

# Newfound Landing

THURSDAY, JULY 9, 2020

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COMPLIMENTARY

## Newfound region celebrates the 4th



DONNA RHODES

Approximately 30 patriotic entries took part in this year's July 4th boat parade on Newfound Lake last weekend.

BY DONNA RHODES

dhrhodes@salmonpress.news

BRISTOL – The Newfound Region's Fourth of July activities were a bit low key this year, but plentiful.

The celebrations first got underway last Thursday evening with an outdoor concert, followed by the return of Cruise Night at Village Pizza on Friday evening, a small but patriotic parade on Saturday morning, a boat parade on the lake in the afternoon, and a beautiful fireworks display later that night.

As always, the Uncle Steve Band drew an appreciative crowd to Kelley Park for the start

of the Thursday Night Summer Concert series where people were able to distance themselves appropriately while enjoying their classic mix of country and rock sounds.

"We come to all of these concerts and we're just so happy they're able to keep them going this year," said one seasonal resident from Hill.

Friday night then offered classic car fans a chance to stroll the lawn beside Village Pizza, where everyone could appreciate the vehicles taking part in this year's annual Cruise Night.

On Saturday, a small but patriotic motor pa-



The popular Uncle Steve Band got things rocking in Bristol's Kelley Park last Thursday as Fourth of July celebrations kicked off with the start of the 2020 Concerts in the Park series.

rade headed out from Freudenberg NOK's parking lot at 10 a.m.. The vehicles drove up over Prospect St. and into the downtown square as cheers, horns and sirens made their presence known. While not the usual all-out affair the town is accustomed to, political candidates, patriotic groups and individuals all flew American flags from their vehicles while

joined by inductees into the 2020 Newfound Regional High School Athletic Hall of Fame. NRHS inductees this year include Leslie Dion ('75, athletic manager and contributor), David Chourney ('95 athlete), James Gilbert ('98 athlete), Chris Cutter ('01 athlete) and the 1959-60 NRHS Girls Basketball team.

Later that afternoon approximately 30 boats



Driven along the Fourth of July parade route by former Newfound Regional High School Athletic Director Pete Cofran, Leslie Dion was one of five individuals/teams honored as inductees into the school's Athletic Hall of Fame this year.

held a parade of their own around the southern end of Newfound Lake. Decked out with lots of patriotic décor, one boat even held an on deck dance party to Katie Perry's hit song "Firework" as cheers rose up from the shoreline and beaches.

After enjoying the rest of the day swimming, boating, hiking and shopping in Bristol, residents and visitors

then enjoyed a socially distanced but nonetheless spectacular fireworks display over the lake that evening.

Bristol Police Chief James McIntire said the Newfound Area was busy over the holiday weekend with typical summer traffic but things went very well from both a safety and entertainment stand-

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## Annie & The Orphans rock Kelley Park next week

BRISTOL — The popular band "Annie & the Orphans" will be playing in Kelley Park on Thursday, July 16 from 6:30 – 8 p.m. Annie & the Orphans, a six-piece band was formed in 1964 and has been proudly entertaining the Lakes Region ever since! The band specializes in rock 'n roll and their unique blend of musical talent and showmanship, along with their mixture of music from the Fabulous Fifties and the British Invasion of the Sixties, continues to amaze their audiences. "Rock 'n Roll with Anatole" is more than an expression, as this group always gives their audience a high energy performance and promises to get your toes tapping!

The Bristol Community Events Committee is looking forward to hosting the concerts this summer and is hopeful that those who attend will adhere to the following safety guidelines put forth for the summer concerts.

They would like to remind everyone that this is a "bring your own" seating event and are asking people to seat their group /themselves 6 feet from others. It is recommended that attendees bring masks for entering/exiting the park or when passing close by others in attendance.

Also, a reminder that no refreshments will be sold at Kelley Park concession stand this year. However,

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COURTESY

The popular band "Annie & the Orphans" will be playing in Kelley Park on Thursday, July 16 from 6:30 – 8 p.m.

## NLRA Annual Meeting draws a (digital) crowd

BRISTOL — From long-time members to organizational partners and state senators, the crowd converged (remotely) for Newfound Lake Region Association's Annual Meeting and Membership Gathering. Trustees and staff gave an engaging and educational presentation, informing attendees on the current state of Newfound Lake and conservation within the watershed, looking back at the accomplishments of the past 49 years, as well as looking ahead to the organization's plans for the future.

Members unanimously voted to approve the 2019 meeting minutes as well as the full slate of officers. Rob Moore will continue as board president, Jim Fitts was welcomed as the new treasurer, and Karen Boyd will serve another year as secretary.

Board member Parker Griffin gave an update on land conservation within the watershed, an essential aspect of maintaining clean water. Protected land has risen to about 25 percent, up from 13 percent six years ago, due to the work of landowners and the Newfound Land Conservation Partnership, of which NLRA is a member. Several initiatives are currently underway, including a project with the potential to help protect the Alexandria aquifer, which provides drinking water to residents of the Town of Bristol.

The Founders' Award, awarded by the organization every year to recognize an individual who has significantly contributed to the conservation of Newfound, was presented to long-time board member and outgoing treasurer, Ken Weidman.

In presenting the award, President Rob Moore noted, "Your dedicated stewardship of the Newfound community and longstanding leadership on the NLRA board of trustees leave an inspiring legacy and a long-lasting mark on the region."

Executive Director Rebecca Hanson, who has led the organization since last fall, was delighted by the large number of participants, but disappointed to not have the chance to meet with the community in person. She looks forward to continuing to get to know the people of Newfound, and urges anyone with questions or concerns to get in touch.

Hanson says, "NLRA is always available as a resource to the community, and I want to make sure

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## NLRA Youth Conservation Corps – empowering youth, protecting Newfound



COURTESY

The Newfound Lake Region Association's Youth Conservation Corps (YCC) is hard at work again this year.

BRISTOL — The Newfound Lake Region Association's Youth Conservation Corps (YCC) is hard at work again this year. The YCC program serves as a meaningful summer employment opportunity for the youth of Newfound, engaging them in conservation work in the Newfound watershed. From maintaining the storm water swale at Cummings Beach in partnership with the Town of Bristol and the Pasquaney Garden Club and removing brush in Pemi Park, to working with

SEE YCC PAGE A8



# The 4th around the region

\*ALL PHOTOS BY DONNA RHODES



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**Edward Jones: Financial Focus**

**Managing Withdrawals Carefully Can Protect Retirement Income**

Throughout much of your working life, you contribute to your 401(k), IRA and other investment accounts to help ensure a comfortable retirement. However, once you do retire, you'll need to shift your focus somewhat from building these investments to using them – in other words, you'll have to start withdrawing from your portfolio to meet the costs of living. How can you be sure you're not taking out so much that you risk outliving your resources?

