

Newfound Landing

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COMPLIMENTARY

Hebron voters gather for historic town meeting

BY DONNA RHODES
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HEBRON – Hebron officials had planned to hold their annual elections and town meeting on May 12, but when the Corona virus changed the way people are living and conducting business in 2020, town officials went back to the proverbial drawing board and found a new way to conduct their town business too, by holding drive-through voting and an outdoor town meeting last week.

“Thank you all so much for being here at this historic town meeting,” said Town Moderator Roger Larochelle on June 25. “I can’t imagine there’s been any others like this here since we used to meet in February.”

Socially distanced under sunny skies on the common, the 78 Hebron voters in attendance set out to see if they

could meet Larochelle’s light-hearted challenge to further add to the historical night by breaking the previous 58-minute record for their town meeting.

The night kicked off with tabulations from Tuesday’s drive-through voting process, where voters picked up a ballot outside the former town office, parked to record their votes, then drove on to place them in the ballot box beside the church. Larochelle said the only contested race this year was between incumbent selectman John W. Dunklee and challenger Roger A. James. With 133 voters participating in the unique election process, it came down to a tie between Dunklee and James with 65 votes for each. After reviewing state laws on such an event, they drew lots to break that tie and it was James who prevailed. In



DONNA RHODES

At last week’s open-air town meeting in Hebron, long time town official and selectman John Dunklee (center) was thanked by both the townspeople and fellow Select Board members after losing his bid for reelection in a dead heat tie with Richard James; drawing lots determined the final decision in James’ favor. By Dunklee’s side for the photo were Selectmen Patrick Moriarty and Paul Hazelton.

a write-in only contest for an opening as Library Trustee, Jennifer

Larochelle also accepted the winning vote.

“This process (of

drive-through voting) all went very smoothly,” Moderator Larochelle

noted. “In fact, it’s something we may consider

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Speare investigating COVID-19 cases

PLYMOUTH — Speare Memorial Hospital, in conjunction with the New Hampshire Department of Health and Human Services, is investigating a patient and two staff who have tested positive for COVID-19.

Late last week, Speare Memorial Hospital discovered one patient to be positive for COVID-19 after being tested for placement at a long-term care facility. This patient initially tested negative for COVID-19 at the time of admission. Following the Department of Health and Human Services and the CDC’s guidance, any staff with potential exposure during the time the patient was considered to be contagious were tested. Through this testing, we recently learned that two staff members have tested positive. Out of an abundance of caution, Speare is performing additional testing of staff that may have had exposure to these two staff members, in addition to providing optional testing for all Speare employees. Staff that tested positive will not return to work until they meet the CDC criteria for return to duty. No patient exposures were identified, although some were tested as a precautionary measure.

The New Hampshire Department of Health and Human Services is conducting contact tracing to determine the scope of potential exposure in the community.

“Providing safe, quality care is our top priority at Speare, and we are committed to taking swift and necessary action,” says Michelle McEwen, president and CEO at Speare Memorial Hospital. “The discovery of a positive COVID-19 patient, when unexpected, is concerning; but our team has responded to this event with utmost urgency to ensure that the risk to our staff, patients, and community is minimized.”

Speare Memorial Hospital remains prepared to provide for the healthcare needs of our community and will remain vigilant with regard to our safety practices, to ensure everyone’s safety and health. We thank our employees for the sacrifices they make every day and especially during this pandemic. Their perseverance, commitment, and courage deserve our deepest appreciation and respect.

Speare Memorial Hospital is a 24-hour, acute care, non-profit critical access community hospital, and health care provider serving Plymouth and the communities of Central New Hampshire. Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.

Pasquaney Garden Club joins other volunteers at Cummings Beach

BRISTOL — Anyone who has passed by Cummings Beach on West Shore Road during the past year will have noticed an extensive project underway along that shorefront. Volunteers from Pasquaney Garden Club (PGC) and AmeriCorp and Andrew Veilleux of the Newfound Lake Region Association have assisted state and

local crews to improve the shore protection along this stretch of Newfound Lake.

At the east end of the beach a new stone wall was constructed to retain the edge of the parking area and prevent erosion into the lake. A new set of stairs was also added improving access to this part of the beach. The large bio-swale area

has been cleared and improved to catch, filter and safely drain rainwater and snow melt from the road and parking lot. New plantings have been added not only to beautify the area but to help in the water filtration process along the swale. Work on this project will continue through the summer. It is only with the important efforts of

volunteers, lake users and abutters that the quality and outstanding beauty of Newfound lake can be respected and preserved.

The Garden Club extends great appreciation to all the members of the community that attended the annual Plant Sale on June 13. Despite the

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Visitors can rest easy at New Hampshire’s bed & breakfast inns

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION — As most facets of commerce have come back into operation after the COVID-19 quarantine, New Hampshire Bed and Breakfast Association President, Heidi Milbrand, said she would like to encourage vacationers, “staycationers” and even local residents with out-of-town guests who may need accommodations to consider a clean, comfortable bed and breakfast inn to meet those needs.

“People are afraid of traveling because of the pandemic, but we innkeepers still keep our bed and breakfast inns as clean as we always have while following the CDC guidelines now, too,” said Milbrand, who is also the owner of Pleasant View Bed and Breakfast near Newfound Lake in Bristol.

In fact, she recently had one guest arrive with her own cleaners

and sanitizers, only to find Milbrand’s inn was “sparkling clean,” as are all of those in the NHB&B Association.

“We’re clean! This is where we live, and we take pride in our inns. We want our guests to have a safe and enjoyable stay,” Milbrand said.

Innkeepers also want

to be sure their guests are well cared for, and that their needs are met. Unlike Air B&B facilities, she said that someone is always on hand at a bed and breakfast inn to assist in any way possible. Owners live onsite but are typically found in a wing off the main building or in separate

quarters on the property to allow their guests the privacy they seek while still being available to meet their needs. State guidelines also require that bed and breakfast inns carry commercial insurance in the event that anyone is injured while staying on their

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New Hampshire Bed and Breakfast Association President Heidi Milbrand encourages everyone to consider one of the association’s 42 inns, located from the seacoast to the Great North Woods, for a safe and enjoyable stay at any time of the year.

How a hospice team supports your whole family

BECOME A TRAINED HOSPICE VOLUNTEER WITH PEMI-BAKER COMMUNITY HEALTH!



Brook Rose, PBCH Hospice Volunteer, preparing a meal for a hospice patient

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — As your family member or loved one grows older, you treasure each moment spent with them. When the time is right for hospice care, you want to find compassionate people to help your loved one cope with illness and feel safe and comfortable. Likewise, you — and each member of your family — deserve the support of a whole team of people to guide you through this challenging time.

Hospice care is not merely a service that helps you and your loved one make the most of your time together. It also offers emotional and spiritual healing for the whole family. Having a hospice care team means your family can lean on the deep compassion and endless support of a group of specialists who will guide you through

this journey. Meet Your PBCH Hospice Care Team— As you prepare to help your loved one transition into hospice care, take comfort in knowing that your family will be supported every step of the way. Your hospice care team is made up of health care experts and compassionate people who can help your loved one feel whole physically, mentally and spiritually. Each person on your hospice team — from doctors to hospice staff to trained volunteers — will work with your family to ensure you are always the leading voice in your loved one’s hospice experience.

Your Loved One’s Primary Caregiver--You may be your loved one’s primary caregiver, or it may be another family member, a loyal friend or a hired caregiver. This person provides necessary daily care to your loved one with the sup-

port of the entire hospice care team.

Your Physician--Your doctor has been there with your loved one every step of the way. He or she may continue to do so throughout hospice care, if you so choose. Your loved one’s physician is already intimately familiar with their medical history, which helps them to care for your loved one during hospice, too.

Hospice Physicians/APRNs--Hospice physicians are the compassionate people who coordinate your loved one’s care plan. These doctors work closely with other hospice team members and your loved one’s physician to manage physical symptoms with care.

Hospice Nurses--Hospice nurses coordinate your loved one’s care plan with the physician and the rest of the hospice team. They manage symptoms and pain to ensure that your loved one is as comfortable as possible. Your hospice nurse also educates your family members on the use of medical supplies and equipment, along with how to properly administer medications.

