

# Sign campaign salutes Winnisquam’s Class of 2020



Members of the Class of 2020, their families and many residents of Winnisquam School District drove through the high school parking lot last Friday to pick up signs ordered to celebrate their upcoming graduation.

BY DONNA RHODES  
dhrhodes@salmonpress.news

TILTON – There are perhaps no students in the Winnisquam Regional School District, or any other district for that matter, more dismayed by social distancing, the cancelation of extracurricular activities and school shutdowns than members of the Class of 2020. That’s why last week, Winnisquam Regional High School’s class advisors began a campaign to let them know that their hard work over the past 13 years of school is still being recognized, and to congratulate them on their success.

Before the governor even declared that remote learning would be extended to the end of the 2019-2020 school year, WRHIS senior class advisors Nicole Dibiaso and Jackie Wentworth had already set out to acknowledge the students through a sign campaign.

“This is heartbreaking. They’re missing out on the end of their senior year so we decided to celebrate them and let them all know we care,” Dibiaso said.

She and Wentworth contacted Christy Dubriel of Cutting Edge Graphix in Tilton and arranged to have lawn

signs printed for the graduating seniors, their families and community supporters. The signs Dubriel created for the Class of 2020 read, “We Love Our Seniors,” with a heart and Winnisquam Bear paw prints incorporated in the design. Dibiaso and Wentworth then reached out through social media to the seniors and all three towns in the district, offering the “generic” signs for \$5 each to residents who wish to show support but added a special twist for the class members.

“The seniors and their families could order a sign with (the

graduate’s) name on it for \$7 and they started ordering them like crazy. Who would have thought something as simple as a sign would mean so

much, but we’re so glad it does,” said Dibiaso. Once the signs were printed, the women then made arrangements for a curbside delivery out-

side the high school gym last Friday afternoon, where over the course of two hours a near steady stream of cars drove

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## Belmont police warn of phone delivery scam

By Donna Rhodes  
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BELMONT – A couple in Belmont found themselves caught up in an apparent scam where someone had stolen their information, ordered three phones in their name, then got caught when the scammers tried to intercept the delivery in the driveway.

Belmont Police Capt. Richard Mann said that on April 16, residents of a home in that commu-

nity had been out for a short walk when they came home to discover a parcel in their drive. When they opened the unexpected package, they were surprised to find three cell phones inside. They hadn’t ordered the phones, but accompanying paper work showed that the order was billed in their name.

Minutes later, they reported that an unknown male, driving what they described as a white compact car, pulled into their driveway. The residents told the man they did not know him and

requested he not come onto their property.

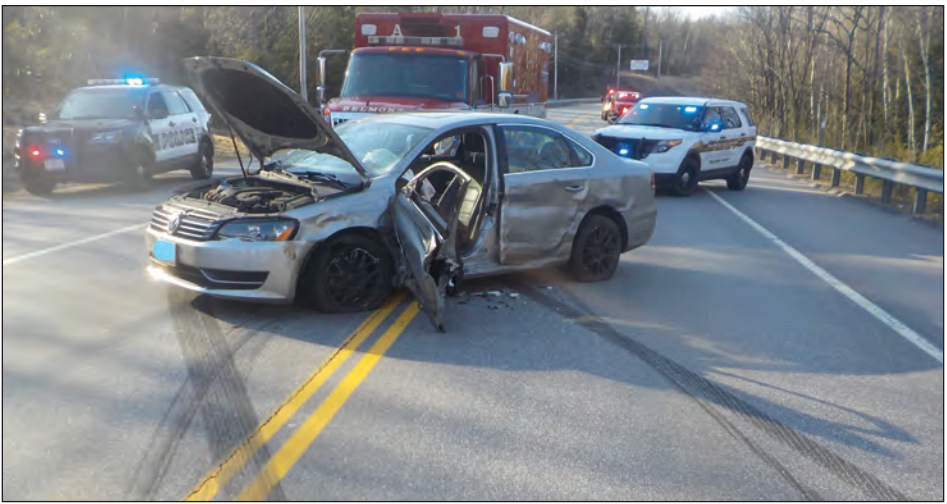
“The male told the couple that he was there ‘to collect the phones that had just been delivered to the address in error,’” Mann said.

The couple did not believe him however and pointed out that it was not an error since the phones were in their name and they intended to return them to the company.

Once the male suspect realized he was too late to intercept the delivery, he quickly left the

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## Distracted driving suspected in weekend collision



Two cars were heavily damaged in a collision on Route 106 in Belmont last week, but fortunately, neither of the drivers sustained any injuries.

BY DONNA RHODES  
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BELMONT – At 7:49 a.m. on Friday, April 17, Belmont’s emergency responders were called to a two-vehicle collision on Route 106, in the vicinity of Spear Brothers Salvage, where passing motorists called to say that as a result of the crash travel lanes on the busy highway were also blocked to traffic.

Upon their arrival, Belmont police officers determined that in the interest of safety, the northbound lane of the road needed to be closed and began detouring motorists down Leavitt Road until the highway could be cleared of the

two vehicles and debris that resulted from the collision.

Belmont Police Capt. Richard Mann said the drivers were identified as Matthew McKenna of Gilford and Emily Hammare of Belmont. Investigations into the collision indicated that Hammare, driving northbound in a 2014 Chevrolet Sonic, crossed over the double yellow line “during a moment of distraction,” Mann said. In doing so, her car collided with McKenna’s 2013 VW Passat, which was travelling south at the time.

“That lane deviation caused the impact with McKenna who tried to

avoid this crash but was unable,” Mann said in his press release. “Both vehicles were heavily damaged and had to be towed. Fortunately, there were no injuries as a result of this crash.”

Assisting Belmont police in the investigation were members of the Belknap County Sheriff’s office.

Mann said that “lane deviations,” where cars cross from one lane into another for a number of reasons or distractions, have become a common contributing factor to accidents on the State Road and urged people to stay alert when driving along Route 106 and all other area roadways.



Marker #0162 for “New Hill Village” reveals part of the fascinating history of the Town of Hill, both old and new.

## A journey through history, one marker at a time

BY DONNA RHODES  
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REGION – For those who don’t know the history of the Town of Hill, this marker is a true treasure and can amaze people with a tease of its story about a town that was truly “on the move” in the late 1930s.

Erected in 1991, the historic marker for “New

Hill Village” introduces people to a town that was first incorporated in 1778 under the name New Chester, which at that time included land that later become known as the towns of Bristol and Bridgewater. In earlier days, the original grant for New Chester also included parts of

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## Randy H. Annis joins RE/MAX Bayside as Associate Broker



Randy Annis

MEREDITH — RE/MAX Bayside is proud to announce that Randy H. Annis has joined their team in the Laconia office. Randy is a native of the Lakes Region and brings 26 years of experience in servicing the needs of the real estate market. Specializing in residential sales and land development, Randy has also been successful with commercial and investment properties throughout his career.

Randy states, "I believe the key to my success is caring for my client's needs and knowledge of our area. I love the Lakes Region and have met some outstanding people over the years. I have had some amazing experiences giving back to the community, whether it was as a youth baseball coach, 25 years as a golf instructor or 25 years as a ski and snow board instructor at Gunstock Recreation Area. These are memories I will always treasure."

Chris Kelly, Broker/Owner of RE/MAX Bayside states, "It is our privilege to welcome Randy to our company. He has been an important part of our community and a friend to all of us throughout the years. Through his motivation, drive and natural ability he has become a leader in our business."

