

Winnisquam meal program expands service



Each Monday, Wednesday and Friday, Winnisquam Regional School District's Food Services Director Rob Cohen joins his staff to hand out lunches to students from all five of the district's schools. Participating in their special Friday morning Curb Side Service week were (left to right) Pam Pyra, Barbara Poire, Cohen, and Lois May.

BY DONNA RHODES
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TILTON – Many schools throughout the state continue to provide lunches for their students, whether by curbside pickup or bus stop deliveries. Food Services Director Rob Cohen of the Winnisquam Regional School District saw there was an even greater need, though, and has slowly upped the game for their Friday Curb Side Service, which last

week included a live broadcast by Mix 94.1FM radio personality Fred Caruso and several community volunteers. The multi-day lunch packages Cohen and his staff provide for pick up from 8-11 a.m. on Mondays, Wednesdays and Fridays are not just sandwiches, he said. They can also be hot meals, such as pasta, meatballs and sauce, macaroni and cheese and much more. “We want to send families home with great

food that not only follows nutritional guidelines, but that the kids will eat,” said Cohen. Each Friday, however, the services have been growing. Chuck and Lisa Drew, along with Emily Laplante of the Tilton Senior Center, are also out by the curb at the start of each weekend with food bags for students through the “Every Child Is Ours” program. “We were running ECIO only for families



Fred Caruso of Mix 94.1FM (far left) broadcasted live outside Winnisquam Regional High School last Friday for a can drive to support people in need last Friday outside the high school cafeteria and gym in Tilton. Shown with Caruso are Emily LaPlante of the Tilton Senior Center, Chuck and Lisa Drew of Every Child Is Ours, and Josh Carter of JP Carter Electric in Northfield who stopped by to make a sizeable donation to the cause.

who signed up for the program, but now, with the support of the community, it's available for anyone in the district,” said Chuck Drew. “If you show up and need a bag of food for the weekend, you get a bag.” He and his wife Lisa shop for the program each week, then deliver everything to Laplante, who then assembles more than 100 bags of snacks and other food for WRSD students to pick up each Friday. Lisa

Drew said that besides LaPlante's volunteerism, the community has also stepped up to keep the program running in these difficult times. “We usually get a quite a few food donations, but since some people don't feel comfortable going to the stores right now, they've been giving us checks to buy food for the kids instead. It's really been amazing,” she said. Last week, ECIO also teamed up with Cohen and the WRSD Food Services department to hold

a can drive to support a temporary Friday morning food pantry they've assembled for anyone who may need assistance. “This isn't just for our community. In times like this, the food is for anyone who needs it,” said Cohen. “We have a genuine store here and the community can be well-fed if they want to take advantage of it.” Josh Carter of JP Carter Electric in Northfield was one of many

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New mascot helps Belmont FD show concern for community



Since he recently joined the Belmont Fire Department, Blaze the Bear has been seen visiting children, local police, hosting birthday parties for his fellow firefighters and even working on the department's vehicles when they have a mechanical issue.

Hall Library promotes reading with free book tables

BY DONNA RHODES
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TILTON – Hall Memorial Library recognizes that in the interest of public health and safety, people can't drop by the for a book to read right now, so they've decided to provide the joy of reading through free book tables around their community. Director Jenna Davis said that thanks to a memorial fund in honor of longtime library pa-



BY DONNA RHODES
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BELMONT – In these unusual times, people know they can always count on their first responders to be there for them, and the members of Belmont Fire Department are going above and beyond to let people know they care, not just through their emergency response, but through their love for the community as well. That care is showing in a number of ways now, including a new loveable mascot, virtual story times and challenges to their fellow fire fighters.

SEE BELMONT, PAGE A1

Belmont church hosting drive-thru spaghetti supper

BELMONT — The First Baptist Church of Belmont is pleased to announce that it will be hosting a free “Drive Thru” Spaghetti supper on May 2 from 4-6 p.m. Community members are welcome to drive through the church parking lot where volunteers will happily bring them their dinner, consisting of spaghetti, salad, bread and dessert. Multiple volunteers have stepped up to ensure that the food will be cooked in a clean, ServSafe environment. Pastor Andy Barnes was proud to announce that Brookside House of Pizza was willing to help with food purchases to keep the cost down. That food was ultimately purchased by Tom McWhinnie, owner of TJ Mechanical, a local HVAC company in Belmont. McWhinnie said “I just like to help out and have been fortunate to stay working through all this.” “Having someone like Tom to contribute is just wonderful. His donation makes it so that we can serve more people next weekend,” said Pastor Andy. The meal is free to anyone, and will be delivered to their car directly. Members of the church youth group will also be on hand passing out board games and other items from the Hope House Thrift Store, also operated by the church. “What can be better than a hot meal and game night with the family!” Said Barnes. For more information, please contact the church office. The First Baptist Church of Belmont is a 210-year-old congregation that keeps one foot in the traditional forms of worship, and one in the more modern forms. Our multi-generational body of believers is continually seeking a closer relationship with Jesus Christ, our Savior. The mission of the church is to share God's

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“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

Healthy eating options for seniors

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 production 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 the 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.

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Franklin VNA & Hospice awarded Eversource Foundation grant for COVID-19 Relief

FRANKLIN — John F. Kennedy said, “We must use time as a tool, not as a couch.”

To make the best use of that tool, Eversource Foundation announced they would be making over \$2 million in donations and grants, beginning April 8, to nonprofit organizations across its three state service area that are providing COVID-19 related work or services to help support its customers and communities during the COVID-19 pandemic.

While Kennedy could not have foreseen the amount of time the pandemic would force us to spend on our couches, he was very aware that we could see time as either a tool we could use or as something easily wasted. The Eversource Foundation has chosen to use this time as a tool to help non-profits continue their work fighting the COVID-19 pandemic by supporting them in the work that they are doing.