Home Health Aides--If your loved one is seriously ill, even a simple task can become challenging. Home health aides fill an important role by providing personal, in-

home care to your loved one. Your aide may help with bathing, grooming, preparing light meals, changing bed linens and bandage changes.

Chaplains--Spiritual caregivers are key parts of your hospice care team and support the traditions and beliefs of all cultures and religions. Your chaplain can discuss spiritual matters, answer questions, pray with you or help meet religious or spiritual obligations. If needed, they can also assist with funeral plans and services.

Social Workers--Depending on your loved one’s needs and concerns, they may want to talk about their priorities, may need help resolving a family or personal conflict, or may need help understanding their illness or health condition. A social worker can help your loved one in each of these areas, as well as help complete advance care planning, connect families to community resources and provide emotional support and counseling for increased emotional comfort.

Trained Volunteers--Specially trained volunteers may assist with many needs and tasks that make your day just a little bit easier. They can do activities such as run errands, do light housekeeping,

provide companionship and play cards or read a book to your loved one. If necessary, volunteers can stay with your loved one, allowing you to take a breather before returning to your loved one’s care.

Bereavement Counselors--When you or another family member needs guidance in navigating grief, even before the loss of a loved one, bereavement counselors are here to help. Important members of your hospice care team, bereavement counselors are available during hospice care and beyond, providing individual and group grief support to your entire family.

Focusing on the Beauty of the Journey--The goal of hospice care is to make the transition through the final stages of a life-limiting or serious health condition more comfortable and peaceful for your loved one — and the whole family. This can be a very challenging and difficult journey for everyone involved. Working as a team with hospice can help comfort your family and allow your loved one to have the peace and dignity they deserve during their most difficult days.

Hospice Care You Can Count On--While your family member or loved one is in hospice, we want you to be able to

focus on your loved one and know that you can rely on your Pemi-Baker Community Health hospice team to help with the rest.

Become a Trained Hospice Volunteer— Pemi-Baker Community Health is starting their next 5 week, volunteer training on July 7th from 4-6pm. Become a trained hospice volunteer from the comfort of your own home. This FREE training will be virtual, by computer. Contact Lauren Bell, SW at: lbell@pbhha.org or call 536-2232 for more details.

With 52 years of experience, serving over 1000 clients from 18 towns in central and northern New Hampshire, Pemi-Baker Community Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool.

PBCH is located at 101 Boulder Point Dr., Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4.

NHEC Board moves to create new Broadband entity

PLYMOUTH — Yesterday New Hampshire Electric Cooperative’s (NHEC) Board of Directors voted unanimously to take the necessary steps to create a new separate entity to pursue funding opportunities and further the goal of providing high speed internet access to its members.

Creating this new entity is the next step in NHEC’s efforts to expand high speed internet

access, and will allow for greater focus and speed on developing broadband opportunities. The entity will be charged with pursuing federal, state and local funding opportunities, and developing strategic partnerships with the singular goal of bringing high speed internet access to NHEC’s members.

Last week NHEC concluded its annual director election. This year, NHEC members petitioned to add a ballot question adding “facilitating access to broadband internet for members” as one of the purposes for which the Co-op was formed. While the ballot question fell just short of achieving the two-thirds necessary for adoption, the strong support it received demonstrated member desire for NHEC to more aggressively pursue broadband.

The Board also agreed to fund the new entity with up to \$1 million in initial capital to sup-

port the initiative, and appointed Jeff Morrill, Vice Chair of NHEC’s Board of Directors to spearhead the effort. In addition to his service with NHEC, Morrill leads business development and strategy for C Space, a Customer Agency. In this role, he helps companies find new ways to grow by collaborating with their customers. Morrill is an experienced manager with a track record of driving innovation and profitable growth at fortune 100 companies and new ventures.

“The Board heard our members clearly: they want their electric cooperative to do more to bring them broadband,” said Tom Mongeon, Chair of NHEC’s Board of Directors. “This important vote is the next step in moving forward to bring high speed internet to the communities NHEC serves. Jeff’s diverse and entrepreneurial skill set uniquely qualifies him to move this exciting initiative forward.”

Steve Camerino, president and CEO of NHEC said that “meeting our members’ needs is NHEC’s only focus, and the ability to access fast, reliable internet service is a critical need, now more than ever. In pursuing this initiative, we remain mindful that we must balance that need with our members’ reliance on NHEC as their electric service provider.”

“We have started on a journey and it will take several years to achieve our goal, but this is an important step,” said Jeff Morrill, Vice Chair

of the Board of Directors and leader of the effort to create the new entity. “There is a lot of work to be done in a short amount of time, deadlines for the Connecting New Hampshire Emergency Broadband Expansion Program and the Rural Digital Opportunity Funds are quickly approaching and NHEC wants to make sure our members are well positioned to access any funding opportunities.”

“We thank the New Hampshire Electric Cooperative board for responding so quickly to the crying need of its members who lack fast, reliable internet service,” said Richard Knox, spokesman for a group of NHEC members who petitioned the utility to add broadband to its stated purposes. “To have the board unanimously decide to form a broadband subsidiary - only days after the initiative garnered nearly two-thirds support in the Co-op’s annual election - speaks volumes about the viability of the co-operative model. And it couldn’t come at a more crucial time.”

About New Hampshire Electric Cooperative

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

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PSU names new Interim Provost and VP of Academic Affairs, new Associate Provost

PLYMOUTH — Plymouth State University (PSU) has named Ann McClellan, Ph.D., as interim provost and vice president of academic affairs. McClellan served as associate provost for the past year and has taught British literature at PSU for 15 years, during which time she also served as the English department chair and women's studies program chair.

"Ann's commitment to the entire PSU community, and the high regard in which she is held by her peers and students alike are unmatched," said Donald L. Birx, president, Plymouth State University. "In her role as associate provost, especially in recent months as our community has faced the significant challenges presented by COVID-19, Ann's depth of experience,

thoughtful approach and strong leadership have been invaluable."

McClellan assumed her new duties on June 1. She joined the PSU faculty in 2005 and soon became involved with several major initiatives and policy-making committees while teaching and advising students and student groups. She oversaw the evolution of several departments into PSU's new interdisciplinary Arts & Technologies Cluster, and was elected by fellow faculty members to lead a cross-campus leadership team to help PSU further integrate the Clusters educational model. McClellan has been honored several times over the years for her outstanding work and contributions to the PSU community.

McClellan received her Bachelor of Arts degree in English from the



Ann McClellan



Patricia Cantor

University of Michigan, and master's and Ph.D. degrees in literature and English literature, respectively, from the University of Cincinnati.

With McClellan's transition into her new position, PSU named Patricia Cantor, Ed.D., associate provost, effective June 15. Cantor has served as professor of early childhood education at PSU for nearly 30 years. She began her PSU career as a preschool teacher at

what is now the Center for Young Children and Families. In the years since then, she has held numerous leadership positions, including chair of the Education Department, director of teacher education, National Council for Accreditation of Teacher Education (NCATE) accreditation coordinator, chair of the early childhood education department, and facilitator for the Education, Democracy,

and Social Change Cluster. She also was elected to two terms as faculty speaker, in which she led her peers in numerous administrative and curricular initiatives.

"Pat is an exceptional example of our motto to Ut Prosim – that I may serve," said Birx. "She is a selfless, collaborative, and highly respected faculty leader."

Cantor received her Bachelor of Arts degree in English and American

literature and language from Harvard University, a Master of Education degree in early childhood education from Plymouth State University, and a Doctor of Education degree in curriculum and instruction from Boston University.

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

Zoom art classes come to Artistic Roots

PLYMOUTH — Starting in July, Artistic Roots will proudly present on line classes for both children and adults. Our children's classes will

be taught by Suzan Gannett and are free! You do have to register because we will require an email address to send you and your child a Zoom Invi-



COURTESY

This Bird of Paradise is an example of Watercolor and Ink Painting that will be taught by Suzan Gannett in the Zoom Online Class sponsored by Artistic Roots. The class is being offered on July 13 and 20 from 3-5 p.m. for the cost of \$40 for members and \$50 for non-members. You can register on the website, www.artisticroots.com or when the Gallery is open, Wednesdays and Saturdays from noon to 4 p.m.

tation to join the class. Mrs. Gannett will also send out via email templates for the projects. You can also contact her if you need supplies and she will have them ready for you to pick up at the gallery.

