

Author Meg Kearney visits ACS

BY JACKIE LEATHERS

Reading Specialist
Alton Central School

AND SHAY CASSILY

Director of Curriculum and Instruction

ALTON — On April 22 and 23, 2020, students and staff from Alton Central School gathered together - virtually - and participated in a live question and answer session which was facilitated by visiting author and poet, Meg Kearney. The live-streamed sessions were the culmination of a series of presentations by the author which students viewed prior to the live question and answer session.

The sessions leading up to the live-streamed event included a YouTube video which featured Ms. Kearney and her adopted 3-legged dog, Trouper, the subject of her picture book of the same name. Students and staff also viewed grade level presentations of the author read-

ing her picture book, explaining her writing process, and discussing her own personal journey as a poet.

When Ms. Kearney’s visit was originally scheduled back in December of 2019, it was intended to be a traditional, in person school visit, but the Covid-19 crisis made a traditional visit impossible. To adapt to the challenge, the author added narration to her PowerPoint presentations, and ACS technology integration teacher, Ethan Pfenninger, converted those presentations to YouTube videos which ACS teachers, students, and families could view prior to a live question and answer session.

After students had the opportunity to view the author’s presentations, Mr. Pfenninger set up live, one way Google Meets during which Ms. Kearney answered students’ questions. Stu-



COURTESY

On April 22 and 23, 2020, students and staff from Alton Central School gathered together - virtually - and participated in a live question and answer session which was facilitated by visiting author and poet, Meg Kearney.

dents participated in the Q&A sessions through questions that they submitted on an online “virtual bulletin board” called Padlet.

With a lot of planning and a little creative thinking, the ACS community was able to experience an author

visit this spring, despite the challenges that the Covid-19 crisis presented. Students even got a surprise visit from Ms. Kearney’s new dog, Win-

ston, who joined her for a couple of sessions in her writing room! It seemed virtually impossible, but ACS and author Meg Kearney did it together!

New Durham now streaming First Steps program online

NEW DURHAM — Streaming Mini-Storytime on the New Durham Public Library’s Facebook page, has proven so popular that the toddler program First Steps has joined the trend.

“We ran two separate programs when patrons were coming into the library,” Library Director Cathy Allyn said, “so it was only natural we’d do the same virtually.”

Both programs feature songs, rhymes, and movement, but Mini-Storytime includes stories and early literacy activities.

“They are a little shorter than the in-person sessions, too,” Allyn said.

Many story and reading opportunities exist online, but the young set have been pleased to see someone they recognize on the screen.

“The comments have all been so positive, it makes us really happy,” Allyn said.

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.

In the works is a virtual storytelling program for children in grades kindergarten – fourth grade, called Illustrious Tales. Content will include legends, myths, and folklore from America and around the world.

“The best part about it is that we’ll ask children to send in their drawings to illustrate the stories,” Allyn said. “We’ll announce ahead of time what drawings we’ll need, and people of any age are welcome to scan or mail in their work.”

The process is a forerunner of some activities being set up for the virtual Imagine Your Story summer program.

“It allows for interaction and recognition,” Allyn said, “both good things in this time of isolation. People won’t be in front of screens while they’re drawing, either.”

SEE ONLINE, PAGE A9

BY CATHERINE ORLOWICZ

Contributing Writer

Editor’s note: Following is the first installment in a two-part series on early settlement in New Durham written by resident Catherine Orłowicz.

NEW DURHAM — Prior to 1722, New Durham was primitive wild lands and prime for harvesting of its great forest. The northern Indians called this area home. They traveled along well-established trails for the purpose of following the seasonal abundance of food, inland for growing crops, hunting and the water ways for fishing.

According to Chester B. Price, who authored the book titled “Historic Indian Trails of New Hampshire 1756 to 2003,” trails traversed New Durham in several places. The Ko-KchiKook (Cocheco) Trail traveled to Merrymeeting Bay at Winnepesaukee following what is now known as the Old Bay Road and Main Street in New Durham. The Abenaki Trail traveled to Wolfeboro following what is now known as the Kings Highway. Another trail crossed from the Kings Highway, across the northern shores of Merrymeeting Lake, connecting to the Ko-KchiKook Trail. This trail was referred to as the Merrymeeting Trail. The Msquamana-gorek Trail crosses into New Durham on the south-eastern border near what is known as the Ten Rod Road and traveled over to the

Davis Crossing Road and connects with the Ko-KchiKoo Trail just below the Alton Bay. New Durham had one known Indian campsite located at Coldrain Pond. Another was located at Quannippi, called Alton Bay. And so, it was until 1722.

The New Hampshire Colonial Assembly of 1721 voted to cut a road from Dover (Cocheco) to Winnepesaukee Pond for the purpose of construction a fort at the lake. The road followed the trails used by the Indians traveling to the Bay. Thus, the road was called the Bay Road. With the improvements of these trails to roads, and a treaty of peace in 1760 the business of settlement and harvesting of the woods began.

A land grant was awarded to 80 petitioners in 1749, however the terms for receiving a Charter were not successfully met until December 10, 1762. New Durham is six miles square, shaped like a rhomboid. There are a number of bodies of water, all clear and pristine. They are Merry-meeting Lake, Coldrain Pond, Merrymeeting River, March and Chalk Ponds, tributaries feed into the Mad, Isinglass, Ela Rivers, and the headwaters for the Cocheco River begin at the outlet of March Pond.

As usual, settlement around water sources was common. Water resources were used for production of power, movement of goods and for food sources. It was natural, the settlement



COURTESY

Local Indian trails, ca. 1756.

of New Durham would primarily be located near these resources.

It is important to note a common practice of renaming of brooks, bodies of water and roads occurred as one generation of people moved onto the next or the change in ownership of businesses.

Downing’s Pond on Merrymeeting River

One condition, required, to be granted a Town Charter was the establishment of a mill

for sawing of lumber. Colonel Thomas Tash financed a saw mill on the Ela River. Another was established on Merrymeeting River by Paul March at Marches Pond now known as Downing Pond. He purchased the lots January 19, 1761, as recorded Lib 68, Vol 468, from Mr. Daniel Rogers. Mr. March build his home and later the saw mill. Following the passing of March, the house and properties passed

SEE NEW DURHAM, PAGE A10

INDEX

Volume 13 • Number 18	
18 pages in 1 sections	
Classifieds.....	A11-12
Editorial Page	A4
John Harrigan	A15
Letters.....	A4-A5
Obituaries	A8

CHECK OUT OUR
BOSTITCH TOLL EVENT AD
ON PAGE A18!

BROCK'S
BUILDING MATERIALS & FLOOR COVERINGS

Community embraces local family with car parade

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — Unusual circumstances call for unusual attention. Monday, April 20, was just such an occasion, as community members organized for a car parade in support of fifth grader Alexis Fitch and her family the day before her return to Boston Children’s Hospital for brain surgery.

Neighbor Nancy Black filled brilliant pink balloons with helium and tied them with swaths of wide ribbons to a white plastic chair, clearly delighted to do so, as she carried it down the street to its place at the end of the

Fitches’ driveway. People walked down Northline Road to share in the experience of wishing their neighbors well in the weeks ahead and await the stream of cars coming from The Nick.

Ben Fitch recorded his first entry on his GoFundMe page, “Medical Expenses for Alexis,” on March 3. The family’s journey centers around finding relief for daughter Lexi as she began experiencing seizures in February, nearly 15 – 18 seizures a day. that led to hospitalization at Boston Children’s Hospital.

The Crescent Lake Elementary School fifth grader has undergone multiple tests, leading to a diagnosis of focal

cortical dysplasia, and has endured a number of medication trials in an attempt to control the seizures. Lexi ‘s reactions to some of the medications over the course of weeks of hospitalization, described in Fitch’s journal updates, were incredibly challenging. Surgery to remove the dysplasia was recommended. Relief was in sight.

Unfortunately, to the family’s disappointment, as Fitch wrote on March 17, the surgery, considered elective, was postponed indefinitely, due to COVID-19. Medication trials continued, and Lexi was discharged on March 23, still having seizure activity throughout the day, but activity by now manageable with a new combination of four medications.

And successful enough so that on Monday, April 20, Lexi was able to enjoy a car parade of the classmates, teachers and friends she has been unable to see since February from the vantage point of the balloon festooned chair at the end of her driveway. Lexi smiled and waved, witnessing an outpour-



Fifth grader Lexi Fitch is surrounded by pink balloons and bright ribbons on the day before returning to Boston Children’s Hospital for surgery to alleviate recurring and debilitating seizure. Her family smiles with her as they await a car parade of classmates, teachers, and supporters due to come by any minute. Left to right: Kahlan, Bethany, Lexi and Ben

Sun - Thur 4 - 7pm • Fri & Sat 4 - 8pm

CURBSIDE PICKUP & DELIVERY

- Signature Menu Items
- Hot Family-Style Meals for 4
- Grab N Go items (to enjoy later)

Patrick's
IRISH ROOTS • AMERICAN SPIRIT

Call anytime after 1pm to schedule
(603) 293-0841
patrickspub.com
18 Weirs Rd. Gilford, NH 03249

ROLL-OFF CONTAINERS • STORM DAMAGE • ROOFING MATERIALS • RENOVATIONS • CLUTTER REMOVAL • YARD CLEANUPS • NEW CONSTRUCTION • HOME CLEANOUTS • STORM DAMAGE

GREAT SERVICE AT YOUR CONVENIENCE NOT OURS!

THE DUMPSTER DEPOT®
Waste Recycling Services

Great Service at "YOUR" Convenience, Not Ours!

Large business services
Home cleanup

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Got a trashy question? **CALL US TODAY**
TOLL FREE 1-866-56-DEPOT LOCAL 603-783-8050
WWW.DUMPSTERDEPOT.COM

Like us on Facebook

Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on Roofing, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at time of order. Expires 5/1/20

INDUSTRIAL • SMALL DUMPSTERS • FRONT LOADER DUMPSTERS • REAR LOAD DUMPSTERS • ROLL-OFF OPEN TOP CONTAINERS • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS

House, Condo or Land Wanted
Single Mom Cash Buyer For Own Use

Wanted House, condo or land on or near the water
cash buyer, fixer upper is ok,
but preferred good cond.
NO REALTORS. Principles only.
Call Armen (860) 550-1999

JUMBO
will take your message to over 200,000
readers in ELEVEN weekly newspapers!

BRYANT

PAVING

JOIN OUR TEAM

TEMPORARY EMPLOYMENT OPPORTUNITIES AVAILABLE

WE START UP APRIL 20, 2020!

PAVING & GRADING CREW POSITION OPEN
CLASS A DRIVERS AND LABORERS

Call 279-1499 or email admin@bryantpaving.com TODAY!
ALL ARE ENCOURAGED TO APPLY
BRYANT PAVING IS A DRUG FREE WORKPLACE & EOE

GALA offers daily Makerspace Youth Challenge on Facebook



COURTESY

A sampling of projects that the GALA Makerspace Youth Challenge has inspired local children to create as a fun, remote-learning activity with family.

WOLFEBORO — Local nonprofit GALA recently added a new, interactive group to its Facebook page targeted towards families with children who are navigating the new experi-

ence of staying at home together 24/7 these days. It's appropriately called the GALA Makerspace

Youth Challenge.

The Challenge is a daily activity that fosters collaboration and connection between children and their parents or caretakers while inspiring creativity, and supporting learning skills and individual learning styles in a fun way.

How does it work? Well first, parents or caretakers should join the Facebook/GALA-community Makerspace Youth Challenge group. Each day you'll receive a post featuring a new challenge that will involve finding, building, or creating things, and coming up with new ideas. You relay the challenge to your child and let them do the work at his or her own level: no micromanaging, although we have heard on the grapevine that some adults love doing the challenge too! You then post your result in the comments of the challenge on Facebook. The final step is to show your child the results from everyone who participated so they can share the enjoyment and surprise from such a variety of responses.

Some of the Challenges to date include Draw, Model or Describe a Cool New Planet; Show us a Sign of Spring; Show us Technology that doesn't use Power; Create a Collage from Old Magazines; and Show us a New Use for Old Plastic. Challenges don't expire, so feel free to add to past ones that interest

your child by scrolling through the group's photo album.

The creative mind behind the GALA Makerspace Youth Challenge is parent-to-two children and long-time GALA supporter, Jennifer Dow of Wolfboro, who wanted to create a local group so that kids of all ages could use their imaginations to the fullest and interact with peers by sharing simple projects and small discoveries. "The idea is to give the kids a loose set of guidelines (the challenge), maybe show or suggest a few possibilities, and then just set them free while you take a much-earned breather," Jenn shared. "It's a challenge of participation, not votes - an attempt to collect a variety of solutions to inspire young minds and show them totally different approaches to the same prompt. And most of all, it's meant to be fun!"

