# Selectmen discuss revenue, technology for meetings amid COVID-19 crisis

BY ERIN PLUMMER

mnews@salmonpress.news

With the ongoing COVID-19 situation, the town is examining options to address potential revenue shortfalls and alternative ways to hold selectmen's meetings.

Town administrator Scott Dunn gave the selectmen an update on the town's response to the COVID-19 crisis.

Already the town clerk and tax collector's offices and the fire department are closed for walk-in business appointment.

"Other than that the rules are changing every day, there's guidelines coming down everyday, the state governor is issuing executive or-

Board approves rule banning

dogs from fenced areas at ballfields

ders every day," Dunn said. "Everybody's concerned and at the same time we're doing everything we can to while services are stay open and provide available online or by the municipal services that folks expect."

> Dunn said he would be having a department manager's meeting the next day and asked if the board had any input before then.

Dunn also said be-

will go down, especialstate. Selectman Kev-

cause of the situation in Hayes asked if with it's likely revenues many facilities and services closed if there ly revenues from the are ways things can be cut back to not have an

impact on taxes, especially with how many people will now have a hard time paving SEE **SELECTMEN** PAGE A7



protested an earlier BY ERIN PLUMMER version of the rule mnews@salmonpress.news The selectmen apbanning all dogs from

proved a regulation banning dogs from fenced in ballfields in two town parks, a revised version of a regulation that initially

had strong opposition. Wednesday, the board voted on a regulation banning dogs from the fenced in ballfields of Francoeur Field and Stonewall Park. The regulation was revised after numerous residents

these parks in general.

On Feb. 26, the selectmen held a public hearing on a proposed rule banning dogs from Stonewall Park and Village Field with a proposed fine of \$25 for the first offense. The board said this was meant to be a preliminary public hearing, and they might not vote that night if they decide the proposal needs changes.

During the hearing, Town Administrator Scott Dunn said this was part of a series of requests Gilford Cal Ripken made to the Recreation Commission and the decision was made to bring it forward to the board.

The room packed with people, most of whom opposed the proposed ordinance. Residents said the regulations should be to get dog owners to clean up after their SEE **DOGS** PAGE A7

# High School Facebook page

Job well done

Cast members from Gilford Middle School's production of Disney's "The Little Mermaid, Jr." celebrate after a successful performance earlier this year. Photo courtesy of the Gilford

# COURTESY

## "The art of social distancing"

Lakes Region Art Gallery is temporarily closed. We made this decision with the safety of our artists and the community foremost in our mind. We are now "Artists-in-Residence," working daily creating wonderful new landscapes, seascapes, still life, abstracts, and portraits. We are grateful for the time to create. Audrey Rouguet has recently completed a beautiful landscape. "It's a view from a hike I did last summer near Mt. Major, an oil painting on canvas," she said, describing it. "To create distance I used a technique called glazing which gives the distant mountain and water some atmosphere." When the Gallery reopens, we invite all our guests to visit the freshly painted Gallery filled with inspiration for your home and office. The Lakes Region Art Gallery is located at Tanger Outlet, Suite #132, 120 Laconia Rd., Tilton.

# Department managers look for ways to keep employees safe

mnews@salmonpress.news

The COVID-19 crisis has a number of town employees on edge with the public works director asking for telecommuting options for some employees.

Last Wednesday, Town Administrator Scott Dunn and a few department managers gave the selectmen an update on how the coronavirus is impacting town services and employees.

With town buildings closed to the public, Dunn said the town will do what it can to protect

the safety of employees. Both Fire Chief Steve Carrier and public works director Meghan

employees were one of

their biggest concerns. Members of both departments have their temperatures when they come to work and maintain social distancing. Employees are also extensively cleaning surfaces in their departments

regularly. Carrier said the only people allowed into the station are current employee and they have already turned away retired members, fire engineers, and one of their on call members.

He said the department has all of the personal protection equipment it needs, though if the situation "really

Theriault said their blows up" they could run out quick.

Theriault said department staff meetings have been canceled, any discussions are taking place one on one, and interviews for seasonal employees are

being done by video. Members of the fire and public works departments have been in contact with people who have a COVID-19 diagnosis. Already members of the fire department and public works are under quarantine. Carrier said two members of the fire department have been asked to self monitor for 14 days. Theriault said two employees SEE **SAFE** PAGE A7

# A Note to Readers

This week's edition of the paper might seem a bit smaller than you are accustomed to, but rest assured, this is only temporary. Due to the unique circumstances we are all living under at the present time, local sporting events and community activities have wisely been canceled as we all try to stay closer to home and practice social distancing.

As we ride out this temporary interruption of life as usual to-

gether, we urge you to continue supporting the local businesses that advertise in your newspaper. They have always been here for you through good times and bad, and now, more than ever, they need you to be there for them in any way you can.

Amid this temporary absence of local events and municipal meetings, we are also looking to celebrate the many quiet heroes in our communities who have

gone above and beyond to make this situation easier for those most affected by it. Let us know if there is someone in your community who you think should be recognized by e-mailing brendan@salmonpress.news.

Above all, know that we have been your trusted source for local news for generations, and we plan to be here for you to generations to come, in print and online at www.salmonpress.com.

# Calendar of events suspended

With many lo- calendar of events. cal groups and organizations wisely canceling planned events due to the ongoing coronavirus outbreak, we temporarily suspended publication of our weekly

Once the current situation down, we will return to being your go-to source for the area's most comprehensive listing of local events and activities.



# Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

The world is different than it was a few weeks ago. Governor Sununu has declared 17 emergency orders this month to address the COVID-19 crisis. https://www. governor.nh.gov/ news-media/emergency-orders/ to read the orders yourself, including Emergency Order 17, 'Closure of non-essential businesses and requiring Granite Staters to stay at home'. With people working from home, newly on unemployment, or on work hiatus, so many of us are at home almost all hours, whether we want to be or not.

So we have too much time, not enough living space, and not enough socialization with those outside the

Well, at the Library we are working hard to connect people. Knowing that people come to the library as a social hub as much as for the materials within, we're dedicated to connecting people even during a pandemic. In addition to the virtual story times, the Teen Discord server, and the improved remote assets, the Library is starting a Coffee Corner, where anyone from the community can join in over Zoom. We're hoping that this casual conversation group will let people see and hear their neighbors risk free. The first is this Friday, April 3rd, at 10am. Also new is the Lunchtime With Libby program happening next week. Tune

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# STRATEGIES FOR LIVING

# No greater love

BY LARRY SCOTT

When John nest opened fire at the Chabad of Poway (CA) Synagogue Saturday morning, April 27, 2019, Lori Kaye, "jumped between the gunman and Rabbi Yisroel Goldstein, sacrificing her own life to save the spiritual leader," according to CNN.

As Rabbi Goldstein reported on NBC's "Today" show, "I was face-to-face with this murderer, terrorist, who was holding a rifle and looking straight

at me. That's when he do with a troublesome fired, blowing off my right index finger and severely injuring my left index finger."

Goldstein, who had just turned away from a conversation he'd had with Lori, heard a loud bang, turned to see her prostrate on the floor, her husband slumped beside her. A medical doctor, he had come to her aid. When he realized who she was, he fainted.

This year's Passover schedcelebration, uled to be held April 8 through April 16, dates back to the days of the New Testament. Originally slated to memorialize Israel's exodus from Egypt, Jesus' Passover in AD 33 marked the final Passover He was to celebrate with His disciples.

Only a few days earlier, the Jewish Sanhedrin, the ruling council of men who had religious, civil and criminal jurisdiction over the people of Israel, met to decide what to

rabbi, Jesus of Nazareth. The meeting was a farce, for they all knew what they were going to do. It only remained for them to justify their actions. And Caiaphas, the High Priest, gave them that. Ostensibly to protect against an insurrection led by Jesus and his followers, he stated that "it is better for you that one man die for the people than that the whole nation per-

ish." And so, in the words of James S. Steward, as quoted by Ravi Zacharias, "They nailed Him to the tree, not knowing that by that very act they were bringing the world to His feet. They gave Him a cross, not guessing that He would make it a throne. They flung Him outside the gates of the universe, to let the King come in. They thought to root out His doctrines, not understanding that they were implanting imperishably in the ears of men the very name they intended to destroy. They thought they had God with His back to the wall, pinned and helpless and defeated: they did not know that it was God Himself who had tracked conquer in spite of the dark mystery of evil. He conquered through

Indeed, three days later something happened that changed the course of history, verified Jesus' deity, and convinced Jesus enemies they had made a colossal mistake. Eyewitness confirmed: Jesus had risen from the dead. He had not given his life in vain. "If in this life only we have hope," reported the Apostle Paul, "we are of all men most miserable. But now is Christ risen from the dead." Eternal life was finally available to all.

Jesus said, "Greater love has no one than this, that one lay down his life for his friends." Words cannot convey our gratitude for the men and women who, like Lori, have willingly given their lives to protect us from harm and danger. And that is the way I feel about Jesus. His sacrifice, voluntarily given on our behalf, ensures that, if we have accepted Him as the Lord of our lives, our eternal existence is guaranteed. Thank God for Jesus!

You want to talk about it? Hit me up at rlarryscott@gmail. them down. He did not com.

# **GILFORD**

Adam R. Nedeau, arrested on March 24 less than \$1,000.

Ashley Katherine

ford was arrested on March 25 for Aggravated Driving While Intoxicated and Conduct After an Accident-Property Dam-

A 42-year-old female from Gilford was taken into protective custody for intoxication on March 28.

# **POLICE LOG**

The Gilford Police Department reported the following arrests during the week of March 24-30.

age 32. of Gilford was for Receiving Stolen Property Valued at

Albert, age 27, of Gil-



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# "American Pickers" to film in New Hampshire

REGION — Mike Wolfe, Frank Fritz, and their team are excited to return to Massachusetts, Connecticut, Rhode Island, Maine, New Hampshire, and Vermont! They plan to film episodes of the hit series "American Pickers" throughout your area, potentially this summer.

We understand that with the proliferation of COVID-19, we are all facing very uncertain times, and everything is changing daily. We at "American Pickers" are taking this pandemic very seriously and will be adjusting our schedule accordingly for the safety of those who appear on our show and our crew. We won't be picking until everybody is safe, so if we cannot make it this summer, nobody's time is wasted as we will re-schedule to a date

when conditions allow filming. However, we are excited to continue to reach the many collectors in the area to discuss their



years of picking!

"American Pickers" is a documentary series that explores the fascinating world of antique "picking" on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques.

They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet charac-

ters with remarkable and exceptional items. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always look-

ing to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

"American Pickers" is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the collection with photos to: americanpickers@ cineflix.com or call 855-OLD-RUST.

