

Hannaford steps up to support NH Marathon

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL – Bristol Hannaford Store Manager Chris O’Leary was happy to present the N.H. Marathon Committee with a check for \$4,000 from his corporation, making them once again this year’s Title Sponsor for the event, which draws runners from not only all across the country but from other countries as well. This is the fourth year in a row that Hannaford has taken the lead in supporting the marathon.

The race, established in 1993, is comprised of not just the marathon competition but also offers a half-marathon course, a 10K course and a Kid’s Marathon.

Now in its 28th year, proceeds from the race each year benefit the Tapply-Thompson Com-



Members of the N.H. Marathon Committee and representatives of the nonprofit groups the race supports each year were pleased by the \$4,000 donation from Bristol Hannaford recently, making them once again the Title Sponsor for the 2020 race. From left to right are Dan MacLean of Tapply-Thompson Community Center, Race Director Bob Watson, Hannaford Manager Chris O’Leary, marathon board members Carol Huber and John Clayton, and Cindy and Kaelyn Williams, representing the Circle Program. Missing from the photo is Monica Zulauf of the Mayhew Program.

DONNA RHODES

munity Center’s programs for area children, the Circle Program for girls and the Mayhew Program for boys. Last year, the N.H. Marathon was able to donate \$7,550 to each of those organizations.

Despite the ongoing COVID-19 public health crisis, the marathon committee is hopeful that the race this year will still be held as planned this fall.

“We’re exploring different options but hope to run it as normal,” committee members said.

This year’s marathon is scheduled to take place on Saturday, Oct. 3, but the committee asks that people monitor their Web site, nhmarathon.com, for updates and more information as it becomes available.

Let the music play!

BRISTOL TO HOLD OUTDOOR SUMMER CONCERT SERIES

BRISTOL — The Bristol Community Events Committee is excited to bring the music to Kelley Park again this year by announcing that the Summer Concert Series will be taking place! However, due to the Covid-19 Pandemic, there will be some adjustments in how the concerts are conducted. The committee looks forward to hosting the concerts and is hopeful that those who attend will adhere to the following safety guidelines put forth for the summer

concerts.

Here is an outline of what concert goers can expect as the concerts begin this year.

The Bristol Summer Concert Series will be held on Thursday nights from 6:30 – 8:00 pm at Kelley Park during the months of July and August.

The concerts will be held outdoors only in Kelley Park. If the weather does not cooperate for an outdoor concert, there will be no back up indoor location and the concert will be

cancelled.

A decision to cancel will be made by 2:00 pm the day of the concert and while that may seem early for some, many bands need to prepare and make travel plans and will need to be contacted before they get on the road.

In the event of cancellation – the committee will attempt to ‘reschedule’ for another mutually agreed upon date during July and August of 2020. Open dates will

SEE MUSIC PAGE A10

Bristol Town Offices announce re-opening plan

BRISTOL — The Bristol Select Board continues to actively monitor the COVID-19 situation in Bristol, Grafton County, and the State. In consultation with our Emergency Management Director and Health Officer, we have decided that effective Monday, July 6, the Town Office at 5 School St. will be re-opened to the public for appointments.

The following outlines the “re-opening plan” which will be in effect July 6 to Aug. 3. At its Aug. 3 meeting, the Select Board will determine whether to further reopen the Town Office. We appreciate your patience in this ever-changing environment.

Online and Other Business Options:

We continue to encourage customers to conduct business whenever possible through the green drop box at the front of the Town Office, online through the Town’s Web site at www.townofbristolnh.org, over the phone, by mail, or email. When those options are not available, appointments must be made with various departments.

At the bottom of this release is the contact information for staff contacts to make appointments. You may contact these departments now during normal business hours to begin setting up your appointments. Normal business hours for the Town Office are Monday through Friday 8 a.m.-4 p.m., and until 7 p.m. on Wednesdays for the Town Clerk/Tax Col-

lector.

To accommodate re-opening the building, we have developed the following processes which will be in effect until further notice. These practices are based upon public health guidelines and are designed to keep both our employees and the public safe.

Please note that certain departments may need to adapt procedures specific to their area of the building and services. We will learn, adjust and adapt as we move forward, and ask for your help and patience during this time.

Conducting Business in Person:

All appointments with staff will be during normal business hours

Town Clerk/Tax Collector staff will allow two appointments at a time in their lobby, which will be separated by a screen.

Land Use and Town Administrator/Finance staff will allow one appointment at a time in their lobbies.

The Welfare Officer will be by appointment only by telephone or in-person at the Land Use window.

Customers must contact staff in advance to set up appointments. Staff will inform the customer at that time of the protocols in place.

Knock on the door or call office number to announce arrival.

Wait in your car until someone comes out to meet you.

All transactions shall be conducted by Town employees located be-

hind the glass windows of the Town Clerk/Tax Collector; Land Use and Town Administrator/Finance.

Customers wishing to purchase an annual or visitor Town Beach pass can purchase them in person 8:00am-Noon Monday through Friday now through July 2. Customers can go to the right-side entrance of the Town Office and meet an employee who will be stationed outside (or inside the door if raining). No passes will be sold at the beaches and no day passes will be sold at all. Customers can also purchase them from the Town Clerk/Tax Collector by appointment or the mail. After July 2, Beach passes may only be purchased at the Town Clerk/Tax Collector’s office by appointment or by mail.

Customers wishing to purchase a Transfer Station sticker can purchase them in person 8:00am-Noon Monday through Friday now through July 2. Customers can go to the right-side entrance of the Town Office and meet an employee who will be stationed outside (or inside the door if raining). Customers can also purchase them from the Town Clerk/Tax Collector by appointment or the mail. After July 2, Transfer Station passes may only be purchased at the Town Clerk/Tax Collector’s office by appointment or by mail.

Meetings:

The main meeting room will be the only meeting room available for committee meetings. Furniture will be

SEE PLAN PAGE A9

Local artist creates map of area businesses



DONNA RHODES

On the banks of the Newfound River, Charlie “The Cosmic Moose” Kuzinas and his wife Alison recently displayed his fun and “magical” depiction of the Newfound Lake Area that is now available in signed limited edition prints along with paper copies that will help familiarize people with the some of the wonders of the Newfound Region.

BY DONNA RHODES
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BRISTOL – Charlie Kuzinas, known to many locals as the “Cosmic Moose,” has brought his talent for whimsical art to the Newfound Region once again with what he calls his “magical” map of many of the great businesses available to residents and visitors in

the area.

For several years Cosmic Moose signboards, greeting cards and other items have been popping up all over the area, but with the assistance of his wife Alison, this year Kuzinas decided to take his creativity to a different level.

“Alison’s my muse. She gives me advice and keeps me grounded. We

worked hard on this project, and she did all the marketing for me,” Kuzinas said.

The whimsical map they came up with for this summer is certainly not geographically correct but it is absolutely fun to behold. It points out locations from Copertoppe Inn and Retreat

SEE MAP PAGE A10

Artistic Roots opens its doors again



New Hampton photographer Patti Sebilian brings the wonders of the night sky to Artistic Roots Gallery in Plymouth, which opened their doors on a part-time basis last week, but offers online shopping as well.



Pam Miller displayed some of the mixed metal, leather and natural gemstone jewelry she offers at Artistic Roots Gallery as the shop re-opened under limited hours and special health guidelines last Wednesday.



Juried artist Alan Phenix was on site for the re-opening of Artistic Roots Gallery last week, where people could find not only his beautiful, nature-themed jewelry on sale, but finely crafted items from more than 40 other New Hampshire artists.

BY DONNA RHODES
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PLYMOUTH – The juried members of Artistic Roots Gallery on Main Street in downtown Plymouth were once again able to open their doors on a temporary part-time basis last Wednesday after being closed for three months due to the COVID-19 virus, but said they used that shutdown time in a positive manner by rethinking the flow of customers and making some other improvements to the shop to keep their customers safe.

“We took a long hard look at the layout of the

shop and it seems everybody really likes it so far,” said Pam Miller, one of the gallery’s more than 40 artists.

Artistic Roots Gallery began growing its own roots in downtown Plymouth several years ago as a nonprofit cooperative venture that has become a focal point of Main Street shopping. The group is comprised of dedicated, juried members, each seeking to “inspire, create and connect artists and the community through workshops, peer mentoring and events.” The gallery also provides juried members and their visiting artists a venue

in which their talents can become known to the public as they offer their craftsmanship and artistry up for sale.