Local resident Laurel Podsen had this to share about her family's experience: "The GALA Makerspace Youth Challenges have been such a wonderful addition to our days of remote learning. They are enriching activities that our five year old daughter looks forward to every day, and her favorite activities so far have been the rainbow and chipmunk burrow challenges. Challenge 1 was to arrange objects to make a rainbow! This was a really fun activity for the whole family and

offered a teaching moment about what causes rainbows. Challenge 6 was appropriate for the season and asked us to draw a crazy chipmunk burrow. Our daughter decided that a drawing wasn't how she wanted to create a burrow so she made an enormous chipmunk burrow filling our entire living room! This was such a fun activity for us to do together with lots of laughs and creativity. It also helped my daughter learn and understand the needs of a chipmunk. We are so grateful for the GALA Makerspace and Jenn Dow for supporting our community in this rich creative way."

In many ways, the activities posted in the GALA Makerspace Youth Challenge are a remote-learning-modified version of what can be expected in person at the Community Makerspace GALA is establishing at 23 Bay St. If all fundraising continues on target, building renovation work is planned to commence this fall with a Phase 1 renovations completion date of late 2021. The architectural and engineering designs are currently being wrapped up and energies are shifting to defining and documenting the construction scope.

For more information or to get involved in establishing Carroll County's first independent makerspace, call GALA at 569-1500 or email contact@galacommunity.org.

Nicole Herbst joins NHTrust as Vice President, Senior Trust Officer

REGION — Nicole Herbst has recently joined NHTrust as Vice President, Senior Trust Officer. Herbst is a CTFA (Certified Trust and Financial Advisor) and CFP® (Certified Financial Planner), and specializes in trust, estates and wealth management.

"We're excited to have Nicole's expertise and leadership at NHTrust, and enthusiastically welcome her to the team," said Mark Cross-Powers, Senior Vice President, Senior Trust Officer. "With more than twenty-four years of experience, she pulls from an incredible depth of knowledge in wealth management, financial planning and client relationships. This will be beneficial to our clients, and to our colleagues."

"I'm passionate about helping clients reach their financial objectives. It gives me peace of mind when they feel confident in their plans and meet their goals," noted Herbst. "I was drawn by the reputation of NHTrust and their sister banks (Merrimack County Savings Bank, Meredith Village Savings Bank, Savings Bank of Walpole). For over 150 years, these organizations have been serving the people, businesses and nonprofits in



Nicole Herbst

their neighboring cities and towns. And because they are mutual banks without stock-holders, profits are reinvested in the local community. I'm excited to work for a community-focused organization that wants to offer the best for their customers."

Prior to joining NHTrust, Herbst held leadership roles at MassMutual Trust Company, People's United Bank, Wachovia Bank and Citizens Bank. She earned her Juris Doctorate from the Gonzaga University School of Law, Bachelor of Arts in Economics from Boston College and successfully completed the course curriculum for Cannon Trust I, II and III from the Cannon Financial Institute. These complex programs included topics such as foundations of retirement plans and planning; estate planning; income tax issues

and strategies; advanced trust; advanced marital deduction planning; generational wealth transfer planning and investment management.

Herbst is a member of the American Banking Association, NH Estate Planning Council, Connecticut Bar Association and Washington State Bar Association. She serves on the Finance Committee for the town of Weare and frequently volunteers at the Pope Memorial SPCA in Concord. She resides in Weare with her family.

NHTrust offers trusted financial advice in the New England tradition of neighbors serving neighbors. With New Hampshire roots reaching 150 years, NHTrust combines the financial expertise and local insights of Merrimack County Savings Bank, Meredith Village Savings Bank, Savings Bank of Walpole and The New Hampshire Trust Company, with a legacy of trusted service dating back to the 1860s. Customized financial planning include solutions for investment management, retirement planning, financial planning and trust, estate and fiduciary services. For more information, please call 223-2710 or visit millriverwealth.com.

At Your ServiceNH
Waste & Recycling

\$300
7 DAY RENTAL
15 Yard Dump & Brush Dumpster

15 Yard ~ \$450.00 Includes up to 2 tons
2 Week Rental

Clean out the...
Garage • Shed • Attic • Man Cave

Common Uses...
Construction • Renovations • Roofing Debris • Demolition

Curbside Trash Services

WEEKLY • BIWEEKLY • MONTHLY SERVICE
96 Gallon Tote Service Included
No Separation Required
Local Family Owned & Operated
No Contracts • No Hidden Fees

Doorstep Service also available call for Quote

Call 603-986-8149 today to talk trash Or visit our website www.AtYourServiceNH.com

SCHWARTZBERG LAW
Focusing on Family Law & Estate Planning

NOW WE ARE THREE!

Attorney
Steven C. Gahan

Attorney
Ora Schwartzberg

Attorney
John T. Katsirebas, Jr.

572 Tenney Mountain Hwy • Plymouth, NH 03264
603.536.2700 • www.nhlawyer.net

JANOME

Expert Repairs Done on Site

VACUUM CLEANERS • SEWING MACHINES

SALES • SERVICE • PARTS

Sewing Machines
& Sons, Inc.
Vacuum Cleaners
Since 1935

100 Chestnut Hill Rd., Rochester, NH
603-332-5572 • 800-439-3395
www.augerandsons.com

We Will NOT be Undersold

ESCAPE THERAPEUTIC MASSAGE

Dedicated to your
Health and Well Being.

20-Years experience

Rosanne Chalson LMT

Deep Tissue • Swedish • Hot Stone • Lomi Lomi
Cupping • Reiki • Manage pain • alleviate stress

Feel relaxed and renewed today!
515-1009 | 18 Union Street Wolfboro, NH

Where was the “Shot Heard ‘Round the World?” fired?

April 19, 1775 — a short 243 years ago, right around this time — marked the start of the Revolutionary War after the battles of Lexington and Concord. Normally, the event is commemorated with reenactments and various other celebrations; however, due to social distancing requirements, that did not happen this year.

The debate continues to heat up, however, as to whether or not ‘The Shot Heard Round’ the World’ took place in Concord, or in neighboring Lexington.

This time in our history, while brutal and necessary, brings with it much intrigue for many. The tenacity and bravery of those who fought for our independence is beyond admirable. The events that took place during the Revolutionary War, read like a novel in modern times and have been brought to life through books and films where we need to be reminded that this story is not fiction.

On that spring morning, more than 700 British soldiers who were given a secret tip on the whereabouts of colonial military supplies in Concord, marched towards town to confiscate the lot. The Patriots who had developed a top notch intelligence network, largely the work of George Washington’s Culper Ring, and the Sons of Liberty, had received notice weeks in advance and were able to move the supplies to safety.

Paul Revere and William Dawes had plans to ride ahead of the British troops to warn other Patriots. Knowing the task was risky, Revere secured the help of about 30 other men to make sure word reached Lexington and Concord if the two were captured. Revere told militia leaders to look at the steeple of the Old North Church each night for a signal. One lit lantern meant the Regulars would come by land through the Boston Neck. Two lanterns meant the British would come via the Charles river on row boats into Cambridge, ‘One if by land, two if by sea’.

The night before the famous battle, Dr. Joseph Warren sent Dawes to Lexington where he was joined with Revere to warn Sam Adams and John Hancock that the British were coming.

It was midnight in Lexington when Revere and Dawes were joined by a third rider, Dr. Samuel Prescott. Prescott had been courting a woman in Lexington and met Dawes and Revere by chance. Because he believed in the cause, Prescott joined the men. The three riders were stopped by a British patrol not long after. Dawes was able to escape by reversing his direction. Prescott jumped a stone wall and fled using a short cut only locals knew about. The doctor was the only rider to reach Concord. Revere who was now captured, was surrounded by six Regulars and was searched and interrogated.

“An officer clapped his pistol to my head, called me by name and told me he was going to ask me some questions, and if I did not give him true answers, he would blow my brains out,” Revere wrote in his diary.

The Regulars were spooked by the sound of gunfire in the distance, and let Revere go after asking him for an alternative route to town. Revere made his way back to Lexington where he regrouped with Hancock and Adams, who planned an escape to Woburn.

Throughout the night, the ‘Rebels’ gathered to intercept the British. When the red coats were seen marching onto the Lexington green, the local minutemen knew they were outnumbered. Out of the dawn a shot was fired, and no one knows to this day which side was responsible for it. After the scuffle on the green, eight minutemen and one British soldier were killed. There were accusations from both sides laying blame on one another.

William Sutherland, a British soldier, is on record saying, “I heard Major Pitcairn’s voice call out. ‘Soldiers, don’t fire, keep your ranks, form and surround them.’ Instantly some of the villains who got over the hedge fired at us which our men for the first time returned.”

Sylvanus Wood, a minute man had recalled something different, “he swung his sword, and said, ‘Lay down your arms, you damned rebels, or you are all dead men – fire!’ Some guns were fired by the British at us from the first platoon, but no person was killed or hurt, being probably charged only with gunpowder. The company immediately dispersed; and while the company was dispersing and leaping over the wall, the second platoon of the British fired, and killed some of our men. There was not a gun fired by any of Captain Parker’s company, within my knowledge.”

While the British soldiers continued to search for supplies, the colonial militia was able to



PHOTO BY ERIN PLUMMER

Bare trees, wide view

The Belknap Range (including Gunstock) and Lake Winnepesaukee can be seen from behind the Carriage House at the Castle in the Clouds property in Moultonborough with the leaves yet to bud on the trees.

Letters to the Editor

Thank you for your support of Alton Community Services

To the Editor:

I must apologize for my tardiness in sharing a heartfelt thank you to Alton residents for your vote to support the warrant article requesting financial support for Alton Community Services. Your support allows ACS to continue servicing Town of Alton residents who may find themselves in need of support. Alton Community Services offers many areas of assistance such as the food pantry, housing, medical, employment... just to name a few. Alton Community Services has and continues to experience an increase in family needs and because of your support, we are able to provide assistance and continue our services.

Alton is a resilient, caring, and generous community and I for one am very proud to say I’m a resident of the Town of Alton. In our current health crisis, it is truly gratifying to receive calls from Alton residents who say ‘I want to do something.’ So many of you have taken the time to food shop and donate food, who have given financial donations, who have offered their time to delivery food, to help at the food pantry. Thank Afor their support. I must share very special thank you to ACS volunteers who, every Sat-

urday and every Wednesday, give their time either helping at the food pantry, picking up food at Hanaford’s, bringing garbage to the dump (that sounds like a small thing however it’s huge help!!). To our local businesses and organizations who continue to support ACS, it is truly amazing what you do for our community. To those families who call Alton their second home, thank you for your continued support.

Alton Community Services is open Wednesday evenings from 5:30 to 6:30 p.m. and Saturday morning from 9:30 a.m. – noon. Please contact Chris Racine 833-3482 or ACS directly at 875-2273 with any questions, any needs. Should anyone need food delivery, please do not hesitate to call.

I am truly blessed for the opportunity to keep Dottie’s spirit of giving, of paying it forward and keeping our Town of Alton the very best to call home.

Respectfully,

CHRIS RACINE
DIRECTOR
ALTON COMMUNITY SERVICES

Can’t we do better?

To the Editor:

In this COVID era, folks ask how you are. Our answer today was that we gargled with Lysol and bathed in Clorox. We will let you know how we feel tomorrow.

It would be funny if it wasn’t funny. Not every-

thing can be a “hoax.”

Can’t we do better in America?

JOHN GOYETTE
NEW DURHAM

STRATEGIES FOR LIVING

The demise of a utopian society

BY LARRY SCOTT

It was in the mid-1990s that I had the opportunity to visit the Shaker Village in Canterbury and meet Ethel Hudson, the final resident. I was allowed to visit with her, and for me, it was a moving experience. Ethel Hudson personified the dedication and commitment to an ideal that had lasted over two hundred years; I was impressed.

Never designated as an endeavor to establish a utopian enclave, Shaker Village nevertheless “challenged almost every mainstream ideal of American society during their time. Shakers believed in community ownership, pacifism, dancing in worship, equality of the sexes, celibacy, and liv-

ing simply.” (From Canterbury Shaker Village – Official Site).

Man, it seems, has forever dreamed of a society without conflict, where men and women share a common worldview, establish the rules, work together in harmony, and enjoy peace and good-will. Those who would dominate, who would subjugate the weak, who would challenge the harmony, would be ejected. This was meant to be utopia - or so the dream went - and those who would disrupt the unity would not be welcome.

The church also has not been immune to the drive to find peace and harmony away from a broken and troubled society. In its earliest day’s persecution forced the

church underground. Even after achieving legal status, however, there was a segment of the church that wanted to live life away from the pressures of marriage and family and life’s pressures. St. Benedict of Nursia, as a case in point, founded the monastery of Monte Casino in Italy in 529 and became the seed of Roman Catholic monasticism and holy orders. The Benedictines, the Franciscans, the Augustinians, the Jesuits among many others were to follow in time.

But this was never the way of Jesus. He challenged the Church to be salt and light - salt that permeates and light that illuminates - the day to day experience of societal life. The Church

cannot — indeed, must not — withdraw from society. There is no other way for Christians to know what their contemporaries are going through and no other way to influence others for good.

We have been called ... and it is the purpose of this column to develop the thought ... to be living models of the goodness and grace of our God. We must demonstrate that Christianity works, not only when the sun is shining, but when we, as we read in Psalm 23, must “walk through the valley of the shadow of death.” There can be no retiring from reality. Christianity works, no matter what our circumstances! I know what I am writing about!