First of all, you need to establish a proper withdrawal rate – the percentage of your portfolio's value needed for one year's worth of retirement expenses. Ideally, if you were to stick with this rate, your portfolio would last as long as you do. Your withdrawal rate should be based on a number of factors, including your age, amount of assets, portfolio mix and retirement lifestyle. A financial professional can help you determine the rate that's right for you, but it's important to understand that this rate is a starting point since you will want to review your withdrawals each year to ensure they are still appropriate. If the financial markets performed smoothly and predictably, year in and year out, any adjustments you make would likely be more modest. But, as you know, and as we've all been reminded the last several months, the markets are neither smooth nor predictable. Rather than constantly trying to change your withdrawal rate and spending in response to movements in the markets – which may be challenging if you have grown accustomed to a certain standard of living – you might be better off adopting a more conservative rate at the beginning of your retirement. For example, if you are in your mid-60s, you could start at a withdrawal rate of about 4%, which also assumes an increase in withdrawals (a "raise") of approximately 3% each year to incorporate inflation. By starting at a more modest withdrawal rate, you would have some flexibility for those years in which the market drops significantly. And you could increase your chances of extending the lifetime of your portfolio. But even if you started out with a conservative rate, you may need to review it during periods of extreme market movements. If, for instance, your portfolio were to fall 20% in one year, the 4% you had planned to withdraw would actually become 5% because you're taking out the amount you had planned, but now it's from a smaller pool of money. If this happens, should you consider making an adjustment? There's no easy answer. The amount you withdraw from your portfolio has a major impact on how long your money lasts. You'll improve your likelihood of success if you are able to be flexible and make some spending adjustments – spending less on some of your discretionary items, for example, or not taking a "raise" until your portfolio recovers. Importantly, your financial advisor can help run different scenarios to determine if adjustments need to be made to ensure you remain on track. In any case, think carefully about your withdrawal rate. By managing it carefully, and reviewing it over time, you can take greater control over your retirement income.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	1159 Washburn Rd.	Single-Family Residence	\$120,500	Citizens Bank NA	4d Capital LLC
Ashland	36 Circle Dr., Unit 3	Condominium	\$128,533	Mountain River East Association	Katherine O'Connor
Ashland	38 Riverside Dr.	Multi-Family Residence	\$147,000	Stephen B. and Marianne Clorite	Iatrou Enterprises LLC
Ashland	Winona Road	N/A	\$72,533	Barbara L. Marion RET and Vernon L. Marion	Michael H. and Veronica L. Metcalfe
Bristol	30 Batten Rd.	Single-Family Residence	\$312,533	Anne Arnold	Michael E. and Sarah B. Guarigliano
Bristol	795 Hall Rd.	Single-Family Residence	\$250,000	Robert C. and Lisa A. Cuzziere	Patrick E. Gullo
Bristol	Riverdale Road, Lot 37	N/A	\$217,533	Constance A. Cardasis	George & D. Sargent Fiscal Trust and George E. Schnyer
Bristol	151 W. Shore Rd., Unit 6	Condominium	\$123,933	Keith Getchell	Jason W. Evans
Campton	174 Beech Hill Rd.	Single-Family Residence	\$320,000	Patricia L. Meara and Jeanne R. Cox	Douglas and Nalini Potts
Campton	Washburn Road	N/A	\$200,000	Jbegood LLC	Bartlett Flooring LLC
Campton	N/A (Lot 3-1-1)	N/A	\$40,000	Patricia Meara and Jeanne Cox	Harold F. and Annie L. Potts
Holderness	N/A (Lot 8)	N/A	\$600,000	Matthew Curtis and Shatay Trigere	Brittany and Benjamin J. Anibal
Plymouth	Tenney Mountain Condo Unit En38	Condominium	\$165,000	V.L. Battles Leavitt IRT	Peter H. and Judith S. Jenney
Rumney	Stewart Drive	N/A	\$90,000	John Holz and Ann Katana	Iluka and Daniel Harris
Thornton	23 Falls Rd., Unit 1	Condominium	\$155,133	Susan Waters	Jo Anna Lopes
Thornton	132 Upper Mad River Rd.	Single-Family Residence	\$390,000	Rosalie Pendoley	Thomas O'Neil and Lynn Jenkerson

## ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

### Of camps becoming home, and a porcupine inside out

Memorial Day weekend is the traditional camp-opening time for people who own some kind of getaway place, known variously as a cabin, camp, cottage, hideaway, shack, shanty, hovel, or second home.

For the most part, owners and family and friends go back home after they've turned the water on and cleaned up after mice and other winter guests, and local people will see them again oh, maybe around the Fourth of July.

This spring, all of the above scenario did indeed unfold, except for the last part. Untold numbers of owners and families opened up "camp," all right, whatever description fits--but they never went home, choosing to ride out the corona situation in the supposed safety of the rural scene.

I've heard from camp-owners and second-home owners and caretakers in the North Country, the Lakes Region, the Androscoggin, and the state's southwest. All recount the same story--people who usually go home didn't.

When you remind one and all that these part-time residents are taxpayers, and that many have formed close

ties with locals over the years, some for generations, you get the "fair is fair" shrug of accord.

About the only viable argument is the strain on local health services if there are sudden outbreaks of the virus. So far so good, but we're knocking on wood.

+++++

In a valley to the north, a friend came upon what looked like a bag of trash beside the road, but then it didn't, so he stopped to check it out. It looked like a hide of some sort, and it was. It proved to be a porcupine, its meat and innards gone. "You almost couldn't see any quills because they were on the inside," he said. "The entire animal was turned inside out."

When I recounted this story to Jeff Fair, who lives in Alaska, he said, "Only one animal will do that," and then we both said, "Fisher."

In all my years of tramping around the landscape, I've heard this story once, maybe twice. I've seen it more often in print.

Foxes too will harry, or worry, a porcupine--going around and around, trying to force a mistake so they can



COURTESY

Wildlife rehabilitator Ben Kilham took this photo of a black bear taking it easy in a tree. (Courtesy NH Fish & Game)

reach a paw underneath and flip it onto its back.

I once came upon a fox when it was doing exactly that. It was a soft, rainy, mist-filled day, and I was sneaking along in my woolens, picking my footsteps, making not a sound. There was no wind. The fox, intent on its harrying, had no idea I was there. I watched this little drama for a few seconds and then said "Hey, Bub," and it was gone.

While predation on porcupines by fishers is well known, I've never heard anything about foxes, and while I can testify to the harrying part,

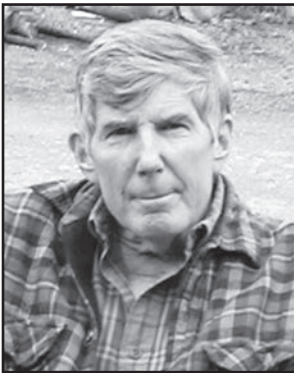
I have no idea whether foxes are ever successful. But I'd think they must be, else why try?

+++++

The season is still young, but already this spring and summer, we have seen a fair share of incidents involving bears and people, a sad and bad mix. Several involved bears that clearly associated people with food.

Bears don't learn this by themselves. They are opportunists, and will get into poorly secured garbage and trash. Some people feed bears to get them as close as possible.

Bears that don't run from people are headed for trouble, all because they associate people with food. Sometimes a bear is so accustomed to people that it becomes bold and demanding, too dangerous to be on the loose. And sometimes a people-accustomed bear returns even after repeated live-trapping and relocation, and the only



choice left is to kill it.

Wildlife officials hate having to make this call. That's why Fish and Game's mantra is "A fed bear is a dead bear." The problem, as always, is getting people to listen.

+++++

A letter from a reader on Skinny Ridge Road in Littleton sent me hunting for a topographical map. The terrain explains the name.

That name was interesting, and even better was a road that meets it, called "Wit's End Road," but I've never been there.

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

### NH Solar Shares accepting applications

PLYMOUTH — Located on the hillside above the Common Man's Frosty Scoop Ice-Cream and Food Stand on Route 3 in North Plymouth, is NH Solar Shares' picnic area. The 90 solar panels located on the steel structures and wooden pavilions generate solar electricity for families in need of assistance in the Plymouth area. Every two years, 10 new families participate in NH Solar Shares. They learn about solar energy and home energy savings, take care of the grounds at the solar picnic area and receive a monthly credit on their electric

bill based on the solar generation produced at the site.

There is no fee to participate.

"Currently, we are looking for more local families to sign up and join in the fun. We are urging people to print off the Solar Shares application on our website or e-mail or call our office and we'll mail out an application," said Paula Merrill, NH Solar Shares Program Coordinator.

Members of the community who are currently living in subsi-

dized housing and/or receiving electrical or fuel assistance automatically meet the income eligibility guidelines for NH Solar Shares' participation. Solar Shares electric bill credits is not recognize as income and won't impact other benefits families may be receiving.

For an application visit the "For Our Families" page at [www.nhsolarshares.org](http://www.nhsolarshares.org), e-mail [nhsolarshares@plymouthenergy.org](mailto:nhsolarshares@plymouthenergy.org) or call 536-5030. NH Solar Shares is a program of the Plymouth Area Renewable Energy Initia-

tive, 79 Highland St., PO Box 753, Plymouth.



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## CADY Corner

### Interrupted memories: Alcohol- induced blackouts

BY DEB NARO  
Contributor

Drinking to the point of a blackout has gained pop culture notoriety in recent years. Blackouts are typically associated with consuming excessive amounts of alcohol that can lead to impaired memory of events occurring while intoxicated, and a drastically increased risk of injuries and other harms. Blackouts can occur in anyone who drinks alcohol, no matter their age or level of experience with drinking.

Alcohol-related blackouts are gaps in a person's memory for events that occurred while they were intoxicated. These gaps happen when a person drinks enough alcohol to temporarily block the transfer of memories from short-term to long-term storage—known as memory consolidation—in the hippocampus brain region.

