



THURSDAY, MAY 7, 2020

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FREE

# Barnstead selectmen discuss littering

BY KATHERINE LESNYK  
Contributing Writer

BARNSTEAD — The live-streamed April 28 Barnstead Board of Selectmen meeting was highlighted by discussions about ways to decrease littering around town, a review of the town administrator job description and increasing the functionality of the town Web site.

The first major discussion regarded the updated action plan from Pennichuck Corporation for a new way of bringing more water to the residents it serves. According to Town Administrator Karen Montgomery, the organization proposes utilizing Webster Stream as an extra water supply, with building beginning in the fall or being pushed back to 2021. While board members had concerns about the amount of water that the stream has already, Selectman Rick Therrien added that the intent is “collecting [water] now to use later,” so it will only be a supplemental water source.

Selectman Ed Tasker then provided an update from the B.C.E.P. Solid Waste District that, while the facility is only accepting glass for recycling right now due to the coronavirus (COVID-19) pandemic, the organization was considering opening for “light metal” in the next week. At the time of writing, the BCEP website does not have an update on the change.

On the topic of recycling, once Tasker finished his announcement, Mahar said that she was informed of trash being dumped in empty lots and on sides of roads around town more often recently, and that she had seen several spots herself. She mentioned that town clean-ups would be occurring over the weekend to help mitigate the problem.

“We’re encouraging people to do clean-ups,” she said.

Mahar also opened the conversation to the other board members for suggestions of plans to further mitigate the problem. Selectman Gary Madden suggested speaking with the Barnstead Police Department to see if more patrol could be done on back roads that have been mentioned as “hot spots” for dumping trash.

Mahar proposed putting up signs in the popular places where trash is deposited that emphasize taking pride in the town and taking care of the community, and suggested enforcing a community service requirement for dumping trash.

Other suggestions were financially focused, such as enforcing the \$250 fine for littering or offering rewards for seeing trash being disposed of improperly and reporting it to the police department.

For now, Madden offered to reach out to the police department for Chief Paul Poirier’s perspective, and the board may revisit the idea of putting up signs after the soft freeze on spending in town is over.

In her report to the board, Montgomery said that Superintendent Brian Cochrane of SAU 86 proposed May 16 as the day for the annual school meeting with considerations for social distancing, but that moderator Nancy Carr would be reaching back out to the school district about holding it on May 30 or later so that it could be less restrictive. The official date has yet to be determined.

Montgomery also said that she and other town hall employees participated in a webinar with Interware Development Company, a software development organization for municipalities, to learn about how to offer services such as dog registration and vehicle registration on the Barnstead website. Montgomery reported that, while the financial staff at the town hall are on board, other town hall staff members are still unsure.

“They feel that it might...cause more work for them. So what I’m suggesting is, we’re going to look at their current process, look at a town that is similar to ours that’s already online doing this, see how much work is involved, and then come back and have the town clerk/tax collector and deputy even possibly visit these places or do something through a Web site or a Zoom [web conference] so that they can actually see how the process works,” Montgomery said.

Montgomery said that the town has the option to sign the agreement to offer services on the website

SEE BOS, PAGE A9



COURTESY

## View from the top

A hike to the summit of Mount Major offers a famously spectacular view of the Big Lake below.

# ClearChoiceMD Urgent Care offering COVID-19 testing for active infections and antibodies

ALTON — ClearChoiceMD Urgent Care, with centers located in Alton, Belmont and Tilton, are now proudly offering COVID-19 testing for both active infections and antibodies, seven days a week. No appointments are needed, but patients are encouraged to save their spot in line through an online registration portal, which can be found on each center location page on their Web site (<https://ccmd-centers.com/locations>).

Both tests are covered by most major insurances; however, patients are recommended to

reach out to their private insurance provider to confirm coverage prior to testing. No insurance? No problem! ClearChoiceMD is able to offer the test under at a discounted cost under their competitive Prompt-Pay program.

In addition to COVID-19 testing, the urgent care centers are open to test and treat all urgent, non-life-threatening medical needs, including employer health services. The health and safety of their patients, communities and team members is a top priority. Please rest as-

sured, they are taking extra safety measures so that patients seeking care for all other urgent non-life-threatening illnesses or injuries or employer services can continue to safely be seen at any ClearChoiceMD location.

About ClearChoiceMD Urgent Care

ClearChoiceMD Urgent Care treats urgent, non-life-threatening medical needs for the whole family – from cold, flu, fevers, rashes, aches, pains and backaches to minor burns and cuts to simple broken bones – seven days a

week. Our centers offer board-certified providers, state-of-the-art facilities with on-site laboratory services and X-ray. Owned and operated by physicians who know and understand the need for excellent, expedient care, ClearChoiceMD Urgent Care is dedicated to meeting all the needs of the community, from infant to elders, school to industry and everywhere in between. We are committed to being your neighborhood access to prompt medical attention. [www.ccmd-centers.com](http://www.ccmd-centers.com)

# New Durham — in the beginning, Part II

BY CATHERINE ORLOWICZ  
Contributing Writer

*Editor’s note: Following is the second and final installment in Catherine Orlowicz’s series on early settlement in New Durham.*

*This week, she focuses on Merrymeeting Lake.*

NEW DURHAM — Merrymeeting Pond is one thousand acres in approximate size according to an article in the Gazetteer written in 1872, with a circumference of about 10 miles. A map drawn in 1957 shows the following brooks which feed into the Lake: On the east end are Goodwin, Porter and East Durgin Brooks; the west end is the outlet to Merrymeeting River; the north side are Pleasant, West Durgin and Mt. Bet Brooks and the south side is Broad Cove Brook. A few of these brooks were impounded for the operations of



COURTESY

A photograph of Union Powder Mills, ca. 1897, taken from Powder Mill Road looking east. Merrymeeting lake is to the left.

private saw mills. New Durham had many portable saw mills operating within this community.

This busy water course, the headwaters of the so-called Merrymeeting brook, had a sawmill here long before the gun powder mills were constructed. The location was originally owned by Captain James Jewett in 1815. According to the “History of New Durham”, by Ellen Jennings, Jewett owned Proprietors lot #9, encompassing the profitable outlet from Merrymeeting Lake where he

operated saw mills until his death in 1822.

Old maps show the Jewett Road, branching off from the Bay Road (Old Bay Road) by the Club Pond, as the only road to the Jewett mills at Merrymeeting Lake. Jewett Road has been renamed Brackett Road. There was no Merrymeeting Road as we know it today. When the current road was built it cut off the Brackett Road and came directly to Old Bay Road, now Main Street. This was named the Powder Mill Road, until the 1940’s when

development of Merrymeeting Lake led to it being known as the Merrymeeting Road.

The mills changed hands frequently. Nicholas Noyes bought the Jewett properties and ran the mills until 1835. About this time a new sawmill was erected, and a clapboard and shingle machine were added. A grist mill was built adjacent to the saw mill and subsequently a new dam was erected across the river, a few rods below the outlet of

SEE NEW DURHAM, PAGE A8







# Alton Parks and Recreation Connection

ALTON — In an effort to promote a healthy and active lifestyle, while continuing to practice social distancing, we wanted to share information about local trails in Alton- these trails are generally less traveled, and lesser well known.

This week's trail spotlight is on the Cotton-Hurd Brook Woodland Trails. Cotton-Hurd Brook Woodland Preserve is a 103-acre parcel maintained by the Lakes Region Conservation Trust. The Preserve is located in Alton at 310 Chestnut Cove Rd., about 500 feet from Route 28. Ample off street parking, and a kiosk with a map is accessible. The trail system

consists of two trails: The Blue Trail and the Yellow Trail. In total the loop is approximately 2.1 miles. The area has many natural attractions such as rock caves, stone walls, shaded woodlands, brooks and streams. If you like the sound of running water, enjoy watching wildlife and are open to exploring nature- this is a good spot for you.

From the parking lot follow the Blue Trail for about two tenths of a mile until you approach a trail junction. This is where the Blue and Yellow Trail connect. The Blue Trail will take you along the banks of the Cotton-Hurd Brook. The brook is stocked with

brook trout each spring; this is a great location for fly fishing and brook fishing. As you continue to follow the Blue Trail away from the brook, you will find a bit of elevation gain to where you eventually meet up with the Yellow Trail. At this Junction you can elect to continue to follow the Blue Trail back toward the brook and out the same way you came in, or you can choose to follow the Yellow Trail about 1.2 miles back to the parking area.

