

# The Bristol we know

BY BRENDAN BERUBE  
Editor

BRISTOL — An article appeared in last Tuesday’s edition of The New York Times that has provoked a week of heated discussion on social media. Titled with a quote from one of the local residents interviewed, “This Is Going to Kill Small-Town America,” the article — written by a correspondent for the Times who apparently came upon the idea while staying with family in the area — presents Bristol as representative of the many small communities across the U.S. that have been hit hard by the ripple effects of the COVID-19 outbreak. The impression he creates is a bleak one of a town against the ropes, its economy ravaged by the virus, its businesses on the brink of failure, and its people losing hope in the future.

We were among those surprised and angered by the dour and pessimistic tone of the article, which simply does not square with what we have seen and experienced in our coverage of the town’s response to the COVID crisis. It does not at all reflect the Bristol that we know.

The Bristol that we know is not the grim, despondent, hard up town that the Times would have its readers believe. It is a vibrant and welcoming community with a past to be proud of and a future full of promise. The outbreak has taken its toll, to be sure, particularly on the local business community, but there is no community anywhere in America that has not found itself forced to navigate those same uncharted waters right now. This is not the first time Bristol has faced challenging circumstances, and it will not be the last. The town and its people have come through those hard times in the past stronger than before, just as they will now, and undoubtedly will the next time.

To the correspondent responsible for last week’s article and his editors at the Times, let us take a moment to tell you what WE see when we look at the town of Bristol, New Hampshire.

SEE BRISTOL PAGE A9

## Mae’s Place staff work to keep residents’ spirits high



COURTESY

Megan Hewitt St. Germain of Mae’s Place Assisted Living Home in Bristol has gone to great lengths to keep their residents entertained during the statewide Stay at Home order, including day when she galloped through the residence in a blowing unicorn suit to bring smiles to their faces.

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BRISTOL – While it’s been difficult for families to stay home during the statewide Stay at Home order, seniors who may live alone are also struggling with separation from loved ones, along with residents of nursing homes and assisted living facilities who can’t even have family and friends visit right

now.

“I started putting changes in place even before the governor issued the Stay at Home order,” Megan Hewitt St. Germain, administrator at Mae’s Place, said. “We began by barring visitors, taking the temperatures of the staff when they enter the building through my office, recording daily vital signs and mandating hand washing hygiene requirements for everyone.”

In addition to that, the facility also began making arrangements for online medical consultations rather than office visits whenever possible to keep the men and women at Mae’s Place sheltered in place except for emergencies.

St. Germain said that while this has been difficult for some of the residents, she and the staff have explained to them that it’s all in their best interest and in turn do all they can to make the situation as normal as possible.

“These people are like family and I don’t want anything to happen to them,” she said.

Besides the care and compassion they receive from the round-the-clock

SEE MAE’S PLACE PAGE A9



DONNA RHODES

### Restful reflections

Mirror-like conditions on Newfound Lake this week reflected the hills and homes along the shoreline in Bristol.

## NH Marathon supported by Title Sponsor Hannaford

BRISTOL — With a generous \$4,000 donation from store manager Christopher O’Leary of Hannaford Supermarket in Bristol, Hannaford has become the title sponsor for the fourth year running in support of the New Hampshire Marathon.

The NH Marathon, first held in 1993 as a

single race event run mainly around Newfound Lake, has evolved into four different race events: the 26.2-mile marathon, a 13.1-mile half marathon, a 10k race, as well as a kids’ marathon, all run on the same day. Now, over 600 runners, hailing from New Hampshire, other states across the US, as

well as from abroad, all flock to Bristol, NH to compete in these prestigious events. Both the marathon and half marathon have been recognized as superior races by Runners’ World and the 100 Half Marathons Club. This year, the 28th NH Marathon events will be held on Saturday, October 3rd,

2020 beginning at 9:00 am. Same day registration opens at 7:00 am and half-marathon runners need to catch a bus to the start line at 8:00 am sharp.

Featured again this year, a Bonus Prize for anyone who beats the course record!

SEE MARATHON PAGE A9

## Chelsea Francek appointed Circle Program Executive Director

PLYMOUTH — Circle Program today announced that Chelsea Francek has accepted the position of Executive Director for the New Hampshire organization.

Francek’s work as a leader in the nonprofit sector focused on sus-

tainability, developing comprehensive business plans and infrastructure, and implementing strategic operations for a nonprofit dedicated to promoting greener and safer communities throughout South and Central Asia.

“I am so excited that

Circle Program has chosen me as its next Executive Director! Circle Program not only has the history and legacy as an organization that has been serving the region for over twenty-five years with loyal support-

SEE FRANKCEK PAGE A9



COURTESY

### Celebrating from a distance

Celebrating a birthday with friends and family is tough to do these days with social distancing the new rule during the COVID-19 pandemic, but friends of Becky Cassidy got creative by passing a birthday greeting around town to send her best wishes from the community. Among those who took part in the unique “traveling birthday card” photo montage were employees of West Shore Marine (shown above), Newfound Country Store, Bristol Police Department, Kathleen’s Irish Pub, Pizza Béne, Bristol Fire Department, Woodman’s Brewery, The Last Chair Restaurant and Purple Pit Coffee Lounge.



