

Gilford Steamer

THURSDAY, APRIL 16, 2020

GILFORD, N.H.

April vacation canceled in favor of early end to year

BY ERIN PLUMMER

mnews@salmonpress.news

April vacation is canceled, but the year will end sooner in the Gilford School District — one of a number of decisions the district has been making to best address the needs of long term remote learning.

On Tuesday, Superintendent Kirk Beitler announced on the district website that the Gilford School Board voted to cancel April vacation during a remote meeting on April 6. Parents and staff had filled out a survey on April vacation and distance learning and the board reviewed the results. Beitler wrote the surveys indicated that remote learning was on such a momentum the best decision was to cancel April vacation and continue. Because of this scheduling change the last day of school for all students will now be

on June 11, a week earlier than usual.

Throughout the process of implementing remote learning the district has been regularly reviewing the program and what is best for all involved. In an update on April 4, Beitler wrote that the district has been looking at the best options for students, families, and educators to keep remote learning a success. He started by thanking everyone in this process for their efforts.

“Throughout these challenging times administration and teachers have had a great deal of communication with parents and we recognize the level of commitment families are making to ensure remote learning is successful,” Beitler wrote. “We recognize that the work that you have done is substantial and you have all

done a tremendous job in supporting our students (your children) in the learning process.”

With school closed until at least May 4, Beitler wrote they looked at options for longterm remote learning including managing screen time and the amount of commitment expected from students.

Students will be given different guidelines for time commitment on each core content area based on their grade levels. For K-2 that’s 10-20 minutes of commitment per core content area, 20-30 minutes per core content area for grades 3-4, and 30 minutes per core content area with a maximum of three hours a day for grades 5-12

Every Wednesday will be considered a “Flex Day” where no new assignments will be posted.

SEE **SCHOOLS** PAGE A7

Town closing some rec facilities

BY ERIN PLUMMER

mnews@salmonpress.news

Gilford will be closing off a number of recreation facilities to help stop the spread of COVID-19, but will be keeping Village Field open for walking and distanced recreational use.

The selectmen made the decision in a vote of 2-1 during last Wednesday’s meeting after hearing recommendations by the Recreation Commission and fire chief Steve Carrier.

Parks and Recreation director Herb Greene

said the Recreation Commission had recommended to close down recreation facilities for safety reasons in the wake of the COVID-19 crisis with the highest concerns being the playground at Village Field. The National Recreation Park Association had recommended that these facilities be closed due to the potential spread of COVID-19 on touched surfaces that would be hard to regularly disinfect as well as the potential for people to gather in one place at closer distances like ball courts.

During its March 30 meeting the Recreation Commission recommended closing Village Field, the basketball and tennis courts, and the playground at the town beach.

Selectman Gus Benavides said he understood the reasons and that this was a difficult decision, though he said he struggled with this. He said while the town wants to do what it can to stop the spread of the virus, a lot of people have been secluded at home for a long

SEE **CLOSING** PAGE A7

COURTESY

Latest Lion

The Laconia-Gilford Lions Club welcomes their latest member, Carol Dow. “Carol is a medical laboratory technician who also volunteers in various roles at her church, including as a religious education instructor,” explained Club President Matt Soza. “Even before officially joining, she has assisted us in various club service projects. She is a real asset.” (From left: Matt Soza, Carol Dow, Lori Chandler)

Parks and Rec plans for summer programs amid coronavirus concerns

BY ERIN PLUMMER

mnews@salmonpress.news

Parks and Recreation programs are canceled due to the coronavirus, though the town is still planning for summer activities while looking out for potential snags.

Parks and Recreation director Herb Greene gave the selectmen an update on his department during Wednesday’s meeting. Greene said his department has been significantly impacted by the coronavirus and all programming halted.

The first impact was the scheduled bus trip to the TD Garden for the Celtics game, which was suspended with the rest of the NBA season. The following week all programming stopped through the end of March. The department was running a remote

Easter art contest with families able to email or drop off entries.

So far, Greene said they are still planning for summer activities.

“If the virus conditions persist, we’ll certainly evaluate that moving forward on an as needed basis, but we figure it’s better to have our plans in place,” Greene said.

Greene said there is concern about how the pandemic will impact summer staffing at the town beach. While the beach may be opened with social distancing, Red Cross lifeguard certification classes won’t be able to take place. The Red Cross will be extending current certifications by 90 days, which will be good for returning staff though there won’t be any new certifications until the crisis

is over. Greene said they are looking at the possibility that the beach could be fully staffed or they could be working short staffed.

Selectman Gus Benavides asked when the beach might be able to open, saying the town usually plans to have the gate open by Memorial Day. Greene said they usually do open the gate by then, though they could open while short staffed and have signs advising people of that.

One lifeguard stand will be replaced, though Greene said the department was working with the building trades program at Gilford High School to replace the other two. With school out, one lifeguard stand that’s in bad shape will be replaced and they will

SEE **SUMMER** PAGE A7

Car parade spreads happiness to students stuck at home

BY ERIN PLUMMER

mnews@salmonpress.news

With schools empty and students and educators in the middle of remote learning, educators and staff from the Gilford School District held a car parade through Gilford and Gilmanton to share some love with their students.

On Friday afternoon, around 100 cars looped around Gilford and Gilmanton driven by teachers, staff, and administrators with the Gilford School District as a way to tell the kids working from home that they miss them.

Educators arranged a parade and a route for people to travel.

“It’s official! The Gilford staff are missing our students and want to drive by, honk some horns, and say hello,” wrote Gilford High School Principal Anthony Sperazzo in the an-

nouncement.

Participants were told to obey all traffic laws during the parade. Sperazzo also sent an email to the Gilford and Gilmanton police and fire chiefs asking if they could provide some vehicles to join in the parade.

Paraders gathered at the Gilford Middle School parking lot at 1:30 p.m. The parade started at 1:45 p.m. down Belknap Mountain Road and then traveling through several neighborhoods in the town for around an hour, including looping through the Walmart parking lot, before ending at GHS. Once the Gilford route ended, the parade then went onto many Gilmanton neighborhoods before turning back into Gilford and ending at GHS.

More than 100 cars came out to

SEE **PARADE** PAGE A10

PHOTOS BY ERIN PLUMMER

Gilford School District educators and administrators held a car parade through Gilford and Gilmanton to tell the students how much they missed them.

ALMANAC

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Face to face. Talking with someone you can see is so much more a complete exchange than just messaging or phone calling. We say so much with our body language and expression. These integral elements of communication are especially important when talking with a distant friend or loved one. In the time of quarantine,

we can use the wonderful tools available to us to meet face to face from our own homes.

Zoom, Hangouts, Duo, Whatsapp, Facetime, Jitsi, Skype, Discord, and many other tools enable us to speak to one another with video and voice. It can seem overwhelming with the number of options, but most function in similar ways. For each, you need a microphone and camera. Most smartphones

and laptops will have both and they'll work automatically. Most of the services require free accounts, though Zoom only requires an account for the host, and Jitsi requires none. Each has their own limitations, such as Facetime only working on Apple products, but it works great when video calling iPhone to iPhone (or iPad).

The Library can help recommend a video call service and help

set it up. Got a group of friends and want to do a quick group video chat? Setup a meeting on Jitsi and text or email the link to each friend. Want to do one on one video call with the grandkids? Facetime, Duo, Skype, and Whatsapp all take a couple minutes to setup for both users, and are a breeze to use for future calls.

We are happy to help keep you connected with the people you care about. Call the library M-F 9 a.m.-5 p.m. and email library@gilfordlibrary.org anytime for help. Check Out An Expert has gone remote: so call with any tech questions on Wednesday morning from 10 a.m.-noon. You can even try out zoom and video chat with neighbors at our Friday morning Coffee Corner!

Virtual Events
April 16-23

Thursday, April 16
Book Discussion, 12:30-1:30 p.m.
Library book discussion of "Washington Black" led by Molly Harper on Zoom. Contact the Library for details.
Teen Discord Game Club, 2:30-3:30 p.m.

Friday, April 17
Miss Jill's Storytime, 10:30 a.m.
Storytime posted to Facebook.
Coffee Corner Chat on Zoom, 10:30 a.m.
Teen Discord Game Club, 2:30-3:30 p.m.

Monday, April 20
Geri Fit: New Classes Weekly. Call the library for login information.
National Library

Week!