“As the COVID-19 pandemic continues, the critical services provided by nonprofits like the

Franklin VNA & Hospice are more important than ever,” said Eversource Community Relations Specialist Catalina Celentano. “We’re committed to supporting all of our customers, neighbors and communities during these difficult and uncertain times.”

“We are so grateful to Eversource Energy for choosing us as a recipient of one of their emergency grants for our work protecting our patients and supporting the local health system during this health crisis,” says Krystin Albert, CEO of Franklin VNA & Hospice. They plan to use the funds to help purchase personal protective equipment and compensate staff for the extra time they have been working during the pandemic.

Hospitals had to cancel elective surgeries to conserve resources, keep beds open for critically ill patients, and keep otherwise healthy patients from potentially coming into contact with carriers of COVID-19, and people who do receive care at emergen-



Kristin Jordan, Director of Homecare and Hospice and Jacinda Young, Manager of Clinical and Staff Development, both of Franklin VNA & Hospice, with some of the PPE we have been able to purchase.

cy rooms and hospitals are being discharged to home as soon as possible instead of kept in the hospital for the same reason. This caused massive furloughs for hospital staff, primary care offices, and specialty offices. Additional health care provider offices, which were unaffected by the furlough, closed or reduced hours and staff in an effort to protect staff and patients from congregating at the office and infecting each other.

Albert states, “This has reinforced the unique role that home health provides as both preventative health for those with chronic illnesses who cannot get to their regular providers, and supportive care after a serious illness or injury requiring emergency treatment or hospitalization. Rather than reducing hours and staff, we knew from the start of the pandemic that we would need to increase our community support to fill this role

— and do it in a way that would continue to keep those who are the most vulnerable from becoming sick. The grant from the Eversource Foundation will help us provide our amazing staff with those resources to help prevent infection and keep our patients and staff safe.”

This all matches with Eversource’s mission, which includes not only reliable energy, but superior customer service. They consider strengthening the communities

they serve part of that commitment, and the grants and donations for COVID-19 relief a natural extension of that.

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Nicole Herbst joins NHTrust as Vice President, Senior Trust Officer

REGION — Nicole Herbst has recently joined NHTrust as Vice President, Senior Trust Officer. Herbst is a CTFA (Certified Trust and Financial Advisor) and CFP® (Certified Financial Planner), and specializes in trust, estates and wealth management.



Nicole Herbst

“We’re excited to have Nicole’s expertise and leadership at NHTrust, and enthusiastically welcome her to the team,” said Mark Cross-Powers, Senior Vice President, Senior Trust Officer. “With more than twenty-four years of experience, she pulls from an incredible depth of knowledge in wealth management, financial planning and client relationships. This will be beneficial to our clients, and to our colleagues.”

“I’m passionate about helping clients reach their financial objectives. It gives me peace of mind when they feel confident in their plans and meet their goals,” noted Herbst. “I was drawn by the reputation of NHTrust and their sister banks (Merrimack County Savings Bank, Meredith Village Savings Bank, Savings Bank of Walpole). For over 150 years, these organizations have been serving the people, busi-

nesses and nonprofits in their neighboring cities and towns. And because they are mutual banks without stockholders, profits are reinvested in the local community. I’m excited to work for a community-focused organization that wants to offer the best for their customers.”

Prior to joining NHTrust, Herbst held leadership roles at Mass Mutual Trust Company, People’s United Bank, Wachovia Bank and Citizens Bank. She earned her Juris Doctorate from the Gonzaga University School of Law, Bachelor of Arts in Economics from Boston College and successfully completed the course curriculum for Cannon Trust I, II and III from the Cannon Financial Institute. These complex programs included topics such as foundations of retirement plans and planning; estate planning; income tax issues and strategies; advanced trust; advanced marital deduction planning; generational wealth transfer planning and investment management.

Herbst is a member of the American Banking Association, NH Estate Planning Council, Connecticut Bar Association and Washington State Bar Association. She serves on the Finance Committee for the town of Weare and frequently volunteers at the Pope Memorial SPCA in Concord. She resides in Weare with her family.

NHTrust offers trusted financial advice in the New England tradition of neighbors serving neighbors. With New Hampshire roots reaching 150 years, NHTrust combines the financial expertise and local insights of Merrimack County Savings Bank, Meredith Village Savings Bank, Savings Bank of Walpole and The New Hampshire Trust Company, with a legacy of trusted service dating back to the 1860s. Customized financial planning include solutions for investment management, retirement planning, financial planning and trust, estate and fiduciary services. For more information, please call 223-2710 or visit millriverwealth.com.

M/S Mount Washington launches community gallery

LACONIA — The M/S Mount Washington is asking its passengers to help document its long history. This season, the ship will post photos taken by members of the public to its public areas.

“We invite everyone to look through their personal photos to find the best snapshots, and to submit them to us,” the M/S Mount Washington posted to its Web site, www.Cruisenh.com. “Our favorites will be hung on the ship, including your name and hometown. We’ll even provide a voucher for up to four cruise tickets so you can come see your photo in person.”

The M/S Mount Washington has welcomed millions of passengers from around the world 148 years. It is considered a symbol of New Hampshire. While the ship may be large, not every photo can be posted. If a photo isn’t selected it will be added to a new archive of photography for 2022 when the Mount celebrates its 150th anniversary. All photos received will be displayed online in a special gallery commemorating the anniversary.

Find out more at <https://cruisenh.com/pages/community-gallery>.

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Where was the “Shot Heard ‘Round the World?” fired?

April 19, 1775 — a short 243 years ago, right around this time — marked the start of the Revolutionary War after the battles of Lexington and Concord. Normally, the event is commemorated with reenactments and various other celebrations; however, due to social distancing requirements, that did not happen this year.

The debate continues to heat up, however, as to whether or not ‘The Shot Heard Round’ the World’ took place in Concord, or in neighboring Lexington.