# ‘Climb Above Addiction’ event to go virtual Saturday

PLYMOUTH — When faced with the challenge of how – or if – the third annual “Climb Above Addiction” event to support drug abuse prevention and recovery would go on this spring given the COVID-19 pandemic, Plymouth State University (PSU) social entrepreneurship students would not be deterred. The students brainstormed how to transform the outdoor rock-climbing-focused fundraiser into a virtual event. “Climb Above Addiction” will take place Saturday, April 25, from 10 a.m. to 4 p.m., and will feature live music, interactive art, pet therapy, wellness and cooking workshops, meditation, yoga and a compelling lineup of speakers. The event will be hosted on the event website ([www.climbaboveaddiction.com](http://www.climbaboveaddiction.com)) where people can access all activities on the day of the event. All proceeds from “Climb Above Addic-

tion” will benefit prevention programs offered by Communities for Alcohol- and Drug-Free Youth (CADY) and support opportunities for recovery through rock climbing at The Plymouth House, a 12-step recovery retreat in Plymouth, New Hampshire. People can participate in this year’s event as individuals, as sponsored “climbers” or as part of a sponsored team. Individual participants are asked to donate what they can - \$5, \$10, \$20 (or more, if possible) at registration. Those who register as sponsored climbers or as part of a team will set fundraising goals and solicit donations from friends, family members or businesses. “I am extremely proud of the students for rising to the significant challenge of re-imagining ‘Climb Above Addiction’ as a virtual event, which is so important to the work of CADY and The Plymouth House,”

said Bonnie Bechard, Ed.D., Professor of Business, Plymouth State University. “While their entire semester was upended by the COVID-19 pandemic, students rallied to create a full-day event featuring speakers, interactive programs and live music that is mindful of our cause, but will appeal to a broad audience. We hope people will invite family members and friends to join them for a truly inspiring virtual event, while supporting two important organizations.” In 2018, the inaugural Climb Above Addiction event raised over \$5,000 to provide scholarships for addiction treatment at The Plymouth House; in 2019, the event raised more than \$10,000 for CADY. The event will include: Speakers: CADY Executive Director Deb Naro, The Plymouth House Executive Director Matt Howe, professional ac-

tress Brittany Irish and New Hampshire native Alex Berry, who is in recovery from heroin addiction. Live music featuring New Hampshire’s own Uncle Steve Band and Matt Luneau of the Elton John tribute band “Captain Fantastic” Virtual yoga, meditation and prayer, and pet therapy Rock climbing seminar and fitness workout Interactive games, workshops, and Draw Along with artist Larry Frates Interview and Q&A about COVID-19 with Kristen Williams, RN “Climb Above Addiction 2019 completely surpassed our expectations, and with the creativity of Dr. Bechard’s Social Entrepreneurship team, we know this year’s virtual event will be just as fantastic,” said Emily Shanahan, Outreach Coordinator, CADY. “Now more than ever, so many people are feeling dis-

connected and isolated from friends and family, which can make them more vulnerable to substance misuse and mental health crises. This virtual event is creating a place where people can join together to participate in a long list of fun activities while supporting CADY’s mission to create safe, healthy, drug-free communities where kids can learn, grow and thrive.” For the full event agenda, participant information, sponsorship opportunities and to register, visit [www.climbaboveaddiction.com](http://www.climbaboveaddiction.com), or email [climbaboveaddiction1@gmail.com](mailto:climbaboveaddiction1@gmail.com). For more information about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu). About Plymouth State University Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond

by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The Plymouth State Learning Model is organized around seven dynamic, theme-based hubs called “Integrated Clusters,” which emphasize open, integrative and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).

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DONNA RHODES

## Those lazy, grazing days of spring

Following a day of April showers, a herd of deer came out to graze in a field in New Hampton on Tuesday.

## Celebrating Earth Day in the age of Coronavirus

HOLDERNESS — Earth Day was first celebrated in 1970 to honor the Earth and spread the concept of peace. The Environmental Protection Agency was created and the Clean Water Act, Marine Protection Act, Endangered Species Act, and Safe Drinking Water Act became federal law

soon after. Squam Lakes Natural Science Center was just in its infancy as a four-year-old institution educating the public about ecology and the importance of nature. Now, in 2020, the Science Center joins others around the world to celebrate the fiftieth anniversary of Earth Day in April. Concern for the environment and the planet continues to grow, but everyone knows there are many challenges ahead, including climate change. This year, Earth Day will educate and mobilize more than one billion people. Squam Lakes Natural Science Center, along with local organizations, including Holderness Conservation Commission, Holderness Free Library, Holderness Recreation Department, Squam Lakes Association, and Squam Lakes Conservation Society, hoped to celebrate this anniversary together with a special day to gather and work locally towards a common goal of celebrating and protecting the Earth. Unfortunately, the coronavirus pandemic forced a change of plans because groups cannot now gather together, but we can still work towards the common goal wherever we are.

There are many ways to celebrate Earth Day with online resources such as [EarthDay.org](http://EarthDay.org). Those who enjoy exploring nature and taking pictures of plants and animals, see the iNaturalist City Nature Challenge, which will be held April 24-27. Or join the New Hampshire Department of Environmental Services #OneThing4Earth social media challenge by posting a picture or video demonstrating one thing you do that is good for the environment – find them on Facebook or Instagram for details. There are small things everyone can do for the Earth like picking up trash on the road or around a parking lot; or planting something to provide food for insects and birds; or committing to drying clothes outdoors using the power of the air and sun. Challenge other household members to produce zero waste for a week. When going out to help, please respect physical distancing and choose a local site. There are many other citizen science initiatives planned across the country. Find resources at <https://www.citizen-science.gov/catalog/> or see initiatives in New Hampshire at <https://extension.unh.edu/topics/citizen-science>. Tell the Science Center what you are doing to celebrate Earth Day. Find their social media accounts at [nhnature.org](http://nhnature.org).

