

**THURSDAY, MAY 21, 2020** 

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COMPLIMENTARY

## Market Basket opens new store in Plymouth



DONNA RHODES

When Plymouth Market Basket opened last Friday, customers found not only great deals on food and household goods but beautiful flowers, small shrubs and vegetables for their outdoor gardens.

#### **BY DONNA RHODES** Drhodes@salmonpress.news

PLYMOUTH - After nearly three years of anticipation by residents of Plymouth and surrounding communities, the



Highway is fully stocked with everything a shopper could want.

70,000-square foot grocery store last Friday.

Joe Schmidt, Market Basket's regional Supervisor of Operations, was on hand for opening day and said both he and

# Hill Library reopens with curbside service

BY DONNA RHODES drhodes@salmonpress.news

HILL – Hill Librarian Lynn Christopher said that she and her library's board of directors were pleased to reopen their curbside book pick-ups for patrons of the library last week after their services were shut down in mid-March.

ing that we don't have an online catalog, but all of our offerings are available online at the NHAIS, a service of the New Hampshire State Library, so we're happy to be able to bring books back to our community," said Christopher. "This is something instead of nothing right now. A lot of our patrons don't

the real thing and we're glad we can now provide that again."

To aid in their selections, Christopher said people can log on to NHAIS.agshareit. com where they will see what books available throughout the state. Unfortunately, the state's library sharing program is not in operation right his company were very happy to finally be in the Plymouth area.

"We've looked forward to this and appreciate everyone's patience as this store came about. We're very grateful for the way we've been embraced by this community and thankful to finally be a part of it," said Schmidt.

Due to social distancing guidelines set forth by the government, the store's square footage, for now, allows a maximum of 186 shoppers inside at one time, but

with a full team of cashiers and other associates poised to assist their customers, Schmidt said that was not a problem, even on a busy opening day.

"The shopper limit allows for us to provide good social distancing inside the store. We've had a nice, consistent flow of shoppers all day, with a maximum wait of about only about five minutes to go inside," he said.

For most shoppers during the noon hour that day, they no sooner

lined up outside the eastern entrance before they were welcomed through the doors.

The newest Market Basket store in the state has brought 300 jobs to the area. All employees were fully trained for their positions at the Tilton Market Basket store, and were eager to now provide the best customer service possible to their Plymouth area shoppers on opening day. Mike LeClair is the

manager of the Plym-SEE **OPENING**, PAGE A16

Educator's legacy spreads joy of reading to New Hampton students





Associates in Plymouth Market Basket's Butcher Block spe-Associates in the Market Café at Plymouth Market Basket are cialty shop were fully equipped to meet health safety guidenow serving coffee, espresso, popcorn, soft serve ice cream lines as they served customers on opening day of the new and much more to customers looking to relax a bit before or

after shopping.

"We're a small li- want to deal with elecbrary and it's frustrat- tronic books. They want SEE HILL, PAGE A15

## A salute to the fallen



=REGION — This Memorial Day, there will be no parades, no big family get-togethers to acknowledge the day, but there are still personal opportunities to pay tribute to the men and women who gave their lives in the name of freedom.

In honor of all who have fallen, be it in either World War, Korea, Viet Nam, the Gulf Wars, or any of the conflicts these brave heroes have taken part in, we wanted to take this opportunity to publish the iconic poem "Flanders Field," written by Canadian Lt. Col. John McCrae. His words were inspired by his service during the Second Battle of Ypres on the border of Belgium and northern France as his own tribute to all who died in the battles there.

Today, Flanders Field is the site of tens of thousands of poppies commemorating those lost and each year veterans' organizations sell poppies to keep the memory of their profound bravery and dedication alive.

It is our hope that in lieu of traditional parades and speeches, our

readers and their families will take a moment to read this poem over the weekend to reflect on those who gave their all, and give thanks for survivors and those who continue to serve the nation in the name of freedom today.

#### "In Flanders Field"

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.

We are the Dead. Short days ago We lived, felt dawn, saw sunset glow, Loved and were loved, and now we lie In Flanders fields.

Take up our quarrel with the foe: To you from failing hands we throw The torch; be yours to hold it high. If ye break faith with us who die We shall not sleep, though poppies grow

In Flanders fields.

Donna Rhodes

Outside New Hampton Community School last Thursday, Marie Kettenring and SAU 4's Curriculum Coordinator, Kim Sarfde, passed out packets of books, along with a table full of other elementary-level reading materials for children in grades K-5 throughout the district. Marie, her brother Stu and dad Ken donated all of the books from the collection of their mom and wife, Barbara Kettenring, who was a former reading specialist at SAU 4.

#### **BY DONNA RHODES**

drhodes@salmonpress.news

NEW HAMPTON — Thanks to the family of Barbara Kettenring, the Newfound Regional School District hosted a free book fair of sorts for all students in grades K-5 to help booster their reading skills and interests as they remain sheltered at home.

Marie Kettenring, Barbara's daughter, said that among many other roles over the years, her mom was most known as a reading specialist for SAU 4 before she passed away in September of 2013. Because of her mother's love for reading, Marie said she and her brother were always provided with unlimited books to read while they were growing up. It wasn't until after their

mom died, though, that they realized there were more children's books in the house than their family needed, including many duplicates.

"My dad Ken, my brother Stu and I heard that (Curriculum Specialist for SAU 4, Kim Sarfde) was looking to get books to kids in the district so I reached out to her to ask if she was interested in the books we had," said Marie.

Sarfde was indeed interested and began a campaign throughout the elementary schools to get the books into the homes of as many children as she could. An email she sent out brought back requests for book packets from more than 100 of the Newfound area's younger students.

Working with paraprofessionals from each of the four elementary schools, she and those volunteers then packaged up age appropriate books from the Kettenring collection for each of the requests.

"The paras have worked with most of the kids over the years, so they knew their interests and reading levels and helped us put all the books together for pickup," said Sarfde.

Last Friday morning, parents pulled up to New Hampton Community School to receive their individualized packet of books from Barb Kettenring's vast collection.

Sarfde said that besides that free book give-a-way last week,

## Local

NEWFOUND LANDING, THURSDAY, MAY 21, 2020

## Spring is in full bloom at area garden centers

BY LEIGH SHARPS Contributing Writer

— While REGION folks are getting restless during this stay-at-home time, there is one aspect of the spring which can't be stopped and is in full 'bloom' right now: all kinds of gardens!

Gardeners, landscapers and vegetable growers are in their busiest time of year right now and some who started planting two months ago are currently starting to reap early benefits.

In the active landscaping business, Joyful Earth Gardening (owner Renee Liebert of Ashland) has been in full swing for a while now and her beautiful handiwork can be seen all over the Squam Lakes region: Holderness, Ashland. Sandwich. Center Harbor and Moultonborough.

"The season for us started out two weeks earlier than normal due to less snow and a warmer spring. We made some slight changes to our routine due to the current virus situation," Liebert says. "My employees all take separate vehicles to job sites and we practice distancing while working and we're away from the clients as much as possible. I try to get the majority of supplies by delivery now instead of picking it up. I am grateful right now to Ashland Lumber for free delivery during this crisis and Stephen's Landscaping for delivering the mulch."

Liebert says she is optimistic about this season but is still "playing it by ear and if things start to get worse (due to the pandemic) we'll re-evaluate and decide whether

Worm Greenhouse in New Hampton."

She contacts customers before spring to schedule clean-ups, weeding, and mulching. She is also doing pruning and dividing plants and transplanting this time of year. Designing and planting continues through the spring then the work transforms into sowing beds and planters with herbs and annuals to supply long color.

"Summer is for maintenance and weeding and keeping everything neat and tidy. We continue with that until mid-October when fall clean-ups begin," she said.

She is currently taking new clients.

Patti O'Hara, also in Ashland, has a large private garden from which she designs flower displays in containers from spring through fall to local farm stands.

"I am always surprised by June how many perennials there are...truly a miracle, especially this year, when we all need a little cheering up," O'Hara said. "It's too early to plant flowers but it's a dandy time to get lettuce, kale and peas going and it's a great idea to get the soil ready for annuals by adding compost before the black flies take off."

She collects old cans, jars and bottles to transform into unique containers when she distributes her arrangements to sell.

Squam Lake Farm Stand (Little Squam Lake) owners Kara and Sean O'Leary, along with sons Grady and Evan, are preparing to open around Memorial Day weekend.

Oak Pond Farm, Sandwich Creamery, Wicked Good Bakery, O'Hara Gardens, dairy from Huckins Farm, Burleigh Farm maple syrup, Nannie's Canning, Walker Farm corn and their fresh eggs. Adding to all that are veggies from their own gardens. The Farm Stand is on Route 3, along the Ashland/ Holderness town line.

Peter Brown, owner of White Oak Pond Farm, says he is extremely busy, more than ever, at this time of year since he has been in the farming/greenhouse business in the Holderness/Meredith area.

"This is always a very busy part of the season as we're trying to get as much done as possible and as much food in the ground as we can in a short amount of time," he says.

He has a 30-by-92-foot greenhouse.

"It's only me working right now with help from my partner Hally occasionally. Beets, carrots, lettuce, potatoes, green onions, radishes, shiitakes, and garlic are all on the way," he explained. "The farm stands, restaurants and local stores are where we distribute most frequently, but there are so many unknowns with the coronavirus situation we're just staying on top of everything day to day. We keep growing as normal and hoping for the best this summer (restaurants/stores). There is absolutely no question at all that people are awaiting fresh food as soon as possible! Produce from me will be available in just a few weeks and as soon as we can at Squam Lake Farm Stand."

> Country Ladvbug



since March," says Sharon. "Our house is in full bloom! We have two types of pansies right now, Sorbet violets in flower and many perennials ready to go. Also, we have many herbs.... most being cold hardy. I am getting tons of phone calls and emails right now wanting to know when we're opening (they are now) and so many dropping in and they're delighted to see our buildings full of plants! People are looking for early spring cheer and natural beauty and it's due to the pandemic I believe."

Davis explained her business is being ultra careful using extra protective measures for her customers as well as staff.