## Optimism for the 97th Progressive Laconia Motorcycle Week®

LACONIA — The boost for morale of not Board of Directors of the Laconia Motorcycle Week Association held a teleconference meeting last week, and determined a decision would be made no later than April 30 on whether or not the Rally would be postponed from June 13-21 to Aug. 22 – 30.

While health and wellness of rally attendees is their top priority, at this time, they are optimistic the rally will still be held in June. Over the next two to three weeks, they will continue to maintain communication local and state officials and will post any/all updates to Laconia-MCWeek.com, through their e-newsletter and on all LaconiaMCWeek

social media channels. "This could be a huge just motorcycle enthusiasts but everyone in the region," says Charlie St. Clair, Executive Director for the Laconia Motorcycle Week Association. "This event brings millions of dollars to the state. Not only that, we'll have been cooped up inside for over a month. What better way to tell the world we're returning to normal when we hear the familiar June roar of motorcycles returning to Weirs Beach?"

Laconia Motorcycle Week® gives great appreciation to all of our sponsors, especially our Presenting Sponsors: Progressive, AMSOIL, and Team Motorcycle as well as the State of New Hampshire for their large financial support of our rally each year.

# It's business as un-usual for LRMHC

LACONIA — Lakes Region Mental Health Center is continuing to work to serve the needs of the community. As a provider of critical, medically necessary, psychiatric services, clinicians are available by calling 524-1100 and their Emergency Services staff are on duty 24/7; they can be reached by calling 528-0305 if the situation is emergent.

"We will continue to provide clinical services to our patients and welcome those who are seeking services," said Maggie Pritchard, Lakes Region Mental Health Center's Chief Executive Officer. "These difficult and confusing times and many are feeling overwhelmed. We are here to support you. Lakes Region Mental Health Center is only a phone call away."

"At a time when anxiety, depression and uncertainty are affecting the day to day life of everyone, the staff at Lakes Region Mental Health Center is proactively creating new processes and procedures that will allow us to continue to deliver critical services to our patients and increase our service capacity," says Pritchard.

Lakes Region Men-Health Center continues to work alongside hospitals, first-responders and agency partners to create safe and supportive operating practices throughout the region.

organization has transitioned many services to telephone/telehealth to protect the safety of ing patients regularly to see how this crisis is affecting them personally so that clinicians can determine what services may need to be increased or decreased accordingly.

Lakes Region Mental Health Center's Emergency Services department is continuing to meet the needs of individuals in crisis. As always, it is a high priority to maintain this important service for the community.

"Caring for our mental health is important for all of us in these turbulent times. Please take care of yourselves and each other and remember 'breathe,'" said Pritchard.

The Lakes Region Mental Health Center, Inc.is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton

Counties. A private, non-profit corporation, LRMHC has two staff, patients and the campuses, in Laconia community during and Plymouth that the COVID-19 crisis. serves over 4,000 chil-Their staff is contact- dren, families, adults cialty services and evand older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and per-

management; community-based supports; housing; supemployment; ported substance use disorder treatment; and speidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorc-

ing families. For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.



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# ()PINION

# When you're on your own, we are there for you

Rarely in our nation's history has any phenomenon overtaken our society so quickly or caught us so completely by surprise as the outbreak of the COVID-19 coronavirus. Amid this atmosphere of uncertainty, it has become more important than ever for you to have access to an accurate and balanced portrait of how the outbreak is affecting your community, and we want you to know that as your local newspaper, we are here for you — and with

As the ongoing pandemic continues to make its way through our region, we will be there to keep you up to speed on how the community we share is handling the situation, from its effect on the local business community, to the steps being taken by local officials to combat the spread of the virus, and most importantly, how readers like yourself are facing the challenge of not just staying healthy, but adjusting to life under the new social distancing restrictions we have all been forced to adapt to.

There is another side to this story, however. There are quiet heroes throughout our community taking extraordinary measures to help their neighbors and spread some positivity in the midst of all this fear and anxiety – business owners who, even amid their own hardship, are stepping up with donations for those in need; nursing home residents sewing homemade protective masks for health care workers; postal workers offering to deliver food and supplies to elderly, high-risk residents on their routes; and of course, the health care workers on the front lines of the crisis — and we are committed to bringing you their stories as well.

Whatever happens, wherever and whenever it may happen, we will be there at your side, helping you maintain perspective on this situation and helping you navigate your way through it. Our country, and our community, have faced down horrific events before, from terrorist attacks to natural disasters, and emerged on the other side stronger than ever, and we will survive this outbreak with the same grit, determination, and commitment to one another that has seen us through in the past. More than any of the political or societal divisions that too often separate us, what defines our character is our resiliency. We have built this unique and vibrant community together, and as long as we continue to support one another, we will get through this. Together.

# Send us your letters!

We seek your input! Tax rate got you down? Glendale 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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The Belknap Mill is dedicated to bringing arts, history and education to the Greater Lakes Region community. We would like to help support families with students by offering a variety of activities during these days of school closure. The Belknap Mill will present several activities to choose from. These activities will be accessible through the Belknap Mill Web site, Facebook, and Laconia Links. We hope that families find these activities engaging; it is one small way we can bring the community together in celebrating our shared history. We look forward to seeing you soon at the Belknap Mill.

# **NORTH COUNTRY NOTEBOOK**

# Of burls in the trunks of trees, and phantoms you just can't see



By John Harrigan

**COLUMNIST** 

Right out a kitchen window, right from where I write, I can see a couple of spruce trees with big bulges in their trunks. Because they're softwood trees, I've never paid much attention. If they were hardwoods. I'd have taken notice.

The above is a classic case of species bias, to which I throw myself on the mercy of the woods and plead "Guilty!"

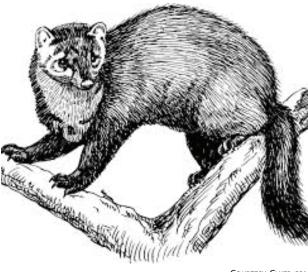
A burl is a defect in the trunk of a tree or big limb that produces a bulge, sometimes all around the tree, sometimes on the side. Burls are often quite valuable to shapers and finishers of wood, who prefer hardwoods because they stand up better to crafting, use, and abuse.

If a mature hardwood tree with a roundish growth or bulge is carefully cut down and cut up, a skilled woodworker can turn the burl's curve and grain into all sorts of beautiful things.

I enjoy dabbling in etymology, the study of the origins of words, although I'm the last to claim any great proficiency. The subject stems from a lifetime of widely varied reading that continues apace, a faucet I can't turn off. Then too, it's my great good fortune to have abundant French-Irish an-



A river hog using his pike-pole like a tight-rope walker, ca. 1930s. Loggers shepherded drives on the Connecticut, Androscoggin, Kennebek, Penobscot, and St. John rivers, using poles to push, pull, and cajole logs downstream.



An old piece of line-art depicting a fisher, probably from around the turn of the last century.

cestry on our father's side, and to live in a strongly Francophone region along one of the friendliest borders in the world.

"Woods Words" is one of my favorite parts of my favorite magazine, Northern Woodlands. In it, Laurie Morrissey of Hopkinton recently had the fun she so obviously has when looking into words, and looked into "birling," or as it's most often been spelled around here, "burling." And I'll admit that I've long puzzled over the connection between a growth on a tree and spinning a floating log with your feet.

Well, score another one for serious etymologists. Laurie, with the help of UNH's Don Quigley, traced it all the way back to mill ponds. The theory goes that because they're heavier, bulges would be on the underwater part of a floating log, and someone tending out on logs being floated to the mill would roll them with their feet so the sawyer

could get a heads-up on deformities.

This is a pretty neat conclusion, except that we have to be sure we're talking about softwood logs here---spruce, fir and the like---because in my reading and experience, hardwood logs (as opposed to fourfoot pulpwood) won't float, at least for long,

Here is a lightly edited note I received this past week from longtime readers of the Littleton Courier. As they knew when they sent it, it is typical of countless cougar-related missives I've received by ear or by mail over the years:

"Just a quick note to add my name to the list of people who say they have seen a mountain lion and not gotten a picture of it.

"We live on an old farm. I keep our large fields mowed and open so we can enjoy the deer and turkeys and occasional other an-

SEE **NOTEBOOK** PAGE A7

# Journey through the past, one marker at a time

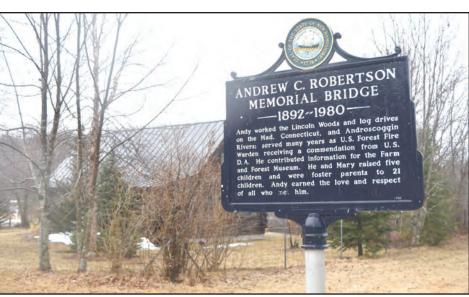
BY DONNA RHODES

drhodes@salmonpress.news

After the first publication of my series last week on the N.H. State Historical Markers found in my coverage area, I received a few very nice emails from people who said they enjoyed learning about the history of our beautiful state. Most notably was one note from Mary Charnley, a fourth grade teacher at Franklin Middle School. Charnley has been challenging her students to have their photos taken by some of these

about information their relevance. Prior to the unexpected school closures, they had even started a display in the hallways to show where they have gone to learn about N.H. history. So, as a tip of my hat to their studies, I changed my schedule for the marker I would write about this week and took an unexpected side trip to Franklin last weekend to visit Daniel Webster's Birthplace.

Daniel Webster was born on Jan. 18, 1782 in a modest home located



Situated in the rural countryside between Franklin and Salisbury, N.H. State Historical Marker #0091pays tribute to the birthplace of Daniel Webster, who, as an attorney and a statesman, played a significant role in the nation in the 1800's.

# ClearChoiceMD Urgent Care to offer COVID-19 testing at select centers

ClearChoiceMD Urgent Care, the health and safety of our patients, communities, and team is our top priority. We are working hard to ensure our centers continue to support the overall health of our communities. We are also committed to doing everything we can to help with the current health challenges that together we face, including Coronavirus (COVID-19).

ClearChoiceMD Urgent Care is now offering COVID-19 testing at select centers for highrisk patients only, as supplies are available. Patients experiencing symptoms associated with lower respiratory illness, such as fever, shortness of breath, and persistent cough, will be examined and evaluated by our medical teams to first rule out seasonal flu. If

your test is negative, istration at all our cenwe may recommend testing for COVID-19, available at ClearChoiceMD gent Care centers, or at another local test site. Due to extreme national shortages in testing supplies, only high-risk patients will be recommended to test for COVID-19. Low-risk patients who have mild symptoms and test negative for the flu will be directed to self-quarantine for 14 days, per CDC guidelines.

Please rest assured that all ClearChoice-MD Urgent Care cenare following strict protocols and taking extra safety measures to protect our patients, commuthat we can continue to urgent medical needs. In the coming days/ weeks, we will be implementing online regters to better protect our patients and teams by minimizing any possibility of exposure to illness. Patients seeking care for all other urgent non-life-threatening illnesses or injuries can continue to safely be seen at any ClearChoiceMD location. We remain committed to our mission of providing communities affordable, compassionate, exceptional patient care.