Randy can be reached at 455-9318 or at [Randy1@metrocast.net](mailto:Randy1@metrocast.net). He is just a phone call away and looks forward to assisting you with all your real estate needs.

### BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of April 3-17.

Alan W. Vomacka, age 29, of Belmont was arrested on April 4 for Driving While Intoxicated.

Mark Geremia, age 31, of Northfield was arrested on April 5 for Driving After Revocation or Suspension, Operating a vehicle with a Suspended Registration, and operating a vehicle with a False Inspection or Registration Sticker.

Robert C. Charter, age 31, of Northfield was arrested on April 7 in connection with a warrant issued by the Laconia Police Department.

Leah Jameson, age 21, current address unknown, was arrested on April 7 for Possession of Controlled/Narcotic Drugs.

James C. MacDonald, age 58, of Belmont was arrested on April 11 for Domestic Violence-Assault.

Russell M. Warner, age 47, of Franklin was arrested on April 15 for Possession of Drugs and Penalties-Control of Premises where Controlled Drug is Kept.

### TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 526 calls for service and made the following arrests during the week of April 6-12.

Arrested during this time period were Kellani Castellez (for Willful Concealment and possession of Drugs) and Justin Denormandie-McDonald (as a Fugitive from Justice).

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USPS 024-975  
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St.,  
Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER:  
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

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# Franklin Savings Bank announces promotions

FRANKLIN — Franklin Savings Bank is pleased to announce the recent promotions of Jessica Price to Assistant Vice President & Assistant Controller as well as Suzanne Paradis to Bank Secrecy Act & Security Officer.

"This is a wonderful accomplishment for both Jessica and Suzanne, and we are pleased to recognize them for their dedication and commitment to the bank," commented Brian Bozak, SVP, CFO & COO. "We are very appreciative of their efforts and wish them all the best in their expanded roles."

Price joined FSB in



Jessica Price

2008 as a part-time Teller in the Tilton office. Since then, she has advanced into several positions, including Personal Banker, Branch Manager, Deposit & Electronic Services Special-

ist, Deposit Operations & Accounting Manager and Operations & Accounting Officer. In her new role, she will have oversight of deposit operations and accounting functions; maintain



Suzanne Paradis

compliance with all bank policies and regulations; and provide support for various deposit operations and finance functions. She holds a B.S. in business management from Granite State

College and is pursuing her CPA. In addition, Price is a graduate of the Northern New England School of Banking, and is an Accredited ACH Professional and National Check Professional. Locally, she serves as Treasurer for the Board of Directors with Twin Rivers Interfaith Food Pantry in Franklin.

Subsequently, Paradis joined FSB in 2014 in the IT area, then transitioned into the risk management department where she was promoted to BSA Officer in 2019. She brings to her role over 18 years of experience in deposit and loan operations. In addition, she is a graduate of the Northern New England School of Banking and holds a BSA certification from the Independent Community Bankers Association.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes

Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown, as well as an office in Bedford for business lending. The Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Since 2009, Franklin Savings Bank has donated more than 11 percent of its net income to charity. Visit [www.fsbnh.com](http://www.fsbnh.com) to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

## Gunstock announces limited operations for summer

### Campground opens May 23

GILFORD — As the extraordinary events surrounding the spread of the COVID-19 virus continue to unfold in the United States and in New Hampshire, the Gunstock Area Commission and Gunstock management team have been working diligently to develop a safe and responsible Summer 2020 Operating Plan. The rapidly changing nature of the COVID-19 crisis requires us to keep the health and safety of our employees and guests at the forefront of any decision impacting Gunstock's summer operations.

The Gunstock Area Commissioners have weighed all the information currently available.

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

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

Region continues to develop, Gunstock will continuously assess the circumstances and provide timely updates on the 2020 Summer Events schedule.

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

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

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

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

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

### About Gunstock Mountain Resort

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

## Bank of New Hampshire makes donation to NH Food Bank

MANCHESTER — In response to the statewide impact of the Coronavirus (COVID-19), Bank of New Hampshire is pleased to present the New Hampshire Food Bank with a \$10,000 donation. These funds will be used to provide 20,000 meals to the one in nine men, women and children in New Hampshire who are food insecure during this difficult time.

"We understand the impact and challenges that COVID-19 has placed on our community which is why we are proud to present the New Hampshire Food Bank with this donation," commented Michael J. Seymour, VP, Customer Experience and Marketing Officer. "We embrace our responsibility to be a leading corporate citizen. By supporting organizations like the New Hampshire Food Bank, we can help strengthen our communities and enhance the lives of our neighbors in impactful ways."

For more information and to donate, please visit [www.nhfoodbank.org](http://www.nhfoodbank.org).

Bank of New Hampshire, founded in 1831 is the oldest and largest independent bank in the state and provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 25 banking offices \$2.7 billion in assets under management including almost \$1.8 billion in bank assets and over \$900 million managed by the Wealth Management Group. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit [www.BankNH.com](http://www.BankNH.com).

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## The lost class of 2020

When schools across the country moved to remote learning, we weren't sure how long it would last, but many of us suspected that eventually it would last for the remainder of the year.

Many students use school as a respite and several thrive on having a consistent schedule. Younger students are facing many losses, but our hearts truly break for the seniors, particularly athletes who are missing out on their final sports season.

In our own experience, it was track season that would have had the most impact. As a senior, records needed to be broken, goals needed to be reached and rivals needed to be beat. To have that season abruptly "taken" would have been devastating. Thinking back, time spent on a Saturday at a sunny track meet with talented athletes, encouraging coaches and parents with coolers loaded with food are some of, if not the best, memories from high school.

Then there are softball and baseball players. Baseball, in all its various incarnations, is called the 'American pastime' for a very good reason. The adrenaline rush that comes after managing to hit an expertly thrown pitch and sprinting to first base is unforgettable. Making a catch in the outfield, or making the play for that all important out that could decide the game, is gold. Fortunately, many athletes are going on to play ball or run track in college. For those that are not, know that we sympathize with you, and hope that you can continue doing what you love in some sort of league that will hopefully be available to you. No, it won't be the same, but this is when they say you need to "adjust your sails" and remember that what is happening is in order to keep you and your families safe.

Again, we know that all of our students, parents, faculty, healthcare workers, business owners and all community members are going through a loss, all to varying degrees but all just as important. For students, whether it's the last school theatre production or JROTC competition, we feel for you. Have faith that your administration will make up for all of this, as best they can, given the circumstances.

Certainly, our students understand the gravity of the situation. Lives are being lost, families are losing loved ones and people are heart broken. We are in the midst of a global pandemic, but that doesn't mean that the devastation those students are feeling shouldn't matter. We acknowledge your pain. Reading a recent Facebook post by a friend's daughter brought the situation home to us. In an emotional letter to her fellow members of the Class of 2020, she wrote that if she had one wish, it would be to go back to the last day of classes before the governor's office made the decision to close schools, with the knowledge this time that those eight precious hours would be the end of her senior year; and give all of her classmates — many of whom she might never have an opportunity to see together in one place again — one last hug or high-five before saying good bye.

Her words speak for all students across our region, and across the country, who have been denied the opportunity to experience one of the most memorable times in a young person's life, and we invite our readers to join us in recognizing the pain, comforting the sorrow, and above all, saluting the achievements and incredible fortitude of the Class of 2020.

## Riding out the Coronavirus



Happy as a pig in Shitakes

and married to my medium, having produced 12 'Kids' over the past four weeks. Now, if could only afford to frame them. Do you get the picture?

