



### A walk to the bridge

The Tannery Hill Bridge is a must stop on any walk through Gilford Village.

PHOTO BY ERIN PLUMMER

## Gunstock announces limited operations for summer

*Campground opens May 23*

As the extraordinary events surrounding the spread of the COVID-19 virus continue to unfold in the United States and in New Hampshire, the Gunstock Area Commission and Gunstock management team have been working diligently to develop a safe and responsible Summer 2020 Operating Plan. The rapidly changing nature of the COVID-19 crisis re-

SEE **GUNSTOCK** PAGE A10

## Parks and Rec sprucing up facilities

BY ERIN PLUMMER  
[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

Parks and recreation had a successful winter season, and has been sprucing up a number of facilities, though is now facing complications from the coronavirus pandemic.

Parks and Recreation Director Herb Greene gave the selectmen a regular update on his department during the April 8 meeting.

The department has a number of successful programs this past season including SantaLand with more than 280 children, the youth basketball program with over 180 participants, and many others. The Gunstock Winter Ski program had more than 116 children and Greene said the department is

looking at capping the participation the coming year.

“There were just too many kids for us to consistently organize over there, but that’s a good problem to have that there’s that much interest,” Greene said.

The ice rink opened for the season on Dec. 23. It was closed a few times during the winter due to inconsistent temperatures in late December through mid January and the end of February. The rink was opened for 53 days before being closed for the season on March 5, a slight drop from the over 70 days it was open the year before.

Spring had a great start before the season was canceled early due

to COVID-19. The Francoeur-Babcock basketball tournament brought in \$5,500 that will be split between the two scholarship funds.

Last fall, the Public Works Department helped Parks and Rec to remove two older pieces of playground equipment at the town beach. Later that meeting the selectmen approved awarding the contract for the playground project to New England Recreation Group of Northborough, Mass., for \$47,950 coming from the Recreation Maintenance Capital Reserve Fund.

The department coordinated with Buildings and Grounds superintendent Matt Whitney

SEE **FACILITIES** PAGE A10

## Selectmen to donate stipends to Got Lunch

BY ERIN PLUMMER  
[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

The selectmen will be donating their quarterly stipend to Gilford Got Lunch in light of the COVID-19 crisis as well as implementing a few other changes to help prevent the virus’ spread.

During the April 8 selectmen’s meeting, board Chair Chan Eddy proposed the donation, saying a lot of Gilford residents are facing tremendous financial burdens due to the shutdowns and layoffs.

“Let’s face it — a lot of our residents may be having some problems,” Eddy said.

Eddy proposed a motion that the board members donate their quarterly stipends to Gilford Got Lunch.

Board member Gus Benavides agreed with this proposal, saying it is a direct way to help while families are hurting.

“The Got Lunch program is a tremendous blessing,” Benavides said. “A lot of people don’t realize just how many families here in Gilford do need that assistance prior to this COVID-19, and now to have so many of our residents out of work – whether their furloughed or whether they’ve lost their jobs or businesses are closed. I think that this is the least that we can do so I’m totally backing you 100 percent for that motion and thank you for bringing that to our attention.”

The motion received

unanimous approval.

The selectmen also agreed to ask for the solid waste facility to consider postponing the Free Dump Days initially scheduled for this weekend. The event was scheduled for April 17-18 but has since been postponed.

Town Administrator Scott Dunn said there were concern that this event could bring out crowds, which could pose a risk of COVID-19 spread between residents and to staff members at the transfer station. He asked the selectmen to recommend postponing Free Dump Days to a later date and the selectmen agreed by consensus.

The Public Works

SEE **STIPENDS** PAGE A10

## Library offers variety of remote activities

BY ERIN PLUMMER  
[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

The Gilford Public Library might be closed to the public, but the library is still offering some special activities for people of all ages.

The library has been closed since March due to the COVID-19 pandemic until at least May 4. The trustees will make a decision on May 3 when the library will reopen depending on local safety. Patrons are being asked to hold all checked out materials and all materials will be due on May 4 unless another decision is made.

Staff will still be at the library Monday through Friday from 9 a.m.-5 p.m. to answer phones.

The library is offering a few programs that people can take part in remotely.

People of all ages are welcome to take part in the “Help Create History” project by sharing

their stories on what is going on during the pandemic in a variety of different ways.

“Have you ever looked at diaries from the Dust Bowl, or art created during the Black Plague? Have you used a recipe from the Great Depression, or read letters written by people during WWI?” read the project’s page on the library Web site. “Well, all of those things were created by people just recording their daily lives, what they saw, felt and heard. And you can do the same.”

People can submit poetry, journal entries, stories, letters, videos, photos, posters, collages, paintings and drawings, sculptures, or anything else they can create to reflect the times.

“We will compile all the creations and create a historical record for people to see a year, five years, 20 or 50 years from

now,” said the library’s Web site. “It’s important for people to know how life was during a pandemic, and what an average person experienced, felt, and saw!”

Examples already posted are a series of notecards created by Betty Tidd with messages like “Stay Home,” some cross stitch, and a recipe for beer bread.

People can submit their contributions to [kayleigh@gilfordlibrary.org](mailto:kayleigh@gilfordlibrary.org).

The library is also offering a Virtual Program of the Week that people can register to participate in. The most recent one was “Knitting with Tracey” on April 24 with Tracey Petrozzi.

The library has access to number of online materials such as courses, language learning, entertainment, health and fitness, and more.

Teens and tweens can access the library’s Dis-



PHOTO BY ERIN PLUMMER

The Gilford Public Library building may be closed, but the library is still offering remote resources and programs.

cord server with communication through text and voice. Mark Hasler and Mark Parsons will hold Game Club on Discord weekdays from 2:30-3:30 p.m. Those on Discord are asked not

to share the link to the library’s server to anyone outside the Gilford School District or the local homeschool co-op.

Patrons can also download books and materials on Libby, Kanopy

and Hoopla.

For a full listing of the library’s online resources, visit the Web site at [gilfordlibrary.org](http://gilfordlibrary.org).



# ALMANAC

## Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

Of all the places to be cooped up during social distancing, the Lakes Region of New Hampshire is far from the worst. Right out our doors is an abundance of free, safe, and enriching hikes and walks! If you're not going to Mount Major,

which we should probably avoid, it's quite easy to stay six feet from others on the open trail. Hiking is a great way to keep the body moving, shake off stress, and get some fresh, outdoor air. It's a wonderful activity to do with the family, or to have some time on your own out of the

house.