This is an evolving situation. Please visit the CDC Web www.CDC.gov/ COVID19, for current information on COVID-19. Please visit our Web site, www. ccmdcenters.com, for the most up-to-date innities, and team so formation regarding our center operating evaluate and treat all hours and testing locations. We appreciate your during these difficult About ClearChoiceMD **Urgent Care** 

ClearChoiceMD Urgent Care treats urnon-life-threatening medical needs for the whole family from cold, flus, fevers, rashes, aches, pains and backaches to minor burns and cuts to simple broken bones seven days a week. Our centers offer board-certified providers, stateof-the-art facilities with on-site laboratory services and X-ray. Owned and operated by physicians who know and understand the need for excellent, expedient care, Clear-ChoiceMD Urgent Care is dedicated to meeting all the needs of the community, from infant to elders, school to industry and everyon North Road, which was originally part of the Town of Salisbury but now lies within the Franklin town line. As an adult, Webster lived in Portsmouth where he was a lawyer who later became a New Hampshire delegate, serving in the U.S. House of Representatives from 1813-1817. He then moved to Massachusetts where he served as first a Congressman and then a Senator for another 18 years. In his book, "Cruising New Hampshire History," author Michael A. Bruno notes that Webster is also only the second person to have served as Secretary of State for three presidents,

Webster was one

of the key people involved in the Webster-Ashburn Treaty of 1842. The treaty resolved border issues between the United States and the British North American Colonies, which was later named Canada. Through that treaty an agreement between the two governing bodies determined where the Maine and New Brunswick border was officially located. It also included decisions on the border of the Indian Stream Republic, now known as Pittsburg. Additional information on that matter is chronicled on historic marker #0001 in Pittsburg.

To find marker #0091, the Daniel Webster birthplace marker, travelers should head to the intersection of Rte. 3 and Rte. 127 in W. Franklin, located across from the N.H. National Guard Armory. Staying on Rte. 127 they will soon see a sign pointing them to the Daniel Webster Birthplace on North Rd. where the home and the marker can be found on the right before a sharp bend in the road. There is a small pull-off area in front of the sign where people can stop to read more SEE **HISTORICAL** PAGE A7

#### where in between. We are committed to being your neighborhood ac-The Gilford Parks cisions regarding prounderstanding cess to prompt medical and Recreation Deattention. www.ccmdpartment regrets to inform the public that centers.com we have canceled all programs scheduled

Homes needed for Lake Winnipesaukee AmeriCorps members

REGION — Homes are needed for AmeriCorps members serving this year with the Lake Winnipesaukee Association as part of the Lakes Region Conservation Corps (LRCC). The Lakes Region Conservation Corps (LRCC) is a 22.5-week AmeriCorps service program that provides hands-on conservation work experience over a broad range of areas. LRCC members are the driving force behind many of the conservation efforts of New Hampshire's Lakes Region.

The Lake Winnipe-Association (LWA) will be hosting two members who will assist the organization in expanding and building on lake protection programs in three main areas: water quality monitoring, education and outreach, and lake management and implementation activi-

Pat Tarpey, Exec-

utive Director of the LWA. stated "We will be able to accomplish so much more this year through this program. These Ameri-Corps members donate approximately half a year of their lives to improve the communities in which they serve. They serve 40 hours a week for 22.5 weeks in exchange for a living allowance of approximately per week. It's a wonderful opportunity for both the host site and the AmeriCorps member. In addition to their service, members receive trainings, certifications, experiences which help develop important professional skills that are applicable to future careers within any occupational and educational field. The program is a win-win for all."

High rents and low vacancy rates in the Lakes Region leave few options for Ameri-Corps members. Finding affordable housing is crucial in order for them to be able to serve in the Lakes Region. Host homes are needed from mid-May to the end of October so that AmeriCorps members can make the Winnipesaukee Watershed a better place to

Individuals providing Homes for Service will receive personal benefits by hosting an AmeriCorps member:

-- They can provide the added security of another adult in the home of a single parent or a senior citizen living alone.

--They have their transportation,

can purchase their own food, and may be able to share in household expenses.

--As members of the household, they can help with occasional chores such as lawn mowing or pet care.

If you have a spare room, in-law apartment, or extra space in your home, consider providing a temporary free or low-cost Home for Service to an AmeriCorps member.

To participate, or to request additional information, please contact the Lake Winnipesaukee Association at 581-6632 or mail@winnipesaukee.org.



# Gilford Parks and Recreation programs update

through May 3, as we try to limit group gatherings in response to the Coronavirus. We will continue to monitor the situation and will make further de-

grams as warranted. We want to thank the public for their understanding as we try to help protect the health and safety of our pa-

For further information, please call the Parks and Recreation Office at 527-4722.





22 MAIN ST, CENTER SANDWICH, NH 03227 (at RT. 109 & 113)

PHONE: 603-284-6219

for Our Weekly Events.

to Sandwich, NH.

## Roy J. Small, Sr., 78

LACONIA — Roy J. Small Sr., 78, of Clinton Street died on Tuesday, March 24, 2020 at Concord Hospital.

Roy was born on May 31, 1941 in Laconia, the son of Leon and Marie (Valliere) Small. Roy proudly served in the United States Army and later went on to become an entertainer.

Roy spent most of his career traveling the country as a Roy Orbison impersonator. In 1992, Roy suffered a stroke which affected his ability to communicate and ended his musical career. In 2019, Roy was befriended by Justin Spencer and his band, Recycled Percussion, who took Roy on as a new band mate. Rov was able to spend the last months of his life doing what he loved.

Roy is survived by his sons, Roy Small, Jr., and his wife, Mi-



chelle and Kevin Small; his daughter, Karen Houle and her husband, David, who had cared for Roy for the past 27 years; eight grandchildren (Mark, Michael, Matthew, Kristal, Cassandra, Tasha, Jameson, and Kaylie); 11 great-grandchildren; many nieces and nephews; and mother of his children, Carol Nedeau. Roy also leaves behind his good friend, Joyce Lounsbury, and his best friends and band mates from Recycled Percussion.

In addition to his parents, he was predeceased by his grandson, Michael Chamberlain; his brothers, Louis Small, Armand Small, and Arnold Small; and his sister, Germaine Blanchard.

Due to current COVID-19 concerns and CDC recommendations, services will be scheduled at a later time.

For those who wish the family suggest memorial contribution s in Roy's name be made to the Autism Society of New Hampshire, PO Box 68 Concord, NH 03302.

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.wilkinsonbeane.

# **MARK ON THE MARKETS**

# Market behavior



So far, we are a few weeks into a market correction that has swept across all asset classes including stocks, bonds, metals, real estate and really anything that is bought and sold. When fear hits the marketplace, most investors want to sell and move to cash, that is very understandable when you see things being sold that are relatively conservative investments. Those people who have a good amount of cash or liquidity typically will step in and buy these assets at fire sale pricing. If the investor is fully invested and has no liquidity, there is really no room or cash to purchase these assets. When the selling pressure outweighs the buying, we get more downward action in whatever market we are trading. US equity markets are coming off a three-day rally that

has alleviated some fear

and created some computer-generated buy programs. My opinion is that we may retest the lows or somewhere near the lows that we had seen a couple weeks back. If we do test those lows and hold. that creates technical chart pattern that is very bullish. Nothing is guaranteed, whether it be a chart pattern or statistic when it comes to the capital markets. However, there are certain patterns that markets typically follow in times of distress and elation, and all it really does is to really help us understand potential market behavior and direction based on past scenarios.

Unfortunately, as human beings we want to buy when the markets are high and sell when the markets are low based on human emotion. As an active portfolio manager there are situations, I can take advantage of and some I can't. For instance, stocks that trade in high-volume have options contracts attached to them where we can move our positions around hedge or regain some potential losses. The corporate bond market does not have options attached or liquidity that allows me to move money around to try to repair positions where we are behind. If the client

is locked into managed mutual funds with no additional liquidity it becomes very difficult to try to repair those positions and gain any ground. In other words, you must wait it out. That is why, as an active manager, I rarely if ever use managed mutual funds in a client's account.

In my opinion, we are going to continue with lot of volatility in our equity and debt markets as well as metals, real estate, oil and gas and anything bought and sold. If you are managing your own account, don't become paralyzed, stay active and don't commit too much capital to any one area. Having enough cash is not a bad thing. Also, know that we have seen markets react like this in the past, as scary as it is, look at the positive aspects of the opportunity to improve your portfolio for the future.

If you want to explore doing business with MHP Asset Management, we can videoconference, DocuSign and operate electronically during these difficult times.

Mark Patterson is a portfolio manager at MHP Asset Management and can be reached at 447-1979 or Mark@MHP -asset.com.

# Gilford to stay with current paving contractor

BY ERIN PLUMMER

mnews@salmonpress.news

The town will continue to utilize the services of its current paving contractor with the agreement to put the road projects out to bid next year, as two other companies have expressed interest in the project.

The selectmen decided in a vote of two in favor and one against to grant this year's paving contract to Wolcott Construction of Gilmanton during last Wednesday's meeting.

This year, the town's road budget is \$1.75 million, and Public Works Director Meghan Theriault was given a list of some of the roads that need to be done. Theriault and the highway crew will examine each road and look at expanded mapping options.

Theriault said Wolcott said they would hold the prices from last year with asphalt the only thing that will fluctuate given its volatile market. She said this will be her first construction season with Gilford and the town al-

ready has a good relationship with Wolcott. She said she understands the quality of the company's work has been excellent; also, the company has been exceedingly flexible and accommodating changes in the field

Theriault said the last time the service was put out to bid was 2015. Selectman Gus Benavides said while Wolcott has been good to the town, he said he knew that GMI Asphalt of Belmont expressed interest in bidding on the project. He said this is a large contract that hasn't been bid out in several years and of work. there is a local company interested in taking it on.

Selectman Kevin Hayes, who has worked in paving, said he would advise not putting this out to bid now. One major reason is that if Theriault puts together the bid specs the project would be bid out at the end of May or early June and the town will lose a third of the construction season. Hayes recommended renewing the contract with Wolcott this year with the caveat that the service goes out to bid in 2021.

"That gives Meghan a chance to develop a bid spec, develop a process for what we want to do next year, and carry on

from there," Hayes said. Theriault agreed with Hayes, saying the town has a road plan and new data and technology will allow her to build a new plan over the winter. She said now this is the best time of year to put this out because they will get better pricing, though later in the spring most contractors have a full slate

Benavides asked of those bid specs could be put out in two weeks. Theriault said two weeks is the minimum to get those ready and prefers getting a longer time period. Benavides said GMI probably already knows the roads well and could work with the process.

