

Gilford Steamer

THURSDAY, MAY 14, 2020

GILFORD, N.H.

Alternative graduation ceremony planned for Class of 2020

BY ERIN PLUMMER

mnews@salmonpress.news

The Gilford High School Class of 2020 will have a graduation in June in an alternative format that allows for social distancing.

This week, the Gilford School Board and school administrators announced plans for an alternative graduation ceremony at Gunstock on June 5 conducted mostly in cars, with the ceremony aired over radio and students getting out individually to accept diplomas.

GHS presented information on the alternative graduation and all the plans leading up to it in a slideshow on the school's Web site.

The school considered the options of having a virtual graduation and events, though students generally didn't like this option. Another option was to postpone events for a later date or cancel some that cannot be done in an alternative format before school ends.

"The graduation ceremony itself presents unique challenges," said the presentation. "Administrators recognize the importance and priority that the community places on honoring its graduates and ensuring that they do not 'lose out' during the COVID-19

SEE GRADUATION PAGE A10



FILE PHOTO

Gilford High School students will be graduating at Gunstock this year in a ceremony that maintains social distancing with students and family members staying in cars.



FILE PHOTO

The eighth grade moving up ceremony at Gilford Middle school will look different this year. This year's ceremony honoring eighth graders as they go on to high school will be in cars because of the coronavirus pandemic.

Eighth graders to have moving up ceremony on wheels

BY ERIN PLUMMER

mnews@salmonpress.news

Gilford Middle School eighth graders will have a special version of their moving up ceremony this year with some new plans that maintain social distancing.

The school district recently announced its end of the year schedule

and special provisions for the graduation and eighth grade moving up ceremony. Middle School Principal Peter Sawyer outlined the schedule of events on the school's Web site.

The moving up ceremony will be a car parade around the school on June 11. From 4-5

p.m., parents can drive their children though the drop off and bus loop areas to wave goodbye to their teachers. The teachers will be alongside the road six feet apart from each other and greeting their students. After the parade free Jordan's ice cream

SEE CEREMONY PAGE A10

Library, fire department relaxing some COVID-19 policies

BY ERIN PLUMMER

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The Gilford Public Library is starting curbside service, and the Fire Department is allowing visitors to the station under strict requirements.

Both the library and the fire department announced changes to their COVID-19 policies, relaxing some restrictions and offering more services.

The Gilford Public Library is now offering curbside service Monday through Friday from 9 a.m.-5 p.m. The building itself is still closed to the public, but curbside service started on May 11.

Patrons can place items on hold through the website and by phone and email. People will receive a notification by email, phone, or text depending on their account

preferences when their items are ready for pick-up. People picking up items are asked to come to the upper parking lot and park in the signed drive through lane and call at 524-6042 or text at 367-0264 to let the library staff know they are there. A staff member will come out and put the bagged items in the trunk or through an open passenger side window. People are asked to remain in their vehicle when getting items.

All materials that were checked out before the library closed are now due before May 18, and no late fees will accrue from when the library was closed. The outdoor book drop is open for dropping off items.

The library isn't taking donations at this

time, but will accept them later this summer. The interlibrary loan service is also unavailable at this time.

The Gilford Fire Department has slightly relaxed its restrictions on people entering the fire station with some revised guidelines.

Visitors are asked to wear a mask in the station. Anyone who is sick is asked not to come to the station and anyone who shows signs of any illness will be asked to leave the station no matter what protective equipment they may have on.

People can come in through the small, swinging door by the apparatus bay overhead doors and ring a bell. A member of the department will come out

SEE POLICIES PAGE A10

SoulFest 2020 postponed

GILFORD — New Sound Concerts is postponing its 23rd annual SoulFest celebration in light of the uncertainty regarding reopening restrictions due to COVID-19. For the safety of all patrons, partners, volunteers, vendors, staff, and surrounding community New England's premier Christian music festival will postpone until Aug. 5-7, 2021. SoulFest draws thousands of attendees from all over New England and beyond, many of whom camp onsite at Gunstock throughout the festival.

Gunstock Camping staff will be reaching out to all individuals who have camping reservations for SoulFest 2020 to determine if they want to keep, move, or otherwise adjust their camping plans. If anyone has questions about camping, feel free to email camp@gunstock.com.

All pre-purchased tickets for the 2020 festival will be honored for the 2021 festival. New Sound Concerts, the 501c3 behind SoulFest, is working with agents to rebook the full lineup for the 2021 festival. The 2020 lineup featured GRAMMY and Dove-Award

SEE SOULFEST PAGE A10



COURTESY

Curbside service

The Gilford School District PTA didn't let COVID-19 stop their Teacher Appreciation Week's annual Jordan's ice cream social. Instead, this year, it was held drive-up style! Principals and PTA members took orders curbside.

Notes from the Gilford Public Library

Notes from the Gilford Public Library

By Mark Thomas
Library Correspondent

You're stranded in a literary desert. Parched, starved of a good read. It's been months since you borrowed a breath-catching book from the library. But then, from the ground, a burble of fresh words, and then an eruption of literature pours out and you are standing, suddenly, at a curbside delivery oasis in front of a friendly library. A librarian has left you a bag of books, more precious than gold, and as you reach for the bag and look at the titles,

they are blank. How do you know what to read next?

You might have some questions about how picking out books and other media for curbside pickup works. Did the library get new books? Yes, and they long to be read. Are librarians ready to help make recommendations? Yes, and they long to help! Is there a convenient online way to browse read-a-likes, similar authors, and put materials on reserve all in one place? Yes, it's the online catalog! Sign in with your library card number to make full use of this amazing tool. When you're browsing at midnight, having just finished a book and there isn't a librarian to

call, you'll be able to see recommendations in the catalog itself with the new 'Explore' feature.

Explore will show you more than the summary and page length of a book. Now, the catalog shows you pictures of the book, full description, professional reviews, text previews, about the authors, and, most excitingly, 'You May Also Like' and 'Similar Authors' sections. It's the second best thing to chatting with a friend or librarian at the shelves, and it's a glass of cool oasis water in these dry times.

Virtual Events
May 14 - May 21

All Week: Book Reads Creation Contest

Download Hoopla or Tumblebooks, pick a book, and create a dish or artwork related to your book. Winners will win a gift card to a local shop! Contest begins Friday, May 8 and ends May 22. Share your entries with the library by posting to our Facebook Page or tagging us on Instagram.

Thursday, May 14
Pots & Pans Jam with Zev!, 10:30 a.m.

Preschool Music Jam with music by Zev! Grab your favorite instrument or some pots and pans to sing, dance, and play along music party.

Brown Bag Book Discussion, 12:30-1:30 p.m.

