

# Yard sign sales benefit local organizations, first responders



BY DONNA RHODES  
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BRISTOL – Contrary to the gloomy picture a

New York Times reporter recently painted about the struggles of the Town of Bristol in the midst of the COVID-19 pandemic,

ic, residents have been rallying to support one another in many ways. The latest example is the donations being raised by the sale of yard signs offering the type of encouragement that can



COURTESY

Yard signs now being sold to support local agencies and first responders can be spotted all around the Newfound Community these days. “Stronger Together” features a photo by local resident Nigel Croxon to benefit local service agencies, while Dawna Shackley of Newfound Impression also has “We Support Our Community” signs to assist First Responders in the area.

## Newfound Budget Committee seeks Groton representative

GROTON — The Newfound Area School District is looking for a candidate to fill a vacancy on the School District Budget Committee, as a representative from Groton.

The term of the seat runs from appointment by the Budget Committee until elections in March 2021.

Eligible candidates must reside in the town of Groton, be at least 18 years old, and must be a registered voter. Interested parties should submit a letter of interest to: Stacy Buckley, Superintendent of Schools, 20 North School St., Bristol, NH 03222. All letters of interest should be submitted no later than Friday, May 15.

For questions or additional information, please contact Stacy Buckley, Superintendent of Schools, at 744-5555 or by email at sbuckley@sau4.org.

## NLRA highlights local natural areas

BRISTOL — The Newfound Lake Region Association has compiled a list of natural areas in the Newfound watershed for local residents to explore. With more than 100 miles of trails, it's easy to stay the recommended six feet apart! As local events are rescheduled and gathering places temporarily closed, now is the time to explore Newfound's beautiful backyard.

Grey Rocks Conservation Area, 178 N. Shore Rd., Hebron

Over the past several years, the Newfound Lake Region Association has transformed Grey

SEE NLRA, PAGE A15



COURTESY

View of Newfound Lake from Little Sugarloaf, conserved in 2014 by Newfound Lake Region Association and Lakes Region Conservation Trust.

# Strong winds propel fire at New Hampton home

BY DONNA RHODES  
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NEW HAMPTON – Fire fighters from New Hampton and 11 other communities were summoned to 1059 Winona Rd. just after noon on April 23 for a fire that not only destroyed a barn and residence, but spread into portions of

the fields and surrounding woods as strong winds fanned the flames.

New Hampton Fire Chief Michael Drake said the fire started on the back corner of a barn and first caused a

brush fire due to the dry and windy conditions last Thursday. The winds then pushed flames further into the barn, on to an attached breezeway and eventually into the home itself.

“After the initial tone for a structure fire we immediately requested a first alarm due to the weather but that quickly went to a third alarm

SEE FIRE, PAGE A15



DONNA RHODES

The burnt shell of a home was all that remained standing after a three-alarm fire tore through much of an 1800's farm on Winona Rd. last Thursday, destroying the barn and a few of the outbuilding while high winds also started small brush fires in fields and woods surrounding the property.



COURTESY OF ROGER HAWKINS

Flames engulfed a barn and the adjoining home on Winona Road in New Hampton last Thursday, sparking brush fires and sending up pillars of smoke that could be seen as far away as the Oak Hill Fire Tower in Concord.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	N. Ashland Road	N/A	\$250,000	Jeremiah Sargent	Theresa B. Chabot RET and Amy A. Chabot
Ashland	River Street, Lot 28	N/A	\$69,933	NHNY Marina Development LLC	Matthew and Gail Burr
Ashland	130 Thompson St.	Single-Family Residence	\$185,000	John C. Marshall and Nancy B. Pierce	Fawn M. Parenteau
Bristol	106 Windridge Rd., Unit 106	Condominium	\$269,000	Patricia M. Thurber RET	Steven M. and Kimberly A. Barry
Campton	117 Birch Circle	Single-Family Residence	\$162,000	Patricia E. Pike-Fiore	Daniel Clark and Lacey Niles
Campton	26 Pleasant Dr.	Single-Family Residence	\$190,000	Alison Farina	Amsal Alic and Lauren A. Taylor
Campton	N/A	N/A	\$145,000	Lytle Holmstrom Fiscal Trust and Ross Holmstrom	Barry W. and Jeannette L. Price
Campton	N/A (Lot 3)	N/A	\$40,000	Myron L. Crowe	William S. and Lisa A. Dematteo
Hebron	N/A	N/A	\$160,000	Rockhaven Financial LLC	John P. and Mia L. Langlois
Holderness	Perch Pond Road	N/A	\$75,000	Suzanne B. Peoples	Christa M. Hollingsworth and Wesley A. Peoples
New Hampton	9 Riverwood Dr.	Single-Family Residence	\$370,000	Michael F. Sharp RET	Anthony J. Camelo
Plymouth	Pike Hill Road	N/A	\$165,000	Wendy J. and Phillip E. Decato	Gregg S. and Nicola S. Bach
Plymouth	N/A	N/A	\$149,000	Paul Brand and Marian Sawicki-Brand	Steven W. and Charlene L. Whitman
Thornton	Glades Owls Nest Condo Unit 4	Condominium	\$420,000	Robert E. and Lori M. Paul	Frank and Patricia A. Lombardo
Thornton	41 Mountain River East Rd., Unit 73	Condominium	\$145,000	Diane M. Clay	James Azar and Petti Pang
Thornton	N/A (Lot 1)	N/A	\$30,000	Iqbal and Dayle J. Shariff	Edward J. Hubbard 2016 Trust
Warren	Eagles Nest Road	Residential Open Land	\$20,000	Mark K. Brennan and Ellen Felkel-Brennan	Luc Pinon
Waterville Valley	Black Bear Lodge Condo Unit 508a	Condominium	\$75,000	Randall R. Ashworth	Marion S. Hauck
Waterville Valley	5 Mountain Village Rd., Unit 5	Condominium	\$260,000	Ronald C. Hillegass	John W. Armando and Molly Barnes-Armando
Waterville Valley	103 Snows Brook Rd., Unit 20	Condominium	\$230,000	Stephen F. and Zulekha S. Ludwig	Kevin J. and Ratan H. Dejong
Waterville Valley	N/A (Lot 17)	N/A	\$150,000	Gregory J. and Kristen M. Gohr	Charles D. Henry and Kathleen C. Fox
Wentworth	872 Mount Moosilauke Highway	Single-Family Residence	\$260,000	Ricahrd Hanbury	Renee and Patrick Ferland
Wentworth	N/A (Lot 1)	N/A	\$15,000	Adam J. Patten	Stephen and Bernadette Georges
Wentworth	N/A	N/A	\$15,000	Adam J. Patten	Jeffrey A. and Shannon B. Owen

## ABOUT THE REAL REPORT

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-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming 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](http://www.real-data.com)

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

## Plymouth Farmers' Market delayed, but local foods are still available

PLYMOUTH — Local Foods Plymouth (LFP) operates the Outdoor Plymouth Farmers' Market in May – Sept. After much consideration, they have made the decision to postpone the market start date to Thursday, June 25. The Plymouth Senior Center, where the market is held, agrees with this decision.

The New Hampshire Department of Agriculture has been in touch with those operating markets and have provided guidelines on how

to safely conduct a market. They said ideally, if farmer markets can figure out a way for customers to order ahead of time and pick up their order, that's what should be happening vs having people linger and shop one booth at a time.

Fortunately, Local Foods Plymouth has a system already in place to do just that so delaying the market won't impact farmers' sales or community members' access to locally produced and grown food.

Everyone in the com-

munity is invited to use [localfoodsplymouth.org](http://localfoodsplymouth.org) for purchasing local food and products (including coffee and fresh cream). You don't have to be a member. But if you sign up for a membership (\$40 annually) the transaction fee at check out is reduced from 7 to 3 Percent. You can choose PayPal/credit card or pay by check during the pick up or home delivery.

Once your food is ordered, Saturday at noon through Wednesday at 7 a.m., then buyers pick up their food curbside,

in the PAREI parking lot (79 Highland Street). While the New Hampshire stay at home order remains, Local Foods Plymouth is offering free home delivery within 10 miles of the Plymouth town lines. Just be sure to note "home delivery" in the notes box when you check out.

Over the last four weeks, Local Foods Plymouth has seen their orders grow and they thank the Plymouth community for supporting local food producers and farmers during the

COVID crisis. Choosing to purchase food through the Plymouth area's local food chain, strengthens our region's food security.

Although LFP wishes they could start up the summer market in May, continuing curbside pick-up and home delivery is the safest option as per the Dept. of Agriculture guidelines. During this pandemic, safety is the top priority.

In May and June, LFP will be looking for creative safe ways to provide market type activ-

ities like the seed swap and kids business day which normally happens during the outdoor market season.

If you would like to receive the Local Foods Plymouth weekly buyer reminder email your name to [localfoodsplymouth@gmail.com](mailto:localfoodsplymouth@gmail.com).

To order, go to [localfoodsplymouth.org](http://localfoodsplymouth.org) from Saturday at noon to Wednesday at 7 a.m. To answer all your questions, check out the FAQ at the LFP Web site.