COURTESY

Duane Hammond of the Lakes Region Art Association writes: How am I doing during this lull which is particularly boring and hard on all of us? My only advice is for everyone to just be careful and don't go crazy during this lock down. Actually, I've just been talking about this with my microwave and toaster while drinking coffee and we all agreed that things are getting bad. I didn't mention anything to the washing machine, as she puts a different spin on everything. Certainly not the fridge as he is acting cold and distant. In the end, my iron straightened me out, as she said everything would be fine, no situation is too pressing. The vacuum cleaner was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything, but the door knob told me to get a grip. The front door said I was unhinged, and so the curtains told me to pull myself together. So in the end, there's only one thing for an artist left to do and that's to hole up in your studio and paint. But that's hard to do if you're like Van Gogh and don't have an ear for music. So, the first day I decided to spend my time painting another pastel, all I did was stare at an empty piece of paper and drew a blank. Now, however, I'm totally engaged

## STRATEGIES FOR LIVING

### The windows of your soul

BY LARRY SCOTT

Who are you? And do others see the real you, or you all smoke and mirrors? And if you had a friend with the insight and honesty to shoot straight, would you want to know the truth?

There are four perspectives, four windows on your soul, that will have a profound influence on your journey through life. Known as the Johari Window, named after its two creators, Joseph Luft and Harrington Ingham, what you have here are four perspectives that can give you a hint as to how you relate to others. There are four – and in this scenario, only four – and where you fall in these four quadrants may well determine your destiny, not only in this life but in the life to come.

In the first window, we have your public self,

things you know about you and others know about you. This can be good or bad, depending, but at least you are honest and aboveboard. What you see is what you get.

In the second window, we have your private self, things you know about you but that others don't know about you. What you see here is not what you get. The real you is hidden behind a carefully crafted facade, with a reputation you may not deserve, but one that has been cultivated to aid you in your progress through life.

In the third window, you have your blind self, things others know about you but that you don't know about you. This is where you need honest friends you can trust. Your self-discovery is necessary if you are to mature and become the person God created you to be. What we see is ...

well, you'd never guess.

And, finally, a fourth window where you have your unknown self, where you have things you don't know about you and that others don't know about you either. And here is where you need God, for He is the one who will change the course of your life and help you become the best that you can be. In other words, what you see, God only knows!

And that is the point of this essay. We all need a God Who knows all about us and cares enough to work with us that we might become everything we were meant to be. None of us is operating up to our potential. Although created in the image of God, life has marred that image; we need divine help.

I operate with the conviction that God is real, and that He loves us even if we don't love Him. We can ignore Him, we can

choose a self-centered life that has no place for Him, but we do so only to our peril. God cares about us and would like to do a work in your life and mine, remolding us into a person that is real and genuine. And then He would like to bless us with the gift of eternal life and make eternally permanent the changes that will come to us in the here and now.

Most of us spend our time living in the public arena hoping to be accepted by what others see and believe us to be. What they don't know won't hurt them ... we hope! But God has a unique vision for you and me. He would like to transform us so that we can be open and honest, where what you see is who we are!

For more thoughts like these, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

## LETTERS TO THE EDITOR

### “Stand Up” for our Community

To the Editor:  
Greetings and well wishes for all who are reading this letter. The “Stand Up Winnisquam” Coalition wants to take an opportunity to reach out to the community and thank those who are “standing up” for our local families during this challenging time. There are countless efforts of organizations and individuals doing not only their “essential” functions but going above and beyond to make our towns safe, healthy, and positive during uncertain times. To the parents and caregivers at home supporting our youth with schoolwork and emotional support- we salute you!

The “Stand Up Winnisquam” Coalition focuses its efforts on substance misuse prevention for youth by promoting community assets and healthy choices as well as helping to shift and defy social norms that promote substance use as a normal part of growing up or a normal coping strategy. During this time of high stress for so many, we encourage you to think about the messaging you are sending to young people when you choose how you will cope with stress. What behavior are they watching? Is it something you'd want them to learn or emulate? Social media is being overrun with images and memes depicting adults coping with COVID-19 virus stress with alcohol and other substances. How about we “Stand Up”

for our youth and show them healthier ways to cope?

What are some healthy ways to cope with stress and work towards a healthier well-being? Start by taking care of you. Eat and drink healthy foods, get enough sleep, and stay active. Make it a family affair by involving youth in preparing for a family meal or going for a walk on a local trail. Practice gratitude by writing down or verbally expressing one thing you are thankful for each day. Also, allow space to talk about feelings. Everyone feels down or scared at times but recognize when those feelings become more challenging than before and act. Reach out to a trusted friend or relative or seek out professional help for additional support. There is free crisis help provided by trained professionals available by texting SIGNS to 741741.

If you are interested in joining the efforts of Stand Up Winnisquam or would like more information about our prevention coalition, please reach out to: Dawn Shimberg at 286-8577 or [dawnbshimberg@gmail.com](mailto:dawnbshimberg@gmail.com). Also, follow or like our coalition page on Facebook by searching “Stand Up Winnisquam.”

From all our partners, we thank you for “Standing Up” to make the Winnisquam region a great place! Sincerely,

DAWN SHIMBERG  
THE STAND UP WINNISQUAM COALITION

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North Country Notebook

# To build a fire, it helps to fashion a Christmas tree



By JOHN HARRIGAN  
COLUMNIST

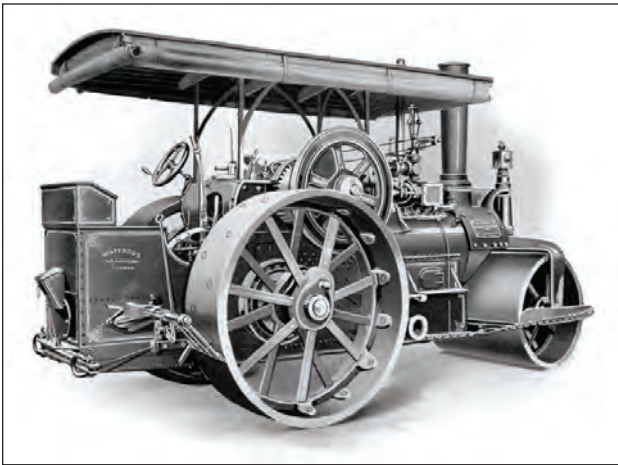
One of the more gripping stories about the outdoors is Jack London’s “To Build a Fire.” Anyone who has tried to use half-frozen fingers to start a fire will identify with it on contact. It should come with a warning label.

When I was a kid, maybe 10, my siblings and I went to one of the carnivals put on each summer by George L. O’Neil Post 62 of the American Legion. How its members (and spouses) found the time to do such things I don’t know,

but they did.

This was in that time before television, B.T., when people still knew how to make their own fun. There were booths and tents all around. The prizes were good stuff, not junk. To a kid my age it was Wonder Land.

What made this carnival stand out was a huge antique steamroller, parked at the south end of the lot. In not-so-olden days it was used to smooth out and flatten dirt roads after their first grading in the spring, because horse-drawn buggy wheels would sink in. Steamrollers persisted right into the days of World War II. They flattened out blacktop, too, otherwise known as pavement, or “improved tarvea,” or an even older term, I think, “macadam.” Some of these are terms of wonderment, coined by people whose roads were all dirt.