Join Molly for a discussion of the short story 'The Daughters of the Moon' by Italo Calvino.

Teen Discord Game Club, 2:30-3:30 p.m.

Friday, May 15
Reading & Eating Creations
Gilford Library and Ooo La La Creative Cakes brings you Reading and Eating Creations!

Pick up a book and cupcake decorating kit. Read, decorate your treats, and take a pic and post on Facebook! This is a sign up only event, spaces are limited.

Coffee, Knitting, and Crafts with Tracey, 10-11 a.m.

Knitters, crafters, and creators, anyone working on a project can join Tracey and chat about what you are working on.

Miss Jill's Storytime, 10:30-11 a.m.

Storytime live on Facebook.

Teen Discord Game Club, 2:30-3:30 p.m.

Monday, May 18
Geri Fit: New Classes Weekly. Call the library for login information.

Miss Maria's Stuffed Animal Storytime, 10:30

a.m.

Storytime on Facebook Live.

Teen Discord Game Club, 2:30-3:30 p.m.

Tuesday, May 19
Miss Maria's Preschool Storytime, 10:30 a.m.

Storytime on Facebook Live.

Teen Discord Game Club, 2:30-3:30 p.m.

Wednesday, May 20
20 Books in 20 Minutes, 10-10:30 a.m.

Tune in live on Facebook to hear about a flurry of new books with Molly and J'Lillian!

Check out a Virtual Expert, 10 a.m.-noon

Work out your tech problems by calling an expert at the Library.

Storytime with Pets, 10:30-11 a.m.

Storytime on Facebook.

Teen Discord Game Club, 2:30-3:30 p.m.

Thursday, May 21
Tea Time with Maria, 10:30 a.m.

Sign up to join Maria for Tea on Zoom!

Teen Discord Game Club, 2:30-3:30 p.m.

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Each year, thousands of schoolchildren are killed or injured by automobiles. Remember, you hold the key to their safety and future in your hands.
Please drive carefully.

The Gilford Police Department reported the following arrests during the week of May 4-10.

Joseph Andrew McCormick, age 32, current address unknown, was arrested on May 4 for Unlawful Activities-Litter Control.

Jeffrey I. Wyatt III, age 21, of Bristol was arrested on May 4 for Possession of a Controlled Drug and Criminal Threatening by Conduct.

Kristen L. Alexander, age 44, of Laconia was arrested on May 5 in connection with a bench warrant.

Trevor Robert Bond, age 36, of Gilford was arrested on May 6 for Criminal Trespassing and Criminal Trespassing with a Deadly Weapon.

Leo Milford Hanson, Jr., age 53, of Gilmanton was arrested on May 6 for Operating After Certification as a Habitual Offender and Breach of Bail.

A 31-year-old male from Gilford was taken into protective custody for intoxication on May 10.

Paul N. Mangiafico, Jr., age 30, of Laconia was arrested on May 10 for Driving After Revocation or Suspension.

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YOU ARE 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 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.

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Presentation focuses on managing mental health during pandemic

BY ERIN PLUMMER
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In the unprecedented and stressful situation of the COVID-19 pandemic, a local psychiatrist offered some advice on how to handle the mental health impacts of the crisis in a presentation by the Gilford Public Library.

On Friday, psychiatrist Dr. Raymond Suarez of Lakes Region Wellness talked about mental health during the COVID-19 crisis over video in a presentation on the Gilford Public Library's Facebook page. He explained the basic ways the situation is creating stress and ways to handle the usual stress and anxiety about the situation. He also talked about recognizing and addressing when depression and anxiety becomes a serious issue and how people can get help for themselves and loved ones.

Suarez said humans are social beings and being isolated from one another is a huge change. While people can talk through technology, it's not the same as being able to talk to someone in person and make actual eye contact.

Another major change for people is their daily routine. A lot of people are working from home or have lost their jobs. At the same time parents are taking the role of teachers and

there are more responsibilities at home.

"There's a lot of stress that's going on and dealing with that stress can be very difficult especially when you're isolated from the things you used to do," Suarez said.

A lot of people's usual outlets to relieve stress have been taken away, such as getting together with people, and things like going to get food are more stressful.

"There's real anxiety about health and wellbeing and what the future holds and we're getting mixed messages so it's very difficult to navigate in these times," Suarez said.

The situation has been impacting children's mental health. He said kids are like sponges and pick up on what's going on with those around them.

Suarez said people still need to reach out to each other and connect even if it is over a distance.

Though connecting over technology might not be the same as being there in person, he did urge people to use those resources to still connect with others.

"You don't have to do this alone and that's a big thing," Suarez said. "We're isolating physically, but you don't have to isolate emotionally and I can't say that enough."

He said his own family has family game nights over Zoom with another family they would usually hang out with in person.

Another way to alleviate stress is to try to keep a normal routine.

He also advised trying to keep to a normal sleep pattern. Taking naps during the day and consumption of alcohol and caffeine can also impact sleep. Suarez said there has been a common joke that people are drinking more during this time. He said while alcohol can have anti-anxiety properties, drinking more can lead to other health problems.

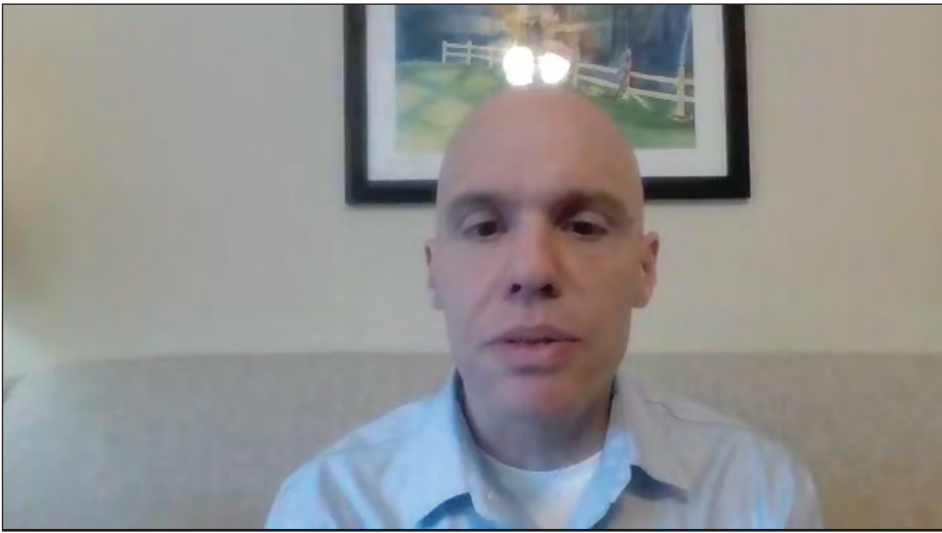
He said adults can help kids by letting them know they're safe and being taken care of.

