THURSDAY, JULY 16, 2020

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## **Southwick School Principal's** death leaves community reeling



Donna Rhodes

During a special memorial event at Southwick Elementary School on Friday evening for their Principal, Dr. Eric Keck, who was also a Tilton police officer, his fellow officers displayed a photo of Officer Keck. From left to right are Capt. Ryan Martin, Officer Noah Tamulonis, Detective Sqt. Bryan Keeler, Sqt. Luke Pinault, Officer Tyler Colcord and Chief Robert Cormier.

BY DONNA RHODES drhodes@salmonpress.news

NORTHFIELD – The sudden death of South-

## **Imagine** Your Story at the **Belmont Library**

BELMONT — Summer reading is in full swing at the Belmont Library. Win raffle prizes from places like Funspot, Santa's Village, and Canobie Lake Park by logging your reading with the library. Try the READ squared app or use your computer to register online at belmontpubliclibrary.readsquared.com. You can also pick up a paper log from the library. Play at any level from preschool through adult. All logs must be returned by Aug. 8.

In third through eighth grade? Join New Hampshire graphic novelist Maker Bennett's online Comics Workshop on Thursday, July 23 from 1-3 p.m. on a quest to create original comics only you can draw. Email the library at circulation@belmontpubliclibrary.org for registration information.

Hungry for library storytime? Bring it home with the library's new storytime kits. Each kit has a book to keep, a suggested activities list (and the supplies to do it) plus a special prize.

If you're looking for new things to read/watch/ listen this summer, use your library card. Belmont Library has opened access to a new downloadable/ streaming service, hoopla digital. Audio, music, and movies are available for your device or TV. Or you can take advantage of the offerings through nh.overdrive.com, including digital magazines and Amazon Kindle formatting.

The non-fiction book group reads "A Brief History of Everyone Who Ever Lived: The Human Story Retold Through Our Genes" by Adam Rutherford. It's available through the hoopla app; discussion August 13. Our Friday Fiction book group meets on Aug. 21 at 10:30 a.m. to enjoy "Joyland" by Stephen

Current open hours Monday and Wednesday 10 a.m.-4 p.m., Tuesday and Thursday noon-6 p.m., and Saturday 9 a.m.-1 p.m. Curbside pickup is available during all open hours. The Belmont Public Library is open any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont's community library.

For more information, contact: Eileen Gilbert, 267-8331 bpl@belmontnh.org PO Box 308, Belmont NH 03220

wick Elementary School Principal Dr. Eric Keck on July 8 has dealt a devastating blow on not just his students, coworkers and members of the school district, but on the entire Winnisquam community as well, and together they gathered at "his school," as many thought of it, to reflect on his life and the impact he has made on all the lives he has touched.

Keck came to the district as an interim Assis-

tant Principal for Winnisquam Middle School in April of 2016. The following year he moved to Southwick School as their principal where he brought with him his own experiences, knowledge and enthusiasm for education, as well as his love for agriculture.

The Southwick School property came into the district through the generosity of local farmer Bert Southwick. Keck's shared love for agriculture had saw him striving to maintain that in the school's education. Through his leadership he and his staff introduced a Trout in the Classroom program, built a greenhouse to raise fresh vegetables for students in the district and brought in bee hives to not only educate students on the importance of honeybees in the ecosystem, but provide nutritional aspects to their daily school lunches.

"Eric could not have been a better match for this school," said Winnisquam Regional School District Superintendent Rob Seaward.

Keck, who was only 52-years-old, died suddenly at his home last week, leaving many stunned and heartbroken as word spread throughout the district.

"He was bigger than life," said Seaward. "He SEE **KECK**, PAGE A6

## A tradition continues in Belmont

BELMONT — On the evening of June 29, the Belmont Old Home Day Committee continued its tradition of hosting the Good Citizen Award Reception.

There were no refreshments or in-person speeches; however, it still resulted in two deserving young ladies being recognized Co-Winners of the 2020 honor. Recent graduates of Belmont High School, Kaitryn Gagnon and Alexa Rolfe attended a virtual reception to deliver their prepared and impromptu speeches in front of judges. Event host, Gretta Olson-Wilder, asked participants to be patient with her first Zoom call while she, Shawn Chase, and Alicia Jipson worked out the logistics. A third judge from the Seacoast area lost connectivity due to a thunder storm minutes before the start of the call.

**Participants** asked to speak on "What living in Belmont means to me." According to Olson-Wilder, this has



Pictured: Shawn Chase, Judge (upper left); Kaitryn Gagnon, Co-Winner (bottom left/white shirt); and Alexa Rolfe, Co-Winner (bottom right/dark shirt).

been the topic of the prepared speech for more than a decade. For an individualized spontaneous speech, the graduates were provided with questions of "Why is it important for even the busiest person to make time for service to his/ her community?" and "What has been your most meaningful or fa-

vorite volunteer or service activity, and why?"

Gagnon and Rolfe each received a small monetary award and certificate during their virtual acceptance; complete with a virtual handshake. A socially-distanced home drop off of the items was arranged to ensure they were still properly recognized, as Old Home Day in Belmont and the parade they would normally be featured in, has been canceled for 2020. We would like to congratulate our winners and wish them best of luck as they start their college experience in the

## Belknap Mill has children's programming 'In the bag!'

**LOCAL NEWS** 

**LACONIA** Belknap Mill certainly has not allowed the COVID-19 pandemic to slow them down.

Mill staff. Tara Shore and Jill Desruisseaux got right to work when schools were forced to close in March providing the community with virtual educational learning resources. The 'Cabin Fever Reliever' program ran Monday - Friday for 10 weeks, through the end of the school year. The Belknap Mill, working with community partners,

shared educational videos, art lessons with Artistin-Residence Larry Frates, STEM activities through UNH Cooperative Extension/4H, Zoom

conversations with local historians, and activities from their 'Industrial Heritage Program' geared towards elementary aged youth.

While planning for this year's 'Kids in the Park,' a program successfully launched last year for youth and their families to gather for fun and educational activities throughout the

month of July in Rotary Riverside Park, we considered current NH State Guidelines for how to best deliver this year's

program. In collaboration with community partners the Mill created a virtual version of 'Kids in the Park.'

"Offering quality educational programming for our community is always a primary goal in our planning process; we are delighted with this year's offerings," said **Program and Operations** Manager, Tara Shore.

The Laconia Kiwanis



Program & Operations Manager, Tara Shore, awaits 'backpack pickup' at the Belknap Mill.

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Club has donated copies of "Cloudy with a Chance of Meatballs" by Judy Barrett, and Laconia Kiwanis members will read their favorite stories aloud via Zoom Live. Activity packets from Petals in the Pines, UNH Cooperative Extension/4H, and Laconia Conservation Commission offer many hands-on experiences. The Downtown Gym will keep everyone moving with exciting online workouts and a nutrition activity. A 'Create Your Own Cartoon' booklet, developed by Belknap Mill Artist-in-Residence, Larry Frates and an Architecture Scavenger Hunt from program Misiaszek Turpin pllc, are sure to engage the imagination.

