

Family and friends salute Newfound's Class of 2020



A banner bearing the names of all 86 graduating seniors in Newfound Regional High School's Class of 2020 can now be seen beside the school track on Route 104 in Bristol.



Among those who volunteered their time to erect a banner saluting Newfound Regional High School's Class of 2020 last week were Dawn, Hayley and Logan Haskell; Kristin Drake; Ashland Hatch; Nicholas, Lynn, Jamie and Roger Comeau; Jacob Royea; and principal Paul Hoiriis.

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – Proud family members of Newfound Regional High School graduates recently banded together and arranged for the printing of a banner that now is on display on the side of Route 104 congratulating the Class of 2020 on their academic achievements in these difficult times.

"I wanted to do this because I felt so bad for them not being able to

enjoy the rest of their senior year in high school," said mom Dawn Haskell, who helped get the banner made. "My daughter's been having a tough time with all of this and I just knew we had to do something special for these kids."

She, mom Jessica Hatch, and Lynn Comeau of Hebron, whose grandson is also a senior, reached out to the school for a list of all the graduates' names and campaigned to come up

with enough money to print the banner.

Last Thursday they, their families, a few seniors and even some undergraduate students from the district gathered beside the school track to erect the sign.

Also on hand that day was NRHS Principal Paul Hoiriis, who was proud of all they were doing to salute this year's seniors.

"A lot of work has gone into this," he said as he watched both stu-

dents and adults dig postholes and build the framework for the banner.

Since all New Hampshire schools were ordered to shut down and revert to remote learning in mid-March, Hoiriis said he has been keeping a digital time capsule of the year. In his computer file he's saved plans that were laid out for the new computer-based classes along with photos and documents from students, teachers and a

school community that was suddenly thrust into a whole new dimension of education.

"I'm taking pictures of the banner today to add to that time capsule," said Hoiriis.

While it was parents and grandparents who initiated the project and paid for the banner initially, they were pleased to learn this week that the school will now be handling those costs. In addition, the district is working on other spe-

cial ways to pay tribute to Newfound Regional High School's Class of 2020 and celebrate all their many accomplishments over the last 13 years of education.

"These seniors were born just after 9-11 and now they're dealing with a pandemic in their senior year of high school. They're a great group of kids though and I know they'll be a tough and do well in the future," said Haskell.

PSU's TIGER Theatre Company launches online series



Courtesy
Plymouth State University's TIGER Theatre Company recently launched a series of online videos that incorporate storytelling, music, singing, dancing, activities, magic tricks and more, communicating positive lessons to help teachers, students and parents during the pandemic. The 20-episode "TIGER TIME" series touches on important topics, such as respect, through fun, engaging, segments featuring TIGER actors and others, including Alex Ray of the Common Man Family of Restaurants (pictured here) who appears in four episodes where he cooks-up tasty, kid-friendly dishes in his home kitchen. All episodes can be viewed and downloaded at PSU's TIGER TIME YouTube channel.

PLYMOUTH — Typically during this time of year, Plymouth State University's (PSU) Emmy award-winning TIGER (Theater Integrating Guidance, Education, and Responsibility) theatre company, a collaboration between PSU graduate-level integrated arts and school counseling programs,

would be busy presenting its popular educational performances to elementary, middle and high school students throughout New England. But with its season cut short by the sudden transition to remote learning due to the COVID-19 pandemic, the TIGER team quickly mobilized to create "TIGER

TIME" — an engaging, entertaining video series for children in kindergarten to grade four that can be incorporated into remote learning curriculum by teachers and enjoyed by parents and children.

TIGER is a theatre company designed to help children, schools, parents and communi-

ties deal proactively and positively with social issues and concerns facing children in schools today. Based entirely upon the anonymous writings of schoolchildren, TIGER performances incorporate live actors, theatre, movement and music to engage audiences. The performances explore

Your voice matters!

Central NH Community Opioid Response Program seeks community feedback

PLYMOUTH — Since 2017, the state of New Hampshire has seen a slight decrease in drug-related overdose deaths. While a promising trend, local communities continue to suffer from the impact of opioid misuse. Heroin and Fentanyl are two drugs most often cited for the opioid crisis. In addition, the misuse of doctor prescribed pain relievers such as Percocet, OxyContin, Vicodin, Morphine, Codeine, and Methadone remain a concern.

As part of a larger effort to guide Central New Hampshire communities along a new path to well-

SEE **FEEDBACK** PAGE A7

NHEC holding power rate steady for summer

PLYMOUTH — New Hampshire Electric Cooperative (NHEC) has announced that it will hold its Co-op Power rate steady at the current level for the summer period (May 2020 – November 2020).

The Co-op Power rate reflects the cost NHEC pays to purchase electricity from the regional market on behalf of its members. The price NHEC pays for this power is directly passed along to its members who do not buy their electricity from a competitive supplier. Market prices have been low, so NHEC members will continue to benefit from lower regional electricity costs. The current Co-op Power rate is 18 percent lower than last year's summer period.

"With all the uncertainty and economic upheaval caused by the COVID-19 pandemic, we are pleased

SEE **RATE** PAGE A7

MARK ON THE MARKETS

Productive cash



BY MARK PATTERSON

Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates “cash drag” that adds to the overall ex-

pense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client’s accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes. I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client’s accounts where appropriate, and this is a tactic within a strategy that gains revenue for the account,

because I’m selling premium and collecting money. The other reason that I do it is to build positions of stocks or ETF’s using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sit-

ting there unproductive, but if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available. As I’ve stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will

buy near the top and sell near the bottom. Having cash in the account allows us to scale into asset classes that are undervalued and scale out or rebalance those asset classes where we are over invested. A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market in stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average. Your portfolio should

reflect goals, objectives and risk tolerance that pertains to you. It is my opinion you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/ mitigate risk and have low fees. Please visit my web site, MHP-Asset.com, and go to tools and then risk analysis. You are welcome to take the Riskalyze profile to measure your risk tolerance using real dollars as an example. Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

A journey through history, one marker at a time

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION – Michael Bruno, author of “Cruising New Hampshire His-

tory,” declares the Lakes Region to be the “Jewel of New Hampshire,” and he is not misled in that declaration since, besides its beauty, many of

the old mills built along the rivers flowing from the lakes provided jobs for those populating the area in the 1800s, making it a true gem in the state’s history. In 1830, when Belmont was known as Upper Gilmanton, among the leaders in local industry was the Gilmanton Village Manufacturing Company. Workers living in the many “mill houses” built in the village were employed by the mill, which originally produced cotton cloth. However, in 1865, the company’s focus changed to the hosiery industry, continuing into 1970 when their last stocking was finally knit.

While still remaining a centerpiece of the Belmont village landscape, the mill was mostly abandoned by 1975 and in 1992 the building, including its iconic bell tower, were nearly destroyed by a devastating fire. As a result of the fire, the mill was set to be demolished in 1975, but thanks to the work of Wallace Rhodes and fellow town historians, the brick building was saved, refurbished and plans for its continued use are now underway. This particular historic marker is unique in that the story of the mill is documented on both sides of the marker.

One panel addresses the mill’s history while the other chronicles the efforts that saved Belmont Village’s largest landmark from ruin. Historical marker #0235 was the very first to be erected in the Town of Belmont and can be found just off Depot St. (Route 140) as one approaches Belmont Village from Route 3 and I-93. It is set at the entrance of a newly developed walking/biking trail where visitors can cross over two covered bridges. One bridge leads left over the Tioga River into the village and the mill, while the other bends to the right along an old rail trail,

providing recreation and wildlife observation as it heads back along the Tioga River toward Route 140. More information about the more than 250 historical markers located in New Hampshire can be found in Bruno’s book, “Cruising New Hampshire History,” which is available at www.cruising-newhampshirehistory.com, or by visiting the New Hampshire Department of Historical Resources’ Web site at www.nh.gov/nhdhr/markers. I can’t wait to heading everyone in a new direction next week! Happy trails!



COURTESY — LINDA FRAWLEY

The late Wallace Rhodes of Belmont was excited to be on hand when his town’s first historic marker was set in place in 2013, paying tribute to the mill building he worked for many years to preserve.

MVSB, the Merrimack and Savings Bank of Walpole celebrate NH with Annual Photo Contest

MEREDITH — Sister Banks Meredith Village Savings Bank (MVSB), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole are launching

their annual community photo contest on May 11. Winning full color photographs will be featured on five websites: the three Banks, New Hampshire Mutual Bancorp (NHMB) and NHTrust,



COURTESY

“Spring Time” by Pam Trolano, a winning photo featured in one of 2020’s community calendars. as well as in desktop and wall versions of printed calendars. Photos may also be selected for holiday cards and note cards. This will be the third year that the contest allows for electronic submissions. To ensure the health and safety of contest participants and bank employees, all eligible entries must be submitted electronically through a dedicated link located on each bank’s website. The banks will not be able to accept printed copies of the photos this year. “Winning photos will share the story of our communities, including visions of NH events, scenery, intriguing architecture and local attractions,” noted Debbie Irwin, Assistant Vice President and Marketing Officer. “Each year, the photos are more beautiful and interesting, and we often select photos for the holiday cards of our sister organizations as well as for our websites, social media pages and printed calendars.” The contest will run SEE CONTEST PAGE A7

ROLL-OFF CONTAINERS • STORM DAMAGE • ROOFING MATERIALS • RENOVATIONS • CLUTTER REMOVAL • YARD CLEANUPS • NEW CONSTRUCTION • HOME CLEANOUTS • STORM DAMAGE •

GREAT SERVICE AT YOUR CONVENIENCE NOT OURS!

THE DUMPSTER DEPOT®

Great Service at “YOUR” Convenience, Not Ours!