Like many others throughout the state, Artistic Roots has been putting all their efforts into maintaining their business in unprecedented times. Since the state-mandated March closure they have not only cleaned the gallery from top to bottom, but applied for state and federal grants and even began online sales to bring in some additional

income. So far, so good, members said last week.

“We can each list up to 10 items for sale through our e-commerce site right now, and in July, we’ll be able to add five more items,” said New Hampton photographer Patti Sebilian.

Sebilian is known for her photography of the night sky, which includes incredible shots of the Super Worm Moon last March, the Milky Way and other breathtaking astral sights along with some incredible photos she captures of life here on earth.

“There are so many talented artists here — I just feel blessed to be listed among them,” Sebilian said.

Miller of New Boston is also pleased to be part of Artistic Roots Gallery, volunteering her time, along with other members, to clean and operate the shop now that it has been re-opened. Her specialty is in jewelry making and a full display of her talents is now on sale at the gallery, too.

Miller, a former principal and assistant superintendent in the Winnisquam School District, said she began her journey with Artistic

Roots Gallery as a visiting artist, then joined as a full member after her retirement. Specializing in mixed metals, she said she has continued to hone her craft and now adds pearls, natural gemstones and leather to her work.

“I also make Spinner rings, which are selling really well right now,” Miller said.

Fellow jewelry craftsman Alan Phenix of Chocorua also has beautiful nature-themed earrings and necklaces on sale and was part of the staff that volunteered to be on hand for the re-opening last week.

“We’ve seen a lot of customers today, which was really nice. A lot of the credit for all of this though should go to Suzan Gannett, our president,” Phenix said. “We all worked hard to open up again, but she’s a power house and the reason we’re here today.”

Besides those members, the gallery is also host to potters, woodworkers, painters, stained glass artists, fiber artists and many more talents from throughout the state.

Artistic Roots Gallery, located at 73 Main St. in

downtown Plymouth, is currently open on Wednesdays and Saturdays from noon to 4 p.m., and also has their e-commerce shop available for online shopping.

In order to keep the gallery safe for both customers and artists alike at this time, they do ask that masks and hand sanitizer be used by those either picking up their online purchase orders or shopping inside the gallery. Both are available just inside the front door should anyone need them.

New to the gallery for the time being are arrows on the floor that will direct people through the shop as they further respect the six-foot social distancing regulations recommended by public health officials. At this time no cash will be accepted in the store and shoppers are asked to use credit and debit cards only for their purchases.

To access links for remote online shopping at Artistic Roots Gallery, or for information and registration for special Zoom classes that will begin in July, please visit www.artisticroots.com.

Brie MacDonald named to Curry College Dean’s List

MILTON, Mass. — Curry College is proud to announce that Brie MacDonald of Bristol has been named to the Dean’s List for the Spring 2020 semester. MacDonald, majoring in Psychology, is among the roughly 1,000 students that have received the distinction, a marker of academic excellence and high achievement.

To earn a place on the list, full-time undergraduate students - those who carry 12 or more graded credits per semester - must earn a 3.3 grade-point-average (GPA) or higher.

About Curry College

Founded in 1879, Curry College is a private, four-year, liberal arts-based institution located on 131 acres in Milton, Mass. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass. Curry offers 28 undergraduate majors, as well as graduate degrees in business, accounting, education, criminal justice, and nursing, with a combined enrollment of more than 3,700 students. The student body consists of approximately 2,000 traditional undergraduate students, and 1,700 continuing education and graduate students. Approximately 1,575 of its students reside on the Curry campus. The largest majors are business management, communication, nursing, criminal justice, and education, and the college is also internationally known for its Program for the Advancement of Learning (PAL). The College offers a wide array of extra-curricular activities ranging from 15 NCAA Division III athletic teams to an outstanding theatre program. Visit us on the Web at www.curry.edu.



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Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.





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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Pattee Hill Road	N/A	\$65,000	Mary E. Frank and David E. Ryder	C&C RT and Craig T. Williams
Ashland	N/A (Lot 13)	N/A	\$43,533	Lakes Region Golf Course	Richard P. and Karin L. Howell
Bridgewater	30 Woodside Dr.	Single-Family Residence	\$270,000	Holman Fiscal Trust and Peter P. Holman	Laura & Kyle McCormack Fiscal Trust
Bristol	Adams Road, Unit 10	Deeded Slip	\$74,933	James T. and Janice F. Conley	Joel and Monique Dyson
Bristol	101 Chestnut St.	Single-Family Residence	\$86,500	Deutsche Bank National Trust Co.	Deborah and Robert Carlin
Campton	Depot Road	N/A	\$1,427,733	Jamm Realy Inc.	Meena LLC
Campton	N/A (Lot 5)	N/A	\$79,933	Donald E. and Cathy A. Bishop	David W. Copp
Campton	N/A	N/A	N/A	\$55,000	Jean J. Plant Estate and Terri A. Plant
New Hampton	118 Main St.	Residential Open Land	\$49,933	Jeremy J. Hiltz RET	Working Stiff Properties
New Hampton	N/A (Lot 6a)	N/A	\$460,000	Marcia A. Litchfield	Michael S. and Linda C. Oakes
New Hampton	N/A	N/A	\$135,000	Frances A. Miranda	Ralph and Karin Gravallese
Warren	5 Ore Hill Rd.	Single-Family Residence	\$229,000	B. Murray Dwedney and Cynthia E. Howe	Timothy A. Sheetz

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

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

Physical therapy is a way of improving your life



Matt Scagliarini, PT, DPT working with a client at the Pemi-Baker Community Health therapy pool, Boulder Point Drive.

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH—One of the side effects of social distancing unfortunately, has been a slowing down or stopping of our normal exercise routines. With that comes less flexibility, balance and strength. Physical therapy is often thought of as something we do after an orthopedic injury or surgery, but in reality, physical therapy can help us remain independent and agile as we age. For seniors PT plays a significant preventative role and the physical therapists at Pemi-Baker Community Health know just how to help.

According to the Centers for Disease Control and Prevention (CDC) a third of all people over the age of 65 fall each

year, making it the leading cause of injury in seniors. Every year, tens of thousands of older people are hospitalized with hip fractures. As many as 20 percent of them die within a year of the injury, while the rest never return to their prior level of function.

As we age, our bodies undergo a natural decline in flexibility, strength and balance, making it harder to maintain desired activity levels, and making us prone to falls. The National Institutes of Health cites physical therapy as a means to mitigate those losses, as well as to increase overall fitness. Fitness equates to independence.

Pemi-Baker Community Health's Outpatient

Physical Therapy Director, Matt Scagliarini, PT, DPT says, "We want the community to know that as an essential service, Pemi-Baker is continuing to provide rehab therapy regardless of what challenges come our way. We are following CDC guidelines to prioritize our patients and keep them safe during the COVID-19 (coronavirus) pandemic by staggering schedules, reducing traffic flow and proper cleaning between patients. We have been and will continue to provide physical therapy care to our clients while maintaining a safe environment throughout the coronavirus pandemic."

Rehab services at Pemi-Baker include physical therapy, occu-

pational therapy and speech therapy. Together, these services treat a span of ailments that commonly affect people in their senior years: orthopedic, pre and post-surgical care, cardio-pulmonary rehab; speech and movement disorders associated with Parkinson's disease, stroke or other neurological conditions.

"A lot of clients experience chronic pain," adds Scagliarini. "Having lived a full, active life tends to leave you with aches and pains from repeated use. Our heated therapy pool can help reduce the strain on your joints, allowing you to work on your balance and improve your strength safely and comfortably."

Physical therapy can also help control the pain of many age-related problems, like arthritis and fatigue.

"Physical therapy along with medication management by your PCP, provides a way to manage pain and maintain current levels of function, without falling into the trap of medication dependency," says Scagliarini.

Among the 11

Pemi-Baker home health therapists and nine outpatient therapists, their specialties include: Geriatrics, Myofascial & Cranio Sacral Therapy, Visceral & Neural Manipulations, Active Release Techniques, IASTM (instrument assisted soft tissue mobilization), PelviDry Needling, Vertigo & TMJ, and the LSVT BIG program for their Parkinson's clients.

Therapy at Pemi-Baker is actually a way of life. As Scagliarini sums it up: "We want to be involved in client's lives at their homes as well as at our location on Boulder Point in Plymouth. We will work with you to keep you as active and healthy as possible."