"Help them reinforce the fact that they are okay, they are safe, we are working to help them," he said.

Physical activity can have a huge benefit on kids and adults and he recommended people get regular exercise and try to get time outdoors. Suarez said this area is perfect for physical activity and people can take walks, hikes, and go bike riding.

Activities like yoga, meditation, and even basic breathing exercises can help.

Staying constantly glued to news media can also cause a lot of an-



COURTESY PHOTO
Dr. Raymond Suarez talked about mental health during the COVID-19 crisis during a video presentation by the Gilford Public Library.

xiety and recommended having a certain time of day to read media or watch TV news, especially in the morning or afternoon to not impact sleep, and leave it for the rest of the day.

Adults model behavior for kids and doing healthy habits with kids can encourage healthy habits for them.

Suarez said coming together to a common cause against the virus is a big communal morale builder, including putting up signs on lawns and in windows.

"These things are to help bring us together," Suarez said. "Realize we're not alone; if we can fight it together, that can improve morale."

Suarez said it's natural to be anxious in this situation, however when anxiety reaches a level that it interferes

with daily life it should be addressed. He urged people to check in with friends and family.

"If something doesn't seem right, say something; ask people questions," Suarez said.

Children who are experiencing more serious mental health concerns will usually not be able to express how they're feeling but will display physical symptoms like upset stomach, headaches, sleep disturbances, and more. Some younger kids might regress and show symptoms like wetting the bed.

People can contact different providers and resources for themselves or loved ones including local providers and different hotlines that can be found online.

Lakes Region General Hospital and Franklin Regional Hospital can provide information on mental health resources and have telehealth services. People can also contact Lakes Region

Mental Health Care in Laconia and Riverbend Community Mental Health in Franklin, both of which have telehealth. Suarez people can also contact him and other individual providers.

If someone is worried that a loved one might hurt themselves he recommended talking to that person directly in a supportive way. He also recommended seeking advice from someone else if one doesn't know how to address a problem with someone.

If someone is already seeing a mental health provider, family and friends who are concerned about them can still contact that provider and advise them of concerns. While the provider cannot share any information because of HIPPA requirements, Suarez said clinicians can't be with their clients all the time and like to know if something is going on.

Prescott Farm recognized by N.H. Preservation Alliance

LACONIA – Prescott Farm Environmental Education Center was among six award winners recognized on Tuesday, May 5 at the New Hampshire Preservation Alliance annual awards.

Prescott Farm was recognized for stewardship of its property. For more than two decades, the staff and board of directors have worked with the Pardoe family (descendants of the original Prescott Family) to ensure that the land and historically significant structures are available for public use and education. A recent, four-year extensive high quality barn preservation project is a symbol of environmental and organizational stewardship and a central place for the non-profit's very active and effective youth and adult programs.

Jennifer Goodman, executive director of the Preservation Alliance, said, "Our members and friends are telling us that old buildings and other special places offer feelings of community and steadfastness during this uncertain time."

Historic preservation activity also supports good jobs and contributes to local economic vitality.

Other honorees at Tuesday evenings awards were:

Carolyn W. Baldwin for outstanding leadership and contributions to the New Hampshire preservation movement;

Bill Bartlett for the rehabilitation and re-use of the Plaistow Depot;

Historical Society of Cheshire County for restoration and rehabilitation of the Wyman Tavern and the Bruder House;

Wolfeboro Girl Scouts FIRST Lego League Team for outstanding advocacy; and

Arnold M. Graton for outstanding leadership and



contributions to the New Hampshire preservation movement.

The awards were presented virtually through a YouTube broadcast and Zoom meeting.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with more than 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.



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The making of Mother's Day

Another Mother's Day has come and gone, and this year's was certainly different as far as celebrations go. Due to COVID-19 restrictions, traditional Mother's Day luncheons or brunches did not take place. Mothers living in long term care facilities replaced in person visits with zoom or telephone calls. From what we can see, most everyone has made the best of the situation.

We would like to recognize the fact that today, "mother" is increasingly becoming a word that could also apply to a father, aunts, uncles, grandparents and other family members who, for one reason or another, step in to that role as single parents or careivers. To those people, we wish you a happy Mother's Day as well. With that being said, motherhood should be celebrated. Our children bring out the best in us and sometimes the worst, however at the end of the day the bond between most mothers and children is one that is stronger than anything we can describe.

Interesting is the fact that the creator of the holiday, Anna Jarvis, in 1908 fought to remove the day from the calendar after it became overly commercialized. Mother's Day was officially placed on the calendar in 1914 by President Woodrow Wilson. Mothers were to wear white carnations given to them by their children and presented with other gifts.

The ancient Greeks, along with the Romans, held festivals to honor mother goddesses Cybele and Rhea. In more recent history the Christians called it 'Mothering Sunday.' Across the Atlantic Ocean, the holiday fell on the fourth Sunday during Lent and every mother was expected to return home to their 'mother church' to attend a Mother's Day service.

Ann Jarvis (the mother of Anna Jarvis), along with Julia Ward Howe, held special classes in West Virginia during the early 19th century to teach women how to care for their youngsters. In the year 1868, Jarvis put together a 'Mothers Friendship Day' where mothers would socialize with former Union and Confederate soldiers in helps to create reunification.

Howe penned a 'Mother's Day' Proclamation in 1870 in which she asked mothers across the country to help promote world peace. Three years later, Howe was pushing to have a 'Mother's Peace Day' celebrated on June 2 annually. In Michigan, Mary Towles Sasseen and Frank Hering worked together to organize the holiday into the 20th century.

In 1905, Anna Jarvis lost her mother Ann. The grieving daughter looked to honor the sacrifices her mother made for her by celebrating Mother's Day and hoped other children would do the same.

The first big celebration took place in 1908 in West Virginia, where a business owner named John Wanamaker held an event at a church to honor motherhood. That same day in Philadelphia thousands attended a sister store of Wanamakers to celebrate as well.

In 1970, Coretta Scott King, wife of Martin Luther King, Jr., used the holiday to bring awareness to underprivileged women and children. In Thailand, Mother's Day is celebrated in August on the birthday of the current queen. In Ethiopia each fall, a big feast along with music is held over the course of a few days to celebrate motherhood. A fun fact, is that more phone calls are made on Mother's Day than any other day of the year.

Send us your letters!

We seek your input! Tax rate got you down? Glendave too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

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We're looking forward to hearing from you!