A steamroller much like the one I once saw, fired up by a man who knew how. This illustration is of a 1912 Waterous Double Cylinder machine. (Courtesy Western Development Museum, Moose Jaw, Saskatchewan)

The man in charge of this antediluvian machine wore tar-stained blue bib overalls, and, true to an artist’s conception, had an oil-rag hanging out of a rear pocket.

“He’s going to fire up the boiler,” someone shouted, in appropriate carnival barker fashion, as in “Gather round,”

which a sizeable crowd did.

The scene is before me now. Here this man stood, the utter focus of attention. I was all ears, literally and figuratively (I was born with big ears, and still have them).

This man, whom I’ll call Mr. Smith because I can’t remember exactly, had a little pile of

softwood kindling, most likely fir or cedar, and a big pile of larger splits nearby. He was obviously well prepared.

Up in the steam-boiler’s firebox, the door wide open, were a couple of bottom layers of small pieces of kindling crisscrossed, topped by medium-sized pieces, ditto, topped by larger pieces piled up into the gloom.

Mr. Smith reached for a piece of celery-size cedar, clear and straight-grained top to bottom, no knots. “I’m going to make a Christmas tree,” he announced to anyone interested, which was all of us, leaning in a bit more.

ly sharp enough to shave with, which he hadn’t, Mr. Smith proceeded to do just that to the piece of kindling. Starting at the top, he shaved up little curly-ques, stopping just short of cutting them off. He went all around the piece, and then left a little more space for the next row, and so on, his knife-strokes getting longer the further down the piece he went, and voila!—an entire piece of kindling, transformed into a series of ever-longer curls.

“There,” he said, holding it aloft so all could see, “a Christmas tree,” and he wedged it on the firebox threshold, and searched his front pocket for a match.

With a knife obvious- SEE **NOTEBOOK**, PAGE A7

## LETTERS TO THE EDITOR

### Sheep or patriot?

To the Editor:

“I’m from the government, and I’m here to help!” The most frightening words, according to the late President Ronald Reagan.

The question is often posed, how did Germany let it happen?

We all have a fear of dying. We are human beings. We have a beginning, our birth, and we have an end, when our time for death arrives. That death may be sudden from an accident from a fall or an automobile. That death may come suddenly from a heart attack or from a lengthy disease. It may even come from our own hand through suicide or a drug overdose. But, we will all die. Every death brings sadness to the survivors, but at some point, we will all die. Yet our fear of death hovers over us as we fight to preserve life.

How did Germany let the take-over by Nazism happen? Now we know! The government exploits our fear of death and the citizens march in lock step ...Baa, baa black sheep...”Yes, sir; Yes, sir; social distancing sir; face masks, sir; stay at home, sir,” and it goes on and on.

God is not essential, but your liquor store is.

Every hour of every day we hear about the latest death toll due to the Chinese Communist Party (CCP) virus. But we don’t hear about the deaths due to suicide, or the deaths due to murder; or the deaths due to car accidents, or the deaths due to cancer; and the list goes on, ... yet, we are plummeted with the latest positive tests and deaths due to the CCP. And the result ... the American people are panicked and afraid.

Yes, we have flattened the curve. But flattening the curve doesn’t prevent any death from occurring. And...

We are being set up for subsequent outbreaks. Why, because we are in the stay at home, don’t be exposed, no contact with other human beings mode of operation.

The herd immunity that is oft referenced happens when large segments of the population build immunity in their own body. How will you be exposed if you are not allowed to come in contact with the virus? Through government controlled vaccination?

Scientifically, if your immune system is healthy, you can be exposed to the virus, at which point your immunity kicks in and you don’t necessarily need

to exhibit symptoms. Why? Because if you have a healthy immune system, it will fight the virus, and build antibodies. But if there is no exposure to the virus, you cannot build the antibodies and preventing mass numbers of the population from exposure will not result in immunity for the general population known as herd immunity.

Additionally, in our panic and fear, we are giving up our rights as we march to the Pied Piper of Government. Our right to freely assemble given up because we are ordered to stay at home. Our right to practice our religion is given up as church leaders follow the government orders to limit the number of people who can gather together and the social distancing mandate.

This is how Germany let Auschwitz happen. The government issued orders, the people followed in lock step, and then the people became active participants in the government atrocity. Will you let fear and panic strip you of the God given freedoms our Founding Fathers and subsequent patriots fought to protect?

Meanwhile, the Governor and Sen. Jeanne Shaheen welcomed 91,000 pounds of personal protective equipment from where? You guessed it — China! Are you kidding me?

“I’m from China and I’m here to help!” Help what? Spread panic and fear by sharing viruses? How, you ask?

We stopped travel to and from other countries. We’ve even restricted travel between states and between our homes. Other countries are returning personal protective equipment made in China because they are flawed and do not meet safety standards and/or contaminated, and we are going to freely distribute without testing across New Hampshire? Why?

Evil persists because good men do nothing. As Benjamin Franklin stated, “Those who would give up essential Liberty, to purchase a little temporary Safety, deserve neither Liberty nor Safety.”

What will you do? Are you willing to fight for your liberty?

KAREN TESTERMAN  
FRANKLIN

TOWN OF NORTHFIELD

ZONING BOARD OF ADJUSTMENT

Monday, April 27, 2020 at 7:00 pm

AGENDA

ATTENTION: Due to COVID-19 we will be hosting this meeting online via Zoom. If you do not have access to attend the meeting online, you can call into the meeting. To join the meeting please call the office at 286-7039 or email sgiovannucci@northfieldnh.org for log in and password. All applications and plans are available for review at www.northfieldnh.org.

1. Minutes – February 24, 2020

2. Richard and Karen Couture- Application for a Variance to add a garage with an ADU above located at 83 Sandogardy Pond Rd (Map R08 Lot 1-1) in the Conservation Zone.

3. Other Business

4. Adjournment

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

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# MARK ON THE MARKETS

## Silver lining



BY MARK PATTERSON

With the pandemic in full swing and people hypersensitive to any news related to Covid-19, there are many people who have been laid off, furloughed or just out of work. While it is hard to find anything positive with the business closure and what I fear to be devastating to our econo-

my in the near-term, let me try to find something positive here. Many people who have left jobs have left stranded retirement plans at their ex-employer's previous plans. Those plans can and should be moved to a self-directed IRA that will give the owner of the money much more flexibility, likely reduced fees and a chance to direct that money more suited to their goals and objectives. Most 401(k) and 403B plans are designed for the accumulation of assets, tax-deferred and with possible employer match to some degree. However, the choice for funds are typically limited and far too often expensive choices with

attached administrative fees. Several years ago, I published an article on 401(k) plan likes and dislikes from the plan participant viewpoint. I accessed Fidelity's database and research that is available to the public or anyone searching online. To summarize this research, revealed that up to 70 percent of plan participants do not believe that they were given enough help in choosing their allocations. Another group of people felt that their plan choices were not enough and were too expensive. It is a common complaint that I hear from clients that I work with regarding their company's plan. I try to help them with their allo-

cations, but often find it difficult to find good choices with a very limited selection of mutual funds that often carry a high fee. Some of the smaller plans many times sold by brokers have a family of funds that are really expensive to the client. I've seen many 403B plans with no employer match provision and I've asked client why they're participating only to be told that they really didn't know other than the fact that it was offered. If you are in that position to where your plan offers no match you may want to review, why you are involved in the plan at all. A very powerful tool that is not advertised to the plan participant in

most cases, is a provision in many 401(k) and 403B plans called "in service distribution", that means, the plan participant may still be involved in the plan and receiving a match however the existing assets in the plan may be able to be transferred to a self-directed IRA. This is a very powerful strategy that allows the plan participant to use any investment vehicle allowed in IRAs to custom build their portfolio to meet their goals, objectives and real purpose for the money. Most plans allow for this distribution after the plan participant has reached the age of 59 ½. However, some plans allow for this distribution at any time. This

can be found in the plan documents which all plan participants have access to. I encourage you to seek professional help if you are considering any of the strategies to ensure that you don't create a taxable event. If you would like more information about a plan rollover or in-service distribution, please feel free to contact us. We can videoconference; DocuSign and work electronically in this difficult environment. *Mark Patterson is a portfolio manager at MHP asset management LLC and can be reached at 447-9799 or Mark@MHP-asset.com.*

