

Newfound Landing

THURSDAY, APRIL 16, 2020

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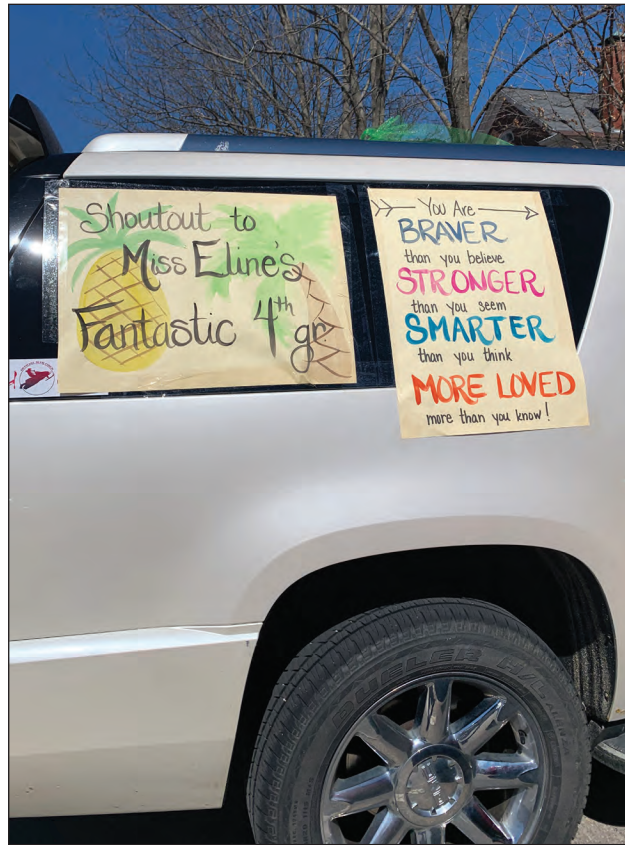
COMPLIMENTARY



COURTESY

Noah, a student at Bristol Elementary School, was proud to hang his contribution to the school's Heart Campaign on his front door, showing his love and support for community members still at work on the frontline of the COVID-19 viral outbreak.

Community School staff caravan across New Hampton



COURTESY

Faculty, staff and administrators at New Hampton Community School decorated their vehicles and formed "NHCS Caravans Across New Hampton" last week to say hello to their students.

BY DONNA RHODES
dhrhodes@salmonpress.news

NEW HAMPTON — Last week, administration, faculty and staff of New Hampton Community School formed "NHCS Caravans Across New Hampton" and set out on a drive to say hello to their students, whom they have missed seeing since online classes were instituted in mid-March.

First Student Transportation assisted them by mapping out a route for the caravan. Decorated with homemade signs of hope, well wishes and encouragement, the 10-car caravan then set out on a three-hour drive to share their messages with the students.

Parents received prior notice about the event and over 85-percent of the families were outside in their driveways to not only see the caravan, but wave and cheer as it cruised slowly past their homes. Many even had prepared signs of their own to send a message back to the teachers and staff.

At the end of the trip, teacher Deidre Conway said, "What a great way to end the week. I needed that."

Veteran teacher Shelley Doucette was touched by the experience as well.

"It was amazing to see so many families out to greet us and say hello. Their signs were wonderful!"

For those who missed the NHCS Caravan Across New Hampton or might want to see some of it again, retired Newfound teacher Christine Hunnewell was able to catch up with it at a few different locations where she took photos and videoed some of it to share with the community. That video can be viewed online at: https://www.youtube.com/watch?v=VYvpPu3_Z8&feature=youtu.be.

BES students show that first responders are in their hearts

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — While remote online learning continues at home, students at Bristol Elementary School were recently asked to create, color or decorate a heart to hang on their front door. The hearts are intended to show support and love for front line and emergency responders, such as the police officers, fire fighters, paramedics,

SEE STUDENTS, PAGE A15



Bristol Elementary School recently began a Heart Campaign, asking students like Savannah to make a heart for their front door to show how much they appreciate all who are working hard to keep everyone safe while they and their families shelter at home.

Meet finalist for Superintendent of Schools!

BRISTOL — On Monday, April 20, the community is invited to join in a virtual meet and greet with Pierre Couture, the superintendent search committee's recommendation to the School Board.

Pierre Couture comes to us from SAU 35, where he is currently the superintendent. He graduated with his BS in Industrial Technology from Keene State College and obtained his master's in

School Administration from Rivier College. After graduating with his master's and working 10 years, he pursued and obtained his Certificate of Advanced Graduate Studies from Plymouth State University.

Pierre has a diverse background in education. He was a precision machining instructor at Milford High School before taking the role as assistant principal in Northumberland School

District. He was later promoted to Principal in the same district. After 10 years as Principal, he accepted the Superintendent of Schools for SAU 35, where he has been Superintendent since 2013.

Pierre sees the opportunity to serve as our Superintendent of Schools as appealing because he seeks a position in a community with a strong tradition of pro-

SEE FINALIST, PAGE A15



DONNA RHODES

Never expecting to finish her college career remotely, Julia Heyl of Plymouth State University's Class of 2020 is now busy listening to lectures and completing assignments on her computer each day in order to obtain her interdisciplinary degree in Biology and Conservation this spring.

College seniors adjust to a new and uncertain world

BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH — Hoping to come away with a clear vision of their future, the year 2020 was one that Julia Heyl and her classmates at Plymouth State University have worked toward and looked forward to most of their lives. Now they are finding themselves having to shift their focus to how their years of education will end through remote learning as they face a situation none of them could have ever imagined.

It's working, Heyl said, but it isn't always easy.

Heyl came to PSU in 2016 from her home in Connecticut, and had moved off campus last September for her senior year at the university. Things were going great. She was finishing 16 years of schooling, had an apartment and a job to pay the bills. Then suddenly, in March, everything changed, and her future became uncertain as the COVID-19 virus swept the world.

"When we were all leaving for Spring Break, we were advised to take things with us that we wanted in the off-chance that we wouldn't be returning," Heyl said.

SEE SENIORS, PAGE A15

A Note to Readers

This week's edition of the paper might seem a bit smaller than you are accustomed to, but rest assured, this is only temporary. Due to the unique circumstances we are all living under at the present time, local sporting events and community activities have wisely been canceled as we all try to stay closer to home and practice social distancing.

As we ride out this temporary interruption of life as usual together, we urge you to continue supporting the local businesses that advertise in your newspaper. They have always been here for you through good times and bad, and now, more than ever, they need you to be there for them in any way you can.

Amid this temporary absence of local events and municipal meetings, we are also looking to celebrate the many quiet heroes in our communities who have gone above and beyond to make this situation easier for those most affected by it. Let us know if there is someone in your community who you think should be recognized by e-mailing brendan@salmonpress.news.

Above all, know that we have been your trusted source for local news for generations, and we plan to be here for you to generations to come, in print and online at www.salmonpress.com.

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Keeping connected to nature

RESOURCES FROM SQUAM LAKES NATURAL SCIENCE CENTER



COURTESY

Otters at the Science Center.