Miss Maria's Storytime, 11 a.m.
Storytime on Facebook Live.
Teen Discord Game Club, 2:30-3:30 p.m.

Tuesday, April 21
Miss Maria's Storytime, 11 a.m.
Storytime on Facebook Live.
Teen Discord Game Club, 2:30-3:30 p.m.

Wednesday, April 22
Teen Discord Game Club, 2:30-3:30 p.m.
Craft Corner, 3 p.m.

Thursday, April 23
Virtual Library Tour, 11 a.m.
Take a live tour of the library to see what's happening during quarantine!
Teen Discord Game Club, 2:30-3:30 p.m.

GILFORD POLICE LOG

Gilford police log

The Gilford Police Department reported the following arrests during the week of April 6-12.

Travis Michael Magoon, age 36, of Gilford was arrested on April 11 in connection with a bench warrant.

Connor S. Harris, age 27, of Newton, Mass. was arrested on April 12 for Driving While Intoxicated.

Comfort Keepers

Maintaining wellbeing during senior isolation

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

As we all prepare to keep our homes and families safe during this COVID-19 outbreak, it's important to consider the needs of the seniors in our lives and in our communities.

State and local health agencies are taking steps to ensure that seniors are physically protected from the virus, including directives for those 65 and older to stay home including shelter in place orders and quarantines directed at seniors. Many families are searching for guidance and solutions to ensure their loved ones are best taken care of.

This isolation can take a toll a senior's men-

tal and physical health, and it's important to remember that there are things we can all do to foster connection, hope, purpose, and support for seniors during this difficult time.

Families, caregivers and health professionals should work with seniors to develop a plan that allows them to take part in activities they love, follow the self-isolation recommendations of health agencies, and maintain positive mental health.

This can include:

- Ensuring basic needs are being met. Caregivers, loved ones, and volunteers considered low risk (those under 65 without preexisting medical conditions) can help seniors by run-

ning errands, grocery shopping, picking up prescriptions, helping with online orders of delivery of food and supplies, and taking care of other tasks outside of the home. With self-isolation guidelines in place, seniors should remember that there are people willing to help them stay safe.

- Connecting with others whenever possible. Spending time with loved ones doesn't have to happen in-person to be meaningful. Video calls, Facetime, texts and emails can help seniors stay in touch with loved ones when they can't be together. Get the whole family in on connecting with loved ones.
- Enjoying the things they love. Life doesn't stop when staying at

home, talk to your senior about what they enjoy – uncovering old favorites can lead to new memories like an at home spelling bee, a spirited game of cards, or a renewed love of art. For any activity and hobby, there's a virtual version available. For those that love art, museums are offering online tours for those that can't visit. There are a host of music options available on streaming services and singing and dancing is just as fun in the living room! And, podcasts on any topic can be streamed on a phone, website or through a virtual assistant.

- Get some exercise. It's important for seniors to continue movement and motion through exercise, even during a period of isolation. Ensuring a senior's range of motion is still intact through daily stretching or yoga is a great way to keep moving. Keep moving by getting steps in when you can or turn up the tunes and have a dance party in the living room! Lifting light weights at home can help keep muscles strong when getting out of the house may not be an option. Many gyms and fitness professionals are offering free virtual workouts to do at home.

for those that have permission from their physician to exercise.

- Maintain a healthy diet. When we spend a lot of time at home it's often easy to grab a bite anytime we pass the kitchen. It's important to keep in mind healthy options when snacking – avoid too many salty or sweet snacks. And, when meal prepping remember the food pyramid – fruit, veggies, calcium, grain, and proteins.

- It's a great time for spring cleaning! Not only is disinfecting surfaces in the home a recommended step to avoiding Coronavirus, it's also a good time to consider a larger spring-cleaning project. And, a spring refresh doesn't have to be a chore – seniors can make housework fun by playing upbeat music or using the time to look at photos and mementos with loved ones.

- Spring serves up holidays that are pure fun. Seniors and their loved ones should make it a point to celebrate occasions like Cinco de Mayo, Mother's Day, Easter and the first day of spring. Whether it's making a special meal, dressing up or sending cards to loved ones, holidays offer lots of opportunities for connection – even when families aren't together.

- Find joy in everyday activities. Take time to enjoy the small things – card games, baking projects, a good cup of coffee, a phone call with a friend, eating your favorite food. There are always opportunities for

meaningful moments and joyful days with a little planning, conversation and intentional action.

For those in need of a little extra help at home, Comfort Keepers can help. Our professional caregivers are well-trained and have the right protective equipment to provide loving and safe in-home care. Find out more about our uplifting in-home care services at ComfortKeepers.com.

Here's a list to get you started. You can do these activities with the senior in your care or even share in the activity remotely.

- Read suspense or romance novels out loud
- Order an herb garden online, and watch it grow
- Order supplies to garden in a pot
- Send your senior a coffee or tea of the week.
- Order supplies from an online crafts store for your loved one's favorite hobby or something fun and new
- Have your senior narrate parts of their life for you. Write down the memories and create a booklet with photos for you all to cherish
- Picnic in the backyard or inside
- Have a fashion show at home
- Watch favorite classic movies
- Watch classic TV shows from childhood together and talk about it
- Have fun with adult coloring books
- Paint by numbers
- Read your horoscope

SEE COMFORT PAGE 7

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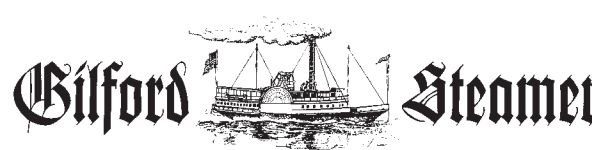
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Feeding Laconia's children is a community effort

LACONIA — Individuals and businesses in Laconia are stepping forward every day to help GOT LUNCH! Laconia feed the children. Like the Morrisette Family, owners of the Lakes Region Party and Gift Store, who donated \$5,000 to GOT LUNCH! Laconia this week.

Several weeks ago, Patrick's Pub did a fund raiser for both GOT LUNCH! Laconia and GOT LUNCH! Gilford; last week signs started showing up on front lawns with rainbows – Gator Signs of Gilford is selling the signs for \$25 each and 100% of the money will be shared with GOT LUNCH! Laconia and GOT LUNCH! Gilford. The Cereal Hero's from Pleasant Street School, donated \$2,000 and Hands Across the Table donated \$750 this week as well. The GOT LUNCH! Laconia Advisory Board says: "Thank you, thank you, thank you! This truly is community at its best – pulling together to care for one another."

What is GOT LUNCH! Laconia doing delivering groceries in April? They are a healthy summer lunch program, so why the change.

When asked, Rev.

Paula Gile of the GLL Advisory Board said: "With so many adults in our community unemployed, food insecurity for the children rises dramatically – the need is great for the children and GLL will rally the community to help."

As soon as the schools were closed, Superintendent Steve Tucker, contacted GOT LUNCH! Laconia, asking if they could assist in providing groceries to get children through the weekends? That was Tuesday; that very Friday GOT LUNCH! Laconia volunteers packed 400 bags of groceries and they were loaded on the school buses to be delivered alongside the daily school breakfast and lunches. The number of grocery bags delivered each Friday is still in flux. For the last two weeks GOT LUNCH! Laconia has packed 300 bags each week.

The grocery bags have a variety of foods for breakfast, lunch and dinners - enough for the weekend and hopefully a little more. It costs about \$20 per bag; multiply that by 300 bags, for a total cost of \$6,000 per week. GOT LUNCH! Laconia is planning on partnering with the school through the

COURTESY

Individuals and businesses in Laconia are stepping forward every day to help GOT LUNCH! Laconia feed the children. Like the Morrisette Family, owners of the Lakes Region Party and Gift Store, who donated \$5,000 to GOT LUNCH! Laconia this week.

end of the school year – they don't know if that will be needed but say they need to be prepared.

Dave Barth, GLL Advisory Board Member and the food procurement coordinator for GLL is making connections and working with the New Hampshire Food Bank, VISTA Foods, Hannaford and direct suppliers to get

the quantities of food needed each week. John Walker, the volunteer coordinator is making sure that the volunteers are using safe distancing practices, as well as wearing masks and gloves so that all can be safe. One of John's biggest challenges is that there are so many people who want to help he has to turn away volunteers

to keep everyone safe.