Benavides asked if they could give GMI the same bid specs they already have and work with them. Theriault said there is no backup documentation to put out an accurate set of specs to bid. Hayes said they would need to go out to every road and get the latest data on it to come up with a summary set of

specifications. Theriault said this is also her first year working with the roads in Gilford and would be more comfortable working with a company that is already familiar with the projects. Putting in a new company will mean this will be her first season and a new company's first season. She said keeping the current company will be a lot smoother.

Representatives from SEE **PAVING** PAGE A7

# ~ Comfort Keepers ~ Dietary changes as we age

BY MARTHA SWATS

Owner/Administrator Comfort Keepers

Dietary needs evolve as people age, and seniors manage those changes to maintain physical health wellness. adults need to take an active role in shaping their diet and nutrition habits to ensure more energy, better disease prevention

and quality of life. Seniors should consult their physician to discuss their individual needs. Healthcare professionals can also help seniors and their families create and implement healthy eating plans.

#### These plans often include:

 Increased protein and fiber intake. Protein and fiber are important nutrients for seniors. Foods high in fiber can help maintain healthy digestive systems as we age, and increasing protein intake can help seniors increase or maintain energy and strength.

 Whole grains have multiple benefits. Whole grains are also fiber-rich foods that not only aid the digestive process but promote healthy hearts for seniors. Cereal, rice and bread made with whole grains can easily be found at any grocery store and provide several

recommended daily reauirements.

· Calcium is a key comcan help prevent osteoporosis, especially when calcium intake is consistent. Preventing osteoporosis is critical for seniors – especially those that are at risk for falls.

· Hydration is critical at any age. Physical changes that occur with age make hydration even more important for older adults. For those that are less inclined to drink water, there are alternatives - milk, juice and broth are all hydrating liquids, and there are hydrating foods including watermelon, cucumbers and grapes.

If engaging in good eating habits is a struggle, there are steps seniors can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns they might have, they can also try the following tactics to get back on the right track:

· Make meals a social occasion-Sharing a meal is one of the most enjoyable ways to ensure that someone is eating well. This can include making something healthy and delicious for others, or reaching out to people that love to cook healthy food and offering them some company at meal times.

 Make healthy eating fit your budget- Good food doesn't have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining

serving choices to meet a healthy lifestyle saves money on medical care in

the future. Shop for healthy ponent in maintaining foods- Having a kitchneed to know how to bone strength. Calcium en stocked with healthy snacks and meal options is one of the most important steps to maintaining a balanced diet.

> • Encourage people to ask for help– If someone has concerns about their ability to plan healthy meals, shop for the groceries or if they just aren't getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

· Component in maintaining bone strength. Calcium can help prevent osteoporosis, especially when calcium intake is consistent. Preventing osteoporosis is critical for seniors – especially those that are at risk for falls.

 Hydration is critical at any age. Physical changes that occur with age make hydration even more important for older adults. For those that are less inclined to drink water, there are alternatives – milk, juice and broth are all hydrating liquids, and there are hydrating foods including watermelon, cucumbers and grapes.

If engaging in good eating habits is a struggle, there are steps seniors can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns they might have, they can also try the following tactics to get back

SEE **COMFORT** PAGE A20



Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 101

with any questions regarding

the submission process.



#### SELECTMEN

that could increase the

fund balance. Hayes

people working in the

library right now in-

stead of six. Dunn said

there are a number of

that require the town

to continue paying em-

ployees even if they

aren't working at the

like you to do at your

staff meeting tomor-

row - and this is Kevin

your department man-

agers, see what they

could do to be ready

if we have to make

some cuts," Hayes

said. "They need to be

Eddy said this came

down to being pro-

active about the sit-

uation and thinking

ahead with the poten-

Board chair Chan

thinking about it."

is discuss this with

regulations

what I'd

federal

moment.

talking -

"Here's

their taxes. Dunn said tial that this situathe tax rate will reflect tion could go longer what was appropriatand more restrictions ed in that year's budcould be in place. Eddy get no matter what. If also encouraged memany services are cut bers of the public to

add any input.

Fire chief

Steve

said he would be more Carrier, who is also comfortable seeing the town's emergency more use of fund balmanagement director, ance to offset taxes. expressed concerns Hayes said he would about the safety of that meeting and urged the want to see more of a hold on spending selectmen to consider including the option alternatives. staff reductions. Carrier said every He said one example could be having three

department employee who comes into the fire station has their temperature taken before they come in the building. He said with a meeting like this anyone from the public could come in including anyone with the virus and no one was screened before entering.

The number of people already in that room went over the governor's order at the time for there to be gatherings of no more than 10 people. He said he already has told those who hold assembly permits to adhere to that.

He also pointed out that four people had come up to the microphone, spoken into it, and touched it and nothing had been done to clean it.

"I don't think is something that we should be doing right now," Carrier said. "It would be my recom-

(Continued from Page A1)

mendation to continue your meetings, but open them up to electronic access or video access or conference call, whatever."

Eddy said the town could look into livestreaming equipment from Lakes Region Public Access that is already being used by other towns.

Selectman Gus Benavides asked how it would be possible to ban members of the public from attending a public meeting. Carrier said from discussions on the current situation and the Right to Know laws, an opinion has been that if a good faith is being made to have meeting available to public participation through other means it would be possible to limit the amount of people physically there.

Benavides said they possibly could look at options like not requiring the department managers to come to the meetings an give those spots to members of the public or letting people wait outside until their business at the meeting comes up.

#### **DOGS**

Gilford

ken president Mike Giovanditto said there misunderstanding of what Cal Ripken was requesting. He said they requested that dogs be kept out of the fenced in areas at Francoeur Field and Stonewall Park, saying they frequently have to clean up leftover waste when doing spring cleaning and dogs will go onto

Cal

Rip-

the baseball diamond when kids are there.

No decisions were made at that meeting and the selectmen went back to revise the regulation.

On Wednesday the board took up a draft of the revised rules, which only banned dogs from the fenced in playing areas of the fields and not the whole fields themselves. Some of the fines were also changed and will be \$25 for the first offense and \$100 for the second and each subsequent offense. The ordinance would go into effect on April 1.

(Continued from Page A1)

Selectman Kevin Hayes asked if the school district has a similar regulation for their playing fields. Dunn said he didn't know if they did.

The board voted unanimously to adopt the regulation.

#### SAFE

with her department are in quarantine, one who was expected to come back after not displaying any symptoms, and two are sick.

"A lot of our guys are very concerned about it so we definitely have ramped up as much as we can," Theriault said.

Selectman Gus Benavides asked if any of these public works employees have tested positive and Theriault said at the time none of them had.

Theriault asked the board for guidance on moving forward, saying she wants to make sure they are staying ahead of the situation.

"I think in a situation like this we're better to err on the side of caution because if we don't then we're going to infect too many people within our departments and then were not going to have enough people to run those critical operations," she said.

She said for example the town has to keep sewer operations running, though they have only one tech and one backup. If either of them get sick they will have no one else trained in the sewer system. She said they should be cross training people and she has ideas for how to keep a crew on rotation.

Theriault said another option she wants to explore is having employees telecommute if they don't have to be physically in the office or in the field. Theriault said she contacted Mainstay Technologies about remote work services. They have tried out these connections, which she said worked

Board Chair Chan Eddy said he worked for a lab that had 96 employees and those who didn't have to be at the lab worked from home.

great every time.

"I don't think the town administrator or my fellow selectmen would disagree that if you have someone who can work from home, have them work from home," Eddy "Let's try to keep them from being exposed. I think that would be true of any of the departments."

Dunn said he didn't agree with that and would rather employees come to work. He said in his opinion people should work from home if the governor issues a stay at home order.

"Until then, I see just about everything we do as essential unless we have an issue that arises differently," Dunn

Theriault said she was seeking the board's guidance, saying she has talked to Dunn on this issue and they

(Continued from Page A1)

disagree on how to approach it. Benavides said the

board is listening to the department managers, relying on their expertise and the information they get from their employees. He urged Theriault to communicate with Dunn as much as possible and copy the board members on those emails.

"If it were me, if I were in your shoes, I would do whatever I had to do to keep my people safe," Hayes said. "Run it through Scott; if he thinks it needs tweaking or it needs our blessing he'll give it to us."

Benavides said he understood Dunn's point that all employees are essential, but said he would rather someone do their job from home if they could.

"I want to make sure they feel safe coming to work and I know some of them are pretty scared

about things that are going on right now, so that's why I'm trying to do what we can, but again should I be doing more," Theriault said.

Theriault said she wanted to find the balance between keeping operations going and keeping employees safe.

## **NOTEBOOK**

imals that share the property.

"On March 17 at around 7:30 a.m., our Lab started to growl while looking out the slider. Out in the open field, approximately 120 yards away, was a mountain lion trotting across a shelf between two hills. My wife pulled out our binoculars to get a good view of this cat, which appeared to be the size of a good-sized coyote (maybe a bit longer).

"We watched as it covered 80 to 100 yards before it disappeared beyond another hill. The cat was uniformly tan in color, closely matching the old grass in the field.

"My wife confirmed that the cat did have a long tail. Immediately after it disappeared, she pulled up a picture of a mountain lion, an exact match for the animal we had just seen.

"I realize that without a picture this is just another story to be added to your "reported mountain lion sighting" file. We had the good fortune to have a long, unobstructed look at this cat for close to one

**HISTORICAL** 

Webster

enjoy the rural set-

ting where one of New

Hampshire's most well

known statesmen was

special hello to all

School and all other

want to say a

fourth graders

Franklin Middle

born.

and

minute."

I replied that I really don't care whether "officialdom" ever acknowledges the possibility of a return by northern New England's original eastern cougar. Too many good, solid, reliable people have recounted good, solid, experiences, with nothing to gain in the telling.

A friend and cohort on the New Hampshire Wildlife Coalition, Meade Cadot, Ph.D., is worried about a mutual furry friend, the fisher. Where I live and in other rural areas, this mid-sized member of the weasel family is usually bestowed with an added name, "cat." Many of us know that this has everything to do with the vernacular and nothing to do with science, and that the proper name is just "fisher." It's in the same vein as using "partridge" for "ruffed grouse"---a Colonial-era penchant handed down through

generations. Meade, a veteran Antioch University

(Continued from Page A5)

schools where New

environmental professor and Harris Center naturalist, says both long- and short-term figures supplied by trappers themselves show that the fisher population has plum-

meted throughout the

state. He can't under-

(Continued from Page A4)

stand why Fish and Game has not more severely curtailed the trapping of fishers, or suspended it. Meade submitted his paper to Fish and Game as testimony for

the Furbearer Hear-

ings. It can be seen in

its entirety at nhwildlifecoalition.org. It is a sad commentary on the "management" of things that for one study Meade cited, the only source of unfettered data was south-central Maine---a region like much of New Hampshire. There, the researchers said, 80 percent of fisher deaths were from trapping.