HOLDERNESS — Squam Lakes Natural Science Center is developing engaging ways for the public to stay connected to nature and New Hampshire’s ecology, while remaining home and away from other members of the public.

Squam Lakes Natural Science Center is posting activities, videos of animals, stories, and more content through various social media channels such as Facebook, Instagram, Twitter, and YouTube. These resources will help to keep families learning about nature while at

home. Public response has been extremely positive as people look for ways to connect to the natural world.

The Education team is developing innovative and fun ways to provide educational programs for teachers and students through distance

learning. In addition, teachers from Blue Heron School, the Science Center’s nature-based Montessori early learning center, are creating videos with fast, simple, and easy activities for the preschool age group.

The Science Center recently compiled the

current resources on its website. Activities, videos, and more are available at www.nhnature.org/resources. Additional content will be added as it is created.

Regular programs are cancelled until further notice to help prevent the spread of the coronavirus. Information about when the trails will open for the season will also be updated through social channels. In the meantime, Animal Care staff is caring for more than 100 animal ambassadors. The Facilities crew is maintaining the property, preparing trails and exhibits for the season. All staff are practicing physical distancing and staff meetings are held regularly through video conferencing. Many staff members are working remotely as much as possible.

While the Science Center is closed now, it is still operating behind-the-scenes as best as it

can during this uncertain period. Donations to the Wellspring Fund to aid the Science Center’s operations and keep the animals fed at this time are welcome. Please visit https://www.nhnature.org/support/annual_fund.php to make a gift to help sustain the organization until the trails are open to guests again.

Remember, getting nearer to nature is a great way to connect with the natural world, but please keep to your backyard or an unpopulated local outdoor area.

Science Center staff and animals look forward to seeing people on the trails. Contact staff with nature-related questions by sending email to info@nhnature.org or visiting www.nhnature.org/resources for links to the Science Center’s social media channels.

Community School Principal keeps routine going remotely

NEW HAMPTON – Principal Ann Holloran never thought of becoming a YouTuber until last month, when she realized that, due to remote learning instituted during the COVID-19 health emergency, she could not do her typical morning announcements with her second grade co-host each day.

Now Holloran has adapted to waking up at 6 a.m. to do a little research and enjoy a half-cup of coffee before she goes online to tape the school’s morning message for her students at home.

“I hope it’s a nice way for our students and families to start their morning and brings some normalcy to their day,” said Holloran.

In her messages, she tries to bring in humor, education, celebration and connection. Each daily announcement includes the Pledge of Allegiance, Quote of the Day, birthdays and a Joke of the Day. There is also a vocabulary word, some words of advice and a Question of the Day for children to consider.

Holloran said, “I want our students and families to know that we are thinking about them, missing them and are still there.”

To check out the NHCS morning videos, log on to YouTube and search Annmarie Holloran.

NANA offers scholarships

BRISTOL — In accordance with our mission to provide quality and compassionate nursing, therapeutic and hospice care to families in our communities, NANA (Newfound Area Nursing Association) provides Scholarships to students living in the surrounding communities. These are awarded to individuals who are accepted into an accredited educational program in the health care field and are based on the following criteria:

Applicants shall be residents of communities that NANA serves. Special consideration may be granted to non-residents who are past recipients of the scholarship monies or current NANA employees.

b. An accredited educational program is one that leads to a formal certification qualifying the individual for entry into a health care field.

c. The health care field shall be consistent with the health-related efforts of NANA.

Please submit your application and two letters of recommendation no later than Friday, April 24.

Applications are available at the NANA office, 214 Lake St., Bristol, NH 03222, or at the Newfound Regional High School Guidance Department. For more information, please call 744-2733

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	414 Bailey Rd.	N/A	\$190,000	Ronald P. Antuono	Tammie L. and Bruce A. Turmel
Alexandria	263 Matthews Rd.	Single-Family Residence	\$325,000	Bruce A. and Tammie Turmel	Timothy J. and Hillary S. Seeger
Bristol	N/A (Lot 12)	N/A	\$259,000	Tseranos Home Builders	Scott & Rogers RT and Cynthia M. Rogers
Campton	60 Firewood Circle	Mobile Home	\$48,000	Katherine George Estate and Maura Gallagher	David H. and Michelle L. Robinson
Campton	25 Heights Rd.	Single-Family Residence	\$175,000	Matthew and Anna Perloff	Caitlin Cummings and David J. Comell
Campton	21 Hemlock Hill Rd.	Single-Family Residence	\$204,533	Michael C. and Christine McCurdy	Nicholas J. and Amanda J. Minor
Campton	45 Hodgeman Hill Rd.	Single-Family Residence	\$257,333	Alexey V. and Maria M. Eliseev	Fiskpfister LT and Brian R. Fisk
Campton	Pegwood Road	N/A	\$43,000	Sean E. and Melissa Hall	Peter Monius and Melissa Robbins
Campton	Pinnacle Road	N/A	\$184,933	Sean Stockbridge	Douglas H. and Liora Stuart
Ellsworth	N/A	N/A	\$175,000	Louis E. Wyman	Alysia and Gregory Bouchard
New Hampton	3 Riverwood Dr.	Single-Family Residence	\$325,000	Michael F. Sharp RET	Gene C. and Kelly A. Meier
Plymouth	35 Main St.	General Office	\$370,000	Heaney Gaelic Group LLC	35 Main Street LLC
Rumney	157 Dorchester Rd.	Single-Family Residence	\$160,000	Krista B. Conn	Susan L. and Kurt A. Gould
Thornton	2331 US Route 3	Single-Family Residence	\$269,000	Diane Nericcio	Benjamin J. Carlson and Kelly E. Snyder
Warren	Beech Hill Road	N/A	\$20,800	Dawn M. Homes and James R. Milne	Katelyn E. Heath and Kyle M. Mathews
Warren	Beech Hill Road	N/A	\$25,000	Alan R. Robertson	Erin Flynn
Waterville Valley	23 Black Bear Rd., Unit 512a	Condominium	\$76,000	Daniel Head	Ian S. and Karen S. Wallington
Waterville Valley	106 Boulder Path Rd.	Single-Family Residence	\$819,000	Pamela L. Jones and Felicia A. Smith	Douglas and Kendra Epstein
Waterville Valley	36 Forest Knoll Way, Unit 13	Condominium	\$322,000	Robert J. and Amy A. Hurstak	Oliveira IRT and Paulo J. Oliveira
Wentworth	Route 16	N/A	\$30,000	Ronald and Melissa Goslin	Shane Hapsis

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

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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.

+++++

It's hard to picture driving logs down a river, or any enterprise quite like it taking place today. Could it? Never in this world, I think, no way. Can anyone in these lawsuit-happy times picture timber baron George Van Dyke's typical river drive modus operandi, with his lawyers coming along right behind the drive to square things up with farmers and even entire towns (for instance, when the loss of a bridge was involved)?