"Customers may either fill out a checklist of what they want and we go in and pick the plants and bring them outside or if folks want to come in we only allow four at a time. They must stay six feet apart and we supply them with disposable gloves before they go in. We collect their choices

ing traditional strawberry boxes because of the COVID-19 virus. Keeping the little ones happy. Lady Bug provides fairy gardens for them to play in and each leaves with a present of their own: a marigold.

"Everyone is leaving with a smile on their face and we need that right now!" Davis added.

Cackleberries Garden and Gift Shop has been open for several weeks now. "We have heard so many positive comments reinforcing the fact that we ARE essential...mostly using words like 'peace of mind' and 'good for my soul,' says owner Laurie Perry. In business for almost 20 years now, they are a popular stop on Daniel Webster Highway in Meredith.

"Happily, folks seem quite thrilled to get out and walk around amongst the beautiful plants," Perry said.

Just two customers are allowed in the store at one time and their check-out is outside plus they offer delivery.

"For the first time

opening, but they've been open seven days a week 10 a.m.-4 p.m. already. With seven greenhouses and an outside fruit tree division five of those houses are already full.

"We have grown a lot more vegetables this season. Because of the virus we were told we were going to be swamped. Some told us we'll probably run out, but I assure customers out there we will not run out!" declared Jamie.

All vegetables and flowers are grown onsite (and not genetically modified).

They have a huge assortment of house flowers and bedding plants as well as mulch, soil and fertilizer (currently popular items). Hanging petunias and geraniums are plentiful, but as Helen warns: "If you hang them outside on porches they need to be brought in at night until it warms up, usually not until the end of May."

The Dirty Worm observes all the current distancing guidelines and only four are allowed in a greenhouse at one time.

it's wise to stay open or not."

Liebert has some favorite greenhouses, commenting "For annuals, I love Cackleberries in Meredith and the Dirty

"We feel we'll be busier than ever, but we're lucky that our business is outdoors," the O'Learys said.

All their products are local coming from White

Greenhouse in Campton (owners Sharon and Bob Davis) opened a month early, and is experiencing a tremendous rush right now.

"We've been growing

in a wagon outside and place them in their vehicles," says Davis.

They ask all customers now to bring their own carry-out trays, as they will not be provid-



## Newfound Landing

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are taking phone orders and pre-paid payment for curb-side pick-ups. We have many more people calling than normal asking about what's in stock and pricing," said Perry. "We are already well stocked with pansies, herbs, perennials, shrubs and trees. Trucks arrive each week filling our garden center with 'luscious' plants."

Another popular greenhouse spot is the Dirty Worm Greenhouses. Owners Jamie and Helen (son Anthony oversees the vegetable part) started the strictly family run business in 1979.

They opened in early April, way ahead of time.

"People made us open. I wasn't planning on it so soon," laughs Jamie.

"Everyone's got cabin fever. They like to be outside and walk around. We noticed a lot of people coming in, stopping outside the gate and we were getting a lot of phone calls as well," said Helen, "so we opened."

Mother's Day is usually their blockbuster

#### Contacts:

Joyful Earth Gardening: Renee Liebert, 603-726-6435; renee@joyfulearthgardening.com

Squam Lake Farm Stand: Rte. 3, Little Squam Lake, Ashland

White Oak Pond Farm: whiteoakpondfarm@gmail.com; 857-636-0822; Instagram: @ whiteoakpondfarm

Country Lady Bug Greenhouse: 361 Perch Pond Road, Campton, 536-1299

Worm Green-Dirty houses: 819 Dana Hill Rd., New Hampton,603-968-3636 (if the gate is open.) The Fuchsia Peony: Main st., Ashland; 968-3059

Cackleberries Garden and Gift Shop: Route 3, Meredith, 279-8728 for curbside delivery web-site:cackleberriesgardencenter.com; Facebook Cackleberries Garden & Gift Shop;Instagram cackleberriesgardencenter; the antique store is closed for now.

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NEWFOUND LANDING, THURSDAY, MAY 21, 2020 A3

## THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town   | Address                     | Туре                    | Price       | Seller                                     | Buyer  |
|--|-----------------------------|-------------------------|-------------|--|--|
| Alexandria   | 679 W. Shore Rd.            | Single-Family Residence | \$230,000   | Jay and Heather McGaffigan Charl           | es O'Toole-Hamilton and J.L. Doncaster-Hamilton  |
| Alexandria   | N/A                         | N/A                     | \$59,500    | 823 Bog Road RT and Carole L. Kachel       | Deborah and Frank Kim                            |
| Ashland  | Blue Sky Drive              | N/A                     | \$63,533    | Robert L. Connell 2011 RET                 | Gates Fiscal Trust 2016 and Hesslar P. Gates     |
| Bridgewater  | Route 3                     | N/A                     | \$180,000   | 189 Route 3 RT and Jeffrey A. Therrien     | BTKA Fiscal Trust and Bryan A. Felice            |
| Bridgewater  | N/A                         | N/A                     | \$1,640,000 | John D. Brennan 3rd RETJames B. Calnan R   | ET   |
| Bristol  | 451 N. Main St.             | Single-Family Residence | \$86,000    | Michael Robinson                           | Shane Hodgdon                                    |
| Bristol  | N/A                         | N/A                     | \$70,000    | Raine Fiscal Trust and Mary E. Foster      | Michael W. and Pamela K. Adams                   |
| Campton  | 110 NH Route 175            | Single-Family Residence | \$198,000   | Jay A. Apicelli                            | Donald L. Cormier                                |
| Hebron   | 24 Hemlock Lane             | Single-Family Residence | \$600,000   | David M. Phinney                           | <b>Riess Fiscal Trust and Robert C. Riess</b>    |
| Holderness   | 28 Hob Nob Lane             | Single-Family Residence | \$264,000   | Peter S. and Susan Francesco               | Mackensie M. Duvendack                           |
| Holderness   | Mount Prospect Road         | N/A                     | \$79,933    | Holt Manz Fiscal Trust and Bruce J. Manz   | Heindl Fiscal Trust and Kelly J. Heindl          |
| Holderness   | US Route 3                  | N/A                     | \$55,000    | Thomas and Barbara Patch                   | Kenneth and Michelle Clancy                      |
| New Hampton  | 10 Patriot Lane             | Single-Family Residence | \$266,200   | Jason M. Harvey and Jennifer Schwoebel     | Gordon D. Sanborn                                |
| Plymouth   | 70 Eagles Nest Rd., Unit 70 | Condominium             | \$197,533   | William R. and Claire R. Riquier           | Karen L. and Steven M. Cunningham                |
| Plymouth   | Fairgrounds Road            | N/A                     | \$800,000   | John C. and Carol S. Perkins               | Nathan B. Everts and Regina M. Rinaldo           |
| Plymouth   | 28 Merrill St.              | Single-Family Residence | \$244,000   | Panther Properties LLC                     | Taylor J. Farrow                                 |
| Plymouth   | N/A (Lot 8)                 | N/A                     | \$30,000    | Guy Mathieu and Ilona Grzegorzek           | Monika Cone and Lynda Smethurst                  |
| Rumney   | 2060 Buffalo Rd.            | Single-Family Residence | \$230,000   | Keith E. and Loretta C. Botelho            | Daniel R. and Jennifer L. Burns                  |
| Rumney   | E. Rumney Road              | N/A                     | \$20,500    | Leigh S. Waldman Estate and Robert J. Wald | man Jay F. Sobetzer Trust                        |
| Rumney   | N/A (Lot 16-1-3)            | N/A                     | \$15,000    | Lloyd E. and Anita B. French               | Charles F. and Rebecca K. Coursey                |
| Thornton   | 70 Star Ridge Rd., Unit 28  | Condominium             | \$130,000   | Ruth B. Johannis IRT and Katherine Cannin  | g Patrick McDonough and Christine M. Carney      |
| Warren   | 7 Shalom Dr.                | Single-Family Residence | \$129,933   | Philip B. Whitcher                         | Mark L. and Amy R. Wojtkun                       |
| Warren   | N/A (Lot 28)                | N/A                     | \$25,000    | Richard Stevens                            | Cheryl and Kenneth Winchester                    |
| Waterville Valley  | 2 High Country Way, Unit 2  | Condominium             | \$420,000   | Kyle M. and Pamela T. Stone                | Laureen M. and Jeffrey R. Dorow                  |
| Waterville Valley  | 21 Mountain Brook Way, Uni  | it 16 Condominium       | \$165,000   | Jeffrey R. and Laureen M. Dorow            | Kenneth and Amy E. Salsman                       |
| Wentworth  | Buffalo Road                | N/A                     | \$30,533    | Anthony F. and Mary R. Melendy             | Patrick S. and Kimberly A. Coursey               |
| ABOUT TH   | <b>IE REAL REPOR</b>        |                         | -           | ÷  | 822. Copyright 2011. Real Data Corp. In the col- |
| based on tax stamps and might be inaccurate for public umn Type : land= land only; L/B= land and building;   |                             |                         |             |  |  |
| ABOUT THE REAL REPORT<br>volve additional parties or locations. Prices are usually<br>based on tax stamps and might be inaccurate for public<br>agency sales. Refer to actual public documents before<br>MH= mobile home: and COND=condominium. Trans- |                             |                         |             |  |  |

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

agency sales. Refer to actual public documents before MH= mobile home; and COND=condominium. Transforming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com www.thewarrengroup.com

North Country Notebook

## And now, the eagle's nest in view of the Golden Dome



By JOHN HARRIGAN **COLUMNIST** 

Not so long ago, in terms of generations, it was accepted practice in some rural areas to try to shoot raptors out of the sky. Thus, any hawk---the bigger, the better the target---was seen as fair



An adult eagle and chick in the nest along the Connecticut River in Orford. (Photo by Judy Lombardi, courtesy NH Audubon)

be able to hit 'em, first al Forest, and was worktime."

ing on the falcon project with Audubon, Cornell Now, it's worth re- University, UNH, and membering this man's New Hampshire Fish origins and the times. and Game. A key part He grew up before the of this involved raising newly hatched chicks in cliffside nests.



An adult pair and endless skies along the Androscoggin River in Shelburne. (Photo by Ravenel Bennett, courtesy NH Audubon)

Hampshire that wildlife

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game.