There are two types of blackouts defined by the severity of memory impairment. The most common type is a fragmentary blackout characterized by spotty memories for events, with “islands” of memories separated by missing periods of time in between. This is sometimes referred to as a Grayout or Brownout. Complete amnesia, often spanning hours, is known as an en bloc blackout. With this severe form of blackout, memories of events do not form and typically cannot be recovered. It's as if the events simply never occurred. Blackouts tend to begin at blood alcohol concentrations (BACs) of about 0.16 percent (nearly twice the legal driving limit) and higher. At these BAC levels, most cognitive abilities (e.g., impulse control, attention, judgment, and decision-making) are significantly impaired. The level of impairment that occurs at such high BACs makes the intoxication level associated with blackouts especially dangerous. Blackouts can also occur at much lower BACs in people who drink alcohol with prescription medications.

Research indicates that blackouts are more likely to occur when alcohol enters the bloodstream quickly, causing the BAC to rise rapidly. This could happen if someone drinks on an empty stomach or consumes excessive amounts of alcohol in a short amount of time. Because females, on average, weigh less than males, they are at higher risk for blackouts.

Because blackouts tend to occur at high BACs, they commonly stem from binge drinking, which typically occurs after consuming four drinks for women and five drinks for men—in about 2 hours. In fact, many people who have blackouts do so after engaging in a behavior known as high-intensity drinking, which is defined as drinking at levels that are at least twice as high as the binge-drinking thresholds for women and men.

Research conducted with college students and other young adults has shown that the frequency of blackouts predicts other alcohol-related consequences (such as missing work or school, having a lower grade point average [GPA], being injured, ending up in the emergency room, getting arrested, or experiencing other negative outcomes). Questions about blackouts during routine medical visits could serve as an important screening for the risk of alcohol dependency and related harms.

For more information about how to keep your child drug and alcohol free, visit our website at cady-inc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



DONNA RHODES

#### Sign of support

While cities around the nation struggle with issues surrounding their police departments, signs like this one on West Shore Road in Bristol are expressing gratitude and support for local police and emergency responders.

## Changing the Conversation

### Is telehealth the future of healthcare?

BY TARA GRAHAM  
Central NH Community Opioid Response Program

Covid-19 has rapidly changed the way we interact. Social distancing guidelines and reduced capacities throughout the community has formed a new normal. With the successes and disease prevention that these measures have promoted, telehealth is expected to play an increasing role in the future of the healthcare landscape. Adjustments and adaptability are key to ensuring access to services.

For a person with a substance use disorder, finding and staying in treatment and recovery can be difficult enough to manage even in the best of times. With the pandemic continuing to affect nearly every aspect of daily life, people may not have access to the same support and resources that were previously available, both on a personal and medical level.

Evidence suggests that the pandemic is likely to have ripple effects on substance use. Quarantine and isolation may trigger behavioral health crises at a time when people are isolated from their communities. Social support from friends, family, and

peers with similar experiences plays an important role in maintaining recovery and can be a protective factor in preventing overdoses. People who use opioids alone put themselves at risk for fatal overdose if no one is nearby to revive them with Naloxone or call for help.

Disruptions to treatment facility operations make it harder for people who hope to initiate treatment during a disaster so treatment programs must now think outside the box to serve these patients. Based on prior research indicating an increase in people seeking treatment during disasters and overdose cases beginning to rise, treatment facilities are anticipating and preparing for additional new patients. This requires options for initial visits and medication dosing rules that adhere to social distancing guidelines. The federal government and states have implemented a number of regulatory changes to make it easier for people to start and maintain their treatment, including more flexibility in using telehealth services to reduce the need for in-person visits as well as reducing restrictions for telehealth services, includ-

ing prescribing.

The benefits of telehealth services address some of the long-held concerns surrounding inequity in the health care sector, such as a lack of access for the elderly and people in rural areas with limited transportation options. Having little or no medical support within proximity can be disastrous during an emergency when a person requires immediate attention. Not having enough doctors, specialists or supportive organizations close by also means people may not get as much regular and preventative health care, potentially leading to worse outcomes down the road.

Continuity of care is extremely important for people that need to access mental health and substance use disorder treatments. Videoconferencing, phone calls, texting, cloud-based image sharing and other means of connecting through remote technology make it possible for patients to consult with doctors from afar. While the technology is still in its infancy, many local healthcare and support organizations have been rapidly adapting and innovating to provide this consistency and ensure the services are avail-

able when they are needed.

Telehealth for a person in treatment – someone trying to enter into and sustain remission and also attain recovery – works differently than it does for someone during a typical doctor's visit. People in substance use treatment are aiming for both remission (no longer having symptoms of the substance use disorder) and recovery (a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential). Recovery can take a long time. Patients may have regular individual visits with a doctor and a therapist, but also group therapy sessions and peer support recovery coaching, which can be scheduled multiple times a week depending on how much support they need and far along they are in their recovery.

If you are in need of assistance in navigating the new systems, or want to learn what the options are, please visit [www.parcnh.org](http://www.parcnh.org) or call 238-3555. A recovery coach can help you or your loved one connect to needed resources.

## Letters to the Editor

### It died with a whimper, not a bang

To the Editor:  
[Last week], the New Hampshire House had the second, and last, of the unique sessions this year to accommodate our capitulation to the pandemic. We held it at the Whittemore Center. Unfortunately, they didn't have the Zamboni running to clear the arena. We held a meeting at the Whittemore a few weeks ago, when the Democrats tried to override the calendar to act on bills that were late. The Democrats had several months to call sessions or have Committee hearings but ignored them. Whether it was due to laziness or because they wanted to ram their agenda through is your call. I

choose both.

This time, we had to act on numerous bills that the Senate had cobbled together with all their favorite toys. The bills were veritable Christmas trees of bills. In theory they were supposedly grouped by “germane” subject matter, but their definition of “germane” pushed reality.

As an example, House Bill (HB) 1234 originally to pay for the conversion of state owned building heating systems necessary with the closing of Concord Steam title was changed to everything state business. It contained numerous HB's that passed and Senate Bills (SB) that we never saw and had no chance to

discuss or hold hearings on these almost 40 bills. Bills like: Sports Booking, liquor transportation, victims assistance programs, milk pasteurization and one that was probably appropriate; solid waste. So much for being germane!

This is not the only example. HB 1245 was supposed to look at boards, commissions, etc. to see if we could eliminate some. Heaven forbid we eliminate useless boards. Instead it became a Christmas tree with over 40 bills with subjects like ADDING an offshore wind commission. Many of these were new SBs that deserved a review, not one wholesale up or down vote!

There was some good news. HB 1582 that originally provided assistance to permanently disabled veterans and their families with only three germane SB's added. This is one that I could vote for:

The legislature season is over. It died with a whimper, not a bang. Hopefully next year will be better. I am running for another term and hope to get your support this fall. The silliness has to end! If you want to talk or just have coffee, you can contact me at 320-9524 or email at [dave@sanbornhall.net](mailto:dave@sanbornhall.net). Have a great summer and be safe!

Cheers,  
REP. DAVE TESTERMAN  
FRANKLIN

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



Churches

Holy Trinity (Roman Catholic)

The Summer Mass schedule has begun for Holy Trinity Parish. The Mass times are:

Saturday at 4 p.m. at St. Matthew Plymouth, and Sunday, 7 a.m. at St. Matthew, Plymouth. The next two Masses on Sunday are at Our Lady of Grace in Bristol at 8:30 and 10 a.m. All Masses are only at 40 percent capacity following the guidelines from the CDC and the Bishop's office. Therefore, you must make a reservation to attend. You can make a reservation by emailing Chris Chiasson at holytrinitybristol@gmail.com or calling her at 744-2700. You must wear a mask for the entirety of the Mass (with the exception of receiving Communion). There is no congregational singing as it is a spreader of the contagion, and you will be seated by the ushers socially distanced to keep everyone safe.

You will also be able to receive communion outside of the Mass after the 4 p.m. Mass at St.

Matthew (so, 4:45 p.m., and please wait for the church to be empty before entering wearing a mask), or Sunday after the 10 a.m. at our Lady of Grace (10:45 AM, please wait for the church to be empty before entering wearing a mask).

Mass is still available online on the Youtube site, Holy Trinity Parish NH. We are very grateful to Dan Egan and his team for working so hard to film the Masses for us so we can provide these services to you.

