call  
603-387-9760**

**advertising  
here**

**FOR ADVERTISING  
INFORMATION  
CALL 603-279-4516**

**SPREAD  
THE WORD!**

*Buy the Jumbo Ad and reach readers in ELEVEN NH Weekly Papers. From the Lakes Region to the Canadian Border.*

**Call 1-877-766-6891  
salmonpress.com**



**SalmonPress.com**

**If it's important to you,**

**It's  
important  
to us.**





# Lakes Region Community College re-opens in phased process

LACONIA — Lakes Region Community College has announced plans to reopen its campus in a phased approach over the summer. According to Dr. Larissa Baia, President of the college, as of Monday, June 1, a select, small number of students returned to campus to complete specific lab classes that were interrupted with the emergency closure due to the COVID-19 crisis. These

## FITNESS

*CONTINUED FROM PAGE A1*  
begin her own business, which she named Fierce Spirit Fitness.  
“I feel like I’m in my element still, dealing at times with people I might or might not have dealt with in my other job, but either way, I’m working with people who want to make a positive change in their lives,” said Adams.  
As a new business owner, Adams was initially distraught by the pandemic shut down, but she knew she could find a way to still serve her clients and meet public health safety requirements.  
“This actually opened me up to new ideas,” said Adams.  
She began by holding online Zoom classes for Fierce Spirit Fitness members, which eventually brought even more people onboard for her training sessions; some joining her from as far away as Pennsylvania.  
And while that helped continue her goal to bring fitness to her cli-

selected classes include automotive, electrical and emergency medical technology (EMT) programs.  
“We are excited to see students and faculty back on our campus,” said Dr. Baia. “We know there were students who were unable to finish their Spring term classes through no fault of their own. We have a commitment to those individuals, families and to the economic sectors they will be joining in the future.”  
entele, it wasn’t enough for someone like Adams, who is dedicated to improving people’s lifestyles. She soon found a way to bring fitness classes to Odell Park in Franklin, where people could get a full but safe workout.  
“Outside in the park, we can be socially distanced yet still see each other and encourage each other, which is a good thing,” Adams said.  
She also video tapes each of her workout sessions so that those who cannot be present during class time can join her at their convenience.  
Besides fitness groups, Adams offers monthly Strong Life groups, comprised of lessons on nutrition and methods in which to address strength in the mind, body, spirit and soul. Additionally, she holds Individual and Couple Coaching sessions. In those sessions, Adams helps people lay out health, wellness and life plans for the future.  
“Through the coaching sessions I help peo-

Baia stressed a strong focus on safety, adding “Since we closed our campus to the public and moved to remote operations, we have been working diligently on plans to bring back students and our employees safely. Plans involved ensuring we have personal protective equipment for everyone to wear while on campus, enacting new policies and practices for sanitation, social distancing, redirecting traffic flows outside and inside of our buildings, and training staff, faculty, and students.”  
Baia also went on to say that months of planning resulted in a phased re-opening plan that was approved by the New Hampshire Department of Health and Human Services. It was that approval that enabled the college to reopen this week for Spring course completion. The Phase I reopening will allow the college to evaluate and refine practices with a small number of students and faculty on campus, something that will prove invaluable as plans continue for opening the campus for the Fall 2020 term.  
While some students and faculty have been allowed to return to campus to complete their Spring semester courses, the college is still operating remotely and the campus remains closed to the public.  
“We are still fine-tuning each phase, and will announce the next step

as soon as we are able to,” said Baia.  
The College’s goal is to return to in-person learning in the fall, but it acknowledges that some level of remote instruction is likely. As Lakes Region Community College makes final decisions about the Fall semester, it will continue to be guided by the recommendations of the CDC and local and state public health partners while prioritizing the health and safety of its students and employees. Whether classes are offered face-to-face, remotely, or online, Baia also emphasized that Lakes Region Community College is still taking applications for the Fall 2020 term, and that generous scholarships have been made to new students to help them during this difficult time.  
Lakes Region Community College offers many associate degree and certificate pro-

grams, including Business, Accounting, Culinary Arts, Hotel and Restaurant Operations, Electrical, Automotive, Nursing, Graphic Design, Advanced Manufacturing, and Fire Science, just to name a few. In addition, LRCC provides a strong background in Liberal Arts for students who choose to do their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available.  
Lakes Region Community College is a fully accredited, comprehensive community college located in the Lakes Region of New Hampshire and serves over 1,200 students annually. LRCC is part of the Community College System of New Hampshire. For more information, contact LRCC at 366-5210.

holds a Bachelor of Arts in English, Master of Science in Adult Education, and a Master of Science in Ministry. He is a certified secondary English teacher with an endorsement in German. He is also a Certified Dementia Practitioner with the National Council of Certified Dementia Practitioners and a life member of the Military Officers Association.  
DeHart resides in Concord with his wife, Leann, who is also a veteran. They have one grown son.