SEE STRATEGIES PAGE A5

LETTERS FROM EDWIN

Pictures

I used to take pictures. I remember the first camera I was allowed to use. It was a little Kodak Brownie box camera. It was made out of a predecessor of plastic called Bakelite. It was dark brown and a cube that could be imagined as the biggest brownie that you could ever want. If my long term memory serves me well, it used 127 film that in order to load it, you first swapped the old spindle to the take up position then put the new roll in the old spools place. You then needed to find a dark location to unrolled about six inches of film leader and insert the tab into the take up real. You could then close the cover and return to a lighted area where you wound the film until the number one appeared in the little red window on the back of the camera.

There was no

automatic anything on this camera other than the universal always in focus lens. You could keep clicking the shutter and easily make double or triple exposures if you forgot to advance the film. The camera was still in perfect condition until I showed it to one of my sons who had an inclination for peeling off labels, he instantly destroyed the little red window.

I think I was something like eleven because I remember some old black & white, color film wasn't an option, pictures of Plymouth Rock and Plantation somewhere in my old picture box. I had patiently waited years in anticipation of going to the Boston Science Museum, as every year the school would take the fifth graders there. Well wouldn't you know that when I finally made it

to fifth grade, the teachers decided that they wanted to do something different this year so we went to Plymouth. I had already been there, so my pictures could have been from an earlier time. I never did get to the science museum till I chaperoned one of my kids grades going there some forty years later. It's a great place, I wish I had gotten to go in sixty one.

My interest in taking pictures continued and a few years later, on my sixteenth birthday, my Godfather gave me his old German bellows 35mm camera. He bought it two months before I was born, the purchase date was written on the box. The working of the camera was to complicated for him, or anyone in our extended family to contend with. I took to it. It had a Schneider lens

that everyone would tell me was a good thing.

The camera folded up into a small pocket sized enclosed box that I used to carry in my back pants pocket and therefore was always ready to take a picture, except it took a bit of time to get to that point of being ready. The case was all metal and pretty strong, it went with me everywhere, even skiing. It managed to survive numerous falls and drops throughout it's many years in my pocket. Most of the band pictures were taken with it, and lots more. I'd set it to a good setting and teach someone the sequence and hand it off to let them take pictures. I actually got some pictures of me that way.

One time I did this during a high school graduation pool party celebration in Westbrook, Maine. The band was set up next to

the pool. It was a nice sunny day. I trusted my camera to the hosts daughter and she was taking pictures while we were playing. As she was standing next to the pool, I watched as some rowdy young gents tried to push her into the pool. I envisioned pulling my twenty eight year old classic from the bottom of that pool. Luckily she was able to avoid drenching her pretty party dress.

Here's the steps needed to take a photo. First you pressed the button that opened it up, then unlock the advance mechanism and move the film to the next position where it would stop, the shutter lever was now ready, but the shutter itself needed to be cocked to shoot. But not quite yet, the shutter speed, f-stop, and distance needed to be estimated. I had a distance

gauge and a light meter, but they were to cumbersome to carry along so I learned to use my eyes to set these adjustments. Now you could take some pictures, but you only got thirty six pictures on a large roll of 35mm.

Nobody seems to know how to take photos any more, I tell people not to take pictures into the sun. They think I'm nuts. The camera can take care of everything. I just got a photo of our lovely Senator coming home to shelter with her family in her weekly newsletter. Everything in the photo looked wonderful, except she and hubby who were in the shadow of whoever was taking the picture. They were almost silhouettes in the shade.

STRATEGIES

(continued from Page A4)

Be that as it may, and whatever the pressures with which we must now live, there is a new

day coming. The New Testament book of Revelation depicts a future day when Satan and evil will be finally eradicated

and a new society under the leadership of Jesus Christ will come into being. Until then however, as Christians, we

will continue to live our faith and proclaim without apology: our society needs, more than anything else, not a change

of circumstances but a change of heart. Genuine happiness, peace of mind, and the strength to face whatever life

throws our way, can best be found in Jesus Christ.

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

EDITORIAL

(continued from Page A4)

regroup in Concord where they later met the red coats at the North Bridge. The British were outnumbered this time and retreated to South Boston after losing several soldiers.

Some say the Shot Heard Round the World happened on the bridge in Concord, while residents in Lexington have long said the first shot to kick off the revolution took place on their green.

The phrase 'Shot Heard Round the World' was coined by author Ralph Waldo Emerson 62 years after the battle. His poem, titled "Concord Hymn," was about the Battle of Concord.

By the rude bridge that arched the flood,
Their flag to April's breeze unfurled,
Here once the embattled farmers stood,
And fired the shot heard 'round the world"

Some historians say that because the Battle of Concord was the first real American victory in the Revolutionary War, that shot, should be considered the one heard 'round the world'.

Other historians say that because the first shot took place in Lexington, that should be the famous "shot heard 'round the world."

In his diary, Paul Revere wrote about the battle, "I heard the report, turned my head, and saw

the smoke in front of the British troops, they immediately gave a great shout, ran a few paces, and then the whole fired. I could first distinguish irregular firing, which I suppose was the advance guard, and then platoons. At the time I could not see our Militia, for they were covered from me, by a house at the bottom of the street."

In Concord, British Lt. Col. Francis Smith, in a report to General Thomas Gage, said that the British were the first to fire in Concord.

"While at Concord we saw vast numbers assembling in many parts; at one of the bridges they marched down, with a very considerable body, on the light infantry posted there. On their coming pretty near, one of our men fired on them, which they returned," Smith wrote.

The debate has continued between the towns of Concord and Lexington, as to which is the birth place of American Liberty. Even though the first shots took place in Lexington, Emerson's 'Shot' was fired in Concord.

In 1875, President Ulysses S. Grant wanted to forgo attending the centennial to avoid conflict between the two towns. In 1894, the Lexington Historical Society sought to name April 19, 'Lexington Day' to the outright objections of Concord citizens. To ease both towns, a compromise was made where April 19 is now referred to as "Patriot Day."



ALTON POLICE LOG



ALTON — The Alton Police Department responded to 175 calls for service during the week of April 12-18, including four arrests.

- 1 Male Subject was arrested on a Warrant & Driving After Revocation or Suspension.
- 1 Male Subject was arrested for Driving While Intoxicated Subsequent.
- 1 Female Subject was arrested for Theft.
- 1 Female Subject was arrested for Driving/Operating Under Influence of Alcohol.

There were 2 Motor Vehicle Accidents.

There were 4 Suspicious Person/ Activity Reports on (2) Alton Mountain Road, Old Wolfeboro Road & Main Street.

Police made 21 Motor Vehicle Stops and handled 3 Motor Vehicle Complaint-Incidents.

There were 145 other calls for services that consisted of the following: 1 Assist Fire Department, 1 Fraudulent Action, 2 Assist Other Agencies, 1 Pistol Permit Application, 1 Animal Complaint, 3 Juvenile Incidents, 6 General Assistance, 1 Wanted Person/Fugitive, 3 Alarm Activations, 1 Boat Incident, 2 Lost/Found Properties, 3 Highway/

Roadway Hazards, 2 General Information, 1 Vehicle ID Check, 1 Littering/Trash Disposal, 1 Sex Offender Registration, 1 Civil Matter, 1 Abandoned Motor Vehicle, 1 Community Program, 1 Disabled Motor Vehicle, 73 Directed Patrols, (1) 911 Hang-Up, 1 Motor Vehicle Lockout, 3 Medical Assists, 27 Property Checks & 6 Paperwork Services.

BLACK DIAMOND BARGE CO.

Lake Winnepesaukee, NH Jim Bean, Owner
603-455-5700 cell • 603-569-4545 office
Email: blackdiamondbarge@roadrunner.com

Dock Repair & Construction
Piling Docks • Breakwaters
Seasonal Lift Up Docks
Island and Shoreline Septic Systems • Island and Shoreline Landscaping
Materials Delivered Raised Beaches • Island and Shoreline Site Work



Law Offices of
Kurt D. DeVyllder, PLLC

18 Union Street, Wolfeboro, NH 03894
P:(603) 569-5005 F:(603) 569-5007 E: kurt@devyllderlaw.com
www.devyllderlaw.com

Practical • Experienced • Effective

GENERAL PRACTICE, Including:

Family Law • Criminal Defense • Personal Injury Law • Real Estate Law
Wills & Trusts • Probate of Estates • Debt Collection

Stone Wall
Repair

Fieldstone/Granite
35 years experience

Tony Luongo

707-2727



CORNERSTONE VNA
HOME • HEALTH • HOSPICE

Your Local Nonprofit. Recognized for Excellence.

Expert care for all ages.
Offering specialized care & support.
Serving 38 communities in NH & ME.

Ask for Cornerstone VNA by name.
800-691-1133
cornerstonevna.org

- Home Care
- Hospice Care
- Palliative Care
- Life Care - Private Duty
- Community Care

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE

FOREST PUMP & FILTER CO., INC.

603-332-9037

TOWN OF NEW DURHAM
PLANNING BOARD
PUBLIC HEARING NOTICE

TUESDAY, MAY 05, 2020
7:00 PM @ NEW DURHAM TOWN HALL

Review of Conditional Use Permit
application from Varney Engineering
LLC on behalf of Ray and Bridget
Halpin Map 103 Lot 16, 170 Pine
Point Road New Durham NH.

You are hereby notified that a Public
Hearing will be held by the New
Durham Planning Board on Tuesday,
May 05, 2020 at 7:00 pm at the New
Durham Town Hall. The hearing is
regarding the Review of Conditional
Use Permit application from Varney
Engineering LLC on behalf of Ray and
Bridget Halpini Map 103 Lot 16, 170
Pine Point Road New Durham NH.

Recreating the Renaissance

Students in Ms. Hall and Ms. Griggs’ seventh grade Social Studies classes at the Alton Central School have been studying Renaissance Art. They recently were inspired by a challenge put out by the Getty Museum in California to recreate famous artwork using materials you already have at home. The ACS seventh graders were very creative and did an excellent job on this project!



Ava Tibbs



Emma Foley



Trudie Parsons



Randall Preston II



Randy Brown

Chippers Inc. donating profits to support local COVID-19 response

LACONIA — Lakes Region Community Services (LRCS) has received a contribution of \$10,000 from Vermont-based Chippers Inc to aid in its response to the ongoing COVID-19 crisis. Chippers CEO, Mundy Wilson Piper, explained their decision to designate their 2020 profits to three local nonprofits serving the communities where they operate their business: “It’s hard to believe just how much the world has changed in a few short weeks. We recognize that this is not—and cannot be—business as usual. We are committed to our communities, and are grateful that we can help.” Responding to the gift of support, LRCS President and CEO, Rebecca Bryant, noted “This is exactly the kind of generosity and community commitment that we es-

pecially need right now. We’re fortunate that the area business community has always been plugged in to support local needs, and Chippers’ generosity now is a shining example of that. We’re enormously grateful!” Because through its Family Resource Center, LRCS regularly works so closely with many local families who are most vulnerable and in need of support, the organization can deploy funds quickly and can ensure that it’s making an immediate difference on the ground. Vice President of LRCS’ Family Resource Center, Erin Pettengill, highlights “For most families, it’s about helping them the concrete, basic day-to-needs—whether for food, or utilities, or other needs. This goes a long way in helping us meet the broad range of

About LRCS As one of Belknap County’s primary social service agencies, Lakes Region Community Services provides a broad range of programs and services designed to support and empower individuals and families throughout 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 operates the Family Resource Center of Central New Hampshire, and is one of the state’s ten area agencies that provide comprehensive services to people with developmental disabilities and acquired brain disorders, enabling them to be active and fully-participating citizens in their communities. LRCS’ mission is to serve the community by promoting independence, dignity, and opportunity. About Chippers, Inc. Proudly accredited by both the Better Business Bureau of NH and the Tree Care Industry Association, Chippers is team of professional arborists, turf & plant health care specialists, horticulturalists, and land care experts that have been serving residential, commercial and institutional clients since 1986 with three locations in central Vermont and New Hampshire. Chippers was named one of the Best Places to Work in Vermont for 2020 and 2019, and was also named one of the 2019 Best Companies to Work For in New Hampshire.

BUSINESS DIRECTORY

PLUMBING

Thursty
water systems

One Call Does It All

WATER FILTRATION
ELECTRICAL - PLUMBING
HVAC - GAS

569-1569
www.thurstywater.com

Dew's Tree Service

Specializing in Technical Tree Removal

28 Years Experience
Certified Arborist
Crane/Bucket/Climbing
Fully Insured

Office: 603-269-5272
Cell: 603-817-8371

FLOORING

ALTON FLOORING AND TILE

Office: 603-875-3507
Residential/Commercial
Carpet, Tile, Hardwood, Laminate, Vinyl,
Island work, Boats, RV's/Campers, Etc.
alton_flooring.tile@yahoo.com
18 Depot St. Alton, NH 03809



Servicing all makes and models
foreign and domestic

B-BOYS AUTO REPAIR

603-269-7712

19 Gray Road
Barnstead, NH

Paul Bousquet Sr. & Jeff Bousquet Sr.
75+ years of combined auto repair experience

The health and well-being of our customers and family is our highest priority but we also recognize the role our business plays in providing an essential service to the community. In order to balance these priorities, we have made the decision to remain open but with reduced business hours.