The first class will be held on July 7 from 4-5

p.m., "Fluttering Butterflies Picture". On July 14 from 4-5 p.m., she will offer "Making Monster Paper bag Puppets". On July 21 from 4-5 p.m., she will offer "Making God's Eye Weavings." On July 28 from 4-5 p.m., "Whales from Paper Plates. You can register for any

or all of the classes by emailing suzanganett@gmail.com.

Adult classes are being offered by Annette Mitchell and Suzan Gannett. Annette Mitchell will be offering an "Acrylic Painting" on July 14, 21, 28, and Aug. 6 from 1-3 p.m. The class will address the techniques and concerns of using acrylic paint for expression and, hopefully, assist each person in developing a strong comfort level when using acrylic as a medium. It will cover topics such as: characteristics of the medium, difference in brands, use of various tools and brushes, surface preparations (such as modeling paste), etc. All levels of experience are welcome. Students will be given a supply list as soon as they register. You can register online at [roots.com or stop by the gallery when it is open \(Wednesday and Saturdays from noon to 4 p.m.\). The cost for members is \\$125 and for non-Members \\$150. Suzan Gannett will offer a Watercolor Flower Class with watercolors and permanent ink extra fine markers. Her class is on July 13 and July 20 from 3-5 p.m. Students will need watercolor paints, brushes, a permanent ink marker ultra-fine and watercolor paper at a weight of 140 pounds. Cost for members is \\$40 and for non-members \\$50. Registration is through the website or at the gallery during open hours.

As for all of our classes, scholarships are available by emailing \[executivedirector@artisticroots.com\]\(mailto:executivedirector@artisticroots.com\). We look forward to seeing you online in our classes!](http://www.artistic-</p></div><div data-bbox=)

Danbury couple celebrate milestone anniversary

DANBURY — Donald And Ruth Ford of Danbury recently celebrated their 70th wedding anniversary in June of this year. Donald Ford has lived his whole life in the town of Danbury and he is the oldest native of the town. He and his wife Ruth have lived together for seventy years in the town of Danbury.

Recently, Gov. Sununu sent them the following proclamation honoring them for the milestone anniversary.

"Be it hereby known that I, Christopher T. Sununu, Governor of the State of New Hampshire join with my fellow citizens in celebrating The 70th anniversary of Donald And Ruth Ford.

"This is a great milestone and one that few others reach in their lifetime.

"As you celebrate your anniversary and reflect on the great Memories and milestones that have highlighted the past 70 years, I hope you will think fondly of all that you have accomplished together and remember the time you have spent with those you hold dear. On behalf of the citizens of New Hampshire I wish you a very happy anniversary and all the best for the future."



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Edward Jones: Financial Focus

Work to Achieve Your Financial Independence

Over the past few months, just about everyone has felt the loss of some type of freedom, whether it's being able to travel, engage in social gatherings or participate in other activities we previously took for granted. Still, as we prepare to observe Independence Day, it's comforting to realize all the freedoms we still have in this country. And taking the right steps can also help you achieve your financial independence. Here are some moves to consider:

- Build an emergency fund. It's a good idea to create an emergency fund consisting of three to six months' worth of living expenses, with the money held in a liquid, low-risk account. With this fund in place, you can avoid dipping into your long-term investments to pay for short-term, unexpected costs.
- Keep your debts under control. It's not easy to do, but if you can consistently minimize your debt load, you can have more money to invest for the future and move closer toward achieving your financial liberty. One way to keep your debts down is to establish a budget and stick to it, so you can avoid unnecessary spending.
- Contribute as much as possible to your retirement plans. The more money you can save for retirement, the greater your feelings of financial independence. So it's essential that you contribute as much as you can to your 401(k) or similar employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's match, if one is offered, and every time your salary goes up, boost your annual contributions. Even if you participate in a 401(k), you're probably also still eligible to contribute to an IRA, which can help you build even more funds for retirement. And because you can fund an IRA with virtually any type of investment, you can broaden your portfolio mix.
- Explore long-term care coverage. One day, your financial independence could be threatened by your need for some type of long-term care. It now costs, on average, over \$100,000 for a private room in a nursing home and more than \$50,000 for the services of a home health aide, according to Genworth, an insurance company. Most of these costs won't be covered by Medicare, either, so, if you want to reduce the risk of seriously depleting all your financial resources – or burdening your adult children with these heavy expenses – you may want to consider some type of long-term care insurance. You could choose a traditional long-term care policy – which can cover a nursing home stay, home health care, or other services – or a hybrid policy, which provides long-term care coverage plus a death benefit.
- Manage withdrawals carefully. Once you retire, your financial freedom will depend a great deal on how skillful you are in managing the money in your retirement accounts. Specifically, you need to be careful about how much you withdraw from these accounts each year. If you set a withdrawal rate that's too high in your early years of retirement, you might eventually risk outliving your resources. So, set a withdrawal rate that reflects your age, assets, retirement lifestyle and other factors. You may want to consult with a financial professional to establish an appropriate rate. As you can see, working toward your financial independence is a lifelong activity – but it's worth the effort.



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Member SIPC

CADY Corner

When opioid pain relievers are prescribed for your child

BY DEB NARO
Contributor

When used appropriately, medicines can improve our lives. When misused and abused, however, the consequences can be devastating. The misuse of prescription pain relievers has been a major cause of today's epidemic of opioid addiction and overdose deaths. This overview is intended to help you know what questions to ask when a healthcare provider recommends or prescribes a pain reliever for your child, and how to be sure that your child takes the medication as prescribed without misusing the medication or sharing it with others.

Common opioid pain relievers include Hydrocodone + Acetaminophen (Vicodin), Oxycodone (Oxycontin, Roxicodone), Oxycodone + Acetaminophen (Percocet), Codeine, Morphine, Fentanyl, and Tylenol with codeine. There are also non-opioid pain relievers that also have a potential for misuse and abuse, but much lower than that of opioids. Opioid pain relievers are powerful drugs — very similar to heroin in their chemical makeup, and habit-forming. This is why the U.S. Centers for Disease Control (CDC) strongly recommends against the prescribing of opioids for long-term treatment of chronic pain and acute pain.

For most young people, opioids may be prescribed following a surgery or in the event of accidental injury. Another common reason for which opioids are often prescribed to young people is oral surgery to remove wisdom teeth. The risk of addiction is particularly concerning when the patient is a teen or young adult because their brains are still developing. So, if your teen or young adult is prescribed opioid pain relievers, you or your child's caregiver should control the medication, dispense it only as prescribed, and monitor closely for signs of misuse or growing dependence.

What questions should you ask your child's healthcare provider when an opioid pain reliever is recommended or prescribed? Is a prescription opioid necessary to treat my child's pain? Might an over the counter (OTC) pain reliever such as acetaminophen (e.g., Tylenol), in combination with a non-steroidal anti-inflammatory drug (Ibuprofen) be just as effective? How many pills are being prescribed, over how long a period, and is it necessary to prescribe this quantity of pills?

What should you do if an opioid pain reliever has been prescribed to your child? Safeguard medication at home — do not leave it in the medicine cabinet where anyone, family or visitors, can access. Supervise the dispensing of medication and be sure it's being taken as prescribed. Dispose of unused medication at a local permanent Rx Disposal Box located at the Plymouth, Bristol, Thornton, and Lincoln Police Departments. As an at-home alternative, CADY is providing free Deterra Drug Deactivation Bags to the community where unwanted or unused medications can be safely disposed of at home. The biodegradable bags can then be thrown away with your regular household trash.

If you are concerned that your child may be dependent on pain medications, immediately contact and consult with the medical prescriber and discuss having a substance use assessment scheduled. An assessment should include a thorough examination of your child's substance use, mental health, and physical health as well as personal, medical and family history. For more information about getting a free Deterra Drug Deactivation Bag or keeping your child safe from prescription drug misuse, visit cady-inc.org or call the CADY office at 536-9793. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRG-Healthcare (934-8905) for help.



COURTESY
Bristol's Downtown Decorating Committee added their own special touch to some safety barriers erected in Central Square last week to accommodate businesses for their outdoor services this summer. Committee members who helped install the planters and flowers are, left to right, Mary Gephart, Hilda Bruno, Lucille Keegan, Joanne Burwell.