The Yellow Trail is an enjoyable walk through the woods, along a stone wall that was built in the early settling days. Here you are surrounded by tall pine trees, and even

a few rock-cave structures that can be fun to explore. Eventually you meet back up with the Blue Trail that takes you back to the parking area.

More information on the Cotton-Hurd Brook Woodland Preserve and other local recreation

areas can be found on the Town of Alton's Web site: [www.alton.nh.gov](http://www.alton.nh.gov); Government-Conservation Commission or Parks and Recreation- click on blue button- Hiking Trails. Another resource for local trail information is [forestsocty.org](http://forestsocty.org).

Local trail maps are also available at the Alton Parks and Recreation Office Kiosk, located at 328 Main St., Alton. Get outside today and discover a trail less traveled!

## Laconia Motorcycle Week® rescheduled

LACONIA — Progressive Laconia Motorcycle Week has officially been postponed to Aug. 22-30. The announcement was made shortly after the Laconia City Council unanimously decided to reschedule the rally in keeping with the governor's mid-May extension of the state's stay-at-home order. The consensus was that June was too early for a gathering of tens of thousands of people in Weirs Beach and beyond, particularly considering that most visitors travel from out of state.

Organizers are working tirelessly to maintain the look, feel and logistics of the rally by reaching out to vendors and event hosts in an effort to reschedule the signature events that make the world's oldest motorcycle rally so popular, as evidence by the millions of dollars it pumps into the state's economy. Already, New Hampshire Motor Speedway has announced that the 97th Annual Loudon Classic will be moved to August 29th, continuing its tradition of closing out the week. The rally traffic plan will stay the same, with Lakeside Avenue closed to motorcycles only, centerline parking and serving as home to Rally Headquarters for the duration of the 9-day event.

Says Deputy Director, Jennifer Anderson, "We know these are unusual times and are doing everything possible to make this year's rally the best it

can be within the parameters of ever-changing health and safety guidelines. We'd like to thank local businesses and the city of Laconia and town of Meredith for their commitment to ensuring this historic spring event endures. In our 97-year history, this is certainly a first. But, as riders, circumstance has given us the opportunity to experience August in New Hampshire, when the

state is in full bloom and the warmth of summer is in the air."

Stay tuned for event updates over the next several weeks as the rescheduled 97th Progressive Laconia Motorcycle Week takes shape. Any/all updates will be posted to [LaconiaMCWeek.com](http://LaconiaMCWeek.com), through their e-newsletter and on all LaconiaMCWeek social media channels.



ELISSA PAQUETTE

The Josiah W. Brown Trust has decided to pass ownership of Brown Hall to Brewster Academy in a Non Judicial Settlement Agreement on the condition that it continue to serve as a dormitory. Brown established the trust under his Will dated Dec. 26, 1885 and codicil dated Feb. 8, 1890.

## Brown Hall deeded to Brewster Academy

BY ELISSA PAQUETTE  
Contributing Writer

WOLFEBORO — In a Non Judicial Settlement Agreement pre-approved by the Director of Charitable Trusts, the Trustees of The Josiah W. Brown Trust are signing off on ownership of Brown Hall at Brewster Academy with the condition that it is to be used solely as a dormitory or revert back to the Trust.

Josiah W. Brown established the trust under his Will dated Dec. 26, 1885 and codicil dated Feb. 8, 1890. It has two branches, one for the dormitory trust for Brewster Academy students, the other a "residue" trust with income paid to the Selectmen for the "education of poor and worthy students of Wolfeboro."

The trust receives no income from Brewster Academy nor has it had expenses. The academy historically takes care of all the expenses for maintenance and capital improvements to Brown Hall, including taxes and insurance and other expenses, while legal title has remained in the Josiah W. Brown Trust. The transfer of the title will ensure that the building no longer could pose a potential liability to the Trust that could risk the funds in the "residue" trust.

The agreement, presented for viewing by the Wolfeboro Board of Selectmen on April 15, states that Trustees are allowed on a semi-annual basis to inspect Brown Hall to ensure its use as a dormitory and assures that the scholarship program will not be negatively impacted.

Applications for the college fall semester for the Josiah W. Brown Scholarship for Wolfeboro residents between the age of 17 - 24 may be found on the town website. Scholarship funds of \$1,500 per six-month period and up to \$3,000 per academic year for full-time students are available. Part-time college students may be awarded partial scholarship awards.

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## An important lesson from history

We have several thoughts now that states are beginning to slowly re-open. Each state is doing it in their own way. We have noticed that this situation has made more aware of the remarkable amount of control state governors actually have. This is a good thing.

In New Hampshire, we have seen Gov. Chris Sununu take matters into his own hands by making deals with other countries to bring in the equipment needed to fight this virus. Sununu is not battling this pandemic like a politician; he is battling it like a human being. His leadership has proved refreshing for many on both sides of the aisle.

As we've seen on the national news, some states are riddled with protesters, in many cases armed with guns. We simply cannot fathom this approach. Governors are taking measures to protect the health and well being of their residents. Mistakes are bound to happen in the face of an unprecedented scenario such as this, but we are quite certain that no one — governors and legislators included — wants to be dealing with a highly deadly contagious disease that has now killed more Americans than were killed during Vietnam. No one.

The Stay at Home orders are not easy on anyone, especially those who are still waiting for unemployment checks, and who are dealing with a backlog of unpaid bills. It's also stressful to have to watch the impact on our economy. Again, no one wanted or invited this situation, but here we are. Whether things might have turned out differently if we had seen a quicker response from the federal government, we cannot say, but in any case, what is in the past should be left there.

The question now becomes, what happens if states rush to open too much too soon? Will we have to close everything down again if a second wave of COVID-19 washes through?

Flashing back to the 1918 Spanish Flu epidemic, we can learn a few things about how and what happens when reopening. Cities who kept strict orders in place such as social distancing, earlier and kept them longer, fared better both financially and health-wise in the long run. Noted was fewer deaths and a faster bounce back to their economies. Health and economy went hand in hand.

Studies show that in Denver, San Francisco and St. Louis, measures to distance were taken early; however, those cities made what was, in retrospect, the mistake of reopening too soon, and a second wave hit that was worse than the first. People in states who lifted restrictions too early in 1918 went out into the streets to celebrate the armistice that ended the First World War sans masks, and from there, a severe second wave hit.

In 1918, New York City kept their measures in place for much longer. Officials waited until the death rates were extremely low. Consequently, New York experienced only one wave, and had the lowest death rate in the country. What we can learn here is that it is better to shut down once, for longer, than experience a shutdown far longer, if two shut downs become necessary.

A study recently posted by the CDC tells the story of a woman who was dining at a restaurant while asymptomatic. She spread the disease to nine other diners who were eating nearby. Noted was the fact that those who were infected were in the same zone as the air flow from an air-conditioner.

At the end of the day, we learn from history that the most advisable approach is a slow, steady, and cautious one.



ELISSA PAQUETTE

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## STRATEGIES FOR LIVING

### On liberation and the death of God

BY LARRY SCOTT

Jack and I were comfortably seated in the big rig we were driving, headed I can no longer remember where, reflecting on life and the future. I was at the wheel, and what came next I found to be both profound and tragic. "Larry," he said, "the most liberating day of my life was the day I finally concluded beyond doubt that there is no God."

Jack and I were slated to travel together for the next four weeks, he as an aspiring truck driver and I as a trainer for Werner Enterprises, one of the nation's leading trucking companies. As I reconstruct our many conversations what I recall is that he was raised in a Christian home, had a Seminary degree, and was for several years the Minister of Education in a large Los Angeles

church. Intelligent, well-read, and a profound thinker, Jack had not become an avowed atheist without a great deal of thought and struggle. Despite his background, however, he ultimately turned his back on it all and concluded to his satisfaction, there is no God!