# Belknap Mill Artists in Residence to present virtual play reading

LACONIA — With the onset of the Coronavirus preventing live theatrical gatherings, the Belknap Mill has had to cancel the third production in its Play Reading Series, the musical "My Backyard," which had been scheduled for April 24 and 26. However, in the spirit of "the show must somehow" go on, Theatrical Artists-in-Residence Bryan and Johanna Halperin have shifted plans to be able to give the community a theat-

rical event to enjoy that weekend. In place of "My Backyard" (which will hopefully be rescheduled for next season), the Halperins will produce Bryan's play, "The Hairy Man," which will be recorded remotely and aired on the Belknap Mill's YouTube page beginning at 6:30 p.m. on Friday April 24. People will be encouraged to watch the video at their leisure that weekend and join Bryan, Johanna and some of the cast for a live "online"

talkback on Sunday, April 26 at 2 p.m. Those who wish can make a donation to the Belknap Mill to help support its operations during this difficult time, <https://www.belknapmill.org/html/donate.html>.

"The Hairy Man" takes place in 1935, during the Great Depression. Lonely, imaginative 11-year-old Johanna "Jojo" Benton is playing a story one evening in her family's Kentucky barn when her solitude is interrupted by a stranger. A destitute wanderer with a long beard and curly hair, Jojo suspects he is the "Hairy Man" - a sinister trickster from a southern American folk tale her late father used to tell her - whom she thinks has come to take her away. But the man is simply a poor Jewish immigrant, Abraham Goldstein, making his way to

California to begin a new life. Jojo's mother, Sarah, takes pity on the penniless, starving man and allows him to stay in the barn and work on the farm to earn money to continue his journey, despite the objections of her older son, Will, who is suspicious of this outsider; the first Jew they have ever met. As weeks pass, Jojo and Abraham discover a shared love of storytelling and create a theatre in the barn, while Sarah and Abraham learn they have more in common than they could ever have imagined. Bryan and Johanna held a live reading of this play at the Little Church Theatre in Holderness in the summer of 2018. The four actors from that performance are all returning for this "revival". Doug Wert plays Abraham, Tamara McGonagle plays Sar-

ah, Sophie Pankhurst plays Jojo, and Jakov Schwartzberg plays Will. Katie Griffiths reads the stage directions and hosts. Doug and Tamara played leading roles in the first Belknap Mill reading last fall, An Enemy of the People. For those who saw the reading in 2018, this is a new draft with changes that came out of the discussions from that reading and from further development. Since 2018, the play was selected by the Firehouse Theatre in Newburyport, Mass. as its 2019 Pestalozzi Prize winner and given a reading. It was then a semi-finalist for the Premiere Play Festival at Premiere Stages in New Jersey. Most recently The Hairy Man was a finalist for the 2020 JETFest, an annual new play festival at the JET Theatre, a professional theatre in Michigan. In fact, Bryan

and Johanna were set to fly to Michigan for a professional reading on March 15th which was postponed due to the Coronavirus. Says Bryan, "As excited as we were to see it performed in Michigan, we are taking consolation in being able to share this latest draft with our extended online Lakes Region community and beyond and getting a chance to hear the original actors perform the new version. We hope people at home looking for entertainment will join us and consider supporting the Mill in the process." Details on how to watch will be available on the Belknap Mill's Facebook page and Website. For more information contact Tara Shore, Program & Operations Manager at: [operations@belknapmill.org](mailto:operations@belknapmill.org) or by calling the Mill at: 524-8813.

## NOTEBOOK

CONTINUED FROM PAGE A5

With a "Whoosh" the tall stack's draft took hold, and the firebox was a Smith Inferno. "Listen for the whistle," he said, as we all sort of dwindled away.

The tents and booths took us in, and I was watching a white mouse choose a hole, when a steam whistle rent the air. "Mr. Smith has got steam up!" someone shouted, and back to the south end we went.

Up through the midway came the behemoth, clanking along like a giant tractor gone mad. In the seat and at the controls was Mr. Smith, beaming a smile that said "Happy."

He pulled on the cord to the whistle, and out came the banshee wail. And up through the midway he went, stack puffing clouds of off-white, the cord bringing "Screech!" with each pull, fire-builder and belching behemoth, a scene that no kid could forget.

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



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**Edward Jones: Financial Focus**  
**Earth Day - Time to "Go Green" with Your Investments?**  
Over the past several weeks, many of us have been working from home in response to the "social distancing" necessitated by the coronavirus. Nonetheless, we still have opportunities to get outside and enjoy Mother Nature. And now, with the 50th anniversary of Earth Day being celebrated on April 22, it's important to appreciate the need to protect our environment. Of course, you can do so in many ways - including the way you invest. Some investors are supporting the environment through "sustainable" investing, which is often called ESG (environmental, social and corporate governance) investing. In general, it refers to investments in businesses whose products and services are considered favorable to the physical environment (such as companies that produce renewable energy or that act to reduce their own carbon footprints)

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tainable mutual funds. Be aware, though, that even though they may not market themselves as "sustainable," many more mutual funds do incorporate sustainability criteria into their investment processes. You also might consider exchange-traded funds (ETFs), which own a variety of investments, similar to regular mutual funds, but trade like stocks. ETFs often track particular indexes, so an ETF with a sustainable focus might track an index including companies that have been screened for social responsibility. Make sure you understand the fundamentals of any sustainable investment you're considering, as well as whether it can help you work toward your long-term goals. But by "going green" with some of your investments, you can help keep the spirit of Earth Day alive every day of the year.


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**PET OF THE WEEK**

**JOAN**

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





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# Unintended Consequences for Those with Hearing Loss

There are many challenges that have developed due to the COVID 19 virus. One of them is the use of face masks. Face masks are essential to reduce the spread of illness. Everyone should be wearing them. They help protect the wearer and those around the wearer. Please wear your mask!

Unfortunately, wearing a mask makes it difficult for people with hearing trouble. The mask prevents people from being able to see how your mouth and face move. Those with hearing loss depend on these visual cues to help them identify sounds they did not hear. The face mask also distorts speech and can make it sound muffled. The muffling of voices makes it more difficult for those with hearing impairment to identify speech sounds. Thus, it's a double whammy. Not only does the mask

often distort the sounds of speech, but it prevents the use of visual cues to help resolve what was missed.

Remember that hearing loss is often invisible and is very common. For every one person you know who wears glasses, there are 3 with trouble hearing. If you perceive that someone is not hearing you well, please slow down your rate of speech. Do not stretch out your words. Instead, pause frequently when speaking. Try to take a breath every 3-5 words. The pauses will give the listener time to resolve what they missed and help them understand you better.