Lions President. "This event was a real success. We look forward to partnering with the Franklin Lions, and other organizations on future projects." Pictured from left: Myla Everett, Franklin Lions Club President; Judy Fielders, Executive Assistant to the CEO, Marketing & Promotions Specialist, HealthFirst Family Care Center; Matt Soza, Laconia-Gilford Lions Club President; and unidentified Franklin Lions Club member.

Lions team up at Health Fair

Members of the Laconia-Gilford Lions Club joined up with the Franklin Lions Club during a Health Fair event held at the HealthFirst Family Care Center clinics in Franklin and Laconia. They gave free vision screenings. "As far as we know, this was the first cross-club, multi-district project for any Lions clubs in this area," explained Myla Everett, Franklin Lions President. "At the Laconia clinic alone, over sixty people, from children to seniors, were screened for vision problems," added Matt Soza, Laconia-Gilford

North Country Notebook

The glacier and the boulder, and "Your bees are here"



By JOHN HARRIGAN
COLUMNIST

Fellow columnist Gary Moore, who writes a weekly outdoor article for several newspapers from his home in Bradford, Vt., dragged his wife Linda along for a truck-tour of mid-state New Hampshire a couple of weeks ago. One of the features they stopped to see was the famed Madison Boulder.

This gigantic rock is so named because (surprise) it's in the town of Madison, named in turn for the signer of some fundamentally important documents. For the geographically challenged, Madison is just south of Conway and east of Route 16. If you get lost in Madison, and wander into adjacent Eaton, and continue to be unaware of your surroundings, you could (gulp) wind up in Maine. Be careful while over there, however, because among other suspicious things, they like their hotdogs Number Eight Foodstain red.

The Madison Boulder is thought to be the largest glacial erratic in New England. It is 23 feet high, 37 feet wide, and 83 feet long. Its weight is "said to be," as the old dodge goes, 5,000 tons.

"Glacial erratic" means that the rock does not match surrounding formations and was probably transported thither by a glacier. In light of this, the Madison Boulder is also an outsider, a non-native, a newcomer, or as a Millennial might put it, a newbie. There was probably at least one glacier earlier than the glacier we struggle to learn about, which occurred perhaps 15,000 years ago.

That is roughly when



One of the few ways to convey the size of the Madison Boulder is to gather a whole bunch of people at its base, as took place during this sunny outing. (Courtesy of the Moultonborough Public Library)

the massive sheet of ice tore the Madison Boulder from the arms of its loving bedrock and slowly bulldozed it along to its new home several miles to the southeast. Experts trying to backtrack it have said it came from either the White Ledges (four miles), the Whitton Ledges (12.5 miles), or Mt. Willard in Crawford Notch (24 miles).

Either way, the Madison Boulder is "from away," as those with that certain smug self-awareness and sense of place (that might be me) love to say. I mean, doesn't that just come off as so...well, non-inclusive? "He's from away," one says, with a wave of dismissal.

Where were we? Right, Madison. Gary included a photo of the Madison Boulder, and it looked like it always looks in a newspaper photo, like a big blob of nothingness, as if there's a hole in the page. The Madison Boulder could be best photographed from a blimp, and even then only if the woods weren't there and sheep were grazing all around, as it actually once was.

In the meantime, we can imagine the immensity and power of the mile-thick sheet of ice that carried it there, and ultimately melted away.

+++++

Last week included the 17th anniversary of the date (May 3, 2003) when the Old Man fell off his perch on Cannon Mountain. To those of us who grew up seeing the Profile every time we went through Franconia Notch (except when occluded by fog or low-hanging clouds), it was about as rude a geological awakening as you could get.

But it had always been a matter of time, and this was brought home when later in life I got to scramble around on the rocks that formed his shape, and saw how much effort and material had gone into keeping the Old Man where he was. And from the first time I stepped onto the Old Man's forehead with longtime caretaker Niels Nielsen and his crew, I thought the big fall might happen in my lifetime.

That was back in the early '70s, when I was working for the New Hampshire Sunday News. Giant turnbuckles bolted key components of the Profile to bedrock and kept them from succumbing to gravity, and layers of tar and thick tarpaper covered the granite's seams.

The Associated Press squib that accompanied

the 17th anniversary photos said the Old Man fell because "The rocks gave way after centuries of freezing and thawing."

Well, yes and no. It was hydraulics of the old-fashioned variety. During the warmer months, water soaked into the accumulated soil, pebbles, dust, moss and lichens in the seams of the 14 major rocks that formed the Old Man. As we're all supposed to know, water expands when it freezes. Ultimately, centuries of these tiny little nudges bested the best of intentions.

+++++

People don't "chop" firewood, any more than diesel locomotives "chug." Yet newspapers and magazines are always putting it that way, to teeth-grinding consternation.

Most people get their firewood in eight-foot logs dumped as close to their houses as possible, to reduce lugging. They cut the logs up into stove-wood length, usually with a chainsaw (some diehards use crosscuts or two-man saws), and then split it with hydraulic splitters or splitting mauls, and pile it up to dry outside, or stack it in a wood-

MARK ON THE MARKETS

Productive cash



By Mark Patterson

Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates “cash drag” that

adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client’s accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes.

I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client’s accounts where appropriate, and this is a tactic within a strategy that gains revenue for the account,

because I’m selling premium and collecting money. The other reason that I do it is to build positions of stocks or ETF’s using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sitting there unproductive, but

if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available.

As I’ve stated in the past, a well-constructed portfolio according to modern portfolio theory will have low- correlated asset classes which typically do not all do well or poorly at the same time. Over time you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will buy near the top and sell near the bottom. Having cash

in the account allows us to scale into asset classes that are undervalued and scale out or rebalance those asset classes where we are over invested.

A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market it stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average.

Your portfolio should reflect goals, objectives and risk tolerance that pertains to you. It is my

opinion you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/ mitigate risk and have low fees.

Please visit my web site, MHP-Asset.com, and go to tools and then risk analysis. You are welcome to take the Riskalyze profile to measure your risk tolerance using real dollars as an example.

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

NOTEBOOK (Continued from Page A4)

shed, or down cellar. “Chopping” these days is pretty much relegated to university-level logging team competition.

One might suspect that stories referring to “chopping” firewood are written by someone from Asphalt America. But on the flip side of this kind of snarky, divisive terminology, I’d probably get things totally and revealingly (to Manhattanites) wrong if I was assigned to write about, say, the New York subway system.

+++++

David Brooks writes about all things scientific and outdoors for the Concord Monitor, and happily submits to being tagged “The Science Geek.” In this regard he has become something of a regional celeb.

David was surprised to learn that you can order bees through the U.S. Postal Service. His personal favorite is bumblebees, used in some greenhouses, so he mused about ordering a batch of bumbling but benign bumblebees.