So where are all these places? Locke's Hill Trail is an excellent hike for a family. At 1.8 miles, it's long enough to get some exercise, but not so long that the kids get exhausted. It's a clear trail with an excellent view for the distance. For more of a wooded walk,

Avis P Smart woods has a 1-mile loop that scratches the itch for the outdoors. Ramblin Vewe Farm and Weeks Woods are always good spots for a walk too.

We can't pick up a trail map at the Library right now, but maps are widely available online. You can download trail maps from Ramblin VeweFarm.org, Forest-Society.org (for Weeks Woods), or get the entire belknap mountain range at belknaprangetrails.org. It's so important to stretch the legs and lungs. Be smart and be safe.

If you don't know which trail is good for you, or if you're having trouble finding the trailhead, call the library Monday through Friday, 9 a.m.-5 p.m. or email library@gilfordlibrary.org anytime and we'll do our best to get you the information you need. Also, celebrate

National Library Week with Gilford Library by commenting on one of our Facebook or Instagram posts or videos this week (April 19-25) to be entered to win a \$25 gift card to a local restaurant!

Virtual Events  
April 23-30

Thursday, April 23rd  
NATIONAL LIBRARY WEEK  
Community Member Storytime, 10:30-11 a.m.  
Storytime and virtual truck talk on Facebook.  
Tea Time, 10:30-11:30 a.m.

Tea time with Maria on Facebook Live. Sign up required.  
Library Tour, 11 a.m.

Join us on Facebook for a Library Tour! We can show you places that you've never been before!  
Teen Discord Game Club, 2:30-3:30 p.m.

Friday, April 24  
Knitting With Tracey, 10 a.m.

Miss knitting with your friends? Join Tracey Petrozzi and work on your ongoing projects or start something new.  
Community Member Storytime, 10:30-11 a.m.

Storytime and virtual truck talk on Facebook.

Coffee Corner Chat on Zoom, 10:30 a.m.

Teen Discord Game Club, 2:30-3:30 p.m.

Monday, April 27

Geri Fit: New Classes Weekly. Call the library for login information.

Miss Maria's Storytime, 10:30am

Storytime on Facebook Live.

Teen Discord Game Club, 2:30-3:30 p.m.

Tuesday, April 28

Miss Maria's Storytime, 11 a.m.

Storytime on Facebook Live.

Teen Discord Game Club, 2:30-3:30 p.m.

Wednesday, April 29

Check out a Virtual Expert, 10 a.m.-noon

Work out your tech problems by calling an expert at the Library.  
Teen Discord Game Club, 2:30-3:30 p.m.

Thursday, April 30

Storytime, 10:30 a.m.

Teen Discord Game Club, 2:30-3:30 p.m.

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## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of April 13-19.

Crystal M. Merchant, age 36, of Laconia was arrested on April 13 in connection with a bench warrant.

Isaiah J. Christie, age 22, of Derry; Anthony Rodriguez, Jr., age 22, of Derry; and Ryan James Fortin, age 23, of Manchester were arrested on April 14 for Criminal Trespassing.

Brandon C. Strohm, age 35, of Gilford was arrested on April 14 for Driving While Intoxicated and Conduct After an Accident-Property Damage.

Dylan Ryan Giddings, age 20, of Belmont, Mass. was arrested on April 19 for Criminal Trespassing.

## Randy H. Annis joins RE/MAX Bayside as Associate Broker



Randy Annis

and have met some outstanding people over the years. I have had some amazing experiences giving back to the community, whether it was as a youth baseball coach, 25 years as a golf instructor or 25 years as a ski and snow board instructor at Gunstock Recreation Area. These are memories I will always treasure."

MEREDITH — RE/MAX Bayside is proud to announce that Randy H. Annis has joined their team in the Laconia office. Randy is a native of the Lakes Region and brings 26 years of experience in servicing the needs of the real estate market. Specializing in residential sales and land development, Randy has also been successful with commercial and investment properties throughout his career.

Randy states, "I believe the key to my success is caring for my client's needs and knowledge of our area. I love the Lakes Region

Chris Kelly, Broker/Owner of RE/MAX Bayside states, "It is our privilege to welcome Randy to our company. He has been an important part of our community and a friend to all of us throughout the years. Through his motivation, drive and natural ability he has become a leader in our business."

Randy can be reached at 455-9318 or at Randy1@metrocast.net. He is just a phone call away and looks forward to assisting you with all your real estate needs.

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North Country Notebook

To build a fire, it helps to fashion a Christmas tree



By JOHN HARRIGAN  
COLUMNIST

One of the more gripping stories about the outdoors is Jack London’s “To Build a Fire.” Anyone who has tried to use half-frozen fingers to start a fire will identify with it on contact. It should come with a warning label.

When I was a kid, maybe 10, my siblings and I went to one of the carnivals put on each summer by George L. O’Neil Post 62 of the American Legion. How its members (and spouses) found the time to do such things I don’t know, but they did.

This was in that time before television, B.T., when people still knew

how to make their own fun. There were booths and tents all around. The prizes were good stuff, not junk. To a kid my age it was Wonder Land.

What made this carnival stand out was a huge antique steamroller, parked at the south end of the lot. In not-so-olden days it was used to smooth out and flatten dirt roads after their first grading in the spring, because horse-drawn buggy wheels would sink in. Steamrollers persisted right into the days of World War II. They flattened out blacktop, too, otherwise known as pavement, or “improved tarvea,” or an even older term, I think, “macadam.” Some of these are terms of wonderment, coined by people whose roads were all dirt.

The man in charge of this antediluvian machine wore tar-stained blue bib overalls, and, true to an artist’s conception, had an oil-rag hanging out of a rear pocket.

“He’s going to fire

up the boiler,” someone shouted, in appropriate carnival barker fashion, as in “Gather round,” which a sizeable crowd did.

The scene is before me now. Here this man stood, the utter focus of attention. I was all ears, literally and figuratively (I was born with big ears, and still have them).

This man, whom I’ll call Mr. Smith because I can’t remember exactly, had a little pile of softwood kindling, most likely fir or cedar, and a big pile of larger splits nearby. He was obviously well prepared.

Up in the steam-boiler’s firebox, the door wide open, were a couple of bottom layers of small pieces of kindling criss-crossed, topped by medium-sized pieces, ditto, topped by larger pieces piled up into the gloom.