Registration for the program filled quickly and while we are unable to provide any additional backpacks we have developed a 'Kids in the Park 2020' Facebook group to provide links and information about all the program offerings so that anyone interested is still able to

participate. Facebook LIVE art lessons, workouts, and stories are just some of the programming opportunities available. Families are encouraged to join the Belknap Mill's Facebook group 'Kids in the Park 2020' at: https:// www.facebook.com/gro ups/320951635572690/?re f=share

A special thank you to Misiaszek Turpin pllc for sponsoring 'Kids in

the Park 2020' and to grant funding from New Hampshire Humanities as part of the CARES Act and the National Endowment for the Human-

For additional information please email operations@belknapmill.

The Belknap Mill Society is a 501(c)(3)nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and a center for award-winning cultural and educational programs. Your donations and membership support our mission and enhance programming for the Lakes Region community.

### Julia Connelly named to Dean's List at Bryant University

SMITHFIELD, R.I. — Bryant University is dedicated to the pursuit, recognition, and celebration of academic excellence. Julia Connelly, class of 2023, from Tilton, has been named to the Deans' List for the spring 2020 semester.

"These outstanding achievements are particularly commendable as students have overcome significant challenges to demonstrate an unwavering commitment to excellence," says Provost and Chief Academic Officer Glenn Sulmasy, JD, LL.M. "I am impressed and proud of their resilience, dedication, and innovative spirit."

Congratulations to Julia on this outstanding achievement! **About Bryant University** 

For 157 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international

> education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.





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## Progress is all business at the Belknap Mill!

LACONIA — We start by looking back two years. In June 2018 the Belknap Mill was awarded \$390,000 in tax credits from New Hampshire Community Development Finance Authority (NH CDFA). Since then, have successfully sold all of these awarded tax credits to businesses in New Hampshire. The Board and staff wish to thank those businesses who have purchased tax

credits in support of our Industrial Evolution Capital Campaign, whose goal is to restore and renovate the Belknap Mill.

Thanks to the investment of these business partners, by June 30 of this year all of the funds have been received. The tremendous commitment on the part of these business partners have made it possible for us to move forward with the restoration of the Mill. While there are many

individuals, foundations, and grantors who have made the recent work at the Belknap Mill possible I want to take this opportunity to thank those businesses who have supported our work through the purchase of New Hampshire State tax credits.

With our new elevator, boilers, and main roof in place we are also pleased to announce that the renovation of the Rose Chertok Gallery, on the third floor, is now complete;

the result exceeds all expectations! Last month work began on the exterior—which includes painting, replacement of window sills, restoration of the historic clerestory windows, repointing of the brickwork, a new walkway and flagpole, a new front door and stair tower

windows, skylights in the Power House, and structural beam work—a busy summer indeed at the Belknap Mill.

NH CDFA grants state tax credit awards on a competitive basis to qualified nonprofit

organizations specific projects or programs. NH CDFA is attracted to innovative projects that demonstrate a high degree of community support that build partnerships and leverage other sources of funding; their innovative, collaborative and dynamic approach to development finance helps to make transformational and sustainable changes in NH communities.

To these New Hampshire businesses, we are grateful for your support to the Belknap

Mill's Industrial Evo-

lution Capital Campaign through the purchase of tax credits. Each of you

have made a tremendous difference! · Bank of New Hamp-

- shire \$100,000 Meredith Village
- Savings Bank \$75,000 · AutoServ of Tilton -
- \$50,000 · Grappone Automo-
- tive \$50,000 · Granite State Hospi-
- tality, LLC \$37,500 · Ambrose Bros. -
- Hart's Turkey Farm
- · Wescott Law, P.A. -
- \$10,000 · Northway Bank -\$10,000
- Franklin Savings Bank - \$5,000 · Chris Williams Ar-
- chitects \$4,000 Chris Williams Archi-

tects, PLLC Northway

Ambrose Bros. Inc. Belknap Mill Board Member, Jennifer

Anderson and Owner, Rob Ambrose

Wescott Law, P.A. Belknap Mill Board

Member, Allison Ambrose and Attor-

ney, Rod Dyer Meredith Village Sav-

ings Bank Belknap Mill Board

Member, Jennifer Anderson, Jennifer

Stone, Teller & Kimberly Lesnewski,

Branch Services Manager

Granite State Hospitality, LLC

Belknap Mill Board Members, Andrew

Hosmer, Jennifer Anderson and Rusty Mc-

of Granite State Hospitality, LLC

Bank of New Hamp-

Michael J. Seymour,

Vice President, Customer Experience & Marketing Officer

Lakes Region Commu-

nity Services (LRCS) for

a new fundraising ven-

ture called the Do Good

Campaign. Starting July

1, this new initiative

invites patrons of the

restaurant to share in

their efforts to support

the local community by

adding a few extra dol-

lars to their check total

at the end of their meal.

"We are proud to con-

tinue our partnership

with LRCS in this new

campaign," said Kay-

lon Sweet (aka Sweets),

Owner of Osteria Pog-

gio. "I firmly believe that

when people contribute

together, positive change

and impact happen. At

Osteria Poggio, we are

committed to 'Do Good'

however we can, and we

hope that through this

initiative, we can make

individuals

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ry Haynes AutoServ

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Anderson and 'Team AutoServ'

Harts Turkey Farm Belknap Mill Board Member, Allison

Ambrose and Harts Turkey Farm General

Manager, Sim Willey Thank you to these businesses for investing in the future of the Belk-

nap Mill!

## Osteria Poggio partners with Lakes Region Community Services

Osteria Poggio, a bor Italian restaurant, force for good in the local

CENTER HARBOR must-visit Center Har- is committed to being a community. They have

recently teamed up with

Franklin Savings Bank

#### receives Community Bank Hero Award roots in the communities for going above and be-

FRANKLIN — Banking New England honored Franklin Savings Bank with the "2020 Community Bank Heroes" Gold Award. The bank was honored based upon its investment in the revitalization project for Franklin's downtown area. The Gold Award was presented in the \$500 million to \$1.5 billion asset size category.

"We are truly honored to be recognized for our commitment to the transformation of downtown Franklin; a city we have proudly called home for over 150 years," said Ron Magoon, President & CEO. "As a community bank with deep

we serve, we are proud to be able to support some of the economic development projects underway in the city. Our ability to assist communities in need is just one of many reasons why I am proud to be a community banker!"

The Community Bank Heroes awards recognize and celebrate the many ways community banks give back to their communities. Banking New England selected 20 community banks and credit unions across New England to honor them for developing unique community partnerships and yond the call to assist their communities in time of need.

