

# WRMS staff send students off to high school

BY DONNA RHODES  
dhrhodes@salmonpress.news

TILTON – It wasn’t what they expected when they entered Winnisquam Regional Middle School four years ago, but the successes of this year’s eighth grade students could not be ignored, so as the school year drew to a close last Friday with remote learning still in place, the day began with an online video to recognize their many accomplishments.

From their computers at home that morning, the class first tuned in as the school acknowledged academic and athletic achievements, and presented congratulatory remarks from seventh grade social studies teacher Craig Olson and District Superintendent Rob Seaward.



The staff at Winnisquam Regional Middle School congratulated students as they drove through the school grounds last Friday evening for a special graduation parade. From left to right are Felicia Chirgwin, principal Michael Bryant, student Lauren MacDonald and her family, Susan Hewey and Mary Doherty.

That evening, WRMS Principal Michael Bryant, his staff and faculty members then lined the entrance to the school to say a fond farewell to the class as they drove by to pick up their graduation certificates, awards and some special treats as well.

“We always do an eighth grade end-of-the-year celebration and, with remote learning ending our year, we had to come up with a way to connect with these students to let them know how much we’ve missed them and how much we care about them,” Bryant said. “This was an opportunity to get one last look at them all before they move on to the high school.”

As families drove onto the school grounds that night, they were first

SEE WRMS, PAGE A6

## Spaulding Youth Center receives accreditation from Department of Education

NORTHFIELD — Spaulding Youth Center is pleased to announce it was awarded with a five-year program accreditation by the New Hampshire Department of Education (NHDOE). Five years is the longest timeframe permitted between Special Education Program Approval Visits.

After following strict guidelines and processes over the past five years, Spaulding staff prepared for the upcoming

accreditation for several months. NHDOE representatives visited Spaulding’s campus to review the programs and services available to children and youth with educational disabilities compared to all private special education schools statewide. The visiting professional educators toured the school to gain an insider view of a day in the life of a Spaulding School student. As part of the process, The School at

Spaulding Youth Center provided supporting materials, including student Individualized Education Programs (IEPs), progress reports, samples of student work, grades, permanent records, curriculum and more for grades K-12 students five to 21 years of age.

“We are proud of our wonderful teachers and school staff members who work tirelessly to ensure our students

SEE SPAULDING, PAGE A6



### Stars on and off the field

Chloe Colarusso (left) and Olivia Dill (right), gradating seniors at Winnisquam Regional High School, were recently recognized by the New Hampshire Interscholastic Athletic Association as Scholar Athletes for their outstanding academic performance.

## BHS students continue to earn recognition from NHIAA

BY DONNA RHODES  
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BELMONT — Belmont High School Athletic Director Cayman Belyea is pleased to announce that Edwin

Mann III and Sana Syed were among the 11 student athletes from his school who received recognition from the New Hampshire Athletic Directors Association in 2020 for not only

participating in at least two sports while in high school but maintaining a B-plus average or better in academics at the same time.

During his high school career Edwin Mann III of Belmont was a forward (striker) for the BHS soccer team for two years, was a wide receiver for the football team for one year and participated in both indoor and outdoor track all four years.

“Outdoor track was by far my favorite, mainly because I could focus on myself and there is no one else to blame when you do bad other than yourself,” he said. “It’s not like any other sport; you really have to push yourself to another level in some of the races.”

He also felt the connections with his coach.

SEE ATHLETES, PAGE A6



Edwin Mann III was one of 11 students from Belmont High School to receive an NHIA Scholar Athlete award this year.



Heather Pinet and her son Benjamin of Sanbornton sat beside one of the many whimsical cat-erpillars and other painted rocks that fill their fun summer gardens this year.

## Sanbornton family makes gardening fun

BY DONNA RHODES  
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SANBORNTON – Most people plant flower gardens to enjoy the beauty and fragrance of the blossoms each spring and summer, but Heather Pinet, husband Brandon and their six-

year-old son Benjamin decided to add a little fun to their flower and vegetable gardens this year, through painted rocks and other ways to bring a smile to the faces of all who see them.

The project began when Brandon decided that they needed to find

a way to fill in one particular area beside their driveway.

“In the years past, we’ve had a pretty boring yard. We wanted to make our yard beautiful and fun, especially for our 6-year-old son this

SEE GARDENING, PAGE A7



**BY MARTHA SWATS**  
Owner/Administrator  
Comfort Keepers

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# Lakes Region Rotary Car Show goes virtual



The Show will go on, but with a COVID twist. Fueled by Graham & Graham, P.C., the Lakes Region Rotary Charity Car Show in July will offer a virtual tour of hundreds of cars from all over the country. The Car Show is the Rotary's main fundraising event, and will run July 25 through Aug. 1. Pictured is Lakes Region Rotary President, Mike Robichaud (left) with the show's lead sponsor, Jeff Graham, Graham & Graham, P.C.

COURTESY

LACONIA — Take a virtual ride with the Lakes Region Rotary, as the Club hosts its eighth annual car show from July 25 through Aug. 1. Fueled by Graham & Graham, PC, this year's event features a virtual tour of cars from all over the country. Viewers will have the opportunity to take a leisurely 'scroll' through the entries and vote for their favorites in a number of categories.