Waste Recycling Services

Large business services

Home cleanup

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Got a trashy question? CALL US TODAY

TOLL FREE 1-866-56-DEPOT LOCAL 603-783-8050

WWW.DUMPSTERDEPOT.COM

BUSINESS SERVICES • ROLL-OFF OPEN TOP CONTAINERS • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS

Newfound Landing

WWW.SALMONPRESS.COM
(603) 279-4516

A SALMON PRESS PUBLICATION
NEWFOUND LANDING STAFF DIRECTORY

ADVERTISE WITH US
ADVERTISING EXECUTIVE
TracyLewis
(603) 575-9127
tracy@salmonpress.news

SEND US YOUR NEWS AND PICS
news@SalmonPress.news

TO FAX THE GRANITE STATE NEWS:
CALL (603) 279-3331

TO PRINT AN OBITUARY:
E-MAIL: brendan@salmonpress.news

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

TO SUBMIT CALENDAR ITEMS:
E-MAIL: brendan@salmonpress.news

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.

House, Condo or Land Wanted

Single Mom Cash Buyer For Own Use

Wanted: House, condo or land on or near the water
cash buyer, fixer upper is ok,
but prefer good cond.
NO REALTORS. Principles only.
Call Armen (860) 550-1999

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Campton	Chandler Hill Road	N/A	\$102,000	Arden Forest LLC	Brian & Mike's Timber Harvesting
Campton	1307 NH Route 175	Commercial Building	\$100,000	1307 NH Route 175 LLC	White Real Estate Development LLC
Campton	Ryder Brook Road	N/A	\$23,000	Shaun M. Moran	Scott B. and Nancy A. Trudeau
Campton	N/A (Lot 9)	N/A	\$262,533	Timothy D. Weddleton	Deborah A. Noonan and Christopher Keir
Groton	864 Dorchester Rd.	N/A	\$123,600	Bonnie L. Lane	Kristina Salvail
Holderness	N/A (Lot 2)	N/A	\$975,000	Kathy M. Klock	Kenneth D. and Dianne M. Constant
Thornton	28 Joshuas Lane	Single-Family Residence	\$229,000	John C. Boyd	Samantha T. Claston
Thornton	44 Mountain River Ave., Unit 18	Condominium	\$224,933	Mark F. and Susan A. Sullivan	John B. and Jane E. Rhoads
Thornton	112 Mountain River East Rd., Unit 14	Condominium	\$138,533	Michael Delorssantos and Sandra Shea-Delorsstantos	Jeanne L. Cola
Thornton	Route 175	N/A	\$85,000	Elizabeth A. Jones	Timothy Myott
Thornton	N/A (Lot 17)	N/A	\$33,000	Robert W. and Paul P. Moore	Keith D. Belcourt
Waterville Valley	16 Avalanche Way, Unit 18	Condominium	\$325,000	Peter and Maria Megdal	Daniel and Malgorzata McMasters
Waterville Valley	48 Tyler Spring Way, Unit 3	Condominium	\$280,000	Douglas J. and Kimberlee J. Kearns	Barbara and Robert F. Sutter

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 involve 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. Ad-

ditional 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

The glacier and the boulder, and "Your bees are here"



By JOHN HARRIGAN
COLUMNIST

Fellow columnist Gary Moore, who writes a weekly outdoor article for several newspapers from his home in Bradford, Vt., dragged his wife Linda along for a truck-tour of mid-state New Hampshire a couple of weeks ago. One of the features they stopped to see was the famed Madison Boulder.

This gigantic rock is so named because (surprise) it's in the town of Madison, named in turn for the signer of some fundamentally important documents. For the geographically challenged, Madison is just south of Conway and east of Route 16. If you get lost in Madison, and wander into adjacent Eaton, and continue to be unaware of your surroundings, you could (gulp) wind up in Maine. Be careful while over there, however, because among other suspicious things, they like their hotdogs Number Eight Foodstain red.

The Madison Boulder is thought to be the largest glacial erratic in New England. It is 23 feet high, 37 feet wide, and 83 feet long. Its weight is "said to be," as the old dodge goes, 5,000 tons.

"Glacial erratic" means that the rock does not match surrounding formations and was probably transported thither by a glacier. In light of this, the Madison Boulder is also an outsider, a non-native, a



One of the few ways to convey the size of the Madison Boulder is to gather a whole bunch of people at its base, as took place during this sunny outing. (Courtesy of the Moultonborough Public Library)

newcomer, or as a Millennial might put it, a newbie. There was probably at least one glacier earlier than the glacier we struggle to learn about, which occurred perhaps 15,000 years ago.

That is roughly when the massive sheet of ice tore the Madison Boulder from the arms of its loving bedrock and slowly bulldozed it along to its new home several miles to the southeast. Experts trying to back-track it have said it came from either the White Ledges (four miles), the Whitton Ledges (12.5 miles), or Mt. Willard in Crawford Notch (24 miles).

Either way, the Madison Boulder is "from away," as those with that certain smug self-awareness and sense of place (that might be me) love to say. I mean, doesn't that just come off as so...well, non-inclusive? "He's from away," one says, with a wave of dismissal.

Where were we? Right, Madison. Gary included a photo of the Madison Boulder, and it looked like it always looks in a newspaper photo, like a big blob of

nothingness, as if there's a hole in the page. The Madison Boulder could be best photographed from a blimp, and even then only if the woods weren't there and sheep were grazing all around, as it actually once was.

In the meantime, we can imagine the immensity and power of the mile-thick sheet of ice that carried it there, and ultimately melted away.

Last week included the 17th anniversary of the date (May 3, 2003) when the Old Man fell off his perch on Cannon Mountain. To those of us who grew up seeing the Profile every time we went through Franconia Notch (except when occluded by fog or low-hanging clouds), it was about as rude a geological awakening as you could get.

But it had always been a matter of time, and this was brought home when later in life I got to scramble around on the rocks that formed his shape, and saw how much effort and material had gone into keeping the Old Man where he was. And from the

SEE NOTEBOOK PAGE A7

CASS INSURANCE INC.

'Nanc' & Michelle
PO Box 406 • Newport, Vermont 05855
**PERSONAL AUTOS, WORKMAN'S COMP.
GENERAL LIABILITY AND EQUIPMENT
HOMEOWNERS, SNOWMOBILES, ATVS**
802.334.6944-Work
802.334.6934-FAX
cassinsurance@myfairpoint.net

Alvin J. COLEMAN & Son, Inc. Established 1940
9 NH Route 113, Conway, NH 03818-9505
Office (603) 447-5936 • Fax (603) 447-5839

TRUCK DRIVERS WANTED

- CDL Qualified
- 2-years experience
- Construction experience a plus

Please call:
(603) 447-5936 Ext. 307

Gorham, Conway, Ossipee, Concord, & Bethel Me

At Your ServiceNH
Waste & Recycling
15 Yard ~ \$450.00 Includes up to 2 tons 2 Week Rental
Clean out the...
Garage • Shed • Attic • Man Cave
Common Uses...
Construction • Renovations • Roofing Debris • Demolition
Curbside Trash Services
WEEKLY • BIWEEKLY • MONTHLY SERVICE
96 Gallon Tote Service Included
No Separation Required
Local Family Owned & Operated
No Contracts • No Hidden Fees
Doorstep Service also available call for Quote
Call 603-986-8149 today to talk trash Or visit our website www.AtYourServiceNH.com



MEMORIAL DAY

MAY 25, 2020

Please help us honor all the service men and women who lost their lives serving our country! Their sacrifice for our country helps keep us strong and secure.

On Thursday, May 21st
The Plymouth Record and
the Newfound Landing
will be saluting out troops with
a special Memorial Day page.

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

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

SCHWARTZBERG LAW
Focusing on Family Law & Estate Planning
NOW WE ARE THREE!
Attorney Steven C. Gahan
Attorney Ora Schwartzberg
Attorney John T. Katsirebas, Jr.
572 Tenney Mountain Hwy • Plymouth, NH 03264
603.536.2700 • www.nhlawyer.net

CADY Corner

Parenting through a pandemic

BY DEB NARO
Contributor

For those with children, the recent news of an extended stay-at-home order may seem daunting. Whether trying to juggle work-related webinars while learning and teaching 'new math,' or guiding your teen in adjusting to time away from friends and events, parenting during the current pandemic is no easy feat. In an effort to support families in navigating these challenging times, the CADY PAC (Parent Advisory Council) hosted "Parenting Through a Pandemic: The Do's and Don'ts of Being Stuck at Home," a Webinar with Lynn Lyons, LICSW.

As a world-renowned author and psychotherapist, Lyons calls upon her 28 years of private practice experience to guide families in managing feelings of anxiety, worry, and loss. Lyons shared the following strategies with over 200 community participants who tuned in for the virtual session:

Name the feelings. With so much uncertainty in the air, it is normal for each family member to be experiencing his or her own rollercoaster of emotions. As adults, it's important to guide children and teens through the process of identifying emotions. Lyons offers the following formula to guide the conversation: "It's okay... of course you feel.... now how do we deal with this?" As role models, this is an opportunity to help children establish healthy coping mechanisms.

Set a schedule. In the beginning, flexibility was the key to survival. As we move beyond the second month of the stay-at-home measure, we may notice a series of unhealthy patterns. Is your teen playing video games until 3 a.m.? Is the family getting adequate exercise to combat stress and stay healthy? Take a moment to assess what needs to be reined in, and then adjust accordingly.

Find ways to connect. Regardless of age, we all crave social connection. While we are fortunate to have the ability to connect via technology, social media and Zoom are falling short of meeting our needs. While adults may miss interacting with friends, colleagues and extended family, younger generations are yearning for slumber parties, sporting events, and social outings. With this in mind, find creative ways to bring fun, joy, and silliness into the home environment.