I will grant there are many things about Christian theology that make no sense at all. How the death and resurrection of a Jewish Rabbi two thousand years ago can impact our eternal destiny is difficult to justify. Being "born again" is a mystery to those who have not welcomed Jesus Christ as the Lord of their lives. And the Bible, I note, never addresses Jack's issue. It never attempts to prove God's existence; it takes it for granted.

But Jack and I did see eye-to-eye at least in one area. Jack had

been deeply influenced by post-modernism and the view that there is no right and wrong and no objective standard of truth. I did agree with him that we were both correct: for me, there was a God, and for him, there was not! Jack had, in effect, become a god unto himself. With great pride, he accepted ultimate responsibility for the conduct of his life, the principles he would live by, and his inevitable eternal destiny.

I have often been perplexed and dismayed by the extent to which people like Jack will go to resist God and His plan for their lives. Atheism is just one out. Pluralism claims that every religion is true and that no one can claim to an exclusive understanding of truth. Buddhism claims there is no God; the goal is the nirvana, the elimination of all suffering and desires, and the il-

lusion of self-existence. For many, however, it is simply disinterest. "Be happy," we are told. "Eat, drink, and be merry for tomorrow we die!"

So many voices ... so many alternatives ... so many claims to represent truth ... I fully understand the confusion. I submit, however, that only Christianity equates with reality. Where we have come from, who we are, how we can enjoy genuine peace of mind and fulfillment, where we are going, and how we can get there ... all are best revealed in the pages of the great book we call the Bible. And the Bible, I would note, points us to the person of Jesus Christ. Acceptance of this one man changes everything!

You want to talk about it? Hit me up at [rlarryscott@gmail.com](mailto:rlarryscott@gmail.com).

## MARK ON THE MARKETS

### Six questions for your financial advisor

BY MARK PATTERSON

Whether you are interviewing a potential new financial advisor or meeting with your current advisor, these five questions are key to determining if this advisor and their firm are working for you, or for the broker-dealer.

Question one: Does your advisor or firm have any "revenue-sharing" arrangements with

any insurance or fund company? This is important because the advisor's firm may be paid to promote certain fund families for the brokerage firms benefit, not yours. This arrangement is usually disclosed in the small print of a long and technical document.

Question two: Do you or your firm promote "proprietary products?" Again, proprietary products are products created

by the broker dealer that may pay more to the broker if sold by them. These products may not be as transparent to you, the client, as they should be.

Question three: Who holds custody of my money? This is a question you would want to ask an investment advisor representative or RIA (Registered Investment Advisor). TD Ameritrade, Charles Schwab and Fidelity are popular custodians for registered investment advisory firms. The investment advisory firm should only have limited power of attorney for them to direct your money into proper investment allocations and to extract their fee from your account. Shortly after opening an account at one of these custodians, you should receive a letter from the custodian acknowledging your account.

Question four: Ask the broker or advisor about their background, education and experience pertaining to financial planning, asset management or retirement planning. There is a significant difference between passing a securities exam that allows someone to sell securities versus work-



ing in an environment that demands continued education and encourages personal growth and knowledge regarding financial planning or asset management.

Question five: Are you a fiduciary? A fiduciary works for you, the client, and is obligated to do what is in the best interest of the client, not themselves or their broker dealer. The tricky part about being a fiduciary is that an advisor may have the license to act in a fiduciary manner, but that does not mean that they do so.

Question Six: Is your Advisor firm managing your assets in-house or are they using a third-party firm? It is likely that

SEE MARK PAGE A5

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# A note the old-fashioned way, and the cougars of yesterday



By JOHN HARRIGAN  
COLUMNIST

These weekly scribblings generate a lot of mail, enough so I spend five times as much time answering correspondence as I do writing the column. Each is a different kind of joy.

As the years go by, the letters written out in elegant longhand dwindle. While I appreciate any form of communication, notes so laboriously written somehow give me an extra tug.

I received such a note a couple of weeks ago from a reader in Ossipee. It was written in a fine hand, obviously guided by an equally fine mind.

The stationery had a ragged lower edge, which gave it a handsome note when folded. It fit nicely into its envelope, the stamp affixed just so.

All of this takes time, the kind of time never given without thought. And that is one of the many nice things about note paper, and its precisely fitted small envelopes, and stamps, and the United States Postal Service, and the ability to communicate in script.

+++++

This vile pandemic totally dominates the news, to the exclusion of almost everything else. Meanwhile, other stuff still happens. Ships sink, fires rage, landslides bury entire towns. Drunken pachyderms stampede into villages in India in search of more beer being fermented for fertility rites. (Editors and headline writers love this story, which actually happens now and

then, because it gives them an excuse to use “pachyderm.”)

The only way you can run away from this kind of thing, this barrage of coverage on a subject you loath, is to go to camp, impossible just yet because the roads to the trail aren’t ready, and my legs aren’t anyway.

Sure, there are plenty of off-beat news stories online. But I want my news in a newspaper or over the airwaves. The computer takes a big enough bite of my world as it is.

+++++

Cougar sightings occur every year, and are often reported in hometown newspapers. In northern New England, speculation often turns to Maine as the supposed haven for a remnant Eastern cougar population, hanging on by its wicked long and curved toenails.

While doing some

research on Adirondack cougar reports, I bumped into a five-year review done in 2011 by the Orono, Maine field office of the U.S. Fish and Wildlife Service. It broke down the status of cougars (referred to by the generic “puma”) on a state-by-state (and province-by-province) basis.

Here is what the review had to say about the state of Maine (the “Wright” referred to is Bruce Wright, a professor at the University of New Brunswick at Fredericton, who wound up being ostracized by his peers because of his stubborn belief in the Eastern cougar):

“Wright lists a number of more recent records, including pumas killed in LaGrange in 1915 and on the Little St. John Lake in 1938. The 1938 specimen was photographed, and is in the New Brunswick Museum.

“This is believed to be the last documented



A mountain lion (catamount, cougar) on full alert. (Courtesy dreamstime.com)

wild Eastern puma taken before extirpation in the state of Maine and possibly in the eastern United States.”

As for the Brunswick Museum mountain lion specimen, it seems to be in shabby shape and of little use. This is how the Canadian Times Globe put it:

“Fifty years ago, in 1938, a cougar was killed in the Lac Saint John area near Madawaska. The animal was collected, stuffed and added to

the museum’s collection as the last hard evidence of an eastern cougar in New Brunswick.”

Unfortunately, the hide was tanned during the process, so there wasn’t anything left for the test-tubes.

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

## LETTERS FROM EDWIN

### Time for change

I’ve been waiting all day for this snow they have been predicting and there has been nothing but little flourishes of flakes that instantly melt as they land. Like little hang gliders landing in the sea. Splush. They said we could have gotten seven inches. When I crawled out of bed this morning I was hoping for one more glimpse of a total white world before moving into the upcoming green one. I guess not.

Since the maple and blueberry buds are swelling big time, I know it won’t be long. I will admit to all those who stay indoors, that I inhaled my first black fly Saturday, so they’ll be here soon. With it being so dry, there was a chance that we could have a reprieve this year, but with this rain and what’s supposed to be coming later in the week, there should accumulate enough vernal pools for them to go their buggy thing and hatch out another generation of human aggravators. I know that they don’t eat much, but they make up for it in numbers.

You’ve had your chance to enjoy the outdoors by yourself, soon you’ll have unrelenting company. Of the insect kind.

I’ve actually started working on my tan. I spent a couple of days out in the sun last week painting and when I came home and looked in the mirror, I was starting to brown up a bit. Hands and face. Soon I’ll add the arms and then whatever else I care to expose. It’s a gradual process, but regular.

For those of you who spend most of your time inside man made caves and never get to spend much time outside, developing vitamin D deficiency ailments, and wishing you were lying on a beach somewhere, there is hope. When I used to have an inside job, I would go for walks every day. Even in snow storms. You should too. It’s good for you. Now I’m outside making my living most every day. Catching my UV’s on the side.

When I was cruising southern Europe, it became imperative to watch your stuff at night as hands would come

and try to snag stuff from out of your backpack while you slept. So much for sleeping on the train. So one day, being devoid of sufficient sleep, I wandered the streets of Nice heading south navigating my way to any beach. To my surprise it wasn’t sandy, it was all stones. Being so tired, I could manage to get comfortable laying back on rocks and my backpack.