Rev. Paula Gile, GLL Advisory Board Member is busy writing grants and along with the other Advisory Board members getting the word out that more funds are needed to sustain and continue the program.

The GOT LUNCH! Advisory Board is grateful for this

community and all they do – yet they say they need more help. If you can donate any amount please mail a check to GOT LUCNH! Laconia, 18 Veterans Square, Laconia, NH. 03246; or go to their Web site and make a donation on their PayPal account. www.got-lunchlaconia.org

Hannaford donates \$750,000 to COVID-19 response efforts

REGION — In response to the COVID-19 crisis, Hannaford Supermarkets is donating \$750,000 to numerous hunger relief and homeless outreach organizations throughout the Northeast as they work to support some of the most at-risk members of the community during the pandemic.

The health crisis and related economic impact are creating unprecedented demand for food assistance, resulting in operational disruptions and significant new costs for the agencies that provide emergency meals. In addition, individuals who rely solely on pantries and shelters – or who live on the street – face particular risk of contracting and spreading the virus because they have no home to shelter within.

Hannaford's donation includes:

A total commitment of \$550,000 to food banks in Maine, New Hampshire, Vermont, New York and Massachusetts. This includes \$300,000 in new funds, in addition to a recently announced \$250,000 donation to the food banks.

A total of \$200,000 to organizations that work with homeless people. The donation will be used to help create social distance among these individuals, while helping them to meet the most-basic needs of survival and staying healthy amid the crisis.

time: food and medicine. We hope that this donation also will help the most-vulnerable of our neighbors meet their fundamental needs of staying fed and healthy, during this difficult time.”

New Hampshire organizations will receive \$150,000. This includes \$100,000 in donations announced today and a \$50,000 donation recently announced for the New Hampshire Food Bank, as outlined below:

- New Hampshire Food Bank: \$110,000 (includes \$50,000 previously announced)

The New Hampshire Food Bank works to provide nutritious food and resources to the hundreds of thousands of food insecure New Hampshire residents. The Food Bank supplies millions of pounds of food annually to more than 425 partner agencies, including food pantries, homeless shelters, soup kitchens, children's programs and senior centers.

- Families in Transition-New Horizons: \$30,000

The New Horizons Emergency Shelter supports nearly 140 individuals with shelter and food, including housing, daily meals, and health and wellness services. The organization is also working to distribute non-perishable food to income-eligible residents in Manchester, NH

throughout the coronavirus crisis.

- Nashua Soup Kitchen and Shelter: \$10,000

The Nashua Soup Kitchen and Shelter provides emergency housing for nearly 100 homeless individuals, including single men, women and families with children. The shelter serves breakfast and dinner seven days a week on a to-go basis during the coronavirus pandemic. The organization also provides a community food pantry and food backpack program for 5,000 local children.

“It is incredible to see this kind of assistance from a community partner during this pandemic,” said Families in Transition-New Horizons Chief Operating Officer Stephanie Savard. “During these uncertain times, the gift speaks volumes to the mission that the Families in Transition family so diligently works to support. We could not continue the kinds of essential services we provide without the ongoing generosity of partners like Hanaford.”

“During this unprecedented time, the Nashua Soup Kitchen and Shelter is doing all we can to meet the needs of people who are food insecure or experiencing homelessness. We have expanded our food distribution to 16 different mobile pantry sites around the com-

munity and are making frozen meals to ensure kids have dinner at the end of the day. We are also opening up our shelters around the clock to keep people safe and hiring additional staff to make this possible," said Nashua Soup Kitchen and Shelter Executive Director Michael Reinke.

Individuals who wish to make donations to support these organizations may do so online at:

New Hampshire Food Bank:
<https://www.nhfood-bank.org/donation-hub/>

Families in Transition-New Horizons:
support.fitnh.org/donate

Nashua Soup Kitchen
and Shelter:
<https://nsks.org/donate/>

About Hannaford Supermarkets
Hannaford Supermarkets, based in Scarborough, Maine, operates 183 stores in the Northeast. Stores are located in Maine, New York, Massachusetts, New Hampshire, and Vermont. Hannaford employs more than 26,000 associates. Additional information can be found at Hannaford.com.

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“Every day, we are learning more about the impact of this virus and responding together as a community to the COVID-19 pandemic,” said Hannaford President Mike Vail. “Our company and our associates are working hard in our grocery stores to meet the most-basic needs of our community during this difficult

Lessons from another pandemic

A recent conversation with someone who experienced the Spanish Flu pandemic of 1918 prompted a bit of research into that era on our part, and what we found was that things back then were, in many ways, not so different.

The Spanish Flu infected one third of the world’s population, and roughly 675,000 people died in the U.S. as a result. Interesting to note is that this particular strain of the flu virus did not, in fact, begin in Spain, but most likely somewhere in the farm belt of the United States. The name was born from the fact that infection reports in the Iberian Peninsula were particularly high, and Spanish King Alfonso XIII fell ill from it.

In 1918, Washington, D.C. public health officials tried to warn citizens of the symptoms and how the disease was spread via posters. One poster read, ‘INFLUENZA’ Spread by droplets sprayed from nose and throat. Cover each cough and sneeze with handkerchief, spread by contact, avoid crowds, if possible, walk to work, do not spit on floor or sidewalk, do not use common drinking cups and common towels, avoid excessive fatigue, if taken ill, go to bed and send for a doctor. The above applies also to colds, bronchitis, pneumonia and tuberculosis’ The virus began to spread rapidly due to the close proximity in military encampments during the First World War. The disease was a very contagious H1N1 strain of the flu.

What we know from our 1918 counterparts is that social distancing does work. Newspapers downplayed the flu, and President Woodrow Wilson had his own family and staff were infected. During that time, Wilson didn’t pay much attention to the pandemic. In fact, no public statement from him was ever made in regards to it. His focus was on the war.

We’ve heard that over the next few weeks, we will see a dramatic surge in confirmed COVID-19 cases. We’ve also read reports that the curve is flattening in some places. This does not mean that folks should think the pandemic is over. Everyone should, of course, still be practicing social distancing among the many other precautions we’ve heard about.

In 1918, schools were shut down and public gatherings were banned. By the summer of 1919, the flu pandemic came to an end. Individuals either passed away or developed an immunity to it. In 2008, researchers discovered a group of three genes that caused a person’s bronchial tubes and lungs to weaken which paved the way for bacterial pneumonia. This is what made the Spanish flu so deadly.

Back in 1918, the first outbreak dwindled into spring, however it re-emerged during the fall. The Spanish flu came in three waves. The first was in the spring of 1918 that included mild symptoms. That fall the flu mutated into a more deadlier version, that hit those between the ages of 20-40 the most.

During the winter, the third wave hit and by the spring time the illness was no more.

An October newspaper excerpt from 1918 reporting the cancellation of Halloween read, “Because of the “flu” epidemic, there is to be no Hallowe’ening this year. The Board of Health has strongly urged against any demonstrations and the Burgess today, issued orders that there be no observance of the Hallowe’een season. Howard Heinz, of the Federal Food Administration has issued an appeal to the people against the waste of foodstuffs, during this season. Corn, beans, peas, apples, pumpkins, etc should not be used. Every year thousands of pumpkins are cut up and wasted in making Jack-O-Lanterns. The same wasteful practice has applied to apples in the time honored Hallowe’en sport of bobbing for apples. It is not the purpose of the food administrator to discourage harmless little celebrations in the home, but this year it is imperative that every scrap of food be saved.”

Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

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Our fax number is 279 3331.
E-mail us at brendan@salmonpress.news.
We’re looking forward to hearing from you!



PHOTO BY ERIN PLUMMER

Soon to bloom

Buds can be seen on the trees in front of the Benjamin Rowe House.

North Country Notebook

Snow-melt and springtime rains swelled rivers and hearts of men



By JOHN HARRIGAN
COLUMNIST

Logging is obscure to much of society, and the history of logging even more so. This is no surprise in an age when plenty of people think food comes from a supermarket, and water from a plastic bottle. Anyone today could be forgiven for thinking that a “river drive” refers to something their parents might do on a Sunday afternoon. A river full of logs doesn’t exactly leap to mind.

And where would an

obscure topic like the history of logging fall in the mind-boggling expanse of today’s course material and curricula? Time and space are short, and everything must compete.