## PSU Nursing students graduate early, become first in NH to join front lines

PLYMOUTH — Due to the coronavirus pandemic, Plymouth State University (PSU) senior nursing students quickly adjusted to virtual simulations and other alternative methods to complete their final semester of clinical training. Today, these nursing students graduated early – a full month ahead

of schedule – allowing them to begin working on the front lines in the state's hospitals and other health care settings. The class of new registered nurses will work as graduate nurses until they complete the National Clinical Licensure Exam (NCLEX) later this spring.

"This was a true team

effort – from our faculty who ensured students met all course objectives, to our government relations team who worked with the Governor's Office, and our registrar who processed the degrees overnight, to the New Hampshire Board of Nursing that facilitated early licensure applications, to the students

themselves, for their flexibility and diligence under stressful circumstances," said Jean Coffey, Ph.D., APRN, FAAN, Director of the Plymouth State University Nursing Program. "Nursing requires teamwork and performing under pressure, and the challenges of this semester demonstrated to our

students the importance of remaining calm and focused."

Seventy percent of PSU's 2020 nursing graduates expect to become licensed in New Hampshire, and many will begin working at the hospitals where they completed their senior capstone semesters. Marshall Mosher, a senior nursing student from Lyndonville, Vermont, completed his capstone semester at Littleton Regional Hospital, and will begin work in its emergency department as soon as his graduate nurse license is approved.

"The route to graduation changed, but the goal was still the same," said Mosher, who is excited to begin his nursing career.

The combination of earlier graduation and the New Hampshire Board of Nursing issuing temporary licenses to new graduate nurses will allow healthcare facilities to start the onboarding process weeks earlier than usual.

"This is especially important now," said Kim Force, Clinical Director of Inpatient Services at Littleton Regional Hospital. "PSU's graduate nurses will be at the forefront, and we look forward to bringing them aboard."

PSU's nursing program is a four-year degree program in which students may graduate with a Bachelor's De-

gree in Nursing (BSN). The program, which graduated its first nursing class in 2013, was originally accredited by the Commission on Collegiate Nursing Education (CCNE) as a new collegiate program, but earned full accreditation in 2018. Many PSU graduates begin their nursing careers at hospitals and other clinical sites in New Hampshire

For information about Plymouth State University and its nursing program, visit [www.plymouth.edu](http://www.plymouth.edu).

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. For more information about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).

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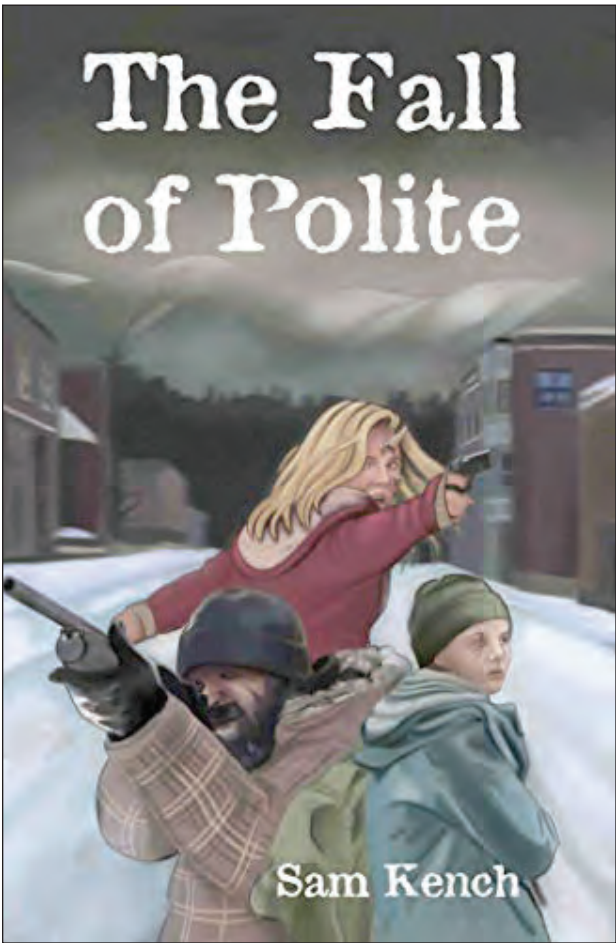
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# Debut novel by Bristol’s Sam Kench launches April 30



BRISTOL — “The Fall of Polite” was the moment when social niceties were cast aside and laws no longer needed to be followed. It was the moment when commerce and discourse stopped, when violence and hardship became standard, and when seeing another person meant to kill or be killed. The end of the world snuck up on everybody...

them more than most. Set in a freshly lawless New England in the dead of winter, “The Fall of Polite” follows three disparate individuals - a bloodied and barefoot 17-year-old trying to reach her final living relative, a once kind-hearted lumberjack now consumed with a fury that can only be quelled through

acts of violence, and a two-time college-drop-out, trying to do an act of kindness in a chaotic world - forced to adapt and survive in the face of a devolving society.

In his debut novel, “The Fall of Polite,” Sam Kench offers a realistic look at a contemporary end of the world situation in a similar vein to works like Cormac McCarthy’s “The Road” or Walter M. Miller, Jr.’s “A Canticle for Leibowitz.” Through layered social commentary, Kench’s novel explores the extreme political divide as well as the racial, gender, and financial tensions afflicting the modern-day United States while setting the story in small-town New Hampshire.

Sam Kench is a 23-year-old writer and independent filmmaker. His screenplays and short films have placed in and been awarded by festivals and competitions around the world including The New York Screenplay Contest, ScreenCraft, Oaxaca International Film Festival, The Atlanta Film Festival, The International Screen-



Sam Kench

writing Awards, and The American Gem Literary Festival. He was also named one of the top defenders of free speech by the National Coalition Against Censorship. He grew up in New England and spent years exploring many of the locations that found their way into the novel.

When asked why he chose to tell this story, Kench said, “I haven’t seen a lot of apocalyptic stories tackle the actual falling of society. Most post-apocalyptic stories skip past the actual crumbling of society and jump into the future, and I think the early

stage of the apocalypse is where some of the most interesting stuff can be found. So I wanted to write a story that starts right at the early stages of the apocalypse and progresses forward in a grounded manner.”

“The Fall of Polite” is a bleak cautionary tale for where the modern world could be headed. Kench’s screenwriting talents lend to action scenes that are fast-paced and brutally destructive. As a film festival judge commented, “[Kench’s] ability to progress the story through a mixture of conceptually heady dialogue and violent

exposition defines his writing style.” The novel is an unsettling look at the best and the worst of human nature in a post-apocalyptic world.

“The Fall of Polite” comes out on Amazon.com in paperback and on Kindle on April 30. Visit [www.TheFallOfPolite.com](http://www.TheFallOfPolite.com) for ordering information, book excerpts, and more. Follow @TheFallOfPolite on Facebook and Sam Kench on YouTube at [youtube.com/brickwallpictures](https://www.youtube.com/brickwallpictures) and Instagram @Brickwall\_Pictures.

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



BY DONNA RHODES  
dhrhodes@salmonpress.news

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

Erected in 1991, the historic marker for “New Hill Village” introduces people to a town that was first incorporated in 1778 under the name New Chester, which at that time included land that later become known as the towns of Bristol and Bridgewater. In earlier days, the original grant for New Chester also included parts of Danbury and Wilnot.

However, in 1837 that grant was further divided and the area situated along the more southern part of the Pemigewasset River officially became the Town of Hill. It was named in honor of New Hampshire Governor Isaac Hill who served as governor of the state from 1836 until 1839, but had also served previous

terms in the House of Representatives and as a state senator.

In 1938 though, the town’s true notoriety came about when it surrendered its mills, hotels, shops, school, churches, homes and even farms, as residents moved up-hill from the idyllic riverfront location to make way for the construction of a flood control dam on the Pemigewasset River.

By June of 1940, construction of the new town was completed, with sadly just a couple remnants of what the citizens established on that riverfront included in the massive undertaking. A few historic homes moved from Old Hill Village can be found in New Hill Village today while most other buildings were regrettably torn down, yet never forgotten.

In his book “Cruising New Hampshire History,” author Michael A. Bruno writes, “The town meeting of 1941 opened in Old Hill Village, recessed, and was reconvened in the New

Hill Village,” an unprecedented event in any other New Hampshire community.

Each year now, students at Jenny D. Blake Elementary School in New Hill Village have regular visits from representatives of the Hill Historical Society. As they begin their education at Jenny D. Blake School, the boys and girls are given a loose-leaf binder that, over the years, is filled with photos and information about the history of their unique town, provided by the historical society. And in early fall, the public is invited each year to take a drive through Old Hill Village where they can find

markers of notable sites, enjoy the woodlands and fields now maintained by the state’s forestry department, and take in the beauty of the land where the town began nearly 250 years ago.

People don’t have to wait until they open the gates for vehicle traffic to the Old Hill Village each fall though. There is still a pedestrian entry off Old Town Road (a right turn from the northbound lane of Rte. 3A in Hill) where outdoor enthusiasts can access the old village. The walking paths there lead downhill past the former needle shop then on to an intersection with the former Main St., which is still maintained for walkers and bikers.

Marker #0162 for “New Hill Village” is easy to spot on Route 3A in today’s Hill Village. It’s located on a grassy traffic median in front of the Hill Fire Department and village store, with parking spaces readily available for a stop to read more about their amazing town history.