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	97 Thompson St.	Single-Family Residence	\$203,000	Dianne M. Stickney and Donald E. Brown	Jesse T. and Patricia A. Farris
Bristol	165 S. Main St.	Single-Family Residence	\$205,000	Robert G. and Deborah S. Carlin	Lisa M. and Michael A. Cantin
Campton	Eastern Corner Road (Lot)	Residential Open Land	\$36,533	Scott F. and Michelle M. Perfetuo	Shane M. Marrer
Campton	Old Route 175	N/A	\$150,000	Stephen G. Page Estate and Stephen J. Page	Nathaniel S. Richards
Campton	34 Weetamoo Trail, Unit 16	Condominium	\$60,000	Hattie Miller	Timothy and Brooke E. Daniels
Campton	N/A	N/A	\$12,533	David C. and Marlene A. Plathe	Merrimac Associates RT and Ralph E. Wilbur
Dorchester	N/A (Lot 3)	N/A	\$80,000	Jean P. Bouchard IRT and Steven P. Bouchard	Mark D. Fisk
New Hampton	113 Beech Hill Rd.	Single-Family Residence	\$487,933	Blaise A. and Lauren S. Aguirre	Lynne C. Rainen
Plymouth	Morse Road	N/A	\$435,000	Alfred A. and Barbara G. Conklin	Alison E. Craig and Gary S. Thorp
Plymouth	Morse Road	N/A	\$85,000	Alfred A. and Barbara G. Conklin	Heidi F. Adams Trust
Rumney	N/A (Lot 2)	N/A	\$54,933	David E. and Deborah E. Robbins	Christopher D. and Elizabeth D. Ham
Thornton	74 Banjo Dr.	Single-Family Residence	\$232,000	Charles R. and Patrice M. Plante	Morgan L. and Mildred Holton
Thornton	188 Covered Bridge Rd.	Single-Family Residence	\$345,000	Frank and Patricia A. Lombardo	
Thornton	12 Diamond Ledge Rd.	Single-Family Residence	\$234,000	Holly A. Rousseau	Amanda Worden and Jonathan Delisle
Thornton	55 Lafayette Rd., Unit C2	Condominium	\$323,000	Peter R. and Tammy Cruichshank	Lisa H. Fertik
Thornton	94 Mountain River East Rd., Unit 35	Condominium	\$152,000	Piselli Fiscal Trust and Peter A. Piselli	Lorelei J. and F. Terrence Driscoll
Warren	7 Wright Dr.	Single-Family Residence	\$130,000	Charles N. and Heather L. Sackett	Nicole Wyman
Waterville Valley	16 Davos Way, Unit 9	Condominium	\$156,000	Bernard T. and Krysten A. Barbour	Dewitte T. Kersh

## ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

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 ma-

chine 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 crisscrossed, 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.

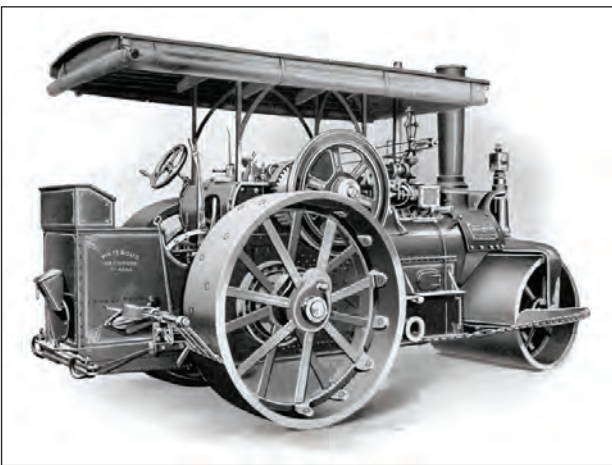
"There," he said, holding it aloft so all could see, "a Christmas tree," and he wedged it on the firebox threshold, and searched his front pocket for a match.

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.

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



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)

scene that no kid could forget.  
(Please address mail, with phone numbers in case of questions, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Road, Colebrook, NH 03576.)

## NHEC Foundation announces first quarter grant recipients

PLYMOUTH — The New Hampshire Electric Co-op Foundation (NHEC Foundation) awarded 15 grants totaling \$48,000 to organizations throughout New Hampshire. The following organizations received grants ranging from \$500 - \$10,000. Camp Deerwood Foundation, Got Lunch Campton Thornton, Got Lunch Colebrook, Got Lunch Plymouth, Grafton County Senior Citizens Council, Schools Out Afterschool Program (Ossipee), Hooks N' Needles, Interlakes Community Caregivers, NH LAKES, Ossipee Children's Fund, Ossipee Concerned Citizens, Plymouth Area Recovery Connection, Squam Lakes Science Center, Tin Mountain Conservation Center and Vaughan Community Services (Conway).

The NHEC Foundation is funded by the generosity of more than 40,000 New Hampshire Electric Co-op members who participate in the Round Up Program. Participating members agree to have their monthly electric bill rounded up to the next dollar, which enables the NHEC Foundation to award quarterly grants and scholarships to children of NHEC members. To learn more about the NHEC Foundation, enroll in the Round Up Program or apply for a Foundation grant, please visit [www.nhec.com/nhec-foundation](http://www.nhec.com/nhec-foundation).

New Hampshire Electric Co-op is a member-led electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities. [www.nhec.com](http://www.nhec.com).



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NOW WE ARE THREE!



## CADY Corner

### Managing the impact of COVID-19 on mental health

BY GROWING ROOTS LLC

The outbreak of COVID-19 has added additional mental health stressors on top of, and likely exacerbating, what some of us are already coping with. Growing Roots LLC, a local practice that provides behavioral health services to adults, adolescents and families, offers these strategies and reminders for getting through these times of social distancing and uncertainty.

- Are You Feeling Stressed?
- Avoid using alcohol and recreational drugs;
  - Reach out to a friend or support and implement other personal coping strategies if you are feeling any urges to use;
  - Take prescribed medications and supplements as directed;
  - Create a routine with a consistent wakeup and bedtime and schedule in your meals and snacks, your body needs to be nourished!;
  - Eat intuitively and intentionally, not out of boredom or anxiety;
  - Write down three manageable goals for each day;
  - Dedicate time to do enjoyable activities;
  - Create work and school time;
  - Have boundaries with those you are sharing a space with;
  - Take breaks from the media and “unplug;”
  - Build mastery, do at least one thing a day that you feel competent and in control of like drawing, coloring pages, work games, or playing an instrument.

- Feeling Anxious or Depressed?
- Create a list of coping skills that help you and implement them BEFORE your anxiety peaks;
  - Exercise (if medically appropriate);
  - Try this 20-minute video to move your body (<https://www.youtube.com/watch?v=bJJWArRf-Ka0>);
  - Practice gratitude;
  - What are some of the positives that are coming out of people staying home?;
  - Deep clean an area in your home;
  - Watch or read something funny;
  - Practice mindfulness and grounding activities.