Stay informed, but set limits. With so much uncertainty up in the air, you may find yourself constantly checking social media feeds or tuning in to every press conference. Lyons suggests limiting reliable news consumption to a morning and evening session. In addition, Lyons cautions parents on the level of information shared with children. For example, children under the age of seven don't need to know details beyond good hand hygiene and safety precautions; whereas middle and high school students may need more facts to remain grounded.

If you were unable to join us for the Lynn Lyon's event, the webinar can be accessed via the CADY Web site at www.cadyinc.org through Wednesday, May 15. As always, if you or someone you know struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



DONNA RHODES

A salute to students

Recognizing that not only are older students missing out on milestones in their academic lives, Bridgewater-Hebron Village School placed signs along the Mayhew Turnpike congratulating their fifth grade students, who will be moving on to Newfound Memorial Middle School in the fall.

Sustainable Bristol

BY LAUREN THERRIAULT

Hello from Sustainable Bristol! One of the projects many of the members of our committee are passionate about is composting. Composting is the process of food scraps and other natural green material (leaves and grass) break down. This sustainable practice keeps tons upon tons of waste out of landfills.

Sadly, at this point it is estimated that 95 percent of food waste goes into landfills. When food scraps and green waste are put into landfills they break down and create harmful methane gas. When those same

food scraps are put into a compost pile their breakdown process creates primarily carbon dioxide. For reference methane is 72 times more powerful than carbon dioxide. American's throw away 150,000 pounds of food waste a day, which breaks down to one pound per person per day. That is just wasted food that we let rot or go bad, this doesn't account for the food scraps created when making a meal. Unbelievable right? Have I not convinced you yet? Did you know that the Bristol Transfer Station has to pay per ton for the waste that is taken to the landfill? Imagine the money that

could be saved if food scraps were taken out of the garbage you bring to the Transfer Station. Municipalities estimate that one quarter of the waste thrown away is compostable.

So where do you go from here? That is up to you. If you'd like to start composting at home that is fantastic. There are lots of websites to get you started for little to no money and a very small amount of space in your yard. If you are unable to start your own compost heap you could ask neighbors or friends if you could add to theirs, or ask your job if a composting program could

be started. You could contact a local farm and see if they would take your compost to feed their animals or add to their pile. If you don't have any outdoor space but you are interested, look up worm composting, which takes up very little space. Our committee is anxious to get a community compost project started so let us know you are interested in that and we will continue working hard to get that going.

Lauren's Green Tip of the Week: Invest in a metal or glass water bottle so you don't have to buy plastic water bottles.

Changing the Conversation

Recovery during Covid-19

BY TARA GRAHAM
Central NH Community Opioid Response Program

With the country operating within Covid-19 related social distancing measures, schools and businesses closing, and companies declaring work from home necessary, Americans are forced to face a new reality. This new reality can also result in feelings of isolation, confusion, anxiety and depression. Experts say people who are recovering from substance misuse are facing serious relapse issues during this time. The self-isolation and boredom that comes with it can be a trigger to relapse into drug or alcohol use.

Substance misuse recovery efforts during this time are crucial. The combination of treatment and recovery services provides a structured, supportive environment for the person struggling with a substance use disorder, as well as for their family and other caregivers.

In addition to stopping substance misuse, the goal of treatment is to return people to productive functioning in the family, workplace, and community. According to research that tracks individuals in treatment over extended periods, most people who get into and remain in treatment stop using drugs, decrease their criminal activity,

and improve their occupational, social, and psychological functioning.

For example, methadone treatment has been shown to increase participation in behavioral therapy and decrease both substance misuse and criminal behavior. However, individual treatment outcomes depend on the extent and nature of the patient's problems, the appropriateness of treatment and related services used to address those problems, and the quality of interaction between the patient and his or her treatment providers.

Recurrence rates for substance use disorders resemble those of other chronic diseases such as diabetes, hypertension, and asthma. Like other chronic diseases, addiction can be managed successfully. Treatment enables people to counteract the disorder's powerful disruptive effects on the brain and behavior and to regain control of their lives.

The chronic nature of the disease means that relapsing to substance misuse is not only possible but also likely, with symptom recurrence rates similar to those for other well-characterized chronic medical illnesses—such as diabetes, hypertension, and asthma that also have both physiological and behavioral components.

Unfortunately, when

relapse occurs, many deem treatment a failure. This is not the case. Successful treatment for addiction typically requires continual evaluation and modification as appropriate, similar to the approach taken for other chronic diseases.

For example, when a patient is receiving active treatment for hypertension and symptoms decrease, treatment is deemed successful, even though symptoms may recur when treatment is discontinued. For the individual suffering with a substance use disorder, lapses to substance use do not indicate failure—rather, they signify that treatment needs to be reinstated or adjusted, or that alternate treatment is needed.

Those with a substance use disorder frequently deal with isolation, which can contribute to addiction. Add general anxiety surrounding a virus and addiction avoidance becomes even more difficult. In combination with medical treatment, group meetings, individual counseling and other sober activities are the first line of defense for those recovering from substance misuse disorders. But how is that accomplished in a socially distant society?

Fear of the unknown is a powerful problem for those used to turning to substances as a coping mechanism. Self-medi-

cating must be replaced with self-care. Addiction is an illness, but it is often portrayed as a choice, a misunderstanding that can further stigmatize people who struggle with substance use and addiction.

Support-group meetings may be canceled, and treatment centers may be under restrictions, but local agencies have boosted their online presence. Meetings are on Zoom instead of in person. There is telehealth support and talking to a recovery coach on the phone available. Other guidance includes starting a new project, journaling, helping neighbors, exercising, or checking in with friends or family. Connection is the key and finding virtual ways to join others who understand and can help you in the journey of recovery.

In Central New Hampshire, the newly launched Plymouth Area Recovery Connection (PARC) can help in guiding those that are in need of services. PARC is currently offering virtual peer recovery, support groups and navigation for individuals at any stage of the substance misuse treatment and recovery process. To learn more, please visit www.parcnh.org or call 238-3555.

SPREAD THE WORD!

Buy the Jumbo Ad and reach readers in ELEVEN NH Weekly Papers. From the Lakes Region to the Canadian Border.

Call 603-279-4516

salmonpress.com



Towns

Alexandria

Merry Ruggiello 744-5383
sunshine_eyes51@yahoo.com

May is seeming more like March this last week, coming in like a lion with wind, snow, rain and all sorts of surprises! Forecast is warmer days are coming, thankfully! I don't know about you, but I'm ready to get ready to plant flowers and vegetables!

Town Board of Selectmen Meeting Tuesday, May 19 at 6 p.m. in the Municipal Building. There will be a Public Hearing on accepting GOFERR grant funds for COVID19 related expenses.

The Planning Board Meeting for May 20 has been cancelled. Cancellation is due in part to a Public Hearing that was scheduled for March, on a lot line adjustment, includes abutters from out of state. We are doing our best to keep everyone safe and following the Governor's guidelines.

Conservation Commission Meeting Wednesday, May 27 at 6:30 p.m. in the Municipal Building.

Alexandria UMC Sunday, May 17, services will begin at 9 a.m. at the following Zoom link: <https://us02web.zoom.us/j/82918858800>. The link will be "open" at 8:30 a.m. Please note this is a change in the Zoom link, and will be used each week until June, 21. If you need to reach Pastor Faith, please call or text her at 491-4028 or email her at faithgreene83@gmail.com.

Hi ho, I'm headed out into the blustery outdoors to see what's new and growing out there. Glad to see the green coming in, despite the unusual weather! Have a wonderful week ahead. Be safe in your travels, if you must, be kind in your words and deeds, and if you see someone without a smile, give them one of yours!

Bristol

Al Blakeley
adblakeley0@gmail.com

In addition to a couple of hand-made face masks, my wife and I took advantage of the Rotary Club's effort to supply Alex Ray's free ones at the NMMS parking lot last weekend. I think it was wonderful that Mr. Ray traveled so far to bring them back to our communities in New Hampshire to be sure everyone had an opportunity to have at least two per person. We all need to do our part in protecting ourselves and our fellow citizens by following protocol.

The Minot-Sleeper Library staff continues to provide excellent service to our community through this difficult time, from online story times for children and virtual book discussions for adults to enhancing the collections through cataloging and expanding digital resources. The New Hampshire Library Reopening Task Force, organized through the New Hampshire State Library is working to create vetted guidance for all libraries in our state on how they can reopen in stages, how to know when it is safe to do so, and the precautions that will be needed with difficult decisions during reopen-

ing. In the meantime, the librarians are still working to be helpful during normal library hours: Monday, Wednesday and Friday 10 a.m. – 6 p.m.; Tuesday and Thursday 1 – 8 p.m.; and Saturday 10 a.m. – 2 p.m. If you are looking for help learning how to use Zoom and other technologies, help to point you to resources available including unemployment, and make recommendations for ebooks and downloadable audiobooks, call the library at 744-3352. The staff is offering a number of different online programs which can be found on the events calendar: <https://www.minotsleeperlibrary.org/calendar.html> and on FaceBook at [facebook.com/minotsleeperlibrary](https://www.facebook.com/minotsleeperlibrary).

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 during regular hours listed above. And, internet at the library is on at the library, so you can access it standing outside the library while maintaining social distancing!

Upcoming Events include: Third Monday Book Group, Monday, May 18 at 10 a.m.; Book Discussion: "Wuthering Heights," Wednesday, May 20 at 6 p.m.; Movie Group, Tuesday, May 26 at 6:30 p.m. ("HATARI!"); 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.minotsleeperlibrary.org>.