These online Masses continue to fulfill your Sunday obligation.

The Plymouth office is now open Monday through Friday from 9 a.m. to 2 p.m. You can use the church (St. Matthew) during this time for private prayer, observing all CDC guidelines. Sign up with Sanctuary at the front office. There is Eucharistic Adoration on Monday mornings from 8:30 to 9:30 a.m., following daily Mass at 8 a.m.

The Bristol office will reopen on Monday, July 6 and will be open on Mondays, Tuesdays and Thursdays from 9 a.m.

to noon. During this time, you can use the North American Martyrs Oratory at the Marian Center for private prayer. On Thursdays, there is daily Mass over at Our Lady of Grace at 8 a.m., followed by day long Eucharistic Adoration from 8:30 a.m. to 6 p.m. in the church. You must of course, follow all CDC guidelines to attend.

The halls have reopened at both the Plymouth and the Bristol campus. The AA meeting is now back at the Christian Life Center in Plymouth, following all CDC guidelines.

There will be a Red Cross blood Drive on July 21 at the Marian Center in Bristol from 1 to 6 p.m. There is a desperate need for blood, so please consider donating.

If you would like to receive our bulletin online, please email Chris at holytrinitybristol@gmail.com. Also check out our Facebook page, Holy Trinity News and Info for the latest news, events and scheduling.

You can also check our Web site, holytrinityparishnh.org for the

Plymouth Congregational UCC

YOU ARE INVITED to join Pastor Mike Carrier for worship at 9:30 a.m. via our Facebook Page when we will be livestreaming our morning service. The Sunday Bulletin for this service as well as videos and Bulletins from past services can be found on our church's Web site at www.uccplymouth.org.

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice.

How do I access the church's Facebook Page? You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive

notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

From the start of this school year, we have been providing 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School so that they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children while the schools are closed.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at www.uccplymouth.org.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

Sunday, July 12

General Assembly Reflection

This Sunday we will hear reflections from those who attended the first ever, on-line UU General Assembly.

SUNDAY SERVICES are currently being LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site: www.starrkingfellowship.org 536-8908

Towns

Alexandria

Merry Ruggiello 744-5383  
sunshine\_eyes51@yahoo.com

Happy July everyone! Hope you all had a safe and happy holiday weekend! Nothing like burgers and hotdogs done on the grill! which is what I did before heading off to watch the fireworks at a friends house! A most enjoyable evening indeed.

Town

Town offices are open

The following items can all be done online by clicking the links below, through the mail and/or over the phone:

- Property Tax Payments
- Vehicle registration renewals
- Dog licensing
- Requests for copies of birth certificates, marriage licenses, and death certificates
- Property assessment information and tax maps
- Property tax exemption and credit forms
- Burn Permits or contact the Alexandria Fire Department at 530-2229

BEACH PERMITS ARE AVAILABLE FOR PURCHASE. WELLINGTON STATE PARK MAY HAVE SOME RESTRICTIONS OR LIMITATIONS FOR VISTORS. PLEASE VISIT https://www.nhstateparks.org/covid-19 FOR CURRENT INFORMATION ON THE STATUS OF OPENING THE PARK.

If you are having problems locating information on our website, we can assist you over

the phone. The Town Clerk can be reached at 744-3288 or alexctxcoll@metrocast.net and the Selectmen's Office at 744-3220 or alexandrianh@metrocast.net.

Alexandria UMC

Sunday, July 12, the drive in church service will begin at 9 a.m. To hear the service tune in to 88.5 on the FM side of your radio. There is some outside seating if you wish, but it is requested that masks be worn outside your vehicle. Thank you for your understanding and patience.

If you have prayers requests, please give Carleen Stickney a call or text at (603)530-2817 or email her at apixistick70@gmail.com. As soon as she has the requests she will be able to include them in the bulletin each week. Thank you Carleen for all you do!

Happy July Birthday to Carleen Stickney on July 1, Margaret Clayman on July 6, Kris Day on July 10, Michael Blouin on July 22, Dave Wilson on July 24, and Bud Flanders on July 28. May your special day be filled with much love, laughter and many blessings!

Time for me to head outside for another adventure! Hung laundry out earlier and checked on how the green things were growing. Suppose it's a good tie to hill the glads now they are up a ways. Certainly do not want a downpour to crumple them over. I do have a few flowers left

my sidekick started and they really need to get into the ground so they can stretch and bloom with all the others. Ayuh, plenty to do! Have a wonderful week ahead, be safe in your travels and let kindness show by your words and deeds!

Bristol

Al Blakeley  
adblakeley0@gmail.com

I hope you all enjoyed your Fourth of July holiday and that you got to have friends and family near to enjoy it with. I felt very fortunate that we were able to have a cottage full of family who spent a few days with us, even if it was a bit disjointed with the comings and goings due to jobs, obligations, a softball tournament and that sort of thing. We knew it was coming as the grandchildren get older and although they love to be at 'camp' with all of its memories and traditions, 'things' gradually get in the way. But, they managed to fit us in and it was wonderful!

This Thursday, July 9, another Concert in the Park will be held featuring The Bel Airs! Concerts are from 6:30 - 8:00pm at the Concert Pavilion at Kelley Park. Lawn seating, bring your own chairs or blanket and please practice social distancing and seating at least 6 feet from other groups. Concert attendees are asked to keep 25 feet distant from the pavilion, bring masks to wear when wandering close to other folks in attendance

and portable toilets and rest rooms will be available for use at your own risk! Concerts will be cancelled in case of inclement weather and decisions will be posted by 2:00pm on concert day. No indoor concerts will be held. Other groups scheduled for the summer include: Annie and the Orphans, The Blacklist Band, The Cole Robbie Band, Jackie Lee and the Cold Steel Ramblers, Carroll Brown, Audrey Drake Trio, Michael Vincent Band and Studio Two-Beatles Tribute. Refreshments will not be available at the park, but you are welcome to bring your own, remembering that no alcoholic beverages are allowed and please carry out your trash. Enjoy it all!

The Minot-Sleeper Library is making progress with its annual Summer Reading Program for all ages and is having a Phased Reopening which is now under way with curbside services, virtual programming, home delivery service for homebound individuals and weekly bulletins as to what is offered.

Communicating about these services and opportunities can happen using the following information:

Email: librarian@townofbristolnh.org

Web site: www.minot-sleeperlibrary.org

Telephone: 603-744-3352

The Youth Services Librarian, Paula McKinley, has put together some fantastic book bundles that include books and activities related to the book's theme and a

couple literary-themed keepsakes. These are available for all ages. To encourage all ages to continue reading throughout the summer, the library is hosting series of virtual programs with presenters including Science Tellers, Currier Art Museum, Squam Lakes Science Center and others. For those without internet, recordings on DVD will be made available.

For adults, a weekly bulletin will have previews to new books, recommendations from staff, recipes from the library's cookbooks, suggestions for visiting local venues with museum passes and more. The bulletins will be available at curbside service or can be viewed online.

You may now return all library materials and request books, magazines and videos with the curbside or delivery service. For directions regarding these returns,

please use one of the communication methods listed above.

The Nonfiction Book Group will have a discussion on the book "The Burglar's Fate and The Detectives" by Allan Pinkerton on July 9 at 3pm. Please use the email or phone number above to request the link, meeting ID and password to join an event. Please request access at least 48 hours prior to the event if possible.

The July Book Bundle themes are: Picture Books - Fourth of July and Christmas in July; Junior: Funny Haha; Middle Grade: Eye of the Tiger - Read from an animal's point of view; YA: Historical Fiction with a Twist.

I'm sure you are all settled in after celebrations and I wish you peace and quiet for a respite.



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*Photos are also welcome, but must be submitted in jpeg format.*

*Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.*



## DAY HIKE OR SHORT EASY HOUR WALKS TEMPTING RIGHT NOW

**BY LEIGH SHARPS**  
Contributing Writer

**REGION** —Though the current situation makes some summer events such as big class reunions, picnics, family outings, etc., nearly impossible, there are still many ways to enjoy those summer days that lend themselves to outdoor activities. Hiking is one of those adaptable activities that one can enjoy singly, with small children, friends, or a pet.