These were not exactly small matters. Logs caused great damage when they jammed, and often went far astray in the broad valley floodplains. Yet it was precisely at this time of year, when snowmelt and spring rains had entire watersheds bank-full and overflowing, that the log drives had to take place. There was no other way to move the wood, and no other time of year.

Little was left to chance. Logs were too valuable, and time was of the essence. As distances to mills increased, more water and time were needed. Crews built "squirt dams," or driver's dams, high on a watershed's tributaries. When the drive-boss sent the signal, pent-up water was let loose to join in Mother Nature's roar.



COURTESY

A river drive in the northern foothills of the White Mountains, sometime around the turn of the century. (Courtesy Brown Company Collection, Plymouth State University)

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And therein lies a bit of a mystery of history: How was the signal to the distant squirt-dams conveyed?

Consider the distances and the times. Telephone lines were barely on the scene, trouble-prone, hard to maintain, and expensive. Gunfire was too common to rely on as a signal. Signal fires were the stuff of stage and film.

After a good deal of thinking on this (and there are ever-fewer people to ask), I've come down to the simplest of answers, and an all-too common one: Cheap labor.

But those were the times. Labor was cheaper than dirt. Logging camp crews included

plenty of young men barely out of their teens, and some still in them. Inevitably in such crews, there were fast runners. Shank's mare was the order of the day.

And this is how I think the command to breach the squirt dams was conveyed, far on up the watershed, all the way from mainstream riverbank to tote road to logging camp and on up the tributaries to the

highest and most remote impoundments. And dam-tenders knocked out the splashboards, planks, and timbers, and down the water came, and with it, by hook or by crook, went the logs.

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CADY Corner

COVID-19 brings many adult children back home

BY DEB NARO
Contributor

Many of us now find our adult-aged children unexpectedly back at home. And not just home, but in the house, 24/7 for several reasons. Their college may have closed. They may have their own place but feel safer at home. They may not be able to afford their own home because of lost work. You're likely experiencing a variety of emotions — happy and thankful that your child is healthy, safe and back at home, or perhaps, concerned about how your family will manage with everyone under one roof. How long will this last and what will the academic, financial or health outcomes be? We suggest having a conversation with your child about how you (and anyone else in your home) will live together. The important thing is to talk about what you expect from one another. Perhaps some of following ideas may help to guide your discussion:

Invite your child to talk. Acknowledge that it can be upsetting to be pulled away from a place where they were comfortable, the plans they had made, their usual activities and close relationships. Ask questions to understand how you can best support them. Let them know that a lot of people feel the same way and that their feelings or disappointments are real. Be sure to reinforce social distancing. Most jurisdictions are ordering some form of social distancing and/or curfews. You may need to reinforce these rules to your child, not only for their safety, but for the safety of other members inside and outside the home.

Discuss expectations. What does your child expect of you, and what do you expect of them? It may be hard to see the person sitting across from you as another adult, but they are. Saying "my house, my rules" and dictating may be a recipe for conflict. Give your child autonomy. As school and workplaces start to offer online options, let your child manage their own schedule. That's what they do when they are away from home. It's not your responsibility to ensure they finish that class or work assignment — it's theirs.

Be mindful of potential issues related to substance use. If your child was legally (or illegally) drinking or using other substances when they were living away from home, you can establish boundaries around use in your home. This may be a good time to help your child reestablish healthier habits. If your child uses prescribed medications for a mental health issue, such as depression or ADHD, encourage them to consult with their prescriber to ensure there is no disruption in treatment. With the cancellation of many in-person support groups, remote or online resources may be helpful if your child is in recovery. Be aware of the risks of relapse. If your child is open to a discussion, talk about how you can help him or her manage triggers.

If your child has struggled with opioids, like Oxycodone and Vicodin or heroin, have naloxone (e.g. Narcan) at home and know how to use it. You can get Narcan kits from most local pharmacies or community recovery centers. If your child is dependent on substances, particularly alcohol or benzodiazepines (e.g., Xanax, Ativan, Valium, Klonopin), be aware of the risks of withdrawal. Your child may need supervised medical care to avoid seizures or other complications from withdrawal. Getting help sooner rather than later may be critical if medical capacity becomes stretched.

Last, but certainly not least, consider your own self-care during this time. You're not alone if you feel stressed by the extraordinary measures our country and state is taking to ensure everyone's safety. It may help to plan some "me time," if possible, or ways to have fun as a family. For additional resources and support during the COVID-19 pandemic, visit <http://cadyinc.org/resources/covid-19-resources/>.

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

Many upper elevations in the White Mountain National Forest have been temporarily closed in an attempt to keep people, including mountain rescue personnel, in their residences as the Stay at Home order and social distancing practices continue throughout the state. Among the areas closed last week was Rumney Rocks, where parking lots for the popular rock climbing area are now cordoned off. Some less challenging, lower hiking trails in the forest, however, remain open for casual yet safely distanced outdoor exercise.

SUSTAINABLE BRISTOL

BY LAUREN THERRIAL

Hello from Sustainable Bristol. If you're anything like me, your house has never been cleaner. At least the door knobs are clean, with two kids around all the time; the floor is not exactly clean.

I thought this might be a good time to talk about some cleaning swaps you can make in your home that are sustainable. Instead of a paper towel, which you probably can't find anyways, use an old tee shirt cut into eight-inch squares to clean things.

Once it's dirty, throw it in the wash then you can reuse it again and again. I have invested in a set of reusable wipes that can also replace paper towels.

Look up "unpaper towels" online and you'll find lots of options; if you're in the market for some, try to buy from a small shop or maker; they need business at a time like this. Or if you like to sew, you can make a set with two nine-inch squares of cotton fabric and terry cloth fabric sewn together. Since you are home a lot more than usual you probably

notice all the smudges and dirt on the windows. Crumpled up newspaper with a spritz of window cleaner, or vinegar, is a great way to clean the windows and more Eco friendly than paper towels. I already mentioned it but it bears repeating, a spritz of vinegar from a re-purposed squirt bottle and a shake of baking soda on top of any surface make a great science experiment, and cleaning agent. I use this concoction to clean counters, toilets, bathtubs and cabinets in my house.

Lastly, I use a mixture of equal parts water, white vinegar and olive oil in a reusable spray bottle as furniture polish. I hope these options make you start thinking about sustainable choices you can make while keeping your house clean.

Lauren's Green Tip of the Week: When ordering food from a local restaurant specify that you do not need straws or utensils. This will reduce the amount of plastic you're getting in your to go bags.

Letters to the Editor

Celebrate National Library Week, April 19-25!

To the Editor:
The theme for the 2020 National Library Week, "Find Your Place at the Library," was decided long before any of us could have imagined the current pandemic and its consequences. Even though most libraries are temporarily closed, there is still a lot going on and many ways to take advantage of the services available. We will take this National Library Week opportunity to celebrate our Minot-Sleeper Library, and send out thanks to all those who make Minot-Sleeper Library the special place that it is.