The idea of such a thing almost takes our breath away today. Yet I well remember a casual conversation with a dairy farmer just down the road.

Like most farmers, he ranged far and wide on foot or on tractor to find the occasional errant cow, and had far-flung pastures and hayfields on both sides of the hill. Like everyone who owned and worked the land, he left it open for all to enjoy.

I happened by one day just as he was pulling his tractor into the front dooryard, and hopped out to say hello. He had a leather scarab wired to the right-hand side of the tractor, and within it a weathered rifle.

I glanced at the old Winchester. "Oh, that's for when I see a fox or a hawk," he said, tilting his head back for a look at the sky. "I used to

Depression, well before the Rural Electrification Act. Every farm's complement included chickens, hence "chicken hawks," and large raptors, meaning eagles, could haul off newborn lambs.

Thus, it was open season on any predator, raptors included. Shooting one—fisher, fox, hawk soaring high---was as natural as hoeing the garden or milking the cows.

+++++

That barnyard visit was in the mid-1960s. Within a very brief time, in the early '70s, I'd find myself sitting with John Lanier high atop a ledge in the White Mountains, doing a story for the New Hampshire Sunday News about the effort to restore Peregrine falcons to their original New Hampshire habitat.

John was chief wildlife biologist for the White Mountain Nation-

Several UNH grad students and a professor or two were camped up on the ridge and occasionally rolling small pieces of raw chicken down PVC pipes to plop into handmade nests, harboring barely fluffed, beak-extending chicks. It was a festive atmosphere to match the sunny day. Everyone living and working up there thought it was a job worth doing, and rejoiced in it all.

Today, falcons are gradually reclaiming their former habitat. John, who became a lifelong friend, never stopped scanning cliffsides for the telltale signs of raptors' nests. +++++

Eagles, meanwhile, have just as eagerly reclaimed more and more or their original territory. Now, I'm dating myself when I say that I can remember when eagles were so rare in New

officials thought there was only one nesting pair left.

This pair annually returned to a legendary nest atop an ancient pine stub on the northwest end of Umbagog, a big lake on the Maine-New Hampshire border above Berlin. Longtime game warden Warren Jenkins took me there by boat, and I went there a few years later by canoe.

Public interest in these sole reminders of a seemingly lost past was so great that Fish and Game and volunteers placed warning buoys and signs, asking boaters to stay well back. Still they came, and watched and photographed from afar. +++++

Fast-forward to today, when eagles are common enough along the

SEE NOTEBOOK, PAGE A13





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#### **Back in business**

DONNA RHODES

COVID-19 public health restrictions in New Hampshire were modified this week, allowing restaurants in New Hampshire to offer not only take out food, but safely distanced outdoor dining. Patrons of Cielto's Restaurant in Bristol raised their drinks in celebration as they sat outside the restaurant and enjoyed their meal last Tuesday. Other local restaurants are adapting to the new regulations and offer outdoor seating areas, too.

## Letters to the Editor

1. Be intentional. As our living space evolves to be a place of work, study, entertainment, and escape, we have an opportunity to be intentional in creating a sanctuary that speaks to our needs. Similar to art, our homes are an expression of our uniqueness as individuals. It is important for each family member to have a special spot they can escape to, one that appeals to all senses.

Corner

BY DEB NARO Contributor

environments.

al and family reflection:

The place

we call home

COVID-19 Pandemic. This interactive discussion led

by Dr. Maria Sanders, Associate Professor of Philosophy at Plymouth State University and CEO of

Philosophy4Life, centered on the emotions commu-

nicated through art, and how these emotions reflect

the shifts occurring in our home, school, and work

ics, sculptures, drawings, and crafts, participants explored the evolving definition of 'place' and how we can find balance and thrive during this time of uncertainty. Here are some takeaways for individu-

Through the sharing of paintings, digital graph-

2. Change the lens. Succumbed to boredom? Look at your environment from a different perspective. Discover new places, hobbies, and experiences within your home or in nature, this is a time to reflect and to grow.

3. Find balance. Just as an artist balances elements like shape, color, light, and perspective, each of us must strike a balance with our mental, physical, spiritual and financial well-being. For those interested in learning more about this concept check out the videos and resources shared by Dr. Sanders at www.philosophy4life.com.

#### We are not truly in this together

#### To the Editor:

I have long considered the Wright Museum of World War II in Wolfeboro one of New Hampshire's most unique historical and cultural gems. Now more than ever, there is a lesson to be learned from the museum as we try to navigate our way through the Covid-19 epidemic.

Among the many outstanding exhibits at the museum are those depicting the activities of ordinary citizens on the home front during the war, pulling together for a common cause and ensuring victory for the United States and its allies. Visit the museum and see how Americans grew Victory Gardens in their front yards, accepted the hardships of rationing gasoline, food, rubber, nylon and many other commodities so our troops would not have to go without the materials needed for the final push to victory. See also the posters encouraging citizens to

#### purchase War Bonds to help finance the enormous cost of the war, under the patriotic slogan,

"Now, All Together." We now face another challenge that some have said is the largest since World War II. And there is even a similar slogan to the one that inspired the country during the dark war years. The pandemic slogan is "We're All in This Together." Unfortunately, nothing could be further from the truth. The pandemic has become one more flash point that highlights the deep divisions in our country, sowing mistrust and suspicion and threatening our very way of life. Every day, we see demonstrations at state capitols against quarantine requirements, most featuring protesters bearing handguns and assault rifles. Speakers compare the government measures to the "tyranny" of Russia and North Korea. People refuse to wear masks, claiming it somehow infringes

you? What's next, only

those who have a special

ID can shop? Start using

common sense, and stop treading on my liberties.

all businesses and allow

all who want to shop, to

shop (even those from

other states). Last I knew,

we are in this together,

and we are the United

States of America, not

divided states of Ameri-

ca! If you do not want to

shop at a business, then

you have the liberty to

stay home, but allow me

Lastly, this pandemic

to have my liberty.

Next, we need to open

on their constitutional rights. In Boston, people wearing masks have shouted insults at those who aren't. The nation's top infectious disease expert, Dr. Anthony Fauci, has been called "the chief buffoon" by Fox News commentator Tucker Carlson, and others have called for his firing. I could go on, but I think you get the idea. So, this is what "We're All in This Together" looks like?

There is, thankfully, one group among us who has actively taken

the slogan to heart to

make life a little easier

for the rest of us--chil-

dren and young adults.

Alexa Cannon, a high

school senior from Bed-

ford, was recently high-

lighted on the news for

volunteering to shop

homebound

niors who are most at

risk for infection. Stu-

dents from Exeter High

School started "Students

Againsts Covid-19" pro-

nursing home residents

with flower arrange-

quarantined

se-

ments and other simple comforts. At St. Patrick Academy in Portsmouth, a student group called "The Shamrock Sewers" have gone to work sewing protective masks at home for anyone who requests one. At last count, they had sewn over 400 of them. There are many more stories of young people putting aside their own priorities to help others. If only more of the grown-ups would follow their example.

Unfortunately, when this nightmare is finally behind us, I doubt there will be any museums in the future which will celebrate the triumph of our country pulling together to defeat this insidious invader. And I also doubt there will be any nostalgic references to the phrase, "We're All in This Together."

4. Identify the 'silver lining.' When faced with feelings of stress and anxiety, it is helpful to pause and reflect on what you are grateful for. Local artist Stacey Lucas of Ashland, known as Veggie Art Girl, articulated this concept through a video capturing a joyful family painting project, which resulted in a colorful mural of a rainbow. The featured quote says it all. "When it rains, look for rainbows."

5. Don't feel guilty! Before we can care for others, we need to care for ourselves by ensuring our own physical, emotional and spiritual needs are in check. As the lines between work and home blur, take a moment to create a routine that works for you. Keep in mind that we all need self-care. Each of us can help reduce stress by encouraging your children, family, and friends by offering healthy tips and suggestions.

Hippocrates once said, "healing is a matter of time, but it is sometimes also a matter of opportunity." As we reflect on the life changes brought about by COVID-19, let's not lose sight of the positive experiences and nurtured relationships we can carry forward. Life is a mosaic of events...each one of us will decide how this 'tile' is placed.

If you were unable to join us for the event, please email ebrochu@cadyinc.org to access the recording. As always, if you or someone you know struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.

To the Editor:

We must decide if liberty is worth standing for, or live under totalitarianism!

We learned a lot from COVID-19 and got smarter about washing hands and why/when we should practice social distancing. Most provide face masks minimum protection because they are worn incorrectly, and people keep touching them. Go into a Walmart and see for yourself. If made to wear a mask, then who will be the mask police, We must choose liberty

for

viding

has caused more harm to our children than we may ever understand. We need to allow our kids to be kids. Stop frightening and damaging them. Already, our high school and college seniors have lost out on many experiences which they will never get back. You have the liberty to keep your child away from summer camp, sports and other activities, but allow me to have my liberty.

I've talked to several kids and parents, and they struggle doing school remotely. Some

JAMES GAFFEY GROTON

parents do not have the time, patience or skills. The kids suffer because they miss their friends, activities, sports and socializing. Breaking news (maybe not) — we were not made to be isolated. God gave Adam Eve to help him and to socialize with; otherwise, we would not be here!

Isolate the sick, not the healthy. Do not let this virus be an excuse to destroy the Constitution and amendments and lose our liberties.

JOHN SELLERS BRISTOL

#### Minot-Sleeper Library looks forward to phased reopening

To the Editor:

As some businesses begin to open in New Hampshire, I want to share how the Minot-Sleeper Library continues to serve our community. The staff and trustees are developing a phased reopening plan that puts the safety of our staff and community before anything else.

The library staff continues to work remotely.

Cindy, Evelyn, Paula, Rayanne, and Shayne are answering phone calls during our normal hours; they are offering online programming and hosting community groups to meet on the library's Zoom application just as we would in our building's meeting space. The staff is providing reference services. Much work is being done to plan for

an alternative Summer Reading Program for all ages.

