

Newfound Landing

THURSDAY, MAY 28, 2020

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COMPLIMENTARY

Local businesses hope to bounce back post-lockdown



DONNA RHODES

Tiffany Reynolds of Tiffany's Hair Lair on S. Main Street in Bristol is excited to have her salon up and running once again, even if such services are limited to "by appointment only" regulations for now.

BY DONNA RHODES
drhodes@salmonpres.news

BRISTOL – Businesses in downtown Bristol were pleased to hear Gov. Chris Sununu give them the green light to re-open their stores and salons two weeks ago, just in time to shake out the cobwebs from a two-month shutdown order due to the COVID-19 virus and prepare for what they hoped would be a busy Memorial Day weekend.

Salons were the first to re-open and Tiffany Reynolds of Tiffany's

Hair Lair was among the town's many salons that eagerly began welcoming customers back to their establishments. Reynolds said it didn't come without specified guidelines however.

"We're limited to one person at a time in the salon and we have to all have masks on," Reynolds said.

That has caused some minor complications for customers with small children or adults with special needs, but they've all managed to work through those issues.

Another initial stipulation, being modified as of June 1, was that stylists and estheticians could not do manicures, pedicures, perms or do hair coloring during the first phase of the re-opening process.

"It's been tough. We make most of our mon-



Jim and Brad Tonner are pleased to welcome people back into Twin Designs Gift Shop, and said they enjoyed a good Memorial Day Weekend at their store. The brothers are taking safety measures however by wearing face masks decorated with turtles, and even found a special mask to fit their Diane the Turtle wood sculpture.

ey with perms and color but something was better than nothing," said Reynolds. "I'm just happy to see my customers again!"

Down the street at Twin Designs Gift Shop, Brad and Jim Tonner said they were also excited to open their doors

once again. While the virus kept many people from travelling to Newfound Lake this year, they still felt they had a good Memorial Day weekend.

"It was wonderful to see people from all over and they've been so supportive of us," said Jim

Tonner. "Even local people recognize that small businesses are important and they're all coming back to the shop."

His brother Brad said that in light of the pandemic they had no problem shutting down their store to keep themselves

SEE **BUSINESS**, PAGE A15

Voting opens in NHEC board election

PLYMOUTH — Voting is underway in the New Hampshire Electric Cooperative (NHEC) annual election. As a member-owned, democratic electric cooperative, NHEC members vote each year on the organization's Board of Directors and proposed by-law changes. This year NHEC members will vote to fill three seats on NHEC's Board of Directors.

NHEC members have until Tuesday, June 16 to return their completed paper ballot or cast their electronic ballot

via a secure, online portal. Election results will be announced at the 81st Annual Meeting of Members, to be held at 10 a.m. on Monday, June 22. Due to ongoing restrictions on public gatherings, the annual meeting will be conducted online, with no physical location. To register to attend the online meeting, please visit www.nhec.com/2020-annual-meeting. All NHEC members are welcome to attend and will be able to interact with presenters.

Five candidates are seeking election this

year to three seats on NHEC's 11-member Board of Directors. Four candidates were selected by the NHEC Nominating Committee, which reviews the qualifications of each candidate and recommends those it feels would best contribute to the successful operation of NHEC. A fifth candidate was nominated by petition, which according to NHEC By-laws, must be signed by at least 100 current NHEC members.

This year's candidates selected by the Nominating Committee include

Leo Dwyer of Sandwich, Madeline McElaney of Plymouth, Mark Portu of Lincoln, and Harry Viens of Center Harbor. William Darcy of Benton was nominated by petition. NHEC members are receiving written statements from the candidates in support of their candidacies along with a ballot.

This year's ballot also includes a proposed change to NHEC's Certificate of Organization, which states the purposes for which NHEC was formed. The proposed

SEE **VOTING**, PAGE A15

LRPC's TAC Committee to meet virtually

REGION — The Lakes Region Planning Commission's Transportation Technical Advisory Committee (TAC) will meet Wednesday, June 3, from 2 to 4 p.m.

The TAC will discuss several transportation issues, including updating LRPC's Regional Transportation Plan, last published in 2015, as well as the process by which future highway improvement projects can be proposed for consideration in New Hampshire's Ten Year Transportation Plan for 2023- 2032.

As a result of the Coronavirus/COVID-19 public health crisis and pursuant to Emergency Order #12 issued by Gov. Sununu on March 23 regarding the state of emergency currently extended until June 4 pursuant to the Governor's Executive Order 2020-09, the Lakes Region Planning Commission has determined that this meeting of its Transportation Advisory Committee will not be held at a physical location, but will be conducted via Zoom webinar.

There are two ways for the public to access the meeting: Online at this link: <https://us02web.zoom.us/j/88173028582> or by telephone: Dial 1-929-205-6099 (New York) and enter webinar ID 881 7302 8582 or use iPhone one tap +19292056099,,88173028582#. These instructions are also provided on the LRPC website at www.lakesrpc.org.

Anyone who has trouble accessing the meeting can call 279-5334 or e-mail admin@lakesrpc.org for assistance.

The LRPC TAC encourages all members of the public who are interested in any aspect of transportation to provide input during the meeting. For additional information about this meeting, please contact the LRPC at 279-5337



DONNA RHODES

Father and son fishing trip

Kicking off some safely distanced outdoor fun over Memorial Day weekend, veteran Al Brownell watched as his son David showed him some of his fly fishing techniques in the Newfound River.