Donations by citizens of the Newfound Community have resulted in a Prize Calendar to support local small business and the TTCC! These calendars are \$5 each and all proceeds collected will go to the TTCC Program Scholarship Fund. You can purchase tickets by contacting the TTCC at 744-2713 or ttcc@metrocast.net. Payment can be made by mailing in a check to TTCC at 30 N. Main St., Bristol, NH 03222, or by credit card (over the phone) or send you money via PayPal to ttcc@metrocast.net. After payment is received, raffle stubs will be filled out with your name and number and contact will be made if you win! Winners will be posted daily at TTCC. A prize drawing every day in June. Please help local businesses and the TTCC.

I mentioned last week how nice it is to see folks out picking up litter in our communities so you can imagine my shock at reading where 13,000 pounds of trash was picked up from Cocoa Beach in Florida after they opened it up to the public last weekend! I really thought (silly me) that our society had come a long way toward taking care of our environment with all of the ecology messages out there. I guess we have a long way to go, if that was any indication of how uncaring and ignorant some of our population still are!

Hopefully it was a lesson well-learned and we can progress from here. Have a great week!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

While the news remains the same, good thoughts for our neighbors continue. Worship services and other events at the South Danbury Church are canceled until further notice while the Covid-19 virus is still spreading. Instead, please think of this as an opportunity for personal reflection and renewal, as people of faith have done in stressful times throughout history. "A rebirth out of spiritual adversity causes us to become new creatures." (James A. Faust)

Winter Market-Now a Vendor Endeavor

The last winter market pickup for the season was held on Saturday, May 2. There were so many orders that the pickup took two hours, rather than the scheduled one hour. Because of this response, many of the vendors will put together another pickup even though the grange market has closed. The new pickup will be at Huntoon Farm, 46 Huntoon Rd. in Danbury, from 10 a.m. to noon on June 6. Ordering will begin on or about May 20 through the Huntoon Farm Market on harvesttomarket.com. Order taking will stop on Thursday, June 4. At this time, payment will be 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 There are still a couple of openings in The Servsafe 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.

Family Trees I am sharing here a few paragraphs from my last farm newsletter because it pertains to our current state of uncertainty. In years to come, the events we experience will be looked back upon as family and town history. Here's some "family" history.

This weekend, we open our farm stand,

beginning Huntoon Farm's 154th Spring/Summer Season. Although all the damp cold weather makes me feel 154 years old, I have only been at the helm of Huntoon Farm for the past 32 years. I inherited my responsibility as keeper of the farm from my father in January of 1988. At his death, the farm was not on steady footing. Big farms were in, small family farmers were out. People were further separating themselves from farm life and reveling in an inexpensive subsidized big Ag food supply. Many times during the past few months, I have thought about my Dad and how very proud he'd be having customers seeking us out, coming to us to fill their grocery bags with our farm grown foods. Once again, small farms are key in our local food supply. While I wish he was here to see it, I am relieved that the only older folks we have to keep safe are us!

In the news, this pandemic is often compared to the flu of 1918. It reminds me of the change that flu had on our family. My great aunt's only child, Gretchen died from that flu. She was pregnant and an entire limb of our family tree was nipped in the bud. As a child, my son Dustin had visions of a young woman here at the farm and we feel it might have been Gretchen. When I was little, I played dress up in her wedding dress and I still can't believe my parents never caught me or that she didn't haunt me. As you can imagine, I didn't do that dress any favors. We have a freezer called Gretchen, located in the area where Dustin often saw her...and yes, all our freezers have names.

So if you come to buy meat, perhaps you will choose from the True Cabinet or perhaps we'll go get you something from Gretchen.

Groton

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

May 4 has come and gone now and we have some updates to bring to you that were discussed in the Select Board Meeting on Tuesday, May 5. It was decided that the Town House would remain closed to the public, though we will continue to process vehicle registration, dog licenses, vital records, taking tax payments and continue with Town business. We are here, even though the door is locked. The reason we are continuing with this "lock down" is for protection to those who may come in to do business. As you know, our space upstairs is limited and we often have several people needing to have something done at the

same time. We are concerned about the health of townspeople. We apologize for the inconvenience. Most of our customers and townspeople are taking this in stride and everything seems to be moving smoothly. Please call and have a conversation with us. Our phones have been busy, so if you don't get a real person the first time, try again. We will try to get back to you as soon as possible.

The current conditions will continue to the end of the month and then the Select Board will revisit this issue.

We had a question emailed to us from a local car inspection station concerning the placement of the Transfer Station stickers. We've investigated this with New Hampshire Municipal Association and with the DMV and neither said it is a problem to place them just above the inspection sticker; but we have decided to change the location to place the stickers in the upper corner of the windshield, driver's side. It should be placed high enough so it does not impair vision. If you already have your sticker placed just above the inspection sticker, you may leave it there and next year change the location. If you wish to change the location and need a replacement sticker just let us know and we'll get you a new one. Going forward, if you get a new sticker, please place it in the upper driver's side corner of the windshield.

Due to the Covid-19 closing of the Town Hall, we will not be renting out the facilities for any gatherings. With that said, the Groton Historical Society has announced that the Memorial Day Program they had planned has been cancelled. They have also announced that the School House Museum will not be open this summer.

We had closed the Transfer Station on Sunday through the month of April, but the Select Board has decided that it did not work as planned and caused many more people to come in on the two days they were open making "social distancing" difficult. Therefore, beginning May 17, the dump will be open on Sundays again. Please observe social distancing in all situations including the Transfer Station.

Transfer Station permits: Effective June 1, Transfer Station Permits will be required in order to use the Groton Transfer Station. These permits can be obtained through the Town Clerk and will be \$1 per permit. These are available from the Town Clerk. Just call or email and we'll get them out to you. 744-8849 or townclerk@grotonnh.org.

The State is having discussions with the Town election officials this week with how Covid-19 might change the remaining elections this year. I've been listening in and commenting on that. There are lots of great ideas including using Absentee Ballots which we can do for any of those on the checklist in the Town of Groton. The State Primary is scheduled for Sept. 8 and the General Election of course is Nov. 3. When it gets closer to the election date you will want to request an absentee ballot if you desire with enough time allowed for returning these by mail. I suggest you allow at least a couple of weeks. We will be discussing any changes and will let you know about these as we learn of them. We want all who have a desire to vote to be able to. We will probably have something posted on the Web site when we learn about any changes that might be taking place.

News about happenings in Town can be seen on our Web site: www.grotonnh.org

SEE TOWNS PAGE A12

Serving all of New Hampshire for 50 years.



286-8182
www.porterpaving.com

Paving & Resurfacing • Driveways & Parking Lots • Line Striping
Specializing in Residential and Commercial Paving
Owner Installs Every Job



NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.

Paid Advertisement	Paid Advertisement	Paid Advertisement	Paid Advertisement	Paid Advertisement
Edward Jones: Financial Focus				
Proper Diversification Can Ease Retirement Income Worries				
<p>During your retirement, you will likely need to withdraw from your investment portfolio to help pay for your living expenses. So, naturally, you'd rather not see the value of that portfolio decline. Yet, if you spend two or three decades in retirement, you might experience several steep market declines – in fact, drops of at least 20 percent have typically occurred about every four years. So when a decline occurs, how concerned should you be? Actually, maybe not all that much – if you've prepared your portfolio for all circumstances. Here's the key thing to remember: While the financial markets may drop sharply at any time, it doesn't mean your portfolio will fall as precipitously. For example, the S&P 500, an index that tracks the stocks of 500 large U.S. com-</p>				
<p>panies, might fall 20 percent, but does your own portfolio only consist of these stocks? Most likely, it doesn't. In fact, it's generally a good idea to maintain a portfolio balanced between stocks and bonds, with the percentages of each based on your goals, risk tolerance and time horizon. While diversification cannot guarantee a profit or protect against a drop, it certainly can reduce the impact of a decline. In fact, during a significant market downturn, the difference in performance between an all-stock portfolio and one containing a mix of stocks, bonds and other investments can be dramatic. Consider this: From January 1 through March 31 of this year, the period covering the initial market decline caused by the coronavirus pandemic, the S&P 500 fell almost 20%, but a more</p>				
<p>balanced portfolio (containing 45% in U.S. stocks, 20% in international stocks, and 35% in investment-grade bonds) declined about 12% – a sizable drop, to be sure, but far smaller than the tumble of the S&P 500. * Clearly, owning a mix of investments can help reduce the effects of market volatility on your portfolio. But it's also important to diversify with a purpose in mind. Your stocks and stock-based mutual funds are designed to provide long-term growth potential – which you'll still need during your retirement to help you stay ahead of inflation. But as a retiree, you should also be able to rely on your cash and short-term, fixed-income investments – such as bonds with short maturities, Treasury bills and certificates of deposit – for your income needs over the next three to five years. Also, it's</p>				
<p>a good idea to have about a year's worth of your living expenses in cash and cash equivalent vehicles. Cash instruments and short-term, fixed-income investments offer you two key advantages. First, they're highly liquid, so you typically will have no trouble accessing them when you choose. Second, by having sufficient amounts in these cash and short-term instruments, you will have some protection against having to tap into your longer-term, variable investments when the financial markets are down. With sufficient cash and the right short-term investments in place, you can reduce your worries about what's happening in the stock market during your retirement years. And the fewer concerns you have, the more you can enjoy this time in your life.</p>				
<p>Devon Sullivan <i>Financial Advisor</i> 164 NH RTE 25 Suite 1A Meredith NH 03253 603-279-3284 Fax 866-644-4169 devon.sullivan@edwardjones.com</p>		<p>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.</p>		<p>Jacqueline Taylor <i>Financial Advisor</i> 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-632-8685 jacqueline.taylor@edwardjones.com</p>
Member SIPC				

Paul Victor Barker, Jr., 93

TILTON — Paul Victor Barker, Jr., 93, died peacefully on May 6, 2020 at the New Hampshire Veterans Home in Tilton. Born Nov. 5, 1926 in Newton, Mass., he was the eldest child of Paul V. Barker, Sr. and Elsie G. (Umpleby) Barker. He grew up in Newton, Mass. and attended the local public schools there along with his two brothers, Marshall B. Barker and Robert R. Barker.