First, a shout out to the incredible staff, Brittany, Paula, Cindy, Shayne, Rayanne and Evelyn, who are continuing to provide valuable services to our patrons. They are available to answer phones and respond to questions you may have during the hours the library is regularly open. They can help you navigate the on-line services,

borrow e-books, videos, audio books and more. Just call 744-3352 during regular hours (Monday, Wednesday, Friday 10 a.m.-6 p.m.; Tuesday and Thursday 1-8 p.m.; Saturday 10 a.m.-2 p.m.) and get your questions answered. We are also continuing to provide programs through a variety of virtual meeting applications which you can check on our Web site, <http://www.minot-sleeperlibrary.org>. In addition, staff, and other public officials, are reading stories for our children, playing games and finding ways to engage patrons on Face Book, Instagram and other social media. If you are not a member, you can sign up for a library card for free if you live in any of the towns in the Newfound School District (Bristol, New Hampton, Groton, Danbury, Hebron, Alexandria, Bridgewater or Hill) or pay a small fee if you live outside the district.

We also want to acknowledge and thank

the Friends of the Library who have played and continue to play, an essential role in creating the welcoming environment at Minot-Sleeper Library. There is a Friend at virtually every program from story hour to the New Hampshire Humanities programs. They are there to welcome patrons and guests, provide delicious refreshments and help out in more ways than we can count. They provide important resources that allow us to do things we would otherwise not be able to and they do this with an annual Book and Bake Sale each summer and the annual Cookie Swap in December. They underwrite much of the Summer Reading Program prizes and are always there with a helping hand! We salute each and every wonderful Friend of Minot-Sleeper Library! They also maintain the book shelves in the main lobby providing books for a small fee which helps pay for

some of the things they provide the Library.

Finally, we want to thank the Town of Bristol, its citizens, the Library Trustees, and its public officials for their steadfast support of the Minot-Sleeper Library. We appreciate the patrons, their families and all those who help make the Library a welcoming gathering place that has become the heart of the community. Please join me in acknowledging our appreciation for the many individuals and organizations that have made it possible for the patrons and community to benefit from the services and let's work together to help get our Library opened again when it is safe to do so. For now, take advantage of the wonderful resources available during this challenging time! Happy National Library Week!

ROSEMARY D'ARCY
TRUSTEE,
MINOT-SLEEPER
LIBRARY
BRISTOL

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Looks like everyone is holding steady at home. I was out doing some essential shopping with a friend yesterday and gosh Bristol looked like a ghost town. Be sure to note the red arrows on the aisles in Hannaford! Leave it to me, half way through the store I realized I was going the wrong way on the one way aisles!

Town Transfer Station
Hours (Please arrive 15 minutes BEFORE closing time)
Monday 8 a.m. until 4 p.m.
Wednesday 10 a.m. until 6 p.m.
Saturday 8 a.m. until 4 p.m.

Alexandria UMC

We are still holding virtual church services on Zoom. You can join us by computer, cell-phone or landline. Here is the link to follow for computer and cellphone. <https://zoom.us/j/413685370>

The numbers you can call from a land line are as follows:
+1 646 876 9923 US (New York)
+1 253 215 8782 US
+1 301 715 8592 US

Meeting ID number is 613 685 370

It's off to the great outdoors I go! Had a soggy day yesterday, so was stuck pretty much inside. It certainly is nice to see that the snow has nearly gone. It's wonderful to see green poking through here and there. Have a wonderful week ahead, stay home and stay safe! As always, be kind in your words and deeds!

Bristol

Al Blakeley
adblakeley0@gmail.com

It's beginning to look like this spring is going to go by the boards as a very lonesome season! I feel badly for the Class of 2020 at all of the educational institutions, as they will miss out on many, if not all, of the traditional shenanigans and goings-on that take place at or near the end of the year. Hopefully some deep-thinking scholars will come up with some dynamic ideas to make it more interesting and meaningful for them. I also hope that intelligence will win out and protect the health of everyone so that it becomes a learning experience for all of us in dealing with this terrible virus. It is also my hope that those struggling due to all of the factors affecting the necessities we all need

find help and the supplies for you and your families.

The third Virtual Town Hall Forum will be offered on Thursday, April 23 at 2 p.m. at the Minot- Sleeper Library. This forum will be centered around our local schools. Superintendent of Schools for the Newfound Area School District, Stacey Buckley, will provide an update on current operations and an outlook for the remainder of this school year. Participants will have the opportunity to ask questions. As with the first three forums, this one will be hosted by the library on Zoom. Information about how to access these forums will be made available on the town and library websites. Questions about this series should be addressed to: librarian@townofbristolnh.org.

Join Zoom Meeting on a computer or laptop: <https://zoom.us/j/855258244>.

Join using a smartphone or tablet: using Zoom app, join Meeting using Meeting ID: 855 258 244. Join by calling in on a telephone: Dial 1-646-558-8656 using Meeting ID: 855 258 244.

Poetry Night, Knot Only Knitters and Coffee and Conversation groups at the Minot-Sleeper Library can also use the internet to carry on meetings. Contact the library using the email address or call by phone to get information on accessing codes for these meetings.

The deadline for those wishing to have events included in the Newfound Lake Region Events Brochure for Summer of 2020 has been extended until April 24. Contact TTCC for information.

The TTCC Web site is now up to date. Plans for any type of baseball/softball and T-ball season will be made in

the next few weeks. If you are hopeful that your child will play but have not signed up yet, please contact TTCC to get them registered. Payment isn't needed at this time, but they would like to get an idea of how many players to expect if the season is a go. A full summer camp is planned and there are still openings in the many Projects. They are filling up quickly, so it is suggested that you contact the TTCC by phone or online ASAP.

There are still many folks not taking this virus seriously enough by evidence of conduct out in public. If this is not corrected soon, this isolation conduct will have to continue much longer than all of us hope. Please take the advisory steps needed to protect yourselves and your fellow citizens and keep doing it until this crisis is over and not one minute sooner!

Churches

Ashland Community Church

Real Church. Real People. Real Simple.

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Bob's Shurfine Market). Parking is available next to and behind the church.

Pastor: Ernie Madden
Worship Pastor: Aaron Stout
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays:

10 a.m. Worship – Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

Aug. 18 – September 15 Teaching Series: "I Love My Church!"

Toddler Zone (for infants – five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thursday evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

New Women's Min-

istry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for here. You'll learn how to relate to God. You'll experience a Christian community. And here's the big thing – you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

If you have any questions, please don't hesitate to contact our pastor, Ernie Madden, at 968-9464 or accernie@hotmail.com.

We look forward to seeing you soon!

Hill Village Bible Church

Due to the COVID-19 virus, Hill Village Bible Church is not having services Wednesday or Sunday, but you can access the messages via our Web site: www.hillvillagebiblechurch.com.

They are available as audio or video.

Pastors Dan Boyce and Andrew Hemingway are still working to bring timely messages and lessons to those who listen. During this unsettled time in US history, people can still rely upon the Great God to speak though His Word. Use this time at home to read the Gospel of John and Romans to hear what God is saying. His love for you and message of salvation from sin is relevant and important. Please read on for an encouraging Bible devotion from Pastor Dan.