Sustainable Bristol

BY LAUREN THERRIAL

A few weeks ago I wrote about refraining from buying new clothes for the sake of the environment and the people working in sweatshops. Today I want to share some ways you can keep your clothes looking new by giving you some eco friendly ways to remove stains and care for them.

First washing your clothes in cold water saves energy and protects the fibers from shrinking and breaking, keeping your clothes looking fresh for longer. Second, if a stain happens, try to treat it as quickly as possible. Here

is a short breakdown of different stain removers:

Chocolate: apply diluted peroxide and dish soap, the dish soap removes the fat and the peroxide gets the color out. Scrub with a toothbrush until removed.

Grease: dish soap applied to the stain and rubbed with an old toothbrush or a clean portion of the item of clothing until the stain is removed.

Wine: dish soap and diluted peroxide work wonders on wine stains as well. If the stain is fresh run it through cold water with the stain side down then apply this solution if stain persists.

Grass: baking soda mixed with vinegar and a bit of dish soap and scrubbed into the stain gets it out.

Blood: once you're bandaged up after whatever accident you've endured peroxide will get the stains out. It's fun to watch the bubbles remove the evidence too.

Sweat stains: soak the item in white vinegar and water for 20 minutes, then make paste out of baking soda, peroxide and salt to apply on the stain, let sit and launder as usual.

Rust: vinegar is the best solution for rust stains.

My favorite stain

cures all is the sun. Hanging a stained article of clothing in the sunshine works wonders, it's like magic. This method works best when the item is wet from the washing machine.

I hope these methods keep your closet full of loved clothing, your wallet full of money you didn't spend on new clothes or expensive stain removers, and your science nerd side happy with the concoctions you can create.

Lauren's (Grandmother's) Green Tip of the Week: Save junk mail or envelopes to write lists on.

Letters to the Editor

We have lost a pillar of our community

To the Editor:

Bristol and the Newfound area lost a great man this last week, Paul Simard. Paul had served on the Bristol Budget Committee for many years, was our State Representative for a few years, and served in the USAF for several more years.

Paul served all of us in many ways, and we should be counting

our blessings. Paul always tried to make sure the laws were followed by quoting and repeating them to our town and school leaders. Paul watched how every buck was being spent and if it was being spent wisely. Paul was very concerned how his neighbors could pay for any increased taxes.

I ask that you honor Paul by standing up for liberty and voting.

Paul will be profoundly missed by many, and I hope and pray that our town will honor him as one of the great pillars of Bristol that he was.

Paul, your friends will always remember you. RIP.

JOHN SELLERS
BRISTOL

Your library is still here to serve you

To the Editor:

The Minot-Sleeper Library is continuing to serve our community! The staff has been working hard to serve our patrons uninterrupted since the pandemic changed everything. You may not have had a physical book or DVD, but access to Kanopy streaming video, Libby for audio and readable books and periodicals has been available all along and now with curbside service, you can get the physical books, magazines, and DVD's you want by calling or going on line and arranging to pick them up at the Library by appointment and drop them off at your convenience.

In addition, we are now offering delivery service to those who are unable to come to the Library. A generous group of Friends of the Library, Trustees, and volunteers are available to deliver library materials to your door! Go to www.minotsleeperlibrary.org

or call 744-3352 during regular business hours for details. The staff, Brittany, Paula, Cindy, Shayne, Evelyn and Rayeanne are available and working hard to meet your needs.

Many of the groups that had been meeting at the Library have continued to meet virtually and the staff has found creative solutions to some of our in-person programs like Story Hour and the Summer Reading Program. If you live in one of the towns in the Newfound School District (Bristol, New Hampton, Hill, Danbury, Hebron, Alexandria, Bridgewater, Groton) you are eligible for a free Library card. Contact the Library to find out more.

In times of uncertainty, it can be very stressful to have to adapt and change, but our Library staff has gone above and beyond to make sure our services are available and we are expanding access in new and exciting ways in the near future using funds from a

CARES grant to provide internet access to those who don't have computers or WiFi available.

On behalf of the Trustees of the Minot-Sleeper Library, I want to publicly thank our amazing staff and commend them for never failing to step up and make sure our public has been able to have access to materials and services throughout these last difficult months as the uncertainty of the pandemic has changed the way we do business. Look for new and exciting changes in the future as we continue to move forward with our strategic plan and work to meet the demands needs of our communities. If you haven't already, please take a moment to let our library team know how they are doing. We value your feedback.

ROSEMARY D'ARCY
CHAIR, MINOT-SLEEPER BOARD OF TRUSTEES
BRISTOL

New Hampshire: Third in the nation for a child's well-being!

To the Editor:

It is so wonderful to hear good news these days. And the report by the nonprofit, Save the Children, gives us that news. The report, titled "The Land of Inopportunity: Closing the Childhood Equity Gap for America's Kids," looked at both state and county data for the rates of poverty, death, hunger, school dropouts, and teen pregnancy, to assess vulnerability during the COVID-19 pandemic.

The report ranked New Hampshire as one of the places where are our children are the most protected, but beyond that, Grafton

County ranked first among the state's counties! Grafton County's school dropout rate was the lowest in the state, although there are other categories that still need attention to keep our children safe and to lift them up.

During this virus outbreak, many of the state services designed to help children have moved to virtual home visits, which may be an economical way to expand services in the future. The post-pandemic world in our state offers opportunities for more efficiency and better connections. But this also requires

universal broadband access, and there are areas in the northern parts of our state that are still greatly underserved. For every dollar we invest in broadband and in our children's well-being, we get a much larger return in productive members of society who add to our economy. It just makes sense.

Good going, New Hampshire. Keep it up!

REP. JOYCE WESTON
PLYMOUTH

Good news on the horizon?
Place an announcement
in your local paper!

Glenn H. Amsden, Jr., 76

BRISTOL — Glenn H. Amsden, Jr., 76, of Bristol passed away peacefully on June 25, 2020 at LRGH Laconia.

Glenn was born Aug. 29, 1943 in Laconia. Glenn was a graduate of Interlakes High School in Meredith, class of 1963. Glenn proudly served his country in the Army National Guard for 24 years. He served under Battery C 3rd Battalion 197th Field Artillery Charlie Company out of Franklin. Glenn was a Vietnam vet, having served in Vietnam from 1968-1969. During his time in the service, he achieved the rank of Staff Sergeant and served as a gunnery chief. Glenn enlisted in May of 1968 and received an honorable discharge in May of 1992.

During his life, Glenn did many different things. He worked for the Town of Center Harbor and Paquette Paving. Glenn then went on to work 15 years at Oak Laminates in Franklin and then several years at the Crutch Factory in New Hampton. Glenn retired in 2008 from the Newfound Area School District where he worked as a custodian for over 12 years. He enjoyed gardening, playing cards, and watching Red Sox's and Celtic's games. His favorite thing to do was to go camping in the White Mountains.

Glenn was predeceased by his parents, Glenn H. Amsden, Sr. and Gloria E. Amsden



Glenn Amsden

of Harts Location; his brother, Russell G. Amsden of Bristol; his brother in law Charlie Shute of Meredith; his brother in law Redmond Shinneck of Massachusetts; his niece Denise Currier of Kentucky; and his nephew, Clayton Poland of North Carolina.

Glenn is survived by his daughters, Peggy Amsden and Sheri Smith; his sons, Keith Leach and Kevin Leach; their mother, Pauline Amsden; his granddaughter, Kenzie Amsden; his grandsons, Jonathan Marsh, Joshua Smith, Christopher Leach, Gunnar Mathison, Aaron Leach, Ian Leach and Ethan Leach. He is also survived by his sister, Elsie Shute, and her partner, Bob Swett of Meredith; his sister Ellie and her husband Winston McCormick of Moultonborough; his sister Patricia and her husband Willis Mack of Pittsfield; his sister Lorraine and her husband Neal Blaney of Epping; his brother, Howard Amsden of New

Hampton; his sister, Cindy, and her husband Joe Dyer of North Carolina; his sister, Joy Shinneck of Massachusetts; his brother Orrin and his wife Rita of Kentucky; and his sister Lois and her husband Steven Currier of Kentucky. He was also a loving uncle to many nieces and nephews.