The trustees, staff, and I are working diligently to craft a reopening plan that ensures the safety of all and provides services and resources in addition to those that have continued to be available digitally. The first phase in the reopening plan is to get our staff back in the building and prepare for a new workplace. Just to have staff back working in the building requires new policies and procedures. The second phase of the reopening plan is to provide curbside service. Once the library moves to this phase, materials in the building will be available to be borrowed using a process that ensures safety for both staff and patrons. The details of how and when this will begin are still being planned.

These unprecedented times will change how we work and provide service. New health and safety precautions will be put in place. Library materials and resources will be made available in new ways. Change can be difficult, which makes me feel as fortunate as ever to work for

a community that is understanding and appreciative of the work done at the Minot-Sleeper Library.

BRITTANY OVERTON DIRECTOR MINOT-SLEEPER LIBRARY

## Opinion

## Sustainable Bristol

#### BY LAUREN THERRIAULT

You may have heard the term "zero waste" going around lately. This is a new term for a very old practice. Zero waste is self explanatory, it's the goal is to create zero garbage. Does that seem impossible to you? There are some people who are able to use mason jars as their trash cans for the entire year. I am not one of them, and you probably aren't either. I do strive to be as zero waste as possible and make small changes in my life that lead to less plastic and less garbage in my home. Before I purchase something, I think about how often it will be used, for how long, and how long it will take to break down in a landfill or compost pile. This means we do not use paper towels, paper napkins, disposable plates, cups, or utensils. These things offer momentary ease yet take decades to break down. Could you forego using these items in your home?

Almost all disposable items have a more sustainable alternative if you take some time to assess your choices and make a swap or change. If you are interested in trying to move towards zero waste I suggest you pick one room in your house to start trying to make less waste in and go from there. The kitchen or the bathroom would be good places to start. For full transparency my family and I still buy chips, we do not make them ourselves, which means plastic chip bags end up in our garbage. To reduce the amount of plastic, we buy larger bags and separate them out into reusable containers for our lunches. I'd rather one large bag go in the garbage than 25 tiny bags

The key here is to start somewhere, notice where you can make changes, and also not to beat yourself up about not doing it all. We need 200 people doing zero waste imperfectly, not two people doing it perfectly. Are you inspired to make less waste? Where could you start today? Good luck!

Lauren's Green Tip of the Week: Skip the plastic zip lock bags and carry your snacks in a Tupperware or a mason jar.

## **Letters to the Editor**

#### Wasting our money on voter suppression

To the Editor: Gov. Sununu announced his decision this week to appeal the New Hampshire Superior Court's ruling of SB3. And he wants to use our

taxpayer money to do

it! At a time when we have limited state budget resources, he could instead be using that money to pay for 164,174 hospital gowns, 142,373 N95 masks, 205,185 protective shields, and a

week of unemployment assistance for 2,464 NH residents.

The Superior Court heard testimony and came to the decision that SB3 is constitutional. In this time of crisis, let's focus on the critical needs of our state and not on trying to rig an upcoming election.

Rep. Joyce Weston Plymouth

#### Covid-19 shows us where true power lies

#### To the Editor:

These United States of America were founded upon dissent, civil disobedience, direct action, and defiance against a tyrannical government. On one hand, this nation proclaims pride in that fact, and on the other, it works non-stop to suppress any expression of opinions that vary from the status Ameri-capitalist auo economic machine. Our founding fathers even went so far as to enshrine the suppression of dissent and defiance in the U.S. Constitution (Art. I., Section. 8.) Is there any wonder why

the majority of U.S. inhabitants cannot seem to forge the kinds of structural change in governing powers that are truly necessary to meet the health and safety needs of our local communities and the natural ecosystems we depend upon for survival?

Covid-19 has shown us where true power for change lies – at the local and regional levels. Mutual aid between neighbors, towns, and counties has been effective in helping to meet the ongoing everyday needs of the young, the elderly, and all ages in between. State and federal sup-

port has favored large industry interests over individuals, communities, and ecosystems. And, it has taken much longer to implement state and federal assistance while many pockets are lines as it trickles down to the where the greatest needs exist. What can you do in this time of social distancing to organize for structural change that embodies what your community envisions?

The NH Community Rights Network (NHCRN) supports protecting the health and safety of the collective body of inhabitants (both human and nat-

ural) within your community. Reach out to the NHCRN to explore how you can envision and create structural change in decision-making power in the place where you live! Visit us at www. nhcommunityrights. org or email inquiries to info@nhcommunityrights.org. The NHCRN makes information and education available with the goal of driving community rights and the recognition of ecosystem rights – an integral part of every community – into fundamental law.

> MICHELLE SANBORN ALEXANDRIA

## Science Center hosting virtual Science Pub

HOLDERNESS — Squam Lakes Natural Science Center, Squam Lakes Association, and Squam Lakes Conservation Society are bringing the popular Science Pub to the digital realm. Join these groups and other members of our community on Tuesday, June 9 from 7 to 8 p.m. for a community climate conversation about "Creating Our New Reality."

What can we learn from the global response to the coronavirus pandemic to inform our community level action on climate change? How can we capitalize on this pause in our carbon emissions to achieve a permanent shift? What community level solutions have we seen in the coronavirus response that can help us build climate resilient communities? These are big questions without easy answers. Bring your thoughts and ideas, and your own beverage, to this virtual science pub held via zoom.

This is a free event brought to you by Squam Lakes Association, Squam Lakes Conservation Society, and Squam Lakes Natural Science Center. Advance registration is required: https:// us02web.zoom.us/meeting/register/tZAldOqrrj4rHNBfxU3NthayUmjuF2dQGKgL.

We extend our sincere thanks

and gratitude to our nurses, staff, executive management team and doctors for their long hours of commitment to the safety and well being of our local communities.

## You are all, greatly appreciated

SQUAM LAKES FINANCIAL

Pre & Post Retirement Planning

**Bob Maloney**, *Chief Listener* 

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## **Obituaries**

NEWFOUND LANDING, THURSDAY, MAY 21, 2020 A6

#### ALEXANDRIA — John G. Day, Sr. died Thursday, May 7, 2020 at Mt. Ridge Health Care Center in Franklin.

He was born in Franklin, the son of Archie and Dorothy (Gould) Day. John attended school in Bristol. and lived in Bristol area most of his life. He served in the New Hampshire Army National Guard as a Motor Sargent. John retired from PSNH where he spent his career working as an engineer.

In his younger days, John enjoyed motorcycling and snowmobiling

John G. Day, Sr.

John Day

with his sons. He always enjoyed woodworking and working on engines. He was a retired Chief Engineer for the Bristol Fire Department where he served the community for over 25 years.

Family members include his wife, Emily (Laiweneek) Day of Alexandria; sons and daughters-in-law John (and Kristine) G. Day, Jr. and Jeff (and Vicki) Day of Sanbornton; and three grandchildren, Wyatt, Emily, and Sophie.

At John's direction, there will be no calling hours or services. Interment will be at Homeland Cemetery in Bristol. Emmons Funeral Home of Bristol is in charge of arrangements.

#### Patricia Lefebvre Horton

BRIDGEWATER - Patricia Lefebvre Horton of Bridgewater, otherwise known as "Pat" to many and to all those that loved her, entered her eternal rest on May 16, 2020.

Pat was married for 59 years to Lewis Horton. Together, they started a family in Tilton, where she also taught kindergarten out of the basement of her home. She later began to teach kindergarten at Calvary Christian School in Plymouth, having taught for 41 years until she retired in 2012. Pat poured her love out to her family with her infamous cooking and special rigatoni along with her love of butter. Pat loved planting flowers and gardening around the house was something she always took pride in no matter where she lived. Pat loved to swim either in her pool at home, the ocean and while boating out on Newfound Lake in her later years. Pat and her husband enjoyed sharing their love of camping, boating, going to the ocean and lobster feeds with their family



Patricia Horton

and friends. Having the opportunity to fellowship with loved ones and friends was always near and dear to her heart. When Pat's children had their own children she was so proud to be called "Binggy" and Grammy and would love her special cuddle times lon. with her grandchildren reading them books and sharing sips of her soda from the same glass with remnants of cookies or other snacks on the glass. Grammy made sure to attend as many birthday parties, graduations, weddings, baby showers or any other special moments always being that warm and welcoming, congratulating presence filled with

love and admiration for each of her children and grandchildren's milestones.

Pat is survived by her husband, Lewis Horton of Bridgewater; two children, Mike Horton and his wife Wanda of Laconia and Mark Horton and Lisa Perron of Bristol; sister Claire Lefebvre of Laconia and brother Joe Lefebvre and wife Dory of Pittsfield; her grandchildren, Roger, Emma and Colin Horton, Sarah Hickman, Naomi Bro and Jesse Horton; and many nieces and nephews.

Pat was predeceased by her parents, Lola and Robert Lefebvre; a sister, Carol Makris; and her daughter, Debbie Scan-

A private grave side service will be held. In Pat's memory, please honor those in the health care field who were able to be there for her while she made this transition.

Mayhew Funeral Home and Crematorium, in Plymouth and Meredith, are handling the arrangements.

#### Alden Hofling, 90

HAMPTON — On May 4, 2020, Alden Hofling, age 90, passed away at his home on Straits Road with his family at his side following a brief illness. Alden was born in Boston, Mass. to his par-

ents, Adam and Ruth Hofling, and was soon joined by his younger brother, Donald Hofling. He graduated from Boston University with a degree in Business Administration. He was also captain of the school's crew team.

NEW

After graduation, Alden attended the Officer Candidate School in Newport, R.I. and joined the United States Navy, where he was commissioned as an Ensign and began his active service on the heavy cruiser USS Salem, which served for a time as flagship for the 6th Fleet in the Mediterranean.

Prior to his initial deployment, he married Josette, who he had initially met while in high school shortly after she had arrived from Switzerland and then amazingly again while they were both students at Boston University. Eventually rising to the rank of Lieutenant Commander, he remained active in the reserves as a US Navy Academy Blue and Gold Officer and after working at several



Alden Hofling

corporations he took a job at Concord Group Insurance Company. It was the opportunity at Concord Group that led to the purchase of the homestead in New Hampton. During this period, he and his wife restored their 200-year old house to become a home for their family of four children. He continued to work at Concord Group as a Vice President and Corporate Secretary until his retirement.

