

Cormier honored by Rotary colleagues

BY DONNA RHODES
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TILTON – Since shut-downs of businesses and other public venues due to the Coronavirus were enacted in mid-March, Tilton-Northfield Rotary has been holding online meetings via Zoom. Last week, though, a small group of them gathered at the Greenside Restaurant for a special presentation of the Paul Harris Fellows Award to Tilton Police Chief and long-time Rotary member Bob Cormier.

Each year, Rotary’s Paul Harris Fellow recognition acknowledges individuals who contribute, or whom have contributions made in their name, of \$1,000 or more towards the Rotary Foundation goals and programs.

The recognition, es-



DONNA RHODES

Outgoing Tilton-Northfield Rotary president Chuck Drew was pleased to present fellow member and Tilton Police Chief Robert Cormier with the organization’s distinguished Paul Harris Fellow recognition last week.

tablished in 1957, was first given to encourage and show appreciation for substantial contributions to what was then the Foundation’s only program, Rotary Foundation Fellowships for Advanced Study. It was the precursor to their later Ambassadorial Scholarships.

Since that time, Rotarians across the world have established a tradition of honoring those who give back to their communities in recognition of their motto of “Service Above Self.”

Chuck Drew, outgoing president of the Tilton-Northfield Rotary, had the honor of presenting Cormier with the distinguished recognition last Wednesday. Drew said that due to the virus precautions,

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Tilton PD holding fundraiser for new walkway

BY DONNA RHODES
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TILTON – The Tilton Police Department is currently holding a Brick and Tile fundraising project that is providing people with an opportunity to leave their mark on the new police station while helping them build a special walkway, flag stand and memorial in front of the building. The new station, located at 45 Sanborn Rd. (Route 132) in Tilton, is currently under construction and expected to be completed by mid- to late November.

“Some of these funds will help create a walkway to the entrance that will loop to two flag poles and a memorial area with a bench engraved with (Officer) Eric Keck’s name,” TPD Chief Robert Cormier said.

Keck was a well-re-

spected member of the department who passed away unexpectedly in June at the age of 52.

The entrance walkway and flag plaza will be created with special bricks that people can purchase for the project. Each of the bricks purchased will include an engraving with either the donor’s name, a memorial tribute to a loved one, or even a nonprofit or company logo to show community support for Tilton Police Department.

Cormier said he has been touched by the fact that many people from nonprofit organizations his officers are involved in have already stepped up to buy a brick or even a larger tile for the entryway.

“One Pennsylvania family we met through Make-A-Wish Foundation bought a brick with a thank you to Tilton

Police for helping make their child’s wish come true. That’s pretty special to us,” said Cormier.

Another local Special Olympics New Hampshire family has shown gratitude to TPD for their dedication to SONH and the annual Winni Dip fundraiser; Winnisquam Regional High School’s Class of 2020 and the school’s Interact Club are contributing to the project with engraved bricks as well. Local residents, businesses and community supporters are also creating lasting tributes to their loved ones, groups and causes.

“This is an exciting, lasting project for people to take part in with their own special messages,” Cormier said.

Those able to make a larger contribution of \$5,000 or more can also contact the department

SEE FUNDRAISER, PAGE A13

Spaulding Youth Center welcomes Daniel Kaplan to Board of Directors

NORTHFIELD — Spaulding Youth Center is pleased to announce Daniel Kaplan has joined its board of directors.

Mr. Kaplan is an information technology management professional with over 18 years of experience in the industry. He currently works as an IT Director for Aassociated Grocers of New England, located in Pembroke, New Hampshire. Mr. Kaplan is responsible for managing IT vendor relationships, leading projects, conducting system audits, preserving assets by implementing disaster recovery and accomplishing financial objectives as set by the company. He also serves as an adjunct graduate professor at Southern New Hampshire University, where



Daniel Kaplan

he teaches multiple IT courses.

Current Spaulding board member Michael Bourbeau shared the opportunity to join the organization’s board of directors with Mr. Kaplan. Once he learned more about Spaulding’s unique students, dedicated staff members and therapeutic community, Mr. Kaplan knew it was

a great fit. Based on his own experience attending boarding school as a young man, Mr. Kaplan relates to the struggles many Spaulding students face by living away from their families and homes.

“We are excited to welcome Daniel Kaplan to our board of directors,” said Susan C. Ryan, President & CEO of Spaulding Youth Center. “His information technology expertise, vast leadership experience and genuine enthusiasm will make a fantastic contribution to our diverse board.”

Michael Ventura, Board Chair of Spaulding Youth Center, added, “Spaulding is dedicated to providing a technologically sophisticated edu-

SEE KAPLAN, PAGE A13

LRAA hosting one-on-one drawing classes

“Learning how to draw is a lot of fun and can give you a lifetime of pleasure,” says professional artist and president of the Lakes Region Artists Association, Tom Hitchcock. He will be conducting a series of one-on-one drawing classes, beginning Aug. 1 at LRAA art gallery, 120 Laconia Rd., Tilton, Tanger Mall Suite 132. Tom’s style of teaching allows each student to progress at their own pace to experiment with positive and negative space, light and shadow, form, composition and perspective. The classes are open to anyone regardless of age. For information or to sign up, schedule and cost, contact Tom directly at 496-6768. LRAA/Gallery is a 501C(3) organization dedicated to furthering visual art in the Lakes Region.



COURTESY

Franklin Animal Shelter open by appointment

FRANKLIN — The Franklin Animal Shelter Board of Directors wishes to thank the community for its continued support and understanding.

In order to protect our employees, volunteers, and community members, the shelter will remain open by appointment only until further notice. We will reevaluate our status regularly and reopen once the threat is no longer imminent. Our staff will continue to be on the premises to insure the proper care of all of our four-legged guests. Donations will still be accepted during this time via our website or delivered to our doors. The following programs are in place, and we are excited and very much appreciate the efforts of those who continue to promote our shelter with the following events.

SEE SHELTER, PAGE A13

LRPA salutes Alfred this August

LACONIA— Alfred Hitchcock is recognized as one of cinema’s most intriguing and successful directors, and with good reason. LRPA After Dark is celebrating “The Master of Suspense” during his birthday month of August with a festival of some of his early works. Join us each Friday and Saturday night at our new showtime of 10 p.m. for a thrilling good time. First up this weekend (Aug. 7 & 8): Alfred Hitchcock’s 1936 WWI era thriller

“Secret Agent,” starring Madeleine Carroll, John Gielgud, Peter Lorre and Robert Young.

Edgar Brodie (Gielgud), a novelist and WWI officer, is recruited by British intelligence for a top-secret espionage mission to Geneva. While there, Brodie must identify and prevent, by any means necessary, a German spy from reaching his destination of Istanbul. To aid in this mission, Brodie’s death is faked, and he’s as-

signed a new identity – “Richard Ashenden” – as well as two partner agents: the cold-blooded assassin known as The General (Lorre), and later, his lovely “wife” Elsa Carrington (Carroll). While at their hotel, the group encounters several tourists, one of whom is an American named Robert Marvin (Young). Marvin makes it known to Elsa that he finds her extremely attractive. In conversations with guests at the hotel, Ashenden and The Gen-

eral believe that they’ve identified the German spy, seemingly posing as a British tourist. They use a ploy to take the spy mountain climbing the following day, but Ashenden has misgivings about participating in murder. The General is undeterred, and moves forward with the plan, killing the climber. Back at the hotel, Ashenden and The General realize that they identified the wrong man. Ashenden and Elsa, who are discovering that they have

actual feelings toward one another, find themselves in great conflict over the mistaken identity – so much so that Elsa decides to quit her position and follow Marvin, the dashing American, on the next leg of his train journey. But who exactly has Elsa run off with? And what will happen to Ashenden and The General?