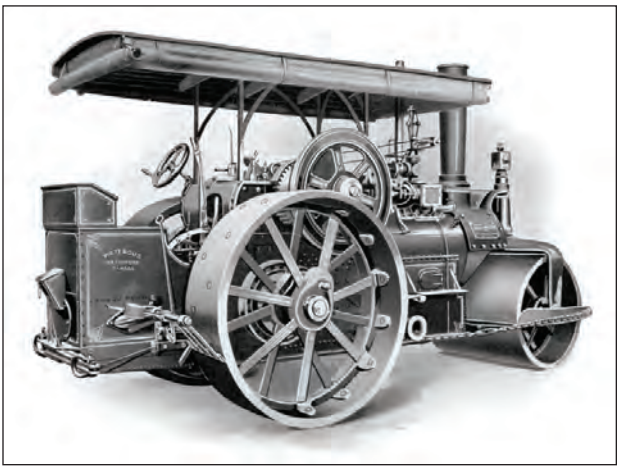
Mr. Smith reached for a piece of celery-size cedar, clear and straight-grained top to bottom, no knots. “I’m going to make a Christmas tree,”

he announced to anyone interested, which was all of us, leaning in a bit more.

With a knife obviously sharp enough to shave with, which he hadn’t, Mr. Smith proceeded to do just that to the piece of kindling. Starting at the top, he shaved up little curly-ques, stopping just short of cutting them off. He went all around the piece, and then left a little more space for the next row, and so on, his knife-strokes getting longer the further down the piece he went, and voila!—an entire piece of kindling, transformed into a series of ever-longer curls.

“There,” he said, holding it aloft so all could see, “a Christmas tree,” and he wedged it on the firebox threshold, and searched his front pocket for a match.

With a “Whoosh” the tall stack’s draft took hold, and the firebox was a Smith Inferno. “Listen for the whistle,” he said, as we all sort of dwindled away.



COURTESY

A steamroller much like the one I once saw, fired up by a man who knew how. This illustration is of a 1912 Waterous Double Cylinder machine. (Courtesy Western Development Museum, Moose Jaw, Saskatchewan)

The tents and booths took us in, and I was watching a white mouse choose a hole, when a steam whistle rent the air. “Mr. Smith has got steam up!” someone shouted, and back to the south end we went.

Up through the midway came the behemoth, clanking along like a giant tractor gone mad. In the seat and at the controls was Mr. Smith, beaming a smile that said “Happy.”

He pulled on the cord to the whistle, and out came the banshee wail. And up through the midway he went, stack puffing clouds of off-white, the cord bringing “Screech!” with each pull, fire-builder and belching behemoth, a scene that no kid could forget.

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

Belknap Mill Artists in Residence to present virtual play reading

LACONIA — With the onset of the Coronavirus preventing live theatrical gatherings, the Belknap Mill has had to cancel the third production in its Play Reading Series, the musical “My Backyard,” which had been scheduled for April 24 and 26.

However, in the spirit of “the show must somehow” go on, Theatrical Artists-in-Residence Bryan and Johanna Halperin have shifted plans to be able to give the community a theatrical event to enjoy that weekend.

In place of “My Backyard” (which will hopefully be rescheduled for next season), the Halperins will

produce Bryan’s play, “The Hairy Man,” which will be recorded remotely and aired on the Belknap Mill’s YouTube page beginning at 6:30 p.m. on Friday April 24. People will be encouraged to watch the video at their leisure that weekend and join Bryan, Johanna and some of the cast

for a live “online” talk-back on Sunday, April 26 at 2 p.m. Those who wish can make a donation to the Belknap Mill to help support its operations during this difficult time, <https://www.belknapmill.org/html/donate.html>.

“The Hairy Man” takes place in 1935, during the Great Depression. Lonely, imaginative 11-year-old

Johanna “Jojo” Benton is play acting a story one evening in her family’s Kentucky barn when her solitude is interrupted by a stranger. A destitute wanderer with a long beard and curly hair, Jojo suspects he is the “Hairy Man” - a sinister trickster from a southern American folk tale her late father used to tell her -

whom she thinks has come to take her away.

But the man is simply a poor Jewish immigrant, Abraham Goldstein, making his way to California to

begin a new life. Jo-

jo’s mother, Sarah, takes pity on the penniless, starving man and allows him to stay

in the barn and work on the farm to earn money to continue his journey, despite the objections of her

older son, Will, who is suspicious of this outsider, the first Jew they have ever met. As weeks pass, Jojo

and Abraham discover a shared love of storytelling and create a theatre in the barn, while Sarah and

Abraham learn they have more in common than they could ever have imagined.

Bryan and Johanna held a live reading of this play at the Little Church Theatre in Holderness in the

summer of 2018. The four actors from that performance are all returning for this “revival”. Doug Wert

plays Abraham, Tamara McGonagle plays Sarah, Sophie Pankhurst plays Jojo, and Jakov Schwartzberg

plays Will. Katie Grifiths reads the stage directions and hosts. Doug and Tamara played leading roles in

the first Belknap Mill reading last fall, An Enemy of the People. For those who saw the reading in 2018,

this is a new draft with changes that came out of the discussions from that reading and from further

development. Since 2018, the play was selected by the Firehouse Theatre in Newburyport, Mass. as its

2019 Pestalozzi Prize winner and given a reading. It was then a semi-finalist for the Premiere Play

Festival at Premiere Stages in New Jersey.

Most recently The Hairy Man was a finalist for the 2020 JETFest, an annual new play festival at the JET

Theatre, a professional theatre in Michigan. In fact, Bryan and Johanna were set to fly to Michigan for a professional reading



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# The lost class of 2020

When schools across the country moved to remote learning, we weren't sure how long it would last, but many of us suspected that eventually it would last for the remainder of the year.

Many students use school as a respite and several thrive on having a consistent schedule. Younger students are facing many losses, but our hearts truly break for the seniors, particularly athletes who are missing out on their final sports season.

In our own experience, it was track season that would have had the most impact. As a senior, records needed to be broken, goals needed to be reached and rivals needed to be beat. To have that season abruptly "taken" would have been devastating. Thinking back, time spent on a Saturday at a sunny track meet with talented athletes, encouraging coaches and parents with coolers loaded with food are some of, if not the best, memories from high school.

Then there are softball and baseball players. Baseball, in all its various incarnations, is called the 'American pastime' for a very good reason. The adrenaline rush that comes after managing to hit an expertly thrown pitch and sprinting to first base is unforgettable. Making a catch in the outfield, or making the play for that all important out that could decide the game, is gold. Fortunately, many athletes are going on to play ball or run track in college. For those that are not, know that we sympathize with you, and hope that you can continue doing what you love in some sort of league that will hopefully be available to you. No, it won't be the same, but this is when they say you need to "adjust your sails" and remember that what is happening is in order to keep you and your families safe.

Again, we know that all of our students, parents, faculty, healthcare workers, business owners and all community members are going through a loss, all to varying degrees but all just as important. For students, whether it's the last school theatre production or JROTC competition, we feel for you. Have faith that your administration will make up for all of this, as best they can, given the circumstances.