I know that I’ve written about this experience before, as it’s quite a mind sticker, but it’s probably in one of my many long hand notebooks awaiting transcription. Please let me know, I don’t want to be redundant. Anyhow, southern France, like Europe in general, doesn’t require the covering of anyone’s upper torso. The stones were feeling more comfortable already. So I’m lounging on the beach enjoying the scenery, and this beautiful young woman put down her towel well within my casual gazing arch, and prepared for a day in the sun.

When she took off her robe, it was quite obvious that there were parts there under that had never, until now, seen the light of day,

never mind full Mediterranean seashore sun. So she laid down on her back, and must have fallen asleep just as I did. When I awoke a few hours later, I looked around at the world and she was still there, still on her back. But now, that which once was baby white, was bright red. I mean glowing. I wanted to go over to her

and suggest that she cover herself up or roll over, but I’m really pretty shy.

But this is what people do. It’s not good. That’s how damage occurs. I’ve met roofers with darker skin than some Africans. Spending all their days working up on roofs with nothing to block the sun. The body adjusts.

Anyhow, I can’t see

why we don’t allow everyone in this country to let the sun shine where it will? I can, but three girls got arrested a while back for doing it. I hear nothing but lame excuses. I’m not saying you have to, but if you wanted to. What’s the big deal? Besides, when all is said and done, there ain’t nothing new under the sun.

## Mark

FROM PAGE A4

if they are using a third party firm, your cost are possibly doubled because the advisor is probably charging “relationship fee” and the third party asset management firm is charging a fee and they may be using a costly mutual fund model portfolio with internal expense. The details are in their disclosure documents.

All this information can be found on various

web sites but can be confusing because people that are not in this business typically are not familiar with terminology surrounding, financial advisors, registered reps, broker-dealers and investment advisors. If you want clarity on this language, you are welcome to contact our office!

Mark Patterson is an investment advisor with M HP asset management and can be reached at 447-1979 or Mark@MHP-asst.com.

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# New Durham Library receives summer reading grant

NEW DURHAM —The New Durham Public Library is pleased to announce the library is the recipient of a Children’s Literary Foundation (CLiF) Summer Readers’ grant. Although the format of the library’s summer programming is still up in the air due to health concerns, it is hoped that the CLiF program will be in-person and include an exciting

presentation and a book give-away for all attendees. “We’re all moving forward with the idea that things may change due to adjusted restrictions,” Library Director Cathy Allyn said, “but however it works out, we’re extremely pleased to receive this grant.” The library has added First Steps for babies and toddlers to its streaming programs. First Steps

airs on Wednesdays at 11 a.m. and Mini-Storytime follows at 11:30 a.m. In addition to being on Facebook Live and the library’s Facebook page, all sessions are available for viewing on the library’s YouTube channel, YouTube.com/NewDurhamLibrary. Illustrious Tales, a program of myths and folklore for school-aged children with artwork done by kids, will begin

soon. “We need drawings,” Allyn said. “Scan them to us or mail in hard copies.” The first drawings needed are of a mule, a boy, a man sitting, a man running, a dog running, and a dog sitting. The illustrations should be from three to six inches tall, and in color, if possible. Other pictures needed include two cats, a rat, a rat lying in bed,

and a drum. The mailing address is New Durham Public Library, 2 Old Bay Rd., New Durham, NH, 03855. Librarians across the state are busy working on a table reading of Shakespeare’s “A Mid-Summer Night’s Dream” for Facebook. Library Director Cathy Allyn will assume the role of Titania, the Fairy Queen. Projected release date is Saturday, May 23.

The library is offering temporary library cards for anyone not currently a patron for digital access to downloadable materials. E-mails to newdurhamlibrary@gmail.com are answered every day of the week and phone calls to 859-2201 are answered periodically.



Camp Resilience retreat to benefit veterans and first responders.

## Lakes Region Virtual Interfaith Prayer Breakfast May 7

LACONIA — The Lakes Region Interfaith Prayer Breakfast Committee has decided to record an interfaith program to be made available at 8 a.m. on Thursday, May 7 — the National Day of Prayer. This will be the sixth consecutive year that an interfaith committee will sponsor a local program to coincide with the country-wide event- originally established by Pres. Harry Truman in 1952. This year’s theme- mindful of the Covid 19 pandemic- will be Healing, Prayer & Hope. In past years, full buffet breakfasts, special prayers and featured speakers have been the rule -with excess funds donated to a local charity. Last year’s beneficiary was Camp Resilience, a group that supports disabled veterans (pictured). But the current restrictions on public gatherings required a change in plans. This year, we will have clergy and lay personnel- representing several area faith communities to include the Congregational Church of Laconia, the Gilford Community Church, the Laconia Unitarian Universalist Society, the Laconia Christian Fellowship, Temple B’Nai Israel and St. Andre Bessette Catholic Church who will offer biblical readings and prayers for our nation, state and community. Music will be performed by singers and musicians from the Gilford Community Church. Access to the program will either be via your church/synagogue Web site or at the Lakes Region Interfaith Prayer Breakfast website-www.lripb.weebly.com. Please plan to join in this interfaith program of Healing, Prayer & Hope on Thursday morning- May 7 at 8 a.m.- or at a later time of your convenience.

## Oscar Foss Memorial Library

**Free Book Shelf**  
Need something to pass the time at home? Check out the OFML free book shelf located outside by the back entrance. Staff restock it multiple times a week, so check back often for free books, dvds, coloring sheets, and more. To keep our patrons safe, we ask that you do not add your own donations or return materials back to the free book shelf at this time. Please hold onto items until the library reopens.  
**OFML Digital Content & YouTube Channel**  
Don’t miss our digital content! Be sure to follow us on Facebook and subscribe to the Oscar Foss Memorial Library YouTube channel. We are constantly updating social media with new content regularly. Join familiar friends from the community as they read stories, provide tutorials, and teach classes online! For a full schedule of online offerings, visit oscarfoss.org.  
**IntergenerationalPenPalMatch-Up!**  
Looking for fun ways to connect with others in our community that does NOT require sitting in front of a computer screen? Sign up for our intergenerational pen pal match-up! This is perfect for families and seniors looking for positive, screen-free ways to be neighborly and support each other during this time of social distancing. Write and send letters to get to know one another. Add artwork or crafts to send along if you are feeling creative! Join us once we can safely gather for a Pen Pal Meet & Greet Ice Cream Social to meet your new friends in person. To be matched with a pen pal, please mail us a request. Be sure to include your full name, age (or ages), phone

number, and mailing address to: Oscar Foss Memorial Library 111 S. Barnstead Rd. Center Barnstead, NH 03225 We will contact you with the mailing address of your pen pal.  
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**1000 Books Before Kindergarten**  
Now is a great time to sign your little one up for our 1000 Books Before Kindergarten. To sign up and download log sheets, visit www.oscarfoss.org/2016/05/1000-books-before-kindergarten/  
**Library Closure**  
The Oscar Foss Memorial Library is closed to the public for the time being, but staff members are still working hard to provide the community of Barnstead with valuable resources for educational and enrichment purposes. We are here to help. For assistance from a librarian, please call the library (269-3900) and leave a message or send an e-mail to ofmlstaff@gmail.com. Be sure to visit our Web site (oscarfoss.org) for more information about our programs and what we are doing to support our community during this trying time.

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# Comfort Keepers

## Loneliness and isolation can affect senior health

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

For seniors, maintaining social connections and staying in touch with loved ones not only improves quality of life, it improves health. Socially isolated seniors have a 59% greater risk of mental and physical decline than those who do not experience social isolation, and socialization has been shown to slow Alzheimer's and Dementia patient's decline.

According to the U.S. Census Bureau, 11 million, or 28 percent of people who are aged 65 and older, now live alone and almost half of women over 75 live alone. By

taking intentional steps to reduce isolation and reduce lack of contact, overall wellbeing is also improved.

So, how can seniors foster connection and reduce loneliness?

Social Media – Facebook, Instagram and other social media sites can help seniors stay connected to friends and family across the country. And, many social media platforms have built in chat functions, games and other features that foster connection.