“Secret Agent” was adapted from a play that was based on Somerset Maugham’s “Ashenden” spy stories. It was released one year after Hitchcock’s very successful film “The 39 Steps” (being shown on LRPA Aug. 28 & 29). While “Secret Agent” may not have been as appreciated by the critics as were the director’s other early films, it has a lot to offer the Hitchcock fan, including a performance by Peter Lorre that is funny, extreme and even sinister. It features “playing against type” performances from both John Gielgud and Robert Young in early movie roles. British film star Michael Redgrave makes his debut film performance here; he would go on to play the male lead two years later in Hitchcock’s “The Lady Vanishes” (shown Aug. 14 & 15 on LRPA!). In Hitchcock’s 1963 interview with fellow director Peter Bogdanovich, he states that he liked the film “quite a bit.” There’s no better recommendation than that! You’ve probably never seen “Secret Agent,” so now’s your chance – grab your popcorn and meet us after dark for this thrilling movie from the past.

Mark your calendars for “Alfred in August,” a month-long tribute to Alfred Hitchcock! All showings are at 10 p.m. on LRPA TV

Aug. 7 & 8:
“Secret Agent,” 1936

Aug. 14 & 15:
“The Lady Vanishes,” 1938

Aug. 21 & 22:
“Sabotage,” 1936

Aug. 28 & 29:
“The 39 Steps,” 1935
Coming in September: LRPA’s 3rd Annual “Silent September” Film Festival!

You can’t find television like this anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then watch us online at live.lrpa.org to catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, non-commercial public access TV station and community media center located on the Laconia High School campus in Laconia. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 homes in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that

fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology.

LRPA’s slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.



COURTESY

Back on the field

The Laconia Lacrosse Club 8U & 10U Girls teams are excited to be practicing after a three-month delay, and look forward to scrimmages in early August. Boys and girls in grades 1-8 from Laconia, Belmont, Gilmanston, Sanbornton, Tilton, Northfield, and Meredith are welcome to join the club - contact Laconia Lacrosse Club at www.laclax.uslaxteams.com.

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Tanger gears up for back to school

TILTON — Tanger Outlets Tilton is inviting shoppers to kick off their back-to-school shopping with the 2020 TangerSTYLE sale. Even though the beginning of the school season may look different this year, shoppers can still experience the best savings Tanger has to offer, no matter where their classroom might be. Celebrate TangerSTYLE at Tanger’s open-air centers, where shoppers will be greeted with amenities and support to ensure that the shopping experience is as safe and enjoyable as it has always been.

Shoppers can access the deals before they shop on tangeroutlet.com/tangerstyle or on the Tanger mobile app.

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A new kind of performance comes to Pitman's

LACONIA — You might call it a rock opera. You might call it a musical. The correct term is a fable-opus. But no matter what you call it, it is a fun, entertaining, and captivating show, and it is coming to Pitman's Freight Room on Friday, Aug. 7 at 7 p.m.

John Stanley Shelley, who wrote, produced, and performs "Man on the Hill" explains the term fable-opus as a musical work that tells a story through narration and song. "I play the character of an old man sharing the story of his life. Each significant event or turning point becomes the basis for the next song." Mu-

sical styles include rock, blues, folk, and country.

After seeing the last show in February, one audience member said it as "the best solo performance I have ever seen."

Another described his experience: "The narrative kept me wondering from song to song what was going to happen next and how it was going to turn out. It completely held my attention and even got me to participate... which is rare!"

As is the case for everyone in the performing arts, Covid-19 closed theaters and opportunities to perform are extremely rare.

Regarding the shut-

down, Shelley said, "I was devastated. I spent three years getting this show ready for a New England tour, and everything got cancelled after the first scheduled date."

Pitman's Freight Room is a unique venue that can host this performance at the same time being very mindful of social distancing. Instead of rows and rows of seats, the room is filled with tables, chairs, and sofas. The room can hold 200 people, but ticket sales are being limited to 60 to allow people to have plenty of room and be comfortable in this indoor setting. Wearing a mask is encouraged, of course, especially if you



John Stanley Shelley

get up and walk around the room.

Tickets are \$15 in advance (www.johnstan-

leys Shelley.com) or \$20 at the door. Pitman's is a BYOB venue so be sure to bring your own re-

Peabody Home promotes Catie Gaudreault to Director of Nursing Services



Catie Gaudreault

FRANKLIN — Peabody Home in Franklin, New Hampshire recently promoted Catie Gaudreault to Director of Nursing Services following the retirement of Cheryl Barnes after twenty-two years of service at this community based senior living

home. Ms. Gaudreault brings strong nursing skills with a focus on palliative and hospice care, coupled with a penchant for staff training and educating in the elder care arena — she still finds time to teach at Lakes Region and Manchester Community Colleges as a clinical instructor for their nursing and LNA programs.

Ms. Gaudreault holds an Associate in Science nursing degree from New Hampshire Technical Institute, a baccalaureate of Science in Nursing from Walden College and is currently working towards her Masters in Nursing Education. Prior professional service took place at Concord

Hospital working on the medical/surgical unit and providing case management for Bayada Hospice also in Concord.

Meg Miller, Executive Director at Peabody Home, states "Catie Gaudreault as Director of Nursing brings with her the values and culture important to the residents and families of Peabody Home. Dignity, respect, understanding and above all a willingness to listen to what 'Quality of Life' means to the elder and the family. Catie is enthusiastic, a strong leader knowing that a well-cared for staff will ensure the best care of the residents who depend on us for that care. I'm thrilled to welcome

her to a consummate, professional team."

Aside from her professional life as a champion and advocate for thoughtful, compassionate eldercare, she is a sympathetic hospice and palliative care nurse, and an emerging leader in her field. When not at Peabody Home, Gaudreault enjoys family time with her husband and three children, outdoor pursuits, running and when sitting still, which isn't often, crocheting.

Peabody Home is a non-profit, private pay, multi-leveled unique senior living community nestled in the heart of Franklin, and located along the banks of the

Winnepesaukee River care. To learn more offering Assisted living, about services offered nursing care, respite, check out www.peabody-hospice and memory home.org or call 934-3718.

New jewelry shop opens in Sanbornton

SANBORNTON — SunflowerBeadsNH, a Sanbornton-based jewelry shop, recently opened its doors on Friday, July 24 at 10 a.m.

Best described as an eclectic, country jewelry shop, it will feature handcrafted gemstone and silver jewelry, using beads from various countries. The shop will be open Wednesday through Sunday, 10 a.m. to 2 p.m., and is located at 9 Perley Hill Rd. in Sanbornton (between Routes 132 and 127). Each piece of jewelry has been personally handcrafted by the owner and New Hampshire Made!

Shop owner Carole Remy's love of gemstones and jewelry-making became evident years ago. In the past several years, she has displayed her handcrafted jewelry in various

New Hampshire craft and holiday fairs and consignment shops. She also maintains an online shop, on Etsy.com (under SunflowerBeadsNH), sells on Facebook Marketplace and at Winnepesaukee Artisans, in Moultonborough.

Now, SunflowerBeadsNH's handcrafted jewelry will be conveniently displayed in its own retail shop. Here you will have the perfect chance to browse, "see and feel" the beautiful gemstones for yourself, and try on various styles and colors to select your "perfect look." Also, if you find yourself in need of a gift, you will find hundreds of suitable gemstone options in necklace, bracelet, and earring styles, which you may choose for someone special...right here in town!


Remy's jewelry is designed with the best gemstones available, from various worldwide locations and she uses silver to enhance those gems. SunflowerBeadsNH is geared toward creating beautiful, comfortable jewelry for all ages, young and old, which makes you feel special, while wearing it.

While hundreds of pieces of pre-made jewelry are displayed in the shop, custom orders are also available. A custom order may be created exactly to your own liking

and style. The availability of gemstones is endless and I have catalogs and books for ideas to help you to create your perfect jewelry selection.

Bring a friend on your first visit to SunflowerBeadsNH, and you will each receive a 10 percent discount on one piece of jewelry.

Looking forward to showing you the array of handcrafted jewelry that SunflowerBeadsNH has to offer.



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Advice for avoiding burnout

Most individuals take time during the summer months to unwind and sort of reset after a busy fall, winter and spring. Summer vibes are usually all about taking things slow and soaking up as much sunshine as possible before winter strikes. Many people who suffer from “burnout” welcome the longer days and warmer weather, however sometimes these three months of frisbee throwing and hanging by the lake aren’t enough.

With the go-go-go culture that has taken over our society, many people find themselves burnt out, to their detriment. Experts say people can reverse that feeling of burn out and we decided to share what we have found with our readers, especially given the current unease the pandemic has brought on. The future remains uncertain; we still have no idea what school or universities will look like this fall, and whether a vaccine really is on the horizon.