While there, take time to head out for a remote walk through the Old Hill Village. It can be a great, socially distancing way to get some fresh air and exercise as you explore both nature and history alike.

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**Edward Jones: Financial Focus**

**How Should Millennials Respond to Market Decline?**

The coronavirus crisis has unsettled every age group, as we are all worried about our health and that of our families and communities. And if you're in the millennial generation, generally defined as anyone born between 1981 and 1996, you might also be concerned about your financial future, given the sharp decline in investment prices. How should you respond to what's been happening? Your view of the current situation will depend somewhat on your age. If you're an older millennial, you had probably been investing for a few years when we went through the financial crisis in 2007-2008. And you then experienced 11 years of a record bull market, so you've seen both the extremes and the resilience of the investment world. But if you're a younger millennial, you might not have really started investing until the past few years, if you've started at all, so you've only seen a steadily climbing market. Consequently, you may find the current situation particularly discouraging, but this is also a lesson in the reality of investing: Markets go down as well as up. But no matter where you are within the millennial age cohort, you might help yourself by taking these steps: Enjoy the benefit of having time on your side. If you're one of the younger millennials, you've got about four decades left until you're close to retiring. Even if you're in the older millennial group, you've probably got at least 25 years until you stop working. With so many years ahead, you have the opportunity to overcome the periodic drops in investment prices, and your investments have time to grow. And, of course, you'll be able to add more money into those investments, too.

Invest systematically. The value of your investments will always fluctuate. You can't control these price movements, but you may be able to take advantage of them through what's known as systematic investing. By putting the same amount of money at regular intervals into the same investments, you'll buy more shares when the share price is lower – in other words, you'll be “buying low,” which is one of the first rules of investing – and you'll buy fewer shares when the price rises. Over time, this strategy can help you reduce the impact of volatility on your portfolio, although it can't ensure a profit or protect against loss. Plus, systematic investing can give you a sense of discipline, though you'll need to consider the ability to keep investing when share prices are declining.

Focus on the future. You're never really investing for today – you're doing it to reach goals in the future, sometimes just a few years away, but usually much further out. That's why it's so important not to panic when you view those scary headlines announcing big drops in the financial markets, or even when you see negative results in your investment statements. By creating an investment strategy that's appropriate for your risk tolerance and time horizon, and by focusing on your long-term goals, you can develop the discipline to avoid making hasty, ill-advised decisions during times of stress.

As a millennial, you've got a long road ahead of you as you navigate the financial markets. But by following the suggestions above, you may find that journey a little less stressful.

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## CADY Corner

### Resilience: Bouncing back during times of uncertainty

BY DEB NARO  
Contributor

During this time of stress and uncertainty, it is more important than ever for us to build resiliency amongst all community members, regardless of age. With this in mind, the CADY staff has been working diligently to develop virtual programming to guide community members through the stress of this unprecedented time.

On Wednesday, April 15, CADY hosted “Resilience: The Art of Bouncing Back,” the first virtual community event dedicated to building hope and resilience during the COVID-19 Pandemic. With support from the Parent Advisory Council (PAC), a diverse group of 66 community members tuned in for a discussion led by Dr. Maria Sanders, Associate Professor of Philosophy at Plymouth State University. During the presentation, Dr. Sanders shared her research on happiness and offered the following strategies for thriving during this time of uncertainty:

1. Know Thyself. According to studies on happiness, the majority of an individual’s demeanor is influenced by genetics. By reflecting on what makes us “tick,” we can identify predisposed tendencies that may be amplified by current events. For example, if you are prone to taking risks, you may need to encourage yourself to adhere to the social distancing guidelines.

2. Identify what you CAN control. According to Dr. Sanders, external circumstances account for only 10 percent of an individual’s perceived happiness. While living during times of uncertainty, it’s important not to lose sight of what aspects are still within our control. Keeping up-to-date on local, state, and federal assistance programs; developing manageable action plans to tackle identified obstacles; and prioritizing your physical, mental, and spiritual health are all excellent ways to remain grounded. This approach will help keep anxiety in check.

3. Think outside the box. Dr. Sanders stressed that social connection is the number one factor in happiness. While digital connection falls short of satisfying the need, we must strive to maintain and grow our relationships during this time of trauma. What can you do to add a little sunshine to someone’s life?

4. Smile. Smiles are contagious, even when covered with masks! Make a point of smiling with your eyes, greeting community members with a smile or wave, and choosing positive words during all interactions.

5. Avoid masking anxiety with substances. While you may be tempted to turn to alcohol or other substances to combat stress and anxiety, a study cited by the Institute for Research, Education & Training in Addictions found that long-term alcohol use actually increases anxiety symptoms. This is a great time to explore other means for relaxation and #selfcare.

6. Establish a daily routine. As many work-related and learning tasks shift to a home-based environment, maintaining a daily routine is paramount in minimizing stress and anxiety. Dr. Sanders recommends practicing good sleep habits, staying busy... but not too busy, limiting media consumption, meditating, eating right, and exercising.

7. Be compassionate. According to Dr. Sanders, “blaming others and/or self pity only add suffering to the pain caused by COVID-19.” Let go of blame, shame, and guilt. Focus on developing meaningful relationships, even if via social media and video chat.

8. Get outside. We all know the impact excessive screen time can have on our eyes, minds, and bodies. With the transition of work and learning to virtual environments, we may find ourselves in front of the screen for many more hours each day. Strive to give your eyes and mind a break by stepping away from your computer to venture outside for some fresh air.

9. Reflect. What are you learning through this new reality? What do you want your life to look like

SEE CADY PAGE A5



DONNA RHODES

### Poot man’s fertilizer

People in the upper elevations of places like Bridgewater got a dose of “Poor Man’s Fertilizer” when snow fell on their fields and lawns last Sunday night.

## Letters to the Editor

### Your library is still here for you

To the Editor:

It has now been over a month that the Minot-Sleeper Library has provided strictly virtual services. The staff continues to provide excellent service to our community through this time, from online story times for children and virtual book discussions for adults, to enhancing our collections through cataloging and expanding digital resources. We, as the staff, are grateful that we are healthy and in a position to continue to play an important role in our community.

Many of us have reopening on our minds as we watch some states lift stay-at-home orders and read news headlines about our own governor’s reopening task force. Separate from this economic reopening task force, I currently serve as a member of the New Hampshire Library Reopening Task Force, organized through the New Hampshire State Library. This group of professional librarians is working to create vetted guidance for all libraries in our state

on how we can reopen in stages, how to know when it is safe to do so, and the precautions that we will need to take. Library directors and library boards of trustees will be faced with difficult decisions during reopening, because while we all want to open our doors and welcome our community just as we did before this pandemic, we realize this cannot be our reality.

In the coming weeks and months, please expect to see letters like this in the newspaper and email

newsletters with updates on virtual library services. As soon as the library moves toward a staged reopening, we will communicate this to all of you through the news, email newsletters, on the library’s Facebook page, and on our COVID-19 updates Web page: <https://www.minotsleeperlibrary.org/covid-19-updates>.

Wishing you all my best,

BRITTANY OVERTON  
DIRECTOR  
MINOT-SLEEPER  
LIBRARY

### A clarification on shopping program

To the Editor:

First, we would like to thank Brendan Berube for a wonderful article about how amazing our Newfound Community is. It is seen every day in the special acts of kindness that people are doing for each other.

I would like to clarify that the Shopping Program is not a program of the TTCC. It is a collaboration of volunteers (more than 70) organized by local resident, Cathy

Redman. Cathy has been the glue that put this all together with her strong organizational skills.

The volunteer shoppers are assigned a person and they speak directly with their ‘customer’ each week to put together a grocery list. Hannaford has made this process so seamless for everyone and deserves a huge amount of credit. Without their patience and willingness to make this happen it

would not be successful. It constantly amazes me how incredibly positive and helpful the staff at Hannaford’s has been in the face of this terrible virus.

The Bristol Police Department was originally delivering the groceries, and the decision was made to change this to protect our Officer’s so that they can continue to protect the community. At that time, the TTCC Board agreed to let

TTCC staff step up and take their place as we are unable to open our building at this time. We are grateful for the opportunity to help our community and so thankful that Newfound has so many amazing volunteers that have made this program a success.

LES DION  
TAPPLY-THOMPSON  
COMMUNITY CENTER  
BRISTOL

### This is your environment, too

weekends.

We do love New Hampshire, but it was pretty sad to see how many people think a car window is the ‘right way’ to dispose of beer cans and bottles, and

other trash. Five tractor buckets full of cans and bottles and ten tires later, we had a fine time in our small effort to make the world a better place.

Sure would be nice if there was not so much

to pick up, and a suggestion for other roadways. Come on, folks, this is your environment too.

RICHARD LOBBAN  
BRIDGEWATER

## Sustainable Bristol

BY LAUREN THERRIAULT

Hello from Sustainable Bristol! With social distancing well into the eighth week for many people even us introverts are looking to meet new people. Today, I will introduce you to, myself.

I am Lauren Therriault. I’ve been a Bristol resident for ten years. I became interested in recycling and sustainability at 15 years old when I got my first job

working at the Transfer Station, a.k.a. the Dump, in the town I grew up in. I earned the moniker “Dump Girl” and it was my responsibility to sort the recycling into bins and help the other attendant bale mixed paper, tin cans, number 1 and 2 plastics, soda cans and cardboard. Always a nosy person, this job offered me a glimpse into the lives of all the townspeople, what they ate, what magazines they read, what type of

beer they liked and how much of it they drank a week, and what kind of prescription medications they took.