This time in our history, while brutal and necessary, brings with it much intrigue for many. The tenacity and bravery of those who fought for our independence is beyond admirable. The events that took place during the Revolutionary War, read like a novel in modern times and have been brought to life through books and films where we need to be reminded that this story is not fiction.

On that spring morning, more than 700 British soldiers who were given a secret tip on the whereabouts of colonial military supplies in Concord, marched towards town to confiscate the lot. The Patriots who had developed a top notch intelligence network, largely the work of George Washington’s Culper Ring, and the Sons of Liberty, had received notice weeks in advance and were able to move the supplies to safety.

Paul Revere and William Dawes had plans to ride ahead of the British troops to warn other Patriots. Knowing the task was risky, Revere secured the help of about 30 other men to make sure word reached Lexington and Concord if the two were captured. Revere told militia leaders to look at the steeple of the Old North Church each night for a signal. One lit lantern meant the Regulars would come by land through the Boston Neck. Two lanterns meant the British would come via the Charles river on row boats into Cambridge, ‘One if by land, two if by sea’.

The night before the famous battle, Dr. Joseph Warren sent Dawes to Lexington where he was joined with Revere to warn Sam Adams and John Hancock that the British were coming.

It was midnight in Lexington when Revere and Dawes were joined by a third rider, Dr. Samuel Prescott. Prescott had been courting a woman in Lexington and met Dawes and Revere by chance. Because he believed in the cause, Prescott joined the men. The three riders were stopped by a British patrol not long after. Dawes was able to escape by reversing his direction. Prescott jumped a stone wall and fled using a short cut only locals knew about. The doctor was the only rider to reach Concord. Revere who was now captured, was surrounded by six Regulars and was searched and interrogated.

“An officer clapped his pistol to my head, called me by name and told me he was going to ask me some questions, and if I did not give him true answers, he would blow my brains out,” Revere wrote in his diary.

The Regulars were spooked by the sound of gunfire in the distance, and let Revere go after asking him for an alternative route to town. Revere made his way back to Lexington where he regrouped with Hancock and Adams, who planned an escape to Woburn.

Throughout the night, the ‘Rebels’ gathered to intercept the British. When the red coats were seen marching onto the Lexington green, the local minutemen knew they were outnumbered. Out of the dawn a shot was fired, and no one knows to this day which side was responsible for it. After the scuttle on the green, eight minutemen and one British soldier were killed. There were accusations from both sides laying blame on one another.

William Sutherland, a British soldier, is on record saying, “I heard Major Pitcairn’s voice call out. ‘Soldiers, don’t fire, keep your ranks, form and surround them.’ Instantly some of the villains who got over the hedge fired at us which our men for the first time returned.”

Sylvanus Wood, a minute man had recalled something different, “he swung his sword, and said, ‘Lay down your arms, you damned rebels, or you are all dead men – fire!’ Some guns were fired by the British at us from the first platoon, but no person was killed or hurt, being probably charged only with gunpowder. The company immediately dispersed; and while the company was dispersing and leaping over the wall, the second platoon of the British fired, and killed some of our men. There was not a gun fired by any of Captain Parker’s company, within my knowledge.”

While the British soldiers continued to search for supplies, the colonial militia was able to

SEE EDITORIAL, PAGE A6

LETTERS TO THE EDITOR

When local jobs went away

To the Editor:

Special for me during isolation - by phone playing a Scrabble game just about daily with my 96-year-old friend Marylou in Florida, in assisted living, in isolation too. We have conversation while playing, so please don’t suggest online “Scrabble with Friends!” My Scrabble game’s box lid is falling apart, but in it I glued, when new, this article about the manufacture of Scrabble letters. The article is dated Jan. 13, 1999. A Hasbro spokesman said, “The Bauhinia Limited Co. of Hong Kong is [now] making the wooden tiles and tile racks at its plant in Shanghai.” Also, “For 20 years, Milton Bradley Wood Products, Inc., in Fairfax, VT, produced tiles and trays. Hasbro closed the plant Dec. 4, costing 87 people their jobs.” Closing that VT plant and five other manufacturing (toys) plants “around the world” is “expected to save the company \$350 million before taxes within five years.”

In 1998, plant-closing-year for Hasbro in Vermont, Bill Clinton was a second-term President. His first election had Independent H. Ross Perot in the picture. H. Ross Perot accurately predicted “the sucking sound of jobs leaving the country.” Whether Clinton or H.W. Bush won in 1992, either one was ready to sign the first Free Trade Agreement. Clinton did. Environmental protections and labor protec-

tions were nothing compared to reaping big, bigger, biggest profits by the companies that gained by going overseas. Being Democrat or Republican didn’t play. President W. Bush came along, then President Obama. No curbing Free Trade Agreements. At one time I recall, early in Obama’s tenure, believing I’d see him sign the first Fair Trade Agreement. At the time we already had Fair Trade coffee purchases and Fair Trade chocolate. No. Obama was in the mode of corporations getting their way.

Now we need to think harder about our economy after this coronavirus is contained and hopefully receding then over. Where should our goods be produced? How should the planet’s needs be considered equally - at least - to economic needs as we provide for people’s lives? Should we be throwing away so much as we do? Which people count? Everyone should count, no matter race or wealth or hemisphere. We are all on one small, lovely, stressed planet. Our next election must provide national leadership that is intelligent and thoughtful and far-sighted. If you agree, please send this letter to voting friends and relatives in other states of our U.S.A.

Sincerely,

LYNN RUDMIN CHONG
SANBORNTON

Our economic war

To the Editor:

We the people need to engage in this economic war.

You have heard multiple times that we are in a war for the heart and soul of America. Yet, I am here to tell you that there is an economic war that includes the heart and soul of America. Patrick Henry said “Give me liberty or give me death!” But Americans today are crying “Take my liberty, don’t let me die!”