Established 1869, Franklin Savings Bank is an independent, mutually-owned munity bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown. Through its wholly-owned subsidiary, Independence Financial Advisors, Franklin Savings Bank also offers investment, insurance and financial planning

services. A recognized leader in providing the latest in financial services technology, Frank-Savings Bank is committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Franklin Savings Bank has donated more than 11 percent of its net income to charity since Visit www.fsbnh. bank to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

a difference for the local community." The money donated to the Do Good Campaign will go directly to LRCS, a family-centered social service agency that provides a broad range of programs and services designed to support and

empower

their life cycle, strengthening their role and capacity to contribute to a healthy and vibrant community and to live a productive, independent, dignified life. LRCS is one of the state's ten area agencies that procomprehensive services to people with developmental disabilities and acquired brain disorders, enabling them to be active and fully participating citizens in their communities.

"We are grateful and honored to partner with Osteria Poggio for the Do Good Campaign," said LRCS VP of development, Jim Hamel. "At LRCS, we are dedicated to serving our community by promoting independence, and opportunity, and community partners like Sweets make this mission possible. We are thrilled to share in this new venture and we hope others will join us in our effort to fulfill our mission."

For more information about to Do Good Campaign, please contact Jim Hamel at 524-8811.

## Rackey Thomas returns to Pitman's this weekend

**LACONIA** — Pitman's Freight Room at 94 New Salem St. in Laconia is pleased to announce the following events scheduled for this weekend. Doors open at 7 p.m. For reservations, call 494-3334 or visit http://pitmansfreightroom.com/UpComingEvents.html.

Robbie Printz and Jason Merrill, Comedy

A fixture on the Boston comedy circuit, Robbie got his start in 1988 and has been performing ever since. He made the rounds on the Cable Comedy shows, including MTV, A&E and Comedy Central. He won the Boston Comedy Festival and was named the Best Comedian in Boston, by the Improper Bostonian.Laughter is the best medicine, so go see Robbie Printz and laugh about life, or laugh at him about his life. Either way you'll feel better.

Jason Merrill is a comedy newcomer who has impressed audiences with his street-wise style and good-natured exuberance and is a crowd favorite. He draws upon his real-life experiences eryday life.

Rackey Thomas Blues

The Racky Thom-

Blues Band has been a torchbearer for the blues since its formation in 1995, when Racky Thomas collaborated with bassist Todd Carson, guitarist Nick Adams, and drummer Ted Larkin to make a demo cd, and do some gigs around the Boston area. Racky Thomas has a vast repertoire of tunes - blues from worldclass bluesmen, plantation gospel (the original

"Matchbox Blues", "Biscuit-Bakin' Woman," "Mona," "Sugar-coated Love," "Big Road Blues," "Hoochie-Coochie Man," and "Mojo Workin" (to

name a few). Gutsy vocals, down and dirty harmonica, smoking guitar, a killer rhythm section delivering pure unadulterated blues, and you've got the Racky Thomas Band. Twice nominated for Boston Music Awards, and winners of the 1997 Battle of the Blues bands you've only got to experience them once to become a believer.



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# Opinion

**A4** Thursday, July 16, 2020 WINNISQUAM ECHO

## Common sense has left the building

It seems like our country remains, and will remain, divided over how to stop the spread of Covid-19.

It distresses us that common sense seems to have left the building. When our cars break down, we bring them to a mechanic. When our phones or laptops go on the fritz, we bring them to a tech professional to fix them. When we need a new prescription for whatever ails us, or we break a bone, we call the doctor. When we are speeding down the highway and get pulled over for doing so, we are given a ticket to deter us from speeding again, and to keep ourselves and each other safe.

Why, then, when doctors and scientists whose experience and expertise are beyond question almost universally advise us that the best way to slow the spread of this virus is to wear a mask in public and avoid gathering in large groups, are so many so adamant in their refusal to listen? We all want our economy to function normally again. We all want our children to be able to attend school safely. We all want to be able to enjoy shopping at our favorite stores and dining at our favorite restaurants. So why this bullheaded refusal to do two very simple things that will help all of that happen safely? The answer is, regrettably, that like seemingly everything else in today's world, COVID-19 has been politicized.

Here's the thing, though — political affiliation has no effect on reality, and the reality we face at this crucial moment is that we are being stalked by a highly contagious virus. This enemy could not only prove fatal to certain segments of the population; it appears to leave even those who survive it with debilitating health issues that may follow them for the rest of their lives. And it doesn't give a damn what side of the political divide any of us stand on. Masks have always, and still do, helped to decrease the spread of viruses. Granted, certain styles are proven to work better than others, but that is a different discussion. There is ample research demonstrating that even the flimsiest of surgical masks can dramatically reduce the ability of entities like the COVID-19 virus to traverse the air between two people, and at this point, with flare-ups happening across the country, there is simply no excuse for those who are physically able to wear one not to do so.

This brings us to our next point. The fact that you might have found an article published somewhere online purporting to prove that a face mask is unhealthy for the wearer does not make it legitimate. You can find all sorts of misinformation during a Google search that could fuel a point/counterpoint discussion on any topic under the sun. While the Internet was meant to open conversations and was dubbed the 'information superhighway,' it seems the opposite is happening. People rely on ever narrowing social circles, memes, and unverified social media posts to guide them in their behavior, and it has frankly become dangerous. Facebook and Twitter 'trolls' spread misinformation at an alarmingly high rate to create division and unrest, and unfortunately, it has worked. With so much misinformation out there, it's hard to determine what is and what isn't fact. Many argue that COVID-19 is "just the flu," while ignoring the fact that the flu does not cause such a flood of patients at hospitals that they have no space to treat anything else.

According to the CDC, an infected individual, will spread the virus to at least five others. Our elderly population is the most vulnerable; however, that trend has seemed to spread to people of all ages becoming more and more infected with dire outcomes. If we value life, we must value it regardless of age.

No matter what our political persuasion, we all want to win the war against this pandemic. So why the refusal among so many to unite as one team to fight it? One of the defining characteristics of this great country of ours is that each time we have been faced with adversity, we have joined together as one to fight it. If all it takes is wearing a mask and some social distancing to get rid of this virus and to open our schools and economy, then there is no room for this childish refusal to cooperate. We are, and must be, better than this.



#### Ready for the big move

After years of deliberations, negotiations, planning and fundraising, Belmont's historic Gale School has finally been lifted from its foundation behind the middle school as land for its relocation on **Concord Street is being** prepared for its move next week.

## Protect your whole body this summer By now, it should be so ensure that the sunfor, be sure it's a physical of your skin protection

part of everyone's routine to use sun protection with at least 30SPF every day, no matter the season, to help protect our skin from the harmful effects of ultraviolet radiation. If you're not, then you can easily add it to your morning routine. Many moisturizers, makeup, and lip balms even come with it built

When we are going out into the sun for longer periods, say gardening, hiking or a day at the beach we need to remember to increase both the SPF and the frequency we use it. The American Academy of Dermatology recommends we apply sunscreen about 15 minutes before going outside, then reapply every two hours we are outside, plus after swimming, or heavy sweating when it may come off. And they remind us to use a SPF of at least 30, which blocks 97 percent of the sun's UVB rays, and higher if we can get it. No sunblock blocks 100 percent of the rays though, and a high SPF doesn't mean you can apply it any less frequently than a low SPF one.