Hebrews 11:1 "Now faith is the substance of things hoped for, the evidence of things not seen."

Today I would like to begin a study of Hebrews 11 for our Moment in the Word. In order to fully understand chapter 11, we must understand its connection to chapter 10, especially the last two verses.

Hebrews 10:38 "Now the just shall live by faith; but if any man draw back, my soul shall have no pleasure in him.

Hebrews 10:39 But we are not of them who draw back unto perdition; but of them that believe to the saving of the soul."

How do we (the just), live by faith? Chapter 11 will give us many exam-

ples of Old Testament saints who did just that, they lived by faith. Today we see many living in fear. How do we rise above the fear and live by faith? First we must understand what faith is, and who we are to have faith in. Verse 1 tells us that "faith is the substance of things hoped for;" the word substance means that which stands under or supports. Robertson's Word Pictures says of this phrase, "Faith is the title-deed of things hoped for." Faith is what stands under or supports the promises of God. So our faith is what stands under or supports our hope. What is your hope? I trust your hope is in the Lord. But the verse goes on to say faith is also "the evidence of things not seen." Evidence here means proving or conviction. Faith is the conviction of things not seen. What are we hoping for that we have not see? We have not seen the Lord. We have not seen heaven. But with the eye of faith we can see these things, notice Hebrews 11:27 "By faith he forsook Egypt, not fearing the wrath of the king: for he endured, as seeing him who is invisible." Joseph endured because with his eye of faith he saw the Lord. His faith supported him during his severe trials. What about you and me? How can we live by faith? First we must realize that everything

around us is temporary, even COVID 19. Look what 2 Corinthians 4:18 says, "While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal." Don't look at and fear what is temporary, but look at what is not seen and eternal. Just as the hymn writer encourages "Turn your eyes upon Jesus, look full in His wonderful face, and the things of earth with grow strangely dim, in the light of His glory and grace." Hebrews 12:2 encourages us to "Look(ing) unto Jesus the author and finisher of our faith..." Friends, stop looking around and what increases fear, and look up at the Lord Jesus which increases faith.

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 live-streaming 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!

Our Faith Formation Program, which includes our Sunday School and Confirmation Class, continues meeting during this time of "social distancing" for lessons, music and activities via Zoom. For more information about our Sunday School, please email:

faithformation@uccplymouth.org.

Feeding Our Children Together
From the start of this school year, we

SEE CHURCHES PAGE A7

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Edward Jones: Financial Focus

Put Tax-Smart Investing Moves to Work

The tax return deadline has been extended until mid-July, but you may have already filed your taxes. If you were not entirely happy with the results, you might start seeking ways to change the outcome for next year. And one area to look at may be your investment-related taxes. To help control these taxes, consider these moves:

- Take full advantage of tax-deferred investments. As an investor, one of the best moves you can make is to contribute as much as you can afford to your tax-deferred accounts – your traditional IRA and 401(k) or similar employer-sponsored plan – every year. If you don't touch these accounts until you retire, you can defer taxes on them for decades, and when you do start taking money out, presumably during retirement, you may be in a lower tax bracket.
- Look for tax-free opportunities. Interest from municipal bonds typically is exempt from federal income tax, and, in some cases, from state and local income tax, too. (Some municipal bonds, however, may be subject to the alternative minimum tax.) And if you qualify to contribute to a Roth IRA – eligibility is generally based on income – your earnings can be withdrawn tax-free, provided you've had your account for at least five years and you don't start taking withdrawals until you're at least 59-1/2. Your employer may also offer a Roth 401(k), which can provide tax-free withdrawals. Keep in mind, though, that you contribute after-tax dollars to a Roth IRA and 401(k), unlike a traditional IRA and 401(k), in which your contributions are made with pre-tax dollars.
- Be a "buy and hold" investor. Your 401(k) and IRA are designed to be long-term investments, and you will face disincentives in the form of taxes and penalties if you tap into them before you reach retirement age. So, just by investing in these retirement accounts, you are essentially pursuing a "buy and hold" strategy. But you can follow this same strategy for investments held outside your IRA and 401(k). You can own some investments – stocks in particular – for decades without paying taxes on them. And when you do sell them, you'll only be taxed at the long-term capital gains rate, which may well be less than your ordinary income tax rate. But if you're frequently buying and selling investments you've held for less than a year, you could rack up some pretty big tax bills, because you'll likely be taxed at your ordinary income tax rate.
- Be prepared for unexpected taxes. Mutual fund managers are generally free to make whatever trades they choose. And when they do sell some investments, they can incur capital gains, which will be passed along to you. If this is a concern, you might look for funds that do less trading and bill themselves as tax efficient.
- While taxes are certainly one factor to consider when you invest, they should probably not be the driving force. You need to build a diversified portfolio that's appropriate for your risk tolerance and time horizon. Not all the investments you select, and the moves you make with them, will necessarily be the most tax efficient, but by working with your financial and tax professionals, you can make choices that can help you move toward your long-term goals.

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

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Kurt P. Dearborn, Jr., 70

HILL — Kurt P. Dearborn, Jr., 70, of Bunker Hill Road, died Saturday, April 4, 2020 after a period of declining health.

He was born at the Portsmouth Naval Shipyard Hospital in Kittery, Maine, the son of Kurt and Leonora “Leona” (Buczynski) Dearborn. He was a graduate of Bristol High School and worked for a number of years in construction and at age 40 he earned an Associates Degree in Machine Tool Technology, this led to a career as a sales representative with Iscar Metals covering all of New Hampshire and Vermont.

Kurt’s Love of his Life was his wife, Susan; his children, Leigh Ann and Kristian; and his four grandsons, John, Brian, Jacob, and Jared. Kurt loved his family, and especially his grandsons, who he loved to spend time with. He will be remembered for his strong will and determination, he endured many trials with his health and yet he was never one to complain.

Aside from spending time with his family, his favorite hobby was riding his Harley Davidson.



Kurt Dearborn

He was known as Hawkeye because of his love of Birds. He watched them feed just outside his living room window daily. He was also known to bring many back to life after they had hit a window. Kurt was also a member of the HD Riders and had his own motorcycle shop for over 30 years. Kurt was an avid golfer and also enjoyed hunting, fishing, traveling, and spending time at the ocean. He had a deep love for playing his guitar, especially Beatles music.

He is survived by his wife of 52 years, Susan (Pollard) Dearborn of Hill; a daughter, Leigh Ann (and John) Pickowicz of Hill; a son, Kristian Dearborn of Bristol;

four grandsons (John Pickowicz, Jr., Brian Pickowicz, Jacob Dearborn, Jared Dearborn); a sister, Marie Caprario of Sanbornton; brother Kevin Dearborn of Sebago, Maine; nieces, nephews, and cousins.

In addition to his parents, he was predeceased by a sister, Katherine and brother Kenneth Dearborn.