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

#### **PAVING**

Pike Industries advocated for putting the project out to bid.

"There's plenty of other contractors that can build a superior product for you an build that relationship with the town," said Bethany Huckins, construction estimator for Central New Hampshire for Pike Industries.

Huckins said they have built relationships with many towns and they will work with the town on any change orders and staying flexible in the field. Huckins said a two week turnaround

would be plenty of time for them. There are also a number of towns that don't have bid ready specs and Pike will work with them on this. Pike project manager Jody Pelletier said a number of towns will quote standard Department of Transportation specs.

Hayes said switching companies now would be a mistake.

"I appreciate Bethany coming in here tonight and I appreciate the fact that GMI called, I think at this point in time with any time you're using

five-vear-old numbers and still getting work done five years later is a good deal and I think all the work that Meghan has to do right now this is the least thing that she should have to worry about," Hayes said.

(Continued from Page A6)

Benavides made a motion to put the project out to bid, but the motion failed to get a second. Hayes moved to award the contract to Wolcott with the caveat the project would be put out to bid in 2021. The motion passed 2-1 with Benavides opposed.

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#### **Time for Some Financial Spring Cleaning** detector and other devices. And as part

Spring is officially here - and for many of us, that means it's time for some spring cleaning around our homes and yards But why stop there? This year, why not do some financial spring cleaning, too? You can apply some of the same principles of traditional spring cleaning to your financial environment. Here are a few suggestions:

• Clear your vision. Spring brings extra hours of sunshine - and to enjoy them, you'll want to clean your windows, inside and out. As an investor, you also need to take a clear-eyed view of your situation periodically. Are you on track toward achieving your goals? If not, what moves can you make to get back on the right path? You need to be honest with yourself to see if you're doing all you can to help make progress toward

• "De-clutter" your portfolio. As you go about sprucing up your house, you may find that you have a lot of clutter. Do you really need three mops? And are you holding on to those old calendars for any good reason? You'll probably feel much better about your surroundings when you de-clutter them - and the same may be true of your investment portfolio. For example, do you own several investments that are virtually identical? If so, you might want to consider ways to help diversify your holdings. While diversification can't guarantee profits or protect against losses in a declining market, it might help reduce the impact of market volatility on your portfolio.

· Recharge your batteries. When you do your household spring cleaning, you may want to check the batteries on

of your financial spring cleaning,you might need to recharge your own investment "batteries," so to speak. In other words, increase the power you're providing to your portfolio. You can do this in a few different ways. First, you can increase your contributions to your 401(k) or similar retirement plan every time your salary goes up. You can also try to "max out" on your IRA contributions each year. (For 2020, you can put in up to \$6,000 in an IRA, or \$7,000 if you're age 50 or older). Another way to increase your investment voltage is to make sure you've got adequate growth potential in your portfolio based on your goals and risk tolerance.

 Put your house in order. As part of your spring cleanup, you may want to check for damage on your roof, windows, siding and so on. But you also need to put your financial house in order, especially as it regards to protection. Do you have adequate life insurance? If not, your family could suffer if something were to happen to you. And have you thought about how you could pay for long-term care it you needed it? The average annual cost for a private room in a nursing home is about \$100,000, according to the insurance company Genworth. To retain your financial independence - and also to help protect your grown children from possibly having to deal with these costs - you may want to explore some type of long term care insurance.

By doing some spring cleaning around your home, you'll lighten up your living space. And doing some financial spring cleaning may help you brighten

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter contact your local Financial Advisor Member SIPC



Jacqueline Taylor inancial Advise
3 Mill Street



Hampshire history is part of their curriculum. I hope they are

all doing well with their at-home studies and can use this information to learn more about the great State of New Hampshire!

Devon Sullivan Financial Advisor 164 NH RTE 25 Meredith NH 03253 Fax 844-644-4469



# Mid-State Health Center Launches Remote Healthcare Visits

MID-STATE NOW OFFERS TELEMEDICINE TO IMPROVE ACCESS FOR ITS PATIENTS

Plymouth, NH - For those who are unable to come to our offices, Mid-State now offers telehealth for its patients through remote healthcare visits via telephone and video conference. Staying healthy is one of the best ways to combat the impact of the corona virus and Mid-State's commitment to providing primary care to the community has never been more important.

Telehealth, or the use

tions to manage healthcare, will help patients and caregivers to stay connected. Telehealth, also known as telemedicine, creates a real time, secure connection to access your provider. Remote healthcare visits allow you to have consultation with your provider, seek medical advice, receive follow-up

care for chronic condi-

tions, as well as address

immediate health con-

Hubei province. The

virus has since spread

beyond China's bor-

ders, leading to school

closures and changes in

public life, such as the

shutting down of pro-

fessional sports leagues,

that many might never

have thought they would

infancy of COVID-19,

doctors have learned

much about it, includ-

ing who might be most

at risk. According to the

Centers for Disease Con-

trol and Prevention, ear-

ly information out of Chi-

na revealed that some

groups are at higher risk

Despite the relative

see in their lifetimes.

of digital communica-

cerns such as cold or flu, all over the phone or by video conference.

Mid-State patients will now be able to access their healthcare team from the comfort of their own home. Patients are able to conveniently receive care from their medical and behavioral health providers using video conferencing or phone.

Patients can sched-

Who is at elevated risk

ule a remote healthcare visit with their provider for many of their regular visits as well as things like flu-like symptoms, rash and hives, and behavioral health support. Call today to see if a remote visit if the right option for you (603) 536-4000.

########

**About Mid-State Health Center:** 

Mid-State Center delivers primary care and supportive services at both its Bristol and Plymouth offices, offering medical services, dental services, behavioral health counseling, recovery services, and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay.

# **Lakes Region Nutrition Center**

Serving the Lakes Region since 1995

Conveniently located on Main St. in Meredith, we are still open with limited hours to provide you with quality supplements, CBD oil, fresh organic produce, GF foods, frozen food items, local meat, cheese, bread and eggs, nuts and snacks, as well as health & beauty items.

> We are open Tues., Wed., Fri. and Sat. from 9:30 to 5:00 for pick up or curbside delivery only.

Closed Sun., Mon., and Thurs. Please call ahead and we will have your order ready for you.

www.LakesRegionNutrition.com 73 Main Street • Meredith, NH • 279-4165

# **Pine Shores Real Estate**

1120 Scenic View Road Holderness, NH 03245 968-7796 (ph) • 968-3299 (fax) www.pineshoresllc.com



## Selling Central New Hampshire Lakes & Mountains

Please call or stop by with your real estate needs

Barbara Currier 2015 Realtor of the Year for Lakes Region Board of Realtors

Debbi Ward 2019 Realtor of the Year for Lakes Region Board of Realtors

Come see

- Barbara Currier, REALTOR Broker/Owner
- Kim Gould, Sales Associate
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for COVID-19? COVID-19 continues Older adults and people to dominate headlines who have serious chronacross the globe. This ic medical conditions novel coronavirus first are at the greatest risk made headlines in late of getting very sick from 2019 after an outbreak COVID-19. Heart disin Wuhan, the sprawling ease, diabetes and lung capital city in China's disease are the chronic

#### How people in atrisk groups can reduce their risk of getting sick

medical conditions that

appear to make people

especially vulnerable to

sickness from COVID-19.

It's important that elderly people and people with chronic medical conditions take their risk for getting sick from COVID-19 seriously, as the virus had already contributed to thousands of deaths by early March 2020. The CDC notes that it is especially important that people at elevated

duce their risk of getting sick with the disease. The following strategies can be part of a proactive approach that may help at-risk people lower their risk of getting sick from COVID-19.

 Stock up on health supplies. Contact your physician and arrange to obtain extra necessary medications so you do not have to leave your home should an outbreak occur in your area. If that's not plausible, the CDC recommends signing up for mail-order medications. Stock up on over-thecounter medications and medical supplies, including everyday items like tissues, so you don't have to leave the house if an outbreak occurs.

· Stock up on groceries. Make sure you have enough groceries on hand so you can stay at home if restrictions on

leaving home are put in place during an outbreak.

 Embrace the basics. Basic strategies like avoiding people who are sick; washing your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or spending time in public; avoiding touching your face, nose, eyes, etc.; and avoiding crowds can help to reduce your risk of getting sick from COVID-19.

Since the initial outbreak of COVID-19 in China in late-December 2019, doctors have learned that certain people are especially vulnerable to getting sick from the virus. Such people can take certain steps that may reduce their risk of getting sick. More information about COVID-19 is available at www.cdc.gov.

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# HIPAA Privacy Rules

BY EDWARD H. ADAMSKY

The Health Insurance Portability and Accountability Act of 1996 ("HIPAA") required new privacy standards to protect health care consumers. It took until 2003 to have those standards finalized and implemented. At first the rules caused confusion and fear as the law had severe penalties (fines and jail) for violations patients' privacy. Providers changed their systems and became very rigid in what information they would release.

In the last sixteen years however, providers have become used to the system. No one has been punished for innocent infractions and no health workers have gone to jail. Some egregious and criminal violations have been sanctioned but the original fears of most providers did not come true.

Still, the standards are in place to protect

everyone's privacy, and providers do follow them. You will not be able to get any "Protected Health Information" from a "Covered Entity" without a release by the individual patient. In most cases if the patient is present, they can give verbal approval for a provider to speak to or in front of another person. But, without a written privacy release, the provider will not speak to a third-party about a patient. Hospitals are comfortable telling you if someone is there or not, but they won't tell you the person's condi-

This means that if you want someone else to know about your situation, then you should sign a HIPAA Privacy Release so that third person can present that document to any provider from whom they need information. I am now having all of my clients execute a Privacy Release along with their

other Life & Estate Planning documents. You may need HIPAA releases for your college-age children too.

One reason third-party might need information is to pay a bill. If you have signed a Power of Attorney naming some trusted person to help you with paying bills, then that person has the power to handle your money and pay the bill. But, if it is a medical bill, and they have a question about it, the provider will not talk to them without the Medical Privacy Release. A medical bill contains Protected Health Information and the billing office of a provider will not talk to your Agent under your Power of Attorney without a signed HIPAA release.

Protected Health Information means information about an individual's physical or mental health condition; the provision of health care to the individual; and, payment for that health care. "Covered Entities" include most health care providers, health insurers, and affiliated organizations (Doctors, Hospitals and Labs).

Estate Planning and Elder Law attorneys have modified their planning documents to include language designed to help families properly use and share protected information. Older documents may not have the right language, so you should review your documents, and if necessary, see your attorney to have them updated.