The cool thing about the virtual show is that participants can enter their car, and have it featured and viewed before a global audience without having to leave their driveway.

Car owners will be able to register their entry beginning July 11, with a deadline of July 24. Up to four pictures of the show car may be submitted, along with a brief description of the car's features.

People can register online and begin viewing the entries and categories of vehicles July 11 at <http://lakesregionrotary.org/carshow/>.

The Show will run for one week beginning July 25, allowing viewers plenty of time to vote for their favorite cars for the People's Choice Award,

and a panel of judges will select the winners of each category with cash prizes awarded.

As the main purpose of the show is to raise funds for local charities, the cost to register a vehicle is \$10, and voting is only \$1 per vote.

This year the Rotary Club is supporting a children's charity that works year-round to provide children of the Greater Lakes Region with clothing and other necessities - the Santa Fund of the Greater Lakes Region. The Club will also donate raised monies

to the New Hampshire Food Bank in support of their efforts responding to the food insecurity needs of our fellow citizens; needs that have increased during the virus pandemic.

You can help make this a successful event by checking out the Virtual Car Show and voting for your favorite show cars. The Lakes Region Rotary is very grateful for the generous support of our presenting sponsor, Graham & Graham, PC; our Roadster Sponsors - Foley Oil & Propane, and Bank of New Hampshire; and Cruiser Sponsors - Meredith Village Savings Bank, Cross Insurance, and the Insurance Outlet.

For more information, visit <http://lakesregionrotary.org> or email [carshow@lakesregionrotary.org](mailto:carshow@lakesregionrotary.org).

## Lakes Region Community Developers celebrates NeighborWorks Week



Kristen Kenny and Logan Matz work together during NeighborWorks Week to construct a raised garden bed for the new community vegetable garden at Harriman Hill in Wolfeboro.

COURTESY

LACONIA — Lakes Region Community Developers (LRCD) is joining fellow NeighborWorks America members across the nation in celebrating NeighborWorks Week from June 6-13.

NeighborWorks network organizations provide residents in their communities with affordable homes, owned and rented; financial counseling and coaching; community building through resident

engagement; and collaboration in the areas of health, employment and education.

Each June, NeighborWorks and its network of 250 organizations across the country mobilize tens of thousands of volunteers, businesspeople, neighbors, friends, and local and national leaders in a week of neighborhood change and awareness.

Since its inception in 1983, NeighborWorks Week showcases how the NeighborWorks network strengthens communities and celebrates its collective impact as a network.

Earlier this week, LRCD enthusiastically joined in the fun of NeighborWorks Week at several LRCD properties including two community garden projects and one flower planting.

Repairs and planting took place June 5 at the Pinecrest community garden in Meredith; a four year tradition for Pinecrest Apartments.

At Harriman Hill in Wolfeboro, tenants asked if they could garden for something fun and safe to do this summer. With LRCD's assistance, they built a community vegetable garden on June 6.

LRCD also planted annuals with tenants at its adjacent Millview and Avery Hill devel-

opments in Laconia on June 8, allowing them to spruce up their front or back patio areas and add some color to the neighborhood.

NeighborWorks America is a congressionally chartered, national, nonpartisan nonprofit that provides access to homeownership, safe and affordable rental housing, and other community-building services. The organization responsibly stewards the federal and other investment funds entrusted to it to help individuals, families and communities thrive through comprehensive approaches to affordable housing and community development.

"Our vision is a community where everyone has a healthy home and is empowered to succeed," said Carmen Lorentz, Executive Director of LRCD. "Being a member of NeighborWorks is critical to our ability to build healthy homes and vibrant community facilities and to engage residents in working together to create the neighborhoods they want to live in."

As a NeighborWorks America chartered member, LRCD receives crucial operating funds, and has access to other opportunities provided by NeighborWorks in-

cluding peer-exchange, technical assistance, evaluation tools and access to training. NeighborWorks is considered the nation's leading trainer of housing and community development professionals.

"Between the funding and resources provided to us by NeighborWorks, ultimately it is the Lakes Region that benefits and we're really proud of that," adds Lorentz.

LRCD is awarded funding annually from NeighborWorks America, and earlier this year, was awarded \$300,000, an increase from years

prior.

LRCD has diversified its real estate activities over the last two years, which has paved the way for this year's increase in funding from NeighborWorks. LRCD is working on its first development of affordable starter homes in Wolfeboro; recently completed its first supportive housing development in partnership with Horizons Counseling Center and Navigating Recovery of the Lakes Region; and continues to preserve and create new, affordable rental homes.

## Correction

TILTON — In last week's article on Fierce Spirit Fitness, it was incorrectly reported that owner Jennifer Adams is from Northfield and is a former employee of the Belknap County Attorney General's office.

In fact, while Adams worked for the Northfield Police Department for many years, she resides in Tilton and worked for the Merrimack County Attorney General's office.

The Winnisquam Echo deeply regrets any confusion that may have resulted from these unfortunate but unintentional errors.

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## Endicott College announces Local Dean's List students

BEVERLY, Mass. — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2019 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

Among the students who met these requirements were Liam Donovan of Belmont and Gage Jacques of Sanbornton.