Having partnered in the bee business for a while (honeybees, that is), I have up close and personal experience with bees and the U.S. Postal Service. You order your bees, and a few weeks later, you get a telephone call:

“Your bees are here.”

Tons of meaning are dripping like honey from these few choice words. The translation is, “Your bees are here, and we’d really just as soon they weren’t, and we’d like you to come and get them, as in out of here, gone, pronto.” But lest we be tempted to be judgmental here, this could be as much out of concern for the health and safety of the bees as for the postal crew. There are mitigating circumstances, after all.

No matter how carefully the shipping container and its skeletal wooden frame have been assembled back down there in South Carolina or wherever you ordered your bees, the box is emitting a low but audible hum; and two or three bees have somehow escaped.

And they are out, right there, crawling around the framework.

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

Comfort Keepers Healthy eye care and nutrition

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test once a year and should always follow a doctor’s recommendations on treatment plans and vision health.

Here are eight strategies for seniors to maintain eye health:

Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide vitamins and nutrients that help with eye health – kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.

Exercise - A physician-recommended exercise plan can not only help with overall health, but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

Avoid eye trauma – Injuries can have a huge

impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that accidents can be avoided.

Smart computer use – Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

Consider other health issues – Older adults can have health issues that affect their vision

health, and it’s important to talk to a health-care professional about how physical conditions and medications can have an impact on the eyes.

Sunglasses – Protective eyewear becomes more important as we age, and it’s important for seniors to build the habit of always wearing sunglasses when they are outside.

Sleep – Sleep has beneficial properties for overall health, wellbeing and quality of life. It’s no surprise that getting a good night’s rest is important for eye health too!

Vision screenings – Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor’s recommendations on treatment plans and health.

Comfort Keepers® Can Help

If someone is experiencing changes in their vision, or wants to build

healthy habits, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. 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 nhcomfortkeepers.com for more information.

Gilford Public Library offering curbside pickup

The Gilford Public Library will begin offering curbside pickup for Library Materials on Monday, May 11. The Trustees and staff are excited to once again open the collection up for borrowing in accordance with CDC safety guidelines. Though the library building remains closed to the public, Library staff is available by phone, text, and email for reference and material recommendations. Patrons are invited to use the library catalog to browse and reserve materials by signing in with their library card. Curbside pickup adds to the variety of Library remote services including tech help, Facebook Live Storytimes, video call book discussions, and much more.

The public is welcome to make use of these Library services Monday through Friday 9 a.m.-5 p.m. by calling 524-6042, texting at 367-0264, emailing library@gilfordlibrary.org, visiting gilfordlibrary.org, and following the library social media accounts for up to date information and resources.

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Shaker Regional School District
BHS Gas Line Proposal Request

Shaker Regional School District is seeking proposals to have gas installed in a science lab at Belmont High School. A site visit will be held on May 11, 2020 at 1 pm. Proposal specifications can be found on the District website, www.sau80.org or by contacting Steve Dalzell via email sdalzell@sau80.org or by phone at 603-267-9223 x5309.

Bonnie L. Noyes, 68

LACONIA — Bonnie L. Noyes, 68, of Sheridan Street died from long term illnesses resulting in a massive coronary heart attack on Tuesday, April 22, 2020 at Lakes Region General Hospital.

Bonnie was born on May 2, 1951 .She was the third child born to Mr. and Mrs. Carlton H. Blackey at Lakes Region General Hospital.

Bonnie was married to her high school sweetheart, the late Terry D. Noyes, for 44 years until his passing in 2014. They were natives to the area. She also had a career in the restaurant business for nearly 40 years at the Paugus Bay Diner alongside family and a lot of her good friends. Bonnie and her mother Norma Blackey were infamous for their home style recipes. Serving the public was a great pride and joy to her.

Retiring six years ago gave her more time to fish. She loved the competition and comradery that the outdoor sport brought to her, family, and friends.



Bonnie Noyes

Freshly stocked brooks and ponds she liked but ice fishing was also a favorite, jigging in the bob house and watching for a flag just waiting for the chance to show the boys up. The Lakes Region also gave her opportunity to pick fresh berries and fruit as well grow vegetables that she would later can and bake with. She also was a longtime flower garden-er with vast knowledge of plants and flowers.

Bonnie is survived by two beloved grandsons, Taideg and Kayden, born to her son, Kirk A. Noyes; she also had a

loving daughter, Carla E. Brewer, and son in law, Carl. Bonnie is also survived by three siblings and their spouses that she was very fond of. She was blessed to have one brother and two sisters that she had an unbreakable and legendary bond with from birth to passing, Mr. & Mrs. Paul H. Blackey of Texas, Mike and Linda Ordway of New Hampshire, and Allen & Kathleen Clark of Vermont; and many more loved ones.

Bonnie will be missed dearly.

A memorial service will be planned to put Bonnie and Terry Noyes to rest at family plot in Bayside Cemetery when safer days are back with us

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinson-beane.com.

Anne Marie Wilson, 72

BELMONT — Anne Marie (Reed) Wilson, 72, passed away peacefully on Tuesday, April 28, 2020 in her home in Belmont. Her last days were spent in the comfort of her family and loved ones.

Anne was born Feb. 23, 1948 to the late Anne and Henry Reed of Somerville, Mass. She was the oldest of 3, sister of William Reed of Billerica, Ma and Frances Jones of Laconia. She was loving wife of Robert A. Wilson.

Anne was caring mother of Robert Wilson and wife Mary of Milton, Vt., Patricia Loureiro of Billerica, Mass., Kimberly Lynch and husband Jack of Everett, Mass., Kathleen Wilson of Watertown, Mass., and was preceded to heaven by her daughter Christine. She was also loving grandmother of Robert (Tony) Wilson, Ian Wilson, Jake Loureiro, and Sabrina Lou-



Anne Wilson

reiro.

She will be remembered always for her love of family. She was a compassionate listener, always making us laugh, and just being there for us. She loved traveling (especially to Disney) with her kids and grandkids. She loved seeing us all together. She enjoyed playing cards, games, Bingo, and mini golf. She left an imprint on all of us, and things most certainly will not be the same without her. Not all of God’s angels reside in Heaven. Some-

times he lends them to us on earth. It was time for Mom to go home.

Interment services will be held at a later date, but due to ongoing social distancing restrictions attendance may be limited to immediate family. Her final resting place will be at the Puritan Lawn Memorial Park, 185 Lake St., Peabody, Mass.

In lieu of flowers, please consider donating in Anne’s name to the Shriners Hospital, 516 Carew St, Springfield, MA 01104 or to the American Cancer Society, 360 Route 101, Bedford, NH 03110.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinson-beane.com.