Monday, Wednesday, Friday 8:00-12:00
Tuesday, Thursday 12:00-5:00

needs we know families have.”

LOVE YOUR COMMUNITY:
Spend Locally!



When measuring a river, you do it with a smile



By JOHN HARRIGAN
COLUMNIST

If tiny Fourth Connecticut Lake, reachable only by international footpath, is accepted as the true source of the Connecticut River, then the river drops 2,670 feet on its alleged 406-mile journey to the sea.

Now, “alleged” is a fuzzy yet powerful term. It means you’re not quite sure, or “maybe,” and is thus fuzzy. In legal terms it means no-man’s land—not proved, or unproven. In social circles, however, it is a powerful word, because it can connote something not quite right. It’s like using “claimed” instead of “said.”

One day after the paper had come out, I was running a job-printing press in the back shop when a logger came straight off his logging job, still in his chaps and hard-hat, madder than a hatter, and backed me right up against the wall. He told me, through clenched teeth, that it was wrong to report that he “claimed” this or that, instead of “said”—and he was dead right. “Claimed” carries an air of suspicion. The two terms are not interchangeable.

But in the case of the Connecticut River, I can use “alleged” fairly, because how do you measure a river at 406 miles? Any good river with a broad valley to roam in forms meanders and then cuts them off. There are several old cut-off meanders known as “Horse-Shoe Pond” along the river’s course.

Anyway, I’ve seen the Connecticut’s length given as 412 miles. If you Google it, and go with Wikipedia’s map notes, you get 410. It’s all in where you look.

+++++

The trail into Fourth Connecticut Lake alternates from boulder and bedrock to bog, and is an absolute delight. The “delight” part is because in places you are literally hopping back and forth from New Hampshire to Quebec, or from the United States to Canada and back, all this in order to keep from going into mud over your boots.

Where else can you do that? Well, somewhere along the wild and lengthy Maine border, I’d bet, and maybe in the Boundary Waters.

Some of the guide books over the years have described Fourth Lake as “little more than a mud puddle,” or “not much more than a beaver pond,” or an outright disappointment.

I don’t get this. To me it’s a pretty little pond that has bragging rights as the source of the mighty Connecticut, which also happens to be New England’s longest river.

If you bushwhack south-southwest around the lower end of Fourth Lake (Fourth Pond), and follow the little brook that issues forthwith, and hurl yourself through some pretty thick spruce along the shoreline, you emerge at Third Connecticut Lake.

This is a far more substantial body of water, at 231 acres. The deep hole, at just over 100 feet, is in the northwest corner of the lake, just offshore from a large outcropping of granite ledge.

A faint trail can be

seen there leading north into the Province of Quebec, or better put, from Chartierville down into Pittsburg, kept up as a path, more or less, by people who derive a certain amount of distinction by doing a little international fishing. I would be shocked, do you hear, shocked, if such a thing were still going on today.

Third Lake’s outlet is barred (sort of) by a series of beaver ponds, but the dams are low enough for two people to push and pull a canoe over, or at least they were back when I was foolish enough to be doing those things.

+++++

From West Stewartstown all the way down to the Maidstone Bridge, the Connecticut is a fine river to canoe. The current is swift enough to carry you right along, with only perhaps a dozen or so stretches where you’d better be paying close attention.

Over the years, I’ve had up to five boats along for a trip, and there are many stretches where on a hot July day you can let the kids wade right alongside or trailing the canoes. The bottom is all sand and fine gravel, with no pain for little piggies.

My brother Peter and I did that one summer day with the collective cousins in tow, and they frolicked about in these clear and shallow stretches, splashing around with the utmost freedom and glee.

All you have to do is beware the deep pools, for which the Connecticut is infamous.

+++++

The Connecticut River runs along a major fault-line for much of its course, a meeting place of tectonics. Our plate



JOHN HARRIGAN

The Connecticut River runs wild and free from the outlet of Lake Francis all the way to the Gilman Dam. This stretch is just below Pittsburg village.

(New Hampshire) is taking a geological slow-motion nose-dive under their plate (Vermont).

This means that the Connecticut River, running on a slightly tilted plate, is abrading against the Vermont shore, all the time, 24-7, meaning 365 days a year, 366 in a Leap Year, and so on, give or take a millennium.

This means that Vermont is losing an acre or two every so many years, to New Hampshire’s gain. As a New Hampshire guy, I like this equation. There is always some good-natured give and take going on between New Hampshire and Vermont. Once in a while, it’s nice to win.

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

Health – 569-7585
For those who need a primary care provider – 569-7669

Huggins can care for you with telehealth

WOLFEBORO — As the spread of COVID-19 continues throughout our communities, Huggins Hospital is making it easier and safer for you to receive the medical care you need. Huggins Hospital now offers access to care via telehealth, a remote delivery of healthcare services or information using various technologies.

Telehealth visits – either by video or telephone – allow your Huggins Hospital provider to check in on your symptoms, adjust medications and modify treatment plans as needed. Simply call your Huggins Hospital primary care office to request a telehealth appointment. If you need a primary care provider, you can call Huggins Hospital’s PATH specialists at 569-7669 and they will help you establish care with one of the local offices – locations in Alton, Moultonborough, Ossipee, Tamworth and Wolfeboro – to access the telehealth service options.

Telehealth visits are

available for primary care and pediatrics, as well as a broad range of specialty care services including physical and occupational therapy, speech therapy, orthopedics, general surgery, women’s health, counseling services and more.

What technology you need for a telehealth visit Many laptops, tablets and smartphones are already equipped with everything you will need for your telehealth visit. To ensure a successful telehealth visit, you will need a device with a webcam or video accessibility and speakers. You will also need a secure internet connection. You should utilize a well-lit, quiet environment. Huggins Hospital office staff will connect with you prior to your visit to make sure your virtual technology set-up or telephone will support your appointment.

Your healthcare providers at Huggins Hospital want to make sure you are still getting the care you need. If you

do not feel well or are in need of a check-up, please reach out to us so we can find the best option for you to get care.

Please call your current Huggins Hospital healthcare provider office with the phone numbers below to set up a telehealth appointment or call Huggins Hospital’s PATH specialists at 569-7669 if you need to establish care with a primary care office first.

Alton Family Medicine – 875-6151

Back Bay Rehabilitation – 569-7565

Internal Medicine Associates of Wolfeboro – 569-7588

Moultonborough Family Medicine – 476-2216

Ossipee Family Medicine – 539-6996

Tamworth Family Medicine – 323-3311

Wolfeboro Family Medicine – 569-7574

Wolfeboro Pediatrics – 569-7620

Orthopedic Surgeons – 569-7690

Wolfeboro General Surgery – 569-7511

Wolfeboro Women’s



BARNSTEAD ELEMENTARY SCHOOL
91 Maple Street
Center Barnstead, NH 03225
(603) 269-5161
Fax (603) 269-2632

**BARNSTEAD ELEMENTARY SCHOOL
KINDERGARTEN REGISTRATION**

Children may enter kindergarten if their chronological age will be five before September 30th of the year entering school.

Please contact us at **269-5161** for a registration packet or stop by the school office. Orientation/Screening date TBD.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Selle	Buyer
Alton	Minge Cove Road	N/A	\$90,000	Joanne E. Lundy and Ben L. Shibley	Charles Lightbody
Barnstead	12 Briarwood Dr.	N/A	\$205,000	Jared D. Fournier	Michael R. and Takara C. Vaillancourt

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

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

MARK ON THE MARKETS

Risk assessments



BY MARK PATTERSON

More times than not, assessing a potential new client portfolio, I see a mix of mutual and exchange traded funds. Some of these are managed mutual funds that carry a high expense and some low-cost exchange traded funds, typically to cover the bond allo-

cation. The question to my potential new client is rhetorical in the sense that I kind of know the answer before I ask. I ask them if they answered a risk questionnaire. They often say yes, and tell me they were a 6 or 7 out of ten. The S and P 500 risk is about 7, on that scale. When I drill down further with questions that identify how much of their portfolio they could potentially lose via market risk, interest rate risk, credit risk and sequence of returns risk, the profile changes dramatically. Then we may discuss the purpose of the portfolio that is not at all addressed in a risk assessment. You must understand that the retail financial advisor

community is directed by the broker-dealer that in my opinion, uses risk profiles to cover their brokers, but does not go far enough into risk, other than market risk and certainly doesn't address the real purpose of those assets being profiled.

Most of us understand market risk, especially with the equity markets having been on a tear over the last year, and then having a Black Swan event, like the Covid virus dropped on us. But many of the portfolios I see involve bond funds or bond ETF's that have interest rate and credit risk. These funds are perpetual, in other words, have no maturity date. If interest rates go up, bond values go down

and you lose money. As an asset manager, I use individual bonds that pay a coupon rate that is steady and sustainable, as well as predictable with a maturity date, so we can manage the income needs of the client while immunizing the portfolio against interest rate risk. We can mitigate, but not eliminate credit risk by using only investment grade bonds. In extreme conditions as we have experienced lately, investment grade can down-grade to "junk" status overnight. We can assess a real risk tolerance and manage a small portion of market risk by using some conservative option strategies. Sequence of returns risk is then managed, in

part, because we have managed or mitigated the other risks we already discussed!

We at MHP Asset Management may use a software program that can give us a good first blush at our client's true risk profile, but even that is not as effective as discussion with the client about the true purpose of the investments and assets. From that point on we can determine the purpose of the assets in the portfolio. We design portfolios with conviction and purpose, and because we are the asset managers, you will never pay a "relationship" fee! What that means to the client is that your portfolio will be crafted for the client's

needs and true purpose, and by doing that, the client will have a true risk and needs portfolio that works just for them. We are a fiduciary advisory that works for our clients, not a broker-dealer. Our specialty is portfolio design, implementation and management. Our clients work with the manufacturer of the portfolio, not the retailer with their additional cost mark-ups. Experience the difference of having an actively managed portfolio that can adjust to market conditions.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or mark@mhp-asset.com.

Gunstock announces limited operations for summer

CAMPGROUND

OPENS MAY 23

As the extraordinary events surrounding the spread of the COVID-19 virus continue to unfold

in the United States and in New Hampshire, the Gunstock Area Commission and Gunstock management team have been working diligently to develop a safe and responsible Summer 2020 Operating Plan. The

rapidly changing nature of the COVID-19 crisis requires us to keep the health and safety of our employees and guests at the forefront of any decision impacting Gunstock's summer operations.

The Gunstock Area Commissioners have weighed all the information currently available. At the public meeting on April 14, they instructed Tom Day, President and General Manager, to proceed with the opening of the Gunstock Campground on Saturday, May 23 (tentative). They also approved a reduction of offerings for summer activities to offer the popular Segway Tours and introduce new E-Bike Tours.

Regrettably, because of the tactile nature of the Adventure Park activities, the Zipline, Aerial Treetop Adventure course, Mountain Coaster, and Discover Zone attractions will be suspended for the summer 2020 season.

As the situation in New Hampshire and the Lakes Region continues to develop, Gunstock will continuously assess the circumstances and provide timely updates on the 2020 Summer Events schedule.

Tom Day wanted to share the following statement with staff and the local community:

"The decision to suspend operations of the Gunstock Summer Adventure Park is an incredibly tough decision to make, especially for our summer staff. But it is a decision Gunstock stands behind given the known risks of furthering the spread of the COVID-19 virus. Until health officials are able to assure us that it is 'safe to go back in the trees,' we remain committed to the social distancing guidelines that have kept New Hampshire from experiencing an outbreak like many other communities

around the world have suffered.

"Over these last few weeks, we've heard from many of you who made your way to the mountain looking for a moment outside, away from the news of the day. Thank you for sharing your experiences with us. Keep 'em coming! We will be right here with some of the best camping and hiking in the Lakes Region. And if you've never tried an e-bike or off-road Segway before, now is the time!"

"Don't forget, season pass sales for the 2020/21 winter season are in full swing and we recently launched a new pass payment option, making your Gunstock pass more affordable than ever before. The team will be here hard at work getting the lifts, trails, and facilities ready for opening day on Dec. 5.

"As always, thank you for your continued support. We wish you a healthy and safe summer!"

About Gunstock Mountain Resort
Located in Gilford and boasting spectacular

mountaintop views of Lake Winnepesaukee and the Ossipee Range, Gunstock Mountain Resort is one of the largest four season recreation areas in the state, and one of the oldest, opening its doors in 1937. Gunstock was the first New England ski area to install a chairlift, offers 1,400 vertical feet, 227 acres and 48 alpine and freestyle trails, plus 50km of dog-friendly cross country, snowshoe, and fat bike trails. Gunstock's campground has 290 sites, cozy cabins, and RV/trailer hookups, providing outdoor accommodation for kids of all ages when they stay and play at the mountain. Gunstock also plays host to a growing number of events, such as Gunstock Rocks New Year's Eve, BYODC Pond Skim, Gunstock Hillclimb, SoulFest, and Gunstock TrailFest trail series. For additional information please visit: www.gunstock.com, www.facebook.com/gunstockmtn, www.instagram.com/gunstockmtn, www.twitter.com/gunstockmtn.