Glenn will be remembered as a man of honor, integrity, strength, and courage. He was a strong big brother who looked after his younger siblings. A kind, caring and generous person. And above all, he will be remembered as a man who loved and cared for his family very much.

There will be a Memorial service held at the Veterans Cemetery in Boscawen on Tuesday, July 7 at 11 a.m. and those attending will need to be wearing masks, due to NHSVC protocol. Also, there will be a "Celebration of Life" to follow at the home of Pauline and Peggy Amsden at 476 North Main St., Bristol. This is an open invitation to all his family and friends who wish to share some memories of a beloved father, grandfather, brother, and uncle.

In lieu of flowers, please donate to The Liberty House. A veteran organization helping the homeless and needy veterans of New Hampshire.

To leave an online condolence, please visit www.mayhewfuneralhomes.com.

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

What a welcome gift of rain we are receiving from Mother Nature! Our gardens, fields, forests and wells certainly need it, and I for one, am grateful it's come as a soaking rain rather than downpours!

Town

Transfer Station Siting Committee: The Selectmen have appointed a committee to plan the development of the new location for the Alexandria Transfer Station. Committee meetings are open to the public and public input is welcome. Stay tuned for future meeting dates and times.

Board of Selectmen Meeting Tuesday, July 7 at 6 p.m. at the Municipal Building.

Alexandria UMC

We are continuing with drive in services on Sunday mornings at 9:00 AM, at Alexandria UMC. Sunday, July 5 will be Communion Sunday, so please bring your own bread and juice to partake. You may also join us via Zoom at the new link: <https://us02web.zoom.us/j/83511924983?pwd=dTMyR3lhR3pFMHpxWm-Rubk1PVkRYQT09> All you need to do is type in the link on your browser and enjoy the service from home, or where ever you may be. This link will be available for six more weeks.

Pastor Faith is at Camp Sentinel for the summer. You may call or text her at 491-4028, email her at faith-greene@gmail.com and in an emergency call her at Camp Sentinel 539-4839. She does have limited internet access, so a phone call or text will get the quickest response.

Happy Belated June Birthdays to Bonnie Masi, Keegan and Brody Hall, Faith Greene, Anita Larson, Martha Flanders and Laura Plummer. I'd also like to wish Natalie Murphy a very Happy June Birthday!

Happy June Anniversary to Ben and Faith Greene, celebrating 40 years, Bud and Martha Flanders and John and Linda Fischer celebrating 50 years! Congratulations and all good wishes to all of you!

Time to take the bread out of the oven! I tried a new recipe to me so I'm anxious to see how it turned out. It's called 1-2-3 bread, so we shall see how the three ingredients worked. Have a great week ahead!

Bristol

Al Blakeley
adblakeley0@gmail.com

Well, we finally have had some rain! Some much more than others, I understand. I watched a storm linger in our neighborhood for almost 3 hours one night and I delighted in watching almost non-stop lightning flashes for that length of time, some of the flashes traveling for miles across the sky! I am pleased for the farmers and local gardeners who have toiled much too long and hard to have their hard work dry up for lack of rain. Now I will have to mow my lawn(s) more often, but an easy price to pay for the good of others.

The Minot-Sleeper Library is making progress with its annual Summer Reading Program for all ages and is having a Phased Reopening which is now under way with curbside services, virtual programming, home delivery service for homebound individuals and weekly bulletins as to what is offered.

Communicating about these services and opportunities can happen using the following information:

Email: librarian@townofbristolnh.org

Web site: www.minot-sleeperlibrary.org

Telephone: 603-744-3352

The Youth Services Librarian, Paula McKinley, has put together

some fantastic book bundles that include books and activities related to the book's theme and a couple literary-themed keepsakes. These are available for all ages. To encourage all ages to continue reading throughout the summer, the library is hosting series of virtual programs with presenters including Science Tellers, Currier Art Museum, Squam Lakes Science Center and others. For those without internet, recordings on DVD will be made available.

For adults, a weekly bulletin will have previews to new books, recommendations from staff, recipes from the library's cookbooks, suggestions for visiting local venues with museum passes and more. The bulletins will be available at curbside service or can be viewed online.

You may now return all library materials and request books, magazines and videos with the curbside or delivery service. For directions regarding these returns, please use one of the communication methods listed above.

The MSL will host special guest and local beekeeper, Carolyn Fluehr-Lobban, for a presentation on beekeeping on Wednesday, July 8 at 6:30 p.m. This event will take place online using Zoom. For the link and password, please use the email address above.

The July Book Bundle themes are: Picture Books - Fourth of July and Christmas in July; Junior: Funny Haha; Middle Grade: Eye of the Tiger; - Read from an animals point of view;

YA: Historical Fiction with a Twist.

The library will be closed Friday and Saturday, July 3 and 4 for the holiday.

Don't forget the Bristol Historical Society Museum is now open and their summer hours are: Tuesdays, 6:30 - 8 p.m. and Saturday mornings from 9 - 11am. They will be closed on July 4. For information, call Lucille Keegan at 744-

SEE TOWNS PAGE A7

Christopher S. Ramsey, 40

BRISTOL — Christopher S. Ramsey 40, was united with the Lord Wednesday, June 24, 2020 at Dartmouth Hitchcock Medical Center after a brief battle with cancer.

He was born in Laconia, the son of Douglas Ramsey Sr. and Michelle (Parmelee) Ramsey. He had been a life long resident of Bristol. He was a graduate of Newfound Regional High School and had worked most recently for Full Time Cleaning where he maintained the floors at Freudenburg. Chris began working at age 14 and had a tremendous work ethic. He started out at the Lobster Pound and later worked with Jeremy Haney's landscaping company, Freudenburg and Cumberland Farms.

As a youth, Chris was baptized learned a love of the Lord which he carried with him throughout his life. Like many, he played little league baseball through the TTCC. His love for the outdoors was instilled early on as he and his family camped, hiked, hunted and fished throughout New Hampshire. He loved children and introduced many to the joys of hunting during youth weekends. He was an accomplished fisherman who enjoyed the art of fly fishing but loved time on Newfound Lake ice fishing the most. To those on the ice, he was known as "Fish Finder." He was proud of his ability to provide for himself and his family by stocking his freezer with his NH game catches. He enjoyed listening to country music, playing horseshoes and cornhole with his many friends. He will always be remembered for his loving and giving spirit and kind heart.

In addition to his parents of Bristol, he leaves his maternal grandfa-



Christopher Ramsey

ther, Richard Parmelee, Sr. of North Carolina; two brothers, Douglas Ramsey, Jr. of Sanborn and Kevin Ramsey of Alexandria; step brothers Galen Marsh, Jr. of Concord and Gary

Marsh of Thornton; step sisters Brandy Jessman of Danbury and Shilo Marsh of Bristol; aunts, uncles, and cousins.

He was predeceased by his step father, Galen Marsh, Sr., and step sister Gail Lynn Marsh-Jordan.

A celebration of his life will be held later this year when health restrictions have been lifted. In lieu of flowers donations may be made in his memory to New Hampshire Fish and Game, Attn: Business Division, 11 Hazen Dr., Concord, NH 03301. Arrangements are under the direction of Emmons Funeral Home of Bristol.

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DANBURY:

Danbury Country Store

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Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

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Gordon Nash Library

PLYMOUTH:

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Inns

FROM PAGE A1

property and the owners undergo regular inspections of their kitchens, water, boiler systems and more to insure they are all up to code specifications.

“Air B&B’s just throw you the keys, and you’re on your own. At a real bed and breakfast inn, we’re here to make sure the place is clean and our guests are well cared. This is our living. Our whole job is to make sure that everyone who comes to our inns are happy and safe,” she said.

During the recent shut down in the hospitality industry most businesses took a financial loss, but Milbrand said New Hampshire’s B&B inns were hit even harder because the owners are self-employed and have no employees. That meant they weren’t eligible for any of the government financial assistance packages.

“The biggest concern we have is that we’ve just

been forgotten during all of this, even by the state,” Milbrand said.

Everresilient, though, the B&Bs are open once again and NHB&B Association wants to encourage people to realize they are a safe and comfortable place to stay when vacationing.