Today, we are at war! We the people need to get armed.

We have an opportunity to engage as we the

A letter of thanks to our Hospital on the Hill

To the Editor:

“Caring for our Community” has been our mission for many years, and what better time than now to share our love and gratitude for the folks who work at Franklin Regional Hospital.

That being said, we thank all the health care workers and all essential employees who are serving our communities and putting their lives on the line every day. Without them, we wouldn’t stand a chance. This hospital has been here in the community for over 100 years and we couldn’t be prouder of this, and we couldn’t be more proud of those employees who are on the front lines than during this time of unease, and unprecedented health concerns. You are all our heroes.

For those who have been furloughed, you are in our thoughts as well, as we know that these times are

very difficult for you.

We would also like to take the opportunity to thank Governor Sununu for his continued support of LRGH.

We the FRH Auxiliary are very proud to support the hospital and will do so once again as soon as we are able to return. Again – thank you from each and every one of us!

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STRATEGIES FOR LIVING Redemption of a Rebel: The Franklin Graham Story

BY LARRY SCOTT

We hear much of Franklin Graham, known widely as chairman of Samaritan’s Purse, and a major figure in the recovery operation at nearly every national disaster; but

what is amazing is that Graham’s international stature almost never came to be.


With Billy Graham away from home much of the time, Franklin’s childhood antics degenerated into teenage rebellion. He wanted to

“have fun,” to live his life in the fast lane, and he did so with gusto. Whether sharing a beer with his girlfriends, piloting a plane or riding his motorcycle, Graham was out to have a good time.

Things finally came

to a head in a meeting he had with his father during a trip to Switzerland. Billy Graham pulled no punches. “I want you to know that your mother and I sense there is a struggle for the soul of your life, and

SEE STRATEGIES, PAGE A6



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North Country Notebook

When measuring a river, you do it with a smile



By JOHN HARRIGAN
COLUMNIST

If tiny Fourth Connecticut Lake, reachable only by international footpath, is accepted as the true source of the Connecticut River, then the river drops 2,670 feet on its alleged 406-mile journey to the sea.

Now, “alleged” is a fuzzy yet powerful term. It means you’re not quite sure, or “maybe,” and is thus fuzzy. In legal terms it means no-man’s land—not proved, or unproven. In social circles, however, it is a powerful word, because it can connote something not quite right. It’s like using “claimed” instead of “said.”

One day after the paper had come out, I was running a job-printing press in the back shop when a logger came straight off his logging job, still in his chaps and hard-hat, madder than a hatter, and backed me right up against the wall. He told me, through clenched teeth, that it was wrong to report that he “claimed” this or that, instead of “said”—and he was dead right. “Claimed” carries an air of suspicion. The two terms are not interchangeable.

But in the case of the Connecticut River, I can use “alleged” fairly, because how do you measure a river at 406 miles? Any good river with a broad valley to roam in forms meanders and then cuts them off. There are several old cut-off meanders known as “Horse-Shoe Pond” along the river’s course.

Anyway, I’ve seen the Connecticut’s length given as 412 miles. If you Google it, and go with Wikipedia’s map notes, you get 410. It’s all in where you look.

+++++

The trail into Fourth Connecticut Lake alter-

nates from boulder and bedrock to bog, and is an absolute delight. The “delight” part is because in places you are literally hopping back and forth from New Hampshire to Quebec, or from the United States to Canada and back, all this in order to keep from going into mud over your boots.

Where else can you do that? Well, somewhere along the wild and lengthy Maine border, I’d bet, and maybe in the Boundary Waters.

Some of the guide books over the years have described Fourth Lake as “little more than a mud puddle,” or “not much more than a beaver pond,” or an outright disappointment.

I don’t get this. To me it’s a pretty little pond that has bragging rights as the source of the mighty Connecticut, which also happens to be New England’s longest river.

If you bushwhack south-southwest around the lower end of Fourth Lake (Fourth Pond), and follow the little brook that issues forthwith, and hurl yourself through some pretty thick spruce along the shoreline, you emerge at Third Connecticut Lake.

This is a far more substantial body of water, at 231 acres. The deep hole, at just over 100 feet, is in the northwest corner of the lake, just offshore from a large outcropping of granite ledge.

A faint trail can be seen there leading north into the Province of Quebec, or better put, from Chartierville down into Pittsburg, kept up as a path, more or less, by people who derive a certain amount of distinction by doing a little international fishing. I would be shocked, do you hear, shocked, if such a thing were still going on today.

Third Lake’s outlet is barred (sort of) by a series of beaver ponds, but the dams are low enough for two people to push and pull a canoe over, or at least they were back when I was foolish enough to be doing those things.

+++++

From West Stewartstown all the way down to the Maidstone Bridge, the Connecticut is a fine river to canoe. The current is swift enough to carry you right along, with only perhaps a dozen or so stretches where you’d better be paying close attention.

Over the years, I’ve had up to five boats along for a trip, and there are many stretches where on a hot July day you can let the kids wade right alongside or trailing the canoes. The bottom is all sand and fine gravel, with no pain for little piggies.

My brother Peter and I did that one summer day with the collective cousins in tow, and they frolicked about in these clear and shallow stretches, splashing around with the utmost freedom and glee.

All you have to do is beware the deep pools, for which the Connecticut is infamous.

+++++

The Connecticut River runs along a major fault-line for much of its course, a meeting place of tectonics. Our plate (New Hampshire) is taking a geological slow-motion nose-dive under their plate (Vermont).

This means that the Connecticut River, running on a slightly tilted plate, is abrading against the Vermont shore, all the time, 24-7, meaning 365 days a year, 366 in a Leap Year, and so on, give or take a millennium.