The generation called Baby-Boomers (that would be me) came along after World War II, some of us barely in enough time to know men who had been on the famed logging drives down the Connecticut and Androscoggin rivers. Back then, this accidental mingling of generations was taken as a matter of course. Now, it feels like a direct tie to ancient history.

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What was called “the first big cut” in northern New England came before the turn of the last century, beginning around 1880. The telephone had barely been

invented and electricity was hardly in use. The nation was growing like mad, led by construction of housing. Softwood logs, particularly spruce and fir, were fetching top dollar throughout the Northeast. Vast stretches of old-growth woodlands or the stumpage deals to cut them could be bought up for next to nothing. The stage was thus set for what old-timers ever-after called the first big cut.

The opening of the West and the surge in immigration came at just the right time to help swell a tsunami of construction. Logging companies, surveyors, timber cruisers and logging crews began working their way steadily higher on the tributaries of the Northeast’s great rivers. Many a remote valley had never been settled, much

less logged. That was all about to change, with gravity and water the key players.

The companies and logging crews worked their way steadily northward. Demand always seemed to dwarf supply. The long logs of spruce and fir being driven down the rivers to the mills were of immense value as construction boomed, more valuable than the men supplying the labor.

At various times during my growing-up years, I encountered two men who had been on the last of the long-log drives. They were pointed out as such, with a certain air of pride. One helped out at a church, and the other was a digger of graves.

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SEE NOTEBOOK PAGE 5

MARK ON THE MARKETS

Principled investing



BY MARK PATTERSON

I first heard it referred to as “socially responsible” investing, then it became impact investing or green and several other ways that I want to refer to as principled investing. Speaking with many investors gives me insight as to what their objectives are when investing their money. Oftentimes, they come in my office with some mutual funds that are categorized as growth or income, large-cap, small-cap, international, and a bunch more. Eight or nine years ago I had given some presenta-

tions regarding socially responsible or impact investing. Many times, these talks attracted people who are environmentally minded. As the word got out that I was designing portfolios of investments specifically based on people’s principles and values, I found that almost everyone wanted to tailor their portfolio and invest in companies that they felt good about and more importantly, avoid those companies or industries they despised.

The “socially responsible” tag was often stuck on those with politically left leanings who did not like companies such as Walmart, Exxon Mobil or a host of other companies whose practices or products they questioned. I have also had clients that sold their mutual funds because they had Internet related companies like Google a.k.a. alphabet, because these clients were concerned about Internet pornography. In the past, I have had clients tell me they did not want GE in

their portfolio because the previous CEO was an economic advisor to the past administration in Washington, D.C. and political crony.

I believe most people do have their opinions, likes and dislikes and principles when it comes to investing their money. As an advisor, there are certain companies that I would not invest my own money based on my principles. But my principles are not your principles, you must voice your opinions and principles as to where you want your money invested and where you do not. It’s very difficult to eliminate all companies that you may have an issue with, but identifying beliefs based on your principles that are important to you, and then talking to your advisor about it is a great start. There are plenty of great companies whose equity (stock) or debt (bonds) you can buy for your portfolio that can fit your criteria.

If you choose to plow your money into mutual

funds you must understand that you may have an issue with many of these companies in the fund’s portfolio. There are a few “socially responsible” funds but they may not reflect your principles, likes and dislikes at all. There are some great advantages to building your personal portfolio with individual stocks and bonds as opposed to mutual funds. I understand that many may be forced into funds because they’re in your 401(k) 403B plan, or you may just be getting started and not have enough money to get diversification with individual stocks or bonds.

If you have not done so yet go to my Web site, www.MHP-asset.com, go to the risk analysis button to obtain your risk number that you can match up to your current portfolio or see what your risk number portfolio mix may appear.

Mark Patterson is an advisor with MHP Asset Management can be reached at 447-1979 or Mark@MHP-asset.com.

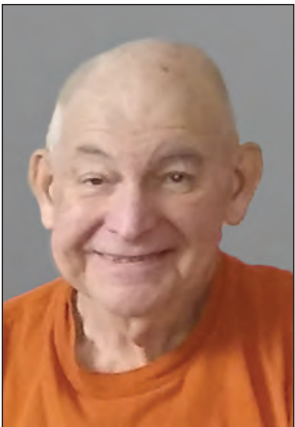
Arthur D. Stickney, 74

Arthur D. Stickney, 74, of Intervale Road, passed away on Tuesday, April 7, 2020, at his home surrounded by family after a courageous battle with cancer.

Arthur was born on July 10, 1945, in Sikeston, Mo., the son of Everett and Virgie (Williams) Stickney. He spent his career as a cable man for New England Telephone Company. He was also a long-time call firefighter for both the Gilford and Laconia Fire Departments.

Arthur will be remembered for his love of family, fishing, and his beautiful vegetable gardens.

Arthur is survived by his wife of 36 years, Diane (Brown) Stickney; his son, Timothy Stickney, and his wife, Sandra; his daughter, Pamela Stickney-Nason; and his granddaughters, Grace and Jillian Nason and Sofia Stickney. He also leaves behind his sisters, Betty Ann Sipple and her husband, Henry and Carolyn Bond; his brothers-in-law Donald Brown and his wife, Jane and Michael Brown; along with many nieces, nephews and cousins. In ad-



Arthur Stickney

dition to his parents, he was predeceased by his sister Debra and his brother, Richard.

Due to current COVID-19 concerns and CDC recommendations, services will be scheduled at a later time.

In lieu of flowers, the family suggests memorial donations in Arthur's name be made to Central VNA and Hospice, 780 North Main St., Laconia, NH 03426.

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.

Volunteer's contributions changed scope of Children's Auction

LACONIA—Back in December 1998, Terry Hicks was brand new in the role of general manager for MetroCast in Laconia. He was also a brand-new resident of the Lakes Region. When he heard Warren Bailey broadcasting the Children's Auction from his van in downtown Laconia, though, Hicks acted the way a native member of the community would.

He offered to help—in a big way.

"I said, 'I have access to television equipment if you want to broadcast this,'" Hicks explained, noting MetroCast donated all the equipment to Lakes Region Public Access, and, a year later, the Greater Lakes Region Children's Auction was televised, in 1999.

"Warren was doing a lot of stuff for the community," Hicks added. "It just caught me that maybe this is something we could do to help him expand, and he could raise more money if he had more exposure, and sure enough, it worked."

Hicks was grateful to be connected with Bailey and other fellow advocates of the Auction, such as businessmen David McGreevy, who spearheaded the build-



COURTESY

ing of an elaborate set from which the Auction took place, and Alan McRae, who worked for the telephone company NYNEX and made it possible for the Auction to have four phones, instead of one.

"I really enjoyed the relationships that we had," Hicks said. "They brought all the excitement. There was always a discussion about whether we'd beat the last year's number. Every year, I was there, and I think every year since, they've beat the prior year. It was great. It was something you looked forward to. You started planning for it in July—what the approach was going to be, who was the staff."

Broadcasting on WLNH from an unheated van parked on North Main Street, Bailey raised \$2,100 in his first auction year. Over time, volunteers like Hicks began to trickle in by ones and twos and then in groups. The Auction now involves thousands, many of whom give up a week's vacation for the privilege of taking part in dozens of ways.

In 2019, the Auction raised \$600,032. Hicks, who is now retired and living in Philadelphia with his wife, Cathy, worked in cable television starting in 1972. He has lived in

Colorado, Maryland, New York and Massachusetts and has worked for American Television and Communications Corp, which became TimeWarner, in various leadership roles.

He was on the team that built the cable system in Rochester, New York, and was in the general manager role in Laconia when MetroCast rebuilt the system there.

In terms of the Auction, Hicks didn't just help broker equipment for broadcasting.

"I was more of a volunteer," he said, modestly, explaining when prodded that he spent a week at the Auction each year, like many others, turning the board that, back then, kept track of what was being auctioned off, what had been bid, and the current bid amount.

His wife, Cathy, helped longtime—and still active—volunteer Jennifer McGreevy with organizing, tagging, and sorting incoming donations.

"In my first year, we had a board that flipped around and showed nine positions—for nine items—on a white board," Hicks explained. "When someone called to make a bid, I'd erase the former bid and mark a new one."

On the other side of the board, Bailey's daughter was reloading new items.

"It wasn't nearly as automated as it is today," Hicks said.