The association currently has more than 40 members, with inns ranging from the seacoast to the northern reaches of the state. These aren’t your grandma’s house with old doilies and dust that you’re staying in though, cautioned Milbrand. Each inn has its own unique style and atmosphere that invite guests to relax and enjoy whatever area of the state they’re visiting.

Some B&B’s are located along the seacoast with nearby beaches, restaurants and nightlife available. Others might be lakeside or situated in rural locations with mountain views, bike trails and hiking opportunities nearby. While some may have modern amenities like

WiFi, hot tubs or pools, others may offer simply the beauty of the nature surrounding them.

But the best part of all is that a stay in a bed and breakfast inn comes with a full home-cooked meal each morning, not the bland continental breakfasts hotels might provide, Milbrand said. At a B&B, the innkeepers will offer foods such as homemade waffles or pancakes with real maple syrup, omelets, scones, fresh fruits and other breakfast favorites.

With social distancing a priority right now, Milbrand pointed out that New Hampshire B&B Association inns also provide private bathrooms, spacious common areas, and dining that has been adjusted to meet the latest CDC requirements.

“Unlike hotels or motels, most of the B&Bs are 10 rooms or less, which gives you privacy and a lot of space from other guests if that’s what you prefer,” said Milbrand.

She added that Bed

and Breakfast inns are among the oldest businesses and the New Hampshire owners are proud to say they see 80-percent or more of their customers coming back to visit them time and time again.

“We’re professionals, and take everything about our inns to heart. Our guests tell us that it’s like coming home when they come back for another stay,” said Milbrand.

She said that those looking to relax and en-

joy time in any region of New Hampshire should consider an online visit to StayNH.org where there is a full roster of the association’s members, each listed by region or town. By selecting a region, like the seacoast, lakes or mountains, people are directed to a map that pinpoints all the B&B accommodations in that area. Links to the specific inns then provide photos, details on their amenities and lists of nearby attractions to help guests de-

cide where they would most like to stay.

“Each inn has its own personality that actually reflects the personality of the innkeeper; or sometimes vice versa; the personality of the inn comes to reflect upon the owner,” Milbrand said. “People just need to do that little bit of searching on our Website and they’ll find one that fits their needs and personalities, too.”

Beach

FROM PAGE A1

difficult circumstances this season and the inability to include a bake sale, the Plant sale was a great success. Thank you also to the members and other gardeners who dug and donated plants to be sold. On a somber note, it has been reported that a significant number of the plants, which had been set aside at the back of the Butterfly Garden in preparation for the sale, were stolen.

The plant care volunteers are all hard at work around the greater Bristol area. PGC members have obtained and installed the new entry arbor to replace the one that was damaged in the storm last fall. The extended heat waves have necessitated many more days of watering than in some seasons. Anyone who wishes to volunteer to help care for the planters and gardens may contact jewhitenh@gmail.com.

Pasquaney Garden Club was excited to plan a season of particularly special programs in celebration of our 50th anniversary year and it is with great disappointment that some of these events have been cancelled due to the Covid19 pandemic safety issues. Programs will be resumed and announced as soon as it is deemed safe for group gatherings. In the meantime, everyone is encouraged to enjoy the outdoors and especially the gardens and flowers everywhere.

Hebron

FROM PAGE A1

for the state elections in September.”

Besides the election for town officials, Hebron’s Town Warrant this year contained just 10 other articles, most of which were passed unanimously with little to no discussion. Among those were articles to place \$3,000 from the unreserved fund balance in the Police Capital Reserve Fund and \$750 in the Conservation Fund. Voters further approved the establishment of a Hebron Town Forest Capital Reserve Fund to help maintain the property and perform any necessary improvements. As a result of that unanimous vote, \$1,000 was approved to open the fund, with selectmen named as agents for the account.

A total of \$85,700 was approved for Capital Reserve Fund requests and the \$1,424,308 operational budget was also approved unanimously without discussion. Additionally, a request to raise and appropriate \$15,000 for the purchase of computer software designed for the town clerk’s office drew not only approval, but a slight round of applause from voters. Among the many benefits of the software program will be the ability for taxpayers to make payments with credit cards in the future.

The only talking points this year occurred briefly over authorization to accept the dedication of three roads in the new Kill Mountain housing development as Class V roads, and a request for \$87,100 to purchase and install an emergency back-up generator in the new town office building.

The road approval discussion was brief as selectmen were asked a few questions on what acquisition of those roads would mean. Selectman Dunkee explained that upon final inspections and approval by town officials on or after May 15, 2022, the town would then take responsibility to plow and perform summer maintenance duties. While there are few residents in that neighborhood at this time, the area is still undergoing sales and development. Recommended by selectmen, voters agreed to the future change in designation as well if the roads are approved in two years.

The topic of the installment of a generator at the town offices did stir up a livelier debate that brought one resident, Don Franklin, forward with questions as to why one wasn’t installed during the construction process. Selectmen Dunkee explained that all the money approved for that construction project was spent on renovations for the building.

“There were a lot of



Voters in Hebron cast their first ever drive-through votes for town offices last Tuesday, then gathered on the common June 24 to take part in their 2020 outdoor Town Meeting under sunny summer skies.

things taken out then so we could afford the building,” he explained.

Adding a generator in this year’s warrant was the only means of getting that final portion of the process funded. The generator matter, which would include underground gas tanks to fuel

it, was put out to bid and the best price came in from local resident Maynard Young. As proposed the generator will maintain heat, lights and water to the building for two weeks if necessary and allow the offices to not only maintain operations but be utilized as

an emergency center in the event of a long term ice storm or any other natural disaster. Franklin did ask that the town consider tabling the plan until next year but that motion failed and the article soon passed by a hand count vote.

Once the entire war-

rant had been discussed and voted upon, Larochelle was pleased to bring the meeting to a successful close, just 56 minutes after it began with the Pledge of Allegiance. A new record for the Town of Hebron on a historic and successful night.

Enjoy your National Forest

CAMPTON — The Fourth of July is one of America’s great landmark holidays, celebrating our nation’s independence. It is also a great time to enjoy the White Mountain National Forest.

“We understand that a lot of local Independence Day celebrations have been canceled and that people will want to do their own fireworks displays; however, we are asking your help, as good stewards of your public land, in reducing any chance of wildfire by not setting off fireworks on the White Mountain National Forest,” said Jamie Davidson, White Mountain NF Acting Supervisor. “Setting off fireworks on National Forest lands is not only hazardous but prohibited. We appreciate your support in protecting our public resources.”

If you’re planning a camping trip remember these campgrounds are in forested environments and it is important to store food properly in closed/locked vehicles or bear containers. Although many visitors and campers never encounter a bear, the Forest is their home and bears can quickly become habituated to human food. Improperly stored food not only attracts bears to people currently camping at a site, but lets the bear know that it can find food at that campsite in the future. It is vital that you keep a clean campsite to ensure bears and other animals don’t forage for your food! Read the rules and signs about bears posted at campgrounds and trailheads, and follow the instructions on how to properly store food. Free bear canister rentals are available on a first-come, first-served basis at all of our offices and visitor centers. Bears that get too used to people may have to be trapped and relocated or even killed. Remember, “A fed bear is a dead bear.”

Even if you’re just planning a short hike remember to hikeSafe. Severe weather or a wrong turn could become life threatening, and the weather in the White Mountains can be unpredictable. Check the forecast before visiting, and if need be consider postponing your hike - the mountains will be there another day. We want everyone to return home safely. At any time of year you should be prepared with warm clothing and good rain gear. For information to help you plan a safe hike go to the hikeSafe website.

Be safe and enjoy your National Forest! For information about the White Mountain National Forest visit <https://www.fs.usda.gov/whitemountain>. For more information about bears, visit the New Hampshire Fish & Game Department: <http://www.wildnh.com>.

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**Precision Lumber Inc.**
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

**Ashland Lumber**
Division of BELLETETES, INC.

Yard Customer Service

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

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

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

▶Competitive Wages

▶Paid Vacation

▶Paid Holidays

▶Paid Time Off

▶Health Insurance

▶Profit Sharing

▶Store Discounts

▶Much More!

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And Laborer Positions**

Will Train. Valid Driver’s License required.
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Plymouth, NH 03264
(603) 536-3533

Leading Pre Engineered Metal Building Co.