- Feeling Depressed?
- Shower, change out of your pajamas, brush your teeth;
  - Take a walk or find another way to move your body;
  - Set boundaries around social media consumption;
  - Do something kind for someone else;
  - Have a video call with friends or family;
  - Journal;
  - Watch or read something that is the opposite of how you are feeling;
  - Enlist someone you trust as an accountability partner and have regular check-ins.

- Feeling Bored?
- Teach yourself a new skill, YouTube has many great tutorials you can watch from anywhere including, learning a new language, computer coding, jewelry making and other DIYs;
  - Write a letter/message to someone that you care about;
  - Pick a drawer in your space and clean and organize it;
  - Rearrange the furniture in your house.

If at any time you feel at risk to yourself or others, please call 911 or go to your nearest emergency room. For more information about Growing Roots LLC and tips to support your mental health and improve self-care, visit <https://www.growingrootsllc.com/>.



DONNA RHODES

### Return of the Loons

Following a somewhat early ice out, loons have recently made their way back to their nesting grounds on Newfound Lake, a traditional sign of spring each year.

## Sustainable Bristol

BY LAUREN THERRIault

With all local events canceled, I am very glad spring has not been canceled. This week, I wanted to share a very sustainable practice that I’ve been finding many people returning to in these trying times.

Gardening. Starting seeds inside is relatively easy and cheap. Once you’ve determined what vegetables or flowers you want to grow and purchased the seeds (the hardware store has curbside pickup), you’ll need some good soil. This could be purchased at the store or dug from your backyard. A container to hold the soil could be anything you have around the house.

We’ve used saved yogurt cups (be sure to poke holes in the bottom), egg cartons, folded toilet paper tubes, folded newspaper (there are lots of tutorials online) plastic spinach containers, or purchased seed starting trays.

Fill the container with soil and tap it down, I’ve lost many a plant to not having the soil compacted enough. Add your seeds, water lightly and place somewhere to let them grow. Most seeds like some heat to help them get off to a good start. Near the wood stove, on top of the fridge or on the top of the dryer are good warm places. Purchased seed starting kits come with a clear top to keep the

warmth in, but be sure to remove them once the plants start popping up. A plastic bag put over the top of your seeds would do the same job. After the green starts miraculously poking through the soil, move the seeds somewhere safe that gets a good amount of sun. The south side of the house is usually best. Rotate the plants so they don’t get long and skinny while reaching for the sun and water regularly.

Once the danger of frost has passed, typically around Memorial Day in our area, you should harden off the plants by putting them outside in a protected area for longer and longer each day so they get used to

being outside. I have also killed many a plant getting too excited about getting them into the garden right away. Once the day arrives plant your seedlings outside, at the recommended distance apart, and water regularly. With a little bit of love and care your plants will grow and add beauty to your yard, patio, or windowsill, and with any luck some healthy benefits to your belly come summer.

*Lauren’s Green Tip of the Week: Skip meat at one meal a week. Work your way towards doing one day a week as a meat free day. This reduces your carbon footprint a significant amount.*

### A call to serve with the Central NH Medical Reserve Corps (MRC)



BY ANGEL EKSTROM  
Plymouth

Hello, I hope this finds you well. My name is Angel Ekstrom, I am the Public Health & Emergency Preparedness Coordinator as well as the Director for the Medical Reserve Corps (MRC) and the Community Emergency Response Team (CERT) for Central NH. The Medical Reserve Corps and the Community Emergency Response Team is a community-based team of trained medical and non-medical volunteers who promote healthy

living as well as prepare for and respond to emergencies. The Central NH MRC and CERT are a part of a national organization that aims to organize and utilize volunteers. The Central NH region whom the MRC and CERT serve is made up of 18 communities, they are: Alexandria, Ashland, Bristol, Bridgewater, Campton, Ellsworth, Groton, Hebron, Holderness, Lincoln, Livermore (unincorporated), Plymouth, Rumney, Thornton, Warren, Waterville Valley, Wentworth, & Woodstock Our Mission is to

improve the health and safety of communities within the Central NH public health region by organizing and utilizing medical, public health and other volunteers.

Medical Reserve Corps and Community Emergency Response Team members are actively impacting the health of Central NH residents throughout the year in supporting non-emergency community events, regional public health initiatives as well as community education. Members have facilitated community education sessions

such as “How to Prepare for a Long-Term Power Outage.” You may have interfaced with Central NH MRC and CERT volunteers during the Shamrock Shuffle, NH Marathon, the Hebron Fair, and/or Community National Night Out Events to name a few. Central NH Medical Reserve Corps members were part of NH’s first response efforts in responding to the opioid epidemic that surfaced in 2015. Members traveled throughout the Central NH region collectively working with partners such as the Communities for Alcohol and Drug-Free Youth (CADY) based out of Plymouth, Stand-up Newfound and the Bridge Project out of Lincoln delivering local community education and naloxone distribution events. Members also trained local healthcare providers in naloxone administration and



Letters to the Editor

How long is Bristol going to give away its services?

To the Editor:

During the COVID-19 pandemic, we need to find ways to save taxpayer money, help our neighbors, and local businesses. Bristol needs to be concerned about the people of Bristol first and foremost and stop giving away our services for free or at an extremely reduced rate to other towns.

For example, I read an opinion on April 16 in the Laconia Daily Sun that stated how all the towns in the Newfound School District can get a Bristol Library card for free. Why is it all those other towns use our library for free when you and I pay \$200,000 year to operate the library?

When will the people petition the Select Board to correct these injustices? When will we stop giving our tax money to

other towns? When will we wake up, smarten up and stand up and stop being taken advantage of? We are in a pandemic right now which we may feel the effects of for the next year or more. We got to find ways to use tax money wisely and let the other towns pay for services we offer.

Here is a list of services Bristol gives for free or at extremely reduced rates.

TTCC: Bristol pays over \$100,000; other towns, not even close.