Speaking of UVB rays, the Skin Cancer Foundation tells us that those are the rays that cause sunburns, and the ones that SPF ratings measure. UVA rays are the ones that cause wrinkling and age-spots, but just like UVB they can also cause cancer block you pick is labeled "broad-spectrum" says something else on the label about blocking both UVA and UVB rays.

You may be thinking that if you just slather on a shot glass full of sunblock every two hours then you'll be all set, but in fact sunblock is just one important part of our skin protection strategy.

There are several other great ways we can, and should, protect our bodies from the harmful effects of the sun. After all, the World Health Organization states that experts believe that four out of five cases of skin cancer could be prevent-

Kristin Jordan, Director of Homecare and Hospice at Franklin VNA & Hospice says, 'Checking the UV index is just like checking the weather. It helps plan for the day. If it's going to rain, grab an umbrella. If the UV index is going to be anywhere from three to seven, plan to be in the shade during the midday hours and grab a wide brimmed hat and some UV-blocking sunglasses before you head out. Eight or above? Seek the shade, and try to avoid being out in weather like that! If you must, use as much protection as you can. "That means sunblock, hats, sunglasses and protective clothing and try to limit exposure outdoors. As for the type of sunblock you reach

barrier sunblock with zinc oxide and/or titanium dioxide, avoiding the skin-penetrating chemical sunscreens which have ingredients such as octisalate, octinoxate, or avobenzone." The UV index was developed by WHO, the United Nations Environment Programme, and the World Meteorological Organization. It's a measure of the levels of UV radiation. Values range from zero on up. The higher the UVI, the greater the potential for damage to the skin and eye, and the less time it takes for harm to occur. In reporting the UV Index, they are reporting on the maximum level of UV that will occur around 10am to 4pm.

Krystin Albert, CEO of Franklin VNA & Hospice is rarely seen in a picture without her sunglasses. "Your eyes and the skin around them are easily damaged by the sun. This includes sun glare off of water, snow, or sand, and increases the higher your altitude, like when skiing or hiking. Damage builds up over time and can cause a bunch of things I don't want like cataracts, macular degeneration, corneal sunburn, conjunctival cancers and several different kinds of skin cancer to the evelid or skin around the eye. My sunglasses help protect my eyes, and are definitely something you should include as part strategy." The American Cancer Society notes that you should get sunglasses that block 99 to 100 percent of UVA and UVB rays. Look for labels that say "UV absorption up to 400 nm" or "Meets ANSI UV Requirements". Those labeled "cosmetic" block about 70 percent of UV rays, and if there is no label, they may not provide any UV protection.

Lastly, don't forget your hat! Unless you are bald, there just isn't a good way to apply sunscreen to your scalp, which can easily burn. Try to find a hat with at least a two- to three-inch brim all because it protects ears, eyes, forehead, nose, and scalp. A dark, non-reflective underside to the brim can also help lower the amount of UV rays reaching the face from reflective surfaces such as water. The Australian Radiation Protection and Nuclear Safety Agency, has a reat chart comparing different types of hats and how well they protect different parts of or head and face, because who knows sun and radiation better than those folks in Australia! But, spoiler alert, baseball caps don't fare nearly as well as a bucket hat or wide-brimmed hat, so choose wisely! https:// www.arpansa.gov.au/ understanding-radiation/radiation-sources/ more-radiation-sources/ sun-protection-hats

#### LETTERS TO THE EDITOR

### So infantile a president

To the Editor:

We have so infantile a President that it becomes world news when he at last, in mid-July with his "not me!" going on since March, wears a mask to protect himself and others from coronavirus. It's like news within a family when a toddler is "finally potty trained!" There's a

relief felt by parents, caregivers, extended family.

In this time of huge illness and death numbers - more dead now from Coronavirus than we lost in Vietnam, than there are names on the Wall in D.C., and we're not nearly at the end of it - this President will-

shared whew! of great fully misbehaves in this way additional to his other ways (insulting people or groups, breaking international friendships, misappropriating funds, withholding his tax records, encouraging division rather than unity, interfering in justice decisions). Do we hear of other world leaders who may now, reluctantly but finally, floss their

teeth? This is a pitiful aspect of Trump as President. World news - on BBC at night - Trump has stopped kicking his heels on the floor and is wearing a prophylactic mask. Really, God help

> SINCERELY, LYNN RUDMIN CHONG SANBORNTON

#### STRATEGIES FOR LIVING

#### BY LARRY SCOTT

Cole Porter, the author of such great classics as, "I Get a Kick out of You," "Night and Day," and "Don't Fence Me In," was a genuine American success story. After publishing his first song at age 10, Cole Porter wrote dozens of hits, popularized by such luminaries as Tony Ben-

nett and Frank Sinatra. Significantly, however, he also wrote "Anything Goes," a song that reflected his personal philosophy of life.

In his book, "Is This The End?" Dr. David Jeremiah writes: "His fans did not realize that his love songs were written for his boyfriends, that his marriage was a

## The end of a dream

sham, or that his earnings financed an endless series of "anything goes" parties. ... Porter enjoyed popular acclaim, deep pockets, and four beautiful homes, each well-staffed and kept in perpetual readiness for his visits. ... Porter lived as he sang – "anything goes." But after being injured in an equestri-

an accident, he never regained his health or happiness. He became reclusive and spent his last years depressed, diseased, drinking, and drugging. ... 'He was very alone at the end,' said a friend. 'He really didn't have anything or anyone he was close to" (pages 4, 5).

Cole Porter enjoyed

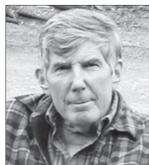
everything life has to offer. He enjoyed fame, wealth, unbridled freedom, and the respect of a grateful public. He soon discovered, however, that life without God is no cakewalk. It often goes well for a time, and yes, there are many who live life to the fullest through to their dying days. Grant the point.

But God has given us a host of directives, not to limit our happiness, but to enable us to make intelligent choices. God is no kill-joy. He knows, however, that, given unbridled freedom, we are prone to go to extremes, sometimes to our own destruction. The princi-

SEE STRATEGIES, PAGE A11

North Country Notebook

## All of us out there need a good dog for warding off monsters of the night



**COLUMNIST** 

For long moments on the porch no noise at all came through the still air, no dogs barking, no sound of vehicles, nothing but the chirping of tree frogs.

Millie, recently honored with Most Spoiled Dog status by the United Nations (what---you missed that big photo-feature in the paper?), took her usual place on a big cushion, as always facing off the porch, into the breeze, in order to Ward Off Danger, the same job she's always had, but now in a new venue when it officially became warm enough to go outside, which was just last week. And a fine job of it she has done too; not once have I been set upon once by creatures roaring out of the woods.

In fact, I was running some cost-benefit analysis figures the other day, you know, those equations designed to tell you whether you're getting adequate payback per unit of energy expended, stuff like that. And no great surprise to me---because I know she's such Wheaties Box material---Millie actually beat out my regular old insurance policies.