Alden believed in giving back to his community. He served as the moderator on the School Board for three years, on the Solid Waste/ Recycling Committee for fourteen years, as a Trustee of the Trust Funds for twenty-three years, and on the Zoning Board of Adjustments for thirty-four years, eight of which he served as the Chair of the board. Alden's passions

in his retirement years included time with his family, especially his granddaughters, playing golf, spending time with his Concord Group "buddies" and watching the TV show Oak Island. Alden was known for his quick wit, strong will, and joyful, social personality. His family will remember him through memories of "nosy-kisses," their trips to the Kellerhaus and Fisher Cats baseball games, his tradition of cooking hash and pancakes for family breakfast, among many other impacts he made on their lives.

He was predeceased by his wife of 55 years.

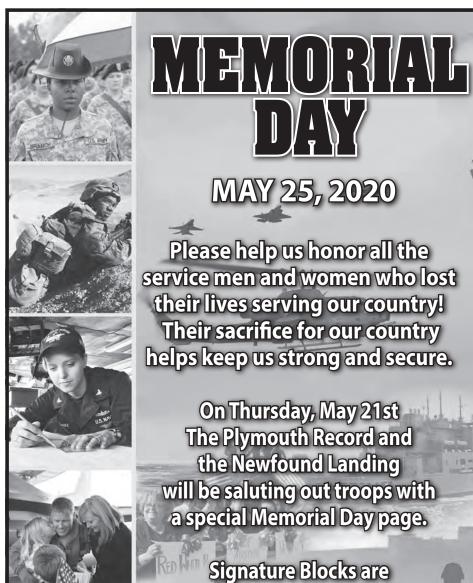
He is survived by his children, Phillip Hofling of Durango, Colo., Barlev Michelle of Durham, Maine, Linda Copping of East Calais, Vt., and Christine Davol of New Hampton, as well as his three granddaughters. A service of remembrance will be held at the Hofling home, Butternut Hill Farm, New Hampton at a later date. In lieu of flowers, donations may be made to: United States Naval Shipbuilding Museum, U.S.S. Salem can be mailed to PO Box 870012, Milton, MA 02187. To leave an online condolence, please visit www.mayhewfuneralhome.com.

## **MARK ON THE MARKETS** It's just cash flow



like to retire in three years, however their portfolio is still in full "growth" mode without consideration that

have a proper allocation of their assets designated for producing steady sustainable income. Social Security maximization should be part of that discussion. Tax efficiency should be another. Legacy, long term care, life insurance should all be addressed. If there are not enough assets to cover all these needs, then we need to prioritize! It is important to find a professional that you are comfortable with regarding their knowledge as it pertains to you! My biased belief is that you should work with a fiduciary advisor that works for you, not a broker-dealer. You should be given a disclosure document that will tell you about the firm and advisor representatives. Don't be apprehensive about asking how that advisor is compensated. You may want to ask the advisor if they will help you with your 401k allocations as an additional service. This should be gratis if you become a client. All your assets should be considered, even if that advisor is not managing all the assets. You should not be assigned a "trainee" advisor because of your asset levels. If an advisor firm is willing to work with you, you should not be discriminated against because you are not considered a "top-tier" client. Mark Patterson is a Fiduciary Advisor with MHP Asset Management and can be reached at 447-1979, or Mark @ MHP-Asset.com



2x1: \$25 per ad 2x2: \$50 per ad 6x1 Banner ad: \$100 per ad

Deadline is May 15th at 3pm. Please contact Tracy or Lori at 444-3927 or email lori@salmonpress.news

BY MARK PATTERSON

"Financial planner" is a term that is used by many. Some are legit trained planners, others are insurance sales people or brokers. The real question is; What level of planning do you really need? Do you need a credentialed planner, CPA, Tax attorneys and estate lawyer, or do you need someone that can work through a steady, sustainable income plan that is mindful of tax consequences and that may know about strategies to full-fill your needs? Far too many plans that I see are plug and play portfolios based on a risk assessment that does not measure the purpose or objective of the assets invested!

For instance, a client tells me that they are going to retire, or would



we are 11 years into a bull market that usually averages seven and a half years. And as we know now that bull ended abruptly! The reason that the risk profile may not match the purpose for the money is that the broker asked questions based on a questionnaire. My experience is that most people have overstated their risk tolerance, mainly because the questions are not specific enough. You may have read, where I have stated "I believe a client is risk adverse until proven otherwise." When the stock market is doing well, we all tend to feel happy and are willing to put our assets at market risk, but when we get sharp corrections or draw downs, we tend to punish ourselves for not taking that profit when it was there. If you are invested properly for the objectives for the money, then the volatility should not be an issue. For example, if a family needs a certain amount of income from their investments, say as they approach retirement, they should

#### l'owns

#### NEWFOUND LANDING, THURSDAY, MAY 21, 2020 A7

#### **Bristol**

Al Blakeley adblakeley0@gmail.com

I think that spring is finally here! I'm not sure I am ready to just jump in the lake (despite many who have told me to do just that!). I have seen photos of a few that have, not staying in very long however! At any rate, we need to have the lawn mowers tuned and ready, the earth prepared for the gardens and wash our own cars!! I hope you all are welcoming the change in the weather and get out and enjoy it.

The update on the TTCC Summer Camp is that the Board is still in the decision making process. The hope is that an on-site program will still be able to be offered with modifications. Logistics are still being discussed and availability of supplies to provide a clean and safer environment are being considered and they are a part of that discussion. Efforts are being made to make camp happen and measures will be taken to provide a safe environment, but no guarantees can be made at this time to protect the children from being exposed. There are just too many unknowns at this time. Updated information from the state level will help to make these final decisions. The next board meeting will be on Friday, May 29. An update will be posted after that meeting. Please advise the TTCC if you will be removing your child from the camp roster.

A second survey

link to request membership is: https:// www.facebookcom/gr oups/258414650516175/ ?ref=share.

Another reminder from the Minot-Sleeper Library: All books and movies should be kept with you and returned only when the library reopens. Anything that is on hold for you at the library will be available for you once the library reopens.

If you want to borrow e-books, downloadable audiobooks, digital magazines and streaming videos, even though you may not have a library card, that can be remedied by calling the library. And, internet at the library is on, so you can access it standing outside the library while social maintaining distancing!

Upcoming Events include: Movie Group, Tuesday, May 26 at 6:30 p.m. ("HATARI!"); Knot Only Knitters, every Monday from 2:30 - 4:30 p.m.; Read-Advisory with ers' your librarians, every Wednesday from 10 a.m. - noon; Coffee and Conversation every Friday from 9 – 10 a.m.

Information about joining any and all of these activities is available online at: https://www.minotsleeperlibrary.org.

I'm yearning for the time when we can give out hugs! I enjoy that greeting very much and holding family members close is so rewarding. We grandparents were meant to do just that, hold dear ones close and let them know through a good 'squeezer' how much we care for them. Can't wait!!

quests may be submitted either by email or by leaving a message on the library phone.

By email: hebronlibrary@metrocast.net

-Please leave your first and last name and phone number so we can call you for pickup.

-Include the call number, title, and author for each selection. -DVDs are available by title.

By phone: 744-7998 -Please leave your first and last name and phone number so we can call you for pickup.

-Include the call number, title, and author for each selection. -DVDs are available by title.

Patrons are encouraged to return materials promptly. When materials are returned, they will be wiped down with disinfectant and held in quarantine for one week before being checked in and made available for checkout. If you currently have library materials checked out, you may return them. Any person in the library will wear a mask and wear gloves or use hand sanitizer between each patron's order whenever handling books or DVDs. If you do not have a library card and you live in Hebron or Groton please call or email us your name and number and someone will get back to you and get you enrolled. We will check your ID when you pick up your selections. Please be patient as we are not in the library every day.

Let's get reading! appreciate We all that have helped throughout this pandemic; our healthcare personnel of course, and then also all essential workers. Life would have been downright miserable without those who have worked throughout the crisis thus far to help provide for the need of those around them. Thank you to all of you who were able to reach out a helping hand to others in need. Now that things are beginning to open up, please be careful out there. Keep up with the handwashing and sanitizing and if you are in a place such as the grocery store keep a safe distance from others. There are many snubbing noses at these precautions but ask anyone who has had

a love one die from

The social distancing and stay-at-home

orders necessitated by the coronavirus

have led many of us to feel isolated.

Still, we've fought back through social

media, "virtual" gatherings and walks

in the neighborhood, where we could

greet friends and neighbors (from 6 feet

away). But when you're dealing with the

financial effects of the virus and you're

investing alone, you could encounter

Of course, with so much investment-re-

lated information available online, on

television and in any number of period-

icals, it's not surprising that some people

feel they can invest without any assis-

tance. But the volatility of the financial

markets over the past few months has

also pointed to the dangers of going solo

in the investment world. And you might

find that a professional financial advisor

**Devon Sullivan** 

Financial Advisor 164 NH RTE 25

Meredith NH 03253

603-279-3284

Fax 844-644-4469

sullivan@edwardi

some problems that may prove costly.

this virus and they will probably say it is better to be safe than sorry. Even during a normal flu season this is good advice.

The bridge to the Town pond behind the Highway Garage is closed due to safety reasons.

We also have some sad news about the Annual Kids Fishing Derby which has been cancelled due to Covid-19. June 6 is still free fishing day in NH so get out in the great outdoors and see if you can catch the "Big One."

The Town of Groton is soliciting bids for the construction of concrete slabs for the dumpsters at the Transfer Station. To set up a site visit at the Transfer Station and to get more information regarding the project, contact the Town at 744-9190 or selectmen@grotonnh. org for more information. Bid submissions are due by 4 p.m. on Monday, June 1, and may be submitted via email at selectmen@ grotonnh.org or by regular mail.

The Town of Groton is soliciting bids for the demolition of the old library and old Town Office building located near the Highway Garage. To set up a site visit at the location and to get more information regarding the project, contact the Town at 744-9190 or selectmen@grotonnh. org for more information. Bid submissions are due by 4 p.m. on Monday, June 1, and may be submitted via email at selectmen@ grotonnh.org or by regular mail.