A boy who always loved both dogs and nature, Paul purchased his first pup from a mid-western kennel with newspaper route earnings and had it shipped air freight to Massachusetts. Summers, he worked on his great-uncle's farm in Lanesborough, Mass. He so loved country life that once, he rode his bicycle unaccompanied, except for his devoted Springer Spaniel, 'Buck,' 140 miles in one day just to spend time on the farm.

Just before his 18th birthday, he enlisted in the US Marine Corps and, after completing infantry training, he attended and graduated from War Dog Training School. Working with Doberman pinschers, he served during WWII in Panama as a submarine base and navel ammunition depot guard. When his tour ended, he was discharged and returned to civilian life, forever enriched by the Corps' training and discipline. Semper fidelis!

After leaving the USMC, Paul bought his first motorcycle, a 1947 Indian, which he rode cross-country to California in two weeks, camping along the way and experiencing the scenery. With that trip, began Paul's life-long passion for motorcycles.

In 1948, he married Patricia Cowper Fortescue, whom he had known



Paul Barker

since childhood through his friendship with her brother Peter C Fortescue, and with whom he had his four children: Susan, Robin, John, and Peter. As a young father, Paul labored at day jobs and attended night classes while working toward his college degree, a BS Business Management in Construction Engineering which was awarded in 1954 from Northeastern University in Boston, Mass. During his working career, he was a Senior Project Manager for the GBH Macomber Company of Boston, Mass.

After retiring in 1991, Paul finally moved north to join his dear wife at 'The Birches', their picturesque home in Hill. Regrettably, Pat passed away of cancer in 1992, leaving him alone and bereft after 44 years of marriage.

In 1993, he met and married his second wife, Theda Joy Dickerson Ballou, with whom he shared 19 loving years before she too passed away of cancer.

During retirement, Paul occupied much of his time gardening barefoot, target and skeet shooting, training and working his bird dogs, reading historical biographies, discussing salient points on society and economics, watching old movies, history

and antiques shows, and communing with nature through activities such as motorcycle riding, canoeing, hiking, camping, and photography.

Since October 2016, Paul resided at the New Hampshire Veterans Home in Tilton, where he was cared for with great kindness, compassion, and dignity by NHVH's skilled and dedicated professional staff.

Paul is outlived by his dear friend and sweetheart, Marion Cameron of Arlington, Mass. and New Brunswick, NS, a woman for whom he had deep affection and with whom he shared many wonderful memories.

He is survived by his two dutiful sons, John Michael Barker and Peter Fortescue Barker; his two loving and devoted daughters-in-law, Patricia Barker and Christina Schaefer; his son-in-law, Jon Purnell; his seven grandchildren (Ian Downs, Erin Rice, John Barker, Ruth Young, Alex Purnell, Jane Purnell, and Fiona Barker) and his 12 great-grandchildren (Luca & Maia Barker, Mace, Odin & Rhys Downs, Darren & Nevan Rice, Gretchen, Olivia, Penelope & Owen Young, and soon-expected, Charles Purnell).

Sadly, Paul was predeceased by his two cherished daughters, Susan Sanborn Barker and Robin Barker Purnell.

Paul's cremains will be ensconced in a niche at the New Hampshire State Veterans Cemetery in Boscawen; friends and family are welcome to visit the cemetery.

The Cremation Society of New Hampshire is assisting the family with all arrangements. To read Paul Barker's obituary or leave online expressions of sympathy, please view CSNH Web site.

Jean Vincent Doucette, 52

ALEXANDRIA — Jean Vincent Doucette, 52, passed away surrounded by his loving family on Thursday, April 30, 2020 after a courageous battle with cancer.

He was born on Oct. 9, 1967 in Laconia, the son of Robert E. and Fern (Mailloux) Doucette.

Jean attended Bristol Schools and graduated Newfound Memorial High School, class of 1985. He was employed by Smith Tubular dba Tite Flex Aerospace for over 20 years as a TIG Welder.

Jean was a loving son, brother and friend always willing to give a helping hand. He worked hard and lived life to the fullest. Jean, a.k.a. "Lak-



Jean Doucette

er Taker," was an avid ice fisherman on Newfound Lake and helped to start the "Newfound Circus," a community of men and women whose purpose was to share ice fishing techniques, safety tips, new equipment and success stories. He will be

missed by all who knew him.

Jean was predeceased by his wife, Sherry Doucette, and his father, Robert E. Doucette.

He is survived by his mother, Fern (Mailloux) Doucette of Bristol; a sister, Renee Marie Nickerson, and husband Wayne of Gloucester, Mass.; two brothers, Alan E. Doucette of Bristol, Scott J. Doucette and wife Shelley of Bristol; a niece, Lauren Doucette of Knoxville, Tenn.; and a nephew, Benjamin Doucette of Bristol.

A private celebration of life will be held at a later date. Dupuis Funeral Home is handling the arrangements. For more information, go to: Dupuisfuneralhome.com.

Joan G. Vasco, 91

BRISTOL — Joan G. Vasco, 91, died Wednesday, April 29, 2020 at the Belknap County Nursing Home after a lengthy battle with dementia.

The daughter of Joseph and Celina (Ouellette) Guerette, she was born and raised in Nashua, living in the Crown Hill area of the city. She graduated from Saint Louis de Gonzague. She met and married Michael Vasco in 1955. They lived in New York, then moved to Merrimack in 1960, living there until 1995 when they moved to Bristol. Joan raised three boys in addition to working as a secretary for the Merrimack Police Department.

When Joan and Mike moved to Bristol, they became active member of Holy Trinity Catholic Church. In addition to regular services, Joan worked tirelessly with the Woman's Association and could be counted on to assist with all



Joan Vasco

the church's collations and mercy meals. Joan and Mike traveled with the Manchester Seniors, they visited Canada, Novia Scotia, Amish in Penn. They also traveled by train to California and Virginia to visit with Louis and Tony's families.

Joan was predeceased by her husband, Mike, after 56 years of marriage.

Family members include her three sons and

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 introduce you to our leaders.

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

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

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

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

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

We look forward to seeing you soon!

Christian Science Society, Plymouth

Jesus taught what are come to be known as the Beatitudes. One is "Blessed are they that mourn: for they shall be comforted."

Reading this in various Bible translations and looking up mourn in the dictionary can reveal how this important part of Jesus' teaching is truly relevant to what you are finding challenging today. For example, the dictionary defines

mourn as "sorrow over the current state of affairs in the world." On a similar note, The Interpreter's Bible rewrites this beatitude as "Blessed are they that voluntarily share their neighbor's pain" and goes on to say, "Mourners are the conscience of their age; they are hearts of love..."

What about the second half of that beatitude, "...for they shall be comforted"? The Interpreter's Bible continues with saying, "Such sorrow finds comfort."

To be lifted from suffering to comfort and gratitude, it can be well worth looking beyond what you expect the meaning of a word or sentence in the Bible to be to gain broader views.

Fortunately, many have access to the internet to peruse a variety of resources. We find that in prayer we can be led by patience and insight to stick with it until suddenly there is a meaning which is inspiring and worth sharing.

An excellent week to you all. The members of Christian Science Society in Plymouth love that you are our neighbors and we look forward to seeing you at our services, Sunday school, Wednesday testimony meetings and Reading Room once the current requirements are lifted. In the meantime you may enjoy the Web site, www.christianscience.com

Plymouth Congregational UCC

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

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

service as well as videos and Bulletins from past services can be found on our church's web site at www.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 Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

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

Feeding Our Children Together

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

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

world.

Please visit our Web site at www.ucplymouth.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 17
Blessings from the animals and Blessings on the Animals
Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director

Lessons on compassion and living in the moment are the gift of our companion animals and the living world around us. Join us as we lighten our hearts with a service that takes a page from our animal kin. Curl-up with your cat, perch with your bird, drag in the dog, or hold fondly the memory of a beloved animal, as we share a service that offers blessings and gratitude for pets, present and past. Please send us a picture of your pets so we can show one another the creatures with who we share our lives.

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

Contest

FROM PAGE A3
through midnight, Saturday, June 20.
Because of size differences, there are two contests – one for the websites and one for the community calendars. Entered photos will automatically be considered for all organizations, and photographers will be awarded \$100 for every winning photo. Amateur and professional photographers can enter five photos for the calendar contest and another five (5) photos for the web-

site contest. MVSB, the Merrimack and Savings Bank of Walpole will each release a unique calendar containing photos that are local to the communities they serve, so submitted photos can be from anywhere in the state of NH.
Visit the Bank’s Web sites at www.mvsb.com, www.themerrimack.com and www.walpolebank.com after May 11 for complete contest rules, details and a link to upload photos.
Unlike stock banks which focus on driv-

ing income to their stock-holders, Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole are mutual savings banks that operate expressly for the benefit of their depositors, borrowers and surrounding communities. As a result, each bank has remained steadfast in fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutuality, excellence, respect, integrity, teamwork and

stewardship in all matters of business and service.
Founded in 1869, Meredith Village Savings Bank has been serving people, businesses, non-profits and municipalities of Seacoast, Central and Lakes Region of New Hampshire for more than 150 years. To learn more, visit any of the local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or

visit mvsb.com.
Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses, non-profits and municipalities in central and southern New Hampshire for more than 150 years. The Merrimack was voted “Best Bank” by the Capital Area’s People’s Preferences for the 9th consecutive year in 2019. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit themerrimack.com.