Hobo & Winnepesaukee Railroad prepares to open for 2020 season

LINCOLN — The Hobo and Winnepesaukee Scenic Railroad is advising the public that the 54 miles of rail between Tilton and Lincoln should now be considered active for the 2020 season. Various train operations will be taking place from now through December, including maintenance, excursion trains, special tourist trains and equipment moves.

Although passenger trains are not yet operating due to COVID-19, replacement of nearly 12,000 cross ties has begun and will continue throughout the summer months. As such, those traveling in the area need to exercise additional caution when approaching all grade crossings between Tilton & Lincoln. This joint track maintenance initiative is being coordinated by the New Hampshire Department of Transportation,

while NBM Rail Services of Saint John, New Brunswick, Canada is performing the tie replacement work.

The Railroad would like to also take this opportunity remind everyone that caution should be exercised at all times while around moving trains and to always expect a train. Other safety considerations to keep in mind include grade crossing signals which should always be obeyed. Drivers should always stop when they hear whistle signals at grade crossings and should never try to beat a train at a crossing, or park on or near a railroad crossing.

To further promote the message of railroad safety, the Hobo and Winnepesaukee Scenic Railroad continues to work closely with Operation Lifesaver, a nationally recognized non-profit organization that works

diligently to improve railroad safety through engineering, education and enforcement.

“People need to be keenly aware of the potential danger around moving rail equipment, even when rail cars and locomotives are moving at slow speeds,” stated Benjamin Clark, President of the Railroad, “Safety is always our first priority.”

Both the Hobo Railroad in Lincoln and the Winnepesaukee Scenic Railroad in Meredith and Weirs Beach offer a variety scenic excursions and special events for the general public as well as school groups and bus tours - typically from mid-May through late October. However, due to ongoing concerns regarding the COVID-19 Virus as well as restrictions imposed by local and state officials, daily operations for train rides have been delayed.

The Hobo Railroad is located in Lincoln, just off Exit 32 on I-93, left on Route 112, directly across from McDonalds. The Winnepesaukee Scenic Railroad is located at 154 Main Street in Meredith, NH with a satellite station located



COURTESY

The Winnepesaukee Scenic Railroad offers one and two hour train rides along the western shore of Lake Winnepesaukee and Paugus Bay from late May through October. The Railroad’s main station is located at 154 Main Str. in Meredith, while a satellite Ticket Booth is located on the Boardwalk at Weirs Beach. For information including 2020 departure schedules and tickets, visit www.HoboRR.com.

on the Boardwalk at 211 Lakeside Ave. in Weirs Beach. For information regarding 2020 opening dates, daily operations and special events, visit www.HoboRR.com, or follow the Hobo & Winnepesaukee Scenic Railroad on Facebook.

About the Hobo & Winnepesaukee Scenic Railroads

The Hobo & Winnepesaukee Scenic Railroads

are privately owned with operations in Lincoln, Meredith, and Weirs Beach, NH. As one of the Northeastern United States largest and most popular tourist railroads, weekend operations begin in late-May with daily operations getting underway in late-June and running through the end of October with additional events taking place in Lincoln, NH weekends

from Thanksgiving until just before Christmas. Popular annual events include the 4th of July Family Party Train, the Nature by Rail series, Hobo Harvest Time Express, Fall Foliage Excursions, Turkey Dinner Trains and the Santa Express Trains. For additional information, visit www.HoboRR.com or call 745-2135.

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

Stacy Buckley- Superintendent
Newfound Area School District
20 North Main St.
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Questions should be directed to Alex Sobolov, Athletic Director at asobolov@sau4.org or 744-6006 x1507.



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MEREDITH — Meredith author Daniel Heyduk, known for his books “Meredith Chronicles” and “Stories in the History of New Hampshire’s Lakes Region,” has just finished a new book about the history of the Pemigewasset Valley, from Franklin to Bethlehem and including Franconia Notch. “The Pemigewasset Valley: A History” is the first book to cover the entire valley, with its farms, industries, log drives, covered bridges, railroads, hotels, storms, floods, and

much more.

The Pemigewasset River Valley held many threads of New Hampshire’s history. Native Americans traveled its corridors for thousands of years, followed by hostile raiders of the Indian Wars, and by surveyors and settlers. Farms stretched from its stream banks to its high slopes, and dams harnessed its power. Loggers, tourists and conservationists fought over its resources, while artists captured its beauty. Born on the slopes of the White Mountains, and fed by many streams, the Pemigewasset River was - and at times still is, a destructive demon for those living in its valley.