One blessing from our Stay-at-Home order is that we are getting to spend more time with our family members. This may lead to observing that some members of the family are not hearing

well.

Some signs that someone doesn't hear or understand you easily are: the listener demonstrates intense attention to you when you are speaking; they ask you to repeat-sometimes multiple times; You might observe a wrinkle on their forehead, between their brows; or you might receive responses that bear no relationship to what you originally tried to communicate.

Sometimes hearing trouble is a result of the ear canal becoming clogged with ear wax. Most often hearing loss results from a combination of family genetics, noise exposure, chemical exposure (too much aspirin, chemotherapy, exposure to solvents), head injury, or high fever. Unfortunately, as we get older, more of these aspects add up to reduce our hearing.

The only way to know more about your hearing is to have it evaluated. A professional hearing evaluation, performed by a licensed Audiologist, will correctly identify if there is any medical condition that needs attention. It will also lead to appropriate recommendations for how to improve your hearing.

Some offices are working limited hours and some are closed. Audiology Specialists is open with reduced hours. We are a local, independent business. Dr. Laura O'Brien Robertson, Au.D. has helped members of the Lakes Region since 1992. Audiology Specialists can be reached at 528-7700 or via the web at [www.audiologyspecialists.com](http://www.audiologyspecialists.com).

# Things to know before drafting a living will

During the prime of their lives, people typically don't give much thought to scenarios in which they become ill or are facing the end of life. Sickness and mortality are not easy conversations to have, but it is important for everyone to approach these heavy topics with close family members so that individuals can rest easy knowing their needs will be met if or when their health falters.

An advanced health-care directive — also known as a living will — is a legal document in which a person lists the specifics of medical care and comfort actions they desire should the individual no longer be able to make decisions for themselves due to illness or incapacity. The legal advice resource Legal Zoom says the living will may list certain things, such as whether life sup-

port is desired or if pain medication should be administered. A living will should not be confused with a traditional will, which is a legal document that explains wishes for financial and personal assets after a person dies. Living wills also differ from living trusts, which address how assets will be managed if a person becomes incapacitated.

A living will is not always a necessity if a person does not have strong feelings about decisions made on his or her behalf while not cognizant. However, for those who do want to have a say in care, a living will is the best method for ensuring choices will be carried out. The following are some other questions people should ask themselves concerning living wills.

- Do I want to remove the burden of tough

choices from my loved ones? A living will relieves grieving loved ones of the responsibility of making challenging decisions of invoking life-saving procedures or not — particularly if they're not sure what you desire.

- Do I have firm feelings about life-saving methods? A living will allows you to spell out preferences on insertion of feeding tubes, if you want specialized hydration, if you want to be hooked up to life support if brain function is minimal, and a host of other scenarios.

- Is cost preventing me from drafting a living will? Cost need not be a factor in setting up a living will. You can download a free template from any number of online legal sources. Local hospitals often have forms as well, which can be notarized for only a few dollars. These forms are generally comprehensive and can help you answer all the questions and write in specifics.

- Have you selected a trusted person to carry out wishes? A health care proxy, according to the American Bar Association, is a person appointed by you with the authority to make decisions for you if you are unable to express your preferences for medical treatment. Together with

the living will, the health care proxy, also called a durable medical power of attorney, can fulfill your wishes accordingly.

A living will is an important component of medical and estate planning.



# Innovative fitness programs for seniors

It is important to stay active and eat healthy foods in an effort to promote fitness and well-being. This is especially true for seniors, many of whom lead increasingly sedentary lifestyles as they age.

The American Heart Association says adults should get at least 150 minutes of moderate exercise per week, or 75 minutes of vigorous aerobic activity, and a Harvard University study says that exercise can be an insurance policy for heart health.

Today's seniors have more fitness options at their disposal than ever before. SilverSneakers® is the leading community fitness program for older adults in the United States. SilverSneakers® members can participate in specially curated programs at participating gyms and community centers across the nation. According to the organization, there are more participating fitness locations available than there are Starbucks® coffee establishments. Classes are fit for everyone, no matter their experience level.

Those concerned about gym costs may find that SilverSneakers® already is included in their Medicare Advantage plan for no additional cost. Plus, there is access to healthy living discounts from participating businesses.

Canada has begun to develop its own senior-centric fitness programs. The Healthy, Safe and Strong group exercise program is an introduction to safe exercises available for adults age 60 and older in the province of Ontario. The program can help develop better stamina, maintain or improve balance and increase strength and endurance. StrongerU Senior Fitness is a relatively new program of pre-choreographed group fitness offering instruction in four program types: cardio, strength training, stretching, and circuit training. The program addresses a need in Canada for quality and consistent senior fitness programming.

As studies show that engaging in physical activity is the most effective way for aging men and women to stay healthy, more adults may be compelled to join fitness groups that cater to the 50-and-over market.

## Market swings making you uneasy? Let's talk.



**Jacqueline Taylor**  
Financial Advisor

3 Mill Street  
Meredith, NH 03253  
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Audiology Specialists is closely monitoring the information provided by the NH state government and the CDC. As an independent, locally owned company, our patients arrive one at a time. Our office is quiet and uncrowded.

If you prefer to remain at home but need help with your hearing aids, adjustments can be made remotely. This means a change in program settings can be sent to your smartphone, which will then modify your hearing aids, wherever you are. We have been offering instruments which allow for virtual appointments since 2018. To be eligible for virtual appointments, your first appointment must be in person at our office. Please call for further details.

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# STEM teacher receives honor

GILFORD — Julie Sicks-Panus, a STEM teacher at Plymouth Elementary School and a faculty member for the non-profit group WinnAero, was recently notified of a unique honor bestowed on her for her teaching excellence.

Ms. Sicks-Panus was selected by the International Technology and Engineering Educators Association (ITEEA) as a 2020 “Leader to Watch” in STEM education.

The ITEEA, headquartered in Reston, Virginia, has as its motto the goal to “Bring STEM to Life.” Last year, the group identified a total of six teachers as Leaders to Watch. The six hailed from Virginia, Florida, Pennsylvania, Ohio, Indiana and Glasgow, Scotland.

“This is a wonderful recognition award from a prestigious association,” said Sicks-Panus.

“Every teacher strives to bring the best educational processes to their assigned classes and the ITEEA honor reinforces what we’re all trying to do with STEM activities for youth,” she added.

The recognition by the ITEEA is based on teachers’ innovative and interesting approaches to STEM education in the classroom and beyond. The Paxton-Patterson Company, a leader in providing STEM educational supplies to schools, sponsors the ITEEA Award each year.

Sicks-Panus has been very involved through the years with ITEEA having served as one of the team members who helped write a complete revision and updating of the ITEEA standards for Technological and Engineering Literacy (STEL). Her hard work has been observed by colleagues in the ITEEA who have nominated her to run for the office of Region One Director for the organization. Region One encompasses the entire Eastern seaboard of North America and the Caribbean from New Brunswick, Canada to Puerto Rico.

Besides teaching in Plymouth, Sicks-Panus volunteers to serve as the Education Officer for the Hawk Composite Squadron of the Civil Air Patrol (CAP) as well



Julie Sicks-Panus receiving her ITEEA Recognition Award from Bud Johnson, VP of Marketing for the Paxton-Patterson Company.

as teaching each summer in WinnAero’s ACE Academies.

The WinnAero President, Karen Mitchell, herself a science and technology teacher, applauded the ITEEA’s choice of Sicks-Panus for this unique honor.