With health concerns at the forefront of our thoughts these days it is important to note that hiking should be avoided on very hot, sunny days as overheating, sunburn and stress should all be figured in when choosing a day. Also, every hike/walk listed here has COVID-19 CDC guidelines posted. The major concern is keeping a safe distance from others and wearing a mask is advised in the areas where trails are more heavily trafficked and always, always, be courteous and kind to other travelers. Also recommended are sunscreen and having plenty of water available as you enter the woods.

Some highly acclaimed day hikes, according to manuals and local hikers, are: Red Hill Fire Tower Trail (Moultonborough) Welch/Dickey Loop (Thornton), Cotton Valley Rail Trail (Wolfeboro) Mt. Cardigan State Park (Bristol/Alexandria), Plymouth Mountain (Plymouth) Belknap Mountain (Belmont), Locke's Hill Trail (Laconia/Gilford), Chamberlain-Reynolds Memorial Trail system (Holderness), the Walter-Newton Trail System (Plymouth) and Whitten Woods Ashland) and the whole Squam Range (Sandwich/Holderness east and west).

**Short Walks:** Blair Woodlands Natural Area (Campton), and Sabbath Falls (Lincoln/Bartlett), Story Walk (Holderness) and the Pemi River Launch (Plymouth).

Hiker Leah Palmiter of Holderness says her favorite trails are the Red

Hill Trail, Welch-Dickey Loop and Beede Falls. Red Hill is easy and quick...a little steep but still easy-going. You can climb to the top of the fire tower (not in service) and there are absolutely beautiful, panoramic views!" She also says there is a "sweet concession stand at the base. The trail can be found on Red Hill Road, off Bean Road. at the lights in the middle of Center Harbor. It is a 3.3-mile loop, but note that it is heavily trafficked. If the parking lot is full please pick another day or time to climb.

"The Welch-Dickey Trail is of medium difficulty, but I believe it is the very best small hike in New Hampshire! There are lots of exposed rocks and just great, fantastic views!" said Palmiter.

It's pet friendly, and so is Red Hill.

The Welch-Dickey Trail head is located in Thornton near Waterville Valley on Rte. 49. From I-93 take exit 28 to 49. This trail is a 4.4-mile loop and can be heavily trafficked on the weekends.

Palmiter's other favorite is Beede Falls and the Cow Cave in Sandwich Notch, which she says is "easy and has beautiful waterfalls." From Route 175 in Holderness, or from Moultonborough Center toward Center Sandwich, take the Sandwich Notch Road in the town center to Diamond Ledge Road and follow signs. It's just short walk, nine tenths of a mile, to the Falls and a little more to the Cave. It gets its name from the legend of a cow that wandered from a farm and spent the winter under this small cave on the Bear Camp River which has an overhang/cave area with a waterfall flowing over it. It's lightly used.

"Just a great walk," said Palmiter.

Another long-time avid hiker and mountain biker, Sean O'Leary of Ashland, agrees the Welch-Dickey Loop is a favorite choice for him, too, but he says all the peaks of the Squam Range are at the very top of his list.

"You can spend one or two long days from either end of the range and climb all the mountains getting a very different view from each peak, or you can just choose one a day, depending on how much time you want to spend. Either way there are a multitude of amazing views from each peak," Palmiter said.

The Range peaks continue from northeast to southwest and include an unnamed knob, then Mt. Doublehead, Mt. Squam, Mt. Percival, a knob often called the Sawtooth (actual high point in the range), Mt. Morgan, Mt. Webster, Mt. Livermore and Cotton Mountain. The Crawford-Ridgepole Trail crosses over (or near) all the summits except for Cotton Mtn... Most of these trails can be accessed from Route 113 running from Ctr. Sandwich to Holderness with clear signage along the highway. The loop over Percival and Morgan are the most used where one can see Squam Lake and the higher mountains to the north, but the rest of the trails on the range are lightly used. The most spectacular views are said to be in the Squam-Doublehead area. Cotton Mountain, is also accessed from Route 113 and is just seven tenths of a mile one way.

O'Leary recommends the Doublehead Trail leading to Doublehead Mountain which can be found on Thompson Road off Route 113 between Center Sandwich and Holderness. It's a 4.4 mile out and back trek, of moderate difficulty and pet friendly. "There's lots of wildlife and from the ledge on the top are the finest views of all the peaks in the Range in my opinion," concluded O'Leary. The Squam Lakes Association (SLA) maintains the majority of the Squam Range trails.

Lightly used is Plymouth Mountain, whose trail begins off Route 3A going toward Bristol at the Plymouth Rotary (end of Tenney Mountain Highway). There's two trails to the top, Plymouth Mtn. trail and the Ken

A scenic landscape photograph showing a large body of water, Lake Umbagog, nestled between dark, forested hills. In the background, a range of mountains is visible under a bright blue sky filled with large, white, puffy clouds. The foreground is filled with the bare, brown branches of trees, suggesting a late autumn or winter setting. The overall scene is peaceful and expansive.

LEIGH SHARPS

**View from the north ridge of Whitten Woods, Ashland.**

Sutherland Trail. Belknap Mountain is in Gilford on Wood Rd. off 11A E.. It's lightly trafficked as well with a 4.7 moderate difficulty trail. Take the Gilford Loop Trail up and back. There's a fire tower to climb.

The Cotton Valley Rail Trail in Wolfeboro/Brookfield/Wakefield is a 12 mile hard-packed trail popular with families and for all skill ranges. Offered is great wildlife viewing, birding, fishing, etc. with many benches and picnic tables along the way. It follows two lakes, goes over trestles, wetlands, beaches, backwoods and fields. This follows a former Rail Road right-of-way.

Chamberlain-Reynolds Memorial Forest is on College Road between Route 3 in Holderness and 25B in Center Harbor. It has a 2.3-mile loop and features an area with a boardwalk over wetlands and it leads down to a Big Squam Lake cove. There is a sandy beach/swimming area. There are camp-sites which are usually reserved a year ahead of time, but during this different type of summer call the Squam Lakes Association who maintains this area for details and COVID-19 precautions. This area is heavily trafficked so, again, if the parking lots (two) are full please return another day/time or choose one of many options in the Lakes Region (However, try to avoid Mt. Major in Gilford and Rattlesnake Mtn. in Holderness if their lots are full... both are facing over-use at this time due to their easy accessibility).

The Walter-Newton Natural Area Trail is on Cummings Hill Road off Route 3 in Plymouth between Plymouth and Bridgewater. It is a 1.6-mile loop, moderately trafficked. One can take the whole loop or take just one of the two trails up and back...at the top (ascent is only 187 feet) are the very pretty Rainbow Falls where there are two benches for water viewing. Another access to the Falls is off Texas Hill Road (around the corner in Plymouth), but this trail, Rainbow Falls Trail, is a little more challenging. Pet and family friendly, this area is moderately trafficked so be aware of cars in the area at the trail head on Cummings Hill Road.

The Mt. Cardigan Lodge in Alexandria/Bristol serves as center of an extensive trail system. The summit of Mt. Cardigan, (elev. 3,121) which has panoramic views, is accessed from here. There are many trails including the one to the impressive Welton Falls and many others on the west side of the mountain. The lodge

the mountain. The lodge is surrounded by 5,000 acres of the Mt. Cardigan State Forest. One of the many trails is the Holt Trail, deemed one of the most difficult in the state, but there are other light nature walks as well. The Lodge and area is AMC (Appalachian Mountain

Club) run and the physical facility is closed this summer due to the pandemic, but all the trails are open. Follow W. Shore Road off Route 104 in Bristol heading to Newfoundland Lake. Do not turn toward Wellington State Park (another lovely area to visit though on clean Newfoundland Lake). Take Shem Valley Road (Alexandria).

Whitten Woods can be found on Highland Street, off Route 3 in the center of Ashland near Little Squam Lake. It is a relatively new trail system and is good for all ages and skill levels. It's a 2.5 mile out and back trail, full of wildflowers, and it can be accessed all year-round. North Ridge is part of the loop.. the South Ridge is not a loop trail. Whitten's is lightly trafficked and the spacious lot is rarely full. The views from the top are outstanding.

Locke's Hill Trail is a 1.8 mile loop with moderate traffic for all skills. It is in the Gilford-Laconia area and features scenic views and lots of bird watching. Take Rte. 11 to Lake Shore Rd./Glendale near the Laconia Municipal Airport.