As a local historian, Heyduk wrote the “Passing Time” history column in the Meredith News, and has worked with historical societies, libraries and museums to gather material for his latest book. He has included much history written by the valley’s own people, and many historic photographs. The book has been released on Amazon.com, and should soon be in local bookstores.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	N/A	N/A	\$20,000	Lee E. Vormelker	Daniel R. Livingston
Ashland	30 Washington St.	Single-Family Residence	\$182,000	Danee D. Morrison	Joshua W. and Madison R. Davis
Campton	296 Eastern Corner Rd.	Single-Family Residence	\$347,000	William W. and Mary E. Lambert	Brittany S. and Kyle R. Wargo
Campton	N/A	N/A	\$87,533	James J. McCaughey and S. Sullivan-McCaughey	Scott and Kathy J. Gray
Dorchester	154 Hearse House Rd.	Single-Family Residence	\$265,000	James L. and Sandra A. Romero	Clayton P. and Debra Norwood
Hebron	George Road	N/A	\$150,000	Gfy RT and Paul E. Sughrue	Eric R. Keugler Fiscal Trust
Holderness	Carr Road	N/A	\$250,000	Brittany S. and Kyle R. Wargo	Wayne Shelley
New Hampton	325 Winona Rd.	Single-Family Residence	\$92,533	Joey R. Shaw 2016 Trust and Carol Moulton	Lloyd and Mary Covill
New Hampton	N/A	N/A	\$80,000	Hayward and Sandra K. Price	John M. and Allia C. Connors
Plymouth	7 Adams Rd.	Single-Family Residence	\$235,000	Leanne Moses	Deana R. and Nathan C. Crucitti
Plymouth	34 Caddrin Lane	N/A	\$274,933	Tammy L. and Jason S. Murray	William & M. Lambert RET
Plymouth	20 Pleasant St.	Single-Family Residence	\$215,000	New Model Real Estate LLC	Dylan R. and Emily Dupont
Rumney	208 Cross Rd.	Single-Family Residence	\$185,000	Angela K. Raymond	Garrett Bartlett
Thornton	Daniel Webster Highway	N/A	\$85,000	Katherine P. Jones	Thomas C. and Stephany A. Smith
Thornton	7 Fraser Rd.	Single-Family Residence	\$309,000	Mark E. and Margaret M. Sullivan	Ronald J. Dalphonse and Danee D. Morrison
Thornton	19 Sherburn Dr.	Single-Family Residence	\$166,000	Brianna D. Frost and Nichola S. Nelson	Matthew P. Yao
Waterville Valley	24 Forest Rim Way, Unit 3	Condominium	\$218,000	Purtell Fiscal Trust and Lauren Purtell	Kevin P. and Chengxia O'Shea
Waterville Valley	19 Mountain Brook Way, Unit 23	Condominium	\$187,933	Micahel and Katherine Brennan	Gregory and Tammy Gagnon

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

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

North Country Notebook

Perhaps a bridge too far for a long-ago Indian raid



By JOHN HARRIGAN
COLUMNIST

A recent column harked back to the days not long ago when farmers, hunters, or just anyone out and about the countryside routinely took shots at everything and anything they encountered, particularly predators. I quoted a long-ago neighbor who spoke of shooting at hawks soaring on high as just a handy test of his eyesight.

It's worth remembering that we were still only two or three generations removed from when families lived on subsistence farms, and all predators were perceived as nothing more than competition for food that was about as local as food can get.

Reader reaction was both strong and reassuring. "I'm really glad that most people don't shoot these magnificent birds, bobcats and other critters these days," wrote Reuben Rajala from Gorham. "We see eagles and osprey and sometimes a golden eagle at our house in Gorham along the banks of the Androscoggin."

And from a bit farther south:

"We just finished your recent article about the bald eagles in the Winnisquam Echo," wrote Anthony Vanderheiden. "Wicked awesome article, by the way." (It's neat when



JOHN HARRIGAN

Battle Bridge, which carries Route 26 across the Mohawk River between Colebrook and Dixville Notch, was probably named for a surprise raid by the Mohawks during the French and Indian War.

anyone uses "wicked" in a positive way. It's usually a dead giveaway for a Mainer, and not a hatchery trout, either.)

"We have two mated pairs of bald eagles here in Lochmere," Anthony wrote. "One pair is located on the island in the middle of Silver lake at the end of the Winnepesaukee River. The other pair has a nest on Mohawk island at the southern end of Lake Winnisquam."

+++++

I've always been curious about the origins of place-names, and the widespread use of "Mohawk" throughout northern New England is a dead giveaway that historically, something was afoot.

Local lore and family tradition has it that the Mohawks, an Algonquin nation based primarily in upstate New York and southern Ontario and

Quebec, made frequent raids on what were generally known as "the English settlements" along the northern New England frontier. They were called the English settlements even though their inhabitants were a polyglot from Ireland, Scotland, Wales and a whole range of mother countries including, of course, the English Isles.

Now, this was a time when England, France, the Netherlands, and Spain were all engaged in a tug-of-war to determine who would control various sections of the New World.

Colonies in the New World felt the effects of wars in Europe, no matter how they tried to stay out of them. Thus French officers accompanied raiders from Mohawk villages and from the hotbed of Indian resistance in St. Francis, on the south bank of St. Lawrence. Certainly Jesuit missionaries were

often seen traveling with the raiders, which among certain New England families left a long-running bitterness toward the Catholic Church that is nuanced even today.

+++++

Captives from raids along the frontier of the New England settlements were led up ancient trails through the woods and up Champlain by canoe to be held for ransom in Montreal or Quebec. Several accounts have survived the ages, detailing captives' hardships and experiences on the journey.

Even today, roads across the height of land from one major watershed to another are often called "The Captive Trail." Portions of the original Daniel Webster

SEE NOTEBOOK PAGE A6

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NOW WE ARE THREE!

From the Editor’s Desk

A most solemn holiday

As many events over the past few months have been cancelled in an attempt to flatten the Corona-virus curve, Memorial Day celebrations were not exempt. Typical ceremonies were altered as a way to honor those lost serving our country while still maintaining safety.

When Memorial Day was first celebrated, it was known as Decoration Day following the Civil War. Youngsters would place flowers in cemeteries while they sang songs and honored those lost due to war. The Civil War, which ended in 1865, took the lives of more people than any other war in the history of the United States; the estimate is roughly 620,000, with the Union losing 365,000 and the Confederacy 260,000. History says that more than half of these losses came as the result of disease. As a result, the first national cemeteries were created.

In 1868, General John A. Logan, the leader of an organization for Northern Civil War veterans called for a nationwide day to honor fallen soldiers. General James Garfield gave a speech at Arlington National Cemetery on the first Decoration Day and the more than 5,000 people in attendance decorated more than 2,000 graves, both Union and Confederate.