Word to the wise: your Transfer Station Attendant knows a lot more about you than you may think. This job sparked my interest and desire to better the world. I did multiple projects in high school about recycling, shared ideas with my classmates and could be found picking

plastic bottles out of the garbage in the cafeteria to put in the recycling bin. With the nickname Dump Girl and a tendency to dig through the garbage it’s no wonder I was boy-friendless at the time.

Fast forward 14 years, I managed to find a boyfriend. Charlie is now my husband and we have two sons. While pregnant with our second

SEE BRISTOL PAGE A5



David B. Roth, 79

BRISTOL — David B. Roth, 79, died Sunday, April 26 after a brief battle with cancer.

David was born in New York City in 1940 and grew up in Acton, Mass. He spent time on Vinalhaven Island as a young adult, and it was there that he married and had two daughters, Katherine Roth of Thomaston, Maine and Sheila Silvestri of Thompson, Conn. He moved to New Hampshire in the late '60's. In 1978, he married Cilla Sheehan and they moved to the Newfound area where they have resided ever since.

He was the author of six young adult novels published by Hough-



David Roth

ton Mifflin in the '70's and '80's. He had many interests in which he was self taught such as computer programming and art, using various mediums. He had a successful career as an outsider artist in the 1990', showing and sell-

ing his work throughout the Northeast. He and his wife Cilla renovated five homes in the area over the years. He loved reading, tennis, hiking, snowshoeing, Newfound Lake and Cardigan Mt.

He was a gentleman, kind, loving and generous and he will be greatly missed.

Donations in his memory may be made to The Mayhew Program, PO Box 120, Bristol, NH 03222 which is a mentoring summer camp program for underserved NH boys.

Due to the pandemic there will be no public services. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Ethel Dell Schofield, 83

NEW HAMPTON — Ethel Dell Schofield, 83, died on April 21, 2020 at her home.

She was born in Plymouth on July 21, 1936, and was the daughter of Donald E. and Charlotte (Patterson) Kelley.

Ethel was a life-long resident of New Hampton. She attended the Plaisted one room School House in New Hampton, and was a graduate of Ashland High School in 1954.

She was married to Lucian Schofield, Sr. on Dec. 17, 1955, and shared 61 years of marriage with him.

She was a Member of Squam Lake Grange, Ashland United Methodist Church, Ashland Rebekah Lodge and was



Ethel Schofield

a 4-H Teacher.

She was predeceased by her husband, Lucian Sr., and her son, Donald Schofield.

She is survived by her daughter, Teresa Steele, and husband Dell Steele; son Lucian Schofield, Jr. and wife Kathy Schofield; son Maurice Scho-

field and wife Pamela Schofield; six grandchildren and 11 great grandchildren; one sister, Barbara Hazelton, and a few cousins.

She enjoyed the Farm Life, and had a wonderful green thumb with flowers and anything you could grow. Snowmobiling and watching her outside birds brought her happiness. Visiting with family, friends and grandchildren always made her and everyone that she was with smile!

Services will be held at a later date. Dupuis Funeral Home is handling the arrangements. For more information, go to: Dupuisfuneral-home.com.

Hubert Dryden Sycamore, 88

CONCORD — Hubert Dryden Sycamore passed away peacefully on Friday, April 3, 2020, at the age of 88, surrounded by loving family.

He was born Aug. 10, 1931, in Boston, Mass., and grew up the adopted son of Dr. and Mrs. Leslie K. Sycamore of Hanover, NH. Growing up in Hanover, he developed a profound love of music and appreciation of the great outdoors. In 1957, he married Nancy Phillips Mudge and was the proud father of four children: Deborah, Elizabeth, Jonathan and Kristen.

Hugh attended Kimball Union Academy (class of 1948), then joined the United States Navy where he was accepted to the US Naval Hospital Corps School at Portsmouth, Va. He served honorably as a Hospital Corpsman during the Korean War (1951-1955). Upon his return, he resumed studies at the University of New Hampshire where he met Nancy Phillips Mudge over a spirited volley on the tennis court. He gave her his Acacia Fraternity pin in the spring of 1956. They married September 15, 1957, in Hopkinton, NH, and spent their early years in the Vermont hospitality industry - Bonnie Oaks Resort and Lake Morey Inn - before moving to Ann Arbor, MI where Hugh earned a master's degree in Hospital Administration from the University of Michigan. In 1960, he joined the

New England Deaconess Hospital in Boston, overseeing operations and facility growth during his more than 27 years as Administrator. Hugh and Nancy raised their four children in a vintage 1800's farmhouse in Millis, Mass. - affectionately referred to as 'the funny farm.' Hugh retired from the Deaconess in 1988. He and Nancy moved to their family home in Hebron, where they enjoyed both Newfound and Winnisquam lakes, cross-country skiing, birding, creating music with their church choir and being vibrant members of the community. They enjoyed singing and traveling the world with the New Hampshire Friendship Chorus - celebrating voices and culture throughout Canada, New Zealand, Australia, Russia, South Africa, Eastern and central Europe. They also sang with the Pemigewasset (Pemi) Choral Society. Hugh was instrumental in establishing the Community Closet in Plymouth, serving on its Board for several years. He and Nancy also served on the Board of Pemi-Baker Home Health and Hospice. Hugh volunteered countless hours and was recognized for his significant contributions to the Circle Program of New Hampshire. He thoroughly enjoyed sitting on the porch of the Hebron Village Store, playing cribbage and catching up on the latest news. In 2014, Hugh and Nancy moved to

Heritage/Havenwood Heights in Concord. Though living with the lingering effects of a stroke, Hugh's commitment to his wife Nancy, his family and his community personified strength, courage, grace and resolve. His greatest joy was being the best 'air traffic controller' to his children, grandchildren and extended family of nieces, nephews, grandnieces and grandnephews. He will be greatly missed by his family, friends and all whose paths he crossed.

Hugh is survived by his beloved wife, Nancy Mudge Sycamore of Hebron/Heritage; his sister, Barbara Sutch of Painesville, Ohio; and his children and their spouses, Deborah Tatler Sycamore and Nancy Van Burgel of Denver, Colo., Elizabeth Patton Sycamore of Chicago, Ill., Jonathan Forbes Sycamore and Jocelyn Leary of Windham, and Kristen Avery Sycamore and Matthew Paddock of Seattle, Wash.

He was preceded in death by his brothers, David Sycamore and Richard Sycamore.

Hugh took considerable pride and joy in his five grandchildren, Miles, Holden, Madeleine (Maddie), Avery and Dryden.

A Celebration of Life will take place in Hebron. Memorial donations may be made to Newfound Audubon Center, Pemi-Baker Home Health & Hospice Care or The Circle Program of New Hampshire.

Cady

FROM PAGE A4

when this is all over? Is there anything you want to change? Learn? According to Dr. Sanders, "we grow the most when we are vulnerable. We learn the most when we are challenged." What ah-ha moments will you take away from this experience?

10. It's okay to ask for help. We are all in this together! Utilize your social media communities and relationship networks to help navigate these trying times. Professional guidance is also available; don't be afraid to reach out in times of distress.

The folloing quote has been attributed to author Jim Rohn, and was cited by Dr. Sanders; "happiness is not something you postpone for the future; it is something you design for the present." As the pandemic shapes a new normal, let's ensure children, families, and the community as a whole are encouraged and supported in living happy and healthy lives. If you were unable to join us for the event, the presentation can be accessed via the CADY Web site at [www.cadyinc.org](http://www.cadyinc.org). As always, if you or someone you know struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealth-care (934-8905) for help.

Bristol

FROM PAGE A4

son I was searching for cold remedies that were safe to take and came upon a "zero waste" concoction made of honey, lemon, ginger and apple cider vinegar. It tasted terrible but it worked and I started becoming more interested in the zero waste movement and making more sustainable choices for my family and the earth. Since then I have made many small changes around my home to try to minimize the impact our family has on the environment. I enjoy Eco friendly hobbies like permaculture gardening, sewing my own clothes, knitting, tending to our chickens and ducks and hiking. In 2019 I attempted to not buy any new clothes but instead make or thrift all of my clothing. I was primarily successful in this goal and learned a lot about clothing and fast fashion.


I was distraught when Bristol stopped taking recycling, so when asked to take part in a committee to increase the awareness of recycling and sustainability I jumped at the opportunity. By day, I work as a Speech and Language Pathologist, so I love educating people and sharing my passions. My hope is you will enjoy reading this column and it will spark ideas about small changes you can make to create a bright today

and a greener tomorrow.

Lauren's Green Tip

of the Week: Instead of using cooking spray to grease a pan for baking, save butter wrap-

pers and rub them on the bottom and sides of the pan.