If work and stress is taking its toll on you, you may need to make some changes there. Experts say that often times simply talking it out with a co-worker or supervisor can help to get things off your chest, especially if the consensus is to create a healthier work environment. Some people have found that the only way to cure burnout is to change positions, however without proper techniques every job, could eventually burn you out. Noted is the newfound appreciation to even be employed, given the high unemployment rates due to Covid.

Managing stress properly is important, however not everyone knows exactly what that entails. Healthy eating, exercise and proper sleep are the easiest things one can do to ease stress in other aspects of your life. Most people who are over working themselves claim that time is an issue. There is no time to exercise, no time to sleep, no time to eat healthy. Point blank, if they can put a man on the moon, you can find the time to put yourself first without letting your job duties fall by the wayside. This could include little tricks such as parking your car far from the entry of a place to extend the walk, taking the stairs or even placing your computer on a counter so that your sitting time is lessened. Everyone knows what works best for themselves, so often times a bit of creativity and resourcefulness is needed.

A vacation can help ease burnout symptoms but often, a week isn’t enough time to truly combat burnout. Further, vacationing seems to be off the table for the time being. Trying to play tourist in your own backyard will have to suffice.

Finding a release is imperative, whether it’s going for a run or simply tuning out with a good movie or an old fashioned game of solitaire. If you let stress build and build without letting off some steam, that could lead to unintentional outbursts and severe irritability. Try not to let yourself become dependent on alcohol and caffeine. Everything in moderation. We’re not sure, but we do believe the Red Bull trend has settled a bit.

Switch things up by asking for different responsibilities. When things get mundane they can become less interesting. Having fun while also getting the job done can make a world of difference. Even working away from the norm, and changing up the scenery can be a game changer. Find a nice outdoor coffee shop or a park and try to avoid working from home at all costs. If you work from home, you will begin to associate the same feelings about work, in the home. Your home is your sanctuary and you need to protect it.

In the book “Don’t Sweat the Small Stuff, and It’s All Small Stuff” by Richard Carlson, he talks about how when you die, your ‘In Basket’ won’t be empty. His point is that we all feel the need to get everything done. We stay up late, get up early, just to get everything done. By doing this he says we put off having fun or spending time with loved ones. Keeping a full ‘In’ basket

means that your time is in demand, with projects to complete and phone calls to return. Carlson reminds his readers that no matter what you do or who you are, nothing is more important than your own happiness and sense of inner peace and that of your loved ones. He reminds us that when we die there will still be things left to finish, and that someone else will do it.

It’s one thing to read tips, and take advice from others, but it’s another thing to remember what you’ve read, and to put those words into action.

Kids in the park

COURTESY

The Belknap Mill held a Teddy Bear Picnic in the Park to wrap up their month long ‘Kids in the Park’ summer programming. Families were invited to pack a picnic and come to Rotary Riverside Park for lunch. Squares marked in the grass endured proper distancing. A special visitor stopped by and led a Teddy Bear parade.



LETTERS TO THE EDITOR

Misleading mask notices

To the Editor:

While shopping at some local stores recently I found big printed notices at the front door about wearing masks to protect customers from the virus. The notices stated that all customers were required to wear Masks in the store. Unfortunately, while shopping, you will come across several customers in the store without masks on. When you bring this situation to the store management’s attention, they say we can’t enforce the notice because New Hampshire does not have a mandatory mask requirement passed by the Governor.

At Hannaford, we found a customer without a mask on sneezing openly several times in the shopping area, and no action was taken by the store

Chris Pappas cares for NH and its values

To the Editor:

Chris Pappas is an extraordinary Congressman. I first met him in 2016, and since then, I’ve been in awe of his intelligence & energy, and his unwavering devotion to New Hampshire. In just his first term as New Hampshire District 1’s Representative he has absolutely demonstrated his abilities & talents for getting important things accomplished in the US Congress. It’s remarkable how well he’s been able to push for things which benefit New Hampshire. He is truly representing all our people and our beautiful state in so many ways. For example, Congressman Pappas has sponsored and co-sponsored bills to assist New Hampshire small businesses - especially during this devastating Coronavirus, bills that support the USPS, bills to as-

management when it was brought to their attention because of the lack of a mask requirement by Gov. Sununu.

So unsuspecting customers who shop in these stores who feel that they are protected because of the information sign at the entrance are being misled!

These signs are misleading customers and should be prohibited and taken down if they are not enforced! With Bike week and other activities in the state coming soon it would be wise for Gov. Sununu to rethink his position on mandatory masks for all before things get out of hand.

BILL WHALEN
SANBORNTON

sist the armed services & veterans, bills to protect the health & rights of all people, and bills to protect our beautiful natural environment — our mountains, rivers, lakes, & seacoast.

The Sept. 8 New Hampshire primary and the Nov. 4 general election are now only weeks away. A month ago Chris Pappas was already working with NH election officials to discuss ways to secure the safety of these elections for both the poll workers and the voters. Thank you to Congressman Pappas — we know voting & voting safely will ensure our democracy. Join me & so many others — vote for Chris Pappas — a person who has shown that he truly knows and cares about us and our state and our values.

LUCINDA HOPE
TILTON

The time to play the mask card is now

To the Editor:

This morning, I heard Gov. Sununu on the popular radio show Greg and the Morning Buzz make a statement to the effect that he did not want to play that card yet (mandating masks statewide), since New Hampshire was doing “pretty well” in controlling the COVID-19 pandemic.

I was incredulous after hearing this. Does he really believe that over 400 deaths and several thousand cases is “pretty good?” He went on to say that there were “many smaller towns in New Hampshire without a single positive case” as a way to justify not issuing a mask order. This shows ignorance of the basic facts pertaining to this pandemic. How can you state that many towns have had no cases when we have not come close to the level of testing we should be doing? Are we to assume that the people in all these smaller towns simply stay put in their homes, and that nobody from outside those towns ever comes thru?

One major concern I have with Mr. Sununu’s statement about not “wanting to play the mask card yet” is that the time to implement aggressive use of prevention methods in a pandemic is before you see widespread infection. I do not understand the rationale in waiting for some undefined amount of increased deaths and illnesses before taking action. One is left to wonder if Mr. Sununu is more concerned about risking his poll ratings with his base voters than with taking steps to keep us all as safe as possible.

By the way, if the Governor really wants to help businesses stay open, help schools re-open, and reduce unemployment, getting serious about mandating masks would be one big step he could take right now. Don’t be just another empty suit politician, Mr. Sununu; we’ve had enough of those already.

ERNEST ROY, PT, DPT
NORTHFIELD

Are families missing the point?

To the Editor:

I am writing this because I am concerned and dismayed by what I see and read about the state of our families. I’ve read several articles today about the status of the recent panic and “remote learning” and the ongoing back-to-school planning. Frankly, I am just plain irritated at what I see.

First, I hear complaints about how hard it is for parents to juggle two jobs and keep up with what appears to be feckless instruction provided by the government schools. These parents sense, and in some cases witness, their students falling further and further behind academically. It seems the schools tried to cobble together some version of schoolroom classes and the results were frankly abysmal. Now they are faced with some wide variety back to school options of what appear to be completely unworkable solutions that in many cases will have each child on a different partial week schedule. This is despite many countries like Sweden, Iceland, and Germany finding that there is little or none in the way of Covid issues with children and staff in a “regular” situation.

But this isn’t my real concern. It is that parents seem to think that some version of government schooling is their only option, or that two incomes are absolutely necessary. First, parents need to re-

member that their first responsibility is to find the right fit for their child even if it means relocating. One parent found that Nebraska was pretty much business as usual and moved from Washington, D.C. If one parent stays home, then home schooling is an option. There are numerous tried and true curriculums. Something government schools should have tried. Worried about home schooling. I have two home-schooled granddaughters. One is working on an advanced degree at UNH and the other is in her third year of college. Both received full scholarships. Worried about only one income? My family survived on one income even though it meant some cars had 200,000 to 300,000 miles on them and we didn’t live in the flashiest home or have a ski-boat or snowmobile. We sacrificed for our four children. It is a parental responsibility to make decisions that will help their child be a good contributing member of society. It is time to quit complaining about 5+ months of government malfeasance and take it in your hands and hearts to be a family.