This means that Ver-



JOHN HARRIGAN
The Connecticut River runs wild and free from the outlet of Lake Francis all the way to the Gilman Dam. This stretch is just below Pittsburg village.

mont is losing an acre or two every so many years, to New Hampshire’s gain. As a New Hampshire guy, I like this equation. There is always some good-natured give and take going on between New Hampshire and Vermont. Once in a while, it’s nice to win.

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Shaker Regional School District is seeking proposals for bathroom partition replacement in 2 bathrooms at Belmont Elementary School. A site visit will be held on May 4, 2020 at 9 am. Proposal specifications can be found on the District website, www.sau80.org or by contacting Steve Dalzell via email sdalzell@sau80.org or by phone at 603-267-9223 x5309.

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BELMONT

CONTINUED FROM PAGE A1

In March, when Kate Lewey of Belmont began a popular “Bear Hunt” for children, BFD wanted to be a part of that, too. Chief Michael Newhall said his staff went on a search and were quickly able to adopt Blaze the Bear who has become their new mascot. Since Blaze joined the department, he has become an integral part of the community, popping up in school parking lots, the police station and other parts of town where he was least expected. Blaze has also been seen working on the fire department’s equipment and cruising walking trails along the lake in the fire department’s ATV.

“Every Monday, Blaze

will be out doing something in town so people should keep an eye out for him. You never know where he’ll be next,” Newhall said.

While children have been eager to see the town’s new beloved bear, the chief cautioned that Blaze wants them to still be safe. For now, photos of him on his adventures are available at a safe distance, but the friendly bear hopes to be out posing for “selfies” and more personal photo opportunities in the near future.

In the meantime, one place children might safely spot Blaze is through the Belmont Fire Department’s Virtual Story Time.

Each Wednesday at 6 p.m., a member of Belmont Fire Department is now being filmed live as

he or she invites everyone to “find a comfy blanket, grab your favorite teddy bear, and sit back as our firefighters read to your family some of our favorite childhood stories. Blaze the Bear may even make a few appearances from time to time!”

Chief Newhall said the concept of the virtual story time came from Administrative Assistant Sarah Weeks and everyone was eager to jump on board when she suggested the idea.

“They do all of this on their off-duty time. The firefighters sit down before the camera and read a book live on Facebook. We also leave the video up on our Facebook page so if kids miss it, or want to hear the story again, they can,” he said.

Their first story time

last week featured Firefighter Kyle McGann who read “Stone Soup.” It received over 3,000 Facebook views and countless positive comments from the public.

“People were ecstatic about it,” Newhall said.

Blaze won’t be the only one popping in and out of the live video feed though. Newhall said there may be a few other surprises, each sure to delight the children.

Finally, firemen are legendary for being good cooks, and Belmont Fire Department has pride in that recognition. In fact, the chief said, their own firefighter/paramedic Gina Harris has even won local competitions for her “bomb” of a macaroni and cheese recipe in the past. Due to social distancing right now,

they can’t get together with other first responders to show off their culinary skills so BFD has taken it to the internet through an online challenge they came up with to see what recipes other departments have to offer.

“We sent out a video of our Mac and Cheese and we’re challenging Gilmanton Fire Department now to video how they make one of their favorite recipes. They then have to ‘call out’ another department (of their choosing) to videotape themselves cooking something,” said Newhall. “The only rule is that their submissions can’t be made from a box. Everything has to be made from scratch.”

While all of this is a lot of fun for the de-

partment, the chief said many days their jobs are far from being light hearted. In fact, his firefighters, EMTs and paramedics are busy helping people 24 hours a day, seven days a week, whether they are ill, have an accident, a fire or find themselves in any number of other emergency situations. All of that can be quite stressful at times though, so their latest public outreach initiatives have become a great way for them to wind down, relax and have some fun when they go off duty.

“In the end, we just want to be able to add a little happiness in the world,” Newhall said.

LIBRARY

CONTINUED FROM PAGE A1

tron Raven Blaisdell, the library was able to purchase a number of new children’s books that are now available at no cost to boys and girls in the area.

“Raven was a voracious reader. When she passed away the library began getting donations in her name to establish a fund that would encourage others to love reading as much as she did,” explained Davis.

“We’re fortunate enough to have that fund, which allowed us to buy books that we’re now giving out to the kids, along with other books that were donated to the library for people of all ages.”

Davis began the outreach by hosting a weekly book table in the parking lot of Winnisquam

Regional High School on Friday mornings. Families driving through to pick up school lunches, along with weekend food bags from Every Child is Ours, can now also pull up to her table to pick out a free book to take home, too.

Davis also set up a library table inside Pauli’s Restaurant on Main Street in Tilton last Thursday where customers can select something to read while they pick up their take-out breakfast or lunch.

“Take Out a Book With Your Take-Out,” their sign reads.

From books for toddlers and young adults to nonfiction, fiction or suspense thrillers for older readers, there is plenty to choose from at each site.

“When these shut downs started we thought about what we

could do to get books into the hands of kids and adults to read while they were at home and this seemed to be a great way to accomplish that,” said Davis.

April 19-25 was the official National Library Week but the staff of Hall Memorial Library will continue to celebrate the joys of reading, even if the library is closed.

They hope to expand their free book tables in the coming days and ask that residents keep their eyes open for future locations.

In addition to the book tables, Hall Memorial Library is continuing to offer online links for downloadable Audiobooks and e-books, as well as health and wellness links, tax information and much more. Visit them remotely at www.hallmemoriallibrary.org to learn more.

SUPPER

CONTINUED FROM PAGE A1

love and His Word through worship, outreach and fellowship activities for the glory of our risen Lord and Savior Jesus Christ.

The church gathers at 10am Sunday morning for worship, 9 a.m. for child and adult Sunday School during the school year; 9:30 a.m. worship during the summer. During the current health crisis worship is Live Streamed Via the church Facebook page at 10am each Sunday.

TILTON POLICE NEWS

TILTON — The Tilton Police Department responded to 438 calls for service and made the following arrests during the week of April 13-19.