Certainly, our students understand the gravity of the situation. Lives are being lost, families are losing loved ones and people are heart broken. We are in the midst of a global pandemic, but that doesn't mean that the devastation those students are feeling shouldn't matter. We acknowledge your pain. Reading a recent Facebook post by a friend's daughter brought the situation home to us. In an emotional letter to her fellow members of the Class of 2020, she wrote that if she had one wish, it would be to go back to the last day of classes before the governor's office made the decision to close schools, with the knowledge this time that those eight precious hours would be the end of her senior year, and give all of her classmates — many of whom she might never have an opportunity to see together in one place again — one last hug or high-five before saying good bye.

Her words speak for all students across our region, and across the country, who have been denied the opportunity to experience one of the most memorable times in a young person's life, and we invite our readers to join us in recognizing the pain, comforting the sorrow, and above all, saluting the achievements and incredible fortitude of the Class of 2020.



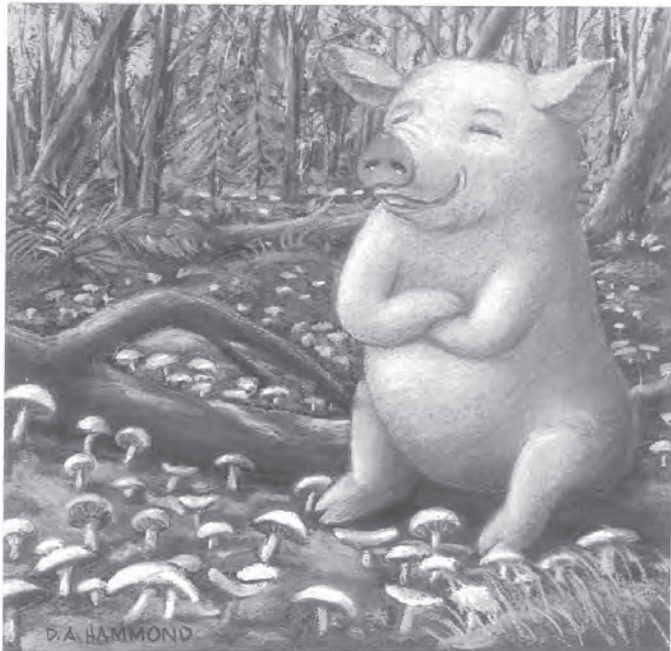
BY MARK PATTERSON

With the pandemic in full swing and people hypersensitive to any news related to Covid-19, there are many people who have been laid off, furloughed or just out of work. While it is hard to find anything positive with the business closure and what I fear to be devastating to our economy in the near-term, let me try to find something positive here. Many people who have left jobs have left stranded re-

tirement plans at their ex-employer's previous plans. Those plans can and should be moved to a self-directed IRA that will give the owner of the money much more flexibility, likely reduced fees and a chance to direct that money more suited to their goals and objectives.

Most 401(k) and 403B plans are designed for the accumulation of assets, tax-deferred and with possible employer match to some degree. However, the choice for funds are typically limited and far too often expensive choices with attached administrative fees. Several years ago, I published an article on 401(k) plan likes and dislikes from the plan participant viewpoint. I accessed Fidelity's database and research that is available to the public or anyone searching on-

## Riding out the Coronavirus



Happy as a pig in Shitakes

and married to my medium, having produced 12 'Kids' over the past four weeks. Now, if could only afford to frame them. Do you get the picture?

COURTESY

Duane Hammond of the Lakes Region Art Association writes: How am I doing during this lull which is particularly boring and hard on all of us? My only advice is for everyone to just be careful and don't go crazy during this lock down. Actually, I've just been talking about this with my microwave and toaster while drinking coffee and we all agreed that things are getting bad. I didn't mention anything to the washing machine, as she puts a different spin on everything. Certainly not the fridge as he is acting cold and distant. In the end, my iron straightened me out, as she said everything would be fine, no situation is too pressing. The vacuum cleaner was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything, but the door knob told me to get a grip. The front door said I was unhinged, and so the curtains told me to pull myself together. So in the end, there's only one thing for an artist left to do and that's to hole up in your studio and paint. But that's hard to do if you're like Van Gogh and don't have an ear for music. So, the first day I decided to spend my time painting another pastel, all I did was stare at an empty piece of paper and drew a blank. Now, however, I'm totally engaged

## FROM OUR READERS

### Being conservative in a progressive society

BY LARRY SCOTT

I am a conservative, writing and defending my point of view before a progressive society. Although I suspect I support a message few people want to hear. But I am convinced America is at a crossroads, with the future of our great nation at stake; I must take a stand.

No one can question the moral deterioration that has taken place in America in just the last ten years. The right to life, the authority of God's Word, and traditional marriage are out. Abortion on demand, co-ed bathrooms, and gender reassignment are in. Meanwhile, progressives are proposing a restructuring of America that will re-chart our future and destroy much of what has made America great.

Our nation is in the hands of a generation of men and women who have come up through our educational system with no idea what the

Christian faith is all about. They have been told that truth is relative, evolution is a fact, the cosmos is all there is and all there will ever be. To them, if they give Him any thought, Jesus Christ is a "nice guy" Who lived two thousand years ago and has little relevance to our lives today.

"America is a nation at war.... Our very religious liberties are in question, and they are being chiseled away one chip at a time. In recent years militant special interest groups have made it their goal to co-opt our religious liberties and force industry and government to go beyond tolerance of their views and demand full approval of them. Anyone who believes otherwise is told to shut up. We've become a society that obsesses over tolerance and acceptance of everyone—except God" (Todd Starnes, God Less America, Foreword).

But there is a prob-

lem in all of this that everyone seems to have missed. Two laws of life, unavoidable and beyond question, are going to have a major impact on our nation in the years to come.

First, there is the law of diminishing returns. Whether it is wealth or power or pleasure, the more you get the more you want. It is not without reason that political aspirants continue to sponsor programs we cannot afford and make promises they cannot keep.

Then there is the law of sowing and reaping. The Bible says, "Whatever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption, but he that soweth to the Spirit shall of the Spirit reap life everlasting." We have sown to the wind; we are, sooner or later, going to reap the whirlwind.

We must not abandon

the moral foundation on which our nation was established. David Barton, writing in "Original Intent," has noted that "prominent Founders saw the Ten Commandments — and religious codes in general — as the foundation of American civil law. The belief was clear that public adherence to religious principles was the greatest source of security for civil government" (p. 173).

The Bible says, "Everything in the world — the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—comes not from the Father but from the world. The world and its desires pass away, but the man who does the will of God lives forever."