A date and time for a memorial service will be announced in the future as the health climate improves. Kurt supported the following charities and the family asks that you consider a donation in his memory, in lieu of flowers, to the Shriners’ Hospital for Children, 2900 Rocky Point Dr., Tampa, FL, 33607, <https://www.shrinershospitalsforchildren.org/>, The Salvation Army, 615 Slaters Lane, Alexandria, VA 22313, <https://give.salvationarmyusa.org/give>, or St. Jude Children’s Research Hospital 501 St. Jude Place, Memphis, TN 38105, <https://www.stjude.org/donate>. Arrangements are under the direction of Emmons Funeral Home of Bristol.

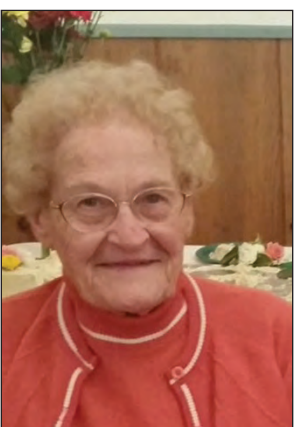
Nancy Ellen Gray, 94

FRANKLIN — Nancy Ellen (Clement) Gray, 94, passed away peacefully at Peabody Home in Franklin on April 12.

Nancy was born on Nov. 24, 1925. She was the daughter of the late Francis and Lillian (Chard) Clement. Nancy was the fifth and last generation of Clements to have spent her childhood days on The Clement Hill Farm on Clement Hill Road in Bridgewater.

She married her husband, of 63 years, Creighton Reid Gray in 1945. They lived on a small farm on Dick Brown Pond Road in Bridgewater until they built their permanent home on River Road in Bridgewater in 1946.

Nancy enjoyed planning and planting her many annual and perennial gardens as well as tending her vegetable gardens for many years. Nancy also enjoyed



Nancy Gray

crewel embroidery and needlepoint, but her most passionate craft was making quilted bedspreads which she gave to family baby and wedding showers.

Nancy loved her family deeply, and looked forward to birthdays, holidays and family gatherings when she could cook and enjoy the company of loved ones. Nancy welcomed 14 grandchildren and 25

great grandchildren, as well as many nieces and nephews.

She was predeceased by her husband, Creighton, daughter Cheryl, brother Walter, and sister Phyllis.

Nancy raised five children, and will be greatly missed by her son Derwood of Bridgewater (wife Hazel), son Sterlin of Fairfield, Calif. (wife Kimie), son Dale of Plymouth (wife Cammy), and daughter Beverly of Vero Beach, Fla. (husband Sammy), along with many family and friends.

Nancy’s family are planning a celebration of her life after the threat of the COVID-19 virus has gone.

The Mayhew Funeral Homes and Crematorium, in Plymouth and Meredith, are assisting the family. www.mayhewfuneralhomes.com

Local author celebrates release of new novel

HEBRON — Author James Gaffey’s new book, “None Goes His Way Alone,” is an engrossing novel centered on two brothers and their journey of self-discovery on a remote Vermont lake.

The novel, published by Page Publishing, is the story of Tom and Gary McNally, two brothers who challenge themselves to build a cabin on their family’s woodland property in northern Vermont. Each brings his own strengths and insecurities to the project, and together they must navigate the many obstacles to the successful completion of their cabin- and their venture into adulthood in an uncertain world.

James Gaffey is a retired newspaper reporter, businessman, and high school journalism and English teacher currently residing with his wife, Ruth, on 15 acres in New Hampshire. He has published his latest book, “None Goes His Way Alone,” an evocative story of determination, family, and self-reliance for two young men on a journey toward independence.

Gaffey writes, “Two brothers, Tom and Gary McNally, have set an ambitious task for themselves—spend the summer building a log cabin on family property located on a remote pond in Northern Vermont. Both have good reasons to see the project succeed. Gary is an engineering student eager to apply what he has learned in the classroom to the practical application and problems of construction. More important, he hopes to dispel nagging doubts about his abilities. Tom, saddled with a handicap that has limited his ability to function in the real world, sees a chance to succeed at something that has thus far eluded him, not being dependent on others. But when beset with problems ranging from the dangerous nature of the work, the unwelcome intrusions of uninvited strangers, and outside events beyond their control, the successful completion of the cabin becomes much more than a daunting challenge. It forces the two brothers to confront how they view themselves as part of a much wider

world.”

Readers who wish to experience this engaging work can purchase “None Goes His Way Alone” at bookstores everywhere, or online at the Apple iTunes store, Amazon, Google Play, or Barnes and Noble.

For additional information or media inquiries, contact Page Publishing at 866-315-2708.

About Page Publishing:

Page Publishing is a traditional, full-service publishing house that handles all the intricacies involved in publishing its authors’ books, including distribution in the world’s largest retail outlets and royalty generation. Page Publishing knows that authors need to be free to create - not mired in logistics like eBook conversion, establishing wholesale accounts, insurance, shipping, taxes, and so on. Page’s accomplished writers and publishing professionals allow authors to leave behind these complex and time-consuming issues to focus on their passion: writing and creating. Learn more at www.page-publishing.com.

New program provides financing for small business Web site development

PLYMOUTH — Grafton Regional Development Corporation, a non-profit organization that supports Grafton County small businesses, announced today a program that provides funding to help businesses develop new or update existing websites.

The Web site Assistance Loan Program offers qualified businesses interest-free payments on deferred loans of up to \$2,000. Businesses can apply those funds to web design agencies that have been pre-approved by Grafton Regional Development Corporation. Additionally, some businesses may be eligible for zero-cost website support services.

“Grafton County small businesses have been deeply impacted by the COVID-19 pandemic,” said Anne Duncan Cooley, the corporation’s chief executive officer. “We’re especially concerned about those in our area that don’t already have an online presence or that need assistance upgrading an existing site.”

In 2018, Clutch, a market research firm, found that 36 percent of small businesses surveyed did not have a website, citing cost and lack of technical knowledge as key roadblocks to building a web presence. Furthermore, many small business owners relied solely on social media for their on-

line presence, potentially placing them at a disadvantage, as algorithms change and platform usage trends continue to shift.

Web sites lend credibility and legitimacy to business operations. But, to be fully effective, they must be secure, mobile optimized, load quickly, follow current search engine optimization practices, and have clear calls-to-action.

Rita Toth is the NH Small Business Development Center advisor for Grafton County.

“There’s a lot for small business owners to consider with their website: where to host it, which platform to use, whether they need e-commerce,” Toth, a successful entrepreneur, noted. “It can be overwhelming. Our goal is to remove the roadblocks and get these businesses online.”

Eligibility is limited to businesses that have been in business for at least two years. All applicants must be able to provide financial statements and business plans. Qualified applicants will meet with Toth to discuss needs and develop an action plan.

To apply for the Web site Assistance Loan Program:

Visit the NH SBDC website (nhsbdc.org/grafton-county) and click on Online Request for Services.

Select Online Request for Counseling with Rita Toth.

Complete the requested information about your business.

Businesses will be contacted by Toth to arrange an intake meeting.

For more information about the Website Assistance Loan Program, contact Anne Duncan Cooley at 536-2011 or adc@graf-tonrdc.org.