Arrested during this time period were Renee Morrison (for Unlawful Activities), Daemon Barrett (for Transporting Alcoholic Beverages, Operating Without a Valid License, and Misuse of Plates), and Harold Ellis (in connection with a warrant).

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EXPANDS

CONTINUED FROM PAGE A1

who responded to the Mix 94.1FM call last Friday to help keep them well stocked. When he pulled up to the curb outside the WRHS cafetorium, the bed of his pick-up truck was loaded with cases of nonperishable food items for the pantry.

“My business is doing well right now so I wanted to help out those who aren’t doing as well,” said Carter. “This was something I could do to let people in the community know we care and that we’re thinking about them.”

Safely distanced further along the sidewalk last week was a growing “free market place” where families could safely pick up a number of other donated items they might need.

Nurse Jenna Enright of Tilton said when she picked up her family’s school lunch package two weeks ago, she felt she had to become involved with all they were doing for others. As she left the parking lot that day it occurred to her that students might also be running low on school supplies so she circled back into the pickup line to ask Cohen if she could set up a table of her own. Last week Enright was there with pencils, crayons, notebooks and other items she purchased to help children get their work done at home. She said she will be there each week (weather permitting) to not only distribute those items but accept other donations of school supplies that she can then pass on to children.

The district’s National Junior Honor Society brought their Clothing Closet out for the community to browse through at a safe distance, too. Assembled by school district volunteers Kelly Blier, Betty St. Onge and WRHS graduate Aubrey St. Onge, there was clothing for everyone from toddlers to adults hanging on racks and set out on tables. All of that, again, was free for the taking.

Jenna Davis of Hall Memorial Library also had a table covered with books for people of all ages to take home and enjoy, courtesy of the library and their Raven Blaisdell Memorial Fund.

Cohen said the outpouring of support for families and community members has been amazing and he thanked all, especially his staff, who have been part of feeding, clothing, educating and supplying children with all they need as they finish the school year through remote learning.

Anyone with suggestions for other free items they would like to provide each Friday morning is asked to contact Cohen at rcohen@wrsdsau59.org or by phone at 286-7739.

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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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PET OF THE WEEK

Meet sweet Joan! Joan came all the way from Lubbock, Texas to find her forever family. She is a 2 year old boxer mix ready for adventure. Joan is currently learning quite a bit at our shelter. She is food motivated and willing to train! Currently Joan knows sit, down, is learning leash skills such as ‘with me’ aka heel, and loose leash walking. Joan would do best in an active adult only home as the only animal. If prospective adopters have another dog, we are happy to try them, however Joan has been a little over the top with her doggy friends. No cats for this sweetheart!



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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 mes-

sages, 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.



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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.

How religious organizations are confronting social distancing

The outbreak of the novel coronavirus COVID-19 changed life as people know it. In the wake of the outbreak, hundreds of millions of people across the globe were forced to change how they work, how they spend their free time and even how they eat their meals as social distancing measures were enacted in an effort to stop the spread of a virus that, by late-March 2020, had already claimed the lives of thousands of people.

Seemingly no aspect of life was unaffected by social distancing measures, including

how people celebrate their faith. To prevent the spread of COVID-19, many religious organizations were forced to reconsider how they interact with their congregants. For example, in recognition of changes within the religious realm prompted by the COVID-19 outbreak, the United Synagogue of Conservative Judaism provided a free list of tools and resources (www.uscj.org/synagogue-resources) to help synagogues operate more effectively. Similarly, in accordance with an executive order from New York Governor An-

drew Cuomo limiting social gatherings, the Roman Catholic Diocese of Albany canceled all public liturgies, but also announced measures to livestream Masses and even provided a schedule of those masses through its website (www.rcda.org/livemass).

Livestream religious services allow people of

faith to continue to celebrate their faith. Such services also provide access to non-members who might nonetheless be looking for guidance during a time that is unlike any many people alive today have ever experienced. The uplifting messages offered at religious services can help people confront and

overcome feelings like depression and anxiety, which the American Psychological Association notes researchers have linked to social distancing. Being part of a community, even if that community is operating exclusively online, can provide a lift to those struggling with the potentially isolating con-

sequences of social distancing.

People interested in engaging in faith-based services and programs while social distancing are urged to contact a local religious organization to see how it is providing spiritual guidance during this unique time.



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A NOTE FROM THE DEVELOPER: In these strange times it is vitally important to provide a safe and secure setting to show property. The nature of home construction is allowing for work to continue as close to normal as possible. We have broken ground on several new foundations and are prepared to meet our 120-day construction timeline. We are fortunate at Highland Ridge to have two unoccupied and easy to show model homes as well as virtual tours where you can view the home from any device. **We welcome you to visit** www.rocherealty.com or www.highlandridgenh.com for more information on these new homes being constructed in Tilton, NH. Prices start at \$299,900

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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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Chippers Inc. donating profits to support local COVID-19 response

LACONIA — Lakes Region Community Services (LRCS) has received a contribution of \$10,000 from Vermont-based Chippers Inc to aid in its response to the ongoing COVID-19 crisis.

Chippers CEO, Mundy Wilson Piper, explained their decision to designate their 2020 profits to three local nonprofits serving the communities where they operate their business: “It’s hard to believe just how much the world has changed in a few short weeks. We recognize that this is not—and can-

not be—business as usual. We are committed to our communities, and are grateful that we can help.”

Responding to the gift of support, LRCS President and CEO, Rebecca Bryant, noted “This is exactly the kind of generosity and community commitment that we especially need right now. We’re fortunate that the area business community has always been plugged in to support local needs, and Chippers’ generosity now is a shining example of that. We’re enormously grateful!”

Because through its Family Resource Center, LRCS regularly works so closely with many local families who are most vulnerable and in need of support, the organization can deploy funds quickly and can ensure that it’s making an immediate difference on the ground.