Here's just one of the powerful examples of my fierce dog in action that a mere day and a half's research turned

A can of Calo dog food costs about a dollar (I give her just three or four tablespoons morning and night, to augment the super-healthy dry dog food always left out for her in an earth-friendly handthrown dish made from locally sourced clay decorated with a non-threatening motif, which she noses out of the dish and proceeds to carry or bulldoze with her snout all over the house. Occasionally, she eats some.

Anyway, one can of Calo, at a dollar a can, lasts four days, maybe five if I'm trying to get back to another re-run of "Sergeant York" and have shorted her rations. Call it ten portion allot-

ments per can. It all figures out to



Millie was protecting house, building, landscape, but more importantly, me, John D., when she was caught unawares in this photograph taken in early March---any old early March.

about \$7 per month, figuring on the high side, because I give her heaping tablespoons when she's giving me that look with the eyes. So \$7 per month (wait---let me take my shoes off) figures out to, um, \$72---no, wait---\$84 a year.

And I know without even checking my meticulously kept records that life insurance, and policies covering me in case I'm torn asunder by wild animals and other hazards of a very dangerous job I've been doing for most of my life, if not all of it, costs way more than that.

In fact, Millie represents the kind of insurance you just can't buy, bearing in mind here that she has lost almost all her hearing and a good deal of her sight, and is down to operating mostly by nose.

Please, those who are trying to sneak out at this point, resume your seats. I haven't even got to the actuary tables.

I just saw a figure somewhere, just a little while ago, and it was in a nationally recognized magazine, too, and it said that a dog gets 51 times more information from its nose than from any other sensory organs in its body. (This statistic made me wonder: Do they count snout-whiskers and toenails? There's some info coming in there too, for certain.)

So while it may appear that my dog is sleeping the day away, doing absolutely nothing, au contraire---she is secretly on the job, scanning for danger, her little nose twitching, paws occasionally twitching too as she does sub-conscious exercises to keep muscles and tendons honed and tensed and ready should she be called

upon at a moment's notice to pounce on Danger.

Once in a while, a visitor tries to conceal a smirk when Millie gets up off her cushion, a process that involves a little creaking of joints, and some stretching.

I remind visitors that this is a dog that always wants to go to camp, heroic in itself, but is also the dog that trusted me enough to let me throw her across a rain-swollen brook, to be caught in the arms of my partner in crime. And this is the dog that got thrown out of Legislative Hall during the Northern Pass proceedings.

She is a proud dog, not to be trifled with. If medals were given for such dogs, she would be wearing a big one, come to think of it probably too heavy, so no thanks.

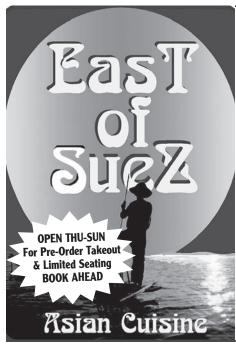
But she has been a resounding success at keeping monsters out of the woods around the house, terrifying them with her locally famed ferocious barks. I have never been rushed at by a beast, not once.

And she keeps right at it, well after other dogs have gone to bed, on duty right there on her cushion, eyes closed in concentration, muscles tensed, feet moving right along, little falsetto yelps issuing forth---on the job all right, no doubt about it, and even feigning

What a lookout. What a champion. What a dog.

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#### **TOWN OF NORTHFIELD** ZONING BOARD OF ADJUSTMENT Monday, July 27, 2020 at 7:00 pm

#### **AGENDA**

ATTENTION: Due to COVID-19 we will be hosting this meeting online via Zoom. If you do not have access to attend the meeting online, you can call into the meeting.

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All applications and plans are available for review at www.northfieldnh.org.

1. Minutes - June 22, 2020

- 2. Wireless EDGE Towers II, LLC- Continuation of Application to construct an AGL Tower located at 149 Park Street (Map U09 Lot 1F) in the C/I Zone.
- 3. Timothy and Jessica Allerdice Application for a Variance to construct a shed within the setbacks located at 64 Wethersfield Drive (Map R15 Lot 47-18) in the Conservation Zone.
- 4. Brandon and Samantha Bartlett Application for a Special Exception to construct an Accessory Dwelling Unit at 17 Vining Way (Map R11 Lot 8-1A) in the R1 Zone
- 5. Jason Evangelista Application for a Special Exception to construct an Accessory Dwelling Unit at 572 Shaker Rd (Map R19 Lot 10) in the R1 and Conservation Zone.
- 7. Adjournment

The Town of Northfield complies with the Americans with Disabilities Act regulations. Please contact the Selectmen's Office at 286-7039 if you need special assistance in order to attend this meeting.

#### TOWN OF NORTHFIELD ZONING BOARD OF ADJUSTMENT

Monday, July 30, 2020 at 7:00 pm 21 Summer Street Northfield NH 03276

#### **AGENDA**

ATTENTION: Due to COVID-19 we will be hosting this meeting online via Zoom and at the Town Hall 21 Summer Street, Northfield. If you do not have access to attend the meeting online, you can call into the meeting.

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Find your local number: https://us02web.zoom.us/u/kbEcCqqGSv

All applications and plans are available for review at www.northfieldnh.org.

1. Bruce and Melissa Howard - Application to Appeal the Planning Board decision regarding the UPS Distribution Center located on South Park Drive (Map R14 Lot 5-4) in the Commercial Industrial Zone.

#### 2. Adjournment

The Town of Northfield complies with the Americans with Disabilities Act regulations. Please contact the Selectmen's Office at 286-7039 if you need special assistance in order to attend this meeting.

#### **KECK**

CONTINUED FROM PAGE A1

touched so many lives. This is the end of an era here in Winnisquam."

Keck did indeed manage to touch many lives through not only education, but agriculture, beekeeping and even public safety. Seeking other ways to help his community, Keck successfully completed the New Hampshire Police Academy's training program in Feb. of 2019, and was sworn in as a part-time police officer for the Town of Tilton in addition to his duties as principal of Southwick School. His students were always excited to see him in his uniform at the Tilton Downtown Halloween celebrations and other community events.

Late last Friday afternoon, the district hosted a Memorial Wall in honor of Dr. Keck where children, families and community members could come together in remembrance of him. Tables inside the Southwick School gymnasium were lined with paper, crayons and markers for people to express their thoughts and share their memories of him.

"We will miss you! You were a great person," one girl wrote.

"My memory of him was when he walked into the cafeteria and was very nice to all the students," said another.

A staff member chimed in with her gratitude for Keck's leadership as well.

"Thank you for being larger than life. You are one of a kind," she wrote.

Many of the students who arrived at the school that night are now in the middle school but were still feeling the loss of

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Last Friday's memorial tributes to Southwick Elementary School Principal, Dr. Eric Keck, showed the love and respect the community, but most especially his young students, had for him.

who would do anything

for anyone. He did so

much for the communi-

ty and touched so many

lives. He will be greatly

missed by so many peo-

ple in our community.