Call me at 320-9524 or email at dave@sanbornhall.net if you want to talk or just go out for coffee.

Cheers!

REP. DAVE TESTERMAN
FRANKLIN

North Country Notebook

You just have to slow down, pull over, and read the sign



By JOHN HARRIGAN
COLUMNIST

What if you had all the time in the world for an extended road trip that would never take you all that far from home?

What if you packed the classic Inexhaustible Picnic—summer sausage, hardboiled eggs, radishes (of course), some bread and cheese, maybe a bottle of wine?

What if you then set forth to learn some New Hampshire history—not through textbooks or classroom lectures, but by reading every single one of New Hampshire’s 267 (count ‘em, 267) roadside Historical Markers?

My bet is that you’d wind up with a pretty good grip on the state’s history, and it would be a whole lot more fun than what you had to sit through back there in the Fourth Grade that what’s her name, Mrs. Hardwick, taught. The one where you got in trouble for a spitball that slid down the blackboard.

That’s when most students get whatever they’re going to get on New Hampshire’s 350 years of post-European history. Usually they’ll remember Mrs. Beasley. They might even remember Mason’s Grants. But they’re not likely to remember a whole lot more.

To be fair, many teachers complain about the lack of good course material. And there’s no way a classroom can compete with a road trip.

Many of us have never slowed down long enough to have even a glimmer of what’s on a roadside historical marker; let alone read one. Once in a while some of us may have pulled over at a marker offering a nice place to eat lunch.

But if we did stop to read one, here’s what it might say:

“COLLEGE ROAD”
“Governor John Wentworth and the King’s Council voted in the spring of 1771 that a highway be made from the Governor’s estate at Wolfeborough to Dartmouth College. Joseph Senter, David Copp and Samuel Shepard surveyed the 67-mile road which followed this route to Plymouth. Then it passed through Groton, around Lary’s and Goose ponds, over Moose Mountain to Hanover. Wentworth rode over it to Dartmouth’s first commencement, August 28, 1771.”

My first observation on this marker is that government really rocked during Governor Wentworth’s time. Obviously, nobody took time to put this job out for bids, or do an environmental impact study. But notice that they got the job done in one year,



JOHN HARRIGAN

The historical marker at the Ashland station provides at least a glimpse of what went on there, in a time when travel was considered an adventure. The proof-reading slipped a bit.

in time for the Governor to ride to commencement.

“Consumer Alert: Historical Markers declared habit forming, could be hazardous to your health.”

The above warning should be put on the first historical marker a person ever reads. They are like peanuts or popcorn, or even those good cheese puffs, the ones made with real cheese and a good puff of air.

My favorite roadside marker (I think) is this one (See? I couldn’t stop stopping...) in Alton Bay:

ALTON BAY
TRANSPORTATION
CENTER
RAILROAD SQUARE

“This location became a transportation center on August 30, 1851, upon completion of the Cochecho Railroad from Dover to Alton Bay. The first “Mount Washington” steamboat was built here in 1872. For forty years a railroad terminus, here northbound travelers switched to a stage coach or steamboat. On June 17, 1890 the Lake Shore Railroad opened its line from Alton Bay to Lakeport, only to shut down in 1935. On June 17, 1990 this spot regained its historic name, ‘Railroad Square,’ to mark the centennial of the Lake Shore Railroad. At that time, seven of the line’s ten original stations still stood.”

This marker is my favorite because I’ve read so much about the history of travel in New Hampshire, and our fine tradition of catering to guests from relatively near and fantastically far.

The sons and daughters of sheiks and sul-

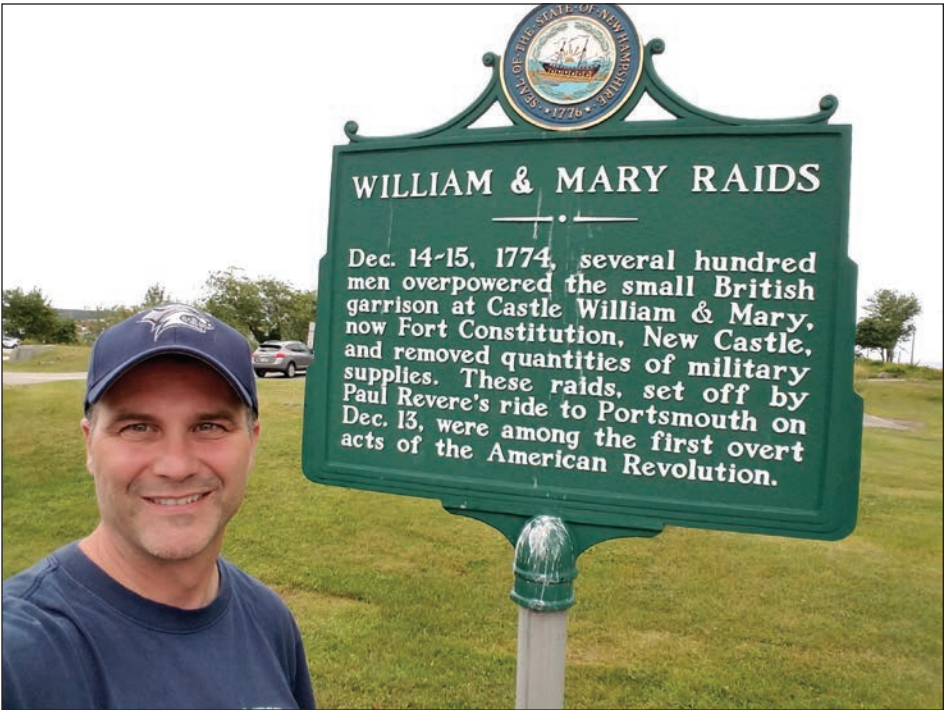
tans are enrolled in our schools. Presidents have trod upon the top of Mount Washington. The nation’s most beautiful coin was created at a New Hampshire retreat.

As a result of steeping myself in the history of travel, from plush parlor-car to steamboat to stage coach and shank’s mare, I often succumb to imagining myself as a traveler of yore. I step onto a Pullman car in Boston, change trains in Dover, step onto a steamboat in Alton Bay, step ashore at Center Harbor, and catch a stage coach or even another train (railroads were still evolving) to any of a dozen destinations.

Michael Bruno of Bethlehem gets the whole thing about roadside history markers. Two years ago he published a book on it, *Cruising New Hampshire History, A Guide to New Hampshire’s Roadside Historical Markers*, all about the state’s amazingly varied and revealing roadside signs.

Revealing, for instance, about the famous Underground Railroad that helped slaves flee their bondage and gain their freedom. Several New Hampshire families preserve oral histories about their ancestors’ involvement in this clandestine system, and can point to hideaways still very much in evidence, and recognized lest we forget.

But for the most part, the markers reveal the sheer abundance of history that can come alive in the form of a farm, a waterfall, an old mill, a pond in the middle of town, a boulder, or an old stagecoach stop. A tavern stood here, a meeting house still stands there. The history is all



COURTESY

Mike Bruno took this selfie at the site of the Fort William & Mary raid, carried out mainly to secure a crucially important commodity for the nascent Revolutionary War—gunpowder, for which the colonies had only one mill. The event rarely is mentioned in history books, but the sign says it all. (Courtesy Mike Bruno)



JOHN HARRIGAN

The train station in Ashland—and the number of sidings—tells today’s visitor that it once was a very busy place.

over the place, there for the traveler’s edification and enjoyment.

For there is the sheer joy of most history, or in the discovery of it, as any armchair adventurer will attest. At the turn of a page, you can find out that a house just down the street, one of the tosses on your kid’s paper-route, has a hiding place behind the central chimney. Up goes the marker, and the resource books and the school project come alive.

Mike Bruno’s book offers all the impetus needed to drop everything that seems important at the moment, and go off in search of roadside markers. It’s almost like planning a hiking trip, but a whole lot more comfortable. All you need in this case are a good fold-out map (or even better, one of De Lorne’s large-format books of state maps), Mike Bruno’s guidebook, and a tankful of gas.