“Throughout her 25 years as a teacher, Julie has always sought out new and innovative ways to instruct her students and does an outstanding job for us each year teaching and mentoring youth who attend our ACE Academies.

She is richly deserving of this honor,” Mitchell said.

Anyone interested in learning more about the ITEEA should visit [www.ITEEA.org](http://www.ITEEA.org). Those interested in STEM hands-on activities for youth using aviation and aerospace as a backdrop are invited to visit [www.winnaero.org](http://www.winnaero.org).

## HELP WANTED

## Classifieds



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Please send Letter of Interest, Coaching Resume, and WRSD Application Form (the form can be found at this link: <https://drive.google.com/file/d/0Bzjl-2U9aoGMoTkItN1E4cEhsLWM/view> ) to:

Brian Contorchick  
Athletic Director  
Winnisquam Regional High School  
435 West Main Street  
Tilton, NH 03276  
[bcontorchick@wrdsau59.org](mailto:bcontorchick@wrdsau59.org)

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# Classifieds HELP WANTED

## CAMPTON SCHOOL DISTRICT Campton Elementary School 2020-2021 SCHOOL YEAR

### K-8 PHYSICAL EDUCATION TEACHER (Must be certified)

Please send letter of intent, resume, references, transcripts and certification to:

David Hamnett, Principal  
Campton Elementary School  
1110 NH Route 175  
Campton, NH 03223  
dhamnett@pemibaker.org

Deadline for applications is May 1, 2020 or until filled.



## TOWN OF MOULTONBOROUGH JOB OPPORTUNITY

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Berlin, NH

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### Berlin Elementary School

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## Ashland Elementary School Kindergarten Registration



**Please call the school at 603-968-7622  
during the hours of 8:00 am and 12:00 pm  
for registration information.**

Ashland Elementary School  
16 Education Drive  
Ashland, NH 03217

Children who reach the age of five years  
on or before September 30, 2020  
are eligible for kindergarten.

## SANDWICH CENTRAL SCHOOL KINDERGARTEN REGISTRATION FOR 2020-2021

### Sandwich Central School ONLINE REGISTRATION BEGINS MONDAY, MAY 4th

This year Sandwich Central School will be completing kindergarten registration remotely. If your child will be five years old by September 30, 2020 and is a resident of Sandwich, Center Harbor, or Meredith please email [alex.adriance@interlakes.org](mailto:alex.adriance@interlakes.org). You will receive an electronic presentation and registration forms will be mailed to you for completion.

## RUMNEY SCHOOL DISTRICT Russell Elementary School

### 2020-2021 School Year MIDDLE SCHOOL MATH TEACHER

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    - Use differentiation to make lessons accessible/challenging for all students
- Stay current with NCTM best practices and research

Interested applicants should send their letter of intent, resume, references, transcripts and certification to:

Jonann Torsey, Principal  
Russell Elementary School  
195 School Street  
Rumney, NH 03266  
[jtorney@pemibaker.org](mailto:jtorney@pemibaker.org)

## WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

### 2020-2021 School Year Professional Staff

**Anticipated Openings** – LES - Title I Teacher

WES - MS Math Teacher; Title I Teacher; PE Teacher; Elementary Teacher

**Human Resources/Payroll/Purchasing Manager** - Person manages the District's payroll, employee benefits, and purchasing tasks. The HR/PR manager works collaboratively in the District Central Office with the Business Administrator, Data Manager, Accounts Receivable Assistant, Grants Coordinator, and Administrative Assistants. There is a comprehensive job description on the SAU36.org website. This is a 261-day salaried position with a generous benefits package. Start Date: June 1, 2020 Please apply on Schoolspring; paper applications are not accepted. Positions opened until filled.

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**All applicants must apply on [Schoolspring.com](http://Schoolspring.com)  
Paper applications will not be accepted.**

For further information, contact:  
Roxanne H. Ball, Adm. Assistant to the Superintendent of Schools/Human Resources  
White Mountains Regional School District  
SAU #36  
14 King Square Whitefield, New Hampshire 03598  
TEL.: 603-837-9363/FAX: 603-837-2326  
Email: [rhball@sau36.org](mailto:rhball@sau36.org)



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# CLASSIFIEDS

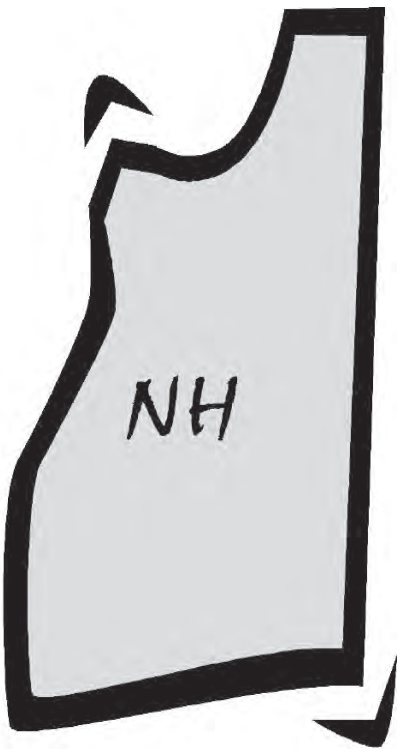
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#### BLACK DIAMOND BARGE CO.

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

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# Lakes Region Community Services reels under COVID-19 impact



More than 300 homemade masks have been donated to LRCS from local community members to help combat the spread and protect employees from COVID-19 while they continue to work to support individuals with developmental disabilities.

LACONIA — LRCS has a proud 45-year history of providing programs and services designed to serve many of the most vulnerable people in the Lakes Region. Since the closing of the Laconia State School in 1991, the agency has been at the forefront of offering people with intellectual and developmental disabilities community-centered supports and services that promote inclusion and improve quality of life.

This nonprofit social service agency is a state designated Area Agency serving adults with developmental disabilities and acquired brain disorders and their fam-

ilies residing in Lakes Region communities. Across New Hampshire, more than 10,000 people and their families depend on the safety net of Area Agency programs for people with developmental disabilities. The impact of the coronavirus outbreak is fraying this net. While LRCS has faced many challenges over its years of carrying out a complex and comprehensive human service mission, its work culture has always found creative and flexible solutions working alongside families to best serve its consumers and employees.

However, the COVID-19 pandemic

presents unprecedented and unique worries for the population of people with intellectual disabilities.

“So many of the strategies used to mitigate the crisis fly in the face of the support system that this diverse population has relied on. The call for social-isolation, major disruptions to routines, higher risk for people with compromised health issues, coupled with the need for hands-on everyday self-care, makes this situation incredibly challenging, anxious and dangerous,” stated Rebecca Bryant, President & CEO. “At LRCS, we are working all hands-on deck 24/7 to keep everyone safe. Along with our partners at the state and local level and following CDC guidelines, we are doing our very best to advocate, communicate and update protocols and services addressing the needs and fears of individuals and families, our employees, and the communities we serve.”

Like so many businesses adhering to social distancing, LRCS has either closed or created online alternatives for programs and functions that involve face-to-face meetings and gatherings. While most of the individuals with developmental disabilities receiving LRCS services live at home, others are supported in independent living arrangements. And those with higher end needs requiring 24/7 care, live in a variety of LRCS owned residential homes. All these living arrangements present their own unique

challenges as does the circumstances of each individual and their care givers.