STRATEGIES FOR LIVING

A dead God ... is not good

BY LARRY SCOTT

German Philosopher Friedrich Nietzsche (1844-1900), writing in “The Gay Science,” declared that, “God is dead. God remains dead. And we have killed him. How shall we comfort ourselves, the murderers of all murderers” (Sect. 125, The Madman).

For Nietzsche, the decline of religion, the absence of an objective moral authority, and the rise of atheism would plunge the world into chaos. Belief in God had given order to society and meaning to life for thousands of years. Nietzsche feared that God’s absence from the public arena and His demotion to the mundane would threaten society to a life that is without objective meaning or purpose. And he was right.

Christopher Panza, writing in “Existentialism For Dummies,” comments.

“Does his death mean life is meaningless? The answer to the question is simple. It’s yes. Well, and no, actually. ‘God’ ... has been the source and keeper of all value and meaning in the world. When you ‘kill God’ you lose this. As Nietzsche says, you ‘wipe away the entire horizon.’ When you remove this heavenly horizon, you’re left in a world without meaning” (p. 25).

Nietzsche was a contributing voice in the rise of existentialism, the “philosophy of existence ... the philosophy that makes an authentically human life possible in a meaningless and absurd world. ... Existentialists reject not only traditional religious

systems that attempt to systematically provide pat answers, but also the possibility of any ultimate answers. ... For the existentialists, life is absurd; it makes no sense and has no meaning or ultimate purpose, but human beings need it to make sense, to have meaning and purpose. ... Only after the death of God can you face the meaninglessness of the world and realize it’s up to you to take responsibility for the direction of your own life” (“Existentialism,” pp. 1, 9, 12, 25).

And that is what is happening in America

today. Although we may not follow existentialism as a formal philosophy, we have become existentialist in thought and practice. God, as an effective force, has been put out of existence. He has been expelled from our educational institutions, banished from government, and compromised by the institutional church.

As a result, we have inherited a generation of godless brats. Educated without an objective standard of right and wrong, and for whom God is, indeed, dead, we claim to be surprised

after death. But the Bible says, and Carl Sagan now knows, you are wrong -- on both counts.

But God has not abandoned us. When life has lost its meaning, when our actions have brought devastating consequences, when we know instinctively we aren’t ready to meet God, He has given us a perfect solution: His Name is Jesus. If He is trying to get your attention ... don’t shut Him out.

For more thoughts like these, follow me at indefenseoftruth.net.

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Laconia Rotary extends motorcycle raffle ticket sales



COURTESY

The winner of Laconia Rotary’s 28th Annual Charity Raffle will receive a 2020 Harley-Davidson FLHX Street Glide with a retail price of \$24,094.

LACONIA – The Laconia Rotary Club announces that its drawing for a 2020 Harley Davidson motorcycle is postponed from June 21 because of the current pandemic. The drawing traditionally occurs on

the last Sunday of Motorcycle Week. The date will coincide with the last Sunday of the 2020 Motorcycle Week, whenever that event is re-scheduled.

In the meantime, Rotarians will continue to sell charity raffle tickets (\$20 each) and will display the Harley Davidson motorcycle whenever public gatherings are permitted. For more information or to purchase a raffle ticket online, visit laconiarotary.org.

Laconia Rotary is part of an international network that values service above self, provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. Laconia Rotary typically meets every Thursday at noon at the Belknap Mill in Laconia. All are welcome. Please write to LaconiaRotary@gmail.com to let us know you’ll be attending. Visit www.LaconiaRotary.org for more information about the club.

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Edward Jones: Financial Focus
Proper Diversification Can Ease Retirement Income Worries
During your retirement, you will likely need to withdraw from your investment portfolio to help pay for your living expenses. So, naturally, you’d rather not see the value of that portfolio decline. Yet, if you spend two or three decades in retirement, you might experience several steep market declines – in fact, drops of at least 20 percent have typically occurred about every four years. So when a decline occurs, how concerned should you be? Actually, maybe not all that much – if you’ve prepared your portfolio for all circumstances. Here’s the key thing to remember: While the financial markets may drop sharply at any time, it doesn’t mean your portfolio will fall as precipitously. For example, the S&P 500, an index that tracks the stocks of 500 large U.S. companies, might fall 20 percent, but does your own portfolio only consist of these stocks? Most likely, it doesn’t. In fact, it’s generally a good idea to maintain a portfolio balanced between stocks and bonds, with the percentages of each based on your goals, risk tolerance and time horizon. While diversification cannot guarantee a profit or protect against a drop, it certainly can reduce the impact of a decline. In fact, during a significant market downturn, the difference in performance between an all-stock portfolio and one containing a mix of stocks, bonds and other investments can be dramatic. Consider this: From January 1 through March 31 of this year, the period covering the initial market decline caused by the coronavirus pandemic, the S&P 500 fell almost 20%, but a more balanced portfolio (containing 45% in U.S. stocks, 20% in international stocks, and 35% in investment-grade bonds) declined about 12% – a sizable drop, to be sure, but far smaller than the tumble of the S&P 500. * Clearly, owning a mix of investments can help reduce the effects of market volatility on your portfolio. But it’s also important to diversify with a purpose in mind. Your stocks and stock-based mutual funds are designed to provide long-term growth potential – which you’ll still need during your retirement to help you stay ahead of inflation. But as a retiree, you should also be able to rely on your cash and short-term, fixed-income investments – such as bonds with short maturities, Treasury bills and certificates of deposit – for your income needs over the next three to five years. Also, it’s a good idea to have about a year’s worth of your living expenses in cash and cash equivalent vehicles. Cash instruments and short-term, fixed-income investments offer you two key advantages. First, they’re highly liquid, so you typically will have no trouble accessing them when you choose. Second, by having sufficient amounts in these cash and short-term instruments, you will have some protection against having to tap into your longer-term, variable investments when the financial markets are down. With sufficient cash and the right short-term investments in place, you can reduce your worries about what’s happening in the stock market during your retirement years. And the fewer concerns you have, the more you can enjoy this time in your life.
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MVSB, the Merrimack and Savings Bank of Walpole celebrate NH with Annual Photo Contest

MEREDITH — Sister Banks Meredith Village Savings Bank (MVSB), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole are launching their annual community photo contest on May 11. Winning full color photographs will be featured on five websites: the three Banks, New Hampshire Mutual Bancorp (NHMB) and NHTrust, as well as in desktop and wall versions of printed calendars. Photos may also be selected for holiday cards and note cards.

This will be the third year that the contest allows for electronic submissions. To ensure the health and safety of contest participants and bank employees, all eligible entries must be submitted electronically through a dedicated link located on each bank's website. The banks will not be able to accept printed copies of the photos this year.