COVID 19 RELATED VOTING INSTRUC-TIONS are now available at the Secretary of State's Web site. There is not space permitted in this article for the complete instructions, so please request a copy from the Town Clerk, http://www.grotonnh.org, or go to the Secretary of State's Web site, http://sos. nh.gov to get complete instructions.

Planning Board Meetings have been cancelled until further notice.

Conservation Commission will be meeting at the Town House June 11 at 7 p.m.

All Town offices will be closed May 25 for the holiday.

#### Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

News from the Hebron Library...Porchside Pickup Available!

The Hebron Library is happy to announce that we will be offering zero personal contact porch side pickup each Wednesday!

Pickups will be every Wednesday afternoon. Requests can be made at any time during the week. Requests received by Wednesday at noon will be ready for pickup in the afternoon. We will call you when your materials are ready for pickup. Requests made after noon will be available for pickup the following Wednesday. Available titles can be found on our Web site catahebronlibrary. logue, org, or patrons can give general directions for us to choose for them. Requests may be submitted either by email or by leaving a message on the library phone.

By email: hebronlibrary@metrocast.net

Please • leave your first and last name and phone number so we can call you for pickup.

Include the call number, title, and author for each selection. DVDs are avail-•

able by title.

By phone: 744-7998 Please leave your first and last name and phone number so we can call you for pickup.

quarantine for one week before being checked in and made available for checkout. If you currently have library materials checked out, you may return them. Any person in the library will wear a mask and wear gloves or use hand sanitizer between each patron's order whenever handling books or DVDs. If you do not have a library card and you live in Hebron or Groton please call or email us your name and number and someone will get back to you and get you enrolled. We will check your ID when you pick up your selections. Please be patient as we are not in the library every day.

Let's get reading!

TTCC JUNE Prize Calendar

Please be sure to purchase a TTCC Prize Calendar for the month of June! Instead of the usual cash prizes this time the calendar offers gift certificates to local businesses that you can win. Calendars are \$5 each. You can purchase calendars by calling the TTCC at 744-2713 or e-mailing them at ttcc@ metrocast.net. Payment can be made by check,card(over the phone) or Pay Pal ttcc@metrocast. net. Each of the prizes were donated by citizens of the Newfound Community to support local small business and the Tapply Thompson Community Center! Thank you all!

Bridgewater/Hebron Village School News

When you are headed south to Bristol, please be sure to notice the signs on either side of Bridgewater/Hethe bron School entrance. Each sign has the name of a Class of 2020 fifth grade graduate. Con-

has been made available for baseball/softball/t-ball. The TTCC is looking for interest in a modified summer or fall program. The coaches and volunteers are meeting and working to come up with training videos and other options for all the players who are missing the season and wish to improve their skills.

There are still calendars for June sale with great prizes to be awarded each and every day of the month. All proceeds will go toward the TTCC Program Scholarship Fund. Each of the prizes were donated by citizens for the Newfound Community to support local small businesses and the TTCC.

new Facebook Α group has been created called "A Newfound Motivation" based on a request at the TTCC for a virtual running club/exercise group. It is a private group, but certainly open to anyone interested. The

Groton

Ruth Millett 603-786-2926 rem1752nh@gmail.com

Read any good books lately? Here's an announcement from the Hebron Library:

The Hebron Library is happy to announce that we will be offering zero personal contact porch side pickup each Wednesday!

Pickups will be every Wednesday afternoon. Requests can be made at any time during the week. Requests received by Wednesday at noon will be ready for pickup in the afternoon. We will call you when your materials are ready for pickup. Requests made after noon will be available for pick up the following Wednesday. Available titles can be found on our Web site catalog, hebronlibrary.org, or patrons can give general directions for us to choose for them. Re-

**OLD MILL** NEWFOUND LAKE WATERFRONT- Hand some Craftsman style Colonial comes with 237 feet of privately owned frontage with san-dy beach on Newfound Lake. Built in 1996, up beach on worden a case. Built in 1930, this is a smart home w/modern systems & quality construction; 3 levels of living space & lake views from most rooms. Lakefront is high quality gradual entry frontage offering over 100 feet of sandy beach, boat house, mooring, aluminum roll in dock with bench & table & boat port. Relax on the wraparound porch, entertain in the country kitchen or take your chair to the beach. Offered At: **\$1,100,000**.



507 Lake Street, Bristol, NH 03222 • 744-8526 • www.OldMillProps.com

Scheduled Meetings and Closures for the Town of Groton:

Select Board Work Sessions – Tuesday, June 2 and 16, 6 p.m. at the Town House

Select Board Meetings – Tuesday, June 2 and 16, 7 p.m. at the Town House – limit 10 people.

Include the call number, title, and author for each selection.

DVDs are available by title.

Patrons are encouraged to return materials promptly. When materials are returned, they will be wiped down with disinfectant and held in

gratulations Graduates!

Hebron Gazebo Program

It is with much regret to announce that the 2020 Hebron Gazebo Programs have been cancelled. We look forward to seeing you in 2021. Be well and stay safe!

> **Everett Begor** John LaCarte **Bob Brooks**



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#### Why Should You See a Financial Advisor?

can help you in several ways, including putting away money for the future and the following:

Taking emotions out of investing. During this period of market turbulence, many self-guided investors are letting their emotions drive their investment decisions. As a result, they sell investments when their price is down, "locking in" their losses. Furthermore, if they then stay out of the financial markets, they will miss out on the eventual recovery - and some of the biggest gains in market rallies usually occur right at the beginning. But if you work with a financial advisor who has helped you de velop a personalized investment strategy based on your goals, risk tolerance and time horizon, you will be far less likely to react to extreme market conditions by making ill-advised decisions. Maintaining perspective. When you're

> 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.

pandemic - is so highly unusual, and it you suddenly have a lot less of it, you hopefully will be a once-in-a-lifetime experience. Typically, prolonged market downturns are triggered by explainable financial or economic factors, such as the bursting of the "dot-com" bubble in 2000. However, market drops of 20 percent or more - generally referred to as bear markets - are not at all unusual and have happened every few years over the past several decades. Financial advisors are well aware of this history and share it with their clients. And for many people, the knowledge that "we've been here before" is reassuring and makes it easier for them to continue following their investment strategies.

The road to your financial goals is a long one, with many twists and turns. So you might like to have some experienced company along the way.

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might start to wonder if that future is somehow in jeopardy. But if you've been working with a financial advisor and following your investment strategy, you'll know that you don't have to immediately cash out those investments that have lost value, and you may not need to liquidate them for decades if they were designed for a long-term goal, such as retirement. By the time you do need to sell them, their value may well have appreciated significantly. And if you've got a well-constructed portfolio, you'll also own shorter-term, less volatile investments to help meet your current cash flow needs. Understanding the history of investing.

The recent market instability is unique in the sense that its cause - a worldwide

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## Where to Find Us!

A8 NEWFOUND LANDING, THURSDAY, MAY 21, 2020

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> HILL: Hill Public Library

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NEWFOUND LANDING, THURSDAY, MAY 21, 2020 A9



## 5 ways to leave a lasting legacy



It is customary for people to take inventory of their lives as they grow older, wondering about their impact on the world and the people closest to them. A legacy is often the story of one's life and the things he or she did through the years.

The good thing about a legacy is it is never too early to begin planning. The following are some guidelines that can help people establish lasting legacies.

• Keep track of your story. Grab a journal and start jotting down events that occur in your life. Mention particular achievements or notable things that occur from day to day. Pepper these accounts with stories of

· Consider your daily actions. Even though people may imagine it is the grand gestures that are remembered most, quite often it's the simplest acts that make the most impact. Think about the way you treat others each and every day. Smile at people, compliment others and offer positive advice when it is sought.

• Research investments that are profitable. If the goal is to make money to leave for future generations, investigate your options. These include assets that can retain their value. According to NewRetirement.com and Stepping Stone Financial, Inc., vacation homes mean a lot to families and they also also can be a sound way to invest the right way to accumulate assets that can be passed down as a legacy.

• Name children or other relatives as beneficiaries on Individual Retirement Accounts (IRAs). With Roth IRAs, distributions are taxfree as long as the person who set up the IRA met the five-year holding period for contributions and conversions. Beneficiaries can have five years to take out money from the account; otherwise, they can convert the plan to an Inherited IRA, which stretches out distributions over their life expectancy, according to Investopedia, an online financial resource.

things that you had letter ensures others wished you told them earlier but maybe didn't find the words or perhaps never had the time, according to Forbes. The

know just how much joy they brought to your life and the pride you had in knowing them. Leaving a legacy is

something people start to think about as they grow older, but it's easy to start planning a legacy regardless of your age.

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your family and childhood to start establishing an autobiography of sorts.

can be a source of future revenue should they be rented or sold. Speaking with a financial advisor

• Write a legacy letter. A legacy letter is a way to speak directly to loved ones and say all those

## Innovative fitness programs for seniors



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

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

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

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

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

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

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## **Churches/ Local News**

A10 NEWFOUND LANDING, THURSDAY, MAY 21, 2020

#### Ashland Community Church

Real Church. Real People. Real Simple.

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Bob's Shurfine Market). Parking is available next to and behind the church.

Pastor: Ernie Madden Worship Pastor: Aaron Stout

Phone: 968-9464 Email: accernie@hot-

mail.com

Website: ashlandcommunitychurch.com

#### Sundays:

10 a.m. Worship – Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

Aug. 18–September 15 Teaching Series: "I Love My Church!"

Toddler Zone (for infants – five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thursday evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for here. You'll learn how to relate to God. You'll experience a Christian community. And here's the big thing – you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

If you have any questions, please don't hesitate to contact our pastor, Ernie Madden, at 968-9464 or accernie@hotmail.com.

We look forward to seeing you soon!

#### Plymouth Congregational UCC

YOU ARE INVITED to join Pastor Mike Carrier for worship at 9:30 a.m. via our Facebook

Page when we will be live-streaming our morning service. The Sunday Bulletin for this

service as well as videos and Bulletins from past services can be found on our church's

web site at www.uccplymouth.org.

In order to protect everyone's health and safety, we have made the decision to suspend

all gathered worship services and meetings until further notice.