About Endicott College

Endicott College offers doctorate, master's, bachelor's, and associate degree programs at its campus on the scenic coast of Beverly, Mass., with additional sites in Boston, online, and at U.S. and international locations. Endicott remains true to its founding principle of integrating professional and liberal arts education with internship opportunities across disciplines. For more, visit [endicott.edu](http://endicott.edu).

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## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 457 calls for service and made the following arrests during the week of June 1-7.

Arrested during this time period were Jason Cram (for Theft By Deception), Carson Corbeil (in connection with a warrant), Gregory Witham (in connection with a warrant), Benjamin Ellis (for Driving Under the Influence and Possession of Drugs), Nathan Bishop (for Driving After Suspension), Morgan McInerney (for Criminal Trespassing and Possession of Drugs), and Jefry Morgan (for Possession of Drugs).



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## But tomorrow may rain, so I'll follow the sun

Well, here we are at the start of summer. We've survived a mild winter, but winter nonetheless. The days are longer. The sun is shining brighter. Now that warmer days have arrived, it makes the current closures a bit easier to manage.

While we will miss summer festivals and live music, there is still plenty to do to soak up a fun filled, relaxing summer. While we're out in our kayaks, hiking in the White Mountains, or enjoying an afternoon fishing at the river, don't forget about the many health benefits that come along with this amazing season.

Sunlight acts as an aid to regulate our bodies and gives us more motivation to improve our lives. During the summer months there is a reduced number of heart attacks. One study, including 11,000 individuals, showed that over nine years, the survival rate increased by almost 20 percent if the incident took place in the summertime. One theory is that the increase in vitamin D, plays a role.

During the summer months people are more likely to eat more fruits and vegetables. Diets become more green and healthier. We all know the more colorful the diet, the healthier we are. We could argue that the all time best cereal invented, Fruity Pebbles could be just as healthy, but we would be wrong.

Warmer months means clearer skin for many. Now that we are older (some of us), we know that sitting outside with tin foil to help us become more tan faster, is not a smart move. Sunscreen it is. In addition, people tend to exercise more in warmer weather. This is perfect for allowing more oxygen to reach the brain and stress levels decrease as an added bonus.

The sun can have an effect on those with sleep issues as well. Waking up to the sunlight aids a person's internal clock to reset. Hotter weather also causes us to drink more water. More water means less toxins in our bodies. Cheers to that.

We think it's a good idea to create a summer bucket list. Some of the things on our list include hiking more 4,000 footers, finishing a certain amount of books (some started almost ten years ago), making more trips to the ocean, trying out a paddle board, getting around to purchasing a fishing license, question legislation about daylight savings and having sunflowers in bloom by fall.

The most important thing, and we say it often, is to remember to slow down and appreciate every summer moment, hour by hour.

*Note: To give credit where it is due, the title of this week's Editorial was taken from the song "Follow the Sun," written by John Lennon and Paul McCartney and recorded by The Beatles in 1964.*



DONNA RHODES

### Back in the swing of things

As businesses and recreation areas begin to re-open across the state, these two gentlemen out on the links of Den Brae Golf Course in Sanbornton are among the many New Hampshire residents who are happy to get "back in the swing of things" once again.

## STRATEGIES FOR LIVING

# The search for peace

BY LARRY SCOTT

With the national stage in turmoil, peace in America is as elusive as it has ever been. And the looming elections and a possible coronavirus resurgence in the fall tell us there is no end in sight. If you are looking for peace, the America of today is not the place to be.

But the peace of which I write has little to do with the circumstances that surround us. There will always be reasons to advocate for change, always elements of injustice in our society. We will never be at peace with our lifestyle, however, until we are at peace with ourselves.

Matthew Kelly, an active Christian, highlights the issue this way.

"While at breakfast with a friend of a friend, the gentleman said, 'There is something different about you, Matthew. I don't

know what it is, but it is special and rare. You make me ponder life. I will tell you this. ... I am a very wealthy man. I have more houses than ten families could live in, more boats and cars than I could ever use, more money than I could ever spend. Everywhere I go I am treated like royalty... but I have no peace. Peace ... and the funny thing is, I would give everything I have, the things I have spent my whole life building, for just a little peace'" (The Rhythm of Life, p. 186).

Though not typical, this gentleman was right. Comfortable circumstances, security, and good health do not, in themselves, bring peace of mind. Peace is not in something we have or do; lasting, satisfying peace of heart and mind is found in who we are.

The problem is that, whatever our religious

convictions, and regardless of our philosophical point of view, we must face the fact of our mortality. We know our death is only a matter of time, and we must each find a way to deal with it. We can act as if we are going to live forever; we can tell ourselves there is no such thing as an afterlife. But that is a gamble many of us are not willing to take.

Some people look for reassurance in their faith. I can't tell you how many times I've been told, "I believe in God." So? Almost everyone believes in God. The Bible says, "You believe there is one God? You do well! The devils also believe, and tremble." Believing the truth, even about God, means little unless it impacts our surrender to His will.