About Grafton

Regional Development Corporation

Grafton Regional Development Corporation (GRDC) is a 501(c)(3) organization dedicated to creating opportunity for entrepreneurs and businesses within Grafton County. GRDC’s services and programs strengthen local businesses, grow the economy, and foster community support networks that create jobs and build wealth. GRDC also helps small businesses recruit and retain employees, and leases flexible office and co-working space for entrepreneurs and start-ups.

Visit graf-tonrdc.org for more information about small business advising, business loans, educational seminars, professional skills training, and leasing office space. Follow GRDC on Facebook @GraftonRDC, LinkedIn @company/graf-tonrdc, and Instagram.

Robert E. Doucette, 82

BRISTOL — Robert E Doucette, 82, was called to be with the Lord on April 8, 2020.

He was born in Amesbury, Mass. on June 13, 1937, the only son of Leon V Doucette and Margaret (Gaudette) Doucette. Robert attended St. Joseph School, and then Haverhill Vocational. He enlisted in the US Air Force in January 1955, serving as a Bomb/Navigation Technician on B-47’s in the Strategic Air Command 100th Armament and Electronics Squadron at Pease Air Force Base. He was honorably discharged in January 1959.

Robert met his wife of 60 years, Fern Marie



Robert Doucette

Mailloux, on a ‘blind date’ in September 1958, and they married June 27, 1959. Robert was employed as a Design Draftsman of Progressive Metal Stamping Dies for the Bailey Company of Amesbury, Mass. He and Fern moved their family to Bristol, where

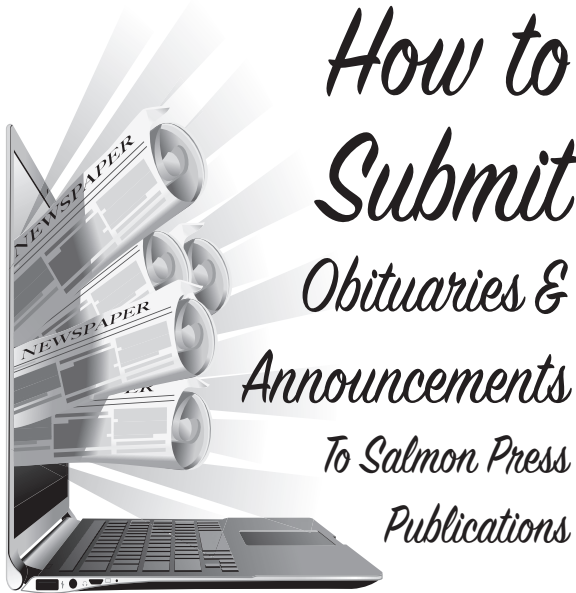
he was employed as a Machine Designer for International Packings Corp in 1963; becoming an Engineering Test Lab Technician, moving on to Product Design Engineering and on to Design Engineering of Mechanical Face Seals used in the appliance industry before retiring in September of 1994.

Robert and his family became avid ski enthusiasts, campers and for many years sailed off the Maine Coast and in the Virgin Islands. His carpentry and electronic skills enabled him to create many unique gifts touching many friends and family lives, always with a smile. His creativity to design many floral components for Fern and the NHFGC Garden Club floral design members.

Robert had a dramatic encounter with Jesus in 1980, and steadfastly lived the Christian Life, until called again, this time to be with Jesus in Glory!

Robert is survived by his wife of 60 years, Fern (Mailloux) Doucette; a daughter, Renee Marie Nickerson, and husband Wayne of Gloucester, Mass.; three sons, Alan E Doucette of Bristol, Scott J. Doucette and wife Shelley of Bristol, and Jean V. Doucette of Alexandria; two grandchildren, Lauren Doucette of Knoxville, Tenn. and Benjamin Doucette of Bristol; and several nieces and nephews.

There will be no calling hours. A private memorial service and burial will be held at the New Hampshire State Veterans Cemetery in Boscawen. Dupuis Funeral Home is handling the arrangements. For more information, go to: Dupuisfuneralhome.com.



Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers.

Obituaries can be sent to:

obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

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

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding the submission process.

Students

FROM PAGE A1

doctors, nurses, and all the medical professionals who continue to leave their homes every day to protect lives during the ongoing COVID-19 pandemic.

Dr. Sarah Rollins, principal of BES, said the Heart Campaign is their way of thanking their local heroes who

are doing all they can to keep people safe and healthy during this challenging and difficult time.

Rollins said that when their project was posted on the school's social media site, her faculty, staff and students were delighted to see that people from as far away as Georgia have noticed their work and began hanging up hearts in

their towns as well.

Hearts can now be seen on doors throughout the Town of Bristol, displaying not only the talents of the young boys and girls, but their gratitude as well.

"Thank you to our magnificent BES and Bristol communities," Rollins said.

Finalist

FROM PAGE A1

viding an excellent education to its students.

He has effectively used his skills in collaborative leadership, personnel management, fiscal management, team building, planning, and curriculum development to move SAU 35 in a direction of collaboration and cooperation in five school districts. He will continue to focus on collaborative leadership and promoting synergy in the school system, providing the leader-

ship needed to prepare our students to compete in the local and global economy.

The school board is providing this opportunity for any community member to meet Mr. Couture and to ask him questions of interest. This opportunity will be streamed through YouTube from approximately 6:35 through 7:30 p.m. on Monday, April 20. Please watch the district Web site (www.sau4.org) for the link. This will be posted just prior to the meeting start time.

If you have questions

that you would like Pierre to answer, please submit them prior to Monday, April 20 at 9 a.m. The board chair or members of the board will ask your questions of Pierre during this time period.

To submit a question to ask, please click (or copy and paste to your browser) on this link: https://docs.google.com/forms/d/e/1FAIpQLS-fm7Fp6dni41Xw0AtDo7xB5tikPfS_TuJNP-NxoPZL1-pWYHg/viewform?usp=sf_link.

Churches

FROM PAGE A1

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.

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number

is still the same, 536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement:

Just One More! Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

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 SERVICE LIVE STREAM via ZOOM

<https://zoom.us/j/567620881>

April 19 Beauty as Hope in Desperate Times

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

Let's shift our gaze from our troubles and seek relief in beauty for a bit. We'll explore the transformative power of beauty in literature and art, and in the wisdom of those who have also suffered challenging times. Beauty is ours for the asking and can offer solace and hope in desperate times.

For more details, visit our Web site www.starrkingfellowship.org 536-8908

Seniors

FROM PAGE A1

Heyl has a close relationship with a family in Alexandria, so rather than return home to Connecticut, she made plans to spend her vacation nearby at their home. It was there she learned the university was going to be shut down and all classes would be held online from then on to help keep people safely distanced during the health pandemic. Students were stunned by the news.

"There's not one word to describe it. When I got the email, I just worked online all during the break to try to finish requirements for my degree," Heyl said.