Listen up, America. Think before you act. Your future is at stake.

For further thoughts like this, follow me at [www.indefenseoftruth.net](http://www.indefenseoftruth.net).

## MARK ON THE MARKETS

### Silver lining

line. To summarize this research, revealed that up to 70 percent of plan participants do not believe that they were given enough help in choosing their allocations. Another group of people felt that their plan choices were not enough and were too expensive.

It is a common complaint that I hear from clients that I work with regarding their company's plan. I try to help them with their allocations, but often find it difficult to find good choices with a very limited selection of mutual funds that often carry a high fee. Some of the smaller plans many times sold by brokers

have a family of funds that are really expensive to the client. I've seen many 403B plans with no employer match provision and I've asked client why they're participating only to be told that they really didn't know other than the fact that it was offered. If you are in that position to where your plan offers no match you may want to review, why you are involved in the plan at all.

A very powerful tool that is not advertised to the plan participant in most cases, is a provision in many 401(k) and 403B plans called "in service distribution", that means, the plan

participant may still be involved in the plan and receiving a match however the existing assets in the plan may be able to be transferred to a self-directed IRA. This is a very powerful strategy that allows the plan participant to use any investment vehicle allowed in IRAs to custom build their portfolio to meet their goals, objectives and real purpose for the money. Most plans allow for this distribution after the plan participant has reached the age of 59 ½. However, some plans allow for this distribution at any time. This can be found in the plan documents which all plan partici-

pants have access to. I encourage you to seek professional help if you are considering any of the strategies to ensure that you don't create a taxable event.

If you would like more information about a plan rollover or in-service distribution, please feel free to contact us. We can videoconference; DocuSign and work electronically in this difficult environment

*Mark Patterson is a portfolio manager at MHP asset management LLC and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).*

## FROM OUR READERS

### 2020 Central VNA & Hospice House Tour cancelled

To the Editor:

For the past 32 years, the Hospice Home and Garden Tour has been held in the greater Wolfeboro area to benefit Central New Hampshire VNA & Hospice. Each year hundreds of people come to the Lakes Region the second Wednesday in July to tour beautiful homes and gardens in order to support Central New Hampshire VNA & Hospice. Unfortunately, due to the unknown affects the Covid-19 virus will have and, out of an abundance of caution, we have made the very difficult decision to cancel this year's tour. We are now focusing our attention on the work to be done for next summer.

Our hope is that even though the tour is cancelled you will continue to support our very important hospice program. Hospice provides quality of life in the days remaining due a life-limiting illness. Bringing

services to your home offering you comfort, dignity and respect.

When curative treatments are no longer sought, know you are not alone. Our staff will provide skilled care and support for individuals and their families through the process. Hospice teams utilize a holistic approach; emphasizing physical, emotional and spiritual support.

Questions regarding hospice services may be directed to [www.centralvna.org](http://www.centralvna.org) or by calling the (800) 244-8549.

Thank you for your support!

2020 Central VNA & Hospice House Tour cancelled

SHIRLEY RICHARDSON

CHAIRPERSON, HOSPICE ADVISORY COMMITTEE  
HOSPICE HOME AND GARDEN TOUR

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We're looking forward to hearing from you!



Lois E. Parris, 79

LACONIA — Lois E. Parris, 79, of Chester Court, died on Friday, April 3, 2020, at her home.

Lois was born on Nov. 25, 1940, in Lowell, Mass., the daughter of Lionel Benoit Sr., and Evelyn (Dailey) Benoit. Lois worked as bookkeeper for Westcott, Millham & Dyer Law Firm.

Lois is survived by her sons, Frederick Parris, Jr. and Melvin “Mel” Parris; her

daughters, Pamela Oley and Linda Cilley; seven grandchildren (Jessica, Joy, Lacey, Lois, Kyrstle, Brian, and Leeann); six great grandchildren; her sisters, Carol Stacey, Evelyn Allen, Geraldine Benoit, and Paula Cabana; nine nieces and seven nephews.

In addition to her parents, she was predeceased by her brother, Lionel Benoit, Jr., and her sisters, Judith Souza and Nancy Chakarian.

Due to current COVID-19 concerns and CDC recommendations, services will be scheduled at a later time.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinson-beane.com](http://www.wilkinson-beane.com).



Marker #0162 for “New Hill Village” reveals part of the fascinating history of the Town of Hill, both old and new.

# Spirit of Hope and Kindness awards rescheduled

REGION — The Spirit of Hope and Kindness Awards have been postponed until at least October due to the coronavirus, though a number of award nominees have been providing help to their communities during these times.

The annual awards ceremony recognizes children and teens from elementary school through high school for their acts of kindness in their communities. This year, there were 15 nominees, five each in the Elementary School, Middle School, and High School categories. The kids came from Gilford, Meredith, Laconia, and Franklin.

The Spirit of Hope and Kindness Awards was originally scheduled for April 7 at the Laconia Country Club. Because of the Governor’s order banning any group assemblies, the event was postponed. Co-founder Laura Brusseau said they are hoping to have it in October and have been working with the country club on a potential final date.

“Laconia Country Club has been absolutely amazing,” Brusseau said.

Fred Caruso and Amy Bates from Mix 94.1 FM will be staying on as emcees.

Laconia Kiwanis Club has also joined as a sponsor along with All-Brite Cleaning and

Restoration, Bank of New Hampshire, GCE Engineering, and Auto-Serve. Brusseau said the sponsors cover the costs of the awards so all the money raised can go to the nominees and winners to do their acts of kindness.

Overall, she said a lot of people have really been supporting the event.

In the meantime many of the award nominees are working to help their communities during the pandemic. She said she sent an email to the nominees asking what they have been up to since the Stay at Home order was issued and received a number of responses.

Liz Guillote, a student at Franklin High School who was nominated in the High School category, put two weeks worth of supply bags for students and also checks on peers in general to see how they’re doing. She and fellow members of the FHS Robotics Club donated food and feminine products to a local pantry. Guillote and some friends have also delivered hand sanitizer and gloves to first responders in Franklin.

Jasmine Morrisette of Inter-Lakes High School, who was also nominated in the High School category, has been working with her church to plan remote ministry lessons for children and youth and has been helping to plan

summer camp. Morrisette has also been working with her fellow members of the Inter-Lakes Interact Club, which has done a number of community activities.

Middle School finalist Landen Brothers from Laconia Middle School bought coats for the Santa Fund of the Greater Lakes Region with his mom.

Another Middle School finalist from Laconia Middle School Carter Jones has been working with his mom Amy Jones of Studio 151 in Laconia to put together remote exercise challenges for families.