**Ashland Lumber**
A division of Belletetes, Inc.
Lumber Counter

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

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

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

▶Competitive Wages

▶Paid Vacation

▶Paid Holidays

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▶Health Insurance

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▶Store Discounts

▶Much More!

**Thornton New Hampshire**
Incorporated 1763

PLANNING DIRECTOR

The Town of Thornton is looking to contract with a Planning Director on a per diem basis to assist the Planning Board for up to two days per week and monthly evening meetings when necessary.

A full description of this position is available on the Town of Thornton’s website at www.townofthornton.org.

To apply, please forward a letter of interest, resume and per diem compensation requirements no later than Friday, July 17, 2020 to:

Town of Thornton
Attn: Debra Shepard, Town Administrator
16 Merrill Access Road
Thornton, NH 03285

Re: Planning Director

The Town of Thornton is an equal opportunity employer.

**King Forest Industries, Inc.**
SUSTAINABLE FORESTRY INITIATIVE

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SHORT TERM OR LONG TERM AVAILABLE

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

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

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

King Forest is an equal-opportunity employer.

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

**North Country Charter Academy**

2020-2021 SCHOOL YEAR Immediate Opening

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

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

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

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

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

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

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

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- Bachelor’s degree or an associate degree with two years work experience in the human services field preferred. Strong applicants without a college degree and with experience in a related field (medical, elder care, LNA etc.) may be considered.
- Entry Salary: 11:50-13.12 per hour.

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

Send cover letter and resume to:

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

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

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	20 Circle Dr., Unit 39	Condominium	\$155,000	Thomas E. and Suzanne B. Fielder	Robert E. and Tina M. Whaley
Bristol	Hall Road	N/A	\$34,933	Michelle D. Smith	Nancy L. Maxwell
Bristol	149 Lake St.	Multi-Family Residence	\$109,533	Christopher & A. Warwick Fiscal Trust	Spencer R. Lacasse
Bristol	100 Prospect St.	Single-Family Residence	\$205,000	Elin A. and David A. Myers	Roy and Stephanie Stevens
Bristol	N/A	N/A	\$210,000	R.M. Brigham 3rd Estate and Dorcas J. Gordon	Kevin W. and Karen E. Lindberg
Campton	13 Overlook Rd., Unit 1	Condominium	\$84,533	Robert E. Fitzpatrick	Charles G. and Kathryn M. Moore
Campton	US Route 3	N/A	\$70,000	E. Adam Beardsworth	Prudence A. Wilkie RET
Campton	21 Wanosha Trail	Single-Family Residence	\$133,733	Elizabeth A. Verow	Terry L. and Karen S. Beek
Campton	N/A	N/A	\$37,000	Sharon B. Avery	Stephen Chiasson
Dorchester	Route 118	N/A	\$33,000	Gary W. and Robyn L. Zielinski	James O'Keefe
Plymouth	4 Cooper St.	Single-Family Residence	\$166,533	N. Scott and Roselyn L. Lindemann	Bryan R. and Emilie M. Miller
Plymouth	Fairgrounds Road	N/A	\$200,000	Chester R. Ireland Trust and Sara J. Tatham	Wade A. and Veralisa G. Reed
Plymouth	24 Martin Estates Dr.	Single-Family Residence	\$350,000	Eric M. and Elizabeth A. Shamansky	Dana C. and Curtis W. Goldman
Plymouth	Yeaton Road	N/A	\$30,000	Jody P. and Marianne T. Yeaton	R&M Szumski 2020 RET
Plymouth	N/A (Lot 2)	N/A	\$44,000	James Linter	Mark S. Herbert 2010 RET
Plymouth	N/A (Lot 2)	N/A	\$55,000	Donna M. Clifford	Joan M. and Clinton D. Clay
Thornton	230 Johnson Brooks Rd.	Single-Family Residence	\$54,000	Michael R. Amicangioli	Peggy A. Aurelio
Thornton	246 Snowood Dr.	Single-Family Residence	\$128,000	Christopher Sweeney	Michelle A. Roy
Thornton	N/A	N/A	\$100,000	Jonathan D. Field	Michael D. and Tracy L. Feinauer
Waterville Valley	Black Bear Lodge Condo Unit 506a	Condominium	\$82,000	Andrew L. Knight and Nancy E. Goldston	Doris Cristiani
Waterville Valley	28 Packards Rd., Unit 400	Condominium	\$80,000	Julia A. Shah	James M. and Julie A. Collins
Wentworth	Atwell Hill Road	N/A	\$55,000	Rocco DiFillipo	James Boisvert and Deborah Demers

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

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

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

University of New Hampshire announces Dean's List

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the spring 2020 semester.

Mary Shannon O'Hara of Ashland for earning Highest Honors. O'Hara is majoring in Communication.

Kaitlyn Simpson of Bridgewater for earning Highest Honors. Simpson is majoring in Human Development&Family Studies.

Allison Blais of Bristol for earning Highest Honors. Blais is majoring in Nutr:Dietetics.

Mckenna Wilson of Bristol for earning High Honors. Wilson is majoring in BusAdm:IntlBusiness&Econ.

Alicia Meegan of Bristol for earning Highest

Honors. Meegan is majoring in Hotel & Hospitality Management.

Matthew Libby of Bristol for earning Highest Honors. Libby is majoring in Chemical Engineering.

Logan Frye of Bristol for earning Highest Honors. Frye is majoring in CA: Digital Media.

Alexander Mann of Bristol for earning High Honors. Mann is majoring in Health Management & Policy.

Liam Cate of Alexandria for earning High Honors. Cate is majoring in Computer Engineering.

Cheyenne Reilly of Alexandria for earning High Honors. Reilly is majoring in Social Work.

Madison Gould of Bristol for earning High-

est Honors. Gould is majoring in Communication Sci & Disorders.

Robert Newton of Campton for earning Honors. Newton is majoring in English.

Gordon Hoyt of Campton for earning Highest Honors. Hoyt is majoring in Civil Engineering.

Elizabeth Buford of Campton for earning Highest Honors. Buford is majoring in Biochem,Molec&Cell Bio.

Odin Bickford of Campton for earning High Honors. Bickford is majoring in Nursing.

Hunter Torsey of Campton for earning Honors. Torsey is majoring in History.

Reid Leclerc of Campton for earning Highest Honors. Leclerc is majoring in Computer Science.

Katherine Legier of Campton for earning Highest Honors. Legier is majoring in Sociology.

Garrett Macedonia of Campton for earning Highest Honors. Macedonia is majoring in Biology.

Bert Prince of Campton for earning Highest Honors. Prince is majoring in Biochem,Molec&Cell Bio.

Wesley Lambert of Campton for earning Highest Honors. Lambert is majoring in Environmental Engineering.

Ruth Shapiro-Barnard of Hebron for earning High Honors. Shapiro-Barnard is majoring in Philosophy.

Elizabeth Riehs of Holderness for earning Highest Honors. Riehs is majoring in Envirn Conservation&Sustain.

Aurora Desmarais of Holderness for earning Highest Honors. Desmarais is majoring in Computer Science.

Ian Desmarais of Holderness for earning Highest Honors. Desmarais is majoring in Civil Engineering.

Lilly Friedman of Holderness for earning Highest Honors. Friedman is majoring in Biomed-Sci:Med&VetSci.

Elizabeth Schwaner of Holderness for earning Highest Honors. Schwaner is majoring in French.

Kate Ogden of Holderness for earning Highest Honors. Ogden is majoring in Nursing.

Christiana Barber of Holderness for earning High Honors. Barber is majoring in Psychology.

Rosa Bailey of Plymouth for earning Highest Honors. Bailey is majoring in Forestry.

Kyle Sanders of Plymouth for earning Highest Honors. Sanders is majoring in Mechanical Engineering.

Maya Coykendall of Plymouth for earning Highest Honors. Coykendall is majoring in Social Work.

Francesco Lapitino of Plymouth for earning Highest Honors. Lapitino is majoring in Mechanical Engineering.

Marisa Sabbia of Plymouth for earning High Honors. Sabbia is majoring in BusAdm:Accounting.

Jennifer Howes of Plymouth for earning High Honors. Howes is majoring in Nutr:Nutrition&Wellness.

Haylie Qualey of Plymouth for earning High Honors. Qualey is majoring in Nursing.