Another little-known trail which is lightly used and, again, hardly more than a single car in the lot at any time, is the Brooks-Fisher Trail on Perch Pond Road in Holderness between that town and Campton. It is the newest addition to the Squam area trail system. At the summit it joins the Crawford-Ridgepole Trail (see Squam Range information above). What's unique about this moderately easy hike is you pass some interesting artifact 'sites.' A short way up on the right is a beautiful old cellar hole; note the huge boulders making up the foundation. Hidden to the right of this is a gravestone, but is so faded it's impossible to read, but one can think of many stories as to how this all ended here. Further up, also on the right, is a unique stone wall. A huge, flat rock seems to be holding up the rest of the rocks to form an 'entryway' on the trail, and is also most impressive.

It's 3.4 miles up and back, rated 'moderate skills' and, again, lightly trafficked, and very well marked. This is on a lovely country dirt road which is sparsely populated and is a pleasure for a day trip in itself. After this hike you should take a right out of the lot and continue either to the end of the road back to route 175 toward Holderness, or before then, cross the historic Bump Bridge (1877) to the right in Bumps Intervale and travel back roads into Campton and Holderness.

Find this gentle uphill trek by taking Route 175 off Route 3 in Holderness and take Hardhack Rd. on the right past the elementary school, and immediate right after that to Perch Pond Road. It's several miles up on the right, passing the Pemigewas-

set Valley Fish and Game shooting and archery ranges. (When hiking ignore any shots fired... they're not around the trail!) The trails is maintained by the SLA.

For those who don't have the time to spend even an hour on the trails there are plenty of short trails, paths and walks in the Lakes for all skill levels to enjoy. Here are a few:

An easy 20 minute walk off the Kancamagus Highway in No. Sandwich/Lincoln (exit 32 off I-93/left onto Route 112-short way up on the right) is Sabbaday Falls. Easy out and back it's a mini-loop around and above a small waterfall. There are wooden rails and a small swimming hole, but be advised: this is so easy to access it is heavily trafficked on weekends. Please have a day plan with several other trail options in the area and if the parking area is full please move on.

A little-known easy hike beside the Pemigewasset River is the Blair Woodland Natural Area. 17 acres given to the town back in 2002, it is conserved as a 'natural area for wildlife and for the general public to enjoy nature study.' It is all forested with a beautifully maintained narrowish path perfect for one person and a dog who both might be looking for a brief, cool respite on a hot summer day, or for families with small children who can easily keep sight of one another while enjoying the all forested area.

There are four trails (Schuyler and Abenaki Trails, Leah's Way and the Chickadee Path). The Abenaki leads down to 1,000 feet of frontage on the river. When there, the pleasure is twofold, there is a swimming area by a big boulder and there's a fantastic view of the historic Blair Covered Bridge Thirty minutes is about all it takes so do the looping trails ending back at the ample parking lot.. It is low impact only (walk, cross-country ski, snowshoe, fishing, picnicking , etc. only... no bikes). It's very well maintained and a can of OFF! is available for walkers as well as a box of doggie 'litter'bags' (for the dogs). (exit 27-Blair Bridge/Campton exit off I-93, go right on Route 3 about 600 feet and it's on the left—small sign).

And, finally, two short walks in the Plymouth area: Pemi River Boat Launch (kayaks, canoes/tubes) next to the court house on Green St., and in Holderness is the Channel Walk located behind the post office on Main St. This flat walk on the Squam Channel features a 'Story Walk' during the summer for kids to follow. Standing story boards lead children through the path with a history type/scavenger hunt educating walkers about all the wildlife that can be found in the woods and the water. (15 minutes).

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# PSU Educator Program earns prestigious accreditation



COURTESY

Plymouth State University's educator program has earned accreditation from the Association for Advancing Quality in Educator Preparation and the Council for the Accreditation of Educator Preparation. PSU is the first institution in New England and one of only four nationally to hold these dual credentials. (Shown in photo) PSU student Jacob Mosby, works with students at Pittsfield Elementary School earlier this year. Mosby was a teaching intern and co-teacher with Sarah Jean-Gilles' 6th grade Science Technology Engineering and Math (STEM) class.

PLYMOUTH — After a rigorous peer review process, Plymouth State University's (PSU) educator program has earned Photo

accreditation from the Association for Advancing Quality in Educator Preparation (AAQEP) and the Council for the Accreditation of Educator Preparation (CAEP). The two national accrediting organizations review institutions that offer bachelor's, master's, and doctoral degrees and other programs to prepare teachers and other educators for certifica-

tion and licensure in the United States and abroad. PSU is the first institution in New England and one of only four nationally to have earned dual accreditation from AAQEP and CAEP.

PSU's educator program includes undergraduate and graduate-level studies in elementary education, music education, special education, education leadership and other tracks to prepare teachers and administrators for roles within elementary, middle and high schools. The University's related programs include

school counseling and school psychology.

"PSU's educational programs provide personalized supports to meet nationally recognized levels of expertise," said Mary Earick, Ph.D., Research Professor, Director, Holmes Center for School Partnerships and Educator Preparation, Plymouth State University. "Our journey in attaining dual national accreditation has given us exceptional opportunities to grow as an institution and work closely with our partner school districts. This was a true collaborative effort made possible by the dedication, hard work and expertise of our education faculty and Holmes Center staff."

To meet national CAEP and AAQEP accreditation standards, PSU demonstrated not only exemplary teaching and learning but also how PSU graduates impact students in the schools where they work. To meet these standards, Earick and her colleagues developed the "Problems of Practice Professional Development Schools (PDS) Teacher Education Model." This exclusive PSU program has superintendents, principals and teachers from 12 partner school districts throughout New Hampshire meeting regularly with PSU faculty and regional and national experts to help guide curriculum and programming, which ensures that PSU graduates are meeting the diverse needs of today's students.

Additionally, in response to a critical need

for STEM educators in public schools, PSU developed and recently launched a new post-baccalaureate science program to provide three distinct pathways for science graduates, paraprofessionals and working professionals in science-related fields to become highly qualified science teachers.

Partner school districts also provide opportunities for PSU undergraduates to receive real-world experience through internships and student-teaching opportunities, which extend beyond the typical teacher training. PSU undergraduate education program students have raised grade one reading and comprehension levels by 30 percent in two K-8 partner schools over three years, and reduced the number of students who require special education services.

"Plymouth State University's teacher education program produces graduates who are seasoned and classroom-ready," said Ken Darsney, Principal, Franklin (NH) Middle School. "They are equipped with the skills to address the needs of 21st century learners in a socio-economically diverse society; they understand how to develop a learning environment based on student needs and strengths, and how to work collaboratively with colleagues and families to design programming for a diverse community. Our school's partnership with PSU provides us the op-

portunity to help develop the next generation of teachers while receiving cutting-edge consultation and professional development with the goal to transform our educational community."

Each summer, PSU's Holmes Center for School Partnerships and Educator Preparation hosts a three-day summit in which educators throughout New Hampshire come together to learn, share ideas and collaborate. This year's "Problems of

Practice" Summit will address the critical needs of Pre K-12 schools brought about by COVID-19. The summit will be virtual, and will be held Tuesday and Wednesday, July 28 and 29.

For information about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu). For information about PSU's Problems of Practice Summit for educators, and to register, visit [go.plymouth.edu/PracticeSummit20](http://go.plymouth.edu/PracticeSummit20).

## Science Center offers discounted trail admission

HOLDERNESS — Squam Lakes Natural Science Center's live animal exhibit trail is now open to the public every day. The Science Center is committed to bringing more people Nearer to Nature through its various discounted admission programs. All discount admissions must be reserved in advance by calling 968-7194, ext. 7. Regular trail admission is reduced for the 2020 season to \$15 for adults and seniors and \$10 for youth ages three to 15. Children two and under and members are free.

For the 2020 trail season, the Science Center wants to recognize healthcare workers on the front lines of the pandemic by offering free trail admission to New Hampshire healthcare workers and first responders. Employees will be required to show their employee ID upon arrival for their scheduled trail time. Reservations must be made in advance by calling 968-7194, ext. 7.

The Science Center also participates in Museums for All. This program encourages people of all backgrounds to visit museums regularly and build lifelong museum-going habits. The program supports those receiving food assistance (SNAP) benefits to visit for a fee of \$3 per person, for up to four people. Visitors will be required to show their SNAP/EBT card upon arrival for their scheduled trail time. Reservations must be made in advance by calling 968-7194, ext. 7.