Founded in 1875, Savings Bank of Walpole is headquartered in Walpole and serves the Connecticut River Valley and Monadnock Regions of New Hampshire and Vermont from offices in Walpole and Keene. The Bank offers a wide range of financial products, including services to individuals, businesses and organizations. For more information call 352-1822 or visit walpolebank.com.

Notebook

FROM PAGE A3
first time I stepped onto the Old Man’s forehead with longtime caretaker Niels Neilsen and his crew, I thought the big fall might happen in my lifetime.
That was back in the early ‘70s, when I was working for the New Hampshire Sunday News. Giant turnbuckles bolted key components of the Profile to bedrock and kept them from succumbing to gravity, and layers of tar and thick tarpaper covered the granite’s seams.
The Associated Press squib that accompanied the 17th anniversary photos said the Old Man fell because “The rocks

gave way after centuries of freezing and thawing.”
Well, yes and no. It was hydraulics of the old-fashioned variety. During the warmer months, water soaked into the accumulated soil, pebbles, dust, moss and lichens in the seams of the 14 major rocks that formed the Old Man. As we’re all supposed to know, water expands when it freezes. Ultimately, centuries of these tiny little nudges bested the best of intentions.
+++++
People don’t “chop” firewood, any more than diesel locomotives “chug.” Yet newspapers and magazines are al-

ways putting it that way, to teeth-grinding consternation.
Most people get their firewood in eight-foot logs dumped as close to their houses as possible, to reduce lugging. They cut the logs up into stove-wood length, usually with a chainsaw (some diehards use crosscuts or two-man saws), and then split it with hydraulic splitters or splitting mauls, and pile it up to dry outside, or stack it in a woodshed, or down cellar. “Chopping” these days is pretty much relegated to university-level logging team competition.
One might suspect that stories referring to “chopping” firewood

are written by someone from Asphalt America. But on the flip side of this kind of snarky, divisive terminology, I’d probably get things totally and revealingly (to Manhattanites) wrong if I was assigned to write about, say, the New York subway system.
+++++
David Brooks writes about all things scientific and outdoors for the Concord Monitor, and happily submits to being tagged “The Science Geek.” In this regard he has become something of a regional celeb.
David was surprised to learn that you can order bees through the U.S. Postal Service. His personal favorite is bumblebees, used in some greenhouses, so he

mused about ordering a batch of bumbling but benign bumblebees.
Having partnered in the bee business for a while (honeybees, that is), I have up close and personal experience with bees and the U.S. Postal Service. You order your bees, and a few weeks later, you get a telephone call:
“Your bees are here.”
Tons of meaning are dripping like honey from these few choice words. The translation is, “Your bees are here, and we’d really just as soon they weren’t, and we’d like you to come and get them, as in out of here, gone, pronto.” But lest we be tempted to be judgmental here, this could be as much out of

concern for the health and safety of the bees as for the postal crew. There are mitigating circumstances, after all.
No matter how carefully the shipping container and its skeletal wooden frame have been assembled back down there in South Carolina or wherever you ordered your bees, the box is emitting a low but audible hum; and two or three bees have somehow escaped.
And they are out, right there, crawling around the framework.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Rate

FROM PAGE A1
to be able to continue to provide low rates for our members,” said NHEC President/CEO Steve Camerino.
For members who purchase their power from NHEC, the Co-op Power rate will remain at 6.6 cents per kilo-

watt-hour (kWh). The total billing rate for the summer period is 14 cents per kWh. For the typical residential member using 500 kWh per month, the total monthly bill is \$99.47. By comparison, last summer’s total monthly bill for a 500 kWh residential member was \$104.55.

NHEC’s complete schedule of rates and fees is available on its Web site at www.nhec.com. NHEC is a member-led electric distribution cooperative serving 85,000 homes and businesses in 115 New Hampshire communities.

Tiger

FROM PAGE A1
topics such as trust, empathy, inclusion, confidence, bullying and more to help students learn to create more positive social interactions at school, at home and in their communities.
The 20-episode “TIGER TIME” series features PSU TIGER actors past and present, community actors, local artists and New Hampshire Artist Laureate and PSU Professor Amanda Whitworth. Alex Ray of the Common Man Family of Restaurants appears in four episodes where he cooks-up tasty, kid-friendly dishes in his home kitchen. Episodes incorporate storytelling, music, singing, dancing, activities, magic tricks and more, communicating positive lessons that children can easily grasp. The episodes average 10 to 15 minutes in length.
The “TIGER TIME” Episode on “Respect” featuring Alex Ray

can be viewed on YouTube.*Plymouth State University grants permission for distribution and broadcast of this and all TIGER TIME video files.
“We were so disappointed when our performance season was derailed; however, this unfortunate situation opened the door for us to bring TIGER to a much broader audience,” said Trish Lindberg, Ph.D., Artistic Director of TIGER and Producing Artistic Director of PSU’s Educational Theatre Collaborative. “We are proud and excited to offer TIGER’s informative and positive messages online through ‘TIGER TIME,’ and we hope that educators and families, not only regionally, but all over the country and the world, will find the ‘TIGER TIME’ episodes useful, entertaining and fun!”
In addition to the many TIGER actors and guests who lent their time and talent to the series, Dr. Lindberg was

assisted in developing and producing “TIGER TIME” by PSU integrated arts graduate student and internationally known storyteller, Fidaa Ataya, who is from Palestine. Ataya brought enthusiasm and extensive film experience to the project, and is a featured performer in the series.
“ ‘TIGER TIME’ is great educational programming that is professionally done, and also fun,” said Alex Ray, owner and founder of The Common Man Family of Restaurants. “I think it’s up there with Kermit [the Frog] and Mister Rogers as rare ‘good TV’ for children.”
“TIGER TIME” episodes can be downloaded and viewed individually, or as a full playlist of 20 episodes. All 20 TIGER TIME episodes can be viewed and downloaded at PSU’s TIGER TIME YouTube channel.
For information about the Plymouth State University and TIGER, visit www.plymouth.edu.

Feedback

FROM PAGE A1
ness, the Central NH Community Opioid Response is seeking confidential input from residents of all ages. Please share your thoughts on this important issue by following this link: <https://www.surveymonkey.com/r/S6WVN-MM> or
Those who complete the survey prior to May 31 will be offered a chance to win a \$100 Visa Gift Card. To ensure confidentiality, names will not be linked to survey responses and will only be requested when a participant opts in to the gift card drawing.

If you have questions about the survey, or would like to request a paper version, please contact Tara Graham, Program Coordinator at 238-3532 or email tgraham@midstatehealth.org. Community partners are encouraged to share the survey via all appropriate communication channels.
About CNH-COR
The Central NH Community Opioid Response initiative is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award total-

ing \$1,000,000 with 0 percentage financed with nongovernmental sources.
Secured by CADY, Inc. and implemented by healthcare partner, Mid-State Health Center, the CNH-COR aims to ensure comprehensive, coordinated, and easily accessible prevention, treatment, and recovery services for those impacted by opioid use disorders in the Central NH Region. For questions about the initiative, or details on how to become involved in outreach efforts, contact Tara Graham at 238-3532 or via email tgraham@midstatehealth.org.



REAL ESTATE

We are here for you!





Contact us today to discuss the value of your property!



208 Daniel Webster Hwy Meredith, NH 03253 (603) 279-0079
604 Main Street Laconia, NH 03246 (603) 527-8200
www.baysidenh.net

55 Plus MODEL HOME
OPEN SUNDAY 12 to 2



\$169,995 Come and take a look!
Garage, Porch, Appliances
*10% down - 25 years at 6%
Call Kevin - 603-387-7463
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23, Right for 1/2 miles, left at post office for 800°

Make the move!

Find the homes of your neighborhood



Help Wanted



Ashland Lumber
Division of BELLETETES, INC.

Yard Customer Service

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

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

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

E.O.E.

Competitive Wages

Health Insurance

Paid Vacation

Profit Sharing

Paid Holidays

Store Discounts

Paid Time Off

Much More!



Ashland Lumber
A division of Belletetes, Inc.
Lumber Counter

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

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

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

Competitive Wages

Health Insurance

Paid Vacation

Profit Sharing

Paid Holidays

Store Discounts

Paid Time Off

Much More!



Precision Lumber Inc.

IMMEDIATE OPENINGS
SAWMILL AND PLANER MILL WORKERS

DAYTIME SHIFT
BENEFITS INCLUDE
VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

Apply in Person
or email precisionlumber@lumbemh.com
to request us to email an application



Precision Lumber Inc.
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

Newfound Area School District
COACHING POSITIONS

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

Newfound Regional High School

- Varsity Girls Soccer Coach

Newfound Memorial Middle School

- Head Football Coach
- Assistant Football Coach
- Volleyball Coach
- Field Hockey Coach
- Girls Soccer Coach

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

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

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

White Mountains School Administrative Unit # 35
BETHLEHEM ♦ LAFAYETTE ♦ LANDAFF ♦ LISBON ♦ PROFILE
...where excellence links living and learning...

INTERIM SUPERINTENDENT
2020-2021 SCHOOL YEAR

SAU #35 is located in the heart of the White Mountains in Northern New Hampshire and consists of five school districts with an enrollment of approximately 865 students.

The successful candidate will have strong communication and consensus building skills, along with a proven expertise with curriculum development and instructional strategies.
Starting date of July 1, 2020.

For more information or to apply please go to **www.SchoolSpring.com** and reference Job ID#3272540

SAU35
262 Cottage St. Suite 301
Littleton, NH 03561
603-444-3925
Open Until Filled
EOE

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

Will Train. Valid Driver's License required.
Application available at:



CONSTRUX, INC.
630 Daniel Webster Hwy.
Plymouth, NH 03264
(603) 536-3533

Leading Pre Engineered Metal Building Co.



Ashland Lumber
Division of BELLETETES, INC.
Delivery Driver

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

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

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

E.O.E.