# A Prayer Against Corona Virus

"If My people, which are called by My name, shall humble themselves, and pray, and seek My face, and turn from their wicked ways; then will I hear from Heaven, and will forgive their sins, and will heal their land."

II Chronicles 7:14

uring these challenging times it is difficult for some of the seniors to get out and about and Salmon Press would like to offer free online subscriptions through the end of April (to anyone 65 years or older who currently does not have a subscription).

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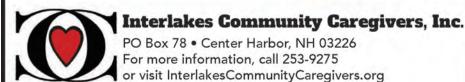
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# Coronavirus sparks worldwide concern

The dawn of 2020 ushered in many newsworthy headlines, but few have turned the heads of the masses as sharply as the arrival of a novel coronavirus that was

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first identified in Wuhan, Hubei Province, China. In late 2019, Chinese authorities identified the new virus, which has resulted in scores of confirmed cases in Chi-



From left to right Patti Thompson, Pam Baker and Patty Stewart Debunking The Broker Myth

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na, and additional cases identified in a growing number of international locations.

Both the World Health Organization and The Centers for Disease Control and Prevention have closely monitored the coronavirus, which was named COVID-19 in mid-February 2020. The public is understandably concerned, but educating oneself about COVID-19 and coronaviruses in general can assuage some fears.

## What is a coronavirus?

Medical News Today reports that coronaviruses typically affect the respiratory tracts of mammals. Coronaviruses are responsible for between 15 and 30 percent of common colds. They're also associated with pneumonia and severe acute respiratory syndrome, or SARS.

Coronaviruses were given their name based on the crown-like projections on their surfaces (in Latin, "corona" means "halo" or "crown"). Coronavirus antibodies do not last or work for very long, so a person who becomes ill can catch the same virus again a few months later. Also, antibodies for one strain of coronavirus may not be effective against other strains.

#### What is COVID-19?

In 2019, a new type of coronavirus not previously identified was discovered in China. Like coronaviruses, other this virus, COVID-19, can be spread easily from person to person, particularly through respiratory droplets acquired when someone with the virus coughs or sneezes. Most often people need to be within six feet of the infected person for contraction. The CDC says that COV-ID-19 also is believed to be spread from animals to people. It's currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching his oer her own mouth, nose or eyes.

Those confirmed as having the virus reportillnesses ranging from mild symptoms like fever, cough and shortness of breath to more severe illness. Reactions to COVID-19 can differ from individual to individual. It's believed that symptoms of COVID-19 can appear in as few as two days or as long as 14 after exposure. Those who have been in China or around others who have visited from China and are experiencing cold or flu symptoms are advised call

# Prevention and Treatment

their physicians.

The WHO says that if a person is healthy, he or she only needs to wear a mask if this person is taking care of another with a suspected COV-ID-19 infection. One also should wear a mask if he or she is coughing or sneezing.

Doctors advise that frequent handwashing, and in the absence of warm, soapy water, alcohol-based sanitizers that are at least 60 percent alcohol can be effective in preventing transmission of COVID-19. Also avoid touching your eyes, nose and mouth with unwashed hands.

Currently there is no specific antiviral treatment for the disease; people should receive supportive care for symptoms. However, research into antiviral drugs, such as those for HIV and influenza, are being tested for their potential efficacy against COVID-19, Research into developing a vaccine for this novel coronavirus also is ongoing.

Concerned individuals should speak with their healthcare providers for accurate, up-to-date information about COVID-19 as global health organizations continue to monitor conditions and treatments.



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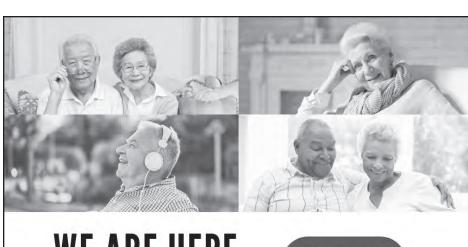






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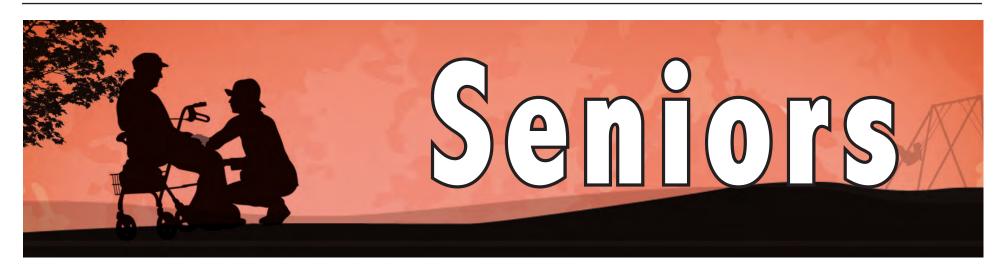
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# How COVID-19 is transmitted

COVID-19, the novel coronavirus that was declared a pandemic by the World Health Organization in mid-March 2020, has claimed thousands of lives across the globe. Though the WHO insisted during a press briefing declaring COVID-19 a pandemic that the virus could be suppressed and controlled. Director-General of the WHO Tedros Adhanom Ghebrevesus described what he felt were "alarming levels of inaction" in regard to preventing the spread of COVID-19.

Understanding COV-ID-19, including the threat it poses and how it's transmitted, is of the utmost importance. According to the Centers for Disease Control and Prevention, there is still much to learn about COVID-19, including how it spreads. However, the CDC notes the following are some ways that researchers, as of March 2020, feel that the virus is transmitted.

Person-to-person

Researchers who have studied the virus feel that it is spread mainly from person-to-person. People who are within six feet of one another may spread the virus through respiratory droplets produced when infected person coughs or sneezes. These droplets can land in the mouths or noses of those who are nearby or potentially be inhaled into the lungs.

The CDC notes that the virus is contagious, and that people might be most contagious when they are at their sickest. Symptoms of COV-ID-19 include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, and bluish lips or face. Additional symptoms may be associated with COVID-19 as researchers learn more about the virus, and people who experience anything unusual should discuss their condition with a physician immediately.

Researchers also sus-

pect that the virus may be spreading through people who are asymptomatic. So even people who do not feel sick or exhibit signs of sickness may unknowingly have the virus, potentially making them capable of spreading it.

#### **Contact with surfaces**

The CDC notes that researchers do not suspect that contact with contaminated surfaces or objects is the main way the COVID-19 virus is spreading. However, the CDC also notes that it may be possible for people to get the virus by touching surfaces of objects that have the virus on them and then touching their own mouths, noses or possibly their eyes. The relative infancy of COVID-19 means researchers have yet to fully understand how the virus is transmitted.

Understanding COV-ID-19 also involves staying up-to-date on local announcements about the virus and adhering to any restrictions gov-

Flevating the

ernment officials put in place. People living in or near areas where others have been diagnosed should follow all

protocols put in place by the government to reduce their own and their neighbors' risk of exposure to the virus.

More information about COVID-19 is available at www.cdc.gov.

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# 5 reasons why summer camp is a good choice for kids

Summer vacation youngsters offers students a respite from lessons and the routine of school. Children might once have eagerly awaitclasses so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's

much of their summer vacations indoors playing with their digital devices.

Perhaps that's why ed those final days of one of the last vestiges of the classic summer vacation escape — summer camp remains such a viable option for parents who want their children to get outdoors

spend once the school year elsewhere. ends.

> Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be ful-

2. Physical activity: Lots of camps build their itineraries around physical activities that takes outdoors. place Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin.

Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, cision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

**5**. Make friends. Camp is a great place to meet new people make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.



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# Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

#### **Kids' interests**

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

#### Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

#### Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same struc-

ture they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.



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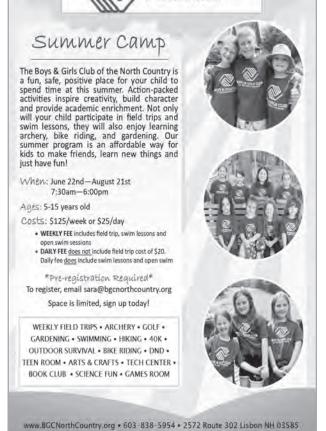












BOYS & GIRLS CLUB

**APRIL 2, 2020** 

# Trio of Bulldogs earn hockey All-State honors

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA - The Belmont/Gilford Bulldogs were well represented in this year's All-State team with a trio of first teamers making the list.

Forward Hayden Parent had a strong senior season for the Bulldogs and finished as the all-time assists leader and only the fifth player in team history to reach 100 points. He was seventh in the league in points this year with 29, putting up 16 goals and 13 assists.

Coach Jason Parent said he is an honor roll student who is a player who has great stamina and is a hard worker, while also being a team player and leader.

Parent said being named to the All-State team is a great privilege, but as a player it was not what he was striving for. He said it does show that coaches around the league respect his ability as a player.

He is a player who gives it his all every time out on the ice, and this was even more apparent in what was a fantastic senior season. Parent said each game the team put in a solid effort, but he went all the way back to the preseason against Somersworth-Coe-Brown, a Division two squad, where the team sent a message that the Bulldogs were a force to be feared. He felt it was the best game the Bulldogs played together as a team.

He said this past year had its ups and downs, but the best thing about the Bulldogs was that the team got through it together.

"Even though we didn't get to where we wanted, I am still proud of every single one of my teammates for their

(Right) Nate Shirley wrapped up his senior season with the Bulldogs and was first team All-State.





Colin McGreevy was the top goalie in Division 3 this season and was named first team All-State.



# Spring sports postponed to at least May

BY BOB MARTIN

Bob@Salmonpress.news

MEREDITH – Due to the COVID-19 pandemic, spring athletics throughout the Granite State have been postponed to at least May 4.

Gov. Chris Sununu recently extended online learning through this date, and the NHIAA stated that it will adjust the revised start date for spring sports to align to the timeline. NHIAA said new dates will be released.

Sununu originaldeclared schools to be closed until at

least April 3 and as of now the first date to for teams to be able to practice is Monday, April 13. The first date to play games will be April 27, but local officials have said these dates will be assessed as time moves on.

The NHIAA put out a statement saying it will be closely monitoring developments with the pandemic and these dates will be adjusted if necessary.

The pandemic also forced the cancellation of tournament games for winter sports this past month. It was the original intention for the NHIAA to play the remaining games but due to the guidelines specified by Gov. Sununu and the CDC the remaining games were cancelled with no makeup date set.

NHIAA issued a press release on March 23 stating that by unanimous vote the NHIAA Executive Council deco-champions would be awarded to the highest seeded team remaining on each side of the tournament bracket. All other teams remaining in the tournament will receive runner up plaques and medals.

responses in what we had to endure," said Parent. "It was like the whole world was against us. It was also one of the most fun and memorable seasons that I have played in my four years, and I wouldn't want to play with any different group of guys."