## DEHART

*CONTINUED FROM PAGE A1*  
tual care and brings with him years of Chaplain experience. He serves his fellow veterans by focusing on their individual religious needs and holding formal services for residents.  
DeHart served a four-year enlistment as a German Linguist in the Army and eleven years as an intelligence officer and instructor in the Air Force. He has been a church pastor; a high school teacher; and a hospice chaplain. He

holds a Bachelor of Arts in English, Master of Science in Adult Education, and a Master of Science in Ministry. He is a certified secondary English teacher with an endorsement in German. He is also a Certified Dementia Practitioner with the National Council of Certified Dementia Practitioners and a life member of the Military Officers Association.  
DeHart resides in Concord with his wife, Leann, who is also a veteran. They have one grown son.

fellow New Hampshire citizens. NHVH was established in Tilton in 1890 as the Soldier’s Home for Civil War Veterans and is a recipient of the Quality of Life Award from the NH Department of Health & Human Services. The mission of NHVH is to provide high quality, professional long-term care services to the Granite State’s elderly and disabled veterans with dignity, honor and respect. NHVH is the only long-term care facility in the Granite State that is dedicated exclusively to veterans. For more information, call 527-4400 or visit [www.nh.gov/veterans](http://www.nh.gov/veterans), [www.facebook.com/nhveteranshome](http://www.facebook.com/nhveteranshome).

## PARK

*CONTINUED FROM PAGE A1*  
the best locations to capture the influx of tourist dollars. Restaurants, lodging facilities and equipment vendors will be attracted to a new and exciting market.  
Franklin already enjoys a vibrant industrial economic base, but future growth will come from outdoor recreation, to include 155 miles of mountain bike trails, lakes and local skiing. The lifestyle offered in

Franklin and the region will attract young families and millennials who will put down roots, start new businesses and invest in their own future.  
The success that has been achieved to date is the result of many years of hard work, persistence, strong community support and teamwork involving both the public and private sector. From the Mayor and City Council to the City Hall administration, community leaders

are committed and dedicated to make Mill City Park a keystone attraction for Franklin, the region and the state.  
Funding for this challenging project has been led by local businesses and industry, with the largest contribution of \$250,000 being made by Franklin Savings Bank, the local super bank when it comes to community investment. The other major sources of funding for this project come from a mix of both

federal and state agencies, without whose support the project would not be financially feasible.  
The next major step for the city and Mill City Park will be to begin actual construction on both the land portion and the in-river features. The COVID pandemic has postponed the immediate construction plans, but all parties involved are anxious to begin work as soon as possible.

## PARADE

*CONTINUED FROM PAGE A1*  
ing Jeffrey the Giraffe in person.  
Second grade teacher Lindsay Tiddes said her giant stuffed giraffe pal happened to show up in the background of her remote learning sessions with the class and Jeffrey soon became their beloved pal.  
“He’s been in all our online meetings and was accidentally in the back of several of our Google

Hangouts, so I felt I needed to bring him here to see the kids today,” said Tiddes.  
And they were all thrilled that she did.  
Teachers weren’t the only ones with signs and decorations on their vehicles though. Many of the students arrived at the “Reverse Parade” last week holding signs of love and gratitude for the teachers and staff, too.  
Pope said the unprecedented last few months

of the 2019-2020 school year was not something anyone could ever have expected but both SCS and the Winnisquam Regional School District all pulled together to make it a success.  
“We had a lot of challenges before us in the beginning of March but we went above and beyond to make it the best we could for the students and teachers alike,” Pope said. “This all went overwhelming well. Our teachers were

amazing, but the parents were phenomenal, too. We couldn’t have had the success we did without them.”  
A “Reverse Parade” outside the school building where teachers, students and parents could all see each other one more time, she added, just seemed like a great way to celebrate them all and end the school year on a high note.

**Good news on the horizon?**  
**Place an announcement**  
**in your local paper!**



*How to*  
*Submit*  
*Obituaries &*  
*Announcements*  
*To Salmon Press*  
*Publications*

**Obituaries and Announcements** of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.  
**Obituaries** can be sent to: [obituaries@salmonpress.com](mailto:obituaries@salmonpress.com)  
**Wedding, engagement, and anniversary announcements** are welcome at: [weddings@salmonpress.com](mailto:weddings@salmonpress.com)  
*Photos are also welcome, but must be submitted in jpeg format.*  
*Please contact Executive Editor*  
*Brendan Berube at (603) 279-4516, ext. 101*  
*with any questions regarding the submission process.*

**JUMBO**  
**will take your message to over 200,000**  
**readers in ELEVEN weekly newspapers!**



# Comfort Keepers

## Starting the conversation



### Prepare for power outages with a Generac home standby generator

**SCHEDULE YOUR FREE IN-HOME ASSESSMENT TODAY!**  
**844-937-0186**

**FREE**  
7-Year Extended Warranty\*  
A \$695 Value!

Offer valid March 16, 2020 - June 30, 2020

**Special Financing Available**  
Subject to Credit Approval

\*Terms & Conditions Apply



BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

For many families, starting a discussion with a senior loved one about care needs can be difficult. But, according to the Home Care Association of America (HCAOA), nearly 70 percent of Americans that reach age 65 will need care at some point in their life. And, 9 out of 10 seniors want to remain in their home as they age.