“This is a diverse community and there is no one size fits all, but we know that change in routine creates distress for many people with intellectual disabilities and Autism. Those who work or volunteer and are supported by Direct Support Professionals (DSPs), feel the loss of community and don’t understand why their lives have changed. COVID threatens not only their health but their daily independence. As a result, we are seeing behavioral and health issues causing even more stress for vulnerable people and families,” commented Wendy Robb, Director of LRCS StaffWorks.

Although supported community jobs and volunteer opportunities for adults and LRCS businesses employing individuals are shut down, DSPs are providing in-home activities and taking individuals outside for healthy activities such as walks, hikes, and fishing.

“We are doing what we can to alleviate some of the stress and worry. Families are afraid of getting sick and being unable to care for their loved ones, and just petrified of what would happen if their family member had to be hospitalized, alone, with this virus,” stated Robb.

Those who reside in LRCS residential homes are often the most severely disabled requiring 24/7 care. Many are older with complex medical conditions includ-

ing pulmonary illnesses such as asthma, COPD and bouts of aspiration pneumonia. Others are living with heart failure and diabetes-conditions that don’t allow their bodies to easily fight infections. And those who are nonverbal are unable to clearly communicate how they are feeling.

LRCS residential homes are set-up as group living arrangements to accommodate wheelchairs and a variety of specialized adaptive supports but are not designed to isolate people.

“People live in close quarters, sharing bathrooms, kitchens, and bedrooms. All require hands-on personal care. We work hard to minimize the risk of infection,” stated Lisa Clark, Director of Nursing. “We follow multiple safety protocols, have well trained staff and personal protective equipment. But we can’t avoid direct personal contact as our residents need others help with daily self-care, medication, cleaning, shopping, cooking, and transportation.”

This crisis comes during a prolonged workforce shortage for direct care givers. Although most DSPs are dedicated to their work-gratified by making a difference in people’s lives, many who remain on the job face their own difficulties. COVID-19 has closed schools and day care facilities, leaving some staff no longer able to work. Others are concerned about their own exposure, as keeping 6 feet apart is not an option. The agency has had

over 40 employees file for unemployment due to this crisis.

LRCS HR is striving daily to keep this valued and vital workforce employed. DSPs are receiving a \$1 an hour pay increase through May 4; new employees are offered a sign on bonus, and current employees are eligible for a referral bonus for bringing in new employees. The HR team is counseling employees to find flexible work arrangements that fit their personal situations. DSPs are being cross trained to work in other programs to avoid furloughs and the employee assistance program has been extended to help with financial strains. Recently the agency announced the availability of hotel accommodations for employees who have COVID-19 exposure in their homes. “We know how important our workforce is for the well-being of those we serve. We are hiring, training, counseling and finding solutions to keep the safety net intact,” commented Joleen Welford, HR Director of Employee Relations.

LRCS has long been a central community partner in the Lakes Region, with strong collaborations and partnerships.

“The strength of the Lakes Region community has never been so evident as it is now, there is an incredible spirit that we will get us through this together. As difficult as this crisis is, it has showcased the amazing generosity and caring nature of the Lakes Region community,” added Bryant.



# Celebrate Our

## LOCAL SPORTS HEROES

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

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





A large banner in front of Winnisquam Regional High School has been erected to acknowledge the Class of 2020 as their unprecedented senior year nears an end through online classes. The sign lists the names of each of the 80-plus soon-to-be graduates of the school.

SIGNS

CONTINUED FROM PAGE A1  
through to pick them up. “I’m excited! There’s going to be signs popping up all over now. This is wonderful,” said

Dibiaso. In addition to the yard signs, the district also arranged for a large banner listing all 80-plus names of the graduates to be placed out in front

of the school for all to see. “This is our class and it’s so sad this happened to them in their last year of high school. But, they’ve worked hard

all these years so we’re just going to get creative to let them know how proud we are and celebrate them,” Dibiaso

said. Class members or residents of the district who would still like to purchase a Class of

2020 yard sign can do so through email to [ndibiaso@wrsdsau59.org](mailto:ndibiaso@wrsdsau59.org) or by calling Cutting Edge Graphix at 729-0141.

SCAM

CONTINUED FROM PAGE A1  
premises. The couple did not notify police right away about their encounter but Mann said the suspect’s “hasty exit” gave him enough time to flee the area before officers arrived. “This is just one way thieves obtain goods or services with your stolen personal information,” the captain said. Police have seen that once a thief is able to obtain and use hacked personal information, they order items, billing them

to that unsuspecting person’s address. They then try to intercept the delivery, leaving victims none the wiser about the purchase until the bill comes in the mail and the thief is long gone. “These residents did the right thing and did not give the unknown man the phones. Instead they immediately closed their door and called for police,” said Mann. Belmont police are currently reviewing the security of the family’s passwords and accounts to help deter future in-

cidents like this. Mann said this incident shows the benefits of installing a home security camera system. Most of those systems, he said, can alert residents in real time when there is a delivery to the home or if a person or vehicle has come on to the property. Should a suspicious incident occur and the resident is willing to share the footage, that information can greatly assist police in any criminal investigation that may result.

MARKERS

CONTINUED FROM PAGE A1  
Danbury and Wilmot. However, in 1837 that grant was further divided and the area situated along the more southern part of the Pemigewasset River officially became the Town of Hill. It was named in honor of New Hampshire Governor Isaac Hill who served as governor of the state from 1836 until 1839, but had also served previous terms in the House of Representatives and as a state senator. In 1938 though, the town’s true notoriety came about when it surrendered its mills, hotels, shops, school, churches, homes and even farms, as residents moved uphill from the idyllic riverfront location to make way for the construction of a flood control dam on the Pemigewasset River. By June of 1940, construction of the new town was completed, with sadly just a couple remnants of what the citizens established on that riverfront included in the massive undertaking. A few historic homes moved from Old Hill Village can be found in New Hill Village today while most other buildings were regrettably torn down, yet never forgotten. In his book “Cruising New Hampshire History,” author Michael A. Bruno writes, “The

town meeting of 1941 opened in Old Hill Village, recessed, and was reconvened in the New Hill Village,” an unprecedented event in any other New Hampshire community. Each year now, students at Jenny D. Blake Elementary School in New Hill Village have regular visits from representatives of the Hill Historical Society. As they begin their education at Jenny D. Blake School, the boys and girls are given a loose-leaf binder that, over the years, is filled with photos and information about the history of their unique town, provided by the historical society. And in early fall, the public is invited each year to take a drive through Old Hill Village where they can find markers of notable sites, enjoy the woodlands and fields now maintained by the state’s forestry department, and take in the beauty of the land where the town began nearly 250 years ago. People don’t have to wait until they open the gates for vehicle traffic to the Old Hill Village each fall though. There is still a pedestrian entry off Old Town Road (a right turn from the northbound lane of Rte. 3A in Hill) where outdoor enthusiasts can access the old village. The walking paths there lead downhill past the former


needle shop then on to an intersection with the former Main St., which is still maintained for walkers and bikers. Marker #0162 for “New Hill Village” is easy to spot on Route 3A in today’s Hill Village. It’s located on a grassy traffic median in front of the Hill Fire Department and village store, with parking spaces readily available for a stop to read more about their amazing town history. While there, take time to head out for a remote walk through the Old Hill Village. It can be a great, socially distancing way to get some fresh air and exercise as you explore both nature and history alike.

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The production of this material was supported by Grant #90590001-01-00 from HHS Administration for Children and Families/Family Youth Services Bureau. Its contents are solely the responsibility of the National Domestic Violence Hotline and do not necessarily represent the official views of ACF/FYSSB.



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