24/7/365 EMT Services to Alexandria, Danbury and Hill. We pay about \$250,000, while they pay \$125,000 combined.

Library: Bristol pays \$200,000 a year, while the other towns pay zero.

We pay the full boat of the Police while other towns get to use them

for free because they only have one or two officers to cover 168 weekly hours. Then, if the State Police cannot come to the call, they request we send our officers for free, which puts our officers in danger. See, we are even picking up where the state cannot, all for free. I am sure I could add the dump, highway department and other services we probably give away for free as well.

I hope you still have a job and can pay for all these services and salaries because it was stated that the town will borrow money with interest to pay for them if the taxes do not come in like they once did because of this pandemic.

JOHN SELLERS  
BRISTOL

An unsung hero

To the Editor:

As the COVID 19 pandemic makes its way through Plymouth, there are many unsung heroes working every day to ensure the safety of others and working to support those with this virus. Among these workers is Kara Hamill, the Operations Director at Pemi Baker Commu-

nity Health.

Kara has worked constantly over the last few weeks to help Plymouth prepare for COVID 19 cases. Outside of work, she continues supporting the community by sewing over 80 cloth masks with her daughters that have been distributed to families in our community. Kara

has made many personal sacrifices including quarantining herself away from her family to protect them as she has been exposed to patients with coronavirus.

For all you have done for your family and your community, Kara, we all say thank you.

BRYN DONOVAN  
PLYMOUTH

Ekstrom

FROM PAGE A8

distribution affording naloxone to be distributed at agency locations. Central NH Medical Reserve Corps members support influenza immunization clinics, flu clinics in local schools and most recently conducted mobile hepatitis A clinics in collaboration with local partners to address the outbreak in which NH was one of 33 states that the hepatitis A outbreak occurred throughout 2019 and into 2020.

Our regional volunteers support public health issues impacting our local communities as well as educating residents and communities on how to prepare for emergencies. Members participate in trainings and exercises to build skills needed when responding to emergencies. They respond to local emergencies in our communities and help stand up and staff community shelters, Points of Dispensing referred to as PODs, Alternate Care Sites referred to as an ACS and more.

Recently, through the collective efforts of NH Department of Health and Human Services, Speare Memorial Hospital, Plymouth State University, the National Guard and the Central NH Public Health Network, our region has an alternate care site that stands ready if needed in response to the novel coronavirus, COVID-19. I am reaching out to Registered Nurses (RNs), Licensed Practical Nurses (LPNs), Licensed Nurse Assistants (LNAs), Medical Assistants (MAs), Emergency Medical Technicians (EMTs),

Wilderness First Responders (WFRs) and inviting you to join the Central NH Medical Reserve Corps that is helping support Central NH's alternate care site. Volunteers who step forward to serve will be oriented and trained. Onsite orientations continue to be scheduled as more volunteers answer the call to serve. If this is the type of impact you want to have in making a difference in our local community I encourage you to become a member of the Central NH Medical Reserve Corps. If you would like to help support Central NH's alternate care site or would like further information about Central NH's MRC unit please contact me, my email is aekstrom@midstatehealth.org. I can also be reached at 238-3602. A Central NH MRC member application can be accessed online on the Central NH Health Partnership website <http://cnhhp.org>. Once on the home page, click on "Volunteer" found on the upper right hand corner of the website. Once on the volunteer page click on "MRC/CERT" and the link to the application is there.

There are COUNTLESS benefits to getting involved through Central NH MRC /CERT volunteer efforts. The impacts you will have in helping Central NH preparing for, responding to and recovering from emergencies will strengthen our communities health, improve our emergency response capabilities, and build our communities resiliency to list a few. By

becoming a Central NH MRC volunteer you will have access to free trainings. You will have the opportunity to help others, to give back to your community through sharing your professional knowledge and skills while you grow and become part of a team as well as learn how to prepare you and your loved ones for an emergency.

Central NH is closely monitoring developments surrounding COVID-19. We encourage residents to follow state and federal guidelines. For up-to-date information on COVID-19, please visit:

Centers for Disease Control and Prevention

New Hampshire Department of Health & Human Services websites

I hope this has offered a broader understanding of the efforts and impacts of the Central NH Medical Reserve Corps and Community Emergency Response Team, that it may have inspired you to serve with the MRC / CERT or will cause you to pursue a conversation regarding this call to serve our local community. Again, please don't hesitate to contact me if you are interested in becoming involved, have questions about the Central NH Medical Reserve Corps and Community Emergency Response Team unit or the alternate care site, my information is on the screen below.

Thank you for time and consideration. Take good care!

NHEC Foundation scholarship deadline extended

PLYMOUTH — The deadline to apply for New Hampshire Electric Co-op (NHEC) Foundation scholarships has been extended to June 1.

The NHEC Foundation is awarding six \$1,500 scholarships to college or college bound students in 2020. Any NHEC member or dependent is welcome to apply. The online application is available in the MY CO-OP menu at [www.nhec.com](http://www.nhec.com). For

questions about the program, please contact Sara Thielbar at 536-1800 or [foundation@nhec.com](mailto:foundation@nhec.com).

The NHEC Foundation is funded by the generosity of over 40,000 New Hampshire Electric Co-op members who participate in the Round Up Program. Participating members agree to have their monthly electric bill rounded up to the next dollar with the proceeds benefiting

the NHEC Foundation. To learn more about the NHEC Foundation, enroll in the Round Up Program or apply for a Foundation grant, please visit [www.nhec.com/nhec-foundation](http://www.nhec.com/nhec-foundation).

New Hampshire Electric Co-op is a member-led electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities. [www.nhec.com](http://www.nhec.com).

COVID-19 crisis puts thoughts of health care decisions in different light

PEMI-BAKER COMMUNITY HEALTH OFFERS HELP

By Anna Swanson

Pemi-Baker Community Health

National Healthcare Decisions Day has been held on April 16 for twelve years. Yet, April 16 is a very different time than any of those previous years. The COVID-19 pandemic has altered the way Americans are living – and the focus on advance care planning has taken on a profound meaning for many people.