The challenge, then, is to establish a right relationship with God that provides the peace of mind our heart de-

mands. Multiple voices, all claiming to be the way of truth, call for our allegiance. But I have found support for my faith in one undeniable truth: Jesus died, was buried, and three days later, arose from the dead. That is the basis for my faith. "If in this life only we have hope," wrote the Apostle Paul, "we are of all men most miserable. But now is Christ risen from the dead."

Despite a nation in conflict, despite the continuing threat of the coronavirus, peace of heart and mind is available to all. Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid (John 14:27).

For more thoughts like these, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

## VNA

# Understanding aphasia helps us all communicate better

June is Aphasia Awareness Month, a time to help spread the word about what aphasia is, who it affects, and how we can best communicate with a person with aphasia, or if we have aphasia.

Aphasia is a language disorder that affects the ability of a person to read or write, or understand and produce speech. Different from a learning disorder that a person is born with, like dyslexia, aphasia is always caused by a brain injury. Most of these injuries are caused by a stroke, but they can be caused by brain tumors, infections, or any traumatic brain injury.

The American Speech-Language-Hearing Association estimates that there are 180,000 new cases of aphasia every year in the US alone, and one out of every 250 people is affected. Aphasia happens when the brain is injured in one or more parts that control speech or language, so the person affected is still as smart as they were before, but now they need to learn to communicate differently. Their hearing isn't affected, so yelling won't help, just speak clearly.

Aphasia can cause people to substitute one word for another, like "wishdasher" for "dishwasher" or "chair" for "bed." It can cause people to have difficulty understanding fast speech, take all speech literally like thinking "it's raining cats and dogs" means there really are cats and dogs falling from the sky have difficulty with written expression, like being unable to copy a sentence, or substituting incorrect letters or words when writing. It can affect reading as well, so recognizing words or understanding them can become difficult. The damage to the speech and language centers of the brain will be different for each person with aphasia, so the symptoms they display will be different as well.

The American Heart and Stroke Association reminds us that when we are communicating with a person with aphasia we should speak in short, sim-

ple sentences. Turn off or remove distractions like televisions and radios, so the person can concentrate on you, but other communication methods like writing, gesturing or using an iPad as a communication tool can help. Be patient, and allow plenty of time to talk and try some different tools to see what works.

For people with aphasia it can take longer to express what they want to say, or the words might come out differently than what they intended and that can be frustrating. Assistive devices, like the ones listed above may help and you may find that having people ask you questions in certain ways, or multiple ways, might work best for you.

"Individualized care is so important for each of our patients, especially so when communication difficulties can make teaching and learning more of a

challenge," says Krystin Albert, CEO of Franklin VNA & Hospice. "Sometimes a patient will be newly diagnosed with aphasia and we can help them learn strategies to deal with it. Other times they may have had aphasia for a while, but they may have new health needs around a totally different diagnosis, like diabetes. We are proud to help patients meet their learning needs, no matter what the situation. That's one of the ways we provide excellent care, and one of the most rewarding things about being a homecare nurse."

Franklin VNA & Hospice is here for our community. We help keep you home, where you want to be, and help you recover in your home if you do get sick.

### Ally Lloyd of Northfield to attend Clarkson University

POTSDAM, N.Y. — Ally Lloyd of Northfield will attend Clarkson University in Potsdam, N.Y., as a member of the Class of 2024. Lloyd, who will be majoring in Electrical Engineering, will begin studying at Clarkson in the fall.

"We look forward to having Ally join us on campus in August," said Vice President for Enrollment & Student Advancement Brian T. Grant.

High school students interested in attending can always check out Clarkson's virtual viewbook & interactive campus map. Just contact the Admissions Office at [admissions@clarkson.edu](mailto:admissions@clarkson.edu).

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.



North Country Notebook

June bugs, toting tiny suitcases, stage comeback with little fanfare



By JOHN HARRIGAN  
COLUMNIST

The other day I had a little idle time between errands, and parked on Main Street just to see what went by.

Two 18-wheelers bearing logs of oak went by, followed by two truckloads of what appeared to be ash. All the logs were about the same size—a foot or so on the butt—and all appeared to be eight feet, with enough extra for a clean cut at both ends.

We have the timber on our side of the border, but few mills to mill them. Quebec and Ontario get the logs, and the jobs. When I served on the Northern Forest Lands Council, one of our questions was how many Canadian sawmills were within, say, ten miles of the border. The answer was 46. That’s forty-six.

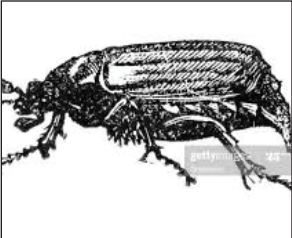
When a Canadian sawmill burns to the ground, the various governments are right there the next morning with a check for rebuilding, with state-of-the art equipment. Because the Canadians value their sawmills and their jobs in a way we seem unable or unwilling to match, they’ll always be the ones who wring every possible job out of every tree we send.

JUNE BUGS RETURN  
(NOBODY CARES)

The above headline is there because I love to write headlines, and it’s even accurate. The overriding reaction from about half the audience (female division) to the very mention of June bugs, by the way, was something like “I hate them. They get caught in my hair: They’re sticky. Yuck.”