"I was there all day for the whole week, and every now and then, somebody would come and substitute on the board, so I could drink a cup of coffee or have a Coke or something," Hicks said. "Jennifer and Cathy did a phenomenal job of organizing the items for sale and keeping them straight."

Hicks retired from the cable industry in 2003, and in 2008, after living in the Lakes Region for about a decade, he and Cathy moved to Philadelphia to be closer to their daughter and granddaughter.

Hicks has returned to the area once to attend the Auction, and still keeps in touch with Bailey and David and Susan Rountree, volunteers who he called "huge motivators."

"Taking part in the Auction was a wonderful experience for me," he said. "It's something I'll never, ever forget."

Visit www.ChildrensAuction.com to learn how to sponsor, donate or volunteer.

Temple B'nai Israel postpones May 23 benefit concert

LACONIA — Temple B'nai Israel's We Care Committee has made the difficult decision to postpone the May 23 benefit concert with Five O'Clock Shadow to Saturday, May 29, 2021. The fundraisers' recipient, Bridge House (tbhshelter.org) has their hands full, caring for their residents and the needs of homeless veterans.

Bridge House recently posted this notice to the community:

Bridge House Ladders & Flip'n Furniture thank all our faithful customers! Because of your patronage the (Bridge House) Shelter has helped folks overcome homelessness while providing jobs not only for Bridge House residents but especially for Veterans. We're all in this together – the safety of everyone is our sole concern. Follow both shops on Facebook for ongoing developments. We'll reopen just as soon as the CDC gives us the green light!

STAY HEALTHY – STAY OPTIMISTIC – STAY CONNECTED

As of this date, the October 24th concert benefitting Meredith Al-

trusa and featuring John Davidson, will be held as planned. Details will be shared as decisions can be made.

In addition, the temple has decided to reschedule The New Hampshire Jewish Food Festival from Sunday, July 12 to Sunday, Aug.

16. Please visit the temple's website, tbinh.org, for updates and information.

Temple B'nai Israel of Laconia thanks the community for past and future support of these special programs and events.

Thank you to host families

LACONIA — The New England Wolves would like to thank all of our host families, who took athletes in from all over the world and provided a wonderful experience to our athletes, during their stay in the Lakes Region of New Hampshire.

The 2019-20 season had athletes from places such as Belarus, Latvia, Slovakia, Florida, Colorado, Norway and many other destinations. Host families open up their homes to provide these athletes with a safe, nurturing environment where they can flourish as young athletes.

Since 2012, the Wolves program has put more than 100 athletes into all levels of college hockey, including six current Professional athletes who are playing overseas. This past season, saw the Wolves program qualify for the playoffs at all levels, including a 62.5 percent combined winning percentage for their Jr teams. Without great host families, none of this is possible.

Additionally, the Wolves would like to thank Kerry Mull and her family for serving as Host Family Coordinator. Kerry works tirelessly to identify, vet, and develop relationships with area families, and then connect our athletes with families that can open their homes during the hockey season. Thank you!

Local Food Drive Initiative Continues



Warm Someone's Heart in these challenging times



FOOD PANTRY DONATIONS Still NEEDED

Please check with your local food pantry for a list of ways you can donate and to help a family in need.



Summer

FROM PAGE A1

probably wait on the other two for a later time.

Selectman Kevin Hayes asked if Public Works could possibly work on the other two lifeguard stands. Greene said he could check with the department and see if they have the staffing and the time to work on them.

The town is still planning for Old Home Day, though are running into some delays. The Old Home Day Committee’s first meeting of the year

was supposed to take place around the end of March, but it was delayed two weeks. Greene said they are looking to have a teleconference meeting. Greene himself has been taking on some administrative duties for Old Home Day, namely approaching businesses about advertising on the Old Home Day booklet.

Hayes asked id they are having any problems getting advertising. Greene said the forms went to businesses went out the previous week. While they have already

received some back, Greene said some businesses have told him their advertising budgets are on hold until the crisis is over.

Greene said they will continue to keep options open if the pandemic continues through the summer and could impact Old Home Day.

“We’re doing the best we can sort of in these unusual circumstances, but hoping that we’ll have better time to move forward here in the summer,” Greene said.

Schools

FROM PAGE A1

“On this flex day students and families will work independently to catch up on school work, read, support siblings and engage in family fun,” Beitler said.

Teachers will also use this day to catch up on their work and address any needs that arise during the remote learning process.

“In closing, I know these unprecedented times are stressful and things are continually changing,” Beitler wrote. “There is no

handbook or manual for us to review and guide us. The best thing we can do is stick together, give our children hope and understand that we are all trying our best.”

The district is now offering free meals for all students regardless of income.

On Friday food service director Jonathan Dupuis wrote on the district website that as of April 4 they had been providing around 70 breakfasts and lunches a day to eligible kids. Dupuis announced that breakfasts and lunches

would be made available for all kids regardless of their families’ work or financial situations.

Families can email Dupuis at [HYPERLINK “mailto:jdupuis@sau73.org”jdupuis@sau73.org](mailto:jdupuis@sau73.org) and request the meals and will be given a delivery date and location. Meals can be picked up Mondays and Wednesdays in the schools’ bus drop off locations.

For more updates from the Gilford School District during remote learning and the COVID-19 crisis visit sau73.org.

Closing

FROM PAGE A1

time and these facilities give people an opportunity to get outside.

Benavides asked Carrier, who is also the town’s emergency management director, for his opinion on this. Carrier said the Centers for Disease Control have been recommending closing recreation facilities and parks. There have already been a number of comments on the amount of people on hiking trails now, though the governor is not shutting down hiking trails. He said anyone could have the virus and it could spread. Carrier said the easier choice might be closing the basketball court where a lot of people will gather in one place.

Selectman Kevin Hayes said he agreed with shutting down the basketball court, but didn’t agree with shutting down the tennis court as people are fur-

ther apart when they play. Greene said while there could be one kid there with a basketball he saw teens playing three-on-one games at the court just the past Friday. Another concern is people touching surfaces like the gate and the tennis nets and potentially spreading the virus. He said there haven’t been concerns with people just walking around the field, though the fear is an open gate would invite a lot more people to come out to the facilities.

Hayes asked if he playground at Gilford Elementary School was closed. Greene said it isn’t now, though Superintendent Kirk Beitler was curious about the town’s decision on their facilities and might make some decisions as a result.

Hayes made a motion to close the playgrounds, the basketball and tennis courts, and the gazebo at Village Field but still allow public access

to Village Field.

Both Benavides and Hayes said after listening to these explanations they supported these closures.

“When I first read this, I didn’t see the need, but now it’s explained to me I real how naive I am about some of the stuff,” Hayes said. “It makes sense, I changed my mind.”

Benavides said these are difficult decisions being made in unprecedented times that they never thought they’d ever be making.

Board Chair Chan Eddy, however, opposed the proposal. He said people have been cooped up at home and he is waiting to hear from the police about how many more domestic disturbance calls they are getting. He said while he would be in favor of putting up signs advising social distancing, he wasn’t in favor of locking anything up.

“This is just my personal opinion, it is not

the opinion of the board, as I think some this stuff has been overblown a little bit considering what some of the modeling has shown and what’s actually happening are two entirely different things,” Eddy said. “The point could be made because we’ve been doing this social distancing and quarantine that’s what’s kept it from getting a lot worse.”

Eddy also said the town has had under four confirmed cases of COVID-19.

The board approved the motion with Eddy the only one voting in opposition.

Green said while the tennis and basketball courts could have their gates locked, some facilities can be closed off by caution tape or snow fences. These are temporary and would need to be regularly checked. Signs could be placed at town facilities advising people to maintain social distancing.

Comfort

FROM PAGE A2

scope every day

14. Try Wii sports
15. Make a Sundae bar at home
16. Gather items to donate
17. Organize a room, a drawer or closet
18. Phone or Video calls with family
19. Look at old albums and yearbooks
20. Try scrap booking
21. Watching the Travel Channel or History Channel
22. Voice journaling/ journaling
23. Create a recipe book for the family
24. Have fun with Snapchat filters
25. Learn a language online
26. Watch documentaries
27. Have a culture day: Watch a foreign film and cook a meal
28. Visit a virtual museum, go to a virtual concert, ballet and opera
29. Play online Bingo
30. Put together a collage
31. Play Charades
32. Have a formal tea
33. Make origami
34. Press flowers
35. Make greeting cards
36. Order supplies

and paint rocks

37. Plan a dream vacation
38. Try a new food
39. Watch old music videos
40. Start corresponding with a pen pal
41. Listen to music favorites; make a playlist
42. Download a new podcast
43. Make a family tree
44. Make a time capsule
45. Have a spelling bee; really challenge yourself

Let us be a resource during these difficult times. Learn more at ComfortKeepers.com.