Togetherness Activities – For older adults, planning activities reduces lack of contact. This can be in-person, when possible, or through video chat and phone calls. Virtual or

in-person activities can include good conversation, cooking and eating together, reading together, playing games, scrapbooking, or listening to music. And, studies show that planning and looking forward to an event can have mental health benefits too!

Online Interaction – Seniors may enjoy virtual meetups, online worship services, Facebook trivia night, virtual communities focused on hobbies, and other online activities can help people connect to others in their community without leaving home. For those that are able to go out, sharing hobbies and activities with others can bring joy and connection.

Virtual Volunteers

– For seniors looking for a sense of purpose, there are opportunities to volunteer to help others from the comfort of home. This can include building Easter baskets for children's charities, sewing quilts for shelters, writing cards for military service members overseas and other activities that allow people to do good works in their free time.

Isolation and loneliness can be signs that a senior lacks the support and tools needed to live a healthy, independent life. However, with planning and deliberate action, fostering positive relationships and connections can be incredibly rewarding for everyone involved.

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Can Help

For seniors that need companionship or help fighting loneliness, Comfort Keepers caregivers can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [www.comfortkeepers.com/plymouthnh](http://www.comfortkeepers.com/plymouthnh) for more information.

## United Way brings resources to Central Region during pandemic

LACONIA — When the COVID-19 pandemic began sweeping through New Hampshire Granite United Way was there to help.

“We know there are immediate needs across all of our communities, and we are proud to be working together with so many individuals and partners to bring that to our Central Region,” said Patrick Tufts, President and CEO of Granite United Way.

One of the first ways Granite United Way's team stepped up was when the Governor's announcement was made that 211 NH would serve as the information line for the COVID-19 pandemic. Since that announcement, the team at 211 NH has taken more than 25,000 calls from New Hampshire residents.

“Granite United Way quickly established the Granite United Way COVID-19 Relief Fund where 100 percent of donations are being directed to individuals and families in need because of the pandemic. To date this Fund has raised \$475,000 in pledges and we anticipate raising \$750,000 in total.”

Granite United Way is working with regional organizations to help distribute these funds across the state.

“We are proud to be partnering with Lakes Region Community Services in the Central Region to deliver this help to our neighbors in need,” said Scoop Welch, Vice President of Regional Operations for Granite United Way. “It's inspiring to see our community pulling together during these unsettling times.”

Some examples of investments in the Central Region during the COVID-19 pandemic include:

The Samuel P. Pardoe Foundation has granted \$100,000 to Granite United Way. This gift will be distributed directly to individuals and families in the Lakes region of New Hampshire and provide additional support to neighboring communities in need.

“It is a privilege to support Granite United Way in its efforts to provide emergency relief to our neighbors in the Lakes Region and throughout the state,” said Charles Pardoe, President, Samuel P. Pardoe Foundation.

Granite United Way made a \$10,000 investment in the New Hampshire Hospitality Employee Relief Fund to assist those who were directly affected by the clo-

sures of restaurants and lodging establishments.

Food pantries were some of the first organizations the Granite United Way COVID-19 Relief Fund reached out to, understanding many were being inundated by newly unemployed individuals. In the Central Region, the Kingswood Youth Center, Meredith Food Pantry and Plymouth Area Community Chest all received support from the Fund.

An investment of \$25,000 was made to the GOT LUNCH! Laconia program, which has developed a 15-week response to the immediate needs of Laconia residents. “Thank you so much - \$25,000 will provide 1,250 bags of groceries so children will have breakfast, lunch and dinner on the weekends! Pastor Paula Gile, GOT LUNCH! Laconia Advisory Board. “We knew we needed between \$70,000 and \$100,000 for this fifteen week emergency project - that number is overwhelming. It is so wonderful to be a part of a community that cares and puts their finances behind taking care of the children in this community.”

Support was provided to WIC programs that were experiencing when converting many of their program to remote

access.

The Whole Village Family Resource Center has continued to help families by providing online resources for both parents and children during the crisis.

“Granite United Way has always been here for our community, and we are committed to helping individuals and families recover from this crisis.” Said Tufts.

“It's during these unprecedented times that our community in partnership with Granite United Way and Lakes region Community Services, truly dig deep to find ways to meet those in great need.” Cass Walker, Lakes Region General Hospital and Granite United Way Community Impact Committee (CIC) Chair.

Those interested in supporting these efforts can do so by:

Giving online at [www.graniteuw.org](http://www.graniteuw.org)  
Texting GUWHELPS to 41444  
Mailing a check to Granite United Way, 22 Concord Street, Manchester, NH 03101

Granite United Way Granite United Way is an experienced and trusted organization dedicated to leveraging

the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community's most pressing needs. United Way's purpose is to convene public, private, and governmental leaders and resources to tackle the largest, most pressing issues facing our community. Granite United Way fights for the education, health and financial stability of everyone in every community.

Each year, 1 in 3 residents of New Hampshire and Windsor County, Vermont engage with Granite United Way as a donor, volunteer or beneficiary of a United Way-funded program. Granite United Way, the merger of 6 local United Ways, mobilizes

the power of 22,000 donors and volunteers to provide more than \$14 million in support to over 350,000 individuals and provides funding to more than 750 nonprofit programs. Granite United Way is rated a Platinum level participant by GuideStar and holds a Three Star Charity rating by Charity Navigator.

Granite United Way serves the Central Region, Merrimack County, North Country, Northern Region, Southern Region (Manchester / Derry / Salem) and Upper Valley Regions of New Hampshire as well as Windsor County, Vermont. For more information, visit [www.graniteuw.org](http://www.graniteuw.org).



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OBITUARY

Brenda L. Stapleford, 75



Brenda Stapleford

ALTON — Brenda L. (Otis) Stapleford, of Alton, peacefully passed away of natural causes in her home on March 5, 2020, with both family and friends present, at the age of 75.

Brenda was born in Farmington on March 6, 1944 to Gerald E. and Jeannette (Carreau) Otis.

Brenda attended schools in Farmington and Milford, Conn. She later accumulated two years of college studies in Business, Banking and Insurance. Though most of her life was spent in New Hampshire, she also lived in Massachusetts, Maine and Florida. Her final residence of many years was in Alton, where she had many friends near and others that would travel from afar to see her. Aside from her various places of work, she volunteered at a young age at the VA Blind Center in Milford, Conn., where she first met her later to be husband, Frankie. She further volunteered to teach Sunday School and while in Farmington taught “Seasons of our Lives -4H.” She served as Matron of the Gilman Home in Alton, where she led the renovation of the home and much enjoyed helping the elderly. Following Frankie’s passing, she volunteered at local hospitals in the role of Family Vision Advocate to support and provide tools to others caring for or treating the blind.

Strong in faith, Brenda was a long term member of the Farmington Congregational Church and later the Lebanon Christian Church in Lebanon, Maine. Brenda enjoyed the old life-

style, lived simply, and found pleasure in antique shopping and sharing many day trips with family and friends as they explored items from the past.

Brenda is survived by her children, Angela (Aimes) Torr, Mark Aimes and wife Susan, and Jennifer Aimes. She is further survived by seven grandchildren, four great grandchildren and a very dear cousin, Leo Paul Carreau, and wife Barbara.

Brenda was most recently predeceased by her beloved husband, Frankie Stapleford. As their long term friendship blossomed into her great love later in life, her love and admiration for Frankie was a continuous topic for her while together and after his passing. Frankie, a blind disabled veteran, lies at rest in Arlington National Cemetery.

Brenda maintained long term relationships with her prior husband, John Aimes, and his family, including his two brothers, one sister, two nieces, and one nephew.

She was further predeceased by her prior husband, John Aimes and their twin infant sons; her grandson, Noah Michael Ratliff; John Aimes’ brother, Robert Aimes; and John’s nephew, Robert “Bobby” Hart.

Sadly, Brenda passed away while the world was entering the early stage of the Coronavirus – Covid-19 pandemic. With the State of New Hampshire under stay-at-home orders, social distancing and limited group sizes, a private family ceremony was held at the Pine Grove Cemetery, Farmington, on April 23, 2020. A light blanket of snow fell onto her site the day prior giving brightness to her final place of rest.