The holiday, as we all know, is celebrated on the last Monday in May, and became an official holiday in the year 1971. Parades across the country take place, and people visit cemeteries where family members who have served in the military have been laid to rest.

At 3 p.m. every year, a moment of silence takes place across the country. In December of 2008, President Bill Clinton signed the “National Moment of Remembrance Act” which designated the time be at 3 p.m. In 1966, the government marked Waterloo, New York as the official birthplace of Memorial Day. In Waterloo, every business in town would shut their doors and owners would venture out to decorate graves with flags as well as flowers.

Originally, Decoration Day was intended to honor those lost in just the Civil War. After the First World War, America felt the need, and rightfully so, to honor all those lost serving their country. In WWI, 116,516 Americans died at war; and 405,399 were lost during WWII. The Korean War took 36,574 lives, and the Vietnam War cost 58,220 lives. A total of 4,411 were lost in Operation Iraqi Freedom, 73 in Operation New Dawn, 2,346 as the result of Operation Enduring Freedom, 48 in Operation Freedom’s Sentinel and 61 in Operation Inherent Resolve.

We hope that our readers, and all Americans, took a moment at some point over the long weekend, even in the midst of our current circumstances, to pause and remember the reason for this most solemn of holidays.



Photo

Donna Rhodes

Planting time

Memorial Day Weekend is known as a traditional time to begin planting gardens in New Hampshire, and, stocked with flowers, vegetables, shrubs and trees, The Dirty Worm Greenhouses in New Hampton was one of many local nurseries who saw a steady flow of customers last weekend.

CADY Corner

Let’s Climb Above Addiction

BY DEB NARO

Saturday, April 25 marked Plymouth State University’s Third Annual Climb Above Addiction Event. Typically planned as a family-fun day this years’ event was reimaged 100 percent online due to the COVID-19 pandemic. Thanks to the amazing efforts of Dr. Bonnie Bechard and her 19 dedicated Social Entrepreneurship students, the daylong event was successfully transformed into a virtual event in just a matter of five weeks and generated \$2,000 in proceeds! During this difficult time with social distancing, working from home and remote learning have left so many of us feeling isolated and disconnected. Through the creativity and imagination of Dr. Bechard and her creative students, Climb Above Addiction provided an online platform for people to participate in a wide array of activities “together”

while staying home. This feat is a prime example of the greatness that can occur through cooperation, commitment, and community.

On behalf of CADY, I would like to express our extreme gratitude for all who played a role in making this event possible, including those from the PSU community and region who volunteered their talents. Activities were live streamed throughout the day and included music from the Uncle Steve Band, a draw-along, pet therapy, yoga, meditation, a Wall of Hope, a cooking lesson, outdoor guide seminar and so much more. Thanks to the support and generosity of organizers, presenters, performers, sponsors, participants, and donors, two of CADY’s programs, Restorative Justice and Alex’s Story of HOPE (Heroin and Opioid Prevention Education), can continue to have a positive impact on the youth and families of communities within the

regions we serve.

Since 2015, CADY has partnered with Plymouth State University’s TIGER Program to bring Alex’s Story to over 50 middle and high schools throughout New Hampshire and New England. This powerful, true-life account of one New Hampshire teen’s struggle with substance misuse and heroin addiction...and the journey through treatment and recovery. Alex empowers students to avoid risky behaviors through his personal account on the progression of addiction, science-based facts, and encouraging them to make smart, healthy choices.

Proceeds from the Third Annual Climb Above Addiction event will support Alex’s Story and the Restorative Justice Program, giving a second chance to first-time youth offenders. This court diversion program is accredited by the State of New Hampshire Court System and helps high-risk youth age 12 to

18 to develop important life skills with the goal of preventing future risky behaviors, making amends to victims of juvenile crime, and rebuilding relationships with family members, schools, and the community. To date, the CADY Restorative Justice program has made a powerful difference in the lives of over 250 youth in the Pemi-Baker, Newfound, and Lincoln-Woodstock regions.

To learn more about CADY prevention programming and resources, visit cadyinc.org. I also encourage you to visit www.ClimbAboveAddiction.com to learn more about the event and to show your support for substance misuse prevention, treatment, and recovery.

If you or someone you know struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRG-Healthcare (934-8905) for help.

Sustainable Bristol

BY LAUREN THERRIault

Now that stores are opening back up are you chomping at the bit to go shopping for some new clothes? This might seem counterintuitive to opening up the economy, but I urge you not to. At least not in the way that you are probably used to. The fashion industry has become unsustainable in the amount of materials it uses, creates, the toll on the environment and the human toll. Did you know that making

one cotton tee shirt uses almost 700 gallons of water? Did you know the clothing you buy is often made by underpaid, and poorly treated women and children in impoverished countries with little or no environmental regulations? Did you know that the fashion industry is the world’s second biggest polluter? Reading all of these things probably doesn’t make you want to go shopping.

So what can you do if you are aware of these issues and want to lessen your impact on the environment, but still need some new summer clothes?

1. Try Thrift shopping. The clothes there are cheaper than and already made so they aren’t adding to the amount of clothing in the fashion stream. It takes a bit more searching to find what you want but it feels so good when you find the perfect item for \$3! There

are online resale sites as well, ThredUp and Poshmark are great for finding gently used clothes.

2. Host a clothing swap with friends, this could be a small event or done online. There are lots of articles online about hosting a clothing swap. If it’s online you invite people and post pictures and sizes of clothing you want to swap and organize drop offs.