Pemi-Baker Community Health and the National Hospice and Palliative Care Organization want to acknowledge NHDD by stressing the importance of talking with your loved ones about your health care wishes and documenting those wishes by completing an advance directive. In fact, given the impact of Coronavirus (COVID-19) across the country, completing your advance directive – or reviewing and updating your care prefer-

ences if you have an advance directive – could be timely.

“Given the uncertainty that we find ourselves coping with during the COVID-19 public health crisis, taking time to talk about the care you would or would not want with your loved ones is a worthwhile activity for all of us to undertake,” said NHPCO President and CEO Edo Banach. “Far too many Americans put off talking about their health care wishes and then they find themselves in a medical crisis and it may be too late to ensure that you get the care you want.”

Advance care planning includes completing an advance directive (also known as a living will) and appointing a healthcare power of attorney (someone to make healthcare decisions for you if you are unable to speak for yourself). Then, most importantly, sharing your decisions with your family and loved ones.

Visit the Pemi-Baker Community Health Web site, [www.pbhha.org](http://www.pbhha.org), to download these free resources. Lisa Fortson, MSW, Pemi-Baker's

Hospice and Palliative Care Supervisor, stated that, “Pemi-Baker's Social Work department is available for questions about the forms by calling 536-2232. It's also important to remember that having these thoughtful discussions with your family and documenting your wishes can be a gift to your loved ones should you become critically ill and unable to speak for yourself. Your priorities will be clear to them.”

With 52 years of experience, serving over 900 clients from 18 towns in central and northern New Hampshire, Pemi-Baker community Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care and on-site physical and occupational therapy. PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 536-2232 or email: [info@pbhha.org](mailto:info@pbhha.org) Visit our Web site: [www.pbhha.org](http://www.pbhha.org) and like our Facebook Page: @PBCH4.

PSU Football players selected to NFF Hampshire Honor Society

PLYMOUTH — Four members of the Plymouth State University football team were among the 1,432 student-athletes representing all divisions of collegiate football to be honored when the National Football Foundation & College Hall of Fame (NFF) announced the members of the 2020 NFF Hampshire Honor Society on Wednesday.

Seniors DJ Hersom (Farmington, N.H.), Dave Lyons (Abington, Mass.), CJ Perrino (Rocky Point, N.Y.) and Nick Photos (Bethany, Conn.) were the Panthers selected for the honor.

Now in its 14th year of existence, the NFF Hampshire Honor Society recognizes student-athletes who contributed in the classroom as well as on the

field of competition for all collegiate divisions. Nominated by their respective schools, members of the NFF Hampshire Honor Society must have completed their final year of playing eligibility in 2019, achieved a 3.20 cumulative grade point average throughout their entire course of undergraduate study, met all NCAA- or NAIA-mandated progress toward degree requirements and been starters or significant contributors throughout the 2019 season.

The 1,432 student-athletes to achieve the honor represented 364 schools from the following divisions: Football Bowl Subdivision, Football Championship Subdivision, NCAA Division II, NCAA Division III and NAIA.

With four honorees, Plymouth State had the second most student-athletes recognized among the four Massachusetts State Collegiate Athletic Conference (MASCAC) schools to have at least one student-athlete included. Westfield State University led the league with nine recipients, while Bridgewater State had three and UMass Dartmouth one.

Led by 17-year head coach Paul Castonia the Panthers went 6-4 overall to finish above .500 for the fourth straight year, while posting a 4-4 mark in MASCAC play.

A complete list of the 2020 NFF Hampshire Honor Society membership can be found at the NFF Web site, [www.footballfoundation.org](http://www.footballfoundation.org).



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How to support local businesses during mandatory restrictions



The outbreak of the novel coronavirus COVID-19 throughout the United States in March 2020 transformed American lives in ways many might never have imagined possible. Social distancing recommendations and restrictions on gatherings of more than a handful of people had a ripple effect on the economy that adversely affected many small businesses.

Small businesses are the backbones of local communities. According to

the U.S. Small Business Administration, small businesses make up 99.9 percent of all businesses in the United States and employ 59.9 million employees. The SBA notes that the accommodation and food services sector is the second largest small business industry. Many of these businesses have been hit especially hard as more and more of their regular customers stay at home in the wake of government advisories promoting social distancing.

But small businesses are vital to local communities, and there are ways to support them and help them stay afloat as they confront the challenges posed by the COVID-19 outbreak.

- Order delivery. It's still possible to enjoy foods from your favorite local restaurants. Many restaurants that had not previously done so have begun to offer delivery services, be it curbside or at-home, and this can provide a great respite for families who have

had to cook three meals a day at home for their entire families for extended periods of time. Curbside delivery has made it possible to get takeout meals without compromising social distancing recommendations.

- Recognize that more than food is available for takeout. In response to the COVID-19 outbreak, Governor Andrew Cuomo of New York announced relaxations on laws governing what can and cannot be obtained via takeout, allowing takeout on goods that were previously restricted in regard to takeout. For example, Cuomo announced that the New York State Liquor Authority intended to temporarily relax regulations regarding the takeout and delivery of alcohol. Utilizing such services can be a great way to support local businesses while still adhering to recommendations designed to slow the spread of COVID-19.
- Purchase a gift card. Gift cards can help small businesses generate revenue at a time when their doors are largely closed to the public. This can be vital to these businesses' survival, and it gives consumers something to look forward when life returns to normal.
- Help market local businesses. Spread the word when local businesses deliver in the wake of the restrictions put on them due to COVID-19. Share these experiences via social media or online reviews, and urge your neighbors to patronize these businesses.

Local businesses are suffering during the COVID-19 outbreak. But communities can come together to support business owners and their employees to help these vital businesses stem the tide.

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

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

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## How to handle the mental challenges of social distancing

The concept of “social distancing” was no doubt a mystery to millions of people prior to 2020. But in the wake of the outbreak of COVID-19, a novel coronavirus that was first discovered in China in late 2019 but soon spread across the globe, social distancing became a household term.