About Comfort Keepers

Maintaining senior health and wellbeing is a priority for the team at Comfort Keepers®. Our caregivers can assist in providing seniors with transportation to and from the doctor’s office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.

PORTRAITS • WEDDINGS • SCENICS • EVENTS



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2020 SEASON

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MVSB and partners among first banks to donate to NH Nonprofit Response Fund

MEREDITH — Sister banks, Meredith Village Savings Bank (MVSB), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole are the first three banks to contribute to the New Hampshire Nonprofit Response Fund with a combined tax credit purchase of \$150,000. The NH Response Fund is providing nonprofit organizations with resources of up to \$100,000 for working capital, equipment purchases and program expenses.

Supported by donations from businesses in exchange for tax credits and flexible loan funds from the Community Development Finance Authority (CDFA) and the Business Finance Authority (BFA), the NH Nonprofit Response Fund is providing resources to qualifying community-based organizations on the front lines of the COVID-19 outbreak. Nonprofits supporting the most vulnerable individuals and families directly impacted will also qualify. Rick Wyman, President of MVSB, was appointed in 2018 by Governor Sununu to the Board of Directors for the CDFA, and knew that this was a program that fit the community-based approach of MVSB and their sister banks.

The CDFA and the BFA will administer the loans, including deferred loans, to qualified nonprofits. Applications will be accepted starting on April 13. For a copy of the application, visit <https://resources.nhcdfa.org/programs/nh-nonprofit-response-fund/>.

“We’re incredibly



Mark Bodin, President of Savings Bank of Walpole, Linda Lorden, President of Merrimack County Savings Bank and Rick Wyman, President of Meredith Village Savings Bank.

grateful for the generosity of Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole in championing these efforts to help nonprofits on the front lines of this health crisis,” said Katherine Easterly Marty, Executive Director of the Community Development Finance Authority. “It’s wonderful to be able to count on our community banks for providing such timely corporate leadership. Their contributions ensure NH’s vulnerable populations continue receiving the assistance they need. Our organizations have thrived for as long as we have because donors feel good knowing their money is used wisely, responsibly and for maximum impact.”

“It’s our pleasure to offer assistance that may alleviate the in-

tense pressure felt by everyone on the front lines of this pandemic,” said Wyman. “The NH Nonprofit Response Fund will provide a significant benefit to NH communities. The Response Fund will be able to prioritize the most immediate public health needs and economic impacts by focusing on service providers that support underserved populations. We’re grateful for their timely efforts.”

“The Merrimack is happy to do as much as possible to help nonprofits most affected by COVID-19. The CDFA and BFA have each made a tremendous impact on the quality of life for everyone in our communities,” said Linda Lorden, President of Merrimack County Savings Bank. “We’re glad to be able to assist in bringing quick relief to our nonprofit commu-

nity, and to support our most vulnerable friends and neighbors in any way we can.”

“Savings Bank of Walpole is proud to participate in the NH Nonprofit Response Fund,” said Mark Bodin, President of Savings Bank of Walpole. “Our nonprofit organizations contribute so much to the vitality of our communities and they are always there for us. Right now, they need us to be there for them and we are proud to answer the call.”

The Community Development Finance Authority (CDFA) is a statewide community and economic development entity serving all of New Hampshire. Their mission is to meet the evolving community- and economic-development needs of local communities statewide. Their impact is seen in

revitalized downtowns, high-quality childcare facilities, renovated housing, clean energy projects, business expansion to provide jobs and a healthy and vibrant nonprofit sector.

CDFA tax credits allow businesses to fund qualifying economic or community development projects in exchange for a tax credit that can be applied against state business tax payments. The tax credits are administered by the New Hampshire Community Development Finance Authority (CDFA). Any business with operations in NH that contributes to a CDFA tax credit project receives a NH state tax credit worth 75 percent of their contribution. The credit can be used over a period of five years to reduce the business’ state tax liability (business profits, business enterprise or insurance premium taxes). The tax credit program allows NH businesses to use their state tax dollars to support local projects that they care about. CDFA reviews many project applications each year and awards tax credits to those they determine are feasible and will make the biggest impact on economic development in the state. For more information, visit nhcdfa.org.

Founded in 1992, the NH Business Finance Authority (BFA) fosters economic development, and creates employment in New Hampshire. The BFA accomplishes these objectives by working with New Hampshire’s banking, business and economic development sectors to develop and

implement programs that expand the availability of credit in the state. Their mission is to help New Hampshire businesses secure the capital they need to expand, succeed and create more jobs. For more information, visit nhbfa.com.

Unlike stock banks which focus on driving income to their stock-holders, Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole are mutual savings banks that operate expressly for the benefit of their depositors, borrowers and surrounding communities. As a result, each bank has remained steadfast in fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutual-ity, excellence, respect, integrity, teamwork and stewardship in all matters of business and service.

Founded in 1869, Meredith Village Savings Bank has been serving people, businesses, non-profits and municipalities of Seacoast, Central and Lakes Region of New Hampshire for more than 150 years. To learn more, visit any of the local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses, non-profits and municipalities in central and southern New Hampshire for more than 150 years. The Merrimack was voted “Best Bank” by the Capital Area’s People’s Preferences for the ninth consecutive year in 2019. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit themerrimack.com.

Founded in 1875, Savings Bank of Walpole is headquartered in Walpole and serves the Connecticut River Valley and Monadnock Regions of New Hampshire and Vermont from offices in Walpole and Keene. With assets totaling \$460 million, the Bank offers a wide range of financial products, including services to individuals, businesses and organizations. For more information call 352-1822 or visit walpolebank.com.

Gilford High School honor roll

Gilford High School has released its honor roll for the second trimester of the 2019-2020 school year.

Class of 2020

High Honors: Alysa Burton, Molly Wrobel, Brianna Fraser, Sydni Lehr, Elena Uicker, Maxwell Stephan, Jenna DeLucca, Kolbi Plante, Abigail Warren, Laurel Gingrich, Breanna Vezina, Myranda Byars, Jillian Cookinham, Colton Workman, Colby Butterfield, Jaiden Carter, Natalie Fraser, Samuel Drew, Ramsey Landry, Adin Cisneros, Benjamin Gardiner, Shannon Gately, Connor Sullivan, Joshua Testa, Erica Cao, Erin Madden, Gwendalynn Knipping

Honor Roll: Kyle Smith, Katrina Boucher, Timothy Gentile, Joseph Voivod, Emily O’Connor, Timothy Stevens, Abigail O’Connor, Brianna Costa, Naomi Eldridge, Kayleigh Houston, Olivia Lofblad, Samantha Holland, Taylor Anderson, Ian Taylor, Kyla Mercier, Erin Hart, Shelby Cole, Jillian Palisi, Emily Lafond, James Smalley, Baylee Gill, Madison Eastman, Anthony Flanders, Maggie Vallee, Logan Hughes, William Dillon, Camrin Gilson, Cameron Jarvi, Cody Boucher

Class of 2021

High Honors: Blake Bolduc, Sofia Sawyer, Kendall Jones, Kayla Loureiro, Peter Christensen, Alyssa Goselin, Annabelle Eisenmann, Tyler Browne, Grace Shoemaker, Bethany Tanner, Carson Ormes, Andrew Flanders, Bridgette Dahl, Kaliegh Fogg, Jennifer Laurendeau, Kathryn Osburn, Brayden McDonald, Caroline Dean, Lily Burleigh, Kaelan O’Connor, Alexandria Aquaro, Jacqueline Nash

Honor Roll: Jack Christensen, Charles Townsend, Grace Denney, Jordan Brown, Emma Tierno, Kyle Brent, Alexa Dahl, Ashley Hart, Chelsea Sasserson, Jordan Witham, Ella Harris, Thomas Cain, Madelyn Gallant, Jack McLean, Alexander Cherube, Catherine Pingol, Ian Bond, Connor Caldon, Madyson McDonald, Alaina Osburn, Rachael Bradstreet, Jacquelyn Jaran, Kiara Bates, Kayla Cisneros, Harrison Laflamme, Logan McBride, Elizabeth Swarthout, Jacob Guay, Clohe Gunnerson, Victoria Markievitz, Sydney Rainville, Tea Rodney, Grace Sherkanowski, Serena Pugh