Few people seemed to notice the recent 10-year absence of rabbits (snowshoe hare). However, the June bugs can’t avoid being noticed, what with crashing into outer walls and windows, flying under the radar to smash into windshields and ooze bodily fluids that dry into airplane glue, and displaying rare and taunting disregard for bouffant hairdos. They have returned after several seasons of being scant to non-existent (at certain elevations, at least).

The above paragraph has qualifying phrases, for good reason. There’s been no research on the short-lived phenomenon of June bugs that I know of, and as with much about Mother Nature, it’s sheer speculation. Believe me, it is utter folly



The June bug represents an impressive amount of calories on the wing, and here and there has been missing from the scene. They have returned with aplomb. (Courtesy getty-images.com)

to call the widely known State House number and ask, politely but professionally, “Who’s in charge of June bugs, huh? Huh? Huh?”

All I know is that during normal times, if there’s such a thing as “normal,” June bugs would smack into the sides of the house as long as there was a light on. In the shop, which I try to keep neat, I’d have to sweep them up every morning, all of them down there on the concrete floor, with their little feet crinkled up in the air and little X-marks on their tiny eyes, to signify “dead.”

Who cares? Birds of many a stripe, I’d guess, and bats, and perhaps smaller creatures of the weasel family. Think “Ermine Almost A Weasel Catches June Bug on Wing, Crowd Applauds.”

As hefty insects right up there size-wise, at least, with bumblebees, June bugs represent a good deal of protein on the hoof, or wing, and their absence surely left many species in many niches in the food-chain wanting. Oh sure, we think we can never run out of June bugs. But remember the buffalo. Soon to come, right there on the back-side of a new nickel: a June bug?

Found in my Inbox among a recent morning’s mail:

“I enjoy your column in The Baysider and look forward to each edition. Shortly after reading your article on eagles, my wife and I were driving the back roads from Rochester to Alton Bay.

“On Ten Rod Road, just north of Rochester, I spotted an American bald eagle sitting in a stone wall adjacent to the road. My wife Barbara did not see it so I turned around in the nearest driveway and headed back.

“The eagle was now in the middle of the road, and another car was approaching slowly from the other direction. The eagle flew off to a nearby tree, dropping its prey in the road. It sat there, about 15 feet up, waiting for me to take a photo and with a look that said “Don’t mess with my lunch.

“Photo was taken May 25, with a Panasonic Lumix LX5 pocket camera.”

--Vince Bober, Alton Bay

Vince, like many readers, was shocked at the notion of anyone trying

to shoot raptors out of the sky, yet it was a matter of course, only a couple of generations ago.

“Man charged with 125 wildlife crimes” was the headline above an Associated Press story in several papers around the state.

A Chippewa County, Mich., man has been charged with 125 wildlife crimes, including killing protected bald eagles and wolves. The charges — filed earlier in May against Kurt Johnston Duncan, 56, of Pickford — were the result of a months-long investigation by the Department of Natural Resource’s Law Enforcement Division.

Duncan is accused of illegally killing 18 wolves in the last 18 months as well as killing and disposing of three bald eagles. Wolves are protected in Michigan and are on the federal endangered species list. Bald eagles are protected under state law, as well as the federal Bald and Golden Eagle Protection Act.

In Vermont, The Daily Digger reported on a House-approved bill that would allow Abenaki tribe members to receive free fishing and hunting licenses. This came only after several attempts to amend the legislation and hold it for more discussion. Some presented the move as a form of reparations

for Vermont’s indigenous people, who have lost land and hunting rights to some areas. Other lawmakers worried that giving away free licenses would reduce desperately needed revenue.

This leaves me wondering what New Hampshire’s indigenous people think about this—today’s remnant Abenaki or Wobenaki, encompassing the once-numerous Penacooks, Ameriscoggin, Coashaukee, and many others.

My contacts sometimes seem fleeting. Often, it feels as though all I have in solid form are images, in my mind, of the totems left periodically on poor old Metallak’s grave and all around the stone, stuck into the ground he roamed and loved.

It would good to hear from someone out there among the People of the Dawn Land.

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



Vince Bober went right by this bald eagle on Ten Rod Road, but turned around so he could get this photo and his wife Barbara could get a better look.



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### Edward Jones: Financial Focus


#### Can You Invest for Retirement and Education?

Typically, this time of year is filled with graduation ceremonies and celebrations. But with the coronavirus pandemic, not much has been typical lately. Eventually, though, things will return to normal and schools will re-open for in-person learning. And if you have young children, you may want to save for their higher education, whether that be college or trade school. At the same time, though, you're moving ever closer to retirement. Can you save for your kids' education and a comfortable retirement for yourself at the same time?

It is indeed possible, although you may need to prioritize somewhat. Specifically, you may not want to put off saving for retirement in favor of education. But by viewing these goals together and investing as early as possible in each of them, you can take advantage of one of your biggest assets – time. Of course, you'll still have to budget your resources. You want to invest as much as you can, but not so much that your monthly cash flow is cramped. Consequently, you may have to consider retiring later, contributing less to your child's education, or a combination of the two. But in terms of logistics, you can make saving and investing easier. First, consider your retirement accounts. If you have a traditional 401(k) or similar plan, your contributions come out of your paycheck before you even see the money – so it's about as painless a way of building your retirement fund as possible. Put in as much as your budget allows and consider increasing your contributions when you receive a raise at work. You can also direct your bank to move money each month from your savings or checking account into your IRA. Now, let's move to your other key goal: education. Several education funding vehicles are available, but one of the most popular is the 529 plan. Your earnings grow tax-deferred and withdrawals are free from federal tax, provided the money is used for qualified higher education expenses. (529 plan withdrawals not used for qualified expenses may be subject to federal and state income tax and a 10% IRS penalty on the earnings.) Furthermore, your 529 plan contributions may earn a state tax deduction or credit if you participate in your own state's plan.