Parent said his whole career with the Bulldogs was intense without a dull moment, saying it was often both fun and nerve wracking. He added that he was also very lucky to be a four-year player with the team, building bonds with coaches and players. He took pride in being hard-working and he felt that was what him stand out as a player in the All-State voting. Parent played alongside his brother Harris for two years, who was also an All-State forward, and

he said this gave him something to look up to and give him drive to succeed.

BOB MARTIN

"Having a role model like that can really get you going and motivate you," Parent said.

Parent said he will miss the group of guys he has played with and was honored to be the team's captain.

Goalie Colin Mc-Greevy was voted the top goalie in the league. He was the league leader in shutouts this season with seven and posted a .938 save percentage and a 1.51 goal against average.

Coach Parent said he is a great student and an excellent teammate who will be next year's captain as a senior.

"A great leader and very vocal on the ice," said coach Parent. "Passionate about hockey

and B/G." McGreevy said be-

**BOB MARTIN** (Left) Hayden Parent was named first team All-State as one of the top forwards in Division 3.

ing named to the All-State first team was huge to him, as he has put in plenty of hard work both inside and outside of practice. He was humble in the achievement, saying he could not have done this without his team which included a strong defensive core.

"I believe the award reflects on the team," said McGreevy.

McGreevy felt his top game of the season was the way things started with a 3-0 win over the always tough Berlin/ Gorham Mountaineers. It was the lone loss of the season Berlin/Gorham, which was co-champion with Kennett this past winter.

"It was a great game and we rallied as a team to get that win," said McGreevy.

Nate Shirley was a standout defenseman, returning to the Bulldogs after playing with Tilton Academy. He scored 12 goals and had 16 assists and was eighth in the division in points. This year he was second on the team in points and coach Parent called him "a great skater with awesome vision on the ice." He was praised for his stamina as he spent the majority of each game on the ice. Shirley will be attending Plymouth State for law enforcement.

"It felt great to be named to the All-State team," said Shirley. "It made me feel like all of my family and I's hard work throughout the years had really paid

He agreed with Mc-Greevy that Berlin/Gorham in the home opener was the top game of the season, as it was a perfect way to start.

"I thought I played well defensively," said Shirley. "Shutting out a good team and I got involved in the offensive zone with two points to

get the win." While the team lost in the first round of the playoffs and didn't make it as far as he would have liked, Shirley felt the team grew together over the course of the

winter. Shirley played under the coaching leadership of Dave Sabal as a freshman at B/G and said his influence on him gave him confidence as a young player, as well as his teammates that surrounded him. He said coming back this season from Tilton in a different role on the team, being a senior upperclassman and assistant captain, took some getting used to.

"I tried to help the team as much as I could throughout the season in games and practices and got close again with old friends off the ice," said Shirley. "Overall, a good run with B/G."



Division 3 player of the year Adrian Siravo led the Golden Eagles to a 19-1 record and a co-championship title in his senior season.



Logan Hughes drives to the basket for a layup during a playoff game against White Mountains.



**BOB MARTIN** 

Down the stretch Connor Sullivan was a clutch shooter for the Golden Eagles.

Curtis Nelson battles for position under the hoop against White Mountains.

# Gilford hoop boys voted D3 co-champions

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – With the final game of the Division 3 state tournament cancelled due to the Covid-19 scare, this year's boys' basketball title was given to both the Gilford Golden Eagles and the Mascenic Vikings.

originally planned for March 13 but the NHIAA postponed the game. NHIAA issued a press release on March 23 stating that by unanimous vote the NHIAA Executive Council deco-champions would be awarded to highest seeded remaining on each side of the tournament bracket. All other teams that were remaining in the tournament will receive runner up plaques and medals.

The Golden Eagles were the top seeds in the playoffs this season and Mascenic was at number two, meaning that this would have been a true matchup of the top teams in the division. Both teams went 17-1 and Gilford edged out the Vikings for the top spot due to a tiebreaker. The lone regular season loss for the Golden Eagles came to Mascenic by a score of 49-34. The loss for Mascenic came against Monadnock in the third game of the

Gilford was thriving and playing its best basketball down the stretch, which continued straight through the playoffs with wins over White Mountains and Hopkinton. The team relied heavily on the all-around play of Division 3 Player of the Year Adrian Siravo, who averaged 20 points and 12 boards a game.

He was one who could score at will, whether it be through acrobatic drives to the hoop or behind the arc. He also had a knack or being able to find open players when he was double teamed, which opened opportunities up for the strong supporting

The Golden Eagles also got great production out of players like All-State honorable mention Jalen Reese. who came off the bench to give Gilford top notch play in all categories. Especially toward the end of the season, the freshman big man could be seen ripping down boards, putting back shots and hustling play after play.

Also vital in the later parts of the season were Riley Marsh and Connor Sullivan, whose clutch shooting and defense was integral in the success of the Golden Eagles. Logan Reese was able to hit shots, grab rebounds and find open players cutting to the basket. Coach Rick Acquilano also said he was impressed with the hustle play of Curtis Nelson in big situa-

Acquilano was happy with the way his team played this winter, and said as far as a season goes, he couldn't have drawn it up any better. This was aside from the fact that it was a little bittersweet as the team didn't have a chance to compete for a sole title. He said there was in agreement among his players, as well as his own thoughts, that the Golden Eagles would have liked to have compete and lose in a title game than not play at

"We never really

had an opportunity for closure," said Acquilano. "When you spend 16 weeks together and have one thought on your mind, and you keep climbing this ladder. Well, we were on

the last rung and the ladder got pulled out from under us."

Acquilano said some of the accolades that came their way was indicative of the success, but the bigger part was

clearly what the team accomplished. He said it was impressive to see how much the team improved.

"To look at the team three or four months ago compared to later in the season, and to see how we had grown, I'm still relishing in that," said Acquilano.

The Division 3 champion Golden Eagles finished with a 19-1 record.

# Olympics give way to Covid-19 Summer Games postponed until next year

BY JOSHUA SPAULDING Sports Editor

TOKYO, Japan — In an unprecedented move in the history of the Olympic Games, Olympic

International Committee and organizers of the Tokyo 2020 Summer Olympics, decided on Tuesday to officially postpone the Games, scheduled to kick off on July 24 in Tokyo,

Japan. The Olympics have only been cancelled three times, during World War I and twice during World War II and have never been postponed.

IOC President Thomas Bach and Japan Prime Minister Abe Shinzo held a conference call to discuss the Covid-19 pandemic in regards to the Olympic Games. They were joined by Mori Yoshiro, the President of the Tokyo 2020 Organizing Committee; the Olympic Minister, Hashimoto Seiko; the Governor of Tokyo, Koike Yuriko; the Chair of the IOC Coordination Commission, Coates; IOC Director General Christophe De Kepper; and the IOC Olympic Games Executive Director, Chris-

In a very friendly and constructive meet-

tophe Dubi.

praised the work of the Tokyo 2020 Organizing Committee and noted the great progress being made in Japan to fight against

COVID-19. "In the present circumstances and based on the information provided by the WHO (World Health Organization) today, the IOC President and the Prime Minister of Japan have concluded that the Games of the XXXII Olympiad in Tokyo must be rescheduled to a date beyond 2020 but not later than summer 2021, to safeguard the health of the athletes, everybody involved in the Olympic Games and the international community," said a joint statement from the IOC and the Tokyo 2020 Organizing

Committee. For the past few weeks, Bach had been moving forward with the plan to have the Olympics as scheduled starting in July, but over the weekend of March 21 and 22, the pressure began to mount from National Olympic Committees (NOCs) to postpone the

Canada was the first to announce that if the Games were held in July, there would be

ing, the two leaders no Canadian athletes ple of Japan, and all in attendance. Australia followed suit not long after.

US Swimming and US Track and Field both submitted requests to the United States Olympic and Paralympic Committee (USOPC) requesting that the Games be postponed and after hearing from many athletes, the USOPC also made its recommendation to the IOC that the Games be

postponed. Part of the issue is the fact that there are a lot of qualifying events that need to happen to determine who represents each country in the Olympics and with the postponement of any sort of large gatherings during the Covid-19 outbreak, the scheduling of those events became more and more difficult and unlikely.

USOPC CEO Sarah Hirshland sent out a notice to US athletes after the decision was made on Tuesday morning.

"Despite the feeling of eventuality that so many of us have felt in the lead up to this moment - my heart breaks for you, your fellow athletes around the world, our friends

at Tokyo 2020, the peo-

who are impacted by this global pandemic and the decision to postpone the Tokyo Games 2020," the letter read. "We heard your concerns and we shared them. I thank you for being so forthcoming with your perspectives, and also for allowing us the time to hear from your teammates across all sports before making a recommendation to the IOC.

"This summer was supposed to be a culmination of your hard work and life's dream, but taking a step back from competition to care for our communities and each other is the right thing to do. Your moment will wait until we can gather again safely," the letter continued. "I wish I had answers to every question out there, but the reality is this decision is unprecedented, therefore, presents an entirely new process – for you, for the organizers, for the NGBs (National Governing Board) and for the USOPC. Please know are committed to working with you in the coming days, weeks, and months to address them together.

SEE **OLYMPICS** PAGE A16

# Reese earns All-State **Honorable Mention**

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD - It was a big opening season for freshman Jalen Reese, who was recently voted by Division 3 coaches as an All-State honorable mention.

"It feels really good to be named honorable mention because it shows that I am not only recognized by my teammates and coaches, but by players and coaches on other teams," said Reese. "It will definitely give me confidence going into next season."

Reese looked back on the season and felt his best game was the first regular season matchup against rival Belmont. Gilford beat Belmont 55-45 and it was a great rebound after the team lost in the finals of the Lakes Region Holiday Basketball tournament to the Red Raiders. He had eight points in the game and he said it was a game where he did what the team needed to win.

"I got my hands on a lot of balls that turned into steals while scoring and assisting on a decent amount of baskets," Reese said.

His hot hand continued into the next game against Monadnock where he had a season high 16 points and shot confidently throughout the game. He also got into double figures the next game against Somersworth with 11 points and Berlin the following game with 10 points. Other games in double figures came Prospect Mountain with 14 points and against Laconia, Mascoma and Newfound at 10 points. On Jan.



Jalen Reese was named All-State honorable mention this season for the Golden Eagles.





**BOB MARTIN** 

# NHBCO seeking nominations for coaching Hall of Fame

New Hampshire varsity basketball coach who has coached a total of 20 years at the varsity level and has been retired for a period of two years is eligible for consideration into the New Hampshire Basketball Coaches Organization Hall of Fame. Anyone who would like to nominate a coach should send the coach's name, school, years coaching and varsity record along

REGION — Any with the answer to three questions and/or statements: What was this coach's impact on New Hampshire basketball? Describe his or her character. Accomplishments in coaching. The person doing the nominating should include their name, e-mail address and cell phone number and e-mail all information to NHBCO President David Chase at 4chaseteam@comcast. net. Nominations are due by April 15.