# How to Submit Obituaries & Announcements To Salmon Press Publications

**Obituaries and Announcements** of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

**Obituaries** can be sent to:  
**[obituaries@salmonpress.com](mailto:obituaries@salmonpress.com)**

**Wedding, engagement, and anniversary announcements** are welcome at:  
**[weddings@salmonpress.com](mailto:weddings@salmonpress.com)**

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

*Please contact Executive Editor*  
**Brendan Berube at (603) 279-4516, ext. 111**  
*with any questions regarding the submission process.*



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# PSU announces Campus Compact for New Hampshire Awards



**Plymouth State University senior Molly Cassidy was recently honored with Campus Compact for New Hampshire's annual Presidents' Awards. Cassidy received the Presidents' Leadership Award, which recognizes students or student groups who have made outstanding contributions to civic engagement.**

PLYMOUTH — Molly Cassidy, Suzanne Gaulocher, Ph.D., and Project EXTRA of Laconia, NH, have been honored by Plymouth State University (PSU) with Campus Compact for New Hampshire's (CCNH) annual Presidents' Awards. The awardees were celebrated online earlier this month rather than with a traditional ceremony due to the COVID-19 pandemic.

CCNH is a statewide consortium of college and university presidents that is dedicated to advancing the civic purposes of higher education. PSU President Donald Birx and members of the PSU community nominated the individuals and groups for their commitment to serving the campus and Plymouth-area communities. "The recipients of

this year's Campus Compact Awards are committed to making Plymouth State University, our community, our region and our state stronger," said Birx. "We are extremely proud of each of them and truly appreciate their dedication and service." Molly Cassidy, a senior sociology major, was honored with the Presidents' Leadership Award, which



**Plymouth State University professor Suzanne Gaulocher, Ph.D., was recently honored with Campus Compact for New Hampshire's annual Presidents' Awards. Dr. Gaulocher was honored with the Good Steward Award, given to a faculty, administration or staff member who has contributed his or her professional expertise in service to the wider community and who has significantly advanced public service on their campus.**

recognizes students or student groups who have made outstanding contributions to civic engagement. Cassidy is a student leader who has been involved in many service and community initiatives and she was recognized as a Newman Civic Fellow through Campus Compact in 2019. She has had a significant impact on PSU and the broader community through a variety of initiatives, including the Angel Tree Project, the Give It Forward Program, blood drives, Project Linus and the Bridge House Community Dinners program, as well as two social action service trips.

Dr. Suzanne Gaulocher, Assistant Professor in Public Health and Associate Director of the Center for Healthy Communities, was honored with the Good Steward Award, given to a faculty, administration or staff member who has contributed his or her professional expertise in service to the wider community and who has significantly advanced public service on his or

her campus. In addition to her substantial academic contributions, Gaulocher has fostered partnerships with local non-profit community organizations, such as the Communities for Alcohol and Drug Free Youth (CADY) and the Pemi Youth Center. These collaborations help to engage students and better the PSU community by spearheading innovative solutions to public health issues. PSU recognized the Laconia School District's Project EXTRA program with the Community Partner Award, which is given to a non-profit organization that has enhanced the quality of life in the community and engaged in the development of sustained, reciprocal partnerships with a college or university. Project EXTRA has hosted numerous PSU students from the Youth Development and Education (YDE) Program over the years. The organization provides excellent supervisors who contribute between 10 to 360 hours annually of mentorship

and support. Project EXTRA staff regularly accept PSU students as observers for early field experiences and course projects, and work with practicum students who are completing 70- to 80-hour direct-service experiences. CCNH's programs and resources include training, advocacy, funding, legislative outreach and recognition for community-based work that both enhances student learning and provides needed public services. Annually, more than 23,000 student volunteers from CCNH's member campuses serve some 6 million hours in local communities through initiatives run or supported by their institutions, providing millions of dollars in services. "Each of this year's awardees exemplifies Plymouth State University's culture of service, and are leaders and role models for our community," Birx said.

## Science Center announces Virtually Wild school programs

HOLDERNESS — Squam Lakes Natural Science Center announces its new Virtually Wild School Programs to provide distance learning science education to schools. Virtually Wild School Programs bring a Science Center Naturalist and two live animal ambassadors to a teacher's virtual classroom.

With schools closed for the remainder of the school year and Science Center trails closed until further notice, what would typically be a busy time for field trips will be quiet. Science Center Naturalists have been busy developing the most effective ways to bring distance learning education programs to schools. Naturalists understand that keeping students engaged in science and nature while teaching online could be difficult so they have adapted popular programs to meet those needs.

Programs include Fur, Feathers, and Scales;

Have to Have a Habitat; Marvelous Mammals; Stories on the Wild Side;

and more. Virtually Wild School Programs connect securely with stu-

dents and teachers and engage with students for a 45-minute program.

Interaction between students and the Naturalist encourages the students to discover more about animals in New Hampshire. Post-visit activities are also included and programs correlate to Next Generation Science Standards.

Naturalists have also created Nature Journal Pages. The pages encourage students and children to get outside and start a nature journal. Journal pages include directions so parents can easily help younger children with the activities and older children can do them on their own. The only materials needed are the journal page and something to write with.

Teachers can learn more by visiting [www.nhnature.org/teachers](http://www.nhnature.org/teachers) or email [schools@nhnature.org](mailto:schools@nhnature.org).



**Naturalist Audrey Eisenhauer shows a Blanding's Turtle to Blue Heron School students.**



## Towns

### Alexandria

Merry Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

Happy last week of April! I know Spring has arrived with the peepers peeping, birds singing their songs, and chipmunks scurrying about, diving under leaves for treasures. Of course, with Spring comes the feeder raiders, the black bear. Haven't seen any here, but there have been many sightings. With that, please remember to take your feeders in at night, or take them in completely.

Town  
I was reading the Town Web site, and saw that there is a Board of Selectmen Meeting scheduled for Tuesday, May 5 at 6 p.m.

This meeting is open to the public and I encourage anyone to attend. This is one way for folks to know what's happening in Town or inquire about something relative to Town business.

Alexandria UMC  
Sunday, May 3, services will be via Zoom. This is the link to put in your browser to join us <https://zoom.us/j/413685370> Please note, that Zoom will be open at 8:30 a.m.

4th Sunday of Easter, will include Psalter Responsive Reading, Psalm 23, New Testament Reading, Acts 2:42-47 and Gospel Reading, John 10:1-10 The Children's Message will be The Good Shepherd's Voice. Pastor Faith's Message will be The True Shepherd.

Happy Birthday to Daniel Greene on May 5! Happy Anniversary to Carleen and Larry Stickney on May 8!

Hope you all have a wonderful week ahead! Be safe in your travels if you must, be sure to check on your elderly or infirm neighbors, keep a smile on your face and be kind in your words!

### Bristol

Al Blakeley  
adblakeley0@gmail.com

Although this stay-at-home deal is getting old, I know it is the best for everyone that we continue to do this as well as follow protocol with washing hands, using masks, keeping a social distance and looking out for our neighbors. We still need to do our part to secure the safety and well-being of everyone.

As a 'break' in routine, my wife and I traveled to York, Maine to celebrate our daughter's birthday last Saturday. It was a nice day, we followed protocols and did not visit one place in Maine except our daughter's home, mostly outdoors in the sunshine. I was amazed and shocked at the number of cars parked on Route 11 where the Mt. Major trailhead is in Alton! They must have been in a mile long line as well as in the parking

lot at the trailhead. Not much chance of social distancing there!

The TTCC is getting calls and emails from many folks asking how they can be of help. Currently they are assessing the impacts of the pandemic and how it is and may still affect the programs there. Problems may arise for the summer programs as far as the ability of some families to pay after signing up. Wanting to ensure that all the kids are able to enjoy their summer with camp, the TTCC is urging folks who wish to help out contribute to the TTCC Program Scholarship Fund to ensure the programs continue uninterrupted. In the event summer programs are cancelled, the funds will be used for future After School and program costs. Donations can be made by visiting the TTCC Web site at [www.ttc-crec.org](http://www.ttc-crec.org) or by mail at TTCC 30 North Main St., Bristol, NH 03222.

Other organizations seeking to fulfill the needs of the community are: Bristol Community Services - food donations for the food pantry, Hannaford gift cards, gas cards, and monetary donations are helpful. Call 744-2222 or donations can be mailed to BCS, 24 Pleasant St., Bristol, NH. 03222 and Newfound Area Nursing Association: [www.newfoundareanursing.org](http://www.newfoundareanursing.org)

There are over 50 volunteers helping fill the needs of those that are sheltering in place. This group is shopping for groceries which are delivered by TTCC staff to local homes. The Hannaford employees are putting themselves on the front line to make these things happen. The police are delivering prescriptions to homes when needed. The Bristol Laundromat is doing a pick-up and delivery service. Volunteers are working to help local businesses by purchasing gift cards and buying take out meals. These are just a few examples of folks working hard to keep Newfound Strong!

To find out what is happening at the Minot-Sleeper Library, please visit: [www.minotsleeperlibrary.org](http://www.minotsleeperlibrary.org).

The weather is definitely taking it's time making the turn and heading for spring! I have noticed the forsythia starting to bloom around town, the fiddleheads starting to poke through the soil, the mayflowers are blooming and robins are becoming plentiful around the fields among other signs of spring in New Hampshire. Here's hoping we can all get outdoors more and enjoy the sunshine, the warmer temperatures and each other's com-

pany at a social distance. All the best to you and yours.