Visitors who are members of other organizations that belong to the Association of Zoos and Aquariums (AZA) or Association of Nature Center Administrators (ANCA), may obtain half price trail admission of \$7.50 for up to four people. AZA and ANCA affiliate members will be required to show their reciprocal membership card upon arrival for their scheduled trail time. Reservations must be made in advance by calling 968-7194, ext. 7.

Finally, the popular Library Membership program continues. Libraries may purchase a membership, which allows their patrons \$10 trail admission for up to four people.

These discount programs are part of the Science Center's broad commitment to see, include, and welcome all audiences. All discounted ticket reservations must be made in advance by calling 968-7194, ext. 7.

To make sure guests are safe and enjoy their visit, several operational changes are in place. All guests will be asked health screening questions upon arrival. Cleaning and sanitation of exhibits and restrooms will take place every day before opening, at 11:30 a.m. and 1:30 p.m. Hand sanitizer will be placed at exhibits along the trail and guests ages three and up are required to wear face masks per CDC guidelines. All reopening guidelines and information may be found at [nhnature.org/reopen](http://nhnature.org/reopen). During this time, operational conditions will be subject change depending on any developing situation. Please visit [nhnature.org](http://nhnature.org) for the most current information.

## Mid-State, Pemi-Baker Community Health announce the addition of Barbara Greenwell

BY ANNA SWANSON  
Pemi-Baker Community Health

PLYMOUTH — Mid-State Health and Pemi-Baker Community Health have collaborated to create an innovative joint position to best serve patients in the Plymouth community.

"We are excited to welcome back Barbara Greenwell, APRN, ACHPN, to our practice. Barbara was a member of our team back in 2013-2014 when she practiced as an Adult/Geriatric Nurse Practitioner. She has returned to us with a wealth of knowledge and experience as Palliative Care Nurse Practitioner. Barbara's primary role will be to work closely with the Pemi-Baker Community Health team to build their Palliative Care Program," reports Bob MacLeod, the CEO of Mid-State Health.

Palliative care is a medical specialty designed to improve the health and quality of life for people with progressive illnesses. As an Advanced Certified Hospice and Palliative Nurse, Barbara will be working with the PBCH team to prevent and treat patient's symptoms and side effects, as early as possible. Her twenty years of nursing experience in acute care and psychiatric nursing will benefit the patient's psychological, social, and spiritual concerns as well. By offering face to face patient assessments in the office and in their homes, the hope is to pre-



COURTESY

Left to right: Chandra Engelbert, CEO, Pemi-Baker Community Health, Robert MacLeod, CEO, Mid-State Health, Barbara Greenwell, MSN, NP-C, APRN, ACHPN, Mid-State Health.

vent suffering and crisis that often result in hospitalizations.

"Palliative care is about improving the quality of someone's life even when the disease cannot be cured. We may not be able to cure the disease but we can improve the journey by improving the symptoms so people can truly live," said Barbara Greenwell.

Pemi-Baker Community Health has seen the need for a larger palliative care program in Grafton County for some time. Barbara Greenwell will be joining Dr. Diane Arsenault, MD, Board-certified Palliative Care Physician along with the nurses and social workers on their team.

"As we work collaboratively with Mid-State Health Center, Spaulding Memorial Hospital, and Newfound Area Nursing Association; having an APRN who is passionate and who is certified in both Palliative Care and Hospice, will greatly ben-

efit our communities," said Chandra Engelbert, CEO of Pemi-Baker Community Health.

With 52 years of experience, serving over 1000 clients from 18 towns in central and northern New Hampshire, Pemi-Baker community Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool. PBCH is located at 101 Boulder Point

Drive, Suite 3, Plymouth, NH. To contact us please call: 603-536-2232 or email: [info@pbhha.org](mailto:info@pbhha.org) Visit our website: [www.pbhha.org](http://www.pbhha.org) and like our Facebook Page: @PBCH4

Mid-State Health, "Where your care comes together." A health center on the leading edge of innovative, high-quality, patient-centered primary care. Two convenient locations: Plymouth Office 101 Boulder Point Drive, Suite 1, Plymouth, NH 03264 (536-4000) and Bristol Office 100 Robie Road, Bristol, NH 03222 (744-6200). Visit our Web site: [www.midstatehealth.org](http://www.midstatehealth.org).

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**PUBLIC NOTICE**  
**TOWN OF HOLDERNESS**

Notice is hereby given that the Town of Holderness Planning Board will hold a Public Hearing for Site Plan Review at 6:30 p.m. on Tuesday, July 21, 2020 on the application by Vertex Tower Assets, LLC for property owned by William B. Webb and Bonnie L. Webb Trustees identified as tax map 239-046-000 located off US Route 3 (off Sebec Road) in the Rural Residential District. The applicant wishes to construct a telecommunications facility including a 140 foot tall monopine style cell tower (146' to top of highest appurtenance). If you have any questions concerning said application, please contact Francis D. Parisi, Esq., Parisi Law Associates, P.C., phone: (401) 447-8500, email: [fparisi@plapc.com](mailto:fparisi@plapc.com). Due to the ongoing emergency orders in place, the Planning Board is operating under RSA 91-A:2 that allows for remote participation by Board Members. Limited socially distanced seating will be available in the second-floor meeting room at Holderness Town Hall, 1089 US Rt. 3, Holderness, NH 03245. If you would like to attend the meeting in person or remotely, please contact the Land Use Boards Assistant by email [landuse@holderness-nh.gov](mailto:landuse@holderness-nh.gov) or by phone (603) 968-2145.



NLRA

FROM PAGE A1

that, even as we change how we operate and communicate to stay safe, our connection with the community remains strong.”

A recording of the Annual Meeting, as well as the meeting minutes, are available at [www.newfoundlake.org/annual-meeting](http://www.newfoundlake.org/annual-meeting).

The Newfound Lake Region Association works year-round to conserve and protect Newfound Lake and its watershed. From land



conservation to water quality monitoring and education events, the work of NLRA promotes

the conservation and preservation of the region’s natural, social, and economic resources.

Learn more and get involved by visiting [www.newfoundlake.org](http://www.newfoundlake.org).

Annie

FROM PAGE A1

attendees are encouraged to bring their own drinks & snacks, or why not pick up some ‘take-out’ from your favorite Bristol restaurant! No alcoholic beverages are allowed at Kelley Park and we are asking that

people follow a “Carry In, Carry Out” policy regarding trash. The playground area next to the Pavilion at Kelley Park will not be available for use due to the proximity of the equipment to the concert pavilion.

Concerts will be held every Thursday night in

July and August in the Kelley Park Pavilion. The scheduled performers for July 23 are the “Blacklite Band” playing great rock ‘n roll covers from many of your favorite artists! Concerts begin at 6:30 and end at 8 p.m.

You can find a complete list of concerts and other great summer fun by visiting [www.townofbristolnh.org](http://www.townofbristolnh.org) or [www.ttcrc.org](http://www.ttcrc.org). Follow the Bristol Community Events Committee on Facebook at [www.facebook.com/Bristol-Community-Events](https://www.facebook.com/Bristol-Community-Events).

Fourth

FROM PAGE A1

point

“The fireworks went without incident and the show was fantastic! All who attended seemed to enjoy themselves and I observed people practicing appropriate social distancing and wearing of masks if they felt inclined,” he said.

While other planned summer events may have been canceled or are in questions at this time due to the Corona virus, the Thursday night Summer Concerts

in the Park Series will still be held. This year’s schedule (weather permitting) will be The BelAirs (July 9); Annie and the Orphans (July 16); The Blacklite Band (July 23); The Cole Robbie Band (July 30); Jackie Lee and the Cold Steel Ramblers (Aug. 6); Carroll Brown (Aug. 13); the Audrey Drake Trio (Aug. 20); and the Michael Vincent Band (Aug. 27) while concluding with a special Saturday night Beatles Tribute by Studio Two on Aug. 29.

YCC

FROM PAGE A1


private property owners to mitigate erosion and storm water runoff, the YCC program provides much of the hands-on work that protects Newfound’s clean water.

If you are concerned about storm water runoff or erosion on your property, you can put the YCC to work for you! The Newfound Lake Region Association provides expertise, planning, and installation of attractive, and effective, storm water prevention improvements. These improvements protect private property from erosion while also reducing pollution and sediment in Newfound’s

waterways. To schedule a storm water assessment for your property, and learn more about landscaping for water quality and other ways to protect Newfound, visit [newfoundlake.org](http://newfoundlake.org).