"Winning photos will share the story of our communities, including visions of NH events, scenery, intriguing architecture and local attractions," noted Debbie Irwin, Assistant Vice President and Marketing Officer. "Each year, the photos are more beautiful and interesting, and we often select photos for the holiday cards of our sister organizations as well as for our websites, social media pages and printed calendars."

The contest will run through midnight, Saturday, June 20.

Because of size differences, there are two contests — one for the websites and one for the community calendars. Entered photos will automatically be considered for all organizations, and photographers will be awarded \$100 for every winning photo. Amateur and professional photographers can enter five photos for the calendar contest and another five (5) photos for the web-



COURTESY

"Spring Time" by Pam Trolano, a winning photo featured in one of 2020's community calendars.

site contest. MVSB, the Merrimack and Savings Bank of Walpole will each release a unique calendar containing photos that are local to the communities they serve, so submitted photos can be from anywhere in the state of NH.

Visit the Bank's Web sites at www.mvsvb.com, www.themerrimack.com and www.walpolebank.com after May 11 for complete contest rules, details and a link to upload photos.

Unlike stock banks which focus on driving income to their stockholders, Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole are mutual savings banks that operate expressly for the benefit of their depositors, borrowers and surrounding communities. As a result, each bank has remained steadfast in fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship in all matters of business and service.

Founded in 1869, Meredith Village Savings Bank has been serving people, businesses, non-profits and municipalities of Seacoast, Central and Lakes Region of

New Hampshire for more than 150 years. To learn more, visit any of the local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsvb.com.

Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses, non-profits and municipalities in central and southern New Hampshire for more than 150 years. The Merrimack was voted "Best Bank" by the Capital Area's People's Preferences for the 9th consecutive year in 2019. To learn more, visit any of their local offices in Bow, Concord, Contooscook, Hooksett and Nashua, call 800-541-0006 or visit themerrimack.com.

Founded in 1875, Savings Bank of Walpole is headquartered in Walpole and serves the Connecticut River Valley and Monadnock Regions of New Hampshire and Vermont from offices in Walpole and Keene. The Bank offers a wide range of financial products, including services to individuals, businesses and organizations. For more information call 352-1822 or visit walpolebank.com.

Holy Grail property sold

LACONIA — Remax Bayside has announced that Reuben Bassett and Ron Talon have recently completed the sale of the historic Holy Grail Restaurant and Pub property located at 12 Veterans Square in downtown Laconia. The sellers continue to own and operate the Holy Grail Restaurant and Pub in Epping, New Hampshire.

Formerly the Evangelical Baptist Church, this beautiful building was constructed in 1836 and added to the National Register of Historic Places in 1985. It was completely renovated into and opened as the Holy Grail in 2015.

Reuben states, "Ron and I are thrilled to have been involved in the sale of this unique property and I'm sure it will add to the positive growth of the downtown area."

The new owners will be announcing plans for the building in the coming months.

Travis P. Cole, Business manager for Bayside, expresses, "I am certain with all that is going on in the Laconia area our commercial market is ready to boom. We are fortunate that we have such dedicated and qualified associates to help our commercial property owners through these exciting times."

RE/MAX Bayside's Laconia office is located at 604 Main St. in Laconia. Their Meredith office is at the junction of Routes 3 & 104. For additional information contact Reuben at (937) 532-9636 and Ron at 978-0891.



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University of Mississippi celebrates Class of 2020

OXFORD, Miss. — The University of Mississippi will celebrate more than 5,400 candidates for graduation in the Class of 2020 during a live, virtual celebratory event on May 9. The following local students are candidates for graduation:

Kaela Ashley Sweetland, of Laconia is a candidate for a Master of Arts degree. Sweetland is a Teaching major in the Graduate School.

Kailey Michaela Nute, of Laconia, is a candidate for a Bachelor of Business Administration degree. Nute is a Managerial Finance major in the School of Business Administration.

“While we aren’t able to gather in the Grove and at other beautiful venues on our campus right now for traditional pomp and circumstance, we could not let our originally scheduled Commencement day pass without recognizing the incredible achievements, character and spirit of this class of graduates,” said Chancellor Glenn F. Boyce.

UM leaders continue to evaluate plans to hold an in-person Commencement ceremony at a later date.

“The university remains committed to doing all it can to honor our graduates in person when it is safe for us to come together as a university community,” Boyce said.

The virtual event will begin at noon CDT and can be viewed at olemiss.edu. As part of the virtual celebration, students - including December 2019 graduates, and May and August 2020 candidates for graduation - received an official cap and tassel from the university, along with other celebratory items.

The University of Mississippi, affectionately known as Ole Miss, is the state’s flagship university. Included in the elite group of R1: Doctoral Universities - Highest Research Activity by the Carnegie Classification, it has a long history of producing leaders in public service, academics and business. With more than 23,000 students, Ole Miss is the state’s largest university and is ranked among the nation’s fastest-growing institutions. Its 16 academic divisions include a major medical school, nationally recognized schools of accountancy, law and pharmacy, and an Honors College acclaimed for a blend of academic rigor, experiential learning and opportunities for community action.



COURTESY

Man of the hour

Bill Nunamacher was the man of honor at a drive by parade in recognition of his award as the Belknap Mill’s 2019 Volunteer of the Year. His wife Nancy proudly holds a congratulations sign. Bill was surprised by the drive by parade led by Laconia Police and Fire, along with Boy Scout and Belknap Mill supporters.

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DONNA RHODES

Frosted Forsythia

Residents throughout New Hampshire awoke last Saturday morning to see the elusive “Frosted Forsythia” shrubs in bloom once again this year. The late season storm brought anywhere from a dusting to several inches of snow to the state, depending on location and elevation.

Scott Knowles of RE/MAX Bayside receives awards from RE/MAX New England



Scott Knowles

MEREDITH — Travis P. Cole, Manager of RE/MAX Bayside is pleased to announce that out of more than 2,700 RE/MAX agents in New England, Scott Knowles has been extremely successful in sales awards for the first quarter of 2020. Knowles was the top agent in New Hampshire for luxury property sales and seventh highest in New England for the number of transactions. Additionally, he was second in New Hampshire and twelfth in New England in commission income. Knowles has been working in the real estate industry for over twenty years and has been with RE/MAX Bayside since 2009. He states, “I love living in Laconia and the Lakes Region! Our community has so much to offer and I love sharing my knowledge and experience of living here with all of my clients! I’m honored to be surrounded by such an incredibly supportive team.” Knowles is an active part of our community, supporting the Boys and Girls Club of Central NH and the Make a Wish Foundation.