You can set up recurring contributions from a bank account to a 529 plan. And you don't have to fund your 529 plan on your own. Instead of gifts for birthdays, holidays, graduations and other occasions, why not ask friends and relatives to contribute to the 529 plan you've set up for your child? They're all eligible to participate – and their contributions may earn them tax benefits if they live in your state and you've invested in your own state's plans. A financial advisor can help you plan for more than one goal, understand the benefits and tradeoffs of your decisions, and make the process of saving for those goals easier. So, get the help you need to stay on track – or rather, two tracks – toward the important objectives of education and retirement.

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### WRMS

CONTINUED FROM PAGE A1  
greeted in their cars by Bryant and his staff who had special “W” stickers for them, made up with the names of all 119 members of the class. Each es, team members and

student also received bags that included gift certificates from Dipsy Doodle in Northfield, McDonald’s and Dairy Queen. From there they moved along the drive where teachers awaited them es along with the tri-

with decorated vehicles, large signs, balloons, a few fun props and even some lighthearted ukulele music from teacher Paul Bourgelais. Many parents also had their vehicles decorated for the he was running the third

occasion and were honking their horns and calling out their own thanks to the teachers who were part of their children’s lives for four years. Lauren MacDonald was among the graduates came back and gave the

ates and appreciated the special day that was created for her class during a year that was suddenly turned upside down by the COVID-19 virus. “I love everything Winnisquam (Middle Sana Syed is from

School) has done for us under these circumstances,” she said. “They went above and beyond, and now I’m looking forward to going to the high school across the street next year.” ally special,” Syed said.



Music Teacher Paul Bourgelais serenaded eighth graders with his ukulele as they drove through the school for their graduation parade at Winnisquam Regional Middle School last Friday.



Teachers of Winnisquam Regional Middle School celebrated their eighth grade students during a special graduation parade last week as they gathered to wish them well in high school next year.

### NHIAA

CONTINUED FROM PAGE A1  
the entire racing community was an amazing experience over the years. For outdoor track he took part in the 400-meter, 4x100-meter and 4x400-meter rac-

ple jump competition, while indoors Mann competed in the 300-meter, 4x160-meter and the 4x200-meter events.

He said his favorite sporting event memory comes from the Wilderness Championship competition last year when graduation is especially important within special education curriculums and was an important component of program accreditation. When the COVID-19 pandemic closed school buildings across New Hampshire, The School at Spaulding was prepared to successfully transition to effective remote learning almost immediately due to their developed technology-based learning.

Visit our website to learn more about the year-round, comprehensive special educational services offered at Spaulding Youth Center: <https://www.spauldingyouthcenter.org/programs-services/academic/>

#### About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children

leg of the 4x400-meter race.

“We were in third place and all we had to do was get into second to win the entire meet. I pushed myself to the limit with everyone watching because it was the last event. I and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, residential, clinical, community based, foster care, and family support. Established in 1871 and known as Spaulding Youth Center since 1958, our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit [www.SpauldingYouthCenter.org](http://www.SpauldingYouthCenter.org).

baton to our anchor in first place and we came out with the win,” said Mann.

He will be attending UNH in the fall where he plans to major in environmental science and “live my best life,” but said he has no plans to continue running at the collegiate level.

Mann said winning an NHIA award doesn’t really mean that much to him, but it does show that he cares about school and being active in sports. He did wish to thank all his coaches and peers over the past four years, saying that without them he would not be the person he is today. With the outdoor track season cancelled this year due to the COVID-19 virus, he had some advice for upcoming student athletes though.

“I hope that all the underclassmen take this pandemic as a lesson, because everything you worked for can be taken away from you as quick as it has been given to you,” said Mann.

Canterbury and played soccer as a sweeper for all four years in high school, while also taking part in both the indoor and outdoor track teams as a hurdler and sprinter in the winter and spring months. She was named a captain on each of the teams during her senior year.

While it was hard for her to decide which sport she preferred, Syed said soccer is perhaps really her favorite. While she ran track for seven years, she has played soccer for the past 10 years and said she has made so many friends and so many memories along the way that it stands out the most for her as an athlete.

One of those outstanding memories comes from her freshman year when the BHS girls soccer team made it to the state championship.

“We ended up losing, but it was the biggest game I had ever played in, and I got to play with my sister, which was re-

Track and field also created special memories for her though, and one of them was from her sophomore year when she made it all the way to the New England Championships at the Reggie Lewis Center in Boston for the 55-meter hurdles competition.

“It was amazing to compete with all the top tier athletes and to be in that facility,” she said.

Next year, she will be off to study occupational therapy at the University of New Hampshire where she hopes to play intramural soccer and continue running for fitness.