Class of 2022

High Honors: Lauren Sikoski, Marlow Mikulis, Reece Sadler, Kate Sullivan, Esther Wrobel, Eva Bondaz, Shelagh Brown, Jasmyn Watt, Mackenzie Roys, Claire Bartley, Jaiden McKenna, Catherine Stow, Nathaniel Poll, Ashley Kulcsar, Nicole Green, Jacqueline Wright, Jack Cennamo, Mitchell Townsend

Honor Roll: Zoe Lehneman, Riley McDonough, Cordelia Larivee-Ambrose, Alexa Leonard, Avery Marshall, Rylie Winward, Cassandra Ellis, Kaleena Dyer, Tyler Hazelton, Jackson Rouse, Karina MacLeod, Molly McLean, Vanessa Genakos, Ruby Tinsley, Tristan Dow, Blythe O’Connor, Anna Cook, Joshua Dery, Hale Kutuk, Riley Marsh, Tylar McSharry, Ethan Caldon, Brayden Taylor

Class of 2023

High Honors: Melody Gallant, Ethan Roys, Savannah Neuman, Madison Nash, Joseph Schelb, Taryn Wernig, Ashley Sanderson, Lauryn Nash-Boucher, Jesse Powers, Murphy Harris, Patrick Gandini, Jalen Reese, Jordyn Byars, Michael Kitto, Gianna Knipping, Riley Logan, Alex Burnham, Sydney Irons, Caleb Nimirovski, Emily Watson, Madison Hazelton, Christine Pingol, Tessa Tanner, Avery Totten

Honor Roll: Samuel Cheek, Nathan Griffeth, Lauren Gallant, Autumn Maltais, Emily Moynahan, Hayley Santor, Stratford Kenny, Harshil Patel, Lexi Shute, Maria Uicker, Tyler Lafond, Izaak Walton, Dane DeHart, Allison Ellis, Alysén Pichette, Devin Spry, Allison Kenyon, Grady Shoemaker, Natalie Hurst, Lily Tierno, Brady Heyman, Jonathan Gosseline, Lacey Houle, Madison Stoddard

Fairfield University congratulates Dean’s List student

FAIRFIELD, Conn. — Emma Schumacher of Laconia received Dean’s List Honors for the Fall 2019 semester.

In order to be placed on the Dean’s List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

Area residents make masks for those at risk



COURTESY

During the COVID-19 health pandemic, three quiet heroes who enjoyed displaying their handcrafted masks were (left to right) Kathy DeNutte, Amy Lesniak and Marcia Harris Bell. They are among the many who are spending long hours at their sewing machines to provide friends, neighbors and essential workers with quality handmade facemasks to help keep them safe and healthy.

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION – While widely recognized heroes working on the frontlines of the COVID-19 pandemic, such as doctors, nurses, EMTs, fire fighters, police, store clerks and other essential workers, are rightfully praised for the risks they take each day to keep people safe, healthy and fed, there are other unsung heroes working quietly behind the scenes to do their part as well. Among them locally are Kathy DeNutte, Amy Lesniak and Marcia Harris Bell, who have spent hours each day making masks for healthcare workers, the elderly, children and others who are at risk of coming down with the virus.

DeNutte is a known crafter from Belmont. Having sewn for many years, a friend asked a few weeks ago if she could possibly sew some facemasks for she and her fellow nurses at Belknap County Nursing Home.

“They said they were running out of masks and could only use one per shift so they wanted something else to help protect them,” DeNutte said.

Not only was the answer “yes”; it prompted

her to keep sewing for others who have reached out to her. As of last Saturday, she was looking to surpass the 200 mark.

“I have tubs full of material so I sit down at night to cut them all out so the next day, when I get out of work, I can sit down and just sew,” she said.

Following guidelines on how a facemask should be made, she uses three layers of 100-percent cotton. Each person she has made a mask for, actually receives two; while one is being washed, they have another to use in the meantime. Her masks are also made with two different patterns or colors on each side, so if they take one off for a few minutes, they know what side was against their face and can keep it that way until it’s washed again that night. She also tries to select material that would be suitable for adult males or females as well as children.

So far, DeNutte’s masks have gone to family, friends, nurses at the county nursing home and Lakes Region General Hospital, elderly community members and children with asthma or other health conditions that might increase their risk for contracting the virus.

“I don’t charge any-

thing for my masks. I have a list of people who want some so I make them, then leave them on the porch for them to pick up,” DeNutte said. “I’m cleaning out tubs of material that have been in my sewing room for years so all this costs me is my time. I don’t believe in monopolizing on this tragic situation we’re all in. This is about staying safe and healthy right now.”

Lesniak is a retired nurse living in Laconia who fully understands the need for proper protection in a health emergency, so she, too, has been sewing masks every day but with a bit of a twist to them. Literally.

“I put twist ties inside them at the top so they can be pinched over the nose to keep them close to the face,” she said. “I’ve worn masks for many years so I went to the CDC and Dartmouth web sites to make sure they’d be as safe as I could make them.”

She said while hers aren’t the same as a medical grade N95 facemask, they’re the next best thing. What concerns her, however, are those who are making substandard, single layer cloth masks right now to sell.

“It’s scary because of the false sense of hope

they’re giving people,” said Lesniak.

Like DeNutte, Lesniak first made them for her family. It wasn’t long before she heard from a friend at a hospital in Naples, Florida where she worked in neo-natal care for many years, that needed masks, too. She stitched 55 of them together for her former co-workers then began making more for local nurses she knows.

“The only thing I ask is for people to pay the postage if I have to mail them somewhere,” she said. “My mother always said that when you give, you get something back, so I refuse to take anything for the masks. How can you sell things like these in a time of tragedy?”

Joining Lesniak and DeNutte in their heroic endeavors has been Marcia Harris Bell. In the past three weeks Bell has made 300 cloth masks that were distributed to staff members at Spaulding Memorial Hospital, Dartmouth-Hitchcock Medical Center, Lakes Region General Hospital, Lakes Region Mental Health, Easter Seals and the New Hampshire Veterans Home, to name a few.

Through the grapevine, a woman from a nursing home and rehabilitation center in Ver-

mont also reached out for help.

“They were so desperate that she was even crying when I talked to her. In two days, I was able to send her over 85 of them because I could hear how much they needed them,” said Bell.

Other masks have been mailed to pharmacies in southern New Hampshire, the Florida neo-natal unit where Lesniak worked, and a facility in Concord, Mass. that also reached out to her.

“Mine go wherever there is a need, to people who ask,” she said.

In between those requests, she also stays busy making more for her neighbors.

“I schedule a time to pick them up then hang them on my mailbox,” she said. “I can’t take time to deliver any right now because that takes time away from my sewing.”

The added difference in her masks is that she uses an interfacing between the layers of cotton cloth to hopefully boost their effectiveness.

“I also put twist ties in for the nose piece like Amy does. We were really grateful that Shaw’s in Gilford and the Tilton Market Basket donated two boxes of ties so we could share and use them for our masks,”

said Bell.

Next on her list is to reach out to local police and fire departments to see if they need masks, too.

“It gives me something to do while I’m staying here at home and I’m happy to do it,” she said.

All three wished to remind people that cloth masks need to be washed daily. After washing, they advised that they use a hot iron to press the pleats in the mask, then let them dry completely overnight. The masks should not be placed in a microwave oven for a speedier drying time either, especially with metal twist ties inside.

As a retired nurse, Lesniak added that above all, everyone needs to keep their distance in public and “wash, wash, wash your hands!”

These women are not alone in what they do. Many others are also providing other services to their friends, neighbors and those working to protect the public during this crisis, and we want to hear about all of those unsung heroes, too. If you know of a local hero deserving of recognition, please contact our Editor at bren-dan@salmonpress.news.

A journey through history, one marker at a time

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION – Warren is a beautiful village in the western part of central New Hampshire,

nestled at the foot of Mt. Moosilauke and home to great freshwater fishing, hunting, ATV trails and other outdoor recreational opportunities. Deer, bear, moose,

and other wildlife are in abundance, but there is more to the community than just outdoor fun. It is also the site of Historic Marker #0073, honoring Norris Cotton,

a renowned statesman in New Hampshire who was born on a farm in Warren in 1900.