“Venture forth,” says I to ye would-be traveler of old. “Yon highway beckons.”

SEE NOETBOOK, PAGE A13

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- 1988: WRIGLEY FIELD HOSTS THE FIRST NIGHT BASEBALL GAME IN ITS HISTORY.



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ANSWER: MAUNAKEA

Get Scrambled

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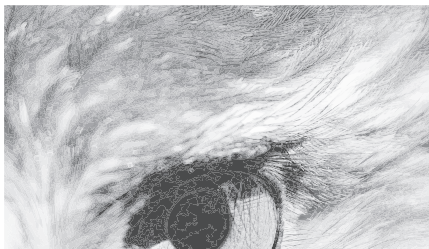
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Can you guess what the bigger picture is?

ANSWER: OWL

Comfort Keepers

Diabetes management

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

The American Diabetes Association has stated that 25 percent of seniors have some form of diabetes, and that number is expected to increase as the population of adults 60 and over grows.

As you know, diabetes is a condition that prevents someone's body from properly processing sugars, leading to elevated blood sugar levels and negative health effects as a result. While diabetes has its own signs and symptoms, it can also make other conditions worse – conditions like heart and kidney disease.

Diabetes can be effectively managed by seniors, but it's often im-

portant for older adults to seek help from their care team, including their family, physician, nutritionist and caregiver. Here are some strategies for people dealing with diabetes:

Education – There is a lot for someone to learn when they receive a diabetes diagnosis. Depending on the physician's recommendation, changes may need to be made to a senior's diet, exercise, medication and treatment plan. There are also new symptoms, risk factors and medical needs that a person may have. It's important for older adults to learn everything they can about their diabetes and how to treat it.

Diet – Diet plays a huge part in diabetes management. A nutritious diet that is low

in sugar is important for reducing symptoms and complications from the disease. Sugar from fruit should typically be avoided too, along with saturated fats. Diabetes educators can help seniors plan meals that will successfully help them maintain their health.

Exercise and activity – Seeking advice from a health care professional is the best first step for seniors that want to create an activity or exercise plan. While the American Diabetes Association recommends 30 minutes of exercise per day, five days per week, that level of activity isn't always possible for some. However, shorter periods of activity, done throughout the day, can be just as helpful when managing diabe-

tes. Seniors should always speak to their physician before starting any exercise program.

Prescribed medication is critical – Missing a dose of medication can have negative effects on diabetes sufferers. Seniors that have a hard time keeping track can set up a system of reminders, whether that's a pill box, an alarm, a checklist, or a caregiver or helper that can prompt them to take medications. In addition to prescribed medications, vaccines can also be a useful tool in diabetes management – for example, complications that are caused by the flu can be more severe for those with diabetes.

Check glucose and other levels – Most seniors with diabetes will need to keep an eye on

their glucose levels. A physician will typically let someone know how often they should be checking, and what to watch out for. Blood pressure and cholesterol levels can also indicate a problem – those should also be checked on a regular basis by a healthcare professional.

Comfort Keepers® Can Help

Diabetes can be difficult to manage, and the trusted care team at Comfort Keepers can help. Our caregivers can remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happi-

ness in each day, regardless of age or acuity.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

MARK ON THE MARKETS

Creating “Alpha”



BY MARK PATTERSON

In the world of investment management, the word used to describe growth in a portfolio typically short-term is Alpha. the definition of Alpha in one of my investment management books is the abnormal rate of return on securities in excess of what would be predicted by an equilibrium model. Typical of textbook definitions. I believe the easiest way to explain Alpha as it pertains to investment management is an example. If I were to build portfolio using stocks, maybe some bonds and exchange traded funds that represent the core holdings in the portfolio. These core holdings would be securities that I am using for the foundation in the construction of my investment portfolio. These types of investments would have an ex-

pected return in a model portfolio. Many people own mutual funds that they may consider to be the foundation of their investment portfolio. However, these mutual funds are passive investments that have certain stock, bond, or commodity holdings. Many of these funds typically have a historical return and an expected return that is most likely based on historical return. This really explains how most financial plans base their plan on expected return. These expected returns typically do not include Alpha.

I think about Alpha as the additional income or growth that I can add to my client's portfolio over and above the expected return generated by the core portfolio holdings. As anyone knows that has investigated the CD market or bond market recently, it has become very apparent that there is extraordinarily little yield in CDs or quality debt. To get any kind of yield one must look to lower credit quality in the corporate bond market that is highly correlated to the equity or stock market. CDs and high-quality bonds have little return and limited risk. In this environment, investment-grade bonds which are consid-

ered BBB or better are paying around 4% annually with maturities out about five years. BBB rated bonds are right on the cusp of junk bonds otherwise known as high yield. With a lot of uncertainty in the markets going forward I do not believe, personally, that the risk is worth the reward. The corporate bond market reacted very poorly in March of this year, remarkably similar to the financial crisis of 2008. My point is that safe investments are paying exceptionally low rates of interest and risky investments are paying a good rate of return, but I question if some of these high-yield bonds will make it to maturity or default?

I believe creating Alpha in a portfolio does not mean that you must take on extreme risk. While almost all investments have a degree of risk, I believe the potential reward must justify that risk. In this incredibly low rate era of interest rate returns, I believe that actively managed investments for at least a portion of an investment portfolio makes a lot of sense. If you believe your money is passively managed and not working hard for you, I invite you to call or email us to get more details on how an

actively managed portfolio may be just what have been looking for!

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

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Edward Jones: Financial Focus

How Can You Help Lower Your Longevity Risk?

The investment world contains different types of risk. Your stocks or stock-based mutual funds could lose value during periods of market volatility. The price of your bonds or bond funds could also decline, if new bonds are issued at higher interest rates. But have you ever thought about longevity risk? Insurance companies and pension funds view longevity risk as the risk they incur when their assumptions about life expectancies and mortality rates are incorrect, leading to higher payout levels. But for you, as an individual investor, longevity risk is less technical and more emotional: it's the risk of outliving your money. To assess your own longevity risk, you'll first want to make an educated guess about your life span, based on your health and family history. Plus, you've got some statistics to consider: Women who turned 65 in April of

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this year can expect to live, on average, until age 86.5; for men, the corresponding figure is 84, according to the Social Security Administration. Once you have a reasonable estimate of the number of years that lie ahead, you'll want to take steps to reduce your longevity risk. For starters, try to build your financial resources as much as possible, because the greater your level of assets, the lower the risk of outliving them. So, during your working years, keep contributing to your IRA and your 401(k) or similar employer-sponsored retirement plan. Then, as you near retirement, you will need to do some planning. Specifically, you will need to compare your essential living expenses – mortgage/rent, utilities, food, clothing, etc. – with the amount of income you'll get from guaranteed sources, such as Social Security or pensions. You do have

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some flexibility with this guaranteed income pool. For example, you can file for Social Security benefits as early as 62, but your monthly checks will then be reduced by about 30 percent from what you'd receive if you waited until your full retirement age, which is likely between 66 and 67. You might also consider other investments that can provide you with a steady income stream. A financial professional can help you choose the income-producing investments that are appropriate for your needs and that fit well with the rest of your portfolio. After you've determined that your guaranteed income will be sufficient to meet your essential living expenses, have you eliminated longevity risk? Not necessarily – because "essential" expenses don't include unexpected costs, of which there may be many,

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such as costly home maintenance, auto repairs and so on. And during your retirement years, you'll always need to be aware of health care costs. If you have to dip into your guaranteed income sources to pay for these types of bills, you might increase the risk of outliving your money. To avoid this scenario, you may want to establish a separate fund, possibly containing at least a year's worth of living expenses, with the money held in cash or cash equivalents. This money won't grow much, if at all, but it will be there for you when you need it. With careful planning, adequate guaranteed income, a sufficient emergency fund and enough other investments to handle nonessential costs, you'll be doing what you can to reduce your own longevity risk. And that may lead to a more enjoyable retirement.

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STRATEGIES FOR LIVING

The elusive quest for hope

BY LARRY SCOTT

Of all the events in recent days calling for justice, none demands more attention than the death of Breonna Taylor. The three officers involved in the exchange of gunfire with Breonna's boyfriend remain free and have not been charged. An unfortunate accident? Collateral damage? Perhaps. But the recent deaths of George Floyd, Rashard Brooks and Arnaud Arbery have enraged America. Four issues are at play as together we try to find hope for change in America.