Jalen Reese soars to the basket for the Golden Eagles, during what was an impressive freshman campaign.

21, while only scoring four points, his clutch prevailed shooting with a game winner with under a minute on the clock.

Reflecting back on the season, Reese said he was happy that the team was hot out of the gate with big wins over teams like Belmont, Monadnock, Conant

and Somersworth. He said the Golden Eagles had a bit of a slump despite winning against Laconia, Campbell and St. Thomas Aquinas. Once the team took a loss to Mascenic reality set in, he said, and the team turned thing around for the better.

"Being the number one seed all season

told the rest of the league that we weren't a pushover team, and it sent a message to other teams," said Re-

Reese said he is mainly focused on the future than this past season, and his main goal is to go out and win a championship. This year the Golden Eagles

shared a state championship with Mascenic since the Coronavirus scare cancelled this year's final. Reese said he'd like to get back to the finals and play for a title during his high school career.

"I am planning on doing whatever coach Acquilano needs me to do for that chance to play in the championship," said Reese.

While Reese primarily came off the bench this season, Acquilano said it was no mystery to coaches around the league that Reese possessed all-around skills that made a difference every time he was on the court. As the season wore on, he was a player who became a viable inside option, who was tenacious in grabbing boards while putting back shots off offensive rebounds. At sixfoot-four, but often playing guard, his size is a major advantage for the Golden Eagles.

As Reese is a freshman, the sky is the limit for the Golden Eagle big man for years to come.

"He is going to block shots, get rebounds, score and get assists," said Acquilano. "His future is very, very bright."

#### **OLYMPICS**

"The excellence within Team USA is our resilience and how we overcome adversity. I have no doubt we will get through this together as a team, and all be better because of it," the letter said. "I sincerely look forward to working with you as we once again plan our path to Tokyo."

The decision postpone the Olympic Games now heads into the next stage, as the IOC and the Tokyo Organizing Committee has to figure out new schedules for events, housing for all the athletes, media and volunteers and much more.

"The leaders agreed the Olympic Games in Tokyo could stand as a beacon of hope to the world



**COURTESY PHOTO** 

THE TOKYO OLYMPICS will now take place in 2021.

during these troubled times and that the Olympic flame could become the light at the end of the tunnel in which the world finds itself at present," said the joint IOC and TOC statement. "Therefore, it was agreed that the Olympic flame will

stay in Japan. It was also agreed that the Games will keep the name Olympic and Paralympic Games Tokyo 2020."

The official dates for the new Tokyo 2020 Games were announced early Monday morning, with

the opening ceremony scheduled for July 23, almost exactly one year after the original starting date.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.





HISTORIANS THINK THAT

APRIL FOOL'S DAY MAY HAVE

ORIGINATED IN THIS

EUROPEAN COUNTRY.

ANSWER: FRANCE

## **Joke Word Find**

Find the hidden words in the puzzle.

| F | APR<br>AMI<br>FOO<br>RIEI | LY<br>L |   |   | GC<br>J | GGLI<br>TCH<br>OKE<br>AUGH | A |   |   | PRAN<br>SILL<br>SMII | Y |
|---|---------------------------|---------|---|---|---------|----------------------------|---|---|---|----------------------|---|
| Ο | A                         | В       | F | W | Z       | M                          | Н | L | F | Ο                    | M |
| Q | F                         | O       | A | U | O       | S                          | I | G | L | C                    | G |
| Y | O                         | D       | M | R | F       | R                          | I | R | U | G                    | M |
| L | A                         | Z       | I | S | P       | R                          | L | L | J | A                    | L |
| E | В                         | I       | L | A | G       | N                          | I | Y | L | U                    | L |
| L | Y                         | L       | Y | I | J       | G                          | C | E | L | Y                    | J |
| I | Η                         | M       | В | I | Ο       | P                          | R | A | N | K                    | F |
| M | K                         | Q       | Z | T | O       | V                          | F | X | Z | D                    | J |
| S | E                         | Q       | C | E | L       | G                          | G | I | G | M                    | Ο |
| Z | E                         | Η       | U | T | Z       | Y                          | I | U | K | N                    | K |
| Η | A                         | В       | F | J | J       | L                          | O | G | D | Y                    | E |
| T | O                         | R       | G | N | N       | I                          | A | J | W | W                    | T |
|   |                           |         |   |   |         |                            |   |   |   |                      |   |

#### **Get Scrambled**

Unscramble the words to determine the phrase.

PRLIA OLFSO YDA



THIS DAY IN...

HISTORY

• 1860: THE FIRST SUCCESSFUL RUN OF THE PONY EXPRESS BEGINS IN MISSOURI.

• 1948: PRESIDENT TRUMAN SIGNS THE MARSHALL PLAN, WHICH WOULD HELP WAR-TORN EUROPE RECOVER.

• 1974: A SUPER TORNADO OUTBREAK STRIKES 13 U.S. STATES.

**FOOL** 

to trick or deceive

Answer: April Fool's Day



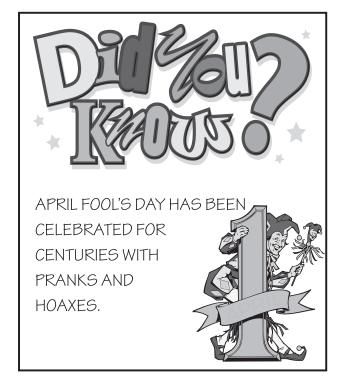
ENGLISH: Laugh

**SPANISH:** Reír

ITALIAN: Ridere

FRENCH: Rire

**GERMAN:** Lachen

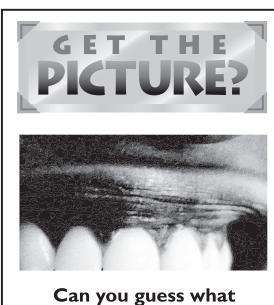


Answers: A. lawn

 $\mathcal{B}$ .

garden

C. plants D. design



the bigger picture is?

YNƏMEK: ƏMIFE

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have

you hooked from the moment you square off, so

sharpen your

pencil and put

savvy to the test!

your sudoku

# CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to landscaping.

Each number corresponds to a letter.

(Hint: 16 = n)

A. 22 3 17 16

Clue: Contains grass

B. 23 3 12 7 24 16

Clue: Organized plants

C. 26 22 3 16 9 19

Clue: Living organisms with roots

D. 7 24 19 8 23 16

Clue: Plan or drawing

# SUDOKU

|         |   | 7 |   |          |   |         |       | 9 |
|---------|---|---|---|----------|---|---------|-------|---|
| 8       |   | 5 |   | 7        |   |         |       |   |
|         |   |   |   | 5        |   | osooso. |       | 2 |
|         | 2 |   |   | socoods. |   |         |       |   |
| Appende |   | 3 | 9 |          | 6 |         |       |   |
|         |   |   | 4 |          |   |         |       |   |
| 5       |   |   |   |          | 8 | 9       | 6     |   |
|         | 4 | 9 |   | 2        |   |         | ченин |   |
| 3       |   |   |   |          |   |         | 2     |   |

Level: Intermediate

## Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

| ç    | 2   | ţ    | 2    | 6     | 9    | denna | 8     | ε    |
|------|-----|------|------|-------|------|-------|-------|------|
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| ħ    | ε   | 9    | mode | L     | 2    | G     | 6     | 8    |
| 6    | G   | 8    | Þ    | 9     | ε    | L     | annik | 2    |

**ANSWER**:



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Due to concerns related to COVID-19, the Riverview Cemetery Association will not hold its Annual Meeting, traditionally scheduled in April, at this time.

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Nicholas C. Rott President **Riverview Cemetery Association** PO Box 111 Barnstead, NH 03218

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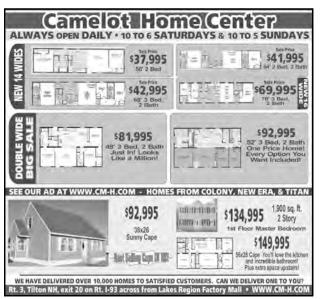


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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sec, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U,S,C, 3604(c)) This paper will not knowingly accept any adverting which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 *Neither the Publisher nor the* 



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# Connecting with nature? Not cancelled!

LACONIA – Don't let your current social distancing transform into

Region separate into impact of the Coronavi-

distancing from nature. their homes in order to As residents of the Lakes reduce the spread and

rus, Prescott Farm reminds you that Spring is not cancelled.

In fact, nature is a terrific ally in the maintenance of mental and physical health. Prescott Farm can be part of that nature connection, even during times of social distancing. Located on 928 White Oaks Rd. in Laconia, the property is a free resource open to the public from dawn-todusk every day.

Visitors can choose their own pace as they find an abundance of natural sights on the wellmarked trails. Starting at the parking lot and winding gradually into the woods, the trails cover much of the 160-acre property. Several different ecosystems, from meadows and vernal pools to thick hardwood lots down by the Maple Sugar Shack, offer a perfect way to glimpse the early signs of spring as they emerge.

Although the Pardoe

Building is closed to visitors at this time, families are still invited to enjoy the PlayScape – a source of endless entertainment for playful souls of all ages. Slides, stick-builthideaways, outdoor play kitchen, nature's natural musical instruments, and other various tools of discovery will engage imaginations – and burn off some stay-inside-allday energy! A post-play session hand wash is a great idea, of course.

Prescott Farm has taken precautions to help eliminate spread of COVID-19 while also remaining a community resource for connections to nature. While the doors of the building may be locked at this time, the doors to nature remain open. All are encouraged to come and enjoy nature – and keep eyes and ears open for the return of regular programming!

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 over 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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on the right track:

- Make meals a social occasion–Sharing a meal is one of the most enjoyable ways to ensure that someone is eating well. This can include making something healthy and delicious for others, or reaching out to people that love to cook healthy food and offering them some company at meal times.
- Make healthy eating fit your budget- Good food doesn't have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future.
- Shop for healthy foods- Having a kitchen stocked with healthy snacks and meal options is one of the most important steps to maintaining

a balanced diet.

 Encourage people to ask for help– If someone has concerns about their ability to plan healthy meals, shop for the groceries or if they just aren't getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

#### **Comfort Keepers®** Can Help

If someone is struggling to maintain healthy eating habits, consider getting support from the trusted care team at Comfort Keepers®. Our caregivers can help with grocery shopping, meal preparation, and can help 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

(Continued from Page A6)

age or acuity. To learn more about our in-home care services, contact your local Comfort Keepers location

#### **About Comfort Keepers**

Maintaining senior health and wellbeing is a priority for the team at Comfort Keepers®. Our caregivers can assist in providing seniors with transportation to and from the doctor's office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.



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