Taylor Gagne of Plymouth for earning Highest Honors. Gagne is majoring in Neuroscience & Behavior.

Benjamin Olmstead of Rumney for earning

Highest Honors. Olmstead is majoring in Homeland Security.

Dakota Bertholet of Rumney for earning High Honors. Bertholet is majoring in Nursing.

Keeyote Slover-Carpenter of Rumney for earning High Honors. Slover-Carpenter is majoring in Physics.

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5

through 3.64 are awarded honors.

The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH's research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.

To learn more about the opportunities at the University of New Hampshire visit: www.unh.edu.



DONNA RHODES

Jazz in the Square

These lovely ladies were among the many people who enjoyed drinks and food from downtown eateries like Shackett's Brewery on Central Square in downtown Bristol last Friday afternoon as they listened to an outdoor jazz concert, hosted by Purple Pit and Pizza Bene restaurants.



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NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

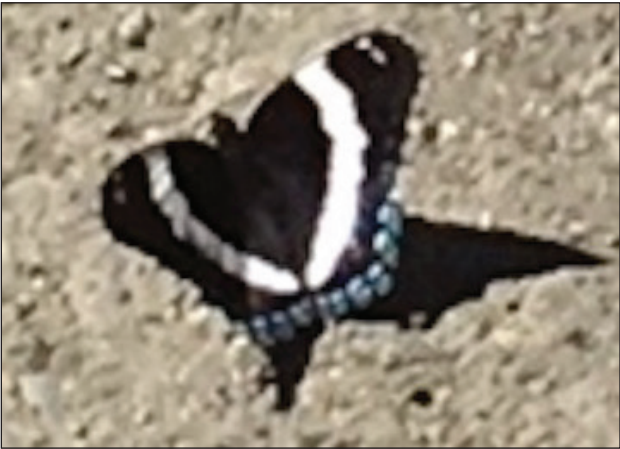
How to follow a map to nowhere, and figure those butterflies out



JOHN HARRIGAN

Cedar Stream Road, just south of the state’s northernmost town of Pittsburg, is not a bad place to find yourself on a sunny, blue-sky, cloud-scudded day.

Despite the best efforts of mentors, I’ve never known my Lepidoptera (butterflies) very well, and during a recent drive on Cedar Stream Road in Clarksville (just north of Colebrook) we bumped into scads of black butterflies with distinctive white bars on their wings.



COURTESY

White Admiral butterflies are really more black than white, with some colors in between.

There must have been a big hatch going on, a term usually reserved for fly-fishing situations wherein larvae are morphing into winged creatures—for instance, mayflies. Back a few years ago, I found myself in just such a happy situation near dark on Little Diamond Pond, in Stewartstown.

I’d been drift-fishing the pond, casting to a rise now and then, enjoying the solitude and tarrying in the dusk. As I neared the outlet, the water began to just about boil, and the air became full of flies — mayflies.

I had on an old beaten-up green-winged Hornberg, doped up a little so it would barely float and would dip just under the surface when tweaked. It was close enough — a fish every cast, a feeding-frenzy not of the Jaws kind.

And here I was now, adrift in a truck, in a hatch of beautiful creatures I could not name. But when I got home I looked them up, of course, and they were White Admirals, with nary a petty officer in a

+++++

New Hampshire is first in the nation in speed-related traffic fatalities, coming in at almost twice the national average. This is no surprise to anyone who’s tried to survive a walk through a parking lot.

Why do so many TV commercials show snowmobiles becoming airborne and ATVs slewing through mud? Responsible riders don’t do that. In a similar vein, ads show four-wheel-drive SUVs and trucks going way too fast for conditions.

My old ’88 truck had 270,000-odd miles on it when it came time to trade. It got that far because I never pounded it around on rough roads in rough country, which is why a manual transmission has what’s called “creeper gear,” a first gear otherwise seldom used.

I suppose this is passé in this age of do-everything automatic transmissions, which is exactly what I have in my current truck (automatic: seven gears!). The old ’88 got through some pretty tight places. For some reason I feel no great need to try the same kind of thing with the current truck, and no need to find

out if it has geezer-gear.

+++++

The media rediscovered the beach trash issue last week, which is the exact same thing it was last year — piggish, with apologies to the pigs.

How can anyone throw trash on a beach? The only way I can figure it is that people think the beach is like a major-league ballpark, or maybe a movie theater, where it seems to be accepted behavior to just throw your food and containers onto the floor; “because they’re gonna clean it up anyway.” If there is a thought process (and that’s a big “if”), this must be it.

+++++

The stay-home mantra of the pandemic is having all kinds of effects that never could have been predicted, let alone considered, and will do so for years on end. As if being alive and on the planet when people walked on the moon were not enough, we are living through another time like the Great Depression that will be talked about by generations to come.

Let’s forget for a minute about babies, one of northern New England’s most precious crops, and let’s talk about the other top crop, timber. The Concord Monitor reported that softwood mills, manufacturers, and merchants have had a nice bump in business from home improvement projects.

+++++

New Hampshire has 213 fire departments and fire stations, according to one source, but of course bigger communities have multiple stations, and many small towns have a far-flung extra station or two, often the result of one town absorbing another, and many departments cover several towns, so who knows? Stick a thumb in the air and guess at, oh, maybe around 150 actual fire departments.

These consist of both full-time and volunteer fire departments. Sometimes towns and cities forget how lucky they are to have them, and what hard work it takes to keep a good fire department up and running.

Just as training and equipment get better with each year, firefighters are apt to wear similar protective clothing, called in the parlance “turnout gear.” Like the person who wears it, it must be ready to go at a moment’s notice.

And it turns out that turnout gear, according to a story in the Union Leader, can be saturated with potentially harmful chemicals intended to ward off water as well as oil and hazardous fluids. “The study...found that firefighters’ gear is soaked in per- and poly-fluorinated alkyl substances (PFAS),” the story said.

“The chemicals are common ingredients in the foam used by firefighters and have been found in New Hampshire



water supplies. They are considered dangerous for consumers and can increase the risk for several types of cancer, including prostate, testicular and mesothelioma.”

Were it not for the tenacious wife of a volunteer firefighter in New Hampshire, the Notre Dame study that revealed this problem might never have been commissioned. The woman wrote letter upon letter, trying to get answers.

“That spouse is Diane Cotter of Rindge,” the Leader reported. “Her husband Paul, a 28-year veteran of the Worcester, Mass., fire department, was promoted to the rank of lieutenant on September 19, 2014 after 28 years on Rescue 1. One month later, on Nov. 15, he was diagnosed with cancer.”

In recent years, both Cotters have appeared at meetings focusing on the lack of industry information and warnings on the chemical contents of turnout gear.

+++++

If I hadn’t stumbled into the world of print (the Nashua Telegraph, 1968), maybe I’d have drifted into the world of radio. It’s a fun place to be, and I’ve been doing radio here and there ever since, beginning in the early ’70s when I was a guest on Bob Lobel’s sports show on Manchester’s WGIR. Then came long (and fun) stints on New Hampshire public radio and television.

These days I’m often on Concord’s (actually Bow’s) radio station WTPL, 107.7 FM, as a guest on the Good Morning New Hampshire show with Peter St. James and Pat Kelly. They give me a call at around 7:10 a.m. on Thursdays, and we go live to visit about whatever comes to mind.


Last week it was about getting hold of one of those large-format state map books you should always have under your seat, picking a place you haven’t been to or haven’t been to for a long time, and just going. If you pack a lunch, the only costs are time and gas.

Hint: If there is a sign on a road, and it says “Three Sisters Road,” it has to come out somewhere, because otherwise it’s not supposed to say “road.” If it says “place,” or “lane,” or “drive,” it’s relatively new, and might be a dead end.


But if it says “road” (and here’s the most fun part, at least to me), you should be able to take a right, or a left, and keep on doing so, whether you want to go clockwise or counter-clockwise, and two turns later (maybe more) you’ll come out to the road you started on, albeit a mile or two in the other direction. Sometimes, however, you can wind up doing a circle within a circle. Now, that’s confusing.

This is also a great way to start arguments. “This road doesn’t look like it goes through.” “Does too.” “Does not.” “Gimme the map.” “Ha! I’ve got your glasses.” And like that.

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



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