Landen and Carter are both members of Cereal Heroes, a group of kids who get breakfast food for kids in need and other acts of kindness in their communities. Last November, Gina McGuire and Amy Jones won Lakes Region Dancing with the Stars to benefit Cereal Heroes and that money has made several community efforts possible through the pandemic. The Cereal Heroes have donated \$2,500 to Laconia Got Lunch and provided gift cards to Vista Foods for Got Lunch volunteers. The group has also been delivering care packages to healthcare workers at Lakes Region General Hospital and first responders in Laconia, Gilford, and Belmont.

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

BY DONNA RHODES  
[dirhodes@salmonpress.news](mailto:dirhodes@salmonpress.news)

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

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

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

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

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

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

Each year now, students at Jenny D. Blake Elementary School in New Hill Village have regular visits from representatives of the Hill Historical Society. As they begin their education at Jenny D. Blake School, the boys and girls are given a loose-leaf binder that, over the years, is filled with photos and information about the history of their unique town, provided by the historical society. And in early fall, the public is invited each year to take a drive through Old Hill Village where they can find markers of notable sites, enjoy the woodlands and fields now maintained by the state’s forestry department, and take in the beauty of the land where the town began nearly 250 years ago.

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

Marker #0162 for “New Hill Village” is easy to spot on Route 3A in today’s Hill Village. It’s located on a grassy traffic median in front of the Hill Fire Department and village store, with parking spaces readily available for a stop to read more about their amazing town history. While there, take time to head out for a remote walk through the Old Hill Village. It can be a great, socially distancing way to get some fresh air and exercise as you explore both nature and history alike.



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COURTESY  
Julie Sicks-Panus receiving her ITEEA Recognition Award from Bud Johnson, VP of Marketing for the Paxton-Patterson Company.

# STEM teacher receives honor

GILFORD — Julie Sicks-Panus, a STEM teacher at Plymouth Elementary School and a faculty member for the non-profit group WinnAero, was recently notified of a unique honor bestowed on her for her teaching excellence.

Ms. Sicks-Panus was selected by the International Technology and Engineering Educators Association (ITEEA) as a 2020 “Leader to Watch” in STEM education.

The ITEEA, headquartered in Reston, Virginia, has as its motto the goal to “Bring STEM to Life.” Last year, the group identified a total of six teachers as Leaders to Watch. The six hailed from Virginia, Florida, Pennsylvania, Ohio, Indiana and Glasgow, Scotland.

“This is a wonderful recognition award from a prestigious association,” said Sicks-Panus. “Every teacher strives to bring the best educational processes to their assigned classes and the ITEEA honor reinforces what we’re all trying to do with STEM activities for youth,” she added.

The recognition by the ITEEA is based on teachers’ innovative and interesting approaches to STEM education in the classroom and beyond. The Paxton-Patterson Company, a leader in providing STEM educational supplies to schools, sponsors the ITEEA Award each year.

Sicks-Panus has been very involved through the years with ITEEA having served as one of the team members who helped write a complete revision and updating of the ITEEA standards for Technological and Engineering Literacy (STEL). Her hard work has been observed by colleagues in the ITEEA who have nominated her to run for the office of Region One Director for the organization. Region One encompasses the entire Eastern seaboard of North America and the Caribbean from New Brunswick, Canada to Puerto Rico.

Besides teaching in Plymouth, Sicks-Panus volunteers to serve as the Education Officer for the Hawk Composite Squadron of the Civil Air Patrol (CAP) as well as teaching each summer in WinnAero’s ACE Academies.

The WinnAero President, Karen Mitchell, herself a science and technology teacher, applauded the ITEEA’s choice of Sicks-Panus for this unique honor.

“Throughout her 25 years as a teacher, Julie has always sought out new and innovative ways to instruct her students and does an outstanding job for us each year teaching and mentoring youth who attend our ACE Academies. She is richly deserving of this honor,” Mitchell said.

Anyone interested in learning more about the ITEEA should visit [www.ITEEA.org](http://www.ITEEA.org). Those interested in STEM hands-on activities for youth using aviation and aerospace as a backdrop are invited to visit [www.winnaero.org](http://www.winnaero.org).

## Local Food Drive Initiative Continues



### Warm Someone’s Heart in these challenging times



## FOOD PANTRY DONATIONS *Still* NEEDED

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





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# News, really close to home

## PET OF THE WEEK

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



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# Lakes Region Community Services reels under COVID-19 impact



COURTESY

More than 300 homemade masks have been donated to LRCS from local community members to help combat the spread and protect employees from COVID-19 while they continue to work to support individuals with developmental disabilities.

LACONIA — LRCS has a proud 45-year history of providing programs and services designed to serve many of the most vulnerable people in the Lakes Region. Since the closing of the Laconia State School in 1991, the agency has been at the forefront of offering people with intellectual and developmental disabilities community-centered supports and services that promote inclusion and improve quality of life.

This nonprofit social service agency is a state designated Area Agency

serving adults with developmental disabilities and acquired brain disorders and their families residing in Lakes Region communities. Across New Hampshire, more than 10,000 people and their families depend on the safety net of Area Agency programs for people with developmental disabilities. The impact of the coronavirus outbreak is fraying this net. While LRCS has faced many challenges over its years of carrying out a complex and comprehensive human service mission, its work culture has always

found creative and flexible solutions working alongside families to best serve its consumers and employees.

However, the COVID-19 pandemic presents unprecedented and unique worries for the population of people with intellectual disabilities.

“So many of the strategies used to mitigate the crisis fly in the face of the support system that this diverse population has relied on. The call for social-isolation, major disruptions to routines, higher risk for people with compromised health issues, coupled with the need for hands-

on everyday self-care, makes this situation incredibly challenging, anxious and dangerous,” stated Rebecca Bryant, President & CEO. “At LRCS, we are working all hands-on deck 24/7 to keep everyone safe. Along with our partners at the state and local level and following CDC guidelines, we are doing our very best to advocate, communicate and update protocols and services addressing the needs and fears of individuals and families, our employees, and the communities we serve.”

Like so many businesses adhering to social distancing, LRCS has either closed or created online alternatives for programs and functions that involve face-to-face meetings and gatherings. While most of the individuals with developmental disabilities receiving LRCS services live at home, others are supported in independent living arrangements. And those with higher end needs requiring 24/7 care, live in a variety of LRCS owned residential homes. All these living arrangements present their own unique challenges as does the circumstances of each individual and their care givers.