Wilkinson-Beane
SIMONEAU-PAQUETTE
FUNERAL HOME & CREMATION SERVICES



Cremation of NH.com

We specialize in both Cremation and Traditional Full Burial

Our dedicated staff is here today as we have been everyday for over a century. Arrangements can be made online, by phone, or in person. Your families' needs are our priority, and you can always expect the personal attention your loved ones deserve.

164 Pleasant Street, Laconia, NH
www.wilkinsonbeane.com ~ 524-4300

Speedy Wash n Go Laundromats



ALSO OFFERING
WASH-DRY-FOLD

By appointment
DROP OFF
AND PICK UP

3 CONVENIENT LOCATIONS

7 School Street, Alton
Open Daily 7 am to 9 pm

8 Church St, Belmont
Open Daily 7 am to 9 pm

46 Center Street, Wolfeboro
Open 24/7

603-498-7427

Business Account Discounts
CALL 603-948-5070 FOR DETAILS

AIR-CONDITIONED

Clean - Bright - Friendly
! From Single load machines
to 60 pound machines !

Accepting: Cash, Credit, Debit and Loyalty Cards
Website- Speedywashngo.com
E-Mail Speedywashngo@gmail.com
All laundromats have 24 hour video surveillance.



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 or e-mail ahfc@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am-6pm; Tues-Thurs 9am; 875-6161.

BEFREE COMMUNITY CHURCH, ALTON
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, 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. 269-8831.

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
Alton Bay Barnstead July 1-Sept 2
10:00am 20 Church Street

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC
Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd., Pastor Nancy Talbot, 776-1820, ccnorthbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON

Worship Services 10:00 A.M.
Sunday School 10:15 AM
400 Main Street
Farmington, NH 02835
Pastor Kent Schneider 755-4816
www.farmingtonnhucc.org

FIRST FREE WILL BAPTIST CHURCH
Sun. School 9-9:45am; Church 11am; Evening Service 6pm;
Wed. Prayer Meeting 7pm. Depot St., New Durham;
Pastor James Nason.

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.
Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548
Father Robert F. Cole, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30, 50 Main St., Pittsfield
Rev. Miriam Acevedo, 435-7908
www.ststephenspittsfield.com

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA
Sunday services and religious education 10:00 a.m.
All are welcome.
172 Pleasant St. Laconia • 524 6488 • uusl.org

MAPLE STREET CHURCH
Sunday Service 11am
96 Maple Street
Center Barnstead NH 03225

PEASLEE FUNERAL HOME

and Cremation Service

(603) 755-3535

www.peasleefuneralhome.com

Main Office: 24 Central Street, Farmington, NH

2079 Wakefield Road, Wakefield, NH

Alton Funeral Home 12 School Street, Alton, NH



Baker-Gagne Funeral Home

Cremation Service

Pre-Arrangements - Traditional Funerals
Simple Burials - Cremation Services
Monument Company



F. Rick Gagne - Funeral Director
Mill Street, Wolfeboro, NH 603-569-1339
Route 16, West Ossipee, NH 603-539-3301 baker-gagnefuneralhomes.com

(800) 539-3450

Comfort Keepers

Diabetes management

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

The American Diabetes Association has stated that 25 percent of seniors have some form of diabetes, and that number is expected to increase as the population of adults 60 and over grows.

As you know, diabetes is a condition that prevents someone's body from properly processing sugars, leading to elevated blood sugar levels and negative health effects as a result. While diabetes has its own signs and symptoms, it can also make other conditions worse – conditions like heart and kidney disease.

Diabetes can be effectively managed by seniors, but it's often important for older adults to seek help from their care team, including their family, physician,

nutritionist and caregiver. Here are some strategies for people dealing with diabetes:

Education – There is a lot for someone to learn when they receive a diabetes diagnosis. Depending on the physician's recommendation, changes may need to be made to a senior's diet, exercise, medication and treatment plan. There are also new symptoms, risk factors and medical needs that a person may have. It's important for older adults to learn everything they can about their diabetes and how to treat it.

Diet – Diet plays a huge part in diabetes management. A nutritious diet that is low in sugar is important for reducing symptoms and complications from the disease. Sugar from fruit should typically be avoided too, along with saturated fats. Diabetes educators can help seniors plan meals that

will successfully help them maintain their health.

Exercise and activity – Seeking advice from a health care professional is the best first step for seniors that want to create an activity or exercise plan. While the American Diabetes Association recommends 30 minutes of exercise per day, five days per week, that level of activity isn't always possible for some. However, shorter periods of activity, done throughout the day, can be just as helpful when managing diabetes. Seniors should always speak to their physician before starting any exercise program.

Prescribed medication is critical – Missing a dose of medication can have negative effects on diabetes sufferers. Seniors that have a hard time keeping track can set up a system of reminders, whether that's a pill box, an alarm, a

checklist, or a caregiver or helper that can prompt them to take medications. In addition to prescribed medications, vaccines can also be a useful tool in diabetes management – for example, complications that are caused by the flu can be more severe for those with diabetes.

Check glucose and other levels – Most seniors with diabetes will need to keep an eye on their glucose levels. A physician will typically let someone know how often they should be checking, and what to watch out for. Blood pressure and cholesterol levels can also indicate a problem – those should

also be checked on a regular basis by a health-care professional.

Comfort Keepers® Can Help

Diabetes can be difficult to manage, and the trusted care team at Comfort Keepers can help. Our caregivers can remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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 for more information.

ACS giving back during time of crisis

BY DEREK PAPPACENO

Enrichment Teacher

Alton Central School

ALTON — With social distancing, travel restrictions, and working at home, the Coronavirus is impacting everyone. Healthcare systems are certainly overloaded, running low on staff and medical supplies. I had several friends and colleagues reach out to me as news of 3D printing personal protective equipment on social media.

Superintendent Pam Stiles emailed me on April 6 with information from the president of NHSTE. They were asking if a district has a 3D printer, to strongly consider using it to create the resources needed by medical personnel. I was excited to have the support of the school and participate in such a program. The very next day, I joined The Shield Team, created by Doug Scott, an engineering and robotics teacher from Hopkinton, Massachusetts and Mike Looney, Director of Cape Cod Makers Society. The two men connected via Twitter in March to start

testing and failing at creating PPE.

Pandemics require many resources, including PPE in order to prevent infection. One type of PPE, face shields, creates a physical barrier between two people to reduce the transfer of a disease through the eyes, nose and mouth. The Shield Team consists of over 180 members (teachers, engineers, students, nurses, makers) from 25 states.

In the past 3 weeks, the team has printed over 11,000 shields, 16,000 sheets, 1,200 ear guards. With 2 printers in my basement, working over 12 hours a day, I was able to print 130+ visors for Huggins Hospital and any neighboring facility that would need support. The Shield Team can be followed using the hashtag #theshieldteam2020.

Alton Parks and Recreation Connection

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

Fort Point Woods and Trask Swamp Preserve is the trail in our spotlight this week. The preserve is located in Alton at 193 Fort Point Rd. Traveling down Route 28 toward Wolfeboro, take a left onto Chestnut Cove Road for approximately half a mile until you get to Fort Point Road (Yield Sign). Take a right onto Fort Point Road, and follow for about nine tenths of a mile, where you will see a kiosk on your left. Off street parking is available on site.

Fort Point Woods and Trask Swamp Preserve is made up of over 183 acres of woodlands and wetlands, and has been protected since its purchase in 1995 by the Lakes Region Conservation Trust. There are just over two miles of walking trails located at the preserve. It's a gentle walk through the woods with many different types of wildlife and plant life.

This location is a great place for birding. Migrating birds are plentiful there. Blue Heron, Pileated Woodpeckers, Great Horned Owls and Red Tail Hawks have been known to call this place home. The wetlands are exploding with different types of wildflowers and rare plant life as well. Fort Point Woods and Trask Swamp Preserve is a great four-season recreation site with a lot to offer. This space is ideal for hiking, photography, snowshoeing and even cross-country skiing.

More information on Fort Point Woods and Trask Swamp Preserve and other local recreation areas can be found on the Town of Alton's Web site: www.alton.nh.gov: Government-Conservation Commission- click on blue button- Hiking Trails. Another resource for local trail information is forestsociety.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!

ONLINE

(continued from Page A1)

Announcements of needed illustrations will be here in The Baysider, posted on the library's Facebook page, and in its weekly e-newsletter. In order to receive the e-newsletter, go to the homepage at newdurhamlibrary.org and click the "Subscribe" button.

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 library is also 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.



**28 Stone Road
Belmont, NH 03220**

(603) 267-6547
M-F 6:30 am - 3:30 pm
Sat 6:30-11:00 am

- **Bark Mulch** blk/dkbrown hemlock
- **Loam**
- **Stone**
- **Sand**
- **Ledge Pack**

Pick Up & Delivery
Homeowners & Contractors Welcome



NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.



(603) 569-7878
PAVING GREAT JOBS & QUALITY CUSTOMER RELATIONSHIPS
WE SERVE: Residential, Commercial, Condos & HOA's, Hotels, Schools, Churches, Etc.
WE PROVIDE: Paving, Sealing, Cracks, Grading, Gravel, Redamation, Repairs & Sitework
SPECIALS:
\$100 off Paving (\$1,000 MIN.)
\$25 off Sealcoating/Repairs
www.sundaypaving.com

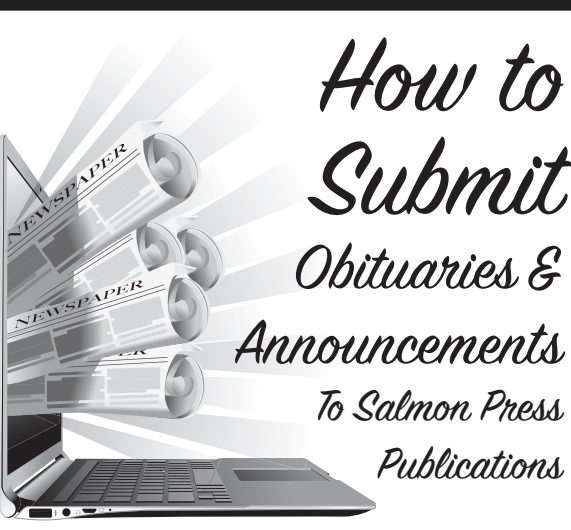



OVER 20 YEARS

Mountainside Pit
NOW OPEN
Off of Sandy Knoll Road, Tuftonboro
Sand Fill
For questions call Jim Bean
603-455-5700



#4 Fire Lane 16, Barnstead NH 03218
(Located on parade circle)
Dogs, cats & many more
Call to inquire about our services and make an appointment.
603-813-2013
Pet approved!



How to Submit Obituaries & Announcements To Salmon Press Publications

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

Obituaries can be sent to:
obituaries@salmonpress.com
Wedding, engagement, and anniversary announcements are welcome at:
weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.
Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 101
with any questions regarding the submission process.

NEW DURHAM
(continued from Page A1)

down through the women of the family until Nancy Willey, daughter of Samuel Willey, Jr. married Samuel Downing. The dam, where all this activity was centered, is still in existence on Merrymeeting River which impounds Downings Pond. At this time, a deed dated June 24, 1836 recorded the Willey/Downing mill complex included a grist mill, saw mill and mill yard of one acre, clothing shop, an interest is sold to Samuel Jones. The Jones' family would play a role in the changing courses of this river system.

Today, the young and older citizens of this community enjoy recreational activities at the Elmer C. Smith Ballfields. The ballfields and play areas are built upon the largest sawdust pile in New Durham. How



The Allen Handle Company.

did all that sawdust get there? The area once was the location of a thriving business that manufactured brushes and wooden handles.

The Edward E. Rice Handle Factory began at Downings Pond in 1881, and was incorporated in 1893 as the Rice Manufacturing Company of New Durham. Mr. Rice

held many patents for designs of machinery related to this business. He utilized water for power. Some of the items manufactured where fly-brush killers patented for 1900 and sink and small brushes, wire brushes and handles of all kinds. The mills consisted of wire brush works, wood working mill and an

enameling facility. A saw mill was located at the dam for sawing of the logs, that were floated down into Downings pond.

1906 the factory was purchased by Osborn Company when they decided to expand their operations and product lines. Osborn Manufacturing operated until



The Downings Mill Complex, ca. 1871.

sometime between 1914 and 1919 when the business changed ownership. Mr. Joe E. Berry purchased the business. It appears Mr. George H. Jones was involved during this time. He is connected to the brickyards in Gonic and was shipping wood, by rail to Gonic to fire his furnaces used to cure bricks.

Ownership changed again in 1919, when Mr. Dean Allen purchased the handle factory. During his time of ownership, he employed 75 hands for wood turning and enameling operations. A merger with Rogers Company out of Laconia opened a larger market for the sale of brushes and handles. The Allen MFG Company of Main Street would

suffer a disastrous fire October 1931. The loss was estimated to be \$100,000. The loss was too great, and the decision was made to move the operations to Laconia instead of rebuilding. The Allen-Rogers Company ceased operations in 1999. Today, along Main Street, some of the original buildings are still standing.