God Speed Eric (Badge

722). You will always be

in education and public

safety, Keck led an earli-

er athletic life as well. In

his younger years he was

a member of the U.S. Ski

Team before going on to

play Division 1 college

andsnowboard.com,

Keck attended Burke

Mountain Academy and

Green Mountain Valley

School in Vermont pri-

or to joining the U.S. Ski

to his

at usski-

Besides his careers

in our hearts."

football.

friends

According

the man who meant a lot officer yesterday," he in their lives. said in his public state-

"I'm devastated. He was amazing," said one student who will be moving on to ninth grade in the fall. "Today is my birthday, but I told my mom I still wanted to come and do this for Dr. Keck."

Another upcoming eighth grader said she remembers having lunch with Dr. Keck and appreciated all the other times he would spend with her when she was a student at Southwick School.

One family wrote, "You left some pretty big shoes to fill," while staff members noted, "We will try to do our best to continue what you started at Southwick."

It wasn't all school children who were on hand to share their love though. Northfield and Tilton Police officers were also at the memorial event to comfort others and share in the loss. One Tilton police department member wrote, "I will not disappoint you. I will become a better police officer one day like you've told me."

Chief Robert Cormier added that Keck was the epitome of an 'outside the box' thinker and he will be greatly missed.

"We lost such a great

officer yesterday," he said in his public statement on July 9th. "Officer Eric Keck will always be remembered as a great guy with a huge heart and a big smile

Team. For three years he competed on the World Cup circuit alongside teammates AJ Kitt, Tommy Moe and other accomplished skiers.

In an article

In an article for Skiracing.com Kitt said, "He made everyone feel like he was their best friend on our team...he wasn't intimidated by anything. Downhiller by nature, but a slalom skier at heart, quick feet, amazing touch. All of the guys, we're devastated by this."

Kitt went on to say that while Keck was an adventurer at heart, with everything possible in his mind, his teammates recognized that he loved helping people more than anything.

Keck left the ski team to attend college at Saddleback Junior College in Mission Viejo, Calif. before transferring to Columbia University in New York City where he took his athletic skills to the football field as a defensive tackle and co-captain for the Lions.

His life's path eventually led him to New Hampshire where his talents and passions touched the lives of many others.

Once he established his life and career in Northfield, Keck became an enthusiast of mountain biking at the nearby Highland Mountain Bike Park where he encouraged youth to test their skills at the facility, too. He also became a member of the Tilton-Northfield Rotary last year where he could continue to enrich the lives of others through community service.

"He was the greatest principal ever. I'm so sorry he had to go so soon," one of his students wrote.

Keck leaves behind his wife Beth, daughters Phoebe, Zachri, Zion and her husband Logan, his son Thunder, father Tom, sister Heidi, her husband Roger and their four children.

A community gathering for Dr. Keck will take place on Sunday, July 19, at Highland Mountain Bike Park. More information on that gathering will be provided later this week.

In lieu of flowers, a fund in Dr. Keck's name is being established at Highland Mountain Bike Park to help children discover the fun and excitement of mountain biking.



Parents and children alike arrived at Southwick Elementary School last week to share their love for Dr. Eric Keck, the school's Principal, who passed away suddenly on July 8 at his home in Northfield.





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For starters, just how widespread is financial fraud? Consider this: In 2019, more than 3.2 million fraud cases were reported to the Federal Trade Commission, with identity theft being the most common type of fraud, accounting for about one-fifth of the overall cases. And fraudulent new accounts (mortgages, student loans, car loans and credit cards) amounted to about \$3.4 billion in 2018, according to a study by Javelin Strategy & Research.

search.

To help yourself from being victimized, consider the following suggestions. They are certainly not an

• Watch out for unsecure websites. Make sure a website is secure before entering any payment or personal information. Look for sites that start with HTTPS, rather than those with just HTTP, which are not secure and can be hacked. But even a site with HTTPS can still be used by scammers, so, if you don't recognize the name of the company or group that's requesting your information,

do some research to make sure it's legitimate.
• Review your credit reports. As mentioned above, the fraudulent opening of new accounts is a big source of financial scams. To be sure nobody has opened new accounts under your name, try to review your credit reports at least once a year. You can get them for free at Annual Credit Report

them for free at AnnualCreditReport. com.

• Follow up on fraud. If you've al-

ready been victimized by having new accounts opened in your name, contact one of the three major credit reporting agencies (Experian, Equifax or TransUnion) and place a 90-day fraud alert on your credit file. You might also want to file a complaint with the Federal Trade Commission, print it out and file it with your local law enforcement agency. And it's also a good idea to contact the fraud department of the financial companies where the thief has opened a fraudulent account in your name.

lent account in your name.

• Be alert for suspicious links. "Phishers" have gotten quite good at sending out messages that look like they're from reputable businesses. But if you examine these messages carefully, you can usually determine if there's something off about them. For example, no legitimate business will tell you, via this type of message, that you have to "correct your account" by providing

additional information. And if you do hit the link provided, and it takes you to a third-party site, you can be pretty sure it's bogus.

 Resist "act now" offers. If you get an offer, via phone or online, urging you to "act immediately" on an investment opportunity, discontinue the communication. No reputable financial advisor will ever try to force you to take such swift action, and if an investment is legitimate, it will be available tomorrow, next week and next year.

• Use your shredder. You probably have the option to "go paperless" with all your banks and financial services providers, but, if you still do receive paper documents, be sure to shred them when they're no longer needed. You save and invest for years to help achieve your long-term goals. Don't let any of your efforts be undone by financial fraudsters.

This article was written by Edward Jones for use by your local Edward Jones
Financial Advisor. For more information or to sign up for their monthly
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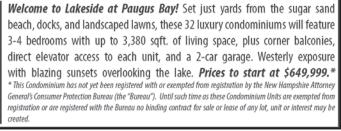
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Furniture: 4 drawer Haverhill NH dresser with birdseye maple drawer fronts circa 1845-50 with provenance from a local family. Queen Anne country table; 2 drawer lift top blanket chest in old paint; late 18th c. stretcher base tavern table with pine top; country table with painted legs; late 18th c. corner chair; good quality Hoosier acbinet; early double door cupboard in old grey paint; s-curve roll top oak desk; oak Larkin side by side secretary cabinet; empire sideboard; lots of dressers and commodes; fine early bowfront 4 drawer Sheraton dresser; selection of Victorian furniture; Paine Furn. Co. side cabinet with leaded glass sides; antique cabinets and cupboards and much more. Country Primitives and Accessories: fine early red painted trencher bowl, shaker style wooden bucket in old blue paint; large mid 19th c. pantry box in old red paint; Sampler dated 1801 in old painted frame (possibly from Plymouth, VT); old wooden bowls; painted boxes; mortar and pestle; crocks, some with blue decoration; Canary yellow early 19th c. child's motto mug; selection of old document boxes; primitive knife trays; old carved and painted duck decoys; early wrought iron fireplace tools; old iron forged key collections; treenware pitcher in old red stain; collection of marble carved stone fruit; misc. Old bottles; old hogscraper candlesticks; redware; Paintings, Prints, and Artwork: large scale portrait of a gentleman signed Cadeau 1830 in original gilt frame; water-color landscape with house signed Claghorne; unusual early litho of the Lathrop family tree; European genre interior painting; selection of antique primitive paintings of cats and kittens; Maritime painting of ship; other 19th c. portrait of a gentleman; Antique Guns: Springfield Saddle ring carbine; Spencer rifle with saddle ring; Winchester rifle; unusual early target pistol with long barrel; other early percussion dueling pistols; tiny vest pocket pistol from the 19th c.; old gun ammo in original packaging; Accessories: Unusual etched and frosted cut glass Czechlo Furniture: 4 drawer Haverhill NH dresser with birdseye maple drawer fronts circa 1845-50 with provenance from a local family. Queen Anne country table; 2 drawer lift top blanket chest in old paint; late 18th