### Groton

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

May 4 is coming fast. We are listening to what is coming from the Governor. Please pay attention to announcements on the Town Web site at [www.grotonnh.org](http://www.grotonnh.org) and get the latest updates. None of us knows at this point what will happen in the near future. The Governor has a task force that is looking into the opening up process and today he said they will have more news by the end of this week. Since some of the Massachusetts counties the worst hit are closest to New Hampshire, the southern part of the state will need to be the most cautious. New Hampshire businesses closest to Massachusetts will draw in shoppers from that State. Even in our area, there is a great draw, as people are getting restless. We encourage those who have properties here and are from Massachusetts and Southern New Hampshire to please be cautious when making contact with those who live in Groton year round. Another caution I have to folks who have been staying home throughout these weeks to be extra cautious as you come out of hiding to be extra vigilant about washing and distancing as your immune system may have atrophied during your time away from everyone else. I'm not a medical expert, but it should be common knowledge that we build up antibodies to all the regular flu and colds when we are around others. Any school teacher will testify to that.

On the lighter side, the weather has been fun... snow one day, sun the next. The plants are growing great in the greenhouse and I have daffodils showing up in the garden. My tulips and daffodils haven't bloomed yet, but that may have been a good thing as their little mouths would have had snow in them this morning. I have high hopes that we will have some warmer weather on the way. In the meantime, we can be happy for the "poor man's fertilizer" were getting.

The Groton Historical Society has announced that the Memorial Day Program they had planned has been cancelled and the School House Museum

will not be open this summer.

Due to COVID-19 and the "Stay at Home" order issued by the Governor; the Transfer Station will be limiting the days that they are open. At least through May 4, the hours of operation will be:

Wednesday from noon-6 p.m.

Saturday from 9 a.m.-5 p.m.

\*\*Closed all other days including Sunday\*\*

TRANSFER STATION PERMITS - Effective June 1, Transfer Station Permits will be required in order to use the Groton Transfer Station. These permits can be obtained through the Town Clerk and will be \$1 per permit. These are available from the Town Clerk. Just call or email and we'll get them out to you if the office continues to be closed past May 4. 744-8849 or [townclerk@grotonnh.org](mailto:townclerk@grotonnh.org).

The Road Agent has lifted the road bans for the Town Roads

## Churches

### 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](http://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

in Groton. There are some state roads that are still posted.

Scheduled Meetings and Closures for the Town of Groton:

Select Board Work Session - Tuesday, May 5 and 19, 5 p.m. at the Town House

Select Board Meeting - Tuesday, May 5 and 19, 7 p.m. at the Town House - limit 10 people.

Planning Board Meetings have been cancelled until further notice.

Conservation Commission will be meeting at the Town House May 14 at 7 p.m.

Select Board Office will be closed for the rest of the week. Both offices will be closed May 25 for the holiday.

### Hebron

Bob Brooks 744-3597  
[hebronnhnews@live.com](mailto:hebronnhnews@live.com)

Community Breakfast  
Due to the Covid-19

10 a.m. For more information about our Sunday School, please email: [faithformation@uccplymouth.org](mailto: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.uccplymouth.org](http://www.uccplymouth.org).

Virus, the May Community Breakfast scheduled for May 2nd has been cancelled.

2020 Dog Licenses are available

Per New Hampshire law, any dog over four months old is required to be licensed annually by April 30.

Dog License Fees:  
Unaltered Males or Females: \$9  
Neutered Males or Spayed Females: \$6.50  
Puppies (4-7 months old): \$6.50

If the owner is 65 years old or older, the cost to license the first dog is \$2; standard fees apply for additional dogs.

At this time it is requested that you license your dog by mail. Please send a current rabies certificate and the appropriate fee along with a self-addressed stamped envelope to the Town Clerk at PO Box 55, Hebron, NH 03241.

If you have any questions, please call Tracey at 744-7999.

### 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 SERVICES are currently being LIVE STREAMED via ZOOM

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

[www.starrkingfellowship.org](http://www.starrkingfellowship.org)  
536-8908



### HEBRON PLANNING BOARD Notice of Hearing

#### 2 APPLICATIONS FOR MINOR SITE PLAN REVIEW

**For Camp Pasquaney Map#5 Lot#3  
19 Pasquaney Lane**

You are hereby notified that the following **Applications for Minor Site Plan Review** will be heard at a Public Hearing to be held on Wednesday, May 6, 2020 at 7:00 PM. This meeting will be **conducted on-line or by phone**. Anyone wishing to be present please **e-mail your intent to the Planning Board Secretary at [taxcol@hebronnh.org](mailto:taxcol@hebronnh.org)**

Application for Minor Site Plan Review: Camp Pasquaney Tax Map 5 Lot 3 would like to construct a 30 ft. by 50 ft. woodworking/facilities stop. This building would be heated but no water or bathroom facilities.

Second Application for Minor Site Plan Review: Camp Pasquaney Tax Map#5 Lot#3 would like to put 16 ft. X 30 ft. addition to the existing cook's cabin. Cabin foundation failed so the cabin was raised and moved 20 yds. The extra room will be for additional staff for the summer.

### SUPERVISOR OF THE CHECKLIST **MEETING NOTICE** SATURDAY MAY 2, 2020

The Supervisor of the Hebron Checklist will be in session upstairs in the Town Office Building, 7 School St. on Saturday, May 2, 2020 from 11:00 a.m. to 11:30 a.m. This is an opportunity to register to vote and/or make any changes or corrections to the checklist prior to the Town Meeting.





# Healthy eating options for seniors

“Let food be thy medicine” is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods ones eat. The National Council for Aging Care says micronutrient deficiency is often a problem among the

aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older: Certain foods may be particularly helpful.

- **Brain-friendly foods:** Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help ward off dementias like Alzheimer’s disease, advises Sonas Home Health Care.

- **Anti-inflammatory foods:** Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

- **Fruits and vegetables:** Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins

that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.

- **Energy-boosters:** Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.

- **Bone-friendly foods:** Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.

- **Digestive system-friendly foods:** The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer: Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fiber foods



also may help naturally reduce blood cholesterol levels.

- **High-iron foods:** Without enough iron in the body, a person may feel tired and lethargic from a reduced produc-

tion of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging

Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron.

Smart food choices can help seniors live long and healthy lives.

## Amazing benefits to seniors having pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet. In Canada, 7.5 million households are home to companion animals, states the PetBacker blog.

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.

This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800

people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels.

Pets also provide emotional support and companionship that can help seniors — including those who may be divorced or widowed — feel more secure and happy. The National Poll on Healthy Aging found that, among respondents who had pets, 88 percent said their pets helped them enjoy life, and 86 percent said their pets made them feel loved.

Seniors considering getting a pet can explore the many benefits to doing so.

- **Reduce pain:** A 2012 study published in Pain Magazine found therapy dogs provided “significant reduction in pain and emotional distress for chronic pain patients.”

- **Feeling of purpose:** Caring for an animal not only stimulates physical activity, but it also can give seniors a reason to get up and go, which equates to a feeling of

purpose.

- **Altered focus:** Having a pet can help seniors focus on something other than physical or mental health issues and preoccupations about loss or aging, according to New York-based psychologist Penny B. Donnenfeld.

- **Increased physical activity:** Pets require care, and that interaction can get seniors moving more than if they didn’t have a pet.

- **Improved health:** Ongoing research from Harvard Medical School has found dog owners have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don’t own a dog.

- **Stick to routine:** Caring for pets helps seniors maintain a routine. Having structure after retirement can be important to ward off risk of depression. Staying on top of feeding, grooming and other pet needs also can help prevent cognitive decline.

Pets bring many benefits to their owners’ lives, and they may be the perfect remedy for seniors looking for a friend and purpose.

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

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Dr. Laura Robertson  
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NLRA

FROM PAGE A1  
Rocks Conservation Area into a Newfound destination. Visitors can enjoy a walk around three hiking trails, a sunny picnic in the picnic area, and access for kayaks and other non motorized boats to the amazing scenery and wildlife along northern

Newfound Lake. Goose Pond and Sugarloaf Conservation Area, 614 W Shore Rd., Bristol  
In 2014, the NLRA partnered with the Lake Region Conservation Trust to conserve this secluded area. By parking at the Elwell trailhead, visitors can access a short uphill climb with

rewarding, expansive views of Newfound Lake from the top of Little Sugarloaf. This hike can then be extended up Big Sugarloaf or around Goose Pond, each trail offering unique beauty of its own. Together with the Lakes Region Conservation Trust, Newfound Lake Region Association continues to

ensure the protection of this beautiful area. For an extensive list of local outdoor destinations, including directions and trail maps, visit [www.newfoundlake.org/hiking](http://www.newfoundlake.org/hiking). Remember to follow recommended social distancing practices, even outside, and to leave the trails as pristine as you find them.

The recipient of The Nature Conservancy's 2018 Conservation Partner Award, NLRA continues to work with landowners, local governments, and organizations to conserve the open spaces of Newfound as part of their mission to protect Newfound Lake and its watershed. Through edu-

cation, programs, and collaboration NLRA promotes conservation and preservation of the region's natural, social, and economic resources. Learn how you can support local conservation at [www.newfoundlake.org](http://www.newfoundlake.org)

Fire

FROM PAGE A1  
when the winds picked up and the fire just exploded," Drake said. Winona Road was closed into the late afternoon hours as dozens of fire fighters, along with brush crews and state forestry personnel, fought the blaze. Besides the wind, which Drake said was carrying off large embers and igniting small fires both behind the residence and across the road, another the challenge was water sourcing. With enough tankers on hand, they were able to relay water to fight the flames though.