Competitive Wages

Health Insurance

Paid Vacation

Profit Sharing

Paid Holidays

Store Discounts

Paid Time Off

Much More!



Alvin J. COLEMAN & Son, Inc.
Established 1940

9 NH Route 113, Conway, NH 03818-9505
Office (603) 447-5936 • Fax (603) 447-5839

TRUCK DRIVERS WANTED

- CDL Qualified
- 2-years experience
- Construction experience a plus

Please call:
(603) 447-5936 Ext. 307

Gorham, Conway, Ossipee, Concord, & Bethel Me


PLYMOUTH ELEMENTARY SCHOOL
2020-2021 SCHOOL YEAR

School Secretary

Technology experience and accuracy with word processing, strong working knowledge of common office equipment and office procedures, well versed in oral and written communication, exhibit a high level of interpersonal skills

Please send letter of intent, resume, and references to:

Lynn Davis
Human Resources Coordinator
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 0264
ldavis@pemibaker.org



FIND A CAREER
IN THE CLASSIFIEDS!



NGH Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

FULL-TIME
***SIGN ON BONUS!**
*RN – M/S Charge, Night Shift
*Radiologic Technologist
Release of Information clerk

PER DIEM
RNs – LNAs – ED Technician – LPNs
Environmental Services Tech II (Housekeeper)

APPLY ONLINE
WWW.UCVH.ORG
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

VACANCIES
BERLIN PUBLIC SCHOOLS
Berlin, NH

Berlin Middle High School
Assistant Principal
General Special Education Teachers
Chemistry Teacher (9-12)
English Teacher (6-8)
Science Teacher (6-8)
Math Teacher (6-8)

Berlin Elementary School
Grade 5 Teacher

Applicants must be NH Certified or Certifiable. Interested individuals should send a letter of interest, resume, 3 letters of reference, transcripts, copy of certification and completed application (located at www.sau3.org.) to Julie King, Superintendent, 183 Hillside Ave., Berlin, NH 03570 or email hr@sau3.org. EOE



Shopping for assisted living facilities



As people age, often-times their living arrangements need to be adjusted. Needs evolve as children move out or other situations arise. One of the scenarios that may come to pass as a person ages is the need for more specialized help that just isn't possible at home.

When failing physical or mental health affects one's ability to be independent and live safely at home, moving into an assisted living facility may be the next step. The National Center for Assisted Living indicates assisted living offers the little bit of help some people need when they

can no longer manage living alone. Typically these facilities provide assistance with bathing or dressing, medication management and other care, while also catering to people who may not require the around-the-clock medical care most often associated with nursing homes.

Vetting is an important component of finding assisted living facilities. Family caregivers need to educate themselves about services, costs and other resources provided by assisted living facilities. AARP says assisted living facilities provide residents with a range

of services that can include supervision, meals, housekeeping, laundry, and personal care. Residents usually have their own apartments or private rooms. Because they are mostly regulated at state level in the United States, there is a lot of variety among these facilities. That means family caregivers need to assess their needs and desires in a facility to find the right one that fits. Assisted living facilities offer a home-like environment, and the amenities available vary based on cost. Paying for assisted living differs from paying for nursing homes. Largely government-subsidized health programs like Medicare and Medicaid pay for nursing home care. Those who would be best serviced by assisted living may find they may not qualify for government support, nor may

the facilities accept anything other than private payment or long-term care insurance to cover room and board. Other considerations in assisted living facilities are size, specialties, atmosphere, location, and the ability to transition to higher forms of care. Assisted living may fill a void currently, but it's often not a permanent situation for all, and eventually certain residents may have to move on to skilled care facilities. Potential residents and their families should visit various assisted living facilities to get a feel for what they are like. Speak with the staff and residents, request a meal and get a sense of the environment. Apart from cost, how the home feels is one of the most important factors in shopping around for this type of residence.

Why routine checkups are vital to overall health

Regular visits with a medical professional are an important part of a healthy lifestyle. Too often people visit the doctor only when they are ill, as they may not realize just how essential well visits and physical exams are. Routine checkups are the smartest way for people in all age groups to stay on top of their health, but they can be

especially valuable for those age 50 and older. Regular checkups enable physicians to check current health against past visits, ensuring that any anomalies can be investigated and treated efficiently and promptly. This can make the difference in slowing down the progression of a disease that has already developed or prevent something from becoming a

full-fledged issue. The Mayo Clinic says there are no hard and fast rules about how often seniors should visit health care providers. Those who are in generally good health may only require one medical checkup a year. At this point vital signs will be checked, medications reviewed and lifestyle topics discussed. Doctors may even recom-

mend or discuss tests. Patients also can bring up any issues they may be experiencing, however insignificant they may seem. Anything from sleep disturbances to memory loss to unexplained fatigue or pain can be addressed. Sometimes getting everything out in the open and being reassured that there's nothing to worry about can be helpful. General care and geriatric doctors also are adept at asking questions to get a sense of how patients are faring in the world. This may include topics that seemingly have no relevance to health but can be quite important. A provider may ask about topics such as bathing or dressing. Questions about social interaction or typical routines can

paint a better picture of both physical and mental health. The recommended frequency of doctor visits may change as health issues arise or if follow-up is needed after a treatment plan or injury, according to the caregiver company Home Care Assistance. Some seniors may have to visit a provider once a week or once a month. Doctors, nurses and therapists will design a regimen based on a patient's current health needs. The following are some compelling reasons to be diligent with provider visits. • Frequently health issues can be silent and not noticed early on by a patient, according to Mercy Medical Center in Baltimore. • Patients will be less

likely to forget about important screenings, like mammography, prostate tests, cholesterol tests, and more. • Vaccines can be administered, as even adults need certain immunizations to stay healthy. • Patients can discuss potential lifestyle changes, like going on a diet or taking up a new fitness regimen. It is essential to follow through with health care provider visits, even if they seem redundant. Physicians may detect issues that warrant close observation. Patients are urged to have an open dialogue with their doctors so they understand the reason behind health care visits and expectations in the future.



Affordable living for Seniors of all Incomes!
Current Openings – No Admission Fee!



A not-for-profit private pay organization caring for seniors since 1942

- Enjoy home cooked meals
- 24 Hour Licensed Nursing Staff
- Housekeeping services
- Music & Memory Program
- Pet Therapy
- Daily Social activities
- Peabody Bus Transport for outings, restaurants & shopping



Assisted Living, Nursing & Memory Care
Respite & Elder Day Care

Call for a tour or to learn more about Peabody Home

24 Peabody Place, Franklin, NH
(603) 934-3718 • www.peabodyhome.org

TOGETHER STRONG.

Together Strong, we will weather this storm.

How to exercise during the pandemic

Life changed overnight for millions of people across the globe in the wake of the COVID-19 outbreak, which shuttered businesses and forced many people to follow stay-at-home measures issued by their local governments. These measures not only affected the overall health of those infected with the virus, but also those who experienced no symptoms and even tested negative for COVID-19.

In recognition of the mental toll that social distancing and stay-at-home measures can take, the Centers for Disease Control and Prevention advised people to exercise regularly. But opportunities to exercise seemingly dried up when stay-at-home guidelines were issued and gyms were shuttered. People without exercise equipment at home suddenly found themselves wondering

how they could stay fit and keep their bodies in the best possible condition to fight a virus that has claimed thousands of lives. Thankfully, there are ways to stay fit and keep immune systems strong without violating stay-at-home measures.

- Access online exercise programs. Many gyms that were forced to close to help stop the spread of the COVID-19 virus began offering exercise tutorials and classes via social media or websites such as YouTube. These videos can be invaluable resources, teaching people how to stay fit at home even if they don't have weights or other equipment on hand. In addition to gym-sponsored exercise tutorials, the internet is loaded with free exercise videos and advice that can help people without access to a gym get fit or maintain their fitness routines.



- Go back to the basics. Many people no doubt recall gym class from their school days. Such classes teach youngsters the basics of physical fitness without employing dumbbells or advanced exercise ma-

chines. Those same basic exercises that work for youngsters, including push-ups, sit-ups and lunges, can be effective for adults as well. If it's been awhile since you've done your most recent push-up, access an on-

line tutorial so you can be certain your form is correct.

- Do some yard work. It might not feel as high-intensity as a spinning class or a Pilates session, but yard work can be a great workout.

Dust off the push mower the next time the grass needs to be cut, and get to work on pulling weeds in garden beds. The added benefit to yard work is it provides a great opportunity to get some fresh air without violating social distancing guidelines.

- Go for a jog. Perhaps the simplest way to exercise during the pandemic is to go for a daily jog. According to the Mayo Clinic, aerobic exercise repeatedly moves large muscles in the arms, legs and hips while engaging the immune system and helping it to ward off minor viral illnesses. That makes an early morning jog an especially valuable, not to mention easily accessible, way to exercise during the pandemic.

Exercise can help people maintain their immune systems in the wake of the COVID-19 outbreak, and there are many simple ways to fit in a little physical activity even while social distancing.

WHOLE VILLAGE FAMILY RESOURCE CENTER IS ONLY A PHONE CALL AWAY! WE ARE STILL HERE TO HELP!

Call us at 603-536-3720 to get connected to resources.







Dirty Worm GREENHOUSE

We are living in very trying times.

Plants help keep you focused and happy.

This spring, stay home and beautify your own yard or deck. Plant a vegetable garden with the kids. Learn to freeze or can vegetables and fruits.

We have all the vegetable and flower seedlings you need plus supplies, roses, fruit trees and berries, seeds and perennials.

We are fully operational and open for early spring from 10 to 4 seven days a week. We are sanitizing our carts and cash register area continually. Please respect the social distancing guidelines.

For more info, call 603-968-3636, follow us on Facebook or thedirtywormgreenhouse.com.