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SAWMILL AND PLANER MILL WORKERS

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**Apply in Person** 

or email precisionlumber@lumbemh.com to request us to email an application

Precision Lumber Inc.

576 BUFFALO ROAD, WENTWORTH NH 03282 WWW.LUMBERNH.COM





### **Moultonborough Academy Middle School Volleyball Coach Wanted**

Moultonborough Academy is seeking a Girls Middle School Volleyball Coach for the 2020-2021 season. Applicants should send a letter of interest, resume, and 2 references to: Matt Swedberg, Moultonborough Academy, PO Box 228, Moultonborough, NH 03254 or submit the material to mswedberg@sau45.org.





#### **GOOD PAY FOR** HARD WORK

SHORT TERM OR LONG TERM AVAILABLE

King Forest Industries, Inc. located in Wentworth, NH, is currently accepting applications for full-time work. Lumber handlers and laborers. Must be able to lift 50 pounds.

As a full-time employee you will qualify for health insurance/dental/Vision/401K retirement plan/paid vacation/ paid holidays and production bonuses. King Forest is an equal opportunity employer.

If you wish to apply, complete an employment application, which can downloaded from our website or picked up in person and mailed to PO Box 230 Wentworth, NH 03282 or drop off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

King Forest is an equal-opportunity employer.

53 East Side Road • Wentworth, NH • www.kingforest.com

#### **EMPLOY CLASSIFIED FIRST**



## **Installers Assistant**

Energysavers Inc, a 45 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license. Stop in to fill out an application:

**Energysavers Inc,** 163 Daniel Webster Hwy, Meredith NH



**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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#### Steel Erectors, Metal Roof & Siding Installers Foreman, Leadmen **And Laborer Positions**

Will Train. Valid Driver's License required. Application available at:



Plymouth, NH 03264 (603) 536-3533

Leading Pre Engineered Metal Building Co.





The Lincoln-Woodstock Cooperative School District, recognized as one of the Best Schools in NH, and located in a year-round recreational setting in the White Mountains announces the following openings for the 2020-2021 school year:

#### Library Media Specialist

Salary commensurate with experience, full benefit package. State of NH certification required.

#### **Special Education Paraprofessional**

Elementary School Multiple Openings Paraprofessional I or II certification desired.

Interested parties should send a letter of interest, a resume, three letters of reference and a transcript (if applicable) to:

> Sharon Holt Lin-Wood Public School P.O. Box 846 Lincoln, NH 03251 603-745-2051

Job Applications are available on our website at www.lin-wood.org under the "Employment" section.

Applications will be accepted until July 22, 2020 or until the positions are filled. The Lincoln-Woodstock Cooperative School District is an equal opportunity employer.

Middle/High School Fax Number (603) 745-6797 Elementary Fax (603) 745-3730 Accredited by New England Association of Schools and Colleges



#### **Lumber Counter**

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

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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## HELP WANTED

## **O**N

#### A NFI North, Inc.

Inspiring and empowering people to reach their full potential

NFI North (NFI) Array of Services is seeking a skilled clinician to provide individual and family therapy and support services for children and adolescents and their families covering the state of New Hampshire.

This is a unique position in NFI's expanding service array working with an integrated team that provides a wide array of therapeutic services to youth and families throughout the state of New Hampshire. NFI's mission is to inspire and empower people to reach their full potential so they can live successfully within their home and community. We have helped those at risk to achieve amazing results such as finding joy in their life, having fun together and developing meaningful relationships and employment.

Master's Degree in social work, psychology or related field required as well as have experience working with youth and families. NH license preferred. We assist those seeking licensure with supervision and training while employed with us.

This position provides in home services to youth and families participating in our community based services. This includes a flexible schedule with some weekends and evenings to conduct individual and family therapy. Reliable transportation needed for travel as indicated. On call is on rotation with the team.

Annual Full Time Salary: \$55,000 or higher based on education, experience and credentials. Consideration given to part-time or full-time candidates.

NFI North offers competitive salaries and an excellent benefit package. We provide environments that allow for creativity, a sense of empowerment and many opportunities for advancement. We offer comprehensive health and dental insurance and generous time off plan including three weeks paid vacation and additional sick and holiday time. We provide tuition reimbursement, retirement match, excellent training, career growth and supportive work environment.

NFI North is a proud partner with Southern New Hampshire University's (SNHU) College for America. Not only do we offer our employees access at incredibly low and affordable rates, you can also enroll your immediate family members.

Please send resume and cover letter to: Program Director, NFI North, 249 Main Street, Littleton, NH 03561 or email nfinorthhr@nafi.com EOE/AA



## \$hop CLASSIFIED and \$ave

## Classifieds

#### **Framers and Laborers Wanted**

Wallace Building Products is a successful and growing manufacturer of building products for the construction industry. We seek full-time Framers and Laborers to join our team in Danbury NH.

This position will work with other employees to build rough -framed walls for the construction industry in a shop environment. Framing experience is a plus, but we will train.

Apply in person at 1525 US Rte 4 in Danbury NH Or call 768-5900 to set up an appointment



## Cook Tri-County CAP Head Start Woodsville Area Program

Requires skills in cooking in quantity, the ability to manage food services, complete necessary records and work with young children and their families.

This is a full-time, up to 30.5 hrs./wk., and up to 40 wks./yr. position. Salary is \$10.92 /hr. Benefits package with paid school vacations and sick leave as accrued. Position would start the beginning of September 2020.

Interested candidates please apply with a letter of introduction, transcripts and resume post marked by July 24th, 2020 to:

Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570 or email sblanchette@tccap.org

EOE

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**2008 19.5' Bayliner** 

V-6 Inboard/Outboard motor

**Excellent Condition**Comes with Trailer and many extras

\$10,995

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### Plymouth State

Plymouth State University has the following positions available:

#### <u>Building Service</u> <u>Worker (Custodian)</u>

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.