As a well-educated adult Cotton served in government for 50 years

through both internships and elected positions at the state and national levels. While in college he was a clerk for the New Hampshire State Senate then went on to serve in the state’s House of Representatives in 1923 as one of the youngest legislators in history.

In 1954, he ran for a seat in the U.S. Senate to fulfill Se. Charles W. Tobey’s seat when he passed away. In 1956 Cotton was elected to a full term in the Senate and served in that capacity until 1975.

According to Michael A. Bruno in his book, “Cruising New Hampshire History,” U.S. Sen. Cotton is best remembered for his commitment to the constituents in his home state. In 1957 he voted in favor of the Civil Rights Act presented at that time, as well as similar acts in 1960 and 1968. In 1964 however, he was the only dissenting senatorial vote for that

year’s revision.

Cotton passed away at his home in Lebanon in February of 1989 but to this day remains a much-respected part of the state’s history. Among the tributes to his service that can be found today the Norris Cotton Cancer Center in Lebanon and the Norris Cotton Federal Building in Manchester. The historic marker recognizing his commitment in service to the state was erected in 2012 and is well worth a drive to learn more about him.

Warren’s Town Common is situated at the intersection of N.H. Routes 25 and 118. Marker #0073 can be easily found by looking for the Redstone Rocket that towers over the common, which in itself is another reason why this is a great marker to visit.

Next week I’ll take everyone back down to Hill, one of the state’s most enduring and significant little towns.



DONNA RHODES

The Town of Warren is the site of a New Hampshire Historic Marker honoring former U.S. Sen. Norris Cotton, who was born in the rural community in 1900 and served in state and national government for 50 years.

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Retirement Account Rules Changes

By Edward H. Adam-sky

At the end of last year Congress passed the SE-CURE Act that changed the rules on IRA distri-butions. Congress just passed the CARES Act which makes some tem-porary changes for 2020. The SECURE Act de-lays the time when you are required to make withdrawals from IRAs until age 72 (unless you already turned 70½ un-der the old rule). But, the CARES Act says that you don't have to take a required distribution this year if you don't want to. There will be no tax or penalty if you skip a required distribution in 2020.

For those under re-tirement age (59½) you can take a distribution of up to \$100,000 in 2020 and avoid the extra 10% pen-alty for early withdraw-als. You will still have to pay ordinary income-tax on the withdrawal, but you can pay over three years if you wish. Those over 59½ don't have to pay a penalty so you can withdraw whatever you want from your IRA (it's still taxable income).

For those inheriting an IRA from a deceased person, the SECURE Act says that you will now be required to complete-ly withdraw all plan assets within 10 years of the date of death. No withdrawals have to be made during the 10-year period, but at the end of 10-years from the date of the plan holder's death the entire balance in the plan must be with-drawn. This eliminates the so-called Stretch for an IRA where those as-sets could grow for many years with a young bene-ficiary.

Some Estate Planning trusts took the Stretch rules into consideration and might have had pro-visions prohibiting with-drawals of more than the Required Minimum Distribution (RMD). With the new law this language could result in situations where the Trustee cannot distrib-ute anything at all until the tenth year after the death of the IRA owner. If you have any retire-ment funds that name a Trust as beneficiary, you must review the terms of the Trust to see what might happen under the new law.

There are excep-tions to the death of the Stretch provisions for certain disabled and chronically ill benefi-ciaries. If you have a trust written for such a beneficiary it may still be fine, but you should probably have your lawyer review it and up-date it as necessary. The Stretch will still work for a spouse. They can roll the IRA over to their own name and use their own lifetime for distribu-tions, but the next gen-eration will have only the ten-year time frame for withdrawals. Minor children can also with-draw using their age for RMDs but the ten-year period starts when they become an adult (18 in most places).

If you have done any planning with your IRA or other retirement funds using a trust, you should contact your at-torney to review your documents to see if they need to be changed based on this new law.

How illnesses are stopped from spreading in nursing homes

Millions of elderly and incapacitated indi-viduals find long-term care facilities are the saf-est places to reside and receive both medical care and assistance with daily living require-ments. Nursing homes aim to keep residents safe and healthy, and in order to do so important precautions need to be taken not only by staff members, but by friends and family who visit their loved ones in nurs-ing home facilities.

Infectious diseases can spread easily through nursing homes if visitors are not care-ful. Age and compro-mised immune systems which are common among many people who live in long-term care facilities, elevate resi-dents' risk for disease. A nursing home outside of Seattle was the site of one of first cases of COVID-19 on American soil. As of early March 2020, thirteen residents of the facility contracted and died from COVID-19, an additional 11 deaths were being investigat-ed but had not yet been attributed to the novel virus that dominated headlines.

In many nursing homes, residents share rooms, and common ar-eas are small, making residents vulnerable to infections that are trans-mitted from person to person, advises the As-sociation for Profession-als in Infection Control and Epidemiology. And the open-door policy of many facilities can make it easy for diseas-es to find their way in. These pointers can help reduce the risk for dis-ease transmission.

- Visitors should not come into the facility if they have symptoms of respiratory infections or other illnesses that are easily transmissible.
- Employees should stay home if they are sick.
- Good infection pre-vention and control tech-niques always should be implemented. These in-clude cleaning hands be-fore and after touching another resident. Clean-ing and disinfecting en-vironmental surfaces, removing soiled items, and wearing personal protective equipment is advised.
- Residents, work-ers and visitors should practice proper cough and sneeze etiquette by coughing and sneezing into the crooks of their elbows rather than into their hands.
- The CDC says al-cohol-based hand rub should be available in every resident's room.
- Restrict residents with any contagious illnesses to their rooms. If they need to be moved for testing or other rea-sons, have them wear correct safety items, like facemasks.
- Healthcare person-nel who may work oth-er jobs, such as those in other facilities, should exercise extreme cau-tion after caring for an individual with an infec-tious disease.
- Guests should wear gowns when visiting someone who has a vi-rus or type of bacteria that can be transmitted through direct contact.

Infectious diseases can be problematic in nursing home settings since residents are vul-nerable due to their proximity to others, ages and potentially compro-mised immune systems.

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Jessica Ruel promoted to lead MVSB's Laconia office

LACONIA — Jessica Ruel has been promoted by Meredith Village Savings Bank (MVSB) to be the new Branch and Business Development Manager of their Laconia location. In this position, Ruel oversees the Bank's branch office at 379 Main St. in Laconia, across from Vista Foods. Ruel replaces Eric Petell, who was recently promoted to Mortgage Loan Originator. "Jessica has been a familiar face to the Lakes Region community for more than 18 years," said Marcus Weeks, Senior Vice President and Retail Banking Officer. "Her leadership, knowledge and expertise empowers employees, while her warmth and competency endears her to customers. She will excel in this position." Ruel joined MVSB in 2001 as a teller at their Center Harbor office. She had several significant promotions throughout her career with the Bank since then: to customer service representative



Jessica Ruel

in 2003, assistant head teller of the Moultonborough location in 2005, certified branch services representative in 2013, teller supervisor and then branch services manager in 2016 and branch and business development manager of the Meredith Route 104 office in 2018. Along the way, she completed her teller and branch services certifications and has been very active in the community. Currently, Ruel serves as the employee campaign coordinator for Granite United Way. She resides in Meredith with her family.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of their depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since they were founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVSB and their employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.



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PHOTO BY ERIN PLUMMER

Messages of positivity

The Gilford Schools' message boards have some words of positivity and hope for the community in the middle of trying times.



Celebrate Our

LOCAL SPORTS HEROES

Past, Present & Future



Celebrate the achievements of local athletes and their stories of success.

Send a picture and description of your athlete to
news@salmonpress.news

We will run select photos and submissions in an upcoming issue!

Parade

FROM PAGE A1

take part in the parade, driving through periods of rain and snow. Several of the cars were decorated with streamers, signs, and paint with messages such as “We Miss You.” As they went through the different neighborhoods, parade participants honked horns and waved out the

windows. Fire trucks and ambulances joined the parade along the route.



Many vehicles in the parade had colorful decorations and special messages for students.





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The Gilford Fire Rescue Department joins the parade.

Sun - Thur 4-7pm • Fri & Sat 4-8pm

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