Her interdisciplinary major for Conservation and Biology has made online learning quite stressful some days, though. One issue is that her personal computer capabilities can be difficult at times when an Apple (Mac) computer would be more useful. Via the online learning process, Heyl is also finding difficulty in finishing her certification for digital mapping and a few other programs. The university has been working with students to resolve those issues, though.

"Fortunately, the rest of the change (to online education) has been okay," said Heyl. "On the other hand, online classes are not what we paid for and not what we

signed up for, but what else can we do now? I'm not going to drop out!"

She said that as she prepares for her remote classes each week, she occasionally feels like she has more time on her hands than she would on campus, although she knows that's not true and keeps pushing on towards graduation.

"It can also feel like I have less time when there's no set routine. It makes you want to procrastinate, then realize you really need to set up your own regular routine to get everything done," Heyl said.

Students of PSU have been using the online Zoom format for most of their classes and Heyl feels that that has been working well so far. She and many others however have stated that they miss the personal contact with their professors and wonder how that, in the end, might affect their future goals.

"The professors have been more than accommodating to make sure learning is what's happening online and not just students completing the assignments," she said. "I can't imagine this won't affect our education though. It's certainly not ideal."

Heyl is one of many seniors who are also concerned about how this sudden transition to remote learning will affect their future careers. Critical labs and other hands-on assignments cannot be done over the internet, and in some

instances, could make a difference with job possibilities once they have their degree in hand.

"It would have been nice to have had the option to retake this term. It would have at least been more beneficial to me and my degree," she said.

Adding to complications, Heyl said that, like many seniors, she and a roommate also have an apartment they have signed an agreement for that lasts into May. Fortunately, her landlord has been quite understanding in these unusual times.

"We were told if we want to stay here, we can," she said. "We still have the apartment for now but I also lost my job (at a local restaurant) when it had to close, so I'm not sure what's going to happen next."

As the weeks of online schooling continue, though, she has adjusted herself to the fact that this is how her last 16 years of education will end. In the meantime, Plymouth State University has postponed their spring graduation ceremonies, but hopes to conduct them sometime in the fall.

"I don't know how many of us in the class will still be around and able to attend a fall graduation, but it's great to know they still want to have one for our class," Heyl said. "We'll just have to wait and see what happens. This has been quite an experience for all of us."

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.



Cardigan Lodge #38 offers scholarship to Newfound and Plymouth seniors

BRISTOL—I.O.O.F Cardigan Lodge #38 of Bristol is accepting applications for a \$2,000 scholarship for a graduating Newfound Regional High School and a Plymouth Regional High School student pursuing a trade or vocational/technical degree. Proof of acceptance for Fall 2020 at an accredited college or into a trades program is required among other criteria listed on the application. No affiliation with I.O.O.F. (Independent Order of Odd Fellows) is necessary. One scholarship with a value of \$2,000 will be awarded to a Newfound Regional High School senior and one to a Plymouth Regional High School senior. Deadline is May 1. To obtain an application, please contact Charles Moore at 217-7234.



Retirement Account Rules Changes

By Edward H. Adamsky

At the end of last year Congress passed the SECURE Act that changed the rules on IRA distributions. Congress just passed the CARES Act which makes some temporary changes for 2020. The SECURE Act delays the time when you are required to make withdrawals from IRAs until age 72 (unless you already turned 70½ under 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 retirement age (59½) you can take a distribution of up to \$100,000 in 2020 and avoid the extra 10% penalty for early withdrawals. 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 completely 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 withdrawn. This eliminates the so-called Stretch for an IRA where those assets could grow for many years

with a young beneficiary.

Some Estate Planning trusts took the Stretch rules into consideration and might have had provisions prohibiting withdrawals of more than the Required Minimum Distribution (RMD). With the new law this language could result in situations where the Trustee cannot distribute anything at all until the tenth year after the death of the IRA owner. If you have any retirement 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 exceptions to the death of the Stretch provisions for certain disabled and chronically ill beneficiaries. 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 update 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 distributions,

but the next generation will have only the ten-year time frame for withdrawals. Minor children can also withdraw 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 attorney 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

Market swings making you uneasy? Let's talk.



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

Edward Jones
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Millions of elderly and incapacitated individuals find long-term care facilities are the safest places to reside and receive both medical care and assistance with daily living requirements. 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 nursing home facilities.

Infectious diseases

can spread easily through nursing homes if visitors are not careful. Age and compromised immune systems which are common among many people who live in long-term care facilities, elevate residents' 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 investigated but had not yet been attributed to the novel virus that dominated headlines.

In many nursing homes, residents share

rooms, and common areas are small, making residents vulnerable to infections that are transmitted from person to person, advises the Association for Professionals in Infection Control and Epidemiology. And the open-door policy of many facilities can make it easy for diseases to find their way in. These pointers can help reduce the risk for disease 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 techniques always should be implemented. These include cleaning hands before and after touching another resident. Cleaning and disinfecting environmental surfaces, removing soiled items, and wearing personal protective equipment is advised.

- Residents, workers 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 alcohol-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 reasons, have them wear correct safety items, like facemasks.
 - Healthcare personnel who may work other jobs, such as those in other facilities, should exercise extreme caution after caring for an individual with an infectious disease.
 - Guests should wear gowns when visiting someone who has a virus or type of bacteria that can be transmitted through direct contact.
- Infectious diseases can be problematic in nursing home settings since residents are vulnerable due to their proximity to others, ages and potentially compromised immune systems.

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NEWFOUND AREA SCHOOL DISTRICT KINDERGARTEN REGISTRATION FOR 2020-2021 SCHOOL YEAR

If you have a child who will turn 5 years old by September 30, 2020 please call or email the school in the town in which you live for registration information.

Bristol Elementary School 744-2761 or jtehven@sau4.org

Bridgewater-Hebron Village School (Bridgewater, Groton and Hebron)
744-6969 or shunewill@sau4.org

Danbury Elementary School 768-3434 or aroberts@sau4.org

New Hampton Community School 744-3221 or dtroup@sau4.org

If you live in **Alexandria**, your child will attend either Bristol Elementary School or Bridgewater-Hebron Village School. Determination is made according to physical address. You may contact either school for more information.

** Children who reside in Alexandria will attend either the Bristol Elementary School or the Bridgewater-Hebron Village School. Determination is made according to physical address. You may contact either school for more information.*

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Newfound Memorial Middle School

- Foreign Language – French & Spanish
- Technology Education

Bristol Elementary School

- Elementary Education Teacher

New Hampton Community School

- Kindergarten Teacher

Bridgewater Hebron Village School

- Preschool Teacher – Requires an
Early Childhood and/or Special Ed Cert

District Wide

- Art Education – Elementary
- Social Worker – MSW Required
- Speech Pathologist
Elementary and High School

APPROPRIATE CERTIFICATION REQUIRED

*Applicants for all positions should submit a letter of
interest, resume, supportive credentials, job
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Stacy Buckley – Superintendent of Schools
Newfound Area School District
20 North Main Street, Bristol, NH 03222

Application is available at:
<http://www.sau4.org/human-resources/employment-information>



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