It is comforting to know that talking to the older adult in one's life about their care needs doesn't have to be a negative experience. Family and friends should remember to share the ways that in-home care can help seniors live the life they want, maintain their physical and emotional wellbeing, and bring more hope, purpose and joy to their days.

Timing is everything. Deciding when to start the conversation about care needs is important. It is never too early to discuss what care might be needed and the desires of the person that will be receiving care. And, when it is time for care to start, everyone will be on the same page about the plan.

Ideally, there will be multiple discussions on the topic of care. Making plans before there is an emergency or sudden problem in the senior's home helps alleviate stress for everyone. Families and friends should talk to the senior in their life early and often.

Gather information. Remember that everyone will have the best experience possible if this is a true conversation with the care recipient, not about them. Those involved should have the opportunity to speak their mind and talk about the future. There are many options for in-home care, from the type of care services to the number of hours a week. It is a good idea for participants to do research online or by calling a care provider to get questions answered before the family meets to talk about options.

Support is imperative. Ultimately, everyone wants to ensure that the care recipient is supported, cared for, and safe in their home. It can reduce stress if those speaking to their senior loved one understand that there may be resistant to the idea of having a caregiver provide assistance, and the care recipient may feel that they are losing independence. While family and friends should be honest about their observations and feelings, the senior that will be receiving care should also have a voice. This not only helps everyone feel comfortable with the plan moving forward, but opens up the conversation about all the ways home care can improve quality of life – physically, mentally and emotionally.

Think beyond the basics. Care doesn't have to only be about basic physical care needs. At Comfort Keepers, we believe that in home care improves lives and helps seniors do the things they most love. We develop custom care plans that include physical safety and wellbeing, emotional health, and socialization. Our goal is to help our clients have the best quality of life while maintaining their independence at home. This can include tasks like transportation to appointments, meal preparation, light housekeeping and personal care, but all of our custom care plans also include wellbeing tasks like: Assisting with out-

ings, social events, shopping trips, and other activities of interest to maintain engagement. Activities that bring joy, provide mental stimulation and encourage physical and emotional wellbeing. Education for families. Respite care for family and loved ones. Referrals to medical professionals, support groups and resources. Change in condition monitoring. Fall risk assessment and assistance with fall prevention. Facilitating connection with loved ones through phone calls, video chats and other technology.

Comfort Keepers® can help. 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. Comfort 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 [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

ROLL-OFF CONTAINERS • STORM DAMAGE • ROOFING MATERIALS • RENOVATIONS • CLUTTER REMOVAL • YARD CLEANUPS • NEW CONSTRUCTION • HOME CLEANOUTS • STORM DAMAGE

### GREAT SERVICE AT YOUR CONVENIENCE NOT OURS!

Great Service at "YOUR" Convenience, Not Ours!

## THE DUMPSTER DEPOT®

Waste Recycling Services

Large business services

Home cleanup

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Got a trashy question? CALL US TODAY  
TOLL FREE 1-866-56-DEPOT LOCAL 603-783-8050  
[WWW.DUMPSTERDEPOT.COM](http://WWW.DUMPSTERDEPOT.COM)

Like us on Facebook

Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on Roofing, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at time of order. Expires 6/30/20

INDUSTRIAL • SMALL DUMPSTERS • FRONT LOADER DUMPSTERS • REAR LOAD DUMPSTERS • BUSINESS SERVICES • ROLL-OFF OPEN TOP CONTAINERS • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS



Although our community is closed for tours, you can call Chris for more information 603-707-8773



Whether you hike, bike, paint, knit, enjoy a good book or love to travel—**Life Beckons.**

Yet, it's not easy to find time for your passions when saddled with the maintenance of a big home.

**That's why there is Wesley Woods.**

- Near Lake Winnepesaukee
- Maintenance-free home includes landscaping and snow removal
- Close to the area's best shopping, dining, outdoor experiences
- Wonderful neighbors, age 62 and over
- An attentive, on-site, staff

To learn more about Wesley Woods contact Chris at **603-707-8773**.

A DEACONESS Abundant Life COMMUNITY

18 WESLEY WAY • GILFORD, NH 03249 • [WESLEYWOODSNH.ORG](http://WESLEYWOODSNH.ORG)

facebook.com/wesleywoodsnh

# YOU ARE NOT ALONE

The National Domestic Violence Hotline has answered over 3 million calls from victims of relationship abuse, their friends and family.

The National Domestic Violence **HOTLINE**  
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

The National Domestic Violence Hotline offers phone and chat services for anyone affected by domestic violence. Support is available 24/7/365 by calling **1.800.799.SAFE (7233)** or online at [thehotline.org](http://thehotline.org).

The production of this material was supported by Grant #93000001-01-00 from HUD Administration for Children and Families/Family Health Services Bureau. Its contents are solely the responsibility of the National Domestic Violence Hotline and do not necessarily represent the official views of HUD/HEHS.