Storm water mitigation is an essential aspect of the Newfound Lake Region Association’s mission to protect Newfound Lake and its watershed. Through programs like the Youth Conservation Corps, as well as educational initiatives and community collaboration, NLRA promotes the conservation and preservation of Newfound’s natural, social, and economic resources.

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**LEAD BY:** Melissa Shadden of Lakes Region Community Services & Jane Merrithew of Grow & Thrive Counseling, PLLC

**WHEN:** Mondays from 11 AM - 1 PM beginning on June 22nd



**Call Whole Village Family Resource Center to register: 603-536-3720 x 100**



Science Center exhibit trail re-opens

**H O L D E R N E S S** —Squam Lakes Natural Science Center was pleased to welcome the public back to visit its live animal exhibit trail, which opened on to members only Monday, June 15, and to the general public beginning Wednesday, June 17. New hours for 2020 at 9:30 a.m. to 4 p.m., with the last trail admission at 3 p.m.

Some exhibits will be closed for the 2020 season including the Gordon Children's Center and Interactive Playscape. In addition, the picnic area and pavilion are closed with no food service or water fountains on site. Visitors must bring water or can purchase it on site. The Raptor Exhibit and Celebrate Birds Exhibit are also closed to undergo construction and renovations for new exhibits opening in 2021. Due to the trail changes trail admission is reduced for the 2020 season to \$15 for adults and seniors, and \$10 for youth ages three to 15.

Children two and under and members are free. To minimize exchanges of items between guest and staff, other vouchers and coupons will not be honored during this time. The Museums for All program will continue to allow EBT card holders \$3 admission for up to four people but reservations must be made by phone at 968-7194, ext. 7. Reciprocal admission and library passes will also be honored by making reservations by phone.

To honor those on the front lines of the pandemic, the Science Center is extending free trail admission to first responders and medical workers. Please call to register for a trail time and note that you are a first responder or medical worker. You will be asked to show an employee id as proof upon arrival at Admissions.

When planning a visit, visitors and members alike must reserve tickets in advance at the Science Center's

Web site, nhnature.org. Guests must purchase tickets for a particular time slot and will need to print and bring their tickets with them or show their tickets on their mobile device. Science Center members will not need to pay for tickets, but must register for tickets and a specific entry time in advance before visiting, following the same process as non-members. The ticket and membership card should be presented at Admissions upon arrival.

To make sure guests are safe and enjoy their visit, several operational changes are in place. All guests will be asked health screening questions upon arrival. Cleaning and sanitization of exhibits and restrooms will take place every day before opening, at 11:30 a.m. and 1:30 p.m. Hand sanitizer will be placed at exhibits along the trail and guests over the age of two are required to wear face masks per CDC



guidelines.

Squam Lake Cruises also began running at reduced capacity on Monday, June 15. The cruise season will begin with the Discover Squam cruise daily at 1 p.m., with additional cruises beginning in July.

"We are excited to reopen to the public," said Executive Director Iain MacLeod. "The staff and the animals

will be happy to see everyone. In order to keep our guests, staff, and animals healthy, we will ask our visitors to follow these rules while they are here. If people follow the safety rules we can remain open for everyone to enjoy. I also want to thank the community for all its support and the staff for pulling together to get through a situation we could never have imagined."

All reopening guidelines and information can be found at nhnature.org/reopen. During this time, operational conditions will be subject change depending on any currently developing situation. Please visit nhnature.org for the most up to date information.

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Friday - Tuesday

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

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Waterville Valley Resort has immediate openings for full-time and part-time positions:

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Dan Uhlman, Manager  
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or email at [duhlman@belletetes.com](mailto:duhlman@belletetes.com)

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# Local residents graduate “Magna Cum Grit” from Lakes Region Community College

LACONIA — It was an unusual 51st Commencement at Lakes Region Community College on Saturday, June 27 in the year of Corona, giving rise to a riff on the question of trees falling in unpopulated woods: “If students graduate from college without a crowd to watch them throw their mortarboards, did they graduate?” “Absolutely!” says Lakes Region Community College President Larissa Baia. “I have been proud of all graduating classes that have walked across the commencement stage in my time here at LRCC, but if I could, I would add ‘graduating Magna Cum GRIT’ to each one of these graduates’ diplomas.” In her address to the graduates, she exhorted, “Class of 2020, we need your grit, your dedication, your passion to inspire us to build bridges, to heal division and push for changes that will improve our

communities. This is your moment Class of 2020. Go seize it!” Dr. Susan Huard, Interim Chancellor of the Community College System of New Hampshire affirmed, “We’re very proud, inordinately proud of you ...and what you’ve done.” In a dramatic departure from other years’ ceremonies, this year’s Lakes Region Community College graduates received their diplomas with virtual handshakes and hugs through car windows from President Larissa Baia and Vice President of Academic and Student Affairs Patrick Cate. The graduates, their supporters, family and friends safely distanced in their private vehicles, and faculty and staff distanced along the commencement path against a backdrop of select models from the school’s modern performance cars, factory originals and innovative, technologically

advanced vehicles from the school’s renowned Automotive Technology programs. Newfound-area residents earned degrees that represent the breadth of course offerings at the region’s community college. Hunter Wilkins of Thornton successfully earned his Associate’s in Automotive Technology, with a focus on vehicles by General Motors. To retain the emphasis on hands-on education, his program was creatively revamped during remote learning this spring to continue to offer meaningful real-world experience and successful degree completion. Gordon Braley of Bristol was awarded an Associate’s degree in Advanced Manufacturing. Kelsy Gagnon of Bristol was awarded dual degrees in Accounting and Business Management with Honors, and Samantha Kidney of Campton earned hers



Jake Newell accepts his Associate’s degree with High Honors in Automotive Technologies from a masked President Larissa Baia at Lakes Region Community College’s drive-by graduation.

in Liberal Arts. Associate’s degrees from Lakes Region Community College give a firm foundation for entering the work force or to continue study towards a Bachelor’s degree. The school has compact with a variety of New Hampshire colleges that make a four-year degree affordable for most.

Lakes Region Community College offers more than 40 educational programs, as well as workforce training for business and industry. Transfer agreements with a variety of regional four-year colleges allow students to receive their Associate’s degree at an affordable community college, and earn a

Bachelor’s at a four-year school. Lakes Region Community College offers on campus housing and is part of the Community College System of New Hampshire. To learn more, visit [www.lrcc.edu](http://www.lrcc.edu) or join an online Open House at [www.lrcc.edu/virtual](http://www.lrcc.edu/virtual).

# Mid-State Health Center names new Medical Director, welcomes new doctor

LYMOUTH — Dr. David Fagan, a longtime Internal Medicine physician at Mid-State, began in his new role as Medical Director for the health center in early May. Dr. David Fagan brings extensive experience working in clinical health care in a career that spans more than thirty years with over ten years as part of Mid-State’s care team.

“Dr. Fagan brings a wealth of knowledge, operational experience, and innovation to his new leadership role,” Mid-State Chief Executive Officer Robert MacLeod says. Most recently, Dr. Fagan has been instrumental in leading the health center’s successful response to Covid-19 with his steadfast commitment to

ensure the safety of patients and staff. Mid-State Health Center is also pleased to welcome Stephen Regan, MD, to their care team in Plymouth. Dr. Regan specializes in internal medicine providing primary care for adults. Dr. Regan received both his undergraduate degree and completed medical school at Boston Univer-

sity. He completed his residency in Internal Medicine at the University of Vermont. Post residency, Dr. Regan’s long-term post was with Weeks Medical Center in Lancaster, NH where he practiced Hospital Medicine, including caring for acutely ill patients in the emergency room and intensive care unit. Dr. Regan joins



Dr. David Fagan



Dr. Stephen Regan

Mid-State’s care team with over twenty-three years of hospitalist and emergency medicine experience. Dr. Regan specializes in treating adult men and women for both common and complex illnesses. Robert MacLeod, shared, “We are delighted to have a clinician of Stephen’s caliber joining our staff. His expertise

and commitment to the health of our community makes him an excellent addition to the Mid-State team.” Dr. Regan is now accepting new patients at Mid-State. To learn more about Mid-State Health Center or to enroll as a patient, visit them at [midstatehealth.org](http://midstatehealth.org) or call 536-4000.

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