Vice President of LRCS’ Family Resource Center, Erin Pettengill, highlights “For most families, it’s about helping them the concrete, basic day-to-needs—whether for food, or utilities, or other needs. This goes a long way in help-

ing us meet the broad range of needs we know families have.”

About LRCS

As one of Belknap County’s primary social service agencies, Lakes Region Community Services provides a broad range of programs and services designed to support and empower individuals and families throughout their life cycle, strengthening their role and capacity to contribute to a healthy and vibrant community, and to live a productive, independent, dignified life. LRCS operates the

Family Resource Center of Central New Hampshire, and is one of the state’s ten area agencies that provide comprehensive services to people with developmental disabilities and acquired brain disorders, enabling them to be active and fully-participating citizens in their communities. LRCS’ mission is to serve the community by promoting independence, dignity, and opportunity.

About Chippers, Inc.

Proudly accredited by both the Better Business Bureau of NH and the Tree Care Industry

Association, Chippers is team of professional arborists, turf & plant health care specialists, horticulturalists, and land care experts that have been serving residential, commercial and institutional clients since 1986 with three locations in central Vermont and New Hampshire. Chippers was named one of the Best Places to Work in Vermont for 2020 and 2019, and was also named one of the 2019 Best Companies to Work For in New Hampshire.

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Northern Human Services
White Mountain Mental Health

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Franklin VNA & Hospice congratulates new Director of Home Health & Hospice

FRANKLIN — We would like to introduce and congratulate Kristin Jordan on her promotion to Director of Home Health & Hospice of Franklin VNA & Hospice (FVNA).

Jordan’s years of knowledge and experience in the nursing field enables her to slide into her new position smoothly. Kristin received her Master of Sci-

ence in Nursing degree from Southern New Hampshire University, and earned a Bachelor of Science in Nursing degree from the University of Southern Maine. She focused her holistic clinical experience and expertise on fostering community health and wellness through the continuum of care by growing her field clinician and support services teams in her previous role of Manager of Education/Quality & Private Duty. Her professional background includes surgical oncology at the Sarah Cannon Cancer Center at HCA’s Centennial Medical Center in Nashville, Tenn., as well as academic clinical instruction through the much respected private institution, Belmont University, and medical oncology at a local community hospital. Jordan holds certifications in both Home Health and Hospice Case Management.

Jordan states, “After much consideration and deliberation, I accepted the Director position because I recognized an opportunity to build upon my experi-

ence and continue to serve our staff and community, just in a different capacity. I also knew I would have a strong, uplifting team working hard alongside me, and that it would be in the best interests of the agency to maintain our supportive, just culture with minimal disruption within the team.”

Her greatest professional passion is equipping Franklin VNA & Hospice staff with the most current and innovative evidence-based resources and education to promote superior care out in the field, and delivering to patients and their families the tools and empowerment necessary to reach their greatest level of independence.

Jordan is a huge asset to have at Franklin VNA & Hospice and with the care she gives to the staff and the support she receives back from the staff; we as a company are thankful to have her.

Classifieds

HELP WANTED

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2020-2021 School Year

Professional & Support Staff

LES - Paraprofessional

WES - MS Math Teacher; Title I Teacher; PE Teacher; Elementary Teacher

HS - Math Teacher (Algebra) – anticipated opening; Athletic Trainer

Dean of Students and Instruction -

White Mountains Regional High School is an innovative, comprehensive high school nestled in the White Mountains just minutes away from unlimited access to four season outdoor recreation. WMRHS has transitioned from traditional academic instruction to inquiry based learning and personalized education for its 400 students. Students coming from the communities of Carroll, Dalton, Jefferson, Lancaster, Whitefield, and surrounding Vermont towns, are challenged in their core subjects and at the same time may explore a variety of career options in our Arthur Paradise Career and Technical Education Center. We are seeking a dynamic Dean of Students and Instruction who can support the administrative team to continue this work in a flexible, collaborative manner. We are interested in a leader who values and embraces shared leadership at all levels of the organization. If you desire a small school feel with big school opportunities, WMRHS is the place for you!

Digital Learning Integrator -

White Mountains Regional High School is a comprehensive high school seeking a Digital Learning Integrator to join their learning community. This position is responsible for helping to design and implement a rich curriculum, dynamic student-centered instruction, designing and leading professional development for educators, as well as co-teaching/modeling integrated lessons in the classroom. The ideal candidate will demonstrate proficiency in instruction of as well as collaboration with staff and students. Strong collaboration and communication skills as well as a commitment to their own professional growth are required in this position.

Requirements:

• Successful experience and/or training in the field or level within the last five years.

• NH Teacher Certification in the following endorsements will be considered:

• Digital Learning Specialist (formerly Education Technology Integrator) (0350)

• Bachelor’s Degree or higher

• Demonstrated commitment to support the WMRHS community to “Own Your Learning”

• Demonstrated ability to collaborate with colleagues to support a positive school climate

Preferred Qualifications:

• Experience with competency education and grading practices

• Ability to design and facilitate professional learning for staff

• Participate in the development and implementation of a shared vision for the comprehensive integration of technology to support learning

All applicants must apply on [Schoolspring.com](#) Paper applications will not be accepted.

For further information, contact:

Roxanne H. Ball, Adm. Assistant to the Superintendent of Schools/Human Resources


White Mountains Regional School District SAU #36

14 King Square Whitefield, New Hampshire 03598

TEL.: 603-837-9363/FAX: 603-837-2326 Email: [rhball@sau36.org](#)

Ashland Elementary School

Kindergarten Registration



Please call the school at 603-968-7622

during the hours of 8:00 am and 12:00 pm

for registration information.