“This is a diverse community and there is no one size fits all, but we know that change in routine creates distress for many people with intellectual disabilities and Autism. Those who work or volunteer and are supported by Direct Support Professionals (DSPs), feel the loss of community and don’t understand why their lives have changed. COVID threatens not only their health but their daily independence. As a result, we are seeing behavioral and health issues causing even more stress for vulnerable people and families,” commented Wendy Robb, Director of LRCS StaffWorks.

Although supported community jobs and volunteer opportunities for adults and LRCS busi-

nesses employing individuals are shut down, DSPs are providing in-home activities and taking individuals outside for healthy activities such as walks, hikes, and fishing.

“We are doing what we can to alleviate some of the stress and worry. Families are afraid of getting sick and being unable to care for their loved ones, and just petrified of what would happen if their family member had to be hospitalized, alone, with this virus,” stated Robb.

Those who reside in LRCS residential homes are often the most severely disabled requiring 24/7 care. Many are older with complex medical conditions including pulmonary illnesses such as asthma, COPD and bouts of aspiration pneumonia. Others are living with heart failure and diabetes-conditions that don’t allow their bodies to easily fight infections. And those who are nonverbal are unable to clearly communicate how they are feeling.

LRCS residential homes are set-up as group living arrangements to accommodate wheelchairs and a variety of specialized adaptive supports but are not designed to isolate people.

“People live in close quarters, sharing bathrooms, kitchens, and bedrooms. All require hands-on personal care. We work hard to minimize the risk of infection,” stated Lisa Clark, Director of Nursing. “We follow multiple safety protocols, have well trained staff and personal protective equipment. But we can’t avoid direct personal contact as our residents need others help with daily self-care, medication, cleaning, shopping, cooking, and transportation.”

This crisis comes during a prolonged workforce shortage for direct care givers. Although most DSPs are dedicated to their work-gratified by making a difference in people’s lives, many

who remain on the job face their own difficulties. COVID-19 has closed schools and day care facilities, leaving some staff no longer able to work. Others are concerned about their own exposure, as keeping 6 feet apart is not an option. The agency has had over 40 employees file for unemployment due to this crisis.

LRCS HR is striving daily to keep this valued and vital workforce employed. DSPs are receiving a \$1 an hour pay increase through May 4; new employees are offered a sign on bonus, and current employees are eligible for a referral bonus for bringing in new employees. The HR team is counseling employees to find flexible work arrangements that fit their personal situations. DSPs are being cross trained to work in other programs to avoid furloughs and the employee assistance program has been extended to help with financial strains. Recently the agency announced the availability of hotel accommodations for employees who have COVID-19 exposure in their homes. “We know how important our workforce is for the well-being of those we serve. We are hiring, training, counseling and finding solutions to keep the safety net intact,” commented Joleen Welford, HR Director of Employee Relations.

LRCS has long been a central community partner in the Lakes Region, with strong collaborations and partnerships.

“The strength of the Lakes Region community has never been so evident as it is now, there is an incredible spirit that we will get us through this together. As difficult as this crisis is, it has showcased the amazing generosity and caring nature of the Lakes Region community,” added Bryant.



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**Edward Jones: Financial Focus**

**Earth Day - Time to “Go Green” with Your Investments?**

Over the past several weeks, many of us have been working from home in response to the “social distancing” necessitated by the coronavirus. Nonetheless, we still have opportunities to get outside and enjoy Mother Nature. And now, with the 50th anniversary of Earth Day being celebrated on April 22, it’s important to appreciate the need to protect our environment. Of course, you can do so in many ways – including the way you invest. Some investors are supporting the environment through “sustainable” investing, which is often called ESG (environmental, social and corporate governance) investing. In general, it refers to investments in businesses whose products and services are considered favorable to the physical environment (such as companies that produce renewable energy or that act to reduce their own carbon footprints)

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# Bank of New Hampshire makes donation to NH Food Bank

MANCHESTER — In response to the statewide impact of the Coronavirus (COVID-19), Bank of New Hampshire is pleased to present the New Hampshire Food Bank with a \$10,000 donation. These funds will be used to provide 20,000 meals to the one in nine men, women and children in New Hampshire who are food insecure during this difficult time.

“We understand the impact and challenges that COVID-19 has placed on our community which is why we are proud to present the New Hampshire Food Bank with this donation,” commented Michael J. Seymour, VP, Customer Experience and Marketing Officer. “We embrace our responsibility to be a leading corporate citizen. By supporting organizations like the New Hampshire Food Bank, we can help strengthen our communities and enhance the lives of our neighbors in impactful ways.”

For more information and to donate, please visit [www.nhfoodbank.org](http://www.nhfoodbank.org). Bank of New Hampshire, founded in 1831 is the oldest and largest independent bank in the state and provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 25 banking offices \$2.7 billion in assets under management including almost \$1.8 billion in bank assets and over \$900 million managed by the Wealth Management Group. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit [www.BankNH.com](http://www.BankNH.com).

# Attic fire damages Gilford home

On April 17 at 7:14 p.m., Gilford and Laconia companies were dispatched to a reported building fire at 25 Gunstock Hill Rd. The fire was reported by the occupant and three passersby who saw thick smoke coming out of the attic vents.

The Gilford engine responded from the station with only two personnel. The other two shift members were handling a medical incident. The engine arrived on scene to find smoke showing from the attic. They immediately stretched a line to the second floor and opened the bathroom ceiling to find a free burning fire in the attic. A first alarm was requested. Laconia’s engine then arrived, stretched a backup line, and assisted with extinguishment. A ladder truck from the Weirs station arrived and helped with venting and overhaul of the roof

line. The fire was quickly knocked down and overhauled to complete extinguishment.

The second floor suffered fire, heat, and smoke damage while the first floor and basement suffered water damage. Belongings on the first floor were covered in an attempt to save as much property as possible; however, the building is uninhabitable at this time. The occupants will be staying with relatives.

Chief Stephen Carrier stated, “The first arriving engine responded with only the captain and the driver because the other two guys were handling a medical incident. Even so, they stretched a line, opened the ceiling, and knocked the fire down. They did a great job with very limited manpower. Any more of a delay and the damage would have been much more severe.”

Gilford companies

responded to the scene, along with an engine and a ladder from Laconia. The first alarm brought additional engines from Belmont, Franklin, Meredith, and Alton to the scene. An engine from Tilton-Northfield covered the Gilford station. Additional Gilford apparatus that responded to the scene included another engine, the tanker, an ambulance, a utility pick up, and two command vehicles. Gilford police assisted at the scene and with the investigation.

There were no injuries, and no damage to any other buildings or vehicles. Damage is estimated to be at least \$200,000.

The fire appears to have started in the attic. The cause is still being investigated at this time, but was accidental and unintentional.