First of all, there is the problem of evil. In the current national debate, the police, President Trump, and the death of George Floyd have been hyped as the reason behind the unrest that has plagued our cities. But not so! There is here an evil that proceeds from the heart. In Jesus' words, it is from the heart "come evil thoughts — murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person." Changing the circumstances behind the current unrest will do little unless there is first a change of heart.

Secondly, there is the need for justice. I am a white man living in the Northeast. I do not see or feel what our Black Americans have been going through. I do not know what it is to be followed by a clerk as I shop; I have never felt the need to "whiten" my name when filling out a resume; I don't know what it is to face hostility when I attempt to buy a home in an all-white neighborhood. And thirdly, we need to love and be loved, or to put it another way, we need to discover a sense of self-worth. Former football player and now Pastor, Miles

McPherson, is, perhaps, on to something when he tells us there is "a third option." It comes when we begin to see others through God's eyes. When we "honor the presence of His image in others, we acknowledge their priceless value as precious and beloved of God." I sympathize with his point of view, but I also realize stoning our police and putting our cities to the torch make that a tough philosophy to uphold! And, finally, we need to find a reason to hope that, when these days are behind us, the progress we have made will

be worth the pain we have gone through to get there. But these objectives, as appealing as they are, will not come easy. We have legislated God out of our national life, made morality a matter of choice, and rejected the Bible as an objective standard of truth. By what means do we propose to solve the problem of evil, injustice, and hate? Our fundamental problem is not political, it is spiritual. We don't need a change in government. Again, we need a change of heart. And it is here we have reason to hope. All four

issues under discussion converge at Calvary, at the cross on which Jesus died. The cross was evil and unjust, but it did not destroy the love and compassion that drove Jesus to give His life that we might find new hope for a new tomorrow. "In Him was life," wrote the Apostle John, "and that life was the light of men. The light shines in the darkness, but the darkness has not understood it." Amid the confusion, with forces unleashed we cannot control, I see a light at the end of our tunnel. His Name is Jesus.

Spaulding Youth Center receives luggage donation from Portsmouth Women's City Club

NORTHFIELD — Spaulding Youth Center is happy to announce it received twenty-five suitcases and travel bags, generously donated by the Portsmouth Women's City Club. The luggage pieces will be used for students moving into Spaulding's residential cottages. Club members contacted Spaulding's Director of Residential Services, Amanda Champagne, to offer their donation in support of the unique circumstances of some of the children referred to Spaulding. Ms. Champagne explained that many of the organization's residential students arrive to campus carrying their most prized possessions in garbage bags. Members of the club focused efforts to collect gently used suitcases, back-

packs, and totes to give to students so they could travel to and from campus with confidence. Since 1920, the Portsmouth Women's City Club has provided fellowship for local women. The organization is an inter-generational services and social club whose members work together to enrich the community. The Portsmouth Women's City Club is a member of the General Federation of Women's Clubs, an international organization founded in 1868 with a long history of supporting women's issues. The General Federation of Women's Clubs is dedicated to community improvement by enhancing the lives of others through volunteer service. As such, the Portsmouth Women's City Club continues the tradition

of community service throughout the New Hampshire seacoast. "We are so appreciative of this generous donation," said Amanda Champagne, Director of Residential Services at Spaulding Youth Center. "Our residential program offers a cottage-based, nurturing community which serves as a home away from home and fosters the fundamental philosophies of a family unit.

Some children's transitions can be difficult for a variety of reasons outside of their control, so we are grateful that these children now have a suitcase of their own so that they can carry their precious belongings with dignity." Visit <https://www.portsmouthwomenscityclub.org/> to learn more about Portsmouth Women's City Club. About Spaulding

Youth Center Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, residential, clinical, community based, foster care, and family support. Estab-

lished in 1871 and known as Spaulding Youth Center since 1958, our scenic hilltop campus is located on nearly 500 acres in Northfield, and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.SpauldingYouthCenter.org.

LRPC TAC Committee meets Wednesday

REGION — The Lakes Region Planning Commission's Transportation Technical Advisory Committee (TAC) will meet Wednesday, Aug. 12, from 2 to 4 p.m. The TAC will discuss the state's Ten Year Transportation Plan for 2023-2032 and the criteria that will be used. As a result of the Coronavirus/COVID-19 public health crisis and pursuant to Emergency Order #12 issued by Gov. Sununu on March 23 regarding the state of emergency currently extended until Aug. 7 pursuant to the Governor's Executive Order 2020-015, the Lakes Region Planning Commission has determined that this meeting of its Transportation Advisory Committee will not be held at a physical location, but will be conducted via Zoom. There are two ways for the public to access the meeting: Online at this link: <https://us02web.zoom.us/j/82640358247> or by telephone: dial 1-929-205-6099 (New York) and enter meeting ID 826 4035 8247. These instructions are also provided on the LRPC website at www.lakesrpc.org. Anyone who has trouble accessing the meeting can call 279-5340 or email admin@lakesrpc.org for assistance. The LRPC TAC encourages all members of the public who are interested in any aspect of transportation to provide input during the meeting. For additional information about this meeting, please contact the LRPC at 279-5340.

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Commission for Human Rights at 603-271-2767

or write

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Welcome to Lakeside at Paugus Bay! Set just yards from the sugar sand beach, docks, and landscaped lawns, these 32 luxury condominiums will feature 3-4 bedrooms with up to 3,380 sqft. of living space, plus corner balconies, direct elevator access to each unit, and a 2-car garage. Westerly exposure with blazing sunsets overlooking the lake.

Prices to start at \$664,900

* This Condominium has not yet been registered with or exempted from registration by the New Hampshire Attorney General's Consumer Protection Bureau (the "Bureau"). Until such time as these Condominium Units are exempted from registration or are registered with the Bureau no binding contract for sale or lease of any lot, unit or interest may be created.

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This position will work with other employees to build rough-framed walls for the construction industry in a shop environment. Framing experience is a plus, but we will train.

Apply in person at 1525 US Rte 4 in Danbury NH
Or call 768-5900 to set up an appointment



SAU 68
Lin-Wood Public School
Lincoln-Woodstock Cooperative School District
72 Linwood Drive
Lincoln, New Hampshire 03251
Telephone (603) 745-2214



The Lincoln-Woodstock Cooperative School District, recognized as one of the Best Schools in NH, and located in a year-round recreational setting in the White Mountains announces the following openings for the 2020-2021 school year:

K-12 Health Teacher: Salary commensurate with experience, full benefit package. State of NH certification required.

Long-term Substitute Teacher - Grade 3: September 14, 2020 – February 19, 2021, Salary based on experience and certification. State of NH certification desired.

Special Education Paraprofessional - Elementary School, Multiple Openings: Paraprofessional I or II certification desired.

Substitute Teachers K-12 - \$80 per day with degree.

Bus Intake Monitor/Lunch Support – Multiple Openings: Five (5) hours per day as needed.

Interested parties should send a letter of interest, a resume, three (3) letters of reference and a transcript (if applicable) to:

Sharon Holt
Lin-Wood Public School
P.O. Box 846
Lincoln, NH 03251
sholt@lin-wood.org / 603-745-2051

Job Applications are available on our website at www.lin-wood.org under the "Employment" section.

Applications will be accepted until August 14, 2020 or until the positions are filled. The Lincoln-Woodstock Cooperative School District is an equal opportunity employer.

Middle/High School Fax Number (603) 745-6797
Elementary Fax (603) 745-3730
Accredited by New England Association of Schools and Colleges

Classifieds

Moultonborough Academy Middle School Volleyball Coach Wanted

Moultonborough Academy is seeking a Girls Middle School Volleyball Coach for the 2020-2021 season. Applicants should send a letter of interest, resume, and 2 references to: Matt Swedberg, Moultonborough Academy, PO Box 228, Moultonborough, NH 03254 or submit the material to mswedberg@sau45.org.



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

King Forest is an equal-opportunity employer.

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



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Plating Tech: 3rd shift - \$18.34

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NFI North, Inc.