Social distancing refers to actions deliberately designed to increase the physical space between people to avoid spreading illness. The American Psychological Association notes that social distancing typically requires that people stay at least six feet apart from each other while also avoiding gathering spaces such as schools, churches, concert halls, and public transportation. In an effort to prevent community spread, many state and provincial governments mandated the closure of all businesses deemed “nonessential,” forcing many working professionals to work from home full-time and temporarily putting millions of additional workers out of work.

Social distancing measures are designed to serve the greater good, and these efforts can be effective at stopping the spread of harmful viruses like COVID-19. But social distancing also can produce unwanted side

effects. The APA notes that research has shown that people who are social distancing may be vulnerable to fear and anxiety; depression and boredom; anger, frustration or irritability; and stigmatization. However, the APA also notes that research has uncovered successful ways to cope with social distancing.

- Make time for fun activities. Psychologists recommend balancing time spent on news and social media with other activities unrelated to social distancing or quarantine. Make a conscious effort each day to read a book, listen to music or even learn a new language.

- Get news from reliable sources. Inaccurate information about COVID-19 can spread fear, making it even more difficult for people to cope with social distancing. The APA recommends people get their information from news outlets that rely on trusted organizations like the Centers for Disease Control and Prevention and the World Health Organization.

- Maintain virtual connections with others. Face-to-face interactions may not be possible, but the APA notes the value of phone calls, text messages, video chat, and social media. These channels of communication

provide an opportunity to stay connected with loved ones and express emotions.

- Maintain a healthy lifestyle. The APA advises everyone to get enough sleep, eat well and exercise while social distancing. Do not cope with the issues that result from social distancing by using alcohol or drugs, which may only exacerbate feelings of anxiety and depression. People also can consider their telehealth options so they can access psychotherapists to help them through.

Social distancing has proven challenging for millions of people across the globe. As difficult as social distancing can be, there are ways for people to cope and stay in touch with their loved ones. More information about social distancing is available at [www.apa.org](http://www.apa.org). TF206002

**SOCIAL MEDIA TEXT:** The APA notes that research has shown that people who are social distancing may be vulnerable to fear and anxiety; depression and boredom; anger, frustration or irritability; and stigmatization. However, the APA also notes that research has uncovered successful ways to cope with social distancing.



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## Safeguard against COVID-10 when grocery shopping



Supermarkets and other food merchants are allowed to stay open as “essential” retailers amid the mass shut-downs prompted by the spread of the COVID-19 virus. Along with banks,

gas stations and takeout restaurants, supermarkets are among the few places that people are allowed to visit to procure the necessities of everyday life. Even with social

distancing and other precautions in place, grocery stores remain high-traffic locations. As a result, many people feel concerned about how to best protect themselves when turning to

in-store visits or grocery delivery services to stay stocked on food and other essentials.

- Maintain a six-foot distance. As with other locations, shoppers should keep a distance of six feet between themselves and other shoppers. Do not hesitate to move back or ask someone to move away if you feel concerned about proximity. Shopping during “off-peak” hours may help thin out crowds and make it easier to maintain social distance.

- Shop small retailers. It can be beneficial to visit independently owned retailers, like local markets, delis and specialty food stores. Crowds at such stores will likely be smaller than the crowds at large chain stores.

- Wipe down products. Data published in The New England Journal of Medicine that tested how long COVID-19 survived on surfaces found the virus was detected up to 72 hours on plastic, 48 hours on stainless steel, 4 hours on copper,

and 24 hours on cardboard. While infection from touch may not be as likely as it is from direct inhalation of COVID-19 from an infected individual, it can be helpful to wipe down surfaces, including non-porous packaging, once items are brought home, as well as counters or tables used to unload packages. Wiping down a shopping cart handle also may be helpful.

- Wash produce. Consumer Reports suggests washing fruits and vegetables in a mild soap-and-water solution to eliminate any possible live virus and pesticides.

- Avoid direct contact. Whether items are delivered or purchased in-store, avoid personal contact with cashiers or other store employees. Pick up and pack your own groceries. Opt to pay with a credit card or another digital pay option like Apple Pay instead of handing over cash. Use your own pen to sign receipts. Scan your own frequent shopper card or have the cashier use a scan gun, rather than taking your key ring to hold. Delivery services can place the bags outside of your front door. Tips also can be exchanged electronically for delivery services through an app or online or over the phone. Some simple shopping strategies can help people prevent the spread of COVID-19.



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Bristol

FROM PAGE A1

We see stunning summer sunsets over Newfound Lake — a natural resource and a draw for visitors from near and far that enjoys a well deserved reputation for its scenic beauty and pristine waters thanks to the pride that Bristol and the other communities along its shoreline have shown in it.

We see a bustling downtown business community that has made Central Square a shopping and dining destination, which it will surely be again when this crisis has passed.

We see a community with a strong and well founded sense of pride in its identity and its history, evidenced by the year-long celebration of its Bicentennial that we were honored to help commemorate last year.

We see a close-knit community of people who believe in holding out a hand to neighbors

in need, like the more than 70 volunteers who have stepped up through a program at the Tap- ply-Thompson Community Center to assist fellow residents at high risk for the virus by shopping for groceries and supplies on their behalf, or the quietly courageous caregivers at the Newfound Area Nursing Association who continue to ensure the health and well being of the homebound.

We see people working to spread hope and kindness in the midst of the uncertainty we all currently face, whether it be by painting a positive message in a shop window or decorating Central Square with brightly colored banners welcoming the arrival of spring.

When we look at Bristol, we see a town that may be down for the moment, but is very far from out. We see a town that should look to its future with excitement

and optimism, not the sense of impending and inevitable doom conveyed by the Times article. And above all, we see a town that we are proud to serve, and indeed, in the case of some of our own staff, proud to call home.

“Despite what you have read in recent news stories, do not let one person’s perceptions define you or our community,” Town Administrator Nik Coates wrote in a letter to the community following the publication of the Times article.