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.

PET OF THE WEEK

JOAN

Meet sweet Joan! Joan came all the way from Lubbock, Texas to find her forever family. She is a 2 year old boxer mix ready for adventure. Joan is currently learning quite a bit at our shelter. She is food motivated and willing to train! Currently Joan knows sit, down, is learning leash skills such as 'with me' aka heel, and loose leash walking. Joan would do best in an active adult only home as the only animal. If prospective adopters have another dog, we are happy to try them, however Joan has been a little over the top with her doggy friends. No cats for this sweetheart!



NH Humane Society

Over a century of love for those without a voice.

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539





Celebrate Our

LOCAL SPORTS HEROES

Past, Present & Future











Celebrate the achievements of local athletes and their stories of success.

Send a picture and description of your athlete to news@salmonpress.news

We will run select photos and submissions in an upcoming issue!



HELP WANTED

TOWN OF ALTON HELP WANTED

The Town of Alton has a position for a full-time, year round, benefit position as Assistant Mechanic for the Highway Department.

Applications and a full job description are available on our website www.alton.nh.gov.



Now Hiring

Full Time Equipment Operators,
and Laborers.

Competitive salary based
on experience!

Call Nathaniel at (603)730-2028

PARTICIPANT DIRECTED AND MANAGED
SERVICES ARE LOOKING FOR YOU!!



We are looking for part time Consumer Directed Assistants to join our wonderful and growing team! These positions are available across the Carroll County Region including in West Ossipee, Brookfield, and Madison. Responsibilities include, but are not limited to; Assisting the individuals with their goals and learning adult skills as well as hiking, biking, socializing with their peers, finding volunteer opportunities in the community and creating meaningful relationships. If you are a creative individual with a great sense of humor and enjoy making a difference in someone's life, then we WANT TO TALK TO YOU!

Our positions offer a flexible schedule and a supportive work environment.

Candidates seriously interested in making a difference, please send a resume with phone number and e-mail address to Rhonda Vappi, Office Manager at NHS - 87 Washington Street, Conway NH, 03818, or you can fax to 603-447-8893, and email to rvappi@northernhs.org.

This position requires a valid driver's license, proof of adequate auto insurance and completion of driving, criminal and background records checks. This Agency is an Equal Opportunity Employer, and Provider.(432,446, 402)

Now Hiring

PDK COTTAGES

Seeking full time employee for our maintenance crew.

Must be able to work with others and independently. Valid drivers license with reliable transportation and a good work ethic, all required.

Please call Paul at 781-983-3439



Alvin J. COLEMAN & Son, Inc.
Established 1940

9 NH Route 113, Conway, NH 03818-9505
Office (603) 447-5936 • Fax (603) 447-5839

TRUCK DRIVERS WANTED

- CDL Qualified
- 2-years experience
- Construction experience a plus

Please call:
(603) 447-5936 Ext. 307

Gorham, Conway, Ossipee, Concord, & Bethel Me



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.

You must be Board Certified/ Licensed and be exceptionally strong in leadership, interpersonal and time management skills. Do you enjoy communicating regarding clinical findings and providing appropriate recommendations? Are you interested in truly making a difference and changing lives?

As CLINICAL DIRECTOR, you will be at the helm of a talented team of clinicians and working in tandem with the myriad of services offered at our Community Mental Health Clinic.

Here is why you will enjoy coming to work every day:

- Healthy schedule affording a great work-life balance
- Manageable caseloads
- Meaningful collaboration with a team of passionate clinicians and seasoned counterparts
- Opportunities to provide training and supervision to your team
- Excellent benefits and a generous vacation package.

We look forward to hearing from you

Entry Salary \$60,000 depending on licensure status and experience. Dually licensed candidates (LCMHC/LDAC) will find a setting that values both specialties.

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

All positions at NHS require a valid driver's license, proof of adequate auto insurance, and the completion of criminal and background checks. This agency is an Equal Opportunity Employer, and Provider.

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
www.northernhs.org

VACANCIES BERLIN PUBLIC SCHOOLS

Berlin, NH

Berlin Middle High School

General Special Education Teachers

Chemistry Teacher (9-12)

English Teachers (6-8)

Science Teacher (6-8)

Berlin Elementary School

Grade 5 Teacher

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.) to Julie King, Superintendent, 183 Hillside Ave., Berlin, NH 03570 or email hr@sau3.org. EOE



CLASSIFIEDS

For Advertising Call (603) 444-3927

HELP WANTED

MOUNTAINSIDE LANDSCAPE INC.

is seeking a full time employee. Must have a CDL and be able to obtain a medical card. Experience running heavy equipment a plus. Excellent pay for the right person.

Please call Jim at 603-455-5700 or email mtnsidelandscape@roadrunner.com to set up an interview.

HELP WANTED

BLACK DIAMOND BARGE CO.

is seeking a full time employee. Experience driving a barge and knowledge of Lake Winnepesaukee a plus. Must be able to run heavy equipment. Must be able to obtain a NH Boaters license and a medical card. Excellent pay for the right person.

Please call Jim at 603-455-5700 or email blackdiamond-barge@roadrunner.com to set up an interview

Mountainside Landscape

is hiring for positions in landscape installation and maintenance.

Please call Jim at 603-455-5700 or email mtnsidelandscape@roadrunner.com

FIX IT!

Handy Dad
fixes things.

Leave a message and play telephone tag.

Gunnar
269-3616

FOR SALE

14-inch
Craftsman
Band Saw
Excellent
condition

CALL: 569-4799



SUD'S N' TRIM PET GROOMING & BOARDING

Your Best Friend's Dog and Cat Salon
TICK/Itchy Skin Shampoo
Treatments, Nail trims,
Teeth brushing.

All Breeds Welcome!
27 Years Experience.
Satisfaction Guaranteed!!
603-569-6362
Look us up on Facebook



Clifford's Dog Club BOARD YOUR PUP WITH US!

Book Spring & Summer Vacations now! **DAYCARE** for your pup: 3 playgrounds, indoor arena, adventure trail hikes like no one else with mountains and streams. Your pup gets to run off leash on miles of trails. Play areas for small & large dogs. Weight loss program available.

"A Tired Dog is a Happy Dog!"

Join Us for a Walk!

Please Call or Text:
603-455-6977



Makerspaces respond to COVID

WOLFEBORO — A quote by Mr. Rogers has been circulating across the internet over the last several weeks in the wake of COVID-19: “When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

Last week’s newspaper showed us that one doesn’t have to look far for these helpers. From mask makers to meal delivery services to orchestrating drive-by birthday parades, in times of need, there are always helpers to be found.

Local nonprofit, G.A.L.A., is part of a statewide network of makerspaces that are demonstrating their own unique ways of helping right now. The fact that makerspaces are generally equipped with light manufacturing and fabrication equipment, and serve as hubs for inventors, crafters, and engineers, positions them well to respond to COVID-19 in inspiring ways. It should come as no surprise to learn then, that a Maker’s Open Source COVID19 Medical Supplies Facebook Group has started and already has over 70,000 members.

The group’s description reads, “Open Source Medical Supplies provides local makers with medically vetted, open-source plans and support in organizing local value chains so you can create and distribute much needed protective gear and equipment to your local communi-

ties.”

A Google document is being used to consolidate resources including designs for manufacturing Personal Protective Equipment (PPE) such as goggles, surgical masks, respirators, protective gowns, and disinfectant. Many of these crucial PPE items are now in short supply due to interruptions in the supply chain, and also from the demand as the number of patients infected continues to grow. Makerspaces throughout the northeast including a few in New Hampshire are contributing and using these designs to supply their local hospitals with identified needed PPEs.

Some of these PPEs, like fabric masks, can be made by anyone with access to a sewing machine, as we are seeing from the many dedicated local makers posting on Facebook, and the Wolfeboro Mask Makers and others highlighted in last week’s paper. Other equipment like face shields, however, require more involved technology like 3D printers, which is where makerspaces become especially well-suited to respond. Some makerspaces are also equipped to manufacture key medical equipment including ventilators, respirator parts, and incubation enclosures. As one might guess, there are important design standards to follow so that the intention to help does not cause more harm than good. These standards are compiled alongside designs and further vetted in direct

collaboration with medical professionals.

As if makerspaces weren’t relevant enough in addressing workforce challenges and carving out pathways for gainful employment and fulfilling careers, they are now demonstrating how valuable they are for emergency preparedness and community resilience.

GALA’s Assistant Director, Carol Holyoake, shares “While GALA’s original goals for the makerspace remain central - to support career pathways, address the workforce skills gap, especially with the trades, COVID-19 reinforces the imperative and importance of this work. While we don’t wish for future catastrophic events, we see that our future makerspace will be of far more service than envisaged and we are more galvanized than ever before to deliver on that promise.”

A glance from the outside of GALA’s building at 23 Bay St. in Wolfeboro belies the activity going on inside as architectural and engineering designs are wrapped up and energies are shifted to defining and documenting the construction scope. If all continues on target, building renovation work is planned to commence this fall with a Phase 1 renovations completion date of late 2021. Sticking with this timeline means that GALA must continue its ambitious fundraising efforts to raise the final \$500,000 of the \$1.5 million. These funds will



Burlington, Vt.’s Generator makerspace is churning out protective face shields for possible use by local medical professionals.

cover required renovations to meet fire safety and life safety standards and updated building codes addressing things like energy efficiency and accessibility. Half of this remaining budget is in the form of business tax credits available for any business with New Hampshire profits or enterprise tax liability.

Founding Director, Josh Arnold, speaks to the challenge ahead.

“In the same way that we didn’t get this far alone, it will take all of us to continue showing up for GALA to sustain the momentum and stay on track for a 2021 opening date. Let’s not allow the uncertainties of these times delay the very thing that will help us overcome challenges like this in the future,” Arnold said.

While the value of makerspaces are being affirmed all across the country for their swift response to COVID-19, the long term impact may be even more noteworthy.

Arnold elaborates that “Investing in the makerspace is seeding fertile ground for the reimagining and rebuilding of an economy that is more resilient than the one we are watching buckle under pressure. On the other side of this, we have an opportunity to build - to make - a society that reflects our deepest values, and that’s where I see the GALA community really rising to the occasion, and the makerspace as the perfect vehicle.”

The organization has received lots of positive responses from their recent “Tool Raiser” launch, as residents set aside tools they want to donate to the makerspace. If you have any tools to contribute or would like to make a donation to help GALA take the next step in the required building renovations, visit <https://galacommunity.org/> or mail a check to GALA, PO Box 2267, Wolfeboro, NH 03894. GALA also accepts stocks, bequests, and can discuss a variety of planned giving options. For more information about how makerspaces are responding to COVID-19 or to get involved in establishing Carroll County’s first independent makerspace, call GALA at 569-1500 or email contact@galacom-munity.org.

REAL ESTATE



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.





Listings Wanted!
27 South Main Street • Wolfeboro, NH
603-569-0101
www.wolfeborobayrealestate.com



Look for something positive in each day, even if some days you have to look a little harder

Join us in spreading hope and positivity throughout town while supporting a great local cause! Our Broker Sarah Blair's daughter, Hayden (pictured above), drew the image of her rescue pup Winni for this sign design. All proceeds benefit The Nick, The Humane Society and The Local Food Bank! You can purchase one of five different yard signs at Bradley's Hardware!

Visit our new "live" webcam at: www.wolfeborocam.com



55 Plus MODEL HOME
OPEN SUNDAY 12 to 2



\$169,995 Come and take a look!
Garage, Porch, Appliances
***10% down - 25 years at 6%**

Call Kevin - 603-387-7483
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

Camelot HomeCenter
ALWAYS OPEN DAILY • 10 to 6 SATURDAYS & 10 to 5 SUNDAYS

WE ARE ESSENTIAL & OPEN!

Drive up to any home, talk to a salesman by phone!
603-286-4624



Get Best Deals on our Double Wides!
\$59,995



MODULAR CAPES, RANCHES & TWO-STORY HOMES \$89,995



GREAT DEAL! 6 BED WIDE \$59,995

Visit us at WWW.CM-H.COM

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall • WWW.CM-H.COM



MEREDITH OFFICE
97 Daniel Webster Hwy
(603) 279-7046

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

VISIT US ONLINE: WWW.ROCHEREALTY.COM



HIGHLAND RIDGE IS OPEN!

MLS# 4775688 & MLS# 477023

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 or www.highlandridgenh.com for more information on these new homes being constructed in Tilton, NH. Prices start at \$299,900**



MLS# 4802173
GILFORD: 4BR/2BA on 3.74 ac! New kit., HW hickory & bamboo flrs & in-ground pool. **\$459,900**



MLS# 4801433
SANBORNTON: Beautiful 3BR on 5+ acres! Recently updated floors, roof & fresh paint! **\$279,900**



MLS# 4802107
GILFORD: To be built in Gunstock Acres! 3BR/2.5BA & garage. Day dock & private beach. **\$379,000**



MLS# 4798196
WEIRS BEACH: Lakes Region getaway! 2BR/2BA condo w/ pool & tennis. Walk to Weirs. **\$113,900**

PROSPECT MOUNTAIN HIGH SCHOOL HONOR ROLL

ALTON — Prospect Mountain High School has released its honor roll for the third term of the 2019-2020 school year.