Inspiring and empowering people to reach their full potential

NFI North (NFI) Array of Services is seeking a skilled clinician to provide individual and family therapy and support services for children and adolescents and their families covering the state of New Hampshire.

This is a unique position in NFI's expanding service array working with an integrated team that provides a wide array of therapeutic services to youth and families throughout the state of New Hampshire. NFI's mission is to inspire and empower people to reach their full potential so they can live successfully within their home and community. We have helped those at risk to achieve amazing results such as finding joy in their life, having fun together and developing meaningful relationships and employment.

Master's Degree in social work, psychology or related field required as well as have experience working with youth and families. NH license preferred. We assist those seeking licensure with supervision and training while employed with us.

This position provides in home services to youth and families participating in our community based services. This includes a flexible schedule with some weekends and evenings to conduct individual and family therapy. Reliable transportation needed for travel as indicated. On call is on rotation with the team.

Annual Full Time Salary: \$55,000 or higher based on education, experience and credentials. Consideration given to part-time or full-time candidates.

NFI North offers competitive salaries and an excellent benefit package. We provide environments that allow for creativity, a sense of empowerment and many opportunities for advancement. We offer comprehensive health and dental insurance and generous time off plan including three weeks paid vacation and additional sick and holiday time. We provide tuition reimbursement, retirement match, excellent training, career growth and supportive work environment.

NFI North is a proud partner with Southern New Hampshire University's (SNHU) College for America. Not only do we offer our employees access at incredibly low and affordable rates, you can also enroll your immediate family members.

Please send resume and cover letter to: Program Director, NFI North, 249 Main Street, Littleton, NH 03561 or email nfinorthhr@nafi.com EOE/AA



Loon Mountain Resort



Loon Mountain is currently open and hiring for both summer and Full Time Year Round positions.

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For more information or to apply online please visit
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*Will train the right person
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**Please no phone calls
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Building Service Worker (Custodian)
First Shift (5:00 AM - 1:30 PM) Monday - Friday
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday
Third Shift (11:00 PM - 7:30 AM) Friday - Tuesday

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/
Equal Access/Affirmative Action institution



A division of Belletetes, Inc.
Lumber Counter

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

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

Dan Uhlman, General Manager
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or you may email to duhlman@belletetes.com.

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»Health Insurance

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Division of BELLETETES, INC.
Yard Customer Service

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

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

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

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**Full-Time
Installers Assistant**

Energysavers Inc, a 45 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver’s license. Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

HELP WANTED

Landscape crew members wanted
Well established Lakes Region New Hampshire landscape company is seeking softscape and hardscape team members. Valid drivers license required. Please call 603-279-8100 or email scott@scottburnslandscaping.com



Loon Mountain Resort



Loon Mountain has an immediate Full Time Year Round position for a Snowmaking/Trail Maintenance Foreman.

Knowledge of snowmaking equipment and supervisory experience preferred.

Benefits Package includes:
Medical, Dental and Vision, Paid Time Off, 401K Retirement Plan, and ski & ride privileges in an exciting resort environment.

For more information or to apply online please visit
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Line Cook – full-time
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CAMPTON ELEMENTARY SCHOOL
Campton, NH 03264

2020-2021 School Year
Part-time 2nd Shift Custodial Position
5 hours per day
\$11.56 per hour

Interested candidates please send letter of intent and resume to:

Frank McCann, Facilities Manager
Campton Elementary School
1110 NH Rte. 175
Campton, NH 03223
fmccann@pemibaker.org

Position open until filled.

SHAKER REGIONAL SCHOOL DISTRICT
2020-2021 School Year
Employment Opportunities

Shaker Regional School District is currently accepting applications for the following positions for the 2020-2021 School Year:

Belmont Elementary School:
Classroom Assistant – 6 hrs/day
Title I Tutor – 7 hrs/day
General Special Education Assistant – 6 hrs/day
1:1 Behavioral Assistants – 6 hrs/day

Belmont Middle School:
Title I Tutor – 7 hrs/day
Glade Level Assistant – 6 ½ hrs/day
1:1 Behavioral Assistants – 6 ½ hrs/day

Belmont High School:
School-to-Career Coordinator - Part Time
1:1 Behavioral Assistant – 6 hrs/day

Canterbury Elementary School:
Classroom Assistants – 6 ½ hrs/day

District Wide – Speech Pathologist

Please visit the Human Resources page on the District Website, www.sau80.org, for details and to apply for any of these positions. Application must be made through SchoolSpring.com.

SHAKER REGIONAL SCHOOL DISTRICT
FULL-TIME YEAR-ROUND CUSTODIAN

Shaker Regional School District has an immediate opening for full-time, year-round, 2nd shift custodian to perform cleaning duties according to an established schedule. Primary custodial duties will be at Canterbury Elementary School. Also responsible for removing snow, sanding and salting, as necessary, during the winter months. Must be reliable, have the ability to work independently and to follow written and verbal instructions. Reliable transportation is required as this position will work between two buildings. Pay is \$11.89 per hour. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and references to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required.

Shaker Regional School District is an equal opportunity employer.

**Steel Erectors,
Metal Roof & Siding Installers
Foreman, Leadmen
And Laborer Positions**

Will Train. Valid Driver’s License required.
Application available at:
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Plymouth, NH 03264
(603) 536-3533
Leading Pre Engineered Metal Building Co.



Division of BELLETETES, INC.
Delivery Driver

Ashland Lumber has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

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

Dan Uhlman, Manager
Ashland Lumber, 20 West St. Ashland, NH 03217
or email at duhlman@belletetes.com E.O.E.

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»Much More!

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
2020-2021 School Year
Professional & Support Staff

LANCASTER ELEMENTARY SCHOOL
Paraprofessional (2 positions – 1 FT and 1 PT)
Title I Teacher (1-year position)

WMRHS
Athletic Trainer
Criminal Justice Teacher (.4 FTE)
DISTRICT
Teacher of the Visually Impaired

**All applicants must apply on Schoolspring.com
Paper applications will not be accepted.**

ATHLETICS
Golf Coach (HS)
MS Girls’ and Boys’ Soccer Coaches
Varsity Wrestling Coach (HS)
Varsity Boys Tennis Coach
(positions are contingent upon COVID-19 status)
(Contact Kerry Brady, AD, for application, etc. – 837-2528)

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

NOTEBOOK

CONTINUED FROM PAGE A5

Sidebar to historical markers story:

Whence the roadside markers?

This story and sidebar came about because of a two-paragraph little snippet I included in a column of snippets after cleaning off my desktop several months ago, a once-in-a-while column that's always fun to write.

Longtime reader Helen Pike, daughter of woods-lore and logging history writer Robert Pike (Spiked Boots, and the companion Tall Trees, Tough Men), had

complained about the sorry condition of a roadside marker just south of North Stratford, which tells about log drives.

That put me on the trail of who administers roadside markers, and then I bumped into Mike Bruno's book. The rest, I guess, we can assign to gravity or some mysterious force.

It turns out that New Hampshire's 267 (or so) roadside historical markers represent one of those rare things--a private-public partnership that actually works, and seems to work well.

The program, administered through the Department of Transportation, has been in place for 65 years. That's a long time for any sign to hold up. Yet some of

those original markers are still standing, and amazingly enough, still legible.

Still, the state routinely rejuvenates older markers that are beyond the pale, and even has a system to create entirely new markers, often at some group's or citizen's behest.

Mike Bruno, who wrote a 564-page book about the markers, knows several places he'd like to see a new historical marker where there are none to tell one great story or another: "Cannon Mountain, for starters," he said. "The Tramway was the first in the nation." And then there are the mountain's notoriously tough trails, and their part in training for Olympic and World Championship

downhill skiing.

In normal times, if there is such a thing, Mike teaches Junior ROTC at White Mountain Regional High School.

New Hampshire's state government has a refreshingly logical, fast, and easy to use website specifically for roadside markers, at www.nh.gov/nhculture, and offers all sorts of doors for the visitor to step through. Here is what the site has to say about the 200th roadside marker, requested and sponsored by 84-year-old Eunice Woods, the last person to remember the long-abandoned town of Wildwood:

"In this area of Easton (formerly part of Landaff and before that, Lincoln), the settlement

of Wildwood once stood. At the turn of the 20th century Wildwood was a center for the 'slash and run' logging of Mt. Moosilauke. The village included a school, a post office, several sawmills, a boarding house and a few homes.