CEREMONY (Continued from Page A1)

will be served for each student and one other passenger in the car. Sawyer said they are also hoping to have a fee yearbook for all of the students, At 7 p.m., Sawyer and Assistant Principal Sean Walsh will hold the moving up ceremony over a live broadcast featuring speeches from teachers that are either live or prerecorded. The names of all the eighth graders will then be announced followed by a slide show created by Mrs. Damato’s computer class. “Obviously not a typical year-end event, but this is not your typical year,” Sawyer wrote. “But I still think that it will be an enjoyable afternoon and evening for our eighth graders and one that they will remember.”

SOULFEST (Continued from Page A1)

Winning Christian artists Casting Crowns and Lecrae. Also confirmed for 2020 was Crowder, Matt Maher, Corey Asbury, Big Daddy Weave, Andy Mineo, Unspoken, We The Kingdom, Evan Craft, Social Club Misfits, Propaganda, Gawvi, Disciple, Oh, Sleeper among others listed at thesoulfest.com. In line with New Sound Concerts’ dedication to bring Music, Love & Action to the forefront of SoulFest, it hosts a speaking series, featuring local and international speakers. The “Soul University” series is designed to converse with and engage the SoulFest audience in the arts, modern culture, as well as, awareness leading to action in fighting social injustice. Tickets and upgrades will remain on sale now through the 2021 festival so that patrons can help New Sound Concerts endure the heavy impact COVID-19 has had on the events industry. For more information about the festival, ticket or to donate visit www.TheSoulFest.com. 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. For additional information please visit: www.gunstock.com, www.facebook.com/gunstockmtn, www.instagram.com/gunstockmtn, www.twitter.com/gunstockmtn.

GRADUATION (Continued from Page A1)

A number of events have been canceled outright or will be done later in another form. The junior/senior prom was canceled, though the school might do a semi-formal Homecoming after restrictions end. The seniors’ time capsule ceremony won’t happen, though seniors will receive the time capsules they made in fourth grade. The senior class trip was canceled outright as was Sophomore Community Service Day, spring athletic awards night, the NH Scholars Program, and the New Hampshire Scholar Athlete Awards. Assessments such as the SAT, SAS, and NWEA were also canceled.

POLICIES (Continued from Page A1)

and lead visitors into the lobby, asking them some standard questions. Those who are in the building are asked to stay between the safety cones and not touch any surfaces. If required to sign any papers or forms, those surfaces will be cleaned after the visitor leaves the building. Brush permits and fire prevention permits can also be obtained online and most transactions can be done over the phone. For a full list of requirement and resources, visit https://www.gilfordnh.org/assets/municipal/8/postings/GFR.PublicEntry.COVID.5.4.2020__002_.pdf.



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Why routine checkups are vital to overall health



Regular visits with a medical professional are an important part of a healthy lifestyle. Too often people visit the doctor only when they are ill, as they may not realize just how essential well visits and physical exams are.

Routine checkups are the smartest way for people in all age groups to stay on top of their health, but they can be especially valuable for those age 50 and older. Regular checkups enable physicians to check current health against past visits, ensuring that any anomalies can be investigated and treated efficiently and promptly. This can make the difference in slowing down the progression of a disease that has already developed or prevent something from becoming a full-fledged issue.

The Mayo Clinic says there are no hard and fast rules about how often seniors should visit health care providers. Those who are in generally good health may only require one medical checkup a year. At this point vital signs will be checked, medications reviewed and lifestyle topics discussed. Doctors may even recom-

mend or discuss tests. Patients also can bring up any issues they may be experiencing, however insignificant they may seem. Anything from sleep disturbances to memory loss to unexplained fatigue or pain can be addressed. Sometimes getting everything out in the open and being reassured that there's nothing to worry about can be helpful.

General care and geriatric doctors also are adept at asking questions to get a sense of how patients are faring in the world. This may include topics that seemingly have no relevance to health but can be quite important. A provider may ask about topics such as bathing or dressing. Questions about social interaction or typical routines can paint a better picture of both physical and mental health.

The recommended frequency of doctor visits may change as health issues arise or if follow-up is needed after a treatment plan or injury, according to the caregiver company Home Care Assistance. Some seniors may have to visit a provider once a week or once a month. Doctors,

nurses and therapists will design a regimen based on a patient's current health needs.

The following are some compelling reasons to be diligent with provider visits.

- Frequently health issues can be silent and not noticed early on by a patient, according to Mercy Medical Center in Baltimore.
- Patients will be less likely to forget about important screenings, like mammography, prostate tests, cholesterol tests, and more.
- Vaccines can be administered, as even adults need certain immunizations to stay healthy.
- Patients can discuss potential lifestyle changes, like going on a diet or taking up a new fitness regimen.

It is essential to follow through with health care provider visits, even if they seem redundant. Physicians may detect issues that warrant close observation. Patients are urged to have an open dialogue with their doctors so they understand the reason behind health care visits and expectations in the future.

Shopping for assisted living facilities

As people age, often-times their living arrangements need to be adjusted. Needs evolve as children move out or other situations arise. One of the scenarios that may come to pass as a person ages is the need for more specialized help that just isn't possible at home.

When failing physical or mental health affects one's ability to be independent and live safely at home, moving into an assisted living facility may be the next step. The National Center for Assisted Living indicates assisted living offers the little bit of help some people need when they can no longer manage living alone. Typically these facilities provide assistance with bathing or dressing, medication management and other care, while also catering to people who may not require the around-the-clock medical care most often associated with nursing homes.

Vetting is an important component of finding assisted living facilities. Family caregivers need to educate themselves about services, costs and other resources provided by assisted living facilities.

AARP says assisted living facilities provide

residents with a range of services that can include supervision, meals, housekeeping, laundry, and personal care. Residents usually have their own apartments or private rooms. Because they are mostly regulated at state level in the United States, there is a lot of variety among these facilities. That means family caregivers need to assess their needs and desires in a facility to find the right one that fits. Assisted living facilities offer a home-like environment, and the amenities available vary based on cost.

Paying for assisted living differs from paying for nursing homes. Largely government-subsidized health programs like Medicare and Medicaid pay for nursing home care. Those who would be best serviced by assisted living may find they may not qualify for govern-

ment support, nor may the facilities accept anything other than private payment or long-term care insurance to cover room and board.

Other considerations in assisted living facilities are size, specialties, atmosphere, location, and the ability to transition to higher forms of care. Assisted living may fill a void currently, but it's often not a permanent situation for all, and eventually certain residents may have to move on to skilled care facilities.

Potential residents and their families should visit various assisted living facilities to get a feel for what they are like. Speak with the staff and residents, request a meal and get a sense of the environment. Apart from cost, how the home feels is one of the most important factors in shopping around for this type of residence.



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