Call your PCP today to ask for a referral for physical therapy at

Pemi-Baker Community Health. Appointments are available.

With 52 years of experience, serving more than 1,000 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. To contact us please call: 536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4.

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Three members elected to NHEC board

BALLOT QUESTION FAILS TO PASS

PLYMOUTH — Members of New Hampshire Electric Cooperative (NHEC) have elected three members to the company's Board of Directors and did not adopt a ballot question that would have changed NHEC's founding documents to include "facilitating access to broadband internet for members" as one of the purposes for which the Co-op was formed.

Voters elected three members to the 11-member Board of Directors. A total of five members were running for election. The three candidates elected by NHEC's members were Madeline McLanley of Plymouth, William Darcy of Benton, and Leo Dwyer of Sandwich.

Below are the full results of the 2020 Director election.

Madeline McLanley	5,137
William Darcy	4,445
Leo Dwyer	4,393
Harry Viens	3,663
Mark Portu	3,485

By a vote of 4,599 (YES) to 2,539 (NO), the ballot question to change NHEC's Certificate of Organization did not achieve the required two-thirds approval of members voting in the 2020 election.

About New Hampshire Electric Cooperative
NHEC is a member-owned electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities. Headquartered in Plymouth, NH, our business is to keep, maintain and service our 5,500 miles of energized line in order to provide our members with the best possible service.

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Edward Jones: Financial Focus

Ensure You're Properly Insured

There's certainly been plenty of volatility and uncertainty the past few months, but one aspect of your financial picture has probably remained stable: your need for insurance. And since National Insurance Awareness Day is observed on June 28, now is a good time to review your overall insurance coverage to determine if you and your loved ones are well-protected. You might be surprised at the lack of protection among your fellow citizens. Less than 60 percent of Americans have life insurance, and just about half of those with insurance are underinsured, according to LIMRA, a research organization. Of course, you might think the reason so many people don't have insurance is because they don't need it. But just about every age group can benefit from life insurance. • If you have a house and a family ... Your insurance needs are obvious: If something happened to you, could your mortgage payments still be met? How about your car payments? Doctor's bills? College for your children? Even if you have a spouse or partner who earns a decent income, your family could still have big trouble paying its bills if you weren't around. • If you're young and single with no family responsibilities... If you're in this group, why would you need life insurance? For one thing, perhaps you owe money together with someone else - you might, for example, be a joint debtor on a mortgage. If you passed away, your co-debtor would be responsible for the entire debt. And just because you don't have family responsibilities now, it doesn't mean you never will. If you have a family history of serious health issues, which may eventually affect you, you could have trouble getting life insurance later, or at least getting it without paying a lot. Now, when you're young and healthy, the coverage is available and may be more affordable. • Your children are grown and you're retired... If you retire with debt or have a spouse dependent on you, keeping your life insurance is a good idea, especially if you haven't paid off your mortgage. Plus, life insurance can be used in various ways in your estate plans. Even if you recognize the need for life insurance, though, you may be uncertain about how much you require. Your employer may offer insurance, but it might not be sufficient for your needs. And, perhaps just as important, if you leave your job, voluntarily or not, you'll likely lose this coverage. If you purchase a private policy, what's the right amount? You might have heard you need a death benefit that's worth seven or eight times your annual salary, but that's just a rough estimate. To determine the appropriate level of coverage, you'll need to consider a variety of factors: your age, income, marital status, number of children, and so on. Still, even after you've got the right amount in place, it doesn't mean it's set in stone. You should review your coverage regularly, and especially when you change jobs, get married or remarried, have children or experience any other major life event. Life insurance should be a key part of your overall financial strategy, along with your retirement accounts and other investments. Make sure you're properly covered - for today and tomorrow. Edward Jones is a licensed insurance producer in all states and Washington, D.C., through Edward D. Jones & Co., L.P., and in California, New Mexico and Massachusetts through Edward Jones Insurance Agency of California, L.L.C.; Edward Jones Insurance Agency of New Mexico, L.L.C.; and Edward Jones Insurance Agency of Massachusetts, L.L.C. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation

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CADY Corner

Preventing teen drug use: Connecting with your teen

BY DEB NARO
Contributor

Even though your children might be pulling away, itching for more independence, deep down they want to be involved in the family and know that you still love and care for them. A strong bond with your child, especially during the teen years, helps reduce the chances of engaging in risky behavior and helps set the stage for preventing substance use.

“Bonding is important throughout the life course and particularly important during adolescence,” says Richard Catalano, Ph.D., Professor and Director of the Social Development Research Group at the University of Washington’s School of Social Work. “We know that kids who are bonded to parents who hold healthy beliefs and clear standards — particularly about drug use or alcohol use — are much less likely to get involved in any kind of problem behavior.”

Bonding helps reduce the chance that your kid will engage in a range of risky behaviors, including risky sexual activity, crime, trying drugs or alcohol, or dropping out of school. According to Catalano, there are three main building blocks to encouraging a strong relationship:

Provide teens with opportunities. Household chores work great with younger kids, but teens require a higher level of family involvement and responsibility. They need the chance to help with family decision-making. It can be as simple as involving them in planning an upcoming family vacation or asking them to help you research any upcoming purchasing decisions for the family, like a new TV or changes to a cable subscription.

Teach them skills. If you are giving your teen new opportunities and responsibilities, give them the skills to succeed. If he or she is making a decision about a new purchase or family event, explain the criteria needed to make an informed decision. They need some support and structure from which to build new skills. After your child finishes a task, or at least shows that they really tried, make sure you recognize the effort in a way that fits their needs. Recognition provides the motivation for kids to continue making positive effort.

Stay involved. As annoying as it can sometimes be to teens, keeping tabs on their activities — both online and off — is one of the most important things we can do as parents. Monitoring is another way of demonstrating that we care, and of developing a stronger parent-teen relationship.

With teens we’re often between a rock and a hard place. We need to respect their growing independence, but they still need boundaries. We want to keep them safe, but they want us to mind our own business. Finding the right balance requires flexibility and staying in touch with what is going on in their lives. Your teen may push back, but that’s not a reason to back off. Help them understand that you’re involved because you love and care, not because of a lack of trust.

Catch Early Warning Signs. If your teen simply refuses to talk about his or her life or you suspect something is wrong, don’t wait to take action. Pay more attention at home and when they are out, make sure they are where they said they would be. Set strict rules about parties. Find out where the party is and whether there will be adults present (if not, don’t let them go). Have them call to check-in periodically (this can be a real deterrent to using any drugs or drinking if they’re worried you’ll hear a change in their voice). For more information about how to keep your child drug and alcohol free, visit cadyinc.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.

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readers in ELEVEN weekly newspapers!



DONNA RHODES

Water in the Cockermonth River in Groton was down to a slow trickle last weekend, evidence of a recent dry spell in the region. As a result of that lack of rainfall, residents are asked to keep an eye on their wells and use extreme caution when grilling, setting off permitted fireworks or enjoying a night by the campfire.

Sustainable Bristol

BY LAUREN THERIAULT

It’s almost July, can you believe it? July 1 will kick off the ninth year of “Plastic Free July,” an initiative started in Australia to get people and corporations to reduce their plastic consumption. You can pick one or two areas to go plastic free in for the month, or go big and refuse plastic all month long. The idea is that getting people to realize how much single use plastic they are consuming and making one or two small changes for the month of July will

springboard them into continuing these changes all year round and maybe even making others. If you want more information look up “Plastic Free July” online and sign up for the challenge.

This is pertinent for Bristol residents because at this point we do not have a means of recycling plastic and it ends up in the landfill. If you could make a choice for something in a glass or tin container instead of a plastic that keeps resources out of the landfill and reduces the tonnage fees the town pays

for waste.

Here are some ideas to get you started. Bring silverware when going out to eat and tell the server you don’t need the single use plastic utensils. Give up plastic water bottles for the month and refill a reusable water bottle. Buy soap and shampoo in bar form. Pack lunches in reusable containers instead of plastic baggies. Make your own chips instead of buying bags of chips. Buy condiments or nonperishable in glass containers instead of plastic.

My plastic free pledge

for the month of July is to not buy any drinks in plastic single use containers. We will make our own sparkling water and juice from fruits and vegetables. My kids might revolt, wish me luck!

What single use plastic items could you go without for the month of July?