“This distinction is a great honor and it acknowledges the hard work put in by me and all other scholar athletes in our dedication to both school and athletics,” Syed said.

*Editor’s note: A photo of Syed had not been made available to us as of our press deadline for this week’s edition.*

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GARDENING

CONTINUED FROM PAGE A1

year and Brandon wanted to do something with the side of the driveway,” Heather said.

They began by planting the typical flower gardens around their yard, but Heather agreed with her husband that the section beside their fence and driveway was “just blah.”

Determined to make it part of their landscape plans this year, she went turned to Pinterest on the Internet and discovered some whimsical gardening ideas; from there their fun began. The initial plan the family decided on was to create caterpillars from rocks that would weave in and out of plants in the flowerbed.

“I can’t take full credit because I did find the idea online” she said, “but our family went on a rock hunt to find the perfect rocks. My son thought it was so much fun because it was like an adventure.”

And while the idea may not have been original, Heather’s creativity was certainly one of a kind. With large rocks

stockpiled, she and Ben began washing and drying them all before spray painting a bright green. They then laid them out through the gardens in a caterpillar-like pattern, with “goofy” faces painted on the front of each caterpillar they created.

The fun didn’t stop there however. Heather and Ben also painted ladybug rocks for some of the other flowerbeds, along with strawberries, bumble bees and even butterflies.

The corner of their driveway became a special Fairy Garden, filled with also sorts of whimsical creatures and quaint Fairy houses for their “guests.” Benjamin pitched in to help his dad build a rock border around the garden, dig up moss to make a cozy base for the garden, then added mom’s painted lady bug rocks and a few features of his own.

“I painted a snail rock with glow in the dark eyes and even a butterfly rock,” Ben said, proudly pointing out his artwork.

Trimmed with a small white picket fence, their vegetable garden is also dotted with the



Six-year-old Benjamin is excited about the Fairy garden he and his parents built while at home this spring. Benjamin was especially proud of one rock that he painted to look like a snail with glow-in-the-dark eyes.

bumblebee and lady bug rocks Heather painted. Amongst it all is also a patch of mint marked with a plaque that declares it to be “Ben’s Mint.”

“He loves to pick the leaves and eat the mint so we made that his part of the garden,” Heather said.

Both she and her husband thought it was great to all work together on decorating the yard during a spring that hasn’t been all everyone had thought it would be.

“We went all out this year with our gardens,” said Brandon. “I even added a little spotlight in the bush over the Fairy

Garden so it looks like moonlight shining down on it at night.”

That, Benjamin said, was really cool.

Heather said that all in all it has been a great family project as they planted flowers, painted the rocks and created fun gardens for not only themselves but others to

enjoy.

“I’ve heard a lot of positive feedback about them, which makes me very happy. Not only do we enjoy them but my neighbors do, too,” she said.

MARK ON THE MARKETS

Off the grid



BY MARK PATTERSON

When I say “Off the Grid,” most people probably think of independence from the electric company via solar or the ability to have a self-sustainable food supply with a garden or raising livestock. In other words,

just living like people did many years ago detached from power companies, grocery stores or town sewer and water.

Staying with that theme, I would like to talk about saving money and investing “off the grid” or detached from conventional beliefs. There is a real trend developing centered around the lack of saving and investing by the younger people in this country. You could make the case that the job market for younger people is not very good thus not having money to save and invest. But when I speak with a younger working people, I do not get the sense that

they believe in the same methods of saving and investing like generations before them.

Going back just 25 years, when I started a career with the brokerage firm Tucker Anthony, there were the seasoned brokers that typically bought and sold stocks in a few select companies or maybe bought some preferred stock or municipal bonds for their clients. A few of these brokers were buying shares for their clients and their own accounts in a company called “Berkshire-Hathaway” which is a conglomerate holding company whose CEO is

Warren Buffet. Well, I probably do not have to tell you that these brokers made many of their clients and themselves wealthy. About that time, you could see the industry moving away from hands-on brokers to asset gathering sales-oriented financial advisors. These new advisors were in charge of collecting assets and allocating these assets to third party managers and mutual funds.

The stock broker has now morphed into a financial advisor whose time is reallocated to sales and asset gathering rather than stock picking or hands –on port-

folio management. Now we are conditioned to have a 401K, 403b or IRA and to defer taxes until retirement when we are led to believe that we will be in a lower tax bracket. Younger working people are not buying into the same story that older generations have just apathetically owned. We older generations have dumped a 22 plus trillion-dollar debt on the younger working people that do not believe that Social Security will be there for them, and they will be forced to carry the increased tax burden of retiring baby-boomers. All these factors make a case for all of us

to look to ways of saving and investing differently than even 20 years ago. It is unrealistic to return to the days of being a stock broker. The equity (stock) markets have changed anyway and we as advisors need to view the world through the eyes of those wanting to build wealth in a day and time when the old rules do not apply anymore. Think “off the grid” and explore some non-traditional saving and investing.