The family would like to send gracious thanks to the Alton, NH PD, FD, and EMT personnel for their outstanding watch over and passionate care of our mother.

To express condolences, please visit: [www.peasleefuneralhome.com](http://www.peasleefuneralhome.com).

NEW DURHAM

(continued from Page A1)

the pond. Noyes continued the manufacturing of lumber in connection with farming until 1835 when he sold out to Attorney David Steele and Dr. John Elkins.

Dr. Elkins sold the business to Jonathan B. Mooney who moved to Alton in 1850 and in turn sold the property to George Mathewson of Dover. Mathewson was responsible for beginning, in 1852, the manufacturing of gun powder, and explosive mix of potassium nitrate (salt peter), charcoal and sulfur.

There were many alterations and additions necessary to convert the old saw mill to a powder plant and eventually there were eight separate and well-spaced buildings used for this business. Old fading photographs show charcoal, mixing, wheel and kernelling mills, steam drying, excelsior, salt peter refining, packing mills and a dry house. There was also a blacksmith shop and boarding house on the premises.

From 1856 to 1861, the mill was called Eureka Powder Works Co. As you may imagine the manufacturing of gunpowder was a dangerous business and the history for the mills record several explosions occurring, some resulting in the loss of lives. By 1859, Mathewson had failed and his property changed hands by passing into the possession of Lewis P. Childs of Providence, Rhode Island and the name changed to Union Powder Works Company. It was during his own-ership the black powder was produced and shipped to support the Union efforts during the Civil War. Once again, an explosion of great proportion occurred in 1861. The mills were rebuilt, and the demands

of the Civil War took the whole supply. At some point in 1874, local men took over the factory. At some point, black powder was produced under the name Imperial Powder Co. and powder cans labeled as such can be found today. The history is vague. Town records tell us the owners of the Union Powder works were unknown in 1879 and continued this way until 1891 when George Anderson & Company took over ownership of the business. The map of 1892 labels this area as “Andersonville.” It seems Mr. Anderson’s main business was the harvesting of soft and hard timber. Wood was piled beside the Boston & Maine railroad tracks to be transported to his business. Anderson employed many wood choppers, many of them French Canadian who migrated from Canada. Following Anderson, George Jones bought the property in 1917 and in 1924 constructed a new dam at the lake and another further down the river, which is known as the Jones Pond. The Town’s history records show, on occasion people would shut off the water, or some way interfering with the flow of water. Mr. Jones purchased all the water rights along Merrymeeting Lake and the river to control the flow of water for his businesses. Eventually, Mr. Jones sold the electric plants to Twin State Power Company, who sold it to Public Service.

When Public Service Electric Company no longer was interested in producing electricity at these plants, the State of New Hampshire acquired the property and in 1944 commenced construction of the largest fish hatchery in the state. A perfect site to raise trout to stock New Hampshire’s lakes and streams, an endless flow



COURTESY

A map of Merrymeeting Lake, ca. 1871.

of the cold, crystal clear waters of the Merrymeeting Lake, provide an excellent habitat to hatch and rear fish.

For over a decade, a section along the Merrymeeting River was once used for the disposal of town trash. It was located below the area of the power mills, in an area now known as Marshes Ponds. It was closed in the late 1960s by placing 21 truckloads of sand over the accumulated pile and compacted it with bulldozers. A boat landing was built there at that time and a new dump was opened on the Brackett Road.

The road that goes to North Shore and Chesley Corner Roads ran along the waterline of Merrymeeting Lake and was considered a scenic drive. It was flooded when the dam was repaired, but it could still be seen when the water was drawn to repair the dam.

Recreation at Merrymeeting Lake

The Town’s historic collection has a photograph showing a string of fish caught at Merrymeeting Lake. There is also a photograph of the first camp built at the Lake, long before the developers found it. The camp belonged to

Will Gould, the step son of Franklin W. Coburn of Coburn Knife Factory. It was located on the South Shore Road and the family would travel over Birch Ridge to get to the camp. These photographs were taken in the late 1880’s.

The Lake area was known for its excellent fishing, many of the natives earned a living guiding hunters and fishermen.

Today the shoreline around the lake is filled with houses, many are second homes, and many own and operate boats on the water. The area continues to provide recreational activities, which includes a public boat launch for access to the lake. Water monitoring of the lake has been ongoing for years, and lake-hosts inspect water-crafts, coming and going to the lake, for invasive plant species.

Sources: Research documents from Former Town Historian Eloise Bickford; researcher and author for “The History of New Durham” Ellen Jennings; The Historic Collections of the Town of New Durham; research documents Town Historian Catherine Orłowicz; and as noted in this research, 2019.



The Powder Mill Fish Hatcery in 1947.

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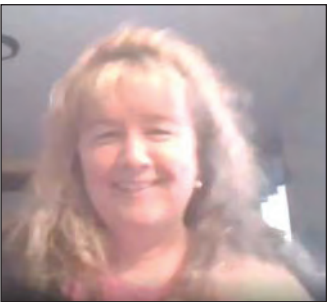
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**Church Service SCHEDULE**  
**10 am Worship Service**  
**Community Church of Alton**  
20 Church Street, Alton  
**ABUNDANT HARVEST FAMILY CHURCH**  
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit [abundant-harvestnh.org](http://abundant-harvestnh.org) or e-mail [ahf@faith.com](mailto:ahf@faith.com).  
**ALTON BAY CHRISTIAN CONFERENCE CENTER**  
Sundays throughout the summer 10am & 7pm; Tues-Thurs 9am; 875-6161.  
**BEEFREE COMMUNITY CHURCH, ALTON**  
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, [www.befreechurch.net](http://www.befreechurch.net).  
**CENTER BARNSTEAD CHRISTIAN CHURCH**  
Morning Service 10:00 am.  
Adult and Teen Bible Study 11:15 am.  
Sunday School for all ages 10:00 am.  
Rte. 126 next to Town Hall.  
Pastor Brian Gower. 260-8831.  
**COMMUNITY CHURCH OF ALTON**  
Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am  
Rev. Dr. Samuel J. Hollis. 875-5561.  
Sunday Worship Service 10:00am  
Our services are live streamed on YouTube  
Sundays at 10 am  
[www.ccaalton.com](http://www.ccaalton.com)  
Alton Bay Bandstand, July 1-Sept 2  
10:00am 20 Church Street  
**FIRST CONGREGATIONAL CHURCH UCC FARMINGTON**  
Worship Services 10:00 A.M.  
Sunday School 10:15 AM  
400 Main Street  
Farmington, NH 03835  
Pastor Kent Schneider 755-4816  
[www.farmingtonucc.org](http://www.farmingtonucc.org)  
**FIRST FREE WILL BAPTIST CHURCH**  
Sun. School 9:45am; Church 11am; Evening Service 6pm; Wed. Prayer Meeting 7pm; Depot St., New Durham; Pastor James Nasson.  
**PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.**  
on the Parade in Barnstead  
Sunday Morning Worship Service for all ages begin at 10:00 a.m.  
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.  
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Daily Mass Mon., Tues., Wed., Fri. 8:00am.  
**ST. STEPHEN'S EPISCOPAL CHURCH**  
Sunday 9:30, 50 Main St., Pittsfield  
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Sunday services and religious education 10:00 a.m.  
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**CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC**  
Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd., Pastor Nancy Talbot, 776-1820, [ccnorthbarnstead.com](http://ccnorthbarnstead.com)  
**MAPLE STREET CHURCH**  
Sunday Service 11am  
96 Maple Street  
Center Barnstead NH 03225





Alton Central School’s RISE students perform a play...remotely!

COURTESY

Over the last week, Students in the RISE program at Alton Central School worked on the play: “The Three Little Pigs.” They were all given roles and they had to create the mask for when the class performed the play live on Google Hangouts. In preparation, students read through the play every day and had a dress rehearsal last Thursday. This past Friday, the RISE class performed the play live and also recorded it. Students were so excited about the performance that they shared it with several ACS staff and administrators. This was a fantastic and uplifting way to lift spirits and brighten up a rainy Friday afternoon!

BOS (continued from Page A1)

and send the agreement to the DMV, but not go forward with the change until the town feels that it is appropriate.