How do I access the church's Facebook Page? You can find our Page by searching for

"Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Our Faith Formation Program which includes our Sunday School and Confirmation Class

continues meeting during this time of "physical distancing" for lessons, music and activities via Zoom at 10 a.m. For more information about our Sunday School, please email: faithformation@uccplymouth. org.

Feeding Our Children Together

From the start of this school year, we have been providing 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School so that they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children while the schools are closed.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world.

Please visit our Web site at www.uccplym-outh.org.

#### Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and warm and join our friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning

Service Monday: First and

third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement:

Just One More! Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

#### Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

Sunday, May 24

Love Lives On, Even in the Brokenness

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

On this Memorial Day weekend, many of us were planning to take a vacation, celebrate graduations, transition to beloved summer activities, or attend weddings. Although nearly all our plans are changed, summer is still coming. Join us as we use Memorial Day to recognize our collective love and loss. While grief is the price we pay for love, love lives on and summer will come.

SUNDAY SERVICES are currently being LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

www.starrkingfellowship.org 536-8908

*Pemi-Baker Community Health keeps home care patients safe* 

#### BY ANNA SWANSON

#### Pemi-Baker Community Health

PLYMOUTH — In an effort to keep all their home care and hospice clients safe, Pemi-Baker Community Health is taking preventative measures by testing their field staff for Covid-19. A team from the National Guard completed the tests last week for staff coming in contact with clients in their homes

as well as therapists and administrative assistants working in their physical therapy office on Boulder Point.

"Our field staff are continuing to provide the much needed skilled services to our hospice and homecare patients during the Covid-19 pandemic. The patients we serve are able to remain at home due to our home visits that are

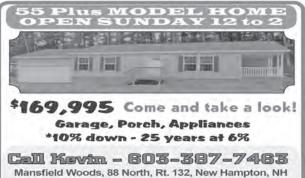
being made by our dedicated team that consists of RN's LPN's, LNA's, PT's, OT's, social workers and Chaplin. It's very important to keep our clients safe and that we do not have any staff that are asymptomatic spreaders," said Ernest Roy, PT, DPT, Clinical Supervisor PBCH-Home Health.

For over 52 years, Pemi-Baker Community Health has served family, friends and neighbors in eighteen towns and they are the home care and hospice provider of choice for Grafton County. PBCH partners with patients, their doctor, family and caregivers, helping home bound individuals in need of skilled medical services during recovery from illness, injury, surgery. Their Palliative and

Hospice teams provide comfort and support for those who are facing life-limiting illnesses.

If you or your loved one have questions about receiving home health or hospice services, please visit their Web site at www.pbhha. org or call 536-2232 for more information. PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 536-2232 or email: info@ pbhha.org Visit our website: www.pbhha.org and like our Facebook Page: @PBCH4.





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NH National Guard giving COVID-19 test to Paula B., LNA, Pemi-Baker Community Health.

COURTESY

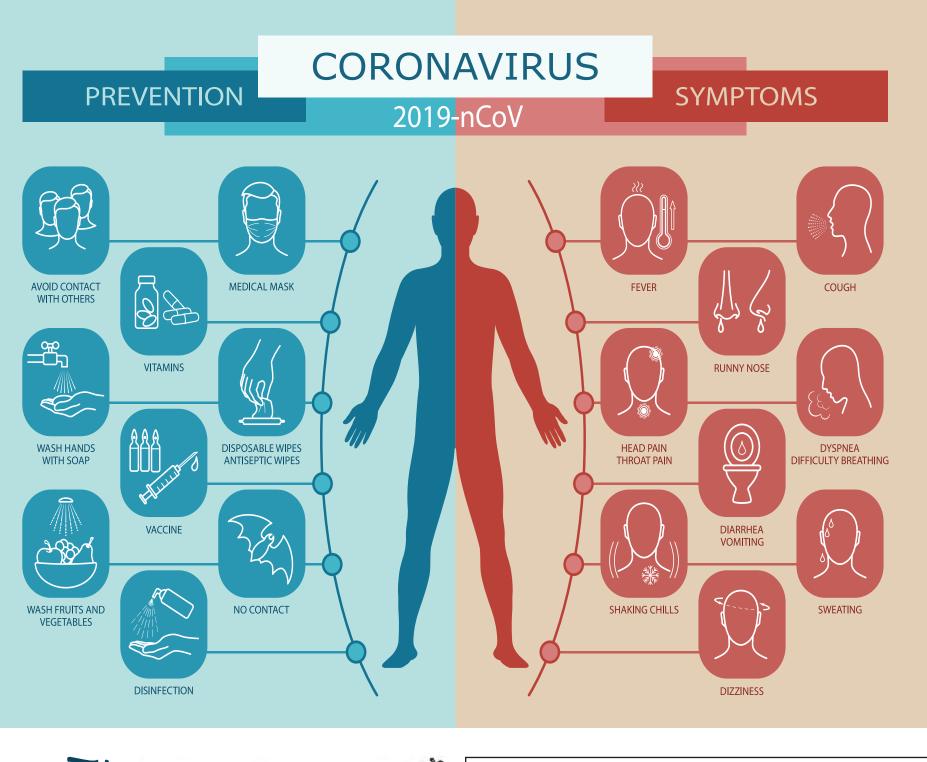




NEWFOUND LANDING, THURSDAY, MAY 21, 2020 A11



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## **Local News**

A12 NEWFOUND LANDING, THURSDAY, MAY 21, 2020

## Local students named to Dean's List at MCPHS University

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

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#### Newfound Area School District COACHING POSITIONS

Newfound Area School District is looking to fill the following coaching positions for 2020-2021:

#### Newfound Regional High School

- Varsity Girls Soccer Coach
- Varsity Baseball Coach

Newfound Memorial Middle School

- Head Football Coach
- Assistant Football Coach

BOSTON, Mass. — MCPHS University is pleased to announce the students who have been named to the Dean's List for the Fall 2019 semester:

\* Shivani Patel is a native of Ashland,

and is pursuing a Bachelor of Science in Premedical and Health Studies. Shivani will graduate in 2021 from the Boston, Massachusetts campus.

\* Kylee Macdonald is a native of Bristol, and is pursuing a Bachelor of Science in Nursing. Kylee will graduate in 2021 from the Boston, Massachusetts campus.

\* Kahea Cox is a native of Holderness, and is pursuing a Bachelor of Science in Health Psychology, Occupational Therapy Pathway. Kahea will graduate in 2020 from the Manchester, New Hampshire campus.

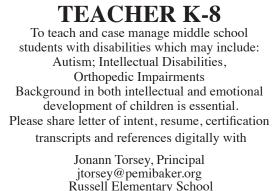
The Dean's List recognizes those students with a full-time course load who have achieved outstanding scholarship with a 3.5 GPA or higher for the academic term.

The mission of MCPHS University is to prepare their graduates to advance health and serve communities worldwide through excellence, innovation and collaboration in teaching, practice, scholarship, and research. Founded in 1823, MCPHS University is the oldest institution of higher education in the City of Boston. In addition to the original Boston campus, the University has branch campuses in Worcester, Mass., and Manchester. The University currently offers more than 100 unique baccalaureate, masters and doctoral degree programs and certificates in a variety of health-related disciplines and professions on its three campuses and online.

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If interested, please send a letter of intent, resume, and names and phone numbers of 3 references to:

Stacy Buckley- Superintendent Newfound Area School District 20 North Main St. Bristol, NH 03222

Questions should be directed to Alex Sobolov, Athletic Director at asobolov@sau4.org or 744-6006 x1507.

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## **Local News**

#### NEWFOUND LANDING, THURSDAY, MAY 21, 2020 A13

## Plymouth Senior Center gardens looking good!



Senior Center Garden Workday volunteers, Barb Fahey, Sarah Daniels Campbell and Val Scarborough planning annuals while Joyce Weston trims the hedge.

## **New Superintendent** appointed at Newfound

NEWFOUND — The Newfound Area School Board is pleased to announce the appointment of its new Superintendent of Schools, Pierre Couture. Mr. Couture will take over the helm of the Newfound Area School District on July 1.

Jeff Levesque, Chair of the Newfound Area School Board notes,

ministration from Rivier College. After graduating with his master's and working 10 years, he pursued and obtained his Certificate of Advanced Graduate Studies from Plymouth State University.

Couture has a diverse background in education. He was a precision machining instructor at

In speaking with him recently, he said, "I am excited to join the Newfound Area School District and to continue to support the strong engagement of faculty, staff, families and community members. I look forward to continuing all of the initiatives of the district and to guide the district forward in these

#### outh Senior Center late-

Things have been rel-

atively quiet at

PLYMOUTH

Plym-

ly because of COVID, but that has not stopped the change of seasons. Spring has arrived in the gardens in front of the Center, with tulips in red, pink and yellow proudly looking for attention and the perennials are reliably emerging

## FROM PAGE A1

Connecticut and Androscoggin rivers to cause no great stir, if not exactly yawns, and the days of the last lone nest seem far gone.

from the soil. Two years ago, after four trees, one in the center of each garden plot died and were removed, senior center staff, volunteers and participants stepped up to improve the gardens. Under the guidance of Master Gardener Mary Savage of Rumney, with the untiring efforts of Senior Center Volunteer Barbara

appearance here would have been astonishing, but these days it's almost expected," Dave wrote.

Christian Martin, an eagle specialist at New Hampshire Audubon. said eagles have come a long way since the lonenest days.

Fitzgerald of Plymouth, and with generous donations of supplies, money, and time, each of the four, 14-foot-square garden plots were adopted, cleaned up, planted. and maintained by different local groups. The Senior Center volunteers and staff support one of the plots as well as the three garden barrels. But this spring there seemed to be some areas in the garden that seemed empty.

Last Saturday, May 16, six members of the Plymouth Area Democrats got together to fix that. Equipped with gardening tools, gloves, and masks, they planted colorful annuals from The Country Ladybug in those empty spaces and cleaned up the hedge behind the garden. Joyce Weston organized the session and supplied the annuals. She was joined in the work session by Sarah Daniels Campbell, Val Scarborough, Janet Lucas, Barbara Fahey, and Sally Widerstrom.

Inside the Center, Plymouth's kitchen crew, Scarlet, Dee, Donna and Michael, are cooking up a storm, making well over 1,000 meals weekly to be distributed to local recipients of the home delivered meal program.