## HELP WANTED

## Professional painters needed

Drivers License and references a must

Please call 603-387-9760

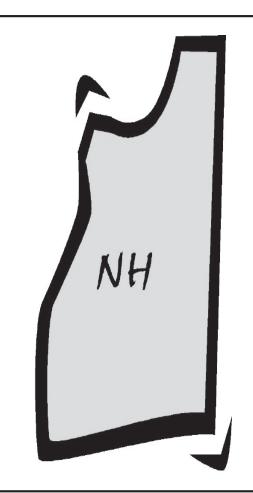


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## Patrick's Pub & Eatery voted Best Irish Pub in NH

rick's Pub & Eatery in Gilford has been selected by readers of the New Hampshire Magazine's "Best of NH 2020" Readers Poll as the Best Irish Pub in New Hampshire. In addition, they were voted the Favorite Restaurant and Best Burger in the Lakes Re-

"Our managers and staff deserve this credit for their efforts and commitment to hospitality, and we are all very proud of this recognition," said co-owner Allan Beetle. "There are many great restaurants in the Lakes Region, and we are very appreciative of our loyal customers who voted for us."

General Manager Megan Page, Bar Manager Tracey Sopinsky, along with Kitchen Managers

Rick Morten and Ethan Coble combine for more than 65 years working at Patrick's. General Manager Megan Page began as a server in 2002 and is now responsible for the overall operation of the restaurant and the 75 employees that normally work there.

"Having the dedication and continuity in our management team has been a big factor in our ability to consistently deliver quality meals and great service," said "We feel very Page. blessed to have such amazing people working here, and such loyal support from our customers."

For more information on Patrick's, visit www. patrickspub.com email info@patrickspub.



A winning management team with over 75 years' experience working at Patrick's Pub & Eatery in Gilford, their management team includes (left to right) Ethan Coble, Tracey Sopinsky, Rick Morten, Becki Carmen and Kathryn Mckenna (both seated), General Manager Megan Page and Dana Lamothe.

### **STRATEGIES**

CONTINUED FROM PAGE A4

ples we find in Scripture are guides God has given us to keep our passions in check and our focus on what is true and prop-

Our founding fathers, well steeped in the principles Christians hold dear, wrote in the Declaration of Independence: "We hold these truths to

be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among them are Life, Liberty, and the pursuit of Happiness." Absolutely true ... and I suspicion God Himself would agree!

With that in view, however, note that the New Testament is careful to highlight this qualifier: "Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life."

You and I are the products of our opportunities, our choices, and, yes, the degree to which we take seriously the principles God has given us. He invites us to a life of intelligent cooperation, and what we decide changes everything.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

## Emerson College announces 2020 graduates

BOSTON, Mass. — On Sunday, May 10, Emerson College awarded 959 undergraduate degrees for the Class of 2020. The College is committed to holding a graduation ceremony for the Class of 2020 in person when it is safe to do so, at a to be determined date.

Olivia Martinson of Northfield received a BFA degree in Creative Writing BFA.

The College launched an Emerson 2020 Celebration website to honor graduates' achievements with more than 800 submissions from students, families, alumni, faculty, and staff, which includes photos, videos, audio submissions, and text. The website strives to reflect the many facets of the Class of 2020 and the wider Emerson community - its creativity, daring, thoughtfulness, irreverence, and humor.

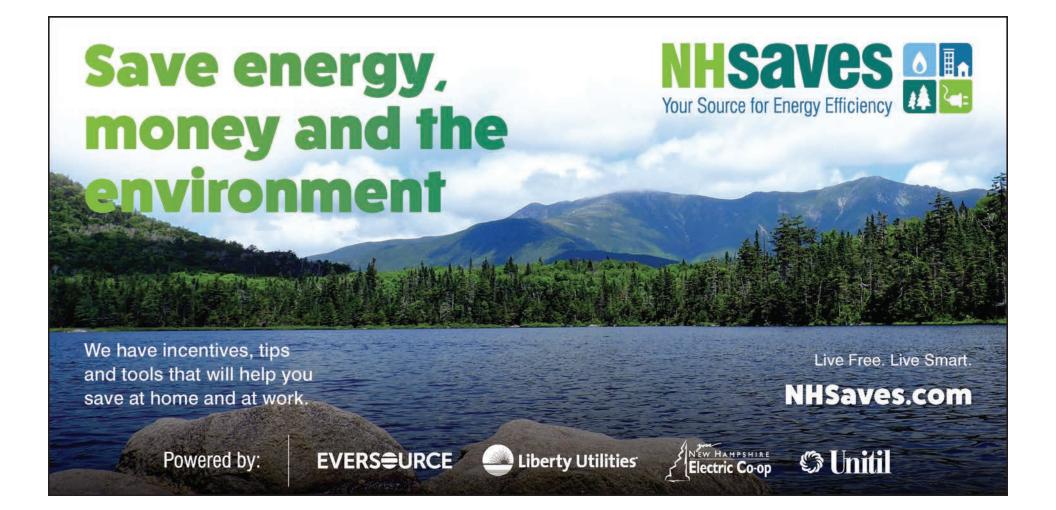
Video submissions include well wishes from wellknown alumni and celebrities in the entertainment industry, including actors Jennifer Coolidge, Henry Winkler, comedians Jay Leno, Bill Burr, and Steven Wright, screenwriter Adele Lim, actress Chrystee Pharris, and producer Kevin Bright, among others.

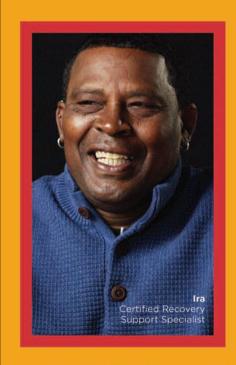
About Emerson College

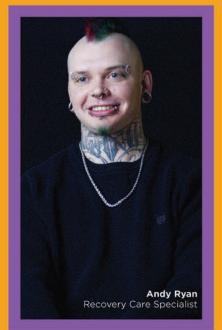
Based in Boston, Mass., opposite the historic Boston Common and in the heart of the city's Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has approximately 3,780 undergraduates and 670 graduate students from across the United States and 50 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and performance groups. Emerson is known for its experiential learning programs at Emerson Los Angeles, located in Hollywood, and at its 14th-century castle, in the Netherlands. Additionally, there are opportunities to study in Washington, D.C., London, China, and the Czech Republic, Spain, Austria, Greece, France, Ireland, Mexico, Cuba, England, and South Africa. The College has an active network of 39,000 alumni who hold leadership positions in communication and the arts. For more information, visit emerson.edu.



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If you are struggling with alcohol or drug issues, you're never far from help.

Find a Doorway near you.



For help with drug or alcohol issues visit **theDoorway.NH.gov**OR dial **2-1-1**.

#### **TILTON POLICE LOG**

TILTON — The Tilton Police Department responded to 421 calls for service and made the following arrests during the week of June 29 to July 5.

Arrested during this time period were Steven Berman (for Willful Concealment), Scott Lane (for Driving After Suspension), Leah Storey (in connection with a warrant), and Jillan Polansky-Mercier (in connection with a warrant).





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