Lauren’s Green Tip of the Week: Save boxes and packing envelopes to reuse when sending mail or gifts to friends and family.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Vermont steals a tree frog, and what’s a rod, anyway?

There always seems to be something singing in the night. Last week, it was spring peepers. This week, it’s tree frogs.

Specifically, the Eastern gray tree frog. But wait a minute—the books (numerous books) list this boisterous frog’s territory as, to sum up several, throughout New Hampshire except north of the White Mountains, which when you think about it (maps, please) leaves out quite a chunk of territory.

All I know is what my ears hear, which is the pleasant (if harsh) trilling (well, sort of a trill) of what undoubtedly is the gray tree frog. And it seems to be the same sound I’ve been hearing since I was a kid.

Just to make sure of this, I spent the better part of one recent evening listening, via electronic media, to the sounds made by all frogs and toads known to inhabit New Hampshire. The kindest thing to say is that, in general, they are not music to the ears.

The Eastern gray tree frog, in contrast, is practically downright musical, for other frogs



COURTESY

The Eastern gray tree frog is not supposed to be in the North Country, but nobody told it so. Its trilling bursts forth for just a second or two. (Courtesy Rebecca Johnson, New Hampshire Fish and Game)

at least. It’s a sound I’ve been hearing (I think) forever.

Vermont has stolen a march on New Hampshire by naming the gray tree frog as its State Amphibian, a story well told in Northern Woodlands magazine. Has anyone taken the spotted newt?

+++++

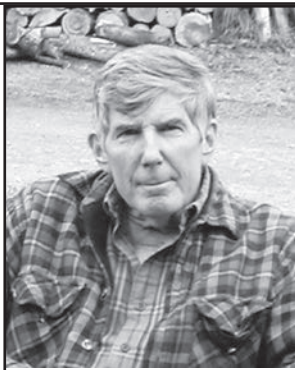
Last week’s column included a photo of a bald eagle, which are not exactly common, but at least are becoming numerous enough to be found (and seen) in most of the state. Since they are consummate opportunists, eagles will go wherever food (principally fish) is plentiful.

What some people

don’t want to hear is that eagles are not only predators, but also scavengers. This is well known where eagles are plentiful, but is not talked about much where they’re scarce.

It’s as if scavenging is somehow demeaning. But both of New Hampshire’s apex predators—the coyote and the black bear—are omnivorous, meaning that they’ll both scavenge and kill. And, by the by, eat apples and berries.

The eagle in the photo was trying to feed on road-kill in between oncoming cars, and flapped up into a roadside tree when it was disturbed. In fact, not too long ago an eagle was struck and killed in just such a situation. The obvious ques-



tion is how anyone could fail to notice such a huge bird in the road.

+++++

The reader who took the eagle picture, Vince Bober of Alton Bay, was going to look into how Ten Rod Road got its name.

In the meantime, my own minor sleuthing has revealed that there are at least three other Ten Rod Roads in the state (Rochester, Farmington, New Durham). Further, (a) at one time they were ten rods long (unlikely), or (b) they were ten rods wide (even more unlikely), and (c) (likely) they’ve long since been stretched.

All this begs the question: What is a rod, anyway?

A rod is not just for spoiling a spared child—it’s also The Incredibly Disappearing Unit of Measurement. Many people think “rod” is

SEE NOTEBOOK PAGE A7

Bristol

Al Blakeley
adblakeley0@gmail.com

If this column sounds familiar, it is almost a copy of last week's edition. Sorry, but this is still good material and many may not have read last week's column.

Go jump in the lake! Not an order, but rather a suggestion, as the water is so refreshing and 'our' lake is definitely worth the plunge. Enjoy the experience and stay in as long as you wish!

It has come to my attention that the citizens of Bristol are way behind in submitting Census information. Less than 30 percent have been submitted, and that strikes me as a very low estimate for this time of the year. Please take the time (less than 10 minutes) to take care of this important task.

The Bristol Historical Society Museum, 15 High Street, Bristol will be opening for the summer on Tuesday, June 30. Step into the upper level of the former Bristol Firehouse and discover a large collection of artifacts, memorabilia and photographs. Share your stories of growing up in Bristol or vacationing at the lake with the society host or learn something you may not have known about Bristol's past. Summer hours will be Tuesdays, 6:30 to 8 p.m. and Saturday mornings from 9 – 11 a.m. Closed July 4. For information, call Lucille Keegan at 744-2751 or email lucillekeegan1@gmail.com.

The TTCC Board has voted to go forward with Summer Day Camp with some restrictions, which should come as no surprise. A number of actions to align with the Governor's Guidelines for day camps and the CDC recommendations are being implemented. If you are not signed up but still need care, contact the TTCC to see if there still might be room.

TTCC Baseball and Softball are now able to offer some training sessions and there is still room in all training sessions. Contact Jeff Kane (ttccbaseballsoftball@gmail.com) to get a child signed up for these training sessions.

Other program updates: The Annual Firecracker 5K on July 4 is going virtual; Shape Up is continuing outside at Kelley Park; Adult Softball is moving forward; Pickleball can resume outdoors; Volleyball and Basketball are postponed indefinitely. TTCC activities: Karate, Irish dance, badminton, roller fitness are postponed indefinitely. Swim lessons and British Soccer Camp have been cancelled.

Please avail yourselves of the Summer Reading Programs at the Minot-Sleeper Library by visiting the Web site: <https://www.minotsleeperlibrary.org/summer-reading.html>. There is a Youth Summer Reading Program as well as an Adult Summer Reading Program. Something for everyone!

More and more folks are seeking waterfront property and when they find it, I am amazed at how many homes (not camps) are torn down and huge houses take

their place along with outbuildings and other amenities. We happen to have a small cottage and it is becoming one of the smallest domiciles on our lake! I sure hope it stays that way. We can call it a camp and mean it! Stay safe and healthy everyone!

Groton

Ruth Millett 603-786-2926
rem1752nh@gmail.com

A lot of work has been done at the Town House. The shelves have been removed from the former library and it has a fresh coat of paint. Areas of trim have been painted and the Clerk's Office has a fresh coat. The building has been newly carpeted and looks great. Come on up and take a peek. Thank you to all who worked so hard to get this done.

As of June 1, the Town Offices have reopened to the Public with the following restrictions:

- Do not enter the building and call us or email us instead if you have any of the following:
 - Have a fever, cough, or shortness of breath
 - Known exposure to someone diagnosed with COVID-19
 - Have traveled internationally in the last 14 days
 - Masks are recommended to enter the building

Note: If you do not have your own mask, please call us, and let one of the employees

know before you enter the building so we can assist you with this.

You must remain 6 feet apart from all others in the building. Thank you for your patience during this time. Stay safe and healthy.

It was presented by Ron Madan during the Select Board Meeting on June 16th that there is money for the Town to have a fireworks display. This money was raised from donations from the Townspeople. Since we are not having an Old Home Day this year it may be a way for us all to gather together for a fun time, (observing social distancing of course). If you have an opinion on this please email Gina Rescigno at ginarescigno1@gmail.com, or leave a message for Slim Spafford at the Town Office. They would be interested in your opinions.

Transfer Station stickers are available from the Town Clerk's Office. You will need your vehicle plate number. Cost is \$1.

Scheduled Meetings and Closures for the Town of Groton:

Select Board Work Sessions – Tuesday, July 7 and 21, 6 p.m. at the Town House

Select Board Meetings – Tuesday, July 7 and 21, 7 p.m. at the Town House

Planning Board Meetings have been cancelled until further notice.

Conservation Commission will be meeting at the Town House July 9 at 7 p.m.

All Town offices will be closed July 2 for the holiday.

The Select Board Office will be closed from July 14 through 20.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Town Meeting — Thursday, June 25

Town Common 6:30 p.m.

The business portion of town meeting will be held on Thursday, June 25 on the Town Common beginning at 6:30 p.m. Please maintain six-foot social distancing guidelines.

Voters are requested to:

- Wear a mask
- Bring a chair
- Bring your town report (mailed to registered voters)

If possible, please have amendments in writing prepared ahead of time to submit to the Moderator.

Thank you for your patience and understanding as we all work through the process of conducting voting and town meeting during this pandemic.

As we get closer to the election and town meet-

ing, please check the town's Web site for any further postponements.

News from the Hebron Library...Porchside Pickup Available!

The Hebron Library is happy to announce that we will be offering zero personal contact porch side pickup each Wednesday!