“The town is on record as having this approval, so whenever you wanted to go forward, it would be all set up,” Montgomery said.

Mahar was in support of training town hall staff who are unsure of the technology so that they can feel comfortable with the processes and be ready to move forward with the change.

“I think we have to look at what’s best for the town, and what’s best for the people, and what’s best for the future,” she said.

The board approved the signing of the agreement with the State of New Hampshire. The approval will take several weeks to be formalized, according to Montgomery. Montgomery said that, because of existing contracts, there will be no extra cost for the agreement.

The board then reviewed the drafted town administrator duties and suggested some changes. Mahar recommended the addition of office staff being reviewed on computer skills annually and trained on new functions, and Beijer suggested revisiting the dollar amount for projects in departments that Montgomery can authorize. After some discussion, the recommendations were approved.

Montgomery said that she will also be updating the job descriptions for town hall staff and she will be reaching out to department heads so that they can update their job descriptions.

The final major conversation point was about the Rules of Procedure, particularly related to public input sessions during meetings. While proposals about limiting individual contributions during public input to five minutes or changing public input to any concerns or comments instead of being limited to agenda items only, the focus was on when during the meetings the public input sessions should be in order to optimize the audience’s ability to comment on business items.

“People should feel comfortable to come here and talk to us,” Mahar said.

The board approved a motion to hold public input sessions at future meetings before the board goes into non-public session at the conclusion of the meetings.

The full April 28 meeting can be viewed on the “Town of Barnstead” YouTube channel. The next meeting will be livestreamed on May 12 at 5 p.m., with the link accessible on the Barnstead Web site.



TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE

TUESDAY, MAY 12, 2020 7:00 PM @ NEW DURHAM TOWN HALL David and Caren Bonisteel

You are hereby notified that a Public Hearing will be held by the New Durham Zoning Board on Tuesday, May 12, 2020 at 7:00 pm at the New Durham Town Hall case # 2020-003. The hearing is regarding an application submitted on behalf of David and Caren Bonisteel for property located at 12 South Shore Road - Map 119 Lot 038. The applicant is requesting variances to allow a septic system within the required property setback, exceed the allowable amount of lot coverage by buildings and impervious surfaces and to make a non-conforming lot more non-conforming. The full application is on file at the New Durham Town Offices for review during normal business hours.

The property is located at 170 Pine Point Road, Map 119 Lot 038.

NOTICE

The Town of Alton is accepting bids for Tree Cutting and Removal as part of the Road Reconstruction process for the Highway Department. Please visit the Town’s website at [www.alton.nh.gov](http://www.alton.nh.gov) for more details.

SAU #49 GOVERNOR WENTWORTH REGIONAL SCHOOL DISTRICT

Brookfield, Effingham, New Durham, Ossipee, Tuftonboro, Wolfeboro

Kindergarten Registration for 2020-2021

Information is now being accepted for the 2020-2021 kindergarten class. Students must be 5 years old by September 30, 2020. For spring registration we ask that families contact the secretary via email at their respective schools by May 15th with the following information:

- Child's name
- Date of Birth
- Parent/Guardian(s) name, mailing address, and phone number

A registration packet will be mailed to you, and further information about screenings will be provided as we know more. If you do not have access to email or wish to provide the information to a secure phone line, please call the SAU line at (603) 569-1658.

Contact information:

- Carpenter School, Denise McCarthy [dmccarthy@sau49.org](mailto:dmccarthy@sau49.org)
- Effingham Elementary School, Sandie Hill [shill@sau49.org](mailto:shill@sau49.org)
- New Durham School, Lura Meattley [lmeatty@sau49.org](mailto:lmeatty@sau49.org)
- Ossipee Central School, Gayle Bergeron [gbergeron@sau49.org](mailto:gbergeron@sau49.org)
- Tuftonboro Central School, Deb Chrysafidis [dchrysafidis@sau49.org](mailto:dchrysafidis@sau49.org)



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**TOWN OF NEW DURHAM**  
**PART-TIME JOB OPPORTUNITY**

**DPW General Laborer / Solid Waste Attendant**

- The Town of New Durham seeks one flexible individuals to serve in a part-time capacity. The individual must be able to work in all climatic conditions and be capable of lifting 75 lbs. The DPW Laborer Position will assist with support duties to the Solid Waste Attendant, Grounds & Facilities Maintainer and Highway Department. The position requires a high school diploma or GED, or equivalent work experience. Must have valid NH driver's license with clean driving record. Solid Waste Operator Certification and CDL License preferred. Weekend shifts may be required. Dependent upon qualifications hourly rate range of \$11.30-\$15.00.

Job applications are available from the New Durham Town Offices located at 4 Main Street, New Durham NH or on the Town website at [www.newdurhamnh.us](http://www.newdurhamnh.us). Applications may be submitted to Scott Kinmond, Town Administrator via US mailed, in-hand or email ([skinmond@newdurhamnh.us](mailto:skinmond@newdurhamnh.us)).

**More information contact:**

Scott Kinmond, Town Administrator,  
Town of New Durham,  
PO Box 207, New Durham NH 03855-0207  
859-2091 Town Hall

Or Pam Ward, DPW Administrative Assistant-  
859-8000 Highway Department

Application close date: Positions will stay open until filled. Reviews starts May 15, 2020.

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Applicants must be NH Certified or Certifiable. Interested individuals should send a letter of interest, resume, 3 letters of reference, transcripts, copy of certification and completed application (located at [www.sau3.org](http://www.sau3.org).) to Julie King, Superintendent, 183 Hillside Ave., Berlin, NH 03570 or email [hr@sau3.org](mailto:hr@sau3.org). EOE

**BARNSTEAD SCHOOL DISTRICT**  
**Notice of Vacancy**  
**School District Clerk**

The Barnstead School Board invites civic-minded residents of Barnstead to apply for the position of School District Clerk. The Clerk will record school board minutes for all meetings beginning July 1, 2020 and will be compensated at a rate of \$75.00 per meeting. For Barnstead, meetings are held once a month (usually the 4th Tuesday of the month) at 6:00 PM. Please submit a letter of interest along with an outline of pertinent experience to [ladkins@mybes.org](mailto:ladkins@mybes.org). Please send to:

Lyla Adkins, Board Chair  
SAU 86  
PO Box 250  
Center Barnstead, NH 03225



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Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236  
[Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
EOE



**CLINICAL DIRECTOR**  
**Northern Human Services**  
**White Mountain Mental Health**

WE ARE HIRING!! Come join our talented team at Northern Human Services in lovely Littleton, NH as **CLINICAL DIRECTOR**, you can have a direct and positive impact on people's lives.

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***\*\*White Mountain Mental Health is an approved National Health Service Corps site. Licensed Clinicians may apply for generous loan repayment.\*\****

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**Send cover letter and resume to:**

Northern Human Services  
Bobbi Lyndes-Langtange  
29 Maple Street  
PO Box 599  
Littleton, New Hampshire 03561  
[blyndes@northernhs.org](mailto:blyndes@northernhs.org)  
[www.northernhs.org](http://www.northernhs.org)





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



# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	33 Horne Rd.	Single-Family Residence	\$265,000	James W. and Kathleen S. Dill	Michael Grealy and Dorothy J. Gallagher
Alton	20 Main St.	Single-Family Residence	\$215,000	Eric J. and Brenda L. Cooper	Ryan McQuade and Alycia Waterman
Alton	Route 140	N/A	\$985,000	Virginia V. Bergeron	Daniel J. and Sandra E. Roberts
Barnstead	181 Varney Rd.	Single-Family Residence	\$206,000	William B. and Kelsey J. Stone	Shannon L. and Christopher R. Cummings
Barnstead	N/A (Lot 38)	N/A	\$22,000	Louis and Darlene Dicrescentis	Bruce and Sharon Waterman

## 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 involve

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

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



## 6 ways to prevent falls around the house

Despite all of the potential hazards around a house — from electrical issues to fire hazards to carbon monoxide — the National Home Security

Alliance says that falls are the leading cause of death due to home accidents. Falls are responsible for one-third of all home-related fatalities.