If you are out for some fresh air, take a stroll down to the Senior Center to enjoy the gardens. Please appreciate the beauty of the changing season and the efforts of the volunteers.

to 30 years ago. They're everywhere from the seacoast to Pittsburg to Hinsdale. You name the lake, there's probably a pair of bald eagles that utilizes it now."

"Pierre has the experience and values that will allow the district to continue on our established pursuit of excellence."

The School Board would like to thank the Superintendent Search Committee, chaired by Heidi Milbrand, for their extensive efforts in the search process.

Pierre Couture comes to us from the White Mountains School District, SAU 35, where he was the superintendent. He graduated with his BS in Industrial Technology from Keene State College and obtained his master's in School AdMilford High School before taking the role as assistant principal in the Northumberland School District. He was later promoted to Principal in the same district. After 10 years as Principal, he accepted the Superintendent of Schools position for SAU 35, where he has been Superintendent since 2013.

Couture sees the opportunity to serve as our Superintendent of Schools as appealing because he seeks a position in a community with a strong tradition of providing an excellent education to its students.

challenging times."

He has effectively used his skills in collaborative leadership, personnel management, fiscal management, team building, planning, and curriculum development to move SAU 35 in a direction of collaboration and cooperation in five school districts. He will continue to focus on collaborative leadership and promoting synergy in the school system, and providing the leadership needed to prepare our students to compete in the local and global economy.

Eagles have even established a nest in Concord, the state's capital. for the first time in more than a century. The Concord Monitor's David Brooks reported that the pair is nesting near Horseshoe Pond. "A decade or two ago their

"We're in the middle of trying to determine how many breeding pairs in state this year," he told David Brooks. "There's at least 70, probably closer to 75, which is a huge change from ten to 20

A long way indeed, in thought and deed, from a few generations ago.

(Mail is welcome, with phone numbers, please, at campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576)



#### **ALEXANDRIA** RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on Tuesday, June 2, 2020, from 7:00 to 7:30 p.m. for additions and corrections to the checklist. Last day for voters already registered to change party affiliation before State Primary Election Day on September 8, 2020. Please check with your Town Clerk if you are unsure of your party. George Whittaker Suzanne Cheney Loretta Brouillard



#### HELP WANTED MOUNTAINSIDE LANDSCAPE INC.

is seeking a full time employee. Must have a CDL and be able to obtain a medical card. Experience running heavy equipment a plus. Excellent pay for the right person. Please call Jim at 603-455-5700 or email mtnsidelandscape@ roadrunner.com to set up an interview.

NEWFOUND LANDING, THURSDAY, MAY 21, 2020

# SHOTTING

## Celebrate all military this May

Memorial Day is celebrated each May to commemorate the people who died in service of the United States of America.

Even though barbecues and visions of the upcoming summer weather may command much of the attention come Memorial Day weekend, the holiday really serves as a remembrance for those military members who paid the ultimate sacrifice for their country, as well as the personnel who continue to protect and serve today.

Memorial Day origins Memorial Day was first known as Decoration Day and was borne May 30, 1868, General John Logan, a national commander of the Grand Army of the Republic, decreed General Order No. 11, which designated the day for the "purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land." May 30th was chosen because it wasn't the anniversary of any particular battle.

It took several years for the first state to recognize the holiday, which New York adopted in

out of the Civil War. on 1873. By 1890, all northern states recognized Decoration Day. When holiday changed the commemorating from those who died fighting the Civil War to honoring Americans who died fighting in any war after World War I, the South began to recognize it as well.

> Honoring the military Although Memorial Day pays homage to the brave people who perished fighting for their country, it also is an opportunity to recognize the military men and women and their families who continue to work to ensure the freedom of Americans.

The United States

Armed Forces is renowned for its size and strength. Various sources suggest the size of the United States military is somewhere between 1.4 and 1.6 million active service people. The military is comprised of the Army, Army National Guard, Navy, Air Force, Marine Corps, and Coast Guard. Each of these military branches also has its own reserves.

There are many ways to honor active, reserve and former veterans, as well as those who died in service of their country.

• Help Veterans of Foreign Wars distribute red poppies as a visual reminder of the military's efforts.

· Volunteer at a vet-



erans' hospital or visit a wounded veteran at home.

• Offer financial, legal or career expertise through the Corporation for National & Community Service (serve.gov).

• Help to maintain the veteran area of a nearby cemetery. Place flags on all of the graves.

 Befriend military families who frequently relocate, making a concerted effort to welcome

them into your community.

Educate children about past wars and the services the military provides.

• Visit a military museum or historic site.

· Observe the National Moment of Remembrance at 3 pm local time for one minute.

 Post a message to the troops at the USO website (uso.org). TF175011

**STERLING MANAGEMENT, INC. - A VETERAN OWNED COMPANY** Managers of USDA Rural Development Properties Belmont Village Apartments in Belmont, NH 603-267-6787 Download our Application at http://www.sterling-management.net/application.pdf



#### **READING** FROM PAGE A1

the district also received a \$2,000 grant through the Children's Literacy Foundation to promote reading.

"I worked with principals Dana Andrews of Bridgewater-Hebron Village School and Jay Lewis of the middle school to the write the grant," said Sarfde. "We were accepted and as a result the district was also able to mail new books to each child in grades K-5 in the district. We were really excited to have received that grant!"

Last Friday afternoon, Bristol Elementary School's fourth grade teacher Sarah Roberts was among the many parents picking up books for their children.

"Thank you! I have two children and I can't

MEMORIAL DAY

tell you how excited they are to get some new books to read," Roberts said.

Other moms, dads and guardians expressed their appreciation as well. Many even took a few minutes to look over a table manned by Marie Kettenring and Gordon-Nash Library's Children's Librarian Chris Hunneywell, where more free books from Barbara Kettenring's collection were available.

"We grew up with all of these books and it just makes me happy to see them going out now to kids who can read and appreciate them like my brother and I did," said Marie Kettenring.



#### HILL

#### FROM PAGE A1

now, but patrons can also search for a book they're interested in, then click a tab to see if that book is available at Hill Public Library.

The books requested from Hill Public Library are then gathered, placed in a bag and left outdoors for a designated pick-up time. For returns of those reading materials patrons can then leave them in the outdoor drop box.

"We ask that they put them in the box, but not in a bag. We then quarantine those books before putting them back in circulation," said Christopher.

While the library is still closed and no one can peruse the shelves in search of a book that catches their eye, Hill library is reaching out to assist their patrons in these unusual times, beyond the services of the state library's Web site.

"People can still call or email me with a request for a book they're looking for, or if they tell me what they're interested in, I'll make recommendations for what we have available," she said.

Emails and phone messages for those requests can be left at any time, while book pick-up times at Hill Public Library are Tuesdays and Fridays from 10 a.m. until 1 p.m.



## **STERLING MANAGEMENT, INC. - A VETERAN OWNED COMPANY**

Managers of USDA Rural Development Properties Cherryfield Village Apartments in Somersworth, NH

603-692-3978

Download our Application at http://www.sterling-management.net/application.pdf

HONORING ALL WHO SERVED OUR COUNTRY

The staff and residents at Wesley Woods Honor all those who have sacrificed this Memorial Day





For more information about Wesley Woods contact Stace at 603-528-2555 or sdhendricks@wesleywoodsnh.org 18 WESLEY WAY • GILFORD, NH 03249 • WESLEYWOODSNH.ORG

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## **The Rest of the Story**

A16 NEWFOUND LANDING, THURSDAY, MAY 21, 2020

#### **OPENING** FROM PAGE A1

outh Market Basket, and the com was pleased to see such "It's a warm reception from bring a

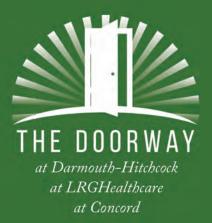
"It's really nice to bring a facility of this



## YOU ARE NOT ALONE.

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For help with drug or alcohol issues visit **theDoorway.NH.gov** OR dial **2-1-1**. size to the area with all we have to offer," Le-Clair said.

Besides the amply stocked aisles of food and household goods, the Plymouth Market Basket has a number of specialty areas, he said. Among them is the Butcher Block with certified Angus beef and a wide variety of marinated meats ready for the grill, skillet or oven. There is also fresh seafood along with an enticing Sushi bar, each offering the freshest products available.

The produce section is well lit by windows along the western wall and fully stocked with all types of vegetables, herbs and fruits. Containers of freshly cut fruits are just one other item available for easy snacking or home dessert preparations. Located right beside the pro-



From the common place, organic and even more exotic varieties, Market Basket now offers shoppers a wide variety of fresh fruits and vegetables at their newest store on Tenney Mountain Highway in Plymouth.



Floral bouquets, houseplants and celebratory balloons are just another of the many items shoppers can now find at the new Plymouth Market Basket.



Cheerful associates, spacious aisles and fully stocked shelves greeted customers of the new Plymouth Market Basket on last Friday's opening day.

duce section, shoppers will find a colorful array of flower bouquets and an assortment of houseplants to beautify their home or dinner table, too.

And as if that's not enough there's a grill area with hot foods made to go, a brick oven pizza shop and even a café.

"The café is really great," said LeClair. "We have soft serve ice cream, freshly popped popcorn, coffee, iced coffee, espresso, mochas, you name it!"

While safety guidelines have closed an adjoining seating area beside the café for now, he said they look forward to opening that room just as soon as possible.

The front sidewalk is currently lined with pots of shrubs, flowering plants and vegetables for home gardens, too, with a convenient check out center just for those items.

Shoppers on opening day were thrilled with all they found at the new Market Basket.

"I love it here! I feel like I'm in heaven," said Bristol resident Janet Russell who works in Plymouth. "They have everything. It's all so well arranged and their pizza is really good, too. I'm so happy it's finally here!"

Plymouth Market Basket is located on Ridge View Lane, just off Tenney Mountain Highway, and open seven days a week from 7 a.m. until 6 p.m., with special Senior shopping hours from 6-7 a.m. daily.dry goods, and other household necessities, shoppers at the new Market Basket in Plymouth can also purchase freshly prepared grilled items, sandwiches and pizza to enjoy at home.