Pickups will be every Wednesday afternoon. Requests can be made at any time during the week. Requests received by Wednesday at noon will be ready for pickup in the afternoon. We will call you when your materials are ready for pickup. Requests made after noon will be available for pickup the following Wednesday. Available titles can be found on our website catalogue, hebronlibrary.org, or patrons can give general directions for us to choose for them. Requests may be submitted either by email or by leaving a message on the library phone.

By email: hebronlibrary@metrocast.net

Please leave your first and last name and phone number so we can call you for pickup.

Include the call number, title, and author for each selection.

DVDs are available by title.

By phone: 744-7998

Please leave your first and last name and phone number so we can call you for pickup.

- Include the call number, title, and author for each selection.
- DVDs are available by title.

Patrons are encouraged to return materials promptly. When materials are returned, they will be wiped down with disinfectant and held in quarantine for one week before being checked in and made available for checkout. If you currently have library materials checked out, you may return them. Any person in the library will wear a mask and wear gloves or use hand sanitizer between each patron's order whenever handling books or DVDs. If you do not have a library card and you live in Hebron or Groton please call or email us your name and number and someone will get back to you and get you enrolled. We will check your ID when you pick up your selections. Please be patient as we are not in the library every day.

"Seasonal" Speed Limit Signs are out!

Please drive 40 mph ("Seasonal" speed limit) from North Shore Road heading south along Mayhew Turnpike to the blinking light in Bristol and the same way heading back to Hebron. Thank you very much!

FALL 2020
OPENING INFORMATION

A Message from PSU President Donald Birx



Dear Plymouth Community Members,

I would like to share some important updates on our preparations for the return of students to Plymouth this fall.

Students' Return

On May 8, 2020, the University System of New Hampshire (USNH), which includes Plymouth State University, announced that it is planning to welcome students back to campuses for the fall term. The system as a whole is working closely with state leaders and health professionals to support a safe return, and each individual institution is planning for a range of scenarios.

I want to assure our community that we will provide regular updates over the summer as decisions are reached regarding when students can return to campus, and when and by what methods classes will be conducted. We are planning to return to on-campus learning this fall and are also working to provide hybrid delivery (both on campus and online), so that no matter what happens during the year students' education can continue on pace.

Committees are Hard at Work

Both USNH and PSU have formed fall opening task forces that are considering every aspect of opening, from academics and logistics to health and safety. This includes a Community Task Force Team that provides input in our decision-making process. Please visit plymouth.edu/fall-2020-opening to learn more and contribute your suggestions and ideas.

Virtual Town Hall: Planning for Fall Opening, on Monday, July 20, 1–2:30 p.m.

We welcome the public to join us in an online event that I will host with other campus leaders. We'll discuss up-to-the-minute decisions and take questions from the audience. Please join us! Contact PSU at the web address or phone number below for login details. If you can't attend, the session will be recorded and posted on our website afterwards.

We Are All in This Together

As we plan for fall, I am grateful for the University's many community partners. Thank you for your commitment to PSU and for your continued patience and understanding. We will be as forthcoming and transparent as possible as we strive to move forward during this unprecedented time.

Sincerely,



President Donald Birx
Plymouth State University

Visit plymouth.edu/fall-2020-opening or call (603) 535-2845 for regular updates and to contribute your suggestions and ideas.



PSU graduate student awarded National Science Foundation fellowship

PLYMOUTH — Plymouth State University (PSU) graduate student Hannah Vollmer, of Thornton, has been awarded a prestigious National Science Foundation (NSF) Graduate Research Fellowship, the first PSU student to achieve this honor. Vollmer was recognized both for her promise as an early-career scientist and her research on two rare alpine plants in the White Mountains of New Hampshire: dwarf mountain cinquefoil, or Robbins' cinquefoil, which exists nowhere else in the world but above the tree line in the White Mountains, and sibbaldia, which is typically found in Arctic regions.

"Hannah has earned every bit of this recog-

nition for her innovative research and dedication to conservation efforts," said Diana Jolles, Ph.D., Assistant Professor of Botany, Plymouth State University. "We are thrilled she will have the resources she needs to focus on her research, which will help with conservation and preservation efforts in the region, serving as an example for how students can use research to solve real-world problems."

Alpine plants in the White Mountains are remnants of glaciers that receded more than 13,000 years ago. Vollmer's research on the dwarf mountain cinquefoil seeks to provide evidence of the plant cloning itself by producing seeds without fertilization, or of genetic diver-

sity and its evolution, which will ultimately help develop strategies for managing the rare plant. Her research will also determine if the sibbaldia that grow in the White Mountains are genetically related to the sibbaldia plant found in Arctic climates, including Norway, Siberia and Alaska, and will inform efforts on how to best cultivate the plant locally.

Vollmer is also one of two grant recipients from the New England Botanical Club this year; she also received a grant from the American Society of Plant Taxonomists for this research. Both organizations award graduate research grants to help students conduct fieldwork, herbarium studies and lab-

oratory research. The New England Botanical Club focuses its grant on students researching New England flora, while the American Society of Plant Taxonomists support students conducting research in any area of plant systematics.

"I was inspired to continue my education after seeing research done at Plymouth State to determine how plant evolution and genetics are related to each other," said Vollmer. "Working with the professors has allowed me to develop my own research and approach this topic from a conservation mindset. The National Science Foundation Graduate Research Fellowship, and the two additional grants, reflect the sup-



COURTESY

Plymouth State University graduate student Hannah Vollmer, of Thornton, has been awarded a prestigious National Science Foundation Graduate Research Fellowship, the first PSU student to achieve this honor. Vollmer was recognized both for her promise as an early-career scientist and her research on two rare alpine plants: dwarf mountain cinquefoil, or Robbins' cinquefoil, which exists nowhere else in the world but above the tree line in the White Mountains, and sibbaldia, which is typically found in Arctic regions. Pictured above, Vollmer conducts field research for the dwarf mountain cinquefoil in the Presidential Range.

port I have received from my professors and peers. I hope to be the first of many NSF Graduate Research Fellows from Plymouth State."

The National Science Foundation Graduate Research Fellowship Program, the oldest of its kind in the United States, recognizes and supports outstanding graduate students in science, technology, engineering and mathematics who are pursuing research-based master's

and doctoral degrees at accredited U.S. institutions. Recipients receive a generous stipend and allowance for education tuition and fees. Fellows are expected to become knowledge experts who will contribute significantly to research, teaching and innovations in science and engineering well into the future.

For more information about Plymouth State University, visit www.plymouth.edu.

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Bristol Laundry
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Park & Go Bristol
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Rite Aid Bristol
Hannaford
Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)
Hebron Town Hall
Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station
Irving Gas Station
Gordon Nash Library

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café
Stinson Lake Store

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Grafton County Farm Service Agency accepting emergency conservation program applications

ORFORD — U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) County Executive Director Steven Schmidt announced this week that the county is accepting applications for the Emergency Conservation Program (ECP) to address damages from a severe storm that occurred on April 9. ECP signup will begin on June 15 and end on July 17.

The approved ECP practices under this authorization include debris removal from farmland; grading, shaping, re-leveling; and restoration of conservation structures or other similar installations.

ECP assists producers with the recovery cost to restore the farmland to pre-disaster conditions. Approved ECP applicants may receive up to 75 percent of the cost of approved restoration activity. Limited resource, socially disadvantaged and beginning farmers and ranchers may receive up to 90 percent cost-share.

"Dealing with natural disasters is never easy, especially when you have to consider the health and safety of livestock, but it's important for producers to call our office before they take any action," said Schmidt.

Producers with damage from such events must apply for assistance prior to beginning reconstructive work. FSA's National Environmental Policy Act (NEPA) and environmental compliance review process is required to be completed before any actions are taken. Submitting an application after reconstructive work has been completed may not qualify for ECP.

FSA county committees will evaluate applications based on an on-site inspection of the damaged land, taking into consideration the type and extent of the damage. As on-site inspection does not guarantee that cost-share funding will be provided.

The 2018 Farm Bill increased the payment limitation for ECP to \$500,000 per disaster. The use of ECP funds is limited to activities to return the land to the relative pre-disaster condition. Conservation concerns that were present on the land prior to the disaster are not eligible for ECP assistance.

For more information on ECP, please contact the Grafton County FSA office at 353-4650, ext. 2, or visit farmers.gov/recover.

Carlene Libbey, 80

BRIDGE WATER — Carlene “Della” Libbey, a resident of Bridge-water for the past 16 years, passed away on June 15, 2020, following a period of failing health.