Grade 8
Honor Roll: Jaelyn Decker

Grade 9
High Honor Roll: Nathan Archambault, Abigail Argue, Abigail Breuer, Benjamin Cormier, Lauren Croft, Joseph

DeJager, Chloe Kane, Owen Mahanes, Glidden Martin, Evan McCracken, Ava Morton, Jillian Simpson

Honor Roll: Matthew Bonner, Jayden Booker, Aidan Boyd, Kayla Carpenter, Ashley Chmiel, Cameron Dore, Kolby Dubisz, Thomas Duquette, Lauren Gilbert, Ayden LaChance, Mya Linsky, Hayden Mellon, Ella Misiaszek, Madelyn Penfield, Finn

Quindley, Bruce Rawnsley, Madilyn Ray, Nckolas Reed, Svannah Russo, Willow Sanborn, Matthew Searles, Grace Simensen

Grade 10
High Honor Roll: Emalee Bunker, Hannah Capsalis, Kira Coculo, Aidan Conrad, Connor Frenzel, Spencer Grow, Asa Guldbrandsen, Cloe Hillsgrove, Mackenzie Renner, Kendall Santy,

Jaren Unzen
Honor Roll: Jasmine Emerson, Amber Fernald, Michaela Gates, Abigail Giuda, Avery Gorneau, Charlize Locke, Connor Meehan, Emily Mott, Simon Paris, Madison Paul, Mallory Reynolds, Emily Sanschagrinn, Dennis Simpson, Millicent Snow, Brooke Stellon, Jeremiah Winslow

Grade 11
High Honor Roll: Kathryn Archambault, Maya Corriveau, Jonathan Gray, Julia Leavitt, Alexander Ludwig, Justin Maynard, Connor Moore, Abagael Swenson, Fiona Wilson
Honor Roll: Evelyn Argue, Samuel Bangs,

Dartagnan Birnie, Samuel Bonner, Yanis Bouhassoun, Jenna Brophy, Theodore Broska, Natalie Cates, Jodi-Mae Collett, Madelyn English, Jonathan Frenzel, Kylie Ingham, Audrey Jacques, Katherine Jalbert, Cassidy Kelley, Madeline Kriete, Hannah Linsky, Lindsey McCullough, Emily Piper, Adam Ross, Autumn Sheets, Trevor Smith, Dominic Soucy, Aryana Warner

Grade 12
High Honor Roll: Kyle Aubertin, Kelly Barnes, Ava Blair, Alexa Carpenter, Grace DeJager, Mackenzie Dumons, Sara Frenette, Cody Gayer, Reilly Gray, Ali-

na Hardie, Isabelle Huggard, Patrick Hussey, Victoria Keeler, Marissa Labrie, Willow Quindley, Hannah Racine, Lara Renner, Samantha Simpson, Gwendolyn West

Honor Roll: Austin Boutin, Ashley Chouinard, Amberlyn Cookinham, Ava Creteau, Ryan Dube, Aidan Gehly, Grace Hardie, Aaron Haynes, Jordan Ingoldsby, Cameron Michaud, Lily Michaud, Ava Misiaszek, Logan Neathery, Ryan Nolin, Sarah Piper, Kyle Richard, Melissa Rojek, Noah Sanville, Megan Sarno, Brandon Stellon, Jacob Street, Keegan Unzen

Mount Washington Cruises delays opening date

LACONIA — Since 1872, the M/S Mount Washington and her sister ships have invited passengers to experience the beauty of Lake Winnepesaukee. We've been here through some of our country's greatest challenges, including world wars, cold wars, depressions, recessions, the Spanish flu and the 9/11 terrorist attacks.

Although the COVID-19 crisis is unlike anything we've seen before, we remain confident that our country will come through this situation stronger than ever.

Mount Washington Cruises has always held the safety of our passengers and crew as our top priority. We recognize that in the short term, changes are needed to keep everyone safe.

We are committed to following all guidance from public health officials regarding the hosting of public events. Though the current mandate expires on May 4, we are delaying the start of our operating season until June. As we get more information regarding the success of our community efforts to combat

COVID-19, we will continue to evaluate what additional delays — if any — may be required.

In the meantime, we are reinventing our cleaning procedures, reevaluating our onboard services and implementing new systems to maintain social distance on board. This crisis will pass and when it does, we want you to know that we're doing everything we can to keep everyone healthy. We look forward to seeing you on the big lake, but until then — stay safe!

Kingswood recognizes senior scholar-athletes

WOLFEBORO — Kingswood Regional High School is proud to recognize Seniors from the Class of 2020 for achieving Senior Scholar Athlete status with the New Hampshire Athletic Directors Association (NHADA) and the New Hampshire Interscholastic Athletic Association (NHIAA).

The Senior Scholar Athlete Awards are a co-branded event hosted by NHADA and the NHIAA. The annual event recognizes and honors Seniors from

NHIAA member schools. Originally scheduled for Monday, April 6 at The Capitol Center for the Arts in Concord, the event was postponed and ultimately canceled due to the COVID19 pandemic. Governor Christopher Sununu was a guest of honor and would have addressed the group to present a Proclamation.

In order to receive the award recipients must have been a high school senior who have excelled in athletics as well as academics while demonstrating outstanding

school and community spirit and leadership.

Congratulations to all of our Senior Scholar Athletes from the Class of 2020: Grace Abraham Allison Bean, Sarah Bellefleur, Jill Blocher, Abigail Bonenfant, Kiah Borelli, Caitlin Carpenter, Hannah Crane, Gianna Cubeddu, Daniel Hartley, Elizabeth Morrison, Patrick Murphy, Matthew Place, Axel Plache, Grace Saunders, Noah Shatzer, Caroline Thomas, Madeline Ward, and Ella Weiss.

The Reading Room at the Gilman Public Library

BY ROZA BENOIT
Assistant Director
Gilman Library

PLEASE JOIN US FOR VIRTUAL STORYTIME WITH MISS LEANN - If you missed it last week, we now offer live-streaming "Virtual Story Time with Miss Leann," on Thursdays at 3:00 pm. Email storytimewithmissleann@gilmanlibrary.org, for the link.

This will be held online using Zoom on your smartphone, tablet, or computer browser. That is storytimewithmissleann@gilmanlibrary.org. Don't forget to check our library Web site for the latest updates at gilman-

library.org.

PLEASE SEND US YOUR INFO FOR OUR NEW ALL-AROUND-ALTON COMMUNITY BULLETIN BOARD - We are inviting Businesses, Clubs, Groups, Organizations, and Town Departments to contribute to our new Bulletin Board. This is a new addition on our website for the latest news. Please let us know what information you would like us to post for you. Email to rozabenoit@gilmanlibrary.org.

WE NEED YOUR INPUT FOR OUR ALTON: HISTORY-IN-THE-MAKING

BLOG - We invite every Alton resident to participate in our community blog. This is the place to share your real stories of Life in Alton during the COVID-19 Pandemic. We invite you to email your submissions to rozabenoit@gilmanlibrary.org.

READ FOR YOUR HEALTH - Please utilize our website at gilmanlibrary.org. We have reliable resource links for you to read online as well as informational videos from the CDC, to help keep you informed, safe during this time. We wish you good health. Take care!

ACS giving back during time of crisis

BY DEREK PAPPACENO
Enrichment Teacher
Alton Central School

ALTON — With social distancing, travel restrictions, and working at home, the Coronavirus is impacting everyone. Healthcare systems are certainly overloaded, running low on staff and medical supplies. I had several friends and colleagues reach out to me as news of 3D printing personal protective equipment on social media.

Superintendent Pam Stiles emailed me on April 6 with information from the president of NHSTE. They were asking if a district has a 3D printer, to strong-

ly consider using it to create the resources needed by medical personnel. I was excited to have the support of the school and participate in such a program. The very next day, I joined The Shield Team, created by Doug Scott, an engineering and robotics teacher from Hopkinton, Massachusetts and Mike Looney, Director of Cape Cod Makers Society. The two men connected via Twitter in March to start testing and failing at creating PPE.

Pandemics require many resources, including PPE in order to prevent infection. One type of PPE, face shields, creates a physical barrier

between two people to reduce the transfer of a disease through the eyes, nose and mouth. The Shield Team consists of over 180 members (teachers, engineers, students, nurses, makers) from 25 states. In the past 3 weeks, the team has printed over 11,000 shields, 16,000 sheets, 1,200 ear guards. With 2 printers in my basement, working over 12 hours a day, I was able to print 130+ visors for Huggins Hospital and any neighboring facility that would need support. The Shield Team can be followed using the hashtag #theshieldteam2020.

YOU ARE
you are not alone
NOT ALONE

The National Domestic Violence Hotline
has answered over 3 million calls
from victims of relationship abuse,
their friends and family.

The National Domestic Violence
HOTLINE
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

The National Domestic Violence Hotline offers
phone and chat services for anyone affected by
domestic violence. Support is available
24/7/365 by calling **1.800.799.SAFE (7233)**
or online at thehotline.org.

The production of this material was supported by Grant #90SV0001-01-00 from HHS Administration
for Children and Families/Family Youth Services Bureau. Its contents are solely the responsibility of the
National Domestic Violence Hotline and do not necessarily represent the official views of ACF/YFSB.

It Pays To Shop Locally!!

TOGETHER STRONG.

Together Strong, we will weather this storm.

How to handle the mental challenges of social distancing

The concept of “social distancing” was no doubt a mystery to millions of people prior to 2020. But in the wake of the outbreak of COVID-19, a novel coronavirus that was first discovered in China in late 2019 but soon spread across the globe, social distancing became a household term.

Social distancing refers to actions deliberately designed to increase the physical space between people to avoid spreading illness. The American Psychological Association notes that social distancing typically requires that

people stay at least six feet apart from each other while also avoiding gathering spaces such as schools, churches, concert halls, and public transportation. In an effort to prevent community spread, many state and provincial governments mandated the closure of all businesses deemed “nonessential,” forcing many working professionals to work from home full-time and temporarily putting millions of additional workers out of work.

Social distancing measures are designed to serve the greater good, and these efforts can be

effective at stopping the spread of harmful viruses like COVID-19. But social distancing also can produce unwanted side effects. The APA notes that research has shown that people who are social distancing may be vulnerable to fear and anxiety; depression and boredom; anger, frustration or irritability; and stigmatization. However, the APA also notes that research has uncovered successful ways to cope with social distancing.

- Make time for fun activities. Psychologists recommend balancing time spent on news and

social media with other activities unrelated to social distancing or quarantine. Make a conscious effort each day to read a book, listen to music or even learn a new language.

- Get news from reliable sources. Inaccurate information about COVID-19 can spread fear, making it even more difficult for people to cope with social distancing. The APA recommends people get their information from news outlets that rely on trusted organizations like the Centers for Disease Control and Prevention and the World

Health Organization.

- Maintain virtual connections with others. Face-to-face interactions may not be possible, but the APA notes the value of phone calls, text messages, video chat, and social media. These channels of communication provide an opportunity to stay connected with loved ones and express emotions.
- Maintain a healthy lifestyle. The APA advises everyone to get enough sleep, eat well and exercise while social distancing. Do not cope with the issues that result from social distancing by using alcohol or

drugs, which may only exacerbate feelings of anxiety and depression. People also can consider their telehealth options so they can access psychotherapists to help them through.

Social distancing has proven challenging for millions of people across the globe. As difficult as social distancing can be, there are ways for people to cope and stay in touch with their loved ones. More information about social distancing is available at www.apa.org.

How to use protective masks and gloves the right way

Personal protective equipment is well-known and utilized often within the health care community and various other industries. It only is in recent months that personal protective equipment, or PPE, became something the general population learned more about as the COVID-19 outbreak took hold in the western hemisphere.

According to the Occupational Safety and Health Administration, PPE is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses. PPE can include gloves, safety glasses, masks, earplugs, hard hats, respirators, or coveralls. In the medical community, PPE generally extends to gowns/aprons, respirators, face shields, and more.

Even though the Centers for Disease Control and Prevention were only advocating for the use of masks primarily for COVID-19 patients and the health care workers tending to them, many people began to use gloves and masks of their own accord to safeguard themselves against contraction of the virus. Gloves and masks are only effective if they are used in the proper manner. The following are some guidelines for proper PPE use.

Gloves

The CDC says that gloves should fit the users’ hands comfortably. Gloves can only prevent the spread of pathogens if hand hygiene is performed before and after wear, states the Association for Professionals in Infection Control and

Epidemiology.

To remove gloves properly, pinch the outside of one glove at the wrist without touching bare skin. Peel the glove away from the body, pulling it inside out. Hold the glove just removed in the other gloved hand and dispose of it. For the remaining glove, slide your fingers inside the glove at the top of the wrist, being careful not to touch the outside of the glove. Again, turn the second glove inside out while pulling it away from the body. Dispose of the glove properly.