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

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**Landscape/Hardscape Crew Foremans**

Full-time positions open for applicants experienced in commercial/  
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**603-728-8116 or email [3LakesLandscaping@gmail.com](mailto:3LakesLandscaping@gmail.com)**



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EOE



ACE Academies grounded for 2020

GILFORD — WinnAero, the STEM-education non-profit has announced it is canceling its' summer 2020 Aviation Career Education (ACE) Academies due to the uncertainties and necessary restrictions caused by COVID-19.

The Academies feature hands-on STEM learning with an aviation and aerospace theme and week-long day sessions had been planned for Elementary, Middle and High School-aged youth for July.

"Our Board had a lengthy discussion which included input from our ACE faculty members and reached the decision that we should cancel ACE this year and start planning for our 2021 ACE Academies," said Karen Mitchell, WinnAero President.

"The cornerstone of our ACE learning experience is to maximize the hands-on aspect for the students supplemented with meaningful field trips to aerospace industry sites. With social distancing, classes reduced to fewer students and possible problems attracting guest speakers and demonstration experts plus trying to coordinate industry visitations, we felt we would not be able to provide the full and robust schedule of activities that have marked ACE Academies since we began several years ago," Mitchell added.

The WinnAero Education Director, Dan Caron, has notified all parents of registered ACE students, tuition refunds have been completed and the Board has approved a gift box of STEM equipment and projects which will be mailed to all those students who previously registered for 2020.

Caron stated that "Our Board and faculty wanted very much to stay connected this summer with our registered students and we thought the gift box idea would help us do so in a fun, creative way."

Caron and his educational team will next focus on the curriculum and schedule for ACE Academies 2021! For more information about WinnAero's mission, the non-profit can be reached at [www.winnaero.org](http://www.winnaero.org).

Monique Horne inducted into Honor Society of Phi Kappa Phi

BATON ROUGE, La. — Monique Horne of Tilton was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Horne was initiated at Plymouth State University.

Horne is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 300 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kappa Phi

Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards nearly \$1 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit [www.phikapaphi.org](http://www.phikapaphi.org).

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Application Fee is \$35 for Credit and Background check – required.  
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ADDRESS: 208A Daniel Webster Highway Meredith, NH 03253

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Holderness Recreation

**Beach Attendants** - Part time position for 2 or possibly 3 days per week, 10am - 5pm, mid-June to Labor Day.

For more information and a complete job description, call 968-3700, email [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov), visit [www.holderness-nh.gov](http://www.holderness-nh.gov) and fill out an application and send it to P.O. Box 203, Holderness, NH 03245

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Dan Uhlman, Manager  
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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.

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**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](mailto:duhlman@belletetes.com).

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2020-2021 School Year

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JV Boys Soccer Coach  
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(Contact Kerry Brady, AD, for application, etc. – 837-2528)

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

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**Newfound Area School District COACHING POSITIONS**

Newfound Area School District is looking to fill the following coaching positions for 2020-2021:

**Newfound Regional High School**  
• Varsity Baseball Coach

**Newfound Memorial Middle School**  
• 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](mailto:asobolov@sau4.org) or 744-6006 x1507.

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COURTESY

Art Association Gallery re-opens

Covid-19 may have closed a lot of businesses, including the Lakes Region Art Association Gallery, Tanger Mall, Tilton, since March, but it didn't close the minds and souls of the creative artists members of the Gallery who kept producing their art and photography over the duration. "We are now open with a whole array of new and masterful original art, in a wide variety of mediums on display, that's amazing," said Tom Hitchcock (left), President of the Lakes Region Art Association. "We've also added a few new artists and spruced up the Gallery with a new coat of paint. Now we are a teaching gallery too, and inquires about our art classes for both adults and children are welcomed," he added. Member Pat Edsall (center), LRAA Vice President and Director of Marketing added to Hitchcock's statement, "We are the only non-profit art gallery in New Hampshire where you can purchase great art at wholesale prices and meet the artists personally if you wish to." Member Duane Hammond (right), assisted in the reopening of the gallery. The LRAA Gallery is open Thursday-Sunday, 11 a.m.-7 p.m.

Shaker School District says good-bye to treasured principal



Mary Morrison

CANTERBURY — As the school year closes, Mary Morrison, who served at Canterbury Elementary School since its inception, is retiring.

Morrison began her career in 1967 as a second grade teacher in Millbury, Mass. Two years later, she made her way to New Hampshire to teach second grade in the Merrimack Valley School District. At that time, Shaker Regional and Merrimack Valley were both part of SAU 46.

Morrison started working at Canterbury Elementary School as a first grade teacher in 1979, eventually becoming the principal in 1985. She led the school to become one of the highest achieving schools in the state through decades.

"Mary made us a family," reflects Andrea Cameron, teacher at CES, "She isn't a heavy handed leader. She excels at seeing people's strengths and giving them what they need to do the best job possible. So over the years, she's attracted very high quality teachers."

Another long-time teacher at the school, Kimberly Briggs, says, "Mary was not only my principal, she was my mentor and my friend. Her patience and dedication made a difference in so many lives here at Canterbury Elementary School."

"I've only known Mary for a few years," comments Heather Drouin, Canterbury resident and parent of two CES students, "but I can tell you that she is kind and compassionate. She seems to remember every child that came through the school, too! Just show her an old photo and she'll tell you a story. Our community has been really lucky to have her."

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