Ashland Elementary School


16 Education Drive

Ashland, NH 03217

Children who reach the age of five years


on or before September 30, 2020

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For further information and to view full job descriptions, visit our website at [www.belknapcounty.org](#). PT positions are eligible for pro-rated benefits. **Application:** Applications are required and may be picked up during normal business hours or one may be downloaded from our website. Resumes are encouraged, but will not serve as a replacement for the required application. Please submit applications to: Deb Laflamme, Human Resources, 34 County Drive, Laconia, NH, 03246; or online at [dlaflamme@belknapcounty.org](#). Positions will remain open until filled. EOE.

Local Food Drive Initiative Continues




Warm Someone’s Heart in these challenging times



FOOD PANTRY DONATIONS *Still* NEEDED

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



INDIAN STREAM

HEALTH CENTER

Staff Accountant

Indian Stream Health Center is currently looking for a Staff Accountant. The Staff Accountant position includes a multitude of functions including: general ledger maintenance, monthly financial statement preparation, bank statement reconciliations, monthly variance analysis and accounts payable functions. This position also includes preparing statistical analyses and reports, including monthly operating and medical management statistics, participates in financial planning activities, developing budgets and will work closely with external accounting firms regarding annual audits and tax filing. Experience with Sage Intacct, Excel and healthcare knowledge a plus. This is a full time benefitted position with the ability to work remotely.

If you are interested in this position please send your resume to:

Indian Stream Health Center


Billie Paquette, HR Manager

141 Corliss Lane

Colebrook NH 03576

Or email to

[bpaquette@indianstream.org](#)



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~ Comfort Keepers ~

Diabetes management

BY MARTHA SWATS

Owner/Administrator

COMFORT KEEPERS

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

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

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

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

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

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

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

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

physician before starting any exercise program.

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

Check glucose and other levels – Most seniors with diabetes will need to keep an eye on their glucose levels. A physician will typical-

ly let someone know how often they should be checking, and what to watch out for. Blood pressure and cholesterol levels can also indicate a problem – those should also be checked on a regular basis by a health-care professional.

Comfort Keepers® Can Help

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

About Comfort Keepers

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

Watts Water Technologies supports Franklin VNA and Hospice fundraiser

FRANKLIN –The second annual Tea in the Garden fundraiser is tentatively planned for August and will be a special day at The Teuscher-Wilson Hospice Garden, the final date will be announced once the Governor's Stay at Home order is lifted. The Garden, at 75 Chestnut St. in Franklin, will host the Tea from 2 – 4 p.m. and feature a classic afternoon tea menu and a guided selection of teas to taste. Enjoy the treats and wander through the beautifully blooming gardens where people can view, and bid on, silent auction offerings, including a selection of various themed baskets like a wine lover's basket, fur baby basket, Jordan's Ice Cream gift basket, tickets to a show of your choice to the Franklin Opera house, and a home beautiful basket, which includes a voucher for yard work from a professional landscaper.

The event is to raise funds for the Hospice program at Franklin VNA & Hospice, and enable them to continue

the important work of caring for those who are near the end of their life. To help support this worthy cause, Watts Water Technologies has come forward as a major sponsor.

CEO, Krystin Albert states, "Both Watts Water Technologies and the Franklin VNA & Hospice have a strong commitment to supporting the communities. We're grateful to them for their sponsorship of the event. Their support of the fundraiser will enable our Hospice program to continue to provide the excellent and compassionate care that we are known for."

The Teuscher-Wilson Hospice Garden is home to the Memory Patio, where memorial bricks can be purchased in honor of a loved one who has passed, and plays host to the grief groups held at Franklin VNA & Hospice in warmer weather. The garden was created in a partnership of love, labor and funding with the Winnisquam High School Agricultural and

Natural Resource students, Franklin VNA & Hospice staff and volunteers, and Founding Donor Watts Water Technologies.

Watts Water Technologies has shown dedication both local and international in supporting causes that will help improve the lives of others, from water filtration towers in Puerto Rico, Indonesia, and India to support the need for clean water to supporting the work of Franklin VNA & Hospice serving the 14-towns from Lacoia to Hill and Boscaen. Just this past December they were named one of America's Most Responsible Companies by Newsweek and research firm Statista.

Albert concludes, "When you look at the impact that local home health care and home hospice can have on a community, the results are staggering. Whether you are looking at improved quality of life for those on hospice, improved health outcomes for those on home care

or simply looking at the decrease in likelihood of hospital readmission, home health and home hospice are so critical. Watts Water Technologies truly understands that, and through their

support they are helping to further those goals for everyone we care for."

You have a choice in your home care provider. Choose Local. Choose Franklin VNA & Hos-

pice.

For more information, call Franklin VNA & Hospice at 934-3454 or visit www.FranklinVNA.org Your choice, your local VNA.

Mount Washington Cruises delays opening date

LACONIA — Since 1872, the M/S Mount Washington and her sister ships have invited passengers to experience the beauty of Lake Winnepesaukee. We've been here through some of our country's greatest challenges, including world wars, cold wars, depressions, recessions, the Spanish flu and the 9/11 terrorist attacks.

Although the COVID-19 crisis is unlike anything we've seen before, we remain confident that our country will come through this situation stronger than

ever. Mount Washington Cruises has always held the safety of our passengers and crew as our top priority. We recognize that in the short term, changes are needed to keep everyone safe.

We are committed to following all guidance from public health officials regarding the hosting of public events. Though the current mandate expires on May 4, we are delaying the start of our operating season until June. As we get more information regarding the success of our community efforts

to combat COVID-19, we will continue to evaluate what additional delays — if any — may be required.

In the meantime, we are reinventing our cleaning procedures, re-evaluating our onboard services and implementing new systems to maintain social distance on board. This crisis will pass and when it does, we want you to know that we're doing everything we can to keep everyone healthy. We look forward to seeing you on the big lake, but until then — stay safe!



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Spring HOME



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. According 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 designer 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 hor-

mones 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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