3. Rent clothes. When events start taking place again instead of buy-

ing an outfit to wear to a wedding/party renting is a good way to get something new, for cheaper and not fill up your closet.

4. Shop your own closet. Try on your old clothes and see what you can repurpose. Could your old jeans be made into cut off shorts? Could you cut the neckline off a too tight tee shirt? Try pairing different things together to make an outfit you’ve never worn before. Put on some music and make it fun while

you try out the new combinations.

Hopefully, these tips help you to redefine the way you shop and find some good outfits to don this summer.

Lauren’s Green Tip of the Week: Skip the straw. Specify when ordering, or eating out that you don’t need a straw. Invest in a steel straw if you really can’t live without one.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Well, I sure hope you all have taken the time to see all of the spring landscaping down town and in the square! The plants just jump out at you and make everything else seem fresh and new. Kudos to the volunteers who work so hard to beautify our little town. I'm sure they would welcome help any time any of you could spare the time.

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

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

Ongoing Events include: Knot Only Knitters, every Monday from 2:30 - 4:30 p.m.; Readers' Advisory with your librarians, every Wednesday from 10 a.m. - noon; Coffee and Conversation every Friday from 9 - 10 a.m.

Information about

joining any and all of these activities is available online at: <https://www.minot-sleeperlibrary.org>.

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

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

their skills.

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

Lots of changes coming about in an effort to get us back to 'normal.' Some of those include the reopening of many businesses, encouraging folks to maintain social distance while out of the house and wearing PPE where necessary. It is great seeing our local folks making it all happen and encouraging more businesses to become more creative to make reopening work.

I would urge you all to continue to be more respectful of others and stop to realize that this is a bigger struggle for some folks than for others. Stay "Newfound Strong!"

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Second Verse... much like the first... no services and events at the church until we are safe to gather again. Call a neighbor. Reach out to a friend.

A farmers' market vendor endeavor
Don't forget to order

for the pickup market featuring vendors from the Danbury Winter Market. Ordering is open now at harvesttomarket.com. The new pickup will be at Huntoon Farm, 46 Huntoon Rd. in Danbury, from 10 a.m. to noon on June 6. Order taking will stop on Thursday June 4. Pay at pickup. SNAP/EBT will be accepted for eligible items. Confirmed vendors are cloth masks from Mountainside Creations, meats, eggs, prepared foods and bakery items from Huntoon Farm, vegetables, eggs, and flower/herb plants from Warner River Produce, kombucha and eggs from Love and Lemons, honey from Cutting Farm and goat items such as soap, meat and milk from Offabit Farm.

Servsafe Course
The servsafe instructor has change the date of the course form June 9 to June 10. There are still a couple of opening. Course to be held at the Grange Hall on June 9. Contact Donna at 768-5579 for information, payment and to make arrangements to get the text book. A food safety manger course is now a state requirement for all licensed commercial kitchens.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

NHT graduation news
Congratulations to Stacy Comeau who recently graduated from NHT with a degree in General Studies.

Newfound Regional High School Class of 2020 Graduation News
As you drive through lovely downtown Hebron, please be sure to notice the signs on the Common. They have the names of the Newfound Regional High School Class of 2020 Graduates from the towns of Groton and Hebron. Nicholas Comeau, Oceanne Skoog, Ethan Pena, Kasandra McClay, June Hagan, and Jonathan Colburn are the names mentioned on the signs. Congratulations Graduates!

News from the Hebron Library...Porchside pickup available!

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

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

by leaving a message on the library phone.

By email: hebronlibrary@metrocast.net

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

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

- DVDs are available by title.

By phone: 744-7998

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

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

- DVDs are available by title.

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

Let's get reading!

Churches

Ashland Community Church

Real Church. Real People. Real Simple.

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

Pastor: Ernie Madden
Worship Pastor: Aaron Stout
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays:

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

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

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

duce you to our leaders.

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

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

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

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything.

Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for here. You'll learn how to relate to God. You'll experience a Christian community. And here's the big thing

- you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

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

We look forward to seeing you soon!

Plymouth Congregational UCC

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

book

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.ucplymouth.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 Con-

gregational 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

SEE CHURCHES PAGE A7

ALEXANDRIA RESIDENTS

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

Paid Advertisement	Paid Advertisement	Paid Advertisement	Paid Advertisement	Paid Advertisement
Edward Jones: Financial Focus				
Know Risk Tolerance at Different Stages of Life				
As an investor, you'll always need to deal with risk of some kind. But how can you manage the risk that's been made clear by the recent volatility in the financial markets? The answer to this question may depend on where you are in life. Let's look at some different life stages and how you might deal with risk at each of them: When you're first starting out ... If you're early in your career, with perhaps four or even five decades to go until you retire, you can likely afford to invest primarily for growth, which also means you'll be taking on a higher level of risk, as risk and reward are positively correlated. But, given your age, you have time to overcome the market downturns that are both inevitable and a normal part of investing. Consequently, your risk tolerance may be relatively high. Still, even at this stage, be-	ing over-aggressive can be costly. When you're in the middle stages ... At this time of your life, you're well along in your career, and you're probably working on at least a couple of financial goals, such as saving for retirement and possibly for your children's college education. So, you still need to be investing for growth, which means you'll likely need to maintain a relatively high risk tolerance. Nonetheless, it's a good idea to have some balance in your portfolio, so you'll want to consider a mix of investments that align with each of your goals. When you're a few years from retirement ... Now, you might have already achieved some key goals - perhaps your kids have finished college and you've paid off your mortgage. This may mean you have more money available to put away for retirement, but you'll still have to think careful-	ly about how much risk you're willing to take. Since you're going to retire soon, you might consider rebalancing your portfolio to include some more conservative investments, whose value is less susceptible to financial market fluctuations. The reason? In just a few years, when you're retired, you will need to start taking withdrawals from your investment portfolio - essentially, you'll be selling investments, so, as much as possible, you'll want to avoid selling them when their price is down. Nonetheless, having a balanced and diversified portfolio doesn't fully protect against a loss. However, you can further reduce the future risk of being overly dependent on selling variable investments by devoting a certain percentage of your portfolio to cash and cash equivalents and designating this portion to be used for your daily expenses during	the years immediately preceding, and possibly spilling into, your retirement. When you're retired ... Once you're retired, you might think you should take no risks at all. But you could spend two or three decades in retirement, so you may need some growth potential in your portfolio to stay ahead of inflation. Establishing a withdrawal rate - the amount you take out each year from your investments - that's appropriate for your lifestyle and projected longevity can reduce the risk of outliving your money. Of course, if there's an extended market downturn during any time of your retirement, you may want to lower your withdrawal rate temporarily. As you can see, your tolerance for risk, and your methods of dealing with it, can change over time. By being aware of this progression, you can make better-informed investment decisions.	
Devon Sullivan Financial Advisor 164 NH RTE 25 Suite 1A Meredith NH 03253 603-279-3284 Fax 866-644-4169 devon.sullivan@edwardjones.com		This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.		Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-632-8685 jacqueline.taylor@edwardjones.com
Member SIPC				