Della was born Aug. 17, 1939 in the Old Town of Hill. Della was born to Larry “Fess” and Millie Jewell, making her appearance into this world right on the dining room table in a manner that would forever reflect her impulsive and humorous personality.

Della was educated in Louisiana, Texas, and finished school in Oklahoma. Della later married the love of her life, Earl “Joe” Benjamin Libbey, and settled in Wentworth. Della worked for many years at Freudenburg, formerly known as IPC, where she retired.

Those who knew Della were fortunate to have a special friend. She had a sunny personality with the ability to see the good in everyone and had an uncanny ability to make everyone laugh and find the good in even the worst of situations. Della was particular about looking her best, making sure her hair was perfect, and her jewelry matched her impeccable outfits, even if it was a quick run to the store. Della was a wonderful homemaker and cook, especially when it came to baking pies; a skill she learned from her mother.



Carlene Libbey

Della was particularly close to her only sibling, Marlene Johns, whom she spoke with every day on the phone. Della would accompany Marlene and her family on summer vacations and would follow them to every naval duty station from coast to coast. Her two nieces and nephew were particularly fond of her and anxiously awaited her arrival for visits, challenging her to board games that she wholeheartedly enjoyed playing with them.

Della was also known for her generosity and kindness towards everyone, despite how well she knew them. She had an overwhelming love for animals, especially her dog Angel, who she was inseparable from.

Della had one son, Joe Libbey, who was her absolute world and who showed her the world through his travels, bringing her unique treasures from places he visited. She was also a “bonus” mother to Nancy Hicks and Freeda Rhoades, and loved them like they were her

own children, always keeping a no judgement zone and offering nothing but positive words of encouragement.

Della was predeceased by her husband, “Joe” Libbey in 2003, and her parents, Larry and Millie Jewell.

Della’s family include her son, Joe Libbey of Bridgewater; sister Marlene Johns and her husband Ron of Freedom; bonus children Nancy Hicks and her husband Gary of Franklin and Freeda Rhoades of Missouri; her nieces, Lisa Eshelman and her husband Jim of Freedom and Audrey Sonka of Oregon; nephew Larry Johns and his wife Mitchell of California; great niece Anna Eshelman of Oregon; great nephew Evan Eshelman of Missouri; grandchildren Brandon Turner and his wife Tanya of Allenstown, and Erin Hill of Franklin; Hannah and Libbey Hicks of Franklin; Casey Kelley and his wife Regina and Thomas Kelley of Oklahoma; great grandkids Zoey and Izabell Kelly of Oklahoma and Anna Smith of Oklahoma; great great grandchildren Asher and Jack of Oklahoma; and two great grandchildren, Jaxon and Kendyl Turner.

A private graveside service for family will be held at a later date. To leave an online condolence, please visit www.mayhewfuneralhomes.com.

Churches

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!

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, June 28

General Assembly Sermon

Worship leaders: Rev. Joan Havier-Duval, Rev. Mykal O’Neal Slack, and Music Director Benjie Messer

In this communal worship we’ll join other UU’s for the largest annual gathering of our faith. It’s sure to inspire. The choir includes members of our own Starr King UU Fellowship community. This powerful worship experience will stream on uaa.org/ga at 10 a.m. We will open the virtual doors of our Fellowship at 9:30 a.m. for a pre-service coffee hour.

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

Purple Pit Jazz Series continues with KCOT

BRISTOL — The Purple Pit Jazz Club in Bristol’s Central Square welcomes the trio KCOT this Saturday, June 27, from 7-9 p.m. as part of its outdoor concert series.

Led by internationally renowned organist Ken Clark on vocals and the Hammond B3, KCOT also includes Steve Chaggarris on drums and Mike Mele on guitar. Clark was named Keyboardist of the Year by the New England Blues Society in 2006, 2009, 2011 and 2015.

Beer, wine and food will be provided during the show by the Purple Pit and Pizza Bene. Seating in the cordoned area is for patrons only, but please feel free to bring a chair or blanket to sit on the green in the square to hear this incredible group. Please note, however, that alcohol consumption is not permitted outside the designated dining area.

In lieu of our usual cover charge, the Purple Pit is asking for donations for the band, so please come out to show your support for local live music.

salmonpress.com

TOGETHER STRONG.

Together Strong, we will weather this storm.

Notebook FROM PAGE A4

just a misspelling of “road.” Soon, only surveyors, tax assessors, and lawyers will know what a rod is.

It is 16 feet, six inches. If you live on a two-rod road, and many people do, this means that the town’s right of way is 33 feet. Somewhere in the middle of this, more or less, is your road.

+++++

I know of only a few one-rod roads. There is scarcely room for the road itself in such a scenario. There are little squeeze-outs here and there in case of oncoming traffic. This calls for common courtesy, which is a disappearing commodity. However, if everyone is observant and polite, it all works out.

This leads me (inevitably) to common rules of the (dirt) road. These are the little niceties that form the boundary between pleasant and unbearable.

There is no excuse for tailgating on a dirt road. Whoever brought up the subject of tailgating, thank you. What’s more, not tailgating is a common courtesy that should be extended to the nation at large, if not the entire Northern Hemisphere. Conviction of tailgating should mean at least several weeks in the slammer.

If you catch up with a driver poking along, you are supposed to drop back and follow at what is known as a Discreet Distance. This is more than one rod, but not as much as two rods, if both vehicles are going under 35 and have not passed

Go or received a Get Out of Jail card Free.

If you come upon two drivers stopped in the middle of the road, gabbing, you’re supposed to sit there and wait for a reasonable time. Nobody has yet defined the term “reasonable time.” Suffice to say that it is longer than a chipmunk’s breath, but not quite as long as it takes a mountain lion to bound across a two-rod road.

Drumming of fingers, at least in sight, meaning “on the top of the instrument panel,” is not allowed. And never, ever, even think of touching the horn.

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

PARENTING THE SECOND TIME AROUND

-8 WEEK VIRTUAL SESSION-

Are you a grandparent, relative, or friend that is parenting... again? Join us to connect and learn with others that face these unique challenges!

TOPICS: child development, discipline & guidance, caring for yourself as a caregiver, rebuilding a family, living with teens, legal issues and advocacy.

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

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You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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To apply, email halfmoonjobs@weirsbeach.com or give us a call at (603)759-6774. We can't wait to work with you!



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Call our toll-free number **1-877-766-6891**
and have your help wanted ad
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Precision Lumber Inc.
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM



Ashland Lumber
Division of BELLETETES, INC.
Delivery Driver

Ashland Lumber has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

You may apply in person or download a **driver application** from our website. All applications should be submitted to:

Dan Uhlman, Manager
Ashland Lumber, 20 West St. Ashland, NH 03217
or email at duhlman@belletetes.com

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SCHOOL**

Come join our Facilities Team!

Immediate opening **Environmental Services**

Full time with benefits

Check our website for more details
www.newhampton.org/about-us/careers





Ashland Lumber
Division of BELLETETES, INC.
Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours required on a rotating schedule.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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**Northern
Human Services**
Changing Lives

**Utilize Your Associates or Bachelor's Degree
in Human Services as a
Residential Advisor**

**Join a supportive team and receive outstanding benefits including
generous vacation, health insurance, 403B and paid training.
Opportunity for advancement in a large and stable organization.**

- Great Schedule! 24 hour shift on Saturday and Monday, rest of the week off.
- Work as a part of a dynamic team assisting six individuals with medication self administration, activities of daily life, socialization, and recreation
- Bachelor's degree or an associate degree with two years work experience in the human services field preferred. Strong applicants without a college degree and with experience in a related field (medical, elder care, LNA etc.) may be considered.
- Entry Salary: 11:50-13.12 per hour.

Northern Human Services offers generous benefits. Full time employees receive three weeks paid vacation with eleven paid holidays, sick leave, mileage reimbursement, health insurance, and agency paid 403B contribution with no match requirement.

Send cover letter and resume to:

**Northern Human Services
Attn: Bobbi Lyndes-Langtange
29 Maple Street
PO Box 599
Littleton, NH 03561
603-444-5358**

This position requires a valid driver's license, proof of adequate auto insurance, and the completion of criminal and background checks. NHS is an Equal Opportunity Employer, and Provider.