"West of here was a dam used in the spring drives that moved logs down the Wild Ammonoosuc River, from the mountains to southern New England mills. The last log drive on the river occurred in 1911. From 1933 to 1937, the first CCC camp authorized in NH was located at Wildwood."

While Pittsburg and Stewartstown have historical markers (the state's very first marker, commemorating the Indian Stream Republic;

the gravesite of Metalak, last of the Coashaukees; the 45th Parallel, "half way between the Equator and the North Pole"), Colebrook has none.

This seemed a thing to be remedied, and a couple of markers quickly came to mind (Ed Norton's gold mine, timber baron George Van Dyke's mansions, the three classic glacial pot-holes on fairways 7 and 9 at the Colebrook Country Club), and I made a mental note to apply brain to keyboard. Neighboring Canaan (Vt.) already has one, for (you guessed it) a secret room on the Underground Railroad.

SHELTER

CONTINUED FROM PAGE A1

Woof II: The tail continues

From Aug. 1 through the 31st, the League of New Hampshire Craftsmen Meredith Fine Craft Gallery will host an exhibit of fine craft titled "Woof II: The Tail Continues" dedicated to man's best friend. Ten percent of the proceeds for every dog item sold will be donated to the Franklin Animal Shelter.

Participating League juried artists have cre-

ated works of art specifically to honor furry friends. Artists Karen Mitchell has created dog-themed silver jewelry for the dog fanatic in your life, Dawn Blanchard with her dog prints to hang on your wall, or Cheryl Miller's fabric collages depicting dogs to decorate your home.

You can commission Michael Updike to hand-carve a portrait of your furry friend in recycled slate tile, or have Becky Sawyer capture your dog's likeness with her colored pencils on polystyrene. They have

something for every dog lover to enjoy during the month of August.

Did you know Amazon donates half a percent of the price of your eligible AmazonSmile purchases to the charitable organization of your choice? The Franklin Animal Shelter is part of the AmazonSmile family!

New date — Sept. 19

The Franklin Animal Shelter has been chosen as one of the beneficiaries of the 16th Annual Saving Animals Funspot 2020 Indoor Triathlon. Held on Saturday, Sept. 19, the Saving Animals Triathlon is a day of exciting, fun team competition in Bowling, Mini-Golf and Games!

Trophies and prizes awarded at the end of competition. All team members get a 2020 Triathlon shirt and a free pizza lunch! Bonus scoring points and team rewards for pledges.

10 – 11 a.m. Team Registration Opens at Funspot in the Bowling Center

11 a.m. – 3 p.m.

Triathlon Event Competitions Begin!

3 – 4 p.m. Triathlon Awards Ceremony & Prize Drawings in the Tavern

For more information and to make an appointment, please phone the shelter's manager, Charlotte, at 934-4132.

CORMIER

CONTINUED FROM PAGE A1

the presentation was delayed but he was pleased to finally present the official pin and certificate to Cormier.

"This is a big deal," Drew said. "It reflects on someone who has been involved in Rotary (for a long time) and is involved in the community."

As chief of the Tilton Police Department, a former two-time Rotary president, and someone committed outside his job responsibilities to organizations such as Make-A-Wish Foundation, New Hampshire Special Olympics and

more, Cormier exceeded that criteria.

"I never saw this coming. It was really nice," Cormier said. "As a Rotarian, we do it all not for the recognition, but because it's the right thing to do. This award is a big deal though and I really appreciate them for nominating me."

Other notable honorees of the Paul Harris Fellows award include former U.S. President Jimmy Carter, Russian President Boris Yeltsin, U.S. astronaut James Lovell, UN Secretary-General Javier Perez de Cuellar and polio vaccine developer Jonas Salk.

KAPLAN

CONTINUED FROM PAGE A1

cational experience for the children we serve, therefore Mr. Kaplan's expertise is extremely valuable as we continue to fulfill this commitment. We look forward to seeing how Mr. Kaplan's ideas can help shape the future of our organization."

Mr. Kaplan has an MBA in Information Technology Management from Southern

New Hampshire University and earned a bachelor's degree in Business Administration from Roger Williams University.

The Spaulding Youth Center board of directors is comprised of volunteers from the human services, corporate, investment, and philanthropic sectors of our state. To learn more about the Spaulding Youth Center board of directors, visit <https://www.spauldingyouthcenter.org/about-us/>

leadership/.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, residential, clinical, community

based, foster care, and family support. Established in 1871 and known as Spaulding Youth Center since 1958, our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.SpauldingYouthCenter.org.



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97th Progressive Laconia Motorcycle Week® less than a month away

LACONIA — We're less than a month away from Progressive Laconia Motorcycle Week, kicking off Aug. 22, with additional restrictions to protect the health and safety of participants. Vendor booths will be limited to non-profit organizations such as Laconia Motorcycle Week Association, the VFW, Laconia Kiwanis Club, and Laconia Rotary Club. Attendees can expect to see less vendors on Lakeside Avenue, with less t-shirt and souvenir offerings as well as food and beverage options. However, nearly all restaurants, bars and hotels will be in full operation and plenty of the originally scheduled events are happening as planned.

While many things will be different with this year's rally, including the Aug. 22-30 dates, much will be the same. Nearby New Hampshire Motor Speedway will host races all week long, capped off by the 97th Annual Loudon Classic, August 28-30th. The Gypsy tours and charity rides that attract hundreds are happening daily as well as entertainment at local establishments like the NASWA Resort, Patio Garden, Winnepesaukee Marketplace, and Tower Hill Tavern. Some popular events such as the Gunstock Hill Climb have been postponed to 2021. Event changes are posted to Laconia-MCWeek.com daily.

"The emphasis on this year's Laconia Motorcycle Week will be on safety," says Deputy Director, Jennifer Anderson. "While we recognize that New Hampshire is faring remarkably better than most in this pandemic, many riders will be coming from out of state and we want to ensure the public we are taking every precaution to protect their safety, such as promoting the use of face masks when not riding, regular sanitization of public surfaces through sanitization experts, Nano Coating Technologies, LLC (NCT NH), and purposely planning for a toned down version of our rally to minimize large gatherings. Expect lots of fun, food and, of course, riding but in a safe environment."

Stay tuned for event updates over the next several weeks as the rescheduled 97th Progressive Laconia Motorcycle Week continues to take shape. Any/all updates will be posted to LaconiaMCWeek.com, through their e-newsletter and on all Laconia-MCWeek social media channels.

For more information on visiting New Hampshire and our state's guidelines relating to COVID-19, please visit: <https://www.visit-nh.gov/covid19>.

Photo for this release located here: https://www.dropbox.com/s/a8xmbbu9wcc9cel/Laconia_Motorcycle_week.JPG?dl=0

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



COURTESY

Samantha Constant earns Dean's List honors at Roger Williams University

BRISTOL, R.I. — Samantha Constant, of Northfield has been named to the Spring 2020 Dean's List at Roger Williams University, in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a grade point average of 3.4 or higher are placed on the Dean's List that semester.

About RWU

With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today's employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

LRAA announces Artists of the Month

Selected as the best of the best for their artwork and/or photography, members of Lakes Region Art Association and Gallery, (LRAA), proudly display their 'Artists of the Month' winning entries. All will be on public display at a number of local establishments until late August. Front row: Sally Hibberd, Northway Bank, Tilton. Barbara McClintock, Laconia Public Library. Linda Murphy Franklin Savings Bank, Gilford. Back row: Martha AuCoin, Bank of NH, Gilford Village. Phylliss Meinke, Northway Bank, Laconia. Tom Hitchcock, Franklin Savings Bank, Franklin. Sherwood Frazier, Meredith Village Savings Bank. Duane Hammond, Northway Bank, Meredith. For information about joining the Lakes Region Art Association/ Gallery, contact Tom, Thursday- Sunday at: 496-6768 or tom@hitchcockproductions.com, anytime. The LRAA/Gallery is located at Tanger Mall Outlets, 120 Laconia Rd., Suite 132, Tilton.

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