"Mutual Aid, I can't say enough about how much we appreciate them and how glad we are to be part of it when something like this happens in our town," the chief said.

Coming to New Hampton's aid that day were crews from Ashland, Bridgewater, Bristol, Campton-Thornton, Center Harbor, Holderness, Laconia, Meredith, Plymouth, Rumney and Sanbornton. Hebron, Hill and Woodstock departments helped cover the area in the meantime while police assisted with traffic and the road closure.

Around 4 p.m., some departments were able

to go back into service but New Hampton's crew remained on the scene until nearly 8 p.m., putting out hot spots that continued to flare up now and then. Drake said an excavator from Ready Power and Construction Equipment in Meredith was brought in late in the day to help sift through the burnt wood and hose down any trouble areas. Despite that extra effort, New Hampton was called back at around 4 a.m. when a hot spot cropped up once again. They then returned to the scene at 8:30 a.m. to use the excavator once last time to reach any smoldering areas that remained. The chief said that besides the barn, the home was also destroyed but he was happy to report that at least no one was injured during the incident.

Charlie Piper and his "91-year-young" mother Leona were the residents of the farm and while some may think it was bad luck to lose their home, Charlie considers himself lucky.

"I've got my health, my mom is healthy, and I got her out of there in time. All the rest of this is nothing to me. I still have what matters," he said Friday afternoon as he poked around to see what he could salvage.

Piper said he had been out back working on some projects that morning and was making his way back to the

barn at noon to get feed for his flock of guinea hens when he spotted the fire. He called 911 then raced to get his mother out of the house.

"She had her slippers on and wanted to get her shoes but I said no and got her out the door. I put her in the truck and drove it down the road then came back to try and put the fire out while I waited for the fire department," Piper said.

They soon arrived and from then on he could only watch the 1800's farm burn.

Regardless of what was lost, the next day he was full of praise for the fire departments that managed to save his garage/workshop, a camping trailer and the out-buildings that housed his 120 guinea hen keets and his six pigs.

"They even saved this hot tub here right behind the house," he pointed out.

The previous day had been a long one for Piper though. He first managed to find his mom shelter with older friends who do not go out of their home much right now, lessening her exposure to COVID-19, then arranged to sleep at a neighboring house he takes care of for owners who don't live in the area. Much of the night however was spent keeping an eye on the remains of the farm, using a hose or fire extinguisher to knock down any

areas that rekindled. It was the 4 a.m. hot spot that got too big for him to handle though, forcing him to call 911 once again.

Despite a nearly sleepless night, he was pleased on Friday to find two of his mom's purses in the house and see that his pigs and all but three guinea hens survived the heat and flaming embers. Their food was lost in the fire but he soon received some much-appreciated help from the town that morning.

"The town administrator asked what I needed then brought over some bags of grain. I don't have any scraps for them now though, so if anyone has some they can drop off that would be great," he said.

Those, along with caring neighbors and friends who dropped by to ask what they could do to help, were all good things in his life that day.

The biggest challenge, Piper said, was that there was no insurance on the home or barn. He and his mother are people of great faith though and he felt confident that he will somehow get the house fixed up so they can continue to live on the property his parents bought in 1969.

"God has always given me everything I need, but not always what I want. I certainly didn't want this, but He has a plan I guess. We'll see where it takes us," Piper said.

Signs

FROM PAGE A1  
na Shackley of Newfound Impressions lent her materials and printing talents to the project.

Fraser said the scenic signs are being sold for \$50 each with half the proceeds donated to places such as Newfound Area Nurses Association and Bristol Community Services. The other half helps support Shackley by paying for her time and the materials to create them.

"Dawna said this has really helped her right now when small businesses like hers are struggling," said Fraser.

And that was part of their three-part plan for the project, said Fraser. Not only is it helping keep Shackley's business in operation, it benefits many residents through the food pantry and the services of visiting health care professionals. She also hopes that through proper channels they can contribute some of the future proceeds to others in the coming weeks.

"Most of all, the signs can make people feel better about our wonderful community," she said.

Shackley liked the idea so much that she, too, created another line of yard signs reading "We support Our Community" with a graphic of quaint houses adorning the top and a secondary slogan that says, "Small Town- Big Family. We're all in this together."

Her signs are available for \$25 each with those proceeds supporting the area's First Responders.

Since they came out last week the "Stronger Together" signs alone have raised more than \$1,500 for local agencies. The signs have been spotted in every community around the lake and even a few beyond. Fraser said they even received a note from a seasonal resident who wrote that while she wasn't here to put up a sign at her summer home, she wanted to contribute \$100 to their initiative.

"Bristol may be where the majority of the services are, but we are all the Newfound Community," said Fraser.

To purchase a sign, people are asked to contact Newfound Impressions and request either "Stronger Together" or "We Support Our Community" signs for their own yard or business. Telephone orders may be placed by calling 217-0050 or they can be sent by email to [info@newfoundimpressions.com](mailto:info@newfoundimpressions.com).



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# Local Food Drive Initiative Continues



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Please check with your local food pantry for a list of ways you can donate and to help a family in need.





# TOGETHER STRONG.

*Together Strong, we will weather this storm.*

## How to handle the mental challenges of social distancing

The concept of “social distancing” was no doubt a mystery to millions of people prior to 2020. But in the wake of the outbreak of

COVID-19, a novel coronavirus that was first discovered in China in late 2019 but soon spread across the globe, social distancing became a

household term.

Social distancing refers to actions deliberately designed to increase the physical space between people to avoid spreading illness. The American Psychological Association notes that social distancing typically requires that people stay at least six feet apart from each other while also avoiding gathering spaces such as schools, churches, concert halls, and public transportation. In an effort to prevent community spread, many state and provincial governments mandated the closure of all businesses deemed “nonessential,” forcing many working professionals to work from home full-time and temporarily putting millions of additional workers out of work.

Social distancing measures are designed to serve the greater good, and these efforts can be effective at stopping the spread of harmful viruses like COVID-19. But social distancing also can produce unwanted side effects. The APA notes that research has shown that people who are social distancing may be

vulnerable to fear and anxiety; depression and boredom; anger, frustration or irritability; and stigmatization. However, the APA also notes that research has uncovered successful ways to cope with social distancing.

- Make time for fun activities. Psychologists recommend balancing time spent on news and social media with other activities unrelated to social distancing or quarantine. Make a conscious effort each day to read a book, listen to music or even learn a new language.

- Get news from reliable sources. Inaccurate information about COVID-19 can spread fear, making it even more difficult for people

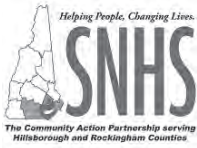
to cope with social distancing. The APA recommends people get their information from news outlets that rely on trusted organizations like the Centers for Disease Control and Prevention and the World Health Organization.

- Maintain virtual connections with others. Face-to-face interactions may not be possible, but the APA notes the value of phone calls, text messages, video chat, and social media. These channels of communication provide an opportunity to stay connected with loved ones and express emotions.

- Maintain a healthy lifestyle. The APA advises everyone to get enough sleep, eat well

and exercise while social distancing. Do not cope with the issues that result from social distancing by using alcohol or drugs, which may only exacerbate feelings of anxiety and depression. People also can consider their telehealth options so they can access psychotherapists to help them through.

Social distancing has proven challenging for millions of people across the globe. As difficult as social distancing can be, there are ways for people to cope and stay in touch with their loved ones. More information about social distancing is available at [www.apa.org](http://www.apa.org).



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**COUNCILOR RAY BURTON COMMONS**, 10 Washington Drive, N. Woodstock, NH 03262


HUD guidelines for Grafton County:  
One Person - Gross Annual Income Limit - \$31,050.  
Two Person - Gross Annual Income Limit - \$35,450.

**ICE POND VILLAGE**, 13 Ice Pond Road, Lancaster, NH 03584  
**ECHO VALLEY VILLAGE**, 20 Back Lake Road, Pittsburg, NH 03592


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# TOGETHER STRONG.

*Together Strong, we will weather this storm.*

## How to use protective masks and gloves the right way

Personal protective equipment is well-known and utilized often within the health care community and various other industries. It only is in recent months that personal protective equipment, or PPE, became something the general population learned more about as the COVID-19 outbreak took hold in the western hemisphere.

According to the Occupational Safety and Health Administration, PPE is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses. PPE can include gloves, safety glasses, masks, earplugs, hard hats, respirators, or coveralls. In the medical community, PPE generally extends to gowns/aprons, respirators, face shields, and more.

Even though the Centers for Disease Control and Prevention were only advocating for the use of masks primarily for COVID-19 patients and the health care workers tending to them, many people began to use gloves and masks

of their own accord to safeguard themselves against contraction of the virus. Gloves and masks are only effective if they are used in the proper manner. The following are some guidelines for proper PPE use.

### Gloves

The CDC says that gloves should fit the users' hands comfortably. Gloves can only prevent the spread of pathogens if hand hygiene is performed before and after wear, states the Association for Professionals in Infection Control and Epidemiology.