**North Country
Charter
Academy**

**2020-2021 SCHOOL YEAR
Immediate Opening**

NCCA is seeking a certified Educator for the Lancaster site with middle-high school experience. Come join our dynamic team as we move into our 17th year of operation.

NCCA supports and promotes creativity and innovation that focuses on the individual needs of students. Through the facilitation of a blended learning approach and an on-line curriculum platform, which provides the foundation while educators team up with staff, students and community leaders to develop interesting project-based activities all of which are rich in rigor, real world learning and that are relevant to students and our communities.

Candidate must be enthusiastic, dedicated and accountable for making a difference in the lives of every student. Small classroom, ample opportunities for 1:1 instruction.

Proficient in technology, Google Apps, excellent communication & administrative skills and a TEAM PLAYER!

Come join our professional team as we prepare to build upon the 552 students we have graduated in the North Country. Position if Full-time/190 calendar days/EXCELLENT benefits, \$32,000.00 salary.

Qualified applicants should forward a letter of interest, resume, and three letters of reference to:

Kathy Meddings
North Country Charter Academy
260 Cottage Street, Ste A
Littleton, NH 03561
kmeddings@nccharteracademy.org

An Equal Opportunity/Affirmative Action Employer

Plan

FROM PAGE A1
arranged according to CDC, NH Department of Health and Human Services, and Emergency Order guidelines.

The Select Board and other committees will hold in-person meetings at the Town Office. To ensure continued compliance with CDC and DHHS guidelines, the meetings will only be attended in person by Select Board members and staff who are requested to attend. The public will continue to have the ability participate through electronic means as outlined in meeting agendas.

Building Processes and Adaptations:

The Town Office has been sanitized and will continue to be thoroughly cleaned every day.

Hand sanitizer stations have been established throughout the building, and members of the public are asked to use such hand sanitizer prior to entering any department.

Glass transaction windows are at all customer service counters.

Whenever possible, we ask customers stand 6 feet back from the customer service counter.

Upon entry, customers will be encouraged to wear a mask to promote the safety of our employees. If customers don't have one, they will be offered one upon entry into the building. Employees have also been encouraged to wear masks during transactions to promote the safety of our customers.

Employees will be vigilant in monitoring their health, and those who are sick or not feeling well will stay home.

Unless it is necessary for face-to-face contact when responding to an inquiry from the public, employees will respond via telephone or email.

If an in-person conversation occurs, everyone is asked to maintain a six-foot distance whenever possible, and if not possible, we encourage everyone to wear a mask or meet outside.

Be Prepared and Be Flexible:

Department Heads have been instructed to plan for potential COVID cases in the event we experience higher than usual absenteeism. This

may include rotating groups of employees to work from home/work on-site, so we ask for your continued understanding and flexibility regarding our ability to serve you.

These protocols will be in place until further notice. At its Aug. 3 meeting, the Select Board will determine whether to further reopen the Town Office to the public. We thank you in advance for your cooperation – working together, we hope to have a safe and healthy re-opening our community. Again, please note that departments may need to adapt procedures specific to their areas of the building and services. Do not hesitate to contact us if you have any suggestions as to how we may help to keep our employees and residents safe and well.

Finally, we will continue to monitor all local developments related to COVID-19. We continue to be committed to timely and ongoing communication about any and all changes to our operating status as well as any recommendations to the public from public health and other government officials. Updated information can be found on the front page in the news section of the Town website at www.townofbristolnh.org, Town's Facebook page ("Town of Bristol"), and public access television channel.

"How To" Complete Transactions:

Web site: The Town Web site address is www.townofbristolnh.org, and we encourage you to visit the website frequently for new information and updates.

Town Office Mailing Address: Should you need mail anything to the Town Office, the address is as follows:

(Specify which Department, if possible)
Bristol Town Office
5 School St.
Bristol, NH 03222

Drop Box: In front of the Town Clerk/Meeting Room entrance to Town Office, there is a secure,

green drop box where you may drop off checks (NO CASH) or other paperwork. Should your paperwork not fit, please refer to the list of contacts below to make alternative arrangements.

Town Office General Telephone Number: 744-3354 (See contacts below for specific extensions).

Transactions: The following is a list of the transactions most often performed for our residents in the Town Office, and directions as to how each may be accomplished.

Town Clerk/Tax Collector's Office: Use the following options listed below OR call 744-3354 then choose option 2 to ask a question or set up an appointment.

Beach Passes: Can be purchased at the Town Office at the far right of the building in person Monday through Friday, 8:00am-Noon, until July 2. After that, by appointment only. Beach passes are limited to Bristol residents and taxpayers and visitors of residents and taxpayers.

Transfer Station Passes: Can be purchased at the Town Office at the far right of the building in person Monday through Friday, 8 a.m.-noon, until July 2. After that, by appointment only.

Renewal of a car registration: Can be done online via our website portal: <https://www.townofbristolnh.org/home/pages/online-payments>.

Registration and title transfers of a newly purchased vehicle: By appointment only. No one will be penalized for late transactions while through this process.

Copies of vital records (birth or death certificates): Can be requested online via our website portal at <https://www.townofbristolnh.org/town-clerk-tax-collector/pages/vital-statistics>.

Tax, Water and Sewer payments: Can be made in one of three ways: (1) online via our website portal (<https://www.townofbristolnh.org/home/pages/online-payments>); (2) via mail (checks ONLY and post

dates will be honored as the date of payment); or (3) via dropping your check in the drop box (again, no cash).

Dog licensing: Renewals can be done online (<https://www.townofbristolnh.org/home/pages/online-payments>); registration of new dogs by appointment only.

Boat registration: By appointment only.

Voter Registration: By appointment only.

General tax or records questions: Call or email Town Clerk/Tax Collector Raymah Simpson (rsimpson@townofbristolnh.org).

Assessing Office: Use the following options listed below or call 744-3354 then choose option 4 to ask a question or set up an appointment.

Property Record Cards: Can be accessed on the Assessing page of the website at <https://www.townofbristolnh.org/assessing-department>

Filing for Exemptions and Credits: Information for verification or renewal can be sent by mail or dropped off in the drop box.

Intents to Cut and Intents to Excavate: Can be mailed or scanned/sent to Land Use/Assessing Manager Christina Goodwin (assessing@townofbristolnh.org).

Verification of Owners on Abutters List: Already created abutters lists can be emailed for ownership verification to Land Use/Assessing Manager Christina Goodwin (assessing@townofbristolnh.org).

General Assessing questions, call or email Christina Goodwin (assessing@townofbristolnh.org).

Land Use/Permitting/Health Office: Use the following options listed below or call 744-3354 then choose option 5 to ask a question or set up an appointment.

Land Use permits: Permit applications are available on the Town Web site at <https://www.townofbristolnh.org/permitting-and-enforcement> and will be accepted via email, mail or drop box outside the Town Office. Payments

are to be made by check only. Should you need to drop off plans or applications which will not fit in the drop box, please call.

Building plan reviews: Will be accepted via email, mail or drop box outside the Town Office.

To file land use board submissions (including Planning Board, Zoning Board, Conservation Commission), or to review property files, site plans, subdivision plans, etc., call or by appointment.

GIS/Maps: Visit <https://www.townofbristolnh.org/assessing-department> or call.

Human Services: Call 744-2522. Messages are checked daily and responded to as soon as possible.

Applications for assistance can be accessed at <https://www.townofbristolnh.org/human-services-department> and emailed directly to tohumanservices@townofbristolnh.org.

Finance/Human Resources: Use the following options listed below or call 744-3354 then choose option 6 to ask a question.

Finance information can be accessed at <https://www.townofbristolnh.org/finance-office>

Job and board opportunities can be accessed at <https://www.townofbristolnh.org/employee-human-resources>

Other Non-Town Office Departments:

Fire Department: Dial 911 for emergencies; for non-emergencies call 744-2632.

Police Department: Dial 911 for emergencies; for non-emergencies call 744-2632 during business hours or 24 Hour Dispatch at 744-2212.

Minot-Sleeper Library: Call 744-3352.

Driveway Permits, road-related issues, snow plowing and roadway drainage: Contact Highway Department Superintendent Mark Bucklin at mbucklin@townofbristolnh.org or 744-2441.

Trash and Recycling general questions: Contact Highway Department Superintendent Mark Bucklin at mbucklin@townofbristolnh.org

ager Audrey Landry at wateroffice@townofbristolnh.org or 744-8411.