Masks

Masks, sometimes referred to as respirators, also need to fit to be effective. Masks should be tight-fitting to the face. Clean hands and put on the mask, molding the mask over the bridge



of the nose and sealing it around the face. One strap should be high on the head, the other low around the base of the neck.

To remove the mask, tilt your head forward and pull the bottom strap over the back of

the head, followed by the top strap without touching the front of the mask, says APIC. Keep straps tight during the removal process. Don’t snap the straps or touch the front of the mask, as this can spread germs. (Directions provided are

for N95 respirators. Other mask designs should be removed according to manufacturer recommendations).

PPE has become a household term. Proper usage is necessary to stay safe if and when masks and gloves are utilized.

How religious organizations are confronting social distancing

The outbreak of the novel coronavirus COVID-19 changed life as people know it. In the wake of the outbreak, hundreds of millions of people across the globe were forced to change

how they work, how they spend their free time and even how they eat their meals as social distancing measures were enacted in an effort to stop the spread of a virus that, by late-March 2020,

had already claimed the lives of thousands of people.

Seemingly no aspect of life was unaffected by social distancing measures, including how people celebrate

their faith. To prevent the spread of COVID-19, many religious organizations were forced to reconsider how they interact with their congregants. For example, in recognition of chang-

es within the religious realm prompted by the COVID-19 outbreak, the United Synagogue of Conservative Judaism provided a free list of tools and resources (www.uscj.org/synagogue-resources) to help synagogues operate more effectively. Similarly, in accordance with an executive order from New York Governor Andrew Cuomo limiting social gatherings, the Roman Catholic Diocese of Albany canceled all public liturgies, but also announced measures to livestream Masses and even provided a schedule of those masses through its website (www.rcda.org/livemass).

Livestream religious services allow people of faith to continue to celebrate their faith. Such services also provide access to non-members who might nonetheless be looking for guidance

during a time that is unlike any many people alive today have ever experienced. The uplifting messages offered at religious services can help people confront and overcome feelings like depression and anxiety, which the American Psychological Association notes researchers have linked to social distancing. Being part of a community, even if that community is operating exclusively online, can provide a lift to those struggling with the potentially isolating consequences of social distancing.

People interested in engaging in faith-based services and programs while social distancing are urged to contact a local religious organization to see how it is providing spiritual guidance during this unique time.

Although our community is closed for tours, you can call Chris for more information 603-707-8773



Whether you hike, bike, paint, knit, enjoy a good book or love to travel—**Life Beckons.**

Yet, it's not easy to find time for your passions when saddled with the maintenance of a big home.

That's why there is Wesley Woods.

- Near Lake Winnepesaukee
- Maintenance-free home includes landscaping and snow removal
- Close to the area's best shopping, dining, outdoor experiences
- Wonderful neighbors, age 62 and over
- An attentive, on-site, staff

To learn more about Wesley Woods contact Chris at 603-707-8773.



18 WESLEY WAY • GILFORD, NH 03249 • WESLEYWOODSNH.ORG

 facebook.com/wesleywoodsnh



“Let food be thy medicine” is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting,

and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods ones eat. The National Council for Aging Care says micronutrient deficiency is often

a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

- Brain-friendly foods: Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help

Healthy eating options for seniors

ward off dementias like Alzheimer’s disease, advises Sonas Home Health Care.

- Anti-inflammatory foods: Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.
- Fruits and vegetables: Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such

as carrots and sweet potatoes.

- Energy-boosters: Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.
- Bone-friendly foods: Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.
- Digestive system-friendly foods: The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through

the digestive tract more easily. High-fiber foods also may help naturally reduce blood cholesterol levels.

- High-iron foods: Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron.

Smart food choices can help seniors live long and healthy lives.

Amazing benefits to seniors having pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet. In Canada, 7.5 million households are home to companion animals, states the PetBacker blog.

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can pro-

duce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.

This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels.

Pets also provide emotional support and companionship that can help seniors — including those who may be divorced or widowed — feel more secure and happy. The National Poll on Healthy Aging found that, among respondents

who had pets, 88 percent said their pets helped them enjoy life, and 86 percent said their pets made them feel loved.

Seniors considering getting a pet can explore the many benefits to doing so.

- Reduce pain: A 2012 study published in Pain Magazine found therapy dogs provided “significant reduction in pain and emotional distress for chronic pain patients.”
- Feeling of purpose: Caring for an animal not only stimulates physical activity, but it also can give seniors a reason to get up and go, which equates to a feeling of purpose.
- Altered focus: Having a pet can help seniors focus on something other than physical or mental health issues and preoccupations about loss or aging, according



to New York-based psychologist Penny B. Donnenfeld.

- Increased physical activity: Pets require care, and that interaction can get seniors moving more than if they didn’t have a pet.
- Improved health: Ongoing research from Harvard Medical School has found dog owners

have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don’t own a dog.

- Stick to routine: Caring for pets helps seniors maintain a routine. Having structure after retirement can be important to ward off risk of depression. Staying on

top of feeding, grooming and other pet needs also can help prevent cognitive decline.

Pets bring many benefits to their owners’ lives, and they may be the perfect remedy for seniors looking for a friend and purpose.

Affordable living for Seniors of all Incomes!
Current Openings – No Admission Fee!



Assisted Living, Nursing & Memory Care
Respite & Elder Day Care

Call for a tour or to learn more about Peabody Home

24 Peabody Place, Franklin, NH
(603) 934-3718 • www.peabodyhome.org

A not-for-profit private pay organization caring for seniors since 1942

- Enjoy home cooked meals
- 24 Hour Licensed Nursing Staff
- Housekeeping services
- Music & Memory Program
- Pet Therapy
- Daily Social activities
- Peabody Bus Transport for outings, restaurants & shopping



Learn More About Home Assist through Lakes Region Community Services!

Licensed by the State of New Hampshire, Home Assist can provide you or a treasured family member with non-medical support to continue to live independently and thrive at home. Services include light housecleaning, grocery shopping and errands. We accept the follow payment options: private payment, grant based (income and age qualifications), Choices for Independence Medicaid waiver, and some long term care insurance.

Call 603.524.8811 for more details or visit www.lrcs.org.

H

Spring

HOME

5 outdoor projects that add value

Exterior renovations can enhance the appearance of a property and make it more enjoyable for homeowners. Certain renovations have the potential to add value to a home, while others may do the opposite. Learning which one have the largest return on investment can help homeowners select features that will have the most positive impact.

Curb appeal goes a long way toward attracting potential buyers. According to the National Association of Realtors, first impressions of a property have a strong influence on buyers. Landscaping and external features can do much to influence such impressions.

- **Lawn care program:** Investing in a lawn care program that consists of fertilizer and weed control application and can be transferred over to a subsequent home owner is an attractive



feature. NAR says such a care program can recover \$1,000 in value of the \$330 average cost, or a 303 percent ROI.

- **Low-maintenance**

lifestyle: When choosing materials for projects, those that offer low-maintenance benefits can be preferential. These include low-maintenance

patio materials, composite decking, vinyl fencing, and inorganic mulched beds.

- **Fire pit:** A fire pit can be used for much of

the year. In the spring and summer, the firepit is a great place to congregate to roast marshmallows or sip wine and gaze into the fire. In the fall, the fire pit can make for a cozy retreat. A fire pit that has a gas burner is low-maintenance, and the National Association of Landscape Professionals says that most can recoup about \$4,000 of their \$6,000 average price tag.

- **Softscaping:** Hardscaping refers to structures like outdoor kitchens or decks. Softscaping

involves the living elements of the landscape. Hiring a landscape designer to install trees, shrubs, natural edging, and rock elements can do wonders toward improving the look and value of a home.

- **Pool or water feature:** In certain markets, particularly hot climates, a pool or another water feature is a must-have. However, in other areas where outdoor time is limited, a pool or water feature can actually lower the value of a home. Speaking with a real estate professional can give homeowners an idea of how a pool will fare in a given neighborhood.

Outdoor improvements can improve the marketability of a home, as well as enhance its appearance and function.

Dirty Worm

GREENHOUSE

We are living in very trying times.

Plants help keep you focused and happy.

This spring, stay home and beautify your own yard or deck. Plant a vegetable garden with the kids. Learn to freeze or can vegetables and fruits.

We have all the vegetable and flower seedlings you need plus supplies, roses, fruit trees and berries, seeds and perennials.

We are fully operational and open for early spring from 10 to 4 seven days a week. We are sanitizing our carts and cash register area continually. Please respect the social distancing guidelines.

For more info, call 603-968-3636, follow us on Facebook or thedirtywormgreenhouse.com.

819 Dana Hill Rd, New Hampton, NH 03256

One wreck won't wreck your rates.

Think your rates go up if you're in an accident? I guarantee they won't with Accident Forgiveness. Unlike other companies, only Allstate starts coverage the day you sign up.

SHARON THORNE
603-536-5161
56 MAIN STREET
PLYMOUTH
sthorne@allstate.com

Instant phone quotes. Our agents are ready for you.

NOT AVAILABLE IN EVERY STATE. Feature optional. Subject to terms & conditions. Allstate Fire and Casualty Insurance Co. © 2019 Allstate Insurance Co.

Stone Wall Repair

Fieldstone/Granite
35 years experience

Tony Luongo
707-2727

50 Rt. 25 East, Center Ossipee, NH 603-539-5971

SKEHAN Home Center

LUMBER & BUILDING MATERIAL

Need Professional Help? We're The People to See!

Store Hours
Mon. - Fri. 7:00AM to 5:00PM
Saturday..... 7:00AM to 3:00PM

Visit us at
www.skehanhomecenter.com

SALE ENDS MAY 16, 2020
• All Prices Net

Come & Join In Our 36th ANNIVERSARY CELEBRATION

FREE DELIVERY

We Are Open During The Shut Down.

• REAL EXPERT ADVICE! • HELP IS ALWAYS AVAILABLE! • EASY IN & EASY OUT!

Trex Select

Composite Decking

5/4" x 6" x 12'

29.95

39.95

Trex Enhance

Composite Decking

5/4" x 6" x 12'

19.99

26.20

ClamShell

Composite Decking

5/4" x 6" x 16'

26.20

26.20

RAYOVAC

ENERGIZER

DURACELL

1-Ton Pallet

Hardwood Wood Pellets

279.89

289.99

20% OFF

All RAYOVAC, Energizer & Duracell In-Stock Batteries!

Buy Local - Made In N.H.!

SELECT GRADE #1 Spruce

Stockade Fencing

49.89

6' high, 8' long section. Posts not included. (3) 2x3 Backer rails for stability! (685)

12' Shore End Ramp

1239.00

Marine Systems

4' x 16' Aluminum Section

1379.00

4' x 12' Aluminum Section

1120.00

4' x 8' Sun Deck

896.00

6' x 12' Sun Deck

1589.00

4' Aluminum Wedge

429.00

4' x 6' Aluminum Shore End Ramp

624.00

Folding Stairs

528.00

63" Dock Ladder

272.00

2 BR APARTMENTS

GILFORD, N.H.

RENT BASED ON INCOME

USDA Rural Development Property

Income Certification and Reference Checks required

Applicants must meet USDA-RD Income Guidelines

Non Smoking, No Pets

Equal Opportunity Provider and Employer

Call Now:

(603) 485-5098

TDD RELAY:

1-800-735-2964

AFFORDABLE ROOFING

"THE ROOFING SPECIALIST"

ALL TYPES OF SHINGLES & FLAT ROOFING

OR BRING BACK TO LIFE YOUR OLD METAL ROOF WITH FRESH RUSTOLEUM PAINT

HOME VINYL SIDING

"POWER WASHING"

Will Beat All Competition

20% OFF ALL HOMEOWNERS!

FREE ESTIMATES • OVER 45 YEARS OF EXPERIENCE • 603-616-1928



Prepare for power outages with a Generac home standby generator




SCHEDULE YOUR FREE IN-HOME ASSESSMENT TODAY!
844-937-0186

FREE
7-Year Extended Warranty*
A \$695 Value!


Offer valid March 16, 2020 - June 30, 2020

Special Financing Available
Subject to Credit Approval


*Terms & Conditions Apply



Now stocking the #1 name in outdoor living.



Available at Brock's

**BROCK'S**
BUILDING MATERIALS & FLOOR COVERINGS

298 North Main St.
Rochester, NH 03867
603-332-4065

STORE HOURS:
Mon-Fri 6:30-5:00 - Sat 7:00-3:00
www.brocksonline.com

© 2019 Trex Company, Inc. All Rights Reserved. Trex® is a federally registered trademark of Trex Company, Inc., Winchester, Virginia

TELEHEALTH options to keep you safe and healthy!



Connect with Huggins Hospital via secure audio and/or video tools. We will help you set up your access prior to your first appointment.

Simply call your Huggins Hospital primary care office to request a telehealth appointment.

If you need a primary care provider, you can call Huggins Hospital's PATH specialists at (603) 569-7669 and they will help you establish care with one of the local offices – locations in Alton, Moultonborough, Ossipee, Tamworth and Wolfeboro – to access the telehealth services.

Telehealth options:

- Primary Care
- Pediatrics
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Orthopedics
- General Surgery
- Women's Health
- Counseling Services