Although seniors are the group most affected by falls, these types of accidents can affect anyone. A broken bone may be a minor inconvenience

for young people, but fractures are more serious for the elderly. As a result, seniors must take measures to protect themselves against falls. These steps can minimize risk at home.

1. Remove tripping hazards. Examine rooms and hallways for potential hazards, such as slippery throw rugs, floorboards that stick up, loose carpeting, or furniture that blocks walking paths. Remedy these hazards as soon as possible. Address loose floorboards and/or place nonslip materials beneath rugs.
2. Install grab bars or railings. Install grab bars in certain locations for extra stability or where someone may need leverage getting up from a seated position. They are particularly helpful near toilets and bathtubs and in stairways and hallways.

3. Stick to sensible shoes. Sensible shoes fit properly and have sturdy, nonskid soles. Avoid walking around in slippers or even in stocking feet, which are much more slippery.
4. Store items within reach. Store items that are used frequently, such as dishes, in easily accessible cabinets and other locations. This prevents having to climb or reach for them.



5. Install more lighting. Poor visibility can contribute to falls. Lighting in hallways, stairways, bathrooms, and bedrooms — even if it is a small night light — can be enough to light the way.
6. Reinforce your home's exterior. Falls do not only occur inside. Inspect the perimeter of a property for uneven turf, holes or cracked

or uneven patches of walkways. Make sure lighting is working at entryways, and check that exterior handrails are secure.

Falls can cause serious injury or death, particularly for aging men and women. Simple fixes around the house can make things more secure and reduce the risk for falls.

## What causes cataracts?

When a brand new car is driven off a dealership lot, its plastic headlight lenses are clear and pristine. Over time, due to contaminants in the environment and oxidation from ultraviolet rays, those same lenses can become cloudy, yellow and opaque. Cloudy headlights can decrease visibility and potentially put drivers at risk.

Similar scenarios sometimes unfold involving the human eye. Starting around age 40, proteins in the eye may begin to break down and cause lenses to become cloudy. UV rays can be damaging to the eyes and contribute to this natural protein degradation. While pronounced vision problems may not occur immediately, the American Academy of Ophthalmology says vision can be impaired later in life. The organization All About Vision states cataracts are the most common cause of vision loss in people over age 40 and also are the principal cause of blindness in the world.

Unprotected exposure to the sun is just one contributor to cataracts. Certain medical problems, such as diabetes, also can cause cataracts. An eye injury, eye sur-



gery or radiation treatments on the upper body also can cause cataracts, as can corticosteroids, advises the AAO. Congenital cataracts, which occur when infants are born with cataracts, may be caused by infection, injury or poor development in the womb; otherwise, they can form in childhood.

Cataracts form in various regions depending on the cause, according to AAV.

- Subcapsular cataract: A subcapsular cataract occurs at the back of the lens. People with diabetes or those who take high doses of steroid medications have a greater risk of developing this type of cataract.
- Nuclear cataract: This cataract forms in the central zone of the lens and is often associated with aging.

Cortical cataract: This cataract is characterized by opacities that are white and wedge-like, which form on the periphery of the lens. Eventually they work to the center in a spoke-like fashion. Cortical cataracts can result from aging.

Symptoms of cataracts often can be slow to form, so people may not even notice they have cataracts until they start to block light, while others may learn of their presence during vision exams. Cataracts may cause vision that is filmy, blurry or foggy, indicates WebMD. In older adults, nearsightedness may be attributed to cataracts. Glare, both during the day and at night, also may affect vision due to cataracts. Double vision or changes in the way one sees color can be symptoms of cataracts as well.

Eye professionals can diagnose cataracts and make recommendations on the course of treatment. Cataract removal surgery is highly effective. More than 95 percent of people who have undergone the surgery experience improvements. Such surgery

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# NATIONAL NURSES WEEK

## Awards and recognitions for nurses

Nurses' efforts are not always recognized, but there are instances when their patients or the families of their patients offer their gratitude to these widely unsung heroes of the medical profession. In recognition of the integral role nurses play within the health care industry, organizations such as the American Nursing Association and various national and regional groups award official honors to reward nurses for their undying efforts on behalf of their patients.

- **Distinguished Direct Patient Care Award:** This award recognizes a registered nurse who provides exemplary direct patient care. He or she must also contribute to the advancement of the nursing practice by demonstrating a commitment to personal leadership.
- **The DAISY Award:** The DAISY Award for Extraordinary Nurses recognizes the work nurses do every day. The award was established by the DAISY Foundation, which focuses on eliminating diseases that attack the immune

- system (DAISY). A DAISY Award is presented monthly to nurses in hospitals across America.
- **The Grace Award:** This award recognizes outstanding achievements and dedication in caring for expectant mothers and children.
- **Public Health Service Award:** This award honors nurses who are outstanding professionals and contribute to public health nursing.
- **Jeanne Mance Award:** This award is the highest recognition for nursing achievement that the Canadian Nurses Association offers. It is named after one of the country's most inspirational nurses, and has been issued at the CNA biennial convention since 1971.
- **Diversity Award:** This award recognizes registered nurses who have a long-standing commitment and have made significant contributions to the advancement of diversity in the nursing profession.
- **The Beacon Award for Excellence:** This award honors nursing units that distinguish themselves by improving

multiple facets of patient care. Recipients set the standard for excellence in patient care and use evidence-based information to provide positive patient outcomes.

- **Excellence in Leadership Award:** Established to honor a person whose primary responsibility is to manage people or projects, this award is given to those who excel in leadership, teamwork, communication, accountability, and more.
- **The Award of Excellence in Nursing:** Presented each year during National Nursing Week, this award is given to nurses who were nominated by their peers. This award celebrates the dedication, initiative and excellence of nurses employed by Canadian First Nations communities and Indigenous Services Canada and Inuit communities.

These are a few of the awards and recognitions bestowed on the hard-working nurses who make a difference in the lives of their patients across Canada and the United States.



## What nurses do each day

There are millions of nurses nationwide. According to the American Association of Colleges of Nursing, there are roughly 3.8 million registered nurses in the United States. That number figures to grow along with the demand for qualified, highly trained nurses.

Nurses perform a variety of functions, some of which may come as a surprise to those outside the medical profession. Learning more about what nurses do on a daily basis can paint a clearer

picture of just how vital these health care professionals are.

Nurses are on the front lines of the medical profession, often interacting with patients more than any other professional within the health care field. Nurses communicate concerns, answer questions about conditions and care and even administer such care. While there are many tasks nurses can perform, some of their main responsibilities are observing and recording

behavior, performing physical exams and diagnostic tests, collecting patient health histories, counseling patients and their families, and educating about treatment plans. Nurses also are responsible for administering medications, addressing and treating wounds and interpreting doctors' patient information to make decisions about necessary actions, where appropriate.

Nurses excel at listening to patients and analyzing their physical and

emotional needs. Nurses also coordinate care with other health care providers and stay current with treatment options and cutting edge research and technology.

In addition to the aforementioned tasks, nurses may draw blood and perform other health-related tests. Testing may differ based on the subspecialty of the nurse. For example, obstetrics nurses may initiate sonograms or oversee urine testing for pregnancy hormones.

Pediatric nurses may plot growth charts and administer routine immunizations.

Nurses are also there to listen to patients, and some may offer compassionate advice as they aim to help patients navigate difficult situations.

According to CareerBuilder, nurses who work in physicians' offices, community health centers, schools, and other health environments may enjoy a regular working schedule

and shifts during typical business hours. However, nurses working in hospitals and trauma centers tend to work rotating shifts to ensure patients receive round-the-clock care. Many nurses work outside traditional business hours, including during evenings, on holidays and on weekends. Some nurses are even on-call like doctors.

Nurses possess a distinct skill set that enables them to handle various tasks.



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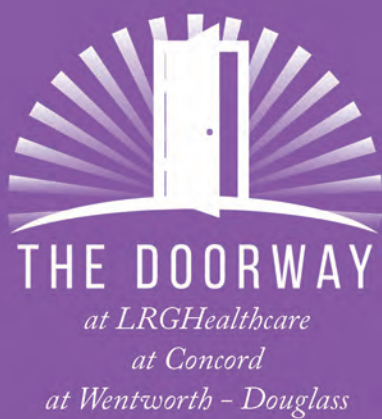


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