Comfort Keepers

Eight ways to keep aging eyes healthy

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommenda-

tions on treatment plans and vision health.

Here are eight strategies for seniors to maintain eye health:

Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety

of options that provide vitamins and nutrients that help with eye health - kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.

Exercise - A physician-recommended exercise plan can not only help with overall health,

but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

Avoid eye trauma - Injuries can have a huge impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that accidents can be avoided.

Smart computer use - Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

Consider other health issues - Older adults

can have health issues that affect their vision health, and it's important to talk to a healthcare professional about how physical conditions and medications can have an impact on the eyes.

Sunglasses - Protective eyewear becomes more important as we age, and it's important for seniors to build the habit of always wearing sunglasses when they are outside.

Sleep - Sleep has beneficial properties for overall health, wellbeing and quality of life. It's no surprise that getting a good night's rest is important for eye health too!

Vision screenings - Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommendations on treatment plans and health.

Comfort Keepers® Can Help

If someone is experiencing changes in their vision, or wants to build healthy habits, the trusted care team at Comfort Keepers® can help. Our caregivers can assist

with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

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

Notebook

FROM PAGE A1

Highway and routes 25 and 10 were part of the escape routes from the Dover, Exeter, Londonderry (Manchester), Nashua, and points-west settlements, along which war parties moved swiftly with their captives and loot, their prisoners kept alive and in reasonable shape primarily for the ransom money they were almost certain to fetch.

The scenario usually put forth, by the way, is that families back in New England would send relatives or emissaries to Quebec by ship, negotiate their loved ones' release, and sail home.

This could have taken quite a long time, however, given the vagaries of the region's weather and the happenstances of ships under sail.

So a much more direct overland route would have made make sense for these little cross-cultural, money-making enterprises--and of course they existed. What could come down could go up, and thus Lake Champlain and the Hudson river offered a fairly di-

rect connection between New York and Montreal.

And in research during recent months I found several references to trails long used by native people and settlers on the St. Lawrence River's south shore, east of Quebec, to go down through the woods and over the vestiges of the Appalachian Mountains to bring ransomed captives back home to their loved ones.

+++++

The Mohawks were feared for their surprise attacks, in which they seemed to come out of nowhere, particularly at odd times of the year. Some of these took place during winter, when Mohawks on snowshoes burst forth from the woods and took entire encampments by surprise.

The Co-ash-aukees were a spinoff tribe of the Abenaki Nation, or so called "people of the Dawn Land," and moved seasonally through the northern one-third of New Hampshire from the great notches to Canada's own southward-spreading frontier. Some of the old Coashaukee blood-lines

still run in a few families calling the North Country home, and of course we have some of the Abenaki place-names, Coös County and Umbagog among stellar examples.

It is well known among archaeologists and students of Native history that a certain sliver of land along the Mohawk River, in the valley between Colebrook and Dixville Notch, was a favored camping spot for migrating Coashaukees.

The story goes that a group of Coashaukees were camped there one fall when snow came hard and early, and they were digging out and getting life back to normal when attackers on snowshoes burst from the woods. The Mohawk raiders went up the trail for home with abundant loot and captives.

Even unto today (and I've yet to hear a better story), the place is called Battle Bridge.

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



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Churches

FROM PAGE A5 includes our Sunday School and Confirmation Class continues meeting during this time of “physical distancing” for lessons, music and activities via Zoom at 10 a.m. For more information about our Sunday School, please email: faithformation@uccplymouth.org.

Feeding Our Children Together From the start of this school year, we have been providing 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School so that they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children while the schools are closed. PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ’s love with the world. Please visit our Web site at www.uccplymouth.org.

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at

319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following: Sunday: 10:30 a.m. Morning Service Monday: First and third Monday of the Month Noon-2 p.m. Helping Hands Food Pantry Friday: Second Friday of the month 6 p.m. Food, Fun, Fellowship On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

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

Starr King Unitarian Universalist Fellowship

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

THIS WEEK AT STARR KING:

Sunday, May 31 On the Threshold of the Unknown Rev. Linda Barnes, Worship Leader Sarah Dan Jones, Music Director

Our collective creativity and openness are still ours as we navigate these uncertain times. Join us as we recognize the spiritual practice of learning to live with uncertainty. On this Sunday, we’ll explore what might be next for us and our wider community.