Parks, Trails & Playgrounds:

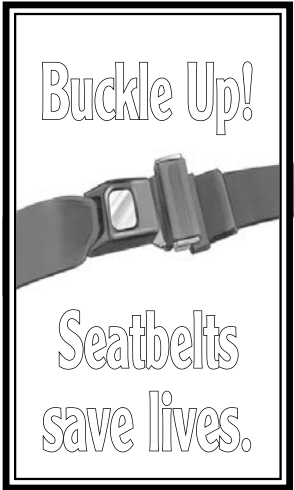
The Town works closely with the Tapley-Thompson Community Center to provide recreation opportunities in the community. We have evaluated the Universal Guidelines from DHHS and determined that the Kelley Park playground equipment will be available for use again starting June 25. Kelley Park, Eagle Scout Park, Millstream Park, the bike path, and Pemi Trail/Bristol Falls Park is already open to the public.

Events and Fireworks:

The Fireworks Committee is currently planning a fireworks show on July 4 on the lake. The show will be just fireworks, no vendors, no entertainment. Another announcement on the Town Web site and Facebook will be made as soon as more details are worked out.

The Community Events Committee is also planning concerts for the summer. The first concert is scheduled for July 2 at Kelley Park. Future announcements on the Town website and Facebook will be made as more details are worked out for the concerts and other events.

Of course, should you have a general question and you are not sure who to call, please contact Town Administrator Nik Coates: townadmin@townofbristolnh.org or 744-3354 then option 3.



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Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

REAL ESTATE

Plymouth State UNIVERSITY

Plymouth State University has the following positions available:

Building Service Worker (Custodian)

First Shift
(5:00 AM - 1:30 PM)
Monday - Friday

First Shift
(5:00 AM - 1:30 PM)
Wednesday - Sunday

Third Shift
(11:00 PM - 7:30 AM)
Friday - Tuesday

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

Plymouth State University is an Equal Opportunity/ Equal Access/Affirmative Action institution.

Personal Care Attendant

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

Please contact Ashley at 603-568-4930 for more information.
* A background check is required.
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We are here for you!

Michelle Cardinal
Michelle moved here from southern New England to study and take advantage of our very special way of life. She is making the best of it 10 years later offering her business expertise to sellers and buyers.
603-630-6423

Jane Angliss
Jane came to the Lakes Region from a marketing career in NY City via the northern Vermont hospitality business. She offers years of experience with both people and property!
603-630-5472

OUR OUTSTANDING AGENTS KNOW THE LAKES REGION!

RE/MAX Bayside

Daniel Webster Hwy Meredith, NH 03253 (603) 279-0079
604 Main Street Laconia, NH 03246 (603) 527-8200

208

A10 NEWFOUND LANDING, THURSDAY, JUNE 25, 2020

FROM PAGE A1
Center in Hebron all the way down to the Purple Pit Coffee Lounge in Bristol's Central Square. In all, nearly 50 area businesses supported him in the project that brings wonderfully creative attention to all that the Newfound Region has to offer.

Hair salons, realtors, breweries, clothing boutiques, rotary groups, and even saw mills jumped on board when Kuzinas approached them with his idea.

"This was all designed to showcase the hidden businesses," he said. "The map itself is actually an adventure, not a true map of the area. Five towns is an enormous area to cover, so nothing is to scale. It's just a map about happiness!"

Kuzinas, who resides in Alexandria, said the Newfound Region is a paradise of treasures that many don't often hear about, whether they are on vacation or live here year round. Artists, gift shops, wineries and more, are tucked

away in many corners of the area and he hopes this map will not only entertain, but encourage everyone to visit some of the locations.

Alison said that another part of the concept was to help bring the Newfound area towns and businesses together through the creativity of her husband's art.

"There's been a surge of businesses, crafters, musicians and artists making things here in all five communities that many don't even know about," said Alison. "This was a fun way for him to make people aware of some of them."

Kuzinas started his map project by driving around last October to really study what the buildings and landmarks actually look like.

"I got very familiar with Google Earth during that time, too, as I examined each building," he said.

Whimsical depictions of those storefronts, roads, rivers and parks were then incorporated into his painting of the map.

Kuzinas map included not only the businesses

ect but several other fun and sometimes-mythical characters pop up in it as well. Gnomes, Sasquatch, bears on rafts, and moose hiking or tubing on the lake are just a few of the magical characters that can be discovered hiding in the map. Hearts, like one for Tappley-Thompson Community Center, the “heart of Bristol” as he called it, are also prominent in the piece.

"This map is really an adventure for people as they look at it," Kuzinas said. "There is so much to be seen throughout it all."

One other nice touch is the addition of yellow "lights on" in the windows of his sponsors.

There are no masks on his nature characters, no signs at all of the pandemic, only the great features and creatures that attract so many to live, work and play in the Newfound Region.

"There's no negativity here. This has been a difficult time right now but I want people to remember this for the goodness that I know will come out of it all," said Kuzinas.

Moose artist does have an original painting of his map, signed and matted limited edition prints are now available at Newfound Country Store, where his greeting cards and colorful beach towels can also be found.

The Hebron Village Store, Basic Ingredients, Crazy Cat Winery, Granite Group Realty, The Purple Pit, Imagine and many other locations offer free paper copies of the map as well for people visiting, shopping or doing business in the Newfound region.

"Art has been with me through good times and bad. It's my outlet, my therapy, my meditation. This piece is mostly all about my love for this community," Kuzinas said.

For more information about the Newfound Lake New Hampshire Area Map and other fulfilled artwork and products available from the “Cosmic Moose,” visit his Web site, cosmicmooseart.com.

FROM PAGE A1
include days of the week other than Thursdays. So please watch websites and social media for rescheduling updates.

Concert goers will be asked to social distance themselves and arrange their seating a MINIMUM of 6 feet away from other non-household attendees.

Attendees must bring their own blankets and chairs for seating.

Concert attendees will not be allowed to sit any closer than 25 feet to the concert pavilion. There will be markers / signage indicating this.

Only band members will be allowed under the concert pavilion.

Attendees are encouraged to bring masks to wear when passing close by to others in attendance.

Kelley Park rest rooms and portable toilets will be available for use; however, the public will be using such facilities at their own risk and signs to that effect will be posted.

No refreshments will be sold at Kelley Park concession stand this year. However, 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. We are asking that people follow a “Carry In, Carry Out” policy in regard to trash.

The playground area next to the Pavilion at Kelley Park will not be available for use.

As the course of the pandemic in New Hampshire evolves, concert guidelines and participation may be adjusted to follow State and CDC recommendations.

Following is a list of performers & concert dates. Concerts begin at 6:30 pm and end at 8:00 pm:

Thursday, July 2 - Uncle Steve Band
Thursday, July 9 - The Bel Airts

Thursday, July 9 -	The Bel Airs
Thursday, July 16 -	Annie & the Orphans
Thursday, July 23 -	The Blacklite Band

Thursday, July 23 - The Blacklite Band
Thursday, July 30 - The Cole Robbie Band
Thursday, August 6 - The Cole Robbie Band

Thursday, Aug. 6 - Jackie Lee & the Cold Steel Ramblers

Thursday, Aug. 13 - Carroll Brown
Thursday, Aug. 20 - Audrey Drake Trio


Thursday, Aug. 27 - Michael Vincent Band
Saturday Aug. 29 - Studio Two - Beatles Trib-

Saturday, Aug. 29 - Studio Two - Beatles 11:15-12:00

A number of large events within the Newfoundland Region have already been cancelled this year, and the Community Events committee did make the difficult decision to cancel the traditional Old Home Day, scheduled to take place on Aug. 29. You will see by the schedule that the committee was able to add a couple of extra concerts in to help fill the void left by the cancellation of Old Home Day and the Rotary Penny Sale, in hopes of bringing some much needed and more manageable entertainment to the community.


Again, the committee is hopeful that those who attend will adhere to the safety guidelines put forth for the summer concerts and must remind people that if the concerts become unusually crowded and/or people are not practicing safe distancing or other safety guidelines the concerts may be cancelled at any time.

Questions regarding the summer concert series can be directed to the Town of Bristol at 744-3354, the Tapply Thompson Community Center at 744-2713 or via email to bristolevents@townofbristolnh.org.




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Lakes Region Community College is here to support you on
your educational journey. We know the importance of small
classes where you can feel safe, the flexibility to transfer to
other institutions when the time is right, and affordability.


That's why we've just made \$50,000 of financial assistance
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While the Cosmic