To remove gloves properly, pinch the outside of one glove at the wrist without touching bare skin. Peel the glove away from the body, pulling it inside out. Hold the glove just removed in the other gloved hand and dispose of it. For the remaining glove, slide your fingers inside the glove at the top of the wrist, being careful not to touch the outside of the glove. Again, turn the second glove inside out while pulling it away from the body. Dispose of the glove

properly.

### Masks

Masks, sometimes referred to as respirators, also need to fit to be effective. Masks should be tight-fitting to the face. Clean hands and put on the mask, molding the mask over the bridge of the nose and sealing it around the face. One strap should be high on the head, the other low around the base of the neck.

To remove the mask, tilt your head forward and pull the bottom strap over the back of the head, followed by the top strap without touching the front of the mask, says APIC. Keep straps tight during the removal process. Don't snap the straps or touch the front of the mask, as this can spread germs. (Directions provided are for N95 respirators. Other mask designs should be removed according to manufacturer recommendations).

PPE has become a household term. Proper usage is necessary to stay safe if and when masks and gloves are utilized.



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### COVID-19 Business Hours and Practices

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*Roper Real Estate has started a GoFundMe page to help area employees who have been laid off as a result of the Covid19 crisis. If you need assistance during this time, please reach out to the Campton/Thornton Resource Center. If you can help with a donation, please go to this link.*

<https://www.gofundme.com/f/campton-thornton-area-food-pantry>

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Thursday:  
VINYASA 9am  
CHAKRA FLOW 5:30pm  
Friday:  
FLOW 5:30pm  
Saturday:  
IMMUNITY BOOST FLOW 8:30am

*Together Strong*



# Science Center delays opening for 2020 trail season

HOLDERNESS — Squam Lakes Natural Science Center in Holderness announced it will delay the start of its 2020 public trail season. Its usual opening is May 1. An opening date is not known yet, until state leaders offer further guidance about coronavirus restrictions.

When the Science Center does open, there will be new measures ready, which are designed to keep visitors, animals, and staff safe. These include offering pre-purchase of timed admission tickets online, making trails one-way to aid in physical distancing, limiting capacity, adding hand sanitizer dispensers on the exhibit trail, intensifying cleaning, having staff wear

facemasks, and keeping some buildings closed temporarily. The Science Center staff and board are working hard to put safe and effective practices for public visitors and staff to ensure everyone has a good visit but also remains safe.

The animals are healthy and doing well. They are receiving dedicated, professional care and feeding every day. In the meantime, the Science Center continues to post a variety of resources to social media and its Web site ([nhnature.org/resources](http://nhnature.org/resources)), with many ways for the public to get Nearer to Nature. Virtually Wild School Programs were recently announced as a way for schools to access educational programs for



A volunteer docent shows an animal pelt to visitors.

COURTESY

students. ([nhnature.org/teachers](http://nhnature.org/teachers))

With the start of the trail season being delayed, other events have been postponed or cancelled, including New Hampshire Day and Kirkwood Gardens Day. New Hampshire Day will tentatively move to a fall date yet to be determined. Kirkwood Gardens Day is cancelled but

plants will be available for sale beginning May 30 at the garden.

All attractions and public places of recreation in the state are preparing for how to manage re-opening while keeping everyone safe. The Science Center will release more information as it becomes available and is looking forward to welcoming the



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# Improve storage at home

Homes are getting bigger, but it seems like people are still lamenting a lack of storage space. National Public Radio says the average American home has nearly tripled in size during the last 50 years. Despite that, 10 percent of Americans still need to rent off-site storage, according to a report in the New York Times Magazine. Self-storage facilities are one of the fastest-growing commercial real estate segments, and the Self Storage Association says there are more than 50,000 storage facilities in the U.S. alone. The commercial real estate company CBRE, Ltd., says there are roughly 3,000 self-storage facilities across Canada, and 65 to 85 percent of self-storage tenants are residential users.

Improving storage at home can be a cost-effective alternative to renting

storage space. With these easy tips, homeowners can maximize space immediately.

Utilize track storage systems

Closets may be plentiful, but if not efficiently utilized, space may still seem lacking. Track closet storage systems often make greater use of closet space than traditional shelf and hanging rod systems. Customizing closets using track systems or other modifications can improve utility of all closets in the house.

Invest in storage beds

Storage beds typically feature cubbies or drawers within a platform-style bed frame. It's a practical home storage solution, and does not require any building.

Think vertically

Maximize spaces by looking up and down

for storage possibilities. Items that are not used frequently, such as seasonal decorations or travel suitcases, can be stored in high spaces. Shelving on walls can go as high as necessary and be put to use in awkward wall areas, such as in corners or under eaves.

Invest in storage benches/ottomans

A stopping area inside the front door replete with a storage bench can house shoes, umbrellas, hats, backpacks, and other items, keeping them tidy and out of sight. In living rooms, look for chests or ottomans that are decorative and functional. Store throw blankets or board games inside.

Recess drawers or shelves

Gain more storage by recessing a chest of drawers into what is called the "knee wall" of homes that have sloped ceilings in attics and upstairs bedrooms. Utilize these short walls in an efficient manner by sinking drawers or shelves into them, without taking up floor space.

Rafter shelving

While in the attic (or a garage), add hanging shelves to rafters or exposed beams to create off-the-floor storage as well. These are just a few of the handy ways to improve the interior storage space in a home.

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## 5 outdoor projects that add value

Exterior renovations can enhance the appearance of a property and make it more enjoyable for homeowners. Certain renovations have the potential to add value to a home, while others may do the opposite. Learning which one have the largest return on investment can help homeowners select features that will have the most positive impact.

Curb appeal goes a long way toward attracting potential buyers. Ac-

ording to the National Association of Realtors, first impressions of a property have a strong influence on buyers. Landscaping and external features can do much to influence such impressions. .

- **Lawn care program:** Investing in a lawn care program that consists of fertilizer and weed control application and can be transferred over to a subsequent home owner is an attractive feature. NAR says such a care program can recover \$1,000 in value of the \$330 average cost, or a 303 percent ROI.
- **Low-maintenance lifestyle:** When choosing materials for projects, those that offer low-maintenance benefits can be preferential. These include low-maintenance patio materials, composite decking, vinyl fencing, and inorganic mulched beds.

- **Fire pit:** A fire pit can be used for much of the year. In the spring and summer, the firepit is a great place to congregate to roast marshmallows or sip wine and gaze into the fire. In the fall, the fire pit can make for a cozy retreat. A fire pit that has a gas burner is low-maintenance, and the National Association of Landscape Professionals says that most can recoup about \$4,000 of their \$6,000 average price tag.
- **Softscaping:** Hardscaping refers to structures like outdoor kitchens or decks. Softscaping involves the living elements of the landscape. Hiring a landscape de-


signer to install trees, shrubs, natural edging, and rock elements can do wonders toward improving the look and value of a home.

- **Pool or water feature:** In certain markets, particularly hot climates, a pool or another water feature is a must-have. However, in other areas where outdoor time is limited, a pool or water feature can actually lower the value of a home. Speaking with a real estate professional can give homeowners an idea of how a pool will fare in a given neighborhood.

Outdoor improvements can improve the marketability of a home, as well as enhance its appearance and function.

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# 3 perennial gardening pointers



Gardening is an engaging hobby that can provide a host of benefits, some of which may surprise even the most devoted gardeners. For example, the Harvard Medical School notes that just 30 minutes of gardening activities burns 135 calories, making gardening a fun and simple way to incorporate more exercise into your daily routine. In addition, scientists have long proven that gardening releases the hormones serotonin and dopamine in the brain, each of which are associated with improved mood.

Perennial gardens can be especially attractive to seasoned gardeners and novices. Perennials are plants that come back year after year, and committing to a perennial garden can ensure people stick with gardening for the long haul, reaping all of the rewards that come with making such a commitment.

Before planting a perennial garden, those new to gardening may want to consider these three tips.

1. Make a plan.  
A perennial garden comes back year after year, which means any mistakes you make when planting are likely to haunt you year after year as well. Factors like space and location must be considered before planting. Many gardeners utilize garden planning applications like GrowVeg to make the process of planning a garden simpler and more organized. Such applications can be especially useful for novices.
2. Consider aesthetics.  
Gardens can be awe-inspiring, especially when gardeners consider aesthetics prior to planting. The

DIY Network advises gardeners to consider scale before choosing which perennials to plant. Tall plants and wide beds tend to look best outside large homes, while short plants in small beds tend to look better outside small homes.

3. Work with a professional.  
Local garden centers can be excellent resources when planning perennial gardens. Representatives at such businesses can offer tips on native plants, which will be more likely to thrive year after year than non-natives. Such representatives also can help you choose the right plants based on the amount of sunlight the plants will likely get after being planted. Each of these factors can be easily overlooked by people without much gardening experience.  
Perennial gardens can provide years of joy and inspiration, especially when gardeners give ample attention to certain details prior to planting.

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### News, really close to home



DONNA RHODES

### Waiting to open

Local artist Lexi Colpack was excited when friends hung the sign for her new shop, “Good Vibes Only 603,” just off Central Square in Bristol last weekend. Colpack said she looks forward to officially opening the town’s newest art destination just as soon as the governor gives the “all clear” for retail stores to re-open.

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