SUNDAY SERVICES are currently being LIVE STREAMED via ZOOM For Zoom link and all other information visit our Web site: www.starrkingfellowship.org 536-8908

Donald Pappalardo, 64



Donald Pappalardo

MEREDITH — Donald “Sonny” Pappalardo of Meredith, 64, passed away peacefully with his wife by his side on May 19, 2020. He was the devoted and loving husband of Sheryl (Rand) for over 25 years. He was a loving father of two sons, Donald E. Pappalardo, Jr. of Lowell, Mass. and Jonathan S. Pappalardo of New Hampton, and one daughter, Angela M. and her husband Matt Durrell of Thornton. He was the proud grandfather of Evan Durrell. He was preceded in death by his father, Salvatore Pappalardo; his mother, Elizabeth (Duprey) Pappalardo; and his sister, Marialice Marshall. He loved spending time with his three brothers-in-law, Bill Rand and his wife Cindy of Andover, Mass., Shawn Rand and his longtime girlfriend, Gidget Manning of Dedham, Mass. and Tom Rand and his wife Martha of Sandwich, Mass. He was the proud uncle of Jessica McInnis and husband Chris, Janet Marshall, Valerie Caris and husband Doug, Lisa Rand, Billy Rand, Abigail Rand, Mackenzie Rand, Troy Rand, T.J. Rand and wife Missy, Josh Rand, Mary Rand, Eamon Manning, Brenna Manning and Collin Manning, all of whom enjoyed his food and laughter. He adored

his great-nieces and great-nephews, Kaylee, Mica, Alex, Evelyn, Haylie, Cohen, Landon and Beckham. Sonny was a dog lover and had many dogs over the years. He leaves behind Roxie and Logan. Sonny was born and raised in Haverhill, Mass. Sonny started working in the family restaurants at an early age. He had a long career in the restaurant industry. He was an executive chef at several restaurants as well as executive chef and owner of the Casa Mia restaurant in Bedford for many years. He loved to cook great Italian food for his family and friends. Sonny and Sheryl have spent many years on Lake Winnepesaukee and enjoyed spending time on their boat and at the beach with their family, friends and neighbors. He loved to barbeque for the annual beach association cookout and was an active member of the association. While he had some sever health

issues over the last ten years, he found great joy and contentment spending as much time as he could enjoying the beach with his family and friends, especially with his best friend Reed. Everyone loved Sonny. He was a ray of sunshine to all who knew him. A celebration of his life will be held at the lake for family and friends at a later time. In Sonny’s memory, donations may be made as a tribute to Doctor Ivy Wilkinson-Ryan to the Ovarian Cancer Patient Support Fund at Dartmouth-Hitchcock Health. The fund will support the needs of Ovarian Cancer Patients including financial assistance, assistance with prescription costs, transportation, meals provided by the D-H cafeteria and other items for patients in need in honor of his wife and sister. Checks may be made payable to Dartmouth-Hitchcock Health and mailed to Office of Development Dartmouth-Hitchcock, One Medical Center Drive, HB 7070, Lebanon, NH 03756-0001. To make a donation using a credit card, please call 653-0700. To leave an online condolence, please visit www.mayhewfuneralhomes.com.



News, really close to home

Lions selling rubber duckie race tickets by mail

MEREDITH — The Meredith Lions Club will still be having the annual Rubber Duckie race on the 4th of July this year. Due to Covid -19, it will be a little different. We will still sell tickets through the mail, and you will get your stub to show you have supported the club and the community. The race will be done electronically by computer where the winners will be picked at random. More than 3,000 rubber ducks can’t gather together and since they draw a crowd it isn’t considered safe to do so this year. Tickets are still one for \$5 and five for \$20. They may be purchased by sending a check or money

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A journey through history, one marker at a time

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION – The next adventure for visiting New Hampshire’s historical markers in the Pemi-Baker, Newfound and Winnisquam Regions will take people just off the beaten path of the Tenney Mountain Highway to the peaceful waters of the Baker River and the site of the original Smith Bridge in Plymouth.

Now known as Millennial Bridge, it is the site of a covered bridge first built in 1786 and named for local farmer Jacob Smith, but in the early 1800’s Capt. Charles Richardson built a “new and improved bridge” at that same location. According to author Michael A. Bruno, who wrote the guide, “Cruising N.H. History,” Smith Bridge was again reconstructed in 1850, designed that time to replicate the

nearby Fayette Bridge, which in 1805 was built to cross the Pemigewasset River between the towns of Plymouth and Holderness.

Smith Bridge has a storied history of repairs that were also done in 1940, 1949 and 1958 before it underwent major reconstruction in 1971. Then, on April 16, 1993, it was destroyed by an arson fire and again rebuilt, this time by the Town of Plymouth.

There is much more to this story however, all chronicled on Historical Marker #0179 beside the newest covered bridge, built in 2001 and dedicated as the town’s Millennial Bridge.

To visit this lovely spot on the Baker River, you will find it on Smith Bridge Road, situated off the Tenney Mountain Highway (Route 25), just west of downtown Plymouth. There is ample parking, pleasant sites for picnickers or paddle



A trip to Smith Bridge in Plymouth in the spring and summer months is a very pleasant drive where people will find some interesting information on N.H. Historic Marker #0179 along with some great farms and nearby natural sites to explore.

sport enthusiasts, and lots of country views to enjoy. Continuing on down the road visitors can also visit Longview Farm’s popular produce stand, Brock’s Blueberry Farm in late summer, or take time out for a stroll along the nature trails at Quincy Bog, located just before the town common in Rumney Village. For those reasons and more, Smith Bridge and the surrounding area is a great destination during the summer months just ahead.