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GUNSTOCK

(Continued from Page A1)

quires us to keep the health and safety of our employees and guests at the forefront of any decision impacting Gunstock’s summer operations.

The Gunstock Area Commissioners have weighed all the information currently available. At the public meeting on April 14, they instructed Tom Day, President and General Manager, to proceed with the opening of the Gunstock Campground on Saturday, May 23 (tentative). They also approved a reduction of offerings for summer activities to offer the popular Segway Tours and introduce new E-Bike Tours.

Regrettably, because of the tactile nature of the Adventure Park activities, the Zipline, Aerial Treetop Adventure course, Mountain Coaster, and Discover Zone attractions will be suspended for the summer 2020 season. As the situation in New Hampshire and the Lakes Region continues to develop, Gunstock will continuously assess the circumstances and provide timely updates on the 2020 Summer Events schedule.

Tom Day wanted to share the following statement with staff and the local community:

“The decision to suspend operations of the

Gunstock Summer Adventure Park is an incredibly tough decision to make, especially for our summer staff. But it is a decision Gunstock stands behind given the known risks of furthering the spread of the COVID-19 virus. Until health officials are able to assure us that it is ‘safe to go back in the trees,’ we remain committed to the social distancing guidelines that have kept New Hampshire from experiencing an outbreak like many other communities around the world have suffered.

“Over these last few weeks, we’ve heard from many of you who made your way to the mountain looking for a moment outside, away from the news of the day. Thank you for sharing your experiences with us. Keep ‘em coming! We will be right here with some of the best camping and hiking in the Lakes Region. And if you’ve never tried an e-bike or off-road Segway before, now is the time!

“Don’t forget, season pass sales for the 2020/21 winter season are in full swing and we recently launched a new pass payment option, making your Gunstock pass more affordable than ever before. The team will be here hard at work getting the lifts, trails, and facilities ready for opening day on Dec. 5.

“As always, thank you for your continued support. We wish you a healthy and safe summer!”

About Gunstock Mountain Resort

Located in Gilford and boasting spectacular mountaintop views of Lake Winnepesaukee and the Ossipee Range, Gunstock Mountain Resort is one of the largest four season recreation areas in the state, and one of the oldest, opening its doors in 1937. Gunstock was the first New England ski area to install a chairlift, offers 1,400 vertical feet, 227 acres and 48 alpine and freestyle trails, plus 50km of dog-friendly cross country, snowshoe, and fat bike trails. Gunstock’s campground has 290 sites, cozy cabins, and RV/trailer hookups, providing outdoor accommodation for kids of all ages when they stay and play at the mountain. Gunstock also plays host to a growing number of events, such as Gunstock Rocks New Year’s Eve, BYODC Pond Skim, Gunstock Hillclimb, SoulFest, and Gunstock TrailFest trail series. For additional information please visit: [www.gunstock.com](http://www.gunstock.com), [www.facebook.com/gunstockmtn](http://www.facebook.com/gunstockmtn), [www.instagram.com/gunstockmtn](http://www.instagram.com/gunstockmtn), [www.twitter.com/gunstockmtn](http://www.twitter.com/gunstockmtn).

FACILITIES

(Continued from Page A1)

to look at replacing the three lifeguard towers along the beach. Whitney had been working with the building trades program at the high school, though since school was closed they are now looking at options to replace one tower with significant issues.

A number of cracks were fixed in Village Field. A new equipment stand was completed adjacent to the fence as part of Neil Miller’s Eagle Scout project.

The department has been working with Gilford Cal Ripken to do a number of projects on Francoeur Field and Stonewall Park. One will be replacing the dugouts at Francoeur Field. Last month Public Works assisted with the demolition and removal of the old dugouts and Cal Ripken is hoping to construct the new ones through the spring.

Greene also reported that program assistant Kristen Jarvi, who has been with the department for 11 years, left in November. Greene said they greatly appreciated her work with the department and it was difficult losing a dedicated employee. They hope to fill that position in the near future.

STIPENDS

(Continued from Page A1)

Department later announced Free Dump Days were postponed to a yet to be determined date.

The meeting itself was operating under some new standards due to the concerns about

coronavirus. Eddy announced at the start of the meeting members of the public weren’t prohibited from coming to the meeting, but were discouraged from doing so and seating was limited. While past meetings

were recorded for later airing, that night’s meeting was broadcast live over Lakes Region Public Access. The podium in the meeting room has also been removed for the time being.



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# Unintended Consequences for Those with Hearing Loss

There are many challenges that have developed due to the COVID 19 virus. One of them is the use of face masks. Face masks are essential to reduce the spread of illness. Everyone should be wearing them. They help protect the wearer and those around the wearer. Please wear your mask!

Unfortunately, wearing a mask makes it difficult for people with hearing trouble. The mask prevents people from being able to see how your mouth and face move. Those with hearing loss depend on these visual cues to help them identify sounds they did not hear. The face mask also distorts speech and can make it sound muffled. The muffling of voices makes it more difficult for those with hearing impairment to identify speech sounds. Thus, it's a double whammy. Not only does the mask often distort the sounds of speech, but it prevents the use of visual cues to help resolve what was missed.

Remember that hearing loss is often invisible

and is very common. For every one person you know who wears glasses, there are 3 with trouble hearing. If you perceive that someone is not hearing you well, please slow down your rate of speech. Do not stretch out your words. Instead, pause frequently when speaking. Try to take a breath every 3-5 words. The pauses will give the listener time to resolve what they missed and help them understand you better.

One blessing from our Stay-at-Home order is that we are getting to spend more time with our family members. This may lead to observing that some members of the family are not hearing well.

Some signs that someone doesn't hear or understand you easily are: the listener demonstrates intense attention to you when you are speaking; they ask you to repeat-sometimes multiple times; You might observe a wrinkle on their forehead, between their brows; or you might receive responses that bear no relationship

to what you originally tried to communicate.

Sometimes hearing trouble is a result of the ear canal becoming clogged with ear wax. Most often hearing loss results from a combination of family genetics, noise exposure, chemical exposure (too much aspirin, chemotherapy, exposure to solvents), head injury, or high fever. Unfortunately, as we get older, more of these aspects add up to reduce our hearing.

The only way to know more about your hearing is to have it evaluated. A professional hearing evaluation, performed by a licensed Audiologist, will correctly identify if there is any medical condition that needs attention. It will also lead to appropriate recommendations for how to improve your hearing.

Some offices are working limited hours and some are closed. Audiology Specialists is open with reduced hours. We are a local, independent business. Dr. Laura O'Brien Robertson, Au.D. has helped

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