819 Dana Hill Rd, New Hampton, NH 03256

BE WELL AND STAY SAFE, BECAUSE YOU MATTER TO US!

Shop from the safety of your home!



Belletetes Building Supply has been classified as an essential business and we take this responsibility very seriously. We're here to help the communities we serve and we're doing so in the safest manner possible.

The safety of our customers and our team is our #1 priority.

Now you have the option to place your orders via phone or email for free delivery or curbside pickup. Check out belletetes.com for your local store information, and place your orders via email to orders@belletetes.com.



www.belletetes.com

JAFFREY, NH 603.532.7716	ANDOVER, NH 603.735.5544	PEMBROKE, NH 603.224.7483
PETERBOROUGH, NH 603.924.9436	SUNAPEE, NH 603.763.9070	MOULTONBOROUGH, NH 603.253.4404
NASHUA, NH 603.880.7778	ASHLAND, NH 603.968.7626	WINCHENDON, MA 978.297.1162

TOGETHER STRONG.

Together Strong, we will weather this storm.

Explaining clinical trials

Over the last several decades, survival rates for many types of cancers have improved dramatically. Much of that improvement can be traced to the tireless efforts of cancer researchers and the organizations and donors who fund their research.

According to the National Institutes of Health, there are two types of clinical research: observational studies and clinical trials. Observational studies observe people in normal settings, and during these studies, researchers gather information, group volunteers according to broad characteristics and compare changes over time. Observational studies sometimes help researchers discover new opportunities for clinical trials, which are research studies that aim to evaluate medical, surgical or behavioral interventions. Clinical studies are often how researchers learn if new drugs and treatments are safe and effective.

Clinical trials are somewhat routine, though they tend to capture the attention of the general public during public health crises. For example, much attention was paid to clinical trials during the recent

COVID-19 outbreak as researchers hurried to develop a vaccine for the novel coronavirus.

Cancer researchers utilize clinical trials to advance treatments and as part of ongoing efforts to find a cure for all types of cancer. In the United States, these trials must go through various phases as outlined by the Federal Drug Administration. During these phases, treatments are tested and researchers try to find appropriate

dosages while also documenting any potential side effects. A clinical trial must go through three phases before a drug can be approved for use.

- Phase I: A phase I clinical trial tests an experimental treatment on a small group of people, typically healthy people between the ages of 20 and 80. Phase I aims to judge the safety of a treatment and find any side effects while also determining dosage.

- Phase II: More people are typically needed for a phase II clinical trial, which may require as many as 300 participants. The NIH notes that a goal of phase II trials is to obtain data regarding the effectiveness of the drug on people who have certain diseases or conditions. Safety, particularly in regard to short-term side effects, also is studied during a phase II trial, which can last for several years.
- Phase III: Different

populations and different dosages are studied during phase III trials, which may require the participation of several hundred, if not thousands, of people. Positive results during a phase III trial typically result in FDA approval.

Once a drug is approved by the FDA, a phase IV trial is conducted to study the effectiveness and safety among large, diverse populations. The NIH notes that the side effects of

a drug may not become clear until more people are studied over very long periods of time, which is why drugs are often studied even after they're approved by the FDA.

Information about participating in clinical trials in the United States can be found at www.nih.gov, while Canadians interested in learning more about cancer trials can visit www.canadiancancertrials.ca.

How to avoid spreading illnesses at home

Family companionship invaluable. Spending time together with loved ones is an important component of daily life. However, when an illness affects one person of the household, that highly coveted closeness can put others at risk.

Infectious diseases are equal opportunity hitchhikers. Should a person be waylaid by influenza, strep throat, mononucleosis, or COVID-19, casual contact may be all it takes to pass the illness to someone else. The Centers for Disease Control and Prevention says that COVID-19 is primarily spread from person-to-person among people who are in close contact with one another (within about six feet). Respiratory droplets produced when an infected person coughs or sneezes can land in the mouths or noses of people nearby or possibly be inhaled through the lungs. Other viruses and bacteria spread from contact with contaminated surfaces or objects and then touching one's own mouth, nose or possibly the eyes.

Keeping household members safe when one person is ill can be challenging, but it is possible. These steps can help keep everyone in a household safe, particularly from virulent diseases.

- Wash your hands. This is the most effective way to prevent the spread of germs. As frequently as possible, wash your hands, but especially after touching frequently used items or before and after preparing and eating food.
- Disinfect surfaces. Target areas that are frequently touched by all members of the household. Such surfaces include doorknobs, stairway railings, bathroom and kitchen faucets, the refrigerator door, light switches, and cabinet knobs. Make sure to keep the disinfectant visibly wet on the surface for the "dwell time" recommended on the label instructions to fully kill the germs.
- Consider color coding. Use microfiber cloths, which don't harbor germs like porous sponges do, with different colors for cleaning each room of the house to prevent the spread of germs from one area to another.
- Keep your distance. Sick individuals should stay away from others as much as possible. Now might be the time to use a guest bedroom for spouses who normally share a bed. Designate a separate bathroom for healthy individuals. Do not touch hands, hug or kiss others while you are ill. Kaiser Foundation Health Plans also suggests hygiene techniques like coughing or sneezing into a tissue or sleeve to trap the virus.
- Use personal bath towels. Do not share towels and linens with others while sick. Now is the time for a personal bath towel or bathrobe for showering and drying hands, offers Meridian Health.

It can be difficult to avoid spreading disease when one member of a household is sick. But with proper hygiene and diligence, illnesses can be contained.



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

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



**LITTLETON
EYE CARE CENTER**

"Look to us to keep your world in focus."



We have re-opened with enhanced safety measures in place. As always, we're happy to be here for you and to provide you with comprehensive eye care. Thank you for your support!

Dr. Winnie Tseng | Dr. Kevin M. Stratton | Dr. Alyssa J. Flanagan | Dr. Kyle A. Keyser | Dr. Erica L. Griffin

104 Meadow Street
Littleton, NH
603-444-2592
visionsource-littleton.com

50 Smith Street
Woodsville, NH
603-747-3190
visionsource-woodsville.com

78 Main Street
Lincoln, NH
603-745-4882
visionsource-lincoln.com

ADAMSKY LAW OFFICES

Life & Estate Planning ♦ Elder Law

Edward H. Adamsky, Esq.

*Assisting Families with
Aging and Disability issues since 1992.*

Life & Estate Planning: Wills, Powers of Attorney, Health Care Directives (Proxies), Trusts

Elder Law (Long Term Care Planning): Medicaid Planning, Irrevocable Trusts, Life-Estate Deeds

Special Needs and Disability Law: Special Needs Trusts, Supplemental Needs Trusts, First and Third-party Trusts

Estate Settlement and Trust Management: Probate

1-888-649-6477

www.adamskylaw.com

*Offices in Tyngsboro, Mass.
and Ashland, NH*



STAY STRONG



**HAMMOND
WHEELER**
Realty



Your Lakes Region & White Mountains Real Estate Team!

COVID-19 Business Hours and Practices

- Physical office closed to public per Governor's Order, through at least May 31, 2020
- Staff available through various technological means 7 days a week. Just ask!
- 3D Virtual, live virtual showings available. In-person showings available with appropriate social distancing measures

1294 NH Route 175 Unit #2 P.O. Box 2224 Campton, NH 03223
Phone: 603.726.8040 | Fax: 603.726.8655
info@hammondwheelerrealty.com



GENERAC®

Prepare for power outages with a Generac home standby generator



SCHEDULE YOUR FREE IN-HOME ASSESSMENT TODAY!

844-937-0186

FREE

7-Year Extended Warranty*
A \$695 Value!

Offer valid March 16, 2020 - June 30, 2020

Special Financing Available

Subject to Credit Approval

*Terms & Conditions Apply

Towns

FROM PAGE A1

Scheduled Meetings and Closures for the Town of Groton:

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

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

Planning Board Meetings have been cancelled until further notice.

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

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

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

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

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

Pickups will be every Wednesday afternoon. Requests can be made at any time during the week. Requests received by Wednesday at noon will be ready for pickup in the afternoon. We will call you when your materials are ready for pickup. Requests made after noon will be available for pickup the following Wednesday. Available

titles can be found on our 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!

Bridgewater/Hebron Village School News

When you are headed south to Bristol, please be sure to notice the signs on either side of the Bridgewater/Hebron School entrance. Each sign has the name of a Class of 2020 5th grade graduate. Congratulations Graduates!

Hebron Gazebo Program

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

Everett Begor
John LaCarte
Bob Brooks

TTCC JUNE Prize Calendar

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

Trout Unlimited to meet virtually May 19

PLYMOUTH — The Pemigewasset Chapter of Trout Unlimited will hold their monthly meeting on May 19 on-line via Zoom, starting at 7 p.m. Plymouth State University graduates Josh Hoekwater and Jared Lamy will present information from their studies of Brook Trout in the Beebe River watershed. Interested parties can email PemiTU@gmail.com to request information on joining the virtual meeting.

Donations for sending a lucky boy or girl to the 2021 Barry Conservation/Fishing Camp via PayPal to "Pemigewasset Chapter Trout Unlimited" or mailed to Pemigewasset chapter of Trout Unlimited, POB 1356, Campton, NH 03223.

Trout Unlimited is a non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Visit our Web site, www.pemigewasset.tu.org, and Like us on Facebook.



PAVING

JOIN OUR TEAM

TEMPORARY EMPLOYMENT OPPORTUNITIES AVAILABLE

PAVING & GRADING CREW POSITION OPEN

CLASS A DRIVERS AND LABORERS

Call 279-1499 or email admin@bryantpaving.com TODAY!

ALL ARE ENCOURAGED TO APPLY

BRYANT PAVING IS A DRUG FREE WORKPLACE & EOE