Personal Care Attendant

GSIL is seeking compassionate, dependable individuals to assist consumers in their homes with personal care, light housekeeping, grocery shopping, errands, etc. We offer flexible scheduling with opportunities to work full time, part time, or just a few hours a week if you're just looking for a little extra income. Experience with personal care is helpful, however, training is provided.

Please contact Ashley at 603-568-4930 for more information.

* A background check is required.

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

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

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

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HIPAA Privacy Rules

BY ATTORNEY
EDWARD H. ADAMSKY

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

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

Still, the standards are in place to protect everyone’s privacy, and providers do follow them. You will not be able to get any “Protected Health Information” from a “Covered Entity” without a release by the individual patient. In

most cases if the patient is present, they can give verbal approval for a provider to speak to or in front of another person. But, without a written privacy release, the provider will not speak to a third-party about a patient who isn’t there to assent. Hospitals are comfortable telling you if someone is there or not, but they won’t tell you the person’s condition.

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

college-age children too.

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

Protected Health Information means information about an individual’s physical or mental health condition; the provision of health care to the individual; and,

payment for that health care. “Covered Entities” include most health care providers, health insurers, and affiliated organizations (Doctors, Hospitals and Labs).

Estate Planning and Elder Law attorneys have modified their planning documents to include language designed to help families properly use and share protected

information. Older documents may not have the right language, so you should review your documents, and if necessary, see your attorney to have them updated.

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Newfound pride

Digns showing pride and support for Newfound Regional High School’s Class of 2020 can be found in prominent locations in each of the students’ hometowns throughout the district, such as this display in Hill Village.

Voting

FROM PAGE A1

amendment was submitted by member petition, and seeks to add language to the NHEC Certificate of Organization that would include “facilitating access to broadband internet for members” as a stated purpose of the cooperative. By a vote of 7-3 with one abstention, the NHEC Board of Directors has opposed the proposed change. The statements of proponents and opponents are included on the ballot. Results of

the voting will be announced with the Board election results at NHEC’s Annual Meeting on June 22. About New Hampshire Electric Cooperative NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 115 New Hampshire communities. Headquartered in Plymouth, our business is to keep, maintain and service our 5,500 miles of energized line in order to provide our members with the best possible service.



With outdoor seating now allowed at restaurants, like Pizza Bene and The Purple Pit Coffee Lounge in Bristol Square as shown in this photo, owners are seeing a slight boost in their business these days.

Business

FROM PAGE A1

and everyone else safe but since the re-opening they’re seeing that people are being very responsible with social distancing. And while he and Jim wear masks in the store, they don’t require that of their customers yet see most are wearing them, too. The only major change in their operations right now is that Diane the Turtle is also practicing social distancing. Because of the size of the room off the shop where she lives, they’ve decided to lock the door for now and just allow people to look through the glass to say hello. “It wasn’t the usual Memorial Day weekend, but we were still very pleased with the reception we had,” the pair said on Tuesday.

Nancy Spears of Imagine, a women’s clothing shop on Central Square, opened with shortened hours the first week after the shut down order was lifted and has gradually added more hours since then. Spears said that right now business is down about 45-percent at her shop but she did have a great Saturday over the holiday weekend. “My customers were happy and my vendors are thrilled that I’m honoring my contracts with them. I’m just hoping for the best now as we head into summer,” she said. Across the square, Pizza Bene and the Purple Pit Coffee Shop have placed new tables along their sidewalk for outdoor dining. Jerry Nialetz of Bristol Diner said he, too, had a better weekend since he was able to open outdoor dining on his deck overlooking the Newfound River. Others downtown eateries, such as Cielito’s Restaurant, Kathleen’s Cottage and Gilly’s have also added outside seating areas for their customers to boost their businesses. No.9 Barber Shop on Central Square is open again by appointment while APU Mountain Spirits Medicine Shop, Riverview Artisans and Fran’s Ceramics are also welcoming customers back to their locations. White Mountain Smile Makers, however, has opted for a unique approach to operating

their gift shop for the time being. Rather than fully opening the business, they are presenting “Window Shopping” in a whole new light. Items available inside the shop are currently on display in their large windows with a sign asking that customers text, call or email them for curbside pickup of the item or items they wish to purchase. Around the corner from Central Square is “#TeamPleasantSt,” where shop owners there have been rallying together to bring customers back through their doors. Styles By Julie is once again doing business by appointment, and Gina’s Place still has convenient take-out service for breakfast and lunch, while across the street LinCross offers both lunch and dinner take-out selections. DJ’s Crafts on Pleasant Street not only has locally handcrafted goods, doll clothing, farm fresh eggs and colorful face masks in a variety of prints for sale, there’s even a good supply of both tea tree or lemon hand sanitizer available for anyone who needs it. “Business is okay right now,” said owner Alice Jenness. “It’s down from this same time last year, of course, and it’s going to take a little while to build back up, but it’s stepping up a little more as the days go by.”

The Future of VNA in New Hampshire

Concord Regional VNA and Central New Hampshire VNA & Hospice will host a virtual listening session to provide the public an opportunity to learn about the organizations' proposed merger and ask questions.

Wednesday, June 3, 2020
4:30 to 6:00 p.m.

The online listening session will begin with a brief presentation followed by a question and answer period, and will conclude immediately following. Those interested in joining are encouraged to log-in promptly at 4:30 p.m.

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