“Bristol isn’t just about its COVID-19 response,” he wrote. “COVID-19 has just highlighted the best of who we are.”

“Just like the bricks that built our and other towns,” he added in conclusion, “we are strong, sturdy, resilient, unmovable.

“We are all in this together, Bristol and Newfound Strong.”

Mae’s Place

FROM PAGE A1

staff, St. Germain herself has gone to great lengths to keep them happy and entertained.

“I even came in one day in a blowup unicorn costume and paraded around the house. They all got a kick out of that,” she said.

Beyond the cheer she and her staff try to spread, St. Germain said the Newfound community has been very supportive as well by dropping

ping off treats and cards to bring a smile to them all. A seventh grader in the school district also helped fit residents properly with face masks, and when the facility ran low on eggs, people from the area responded right away.

“The residents here love eggs and when we couldn’t find them in the stores we put out a plea to the public. We ended up getting [dozens] of eggs dropped off that we did all kinds of things

with,” said St. Germain. “Everyone in the community has been just unbelievable and we can’t thank them enough.”

As a result of the staff’s oversight and all their community friends, she was pleased to report that residents of Mae’s Place, one of only two assisted living facilities in the area, are all healthy and doing very well.

Francek

FROM PAGE A1

ers, but is comprised of a dedicated team with the innovation and creativity that will help us prosper and thrive,” said Francek. “The mission of this organization is something that I take very personally. Empowering girls, helping them become confident, fearless, and strong women with a voice and vision to make an impact in their communities, showing them that there are truly no limits to what they can achieve or who they want to be in life... This is a mission and purpose that Circle Program and I share. I look forward to joining Circle Program, the community, and beginning this next chapter with all of you!”

Prior to nonprofit management, Francek worked throughout South and Central Asia in international development and security. Her priority was to promote stability efforts and diplomacy throughout the region, particularly with women and children’s education programs and partnerships, as well as life skills training.

Prior to selecting Francek, Circle Program conducted a comprehensive national

search resulting in 31 applications, including qualified candidates from New Hampshire and across the country.

“Chelsea’s background, her expertise, and her enthusiasm for our mission, is a perfect fit for Circle Program and our mission to empower, transform, and enrich girls’ lives through community, connection, camp, and mentorship”, said Sarah Crane, Board President and Chair of the Search Committee. “We are thrilled she has accepted the position and we all look forward to welcoming her to our community. Chelsea brings to this position the knowledge, expertise, and passion required to continue to meet the needs of the girls and teens we serve.”

Francek is currently Managing Partner of Francek Immigration Law LLC, a law practice focused on immigration, international, and comparative legal issues, with a presence in the Carolinas, Washington DC, and Vermont.

In addition to her Bachelor of Arts in International Studies/ Minor in Accounting, Francek has attained a Master of Law in Na-

tional Security & US Foreign Relations, a Master of Business Administration in International Business, and a Juris Doctor/ Certificate & Fellowship for the Center for International and Comparative Law.

Circle Program envisions a world of self-reliant young women confidently engaged in their community and living to their full potential. Since 1993, Circle Program has provided free residential summer camp, school year group activities, and year-round one-to-one mentoring, for socially and economically disadvantaged 5th through 12th grade New Hampshire girls. Circle Program strives to provide a safe and caring environment for girls and teens to explore their strengths and possibilities, and to build confidence and a positive self-image. [www.circle-program.org](http://www.circle-program.org)

ALEXANDRIA — June Ebbetts Brown, formerly of Manchester, died peacefully at home in her beloved woods, April 17, 2020. Daughter of

ter of Everett and Sophia (Shute) Brown, she leaves, husband Geno Proulx, daughters Dawn Ebbetts, Lora Peterson; grandchildren, Andrew,

Crista, Leigh Anne, Nick, great grandchildren Nash & Lennon.

She was predeceased by daughter Chrysty Parker.

Jeanette Lucy Hatch, 84

ALEXANDRIA — Jeanette Lucy Hatch, 84, of Karl Gordon Road, died on Friday, April 17, 2020, at Grafton County Nursing Home, North Haverhill.

Jeanette was born in Strafford, Vt. on Sept. 12, 1935, a daughter of William Clarke and Bertha Alice (Harriman) Cook.

On, April 29, 1953, she married Roland N. Hatch and made their home in Vermont, dairy farming. The family moved to Danbury in 1967. Jeanette worked as a chambermaid and in food services for over 25 years for Newfound School District, retiring in 2009. She enjoyed gardening, her flowers, watching and feeding the birds, and baking holiday pies.

Jeanette was predeceased by her husband, Roland N. Hatch, on Jan. 23, 1996, and her two



Jeanette Hatch

grandsons, Kevin Clifford in 1996 and Ryan Haynes in 2005.

She is survived by her five children (Barbara A. Logan and husband James of Plymouth, Neil W. Hatch and wife Cathy, Brenda J. Haynes and husband Donald, and Jason S. Hatch and companion Michele Gallup, all of Danbury, and Douglas M. Hatch of Alexandria); seven grandchildren (Amy, Jennifer;

Joshua, Adam, Justin, Melissa and Jacob); five great grandchildren (Ashlynn, Nathaniel, Paige, Davis and Bode); several nieces, nephews, and cousins; along with a sister-in-law, Elaine Hatch.

There will be no calling hours.

A graveside service will be held in the Ladd Street Cemetery, Haverhill, at a later date. Service information will be published at that time.

In lieu of flowers, memorial contributions may be made to the Grafton County Home Association, 3855 Dartmouth College Highway, North Haverhill, NH 03774.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com).

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Marathon

FROM PAGE A1

Total prize for 1st place \$1,000  
Male (1995) – 2h 32m 55s  
Female (2001) – 3h 7m 58s

Over the years, donor contributions, race entry fees, and funds from related events have raised over \$300,000 to benefit three local organizations: the Tap- ply-Thompson Community Center, Circle Program, and Mayhew Program. These non-profit organizations provide important support to area youth through year-round programs, touching and enriching the lives of over

500 children a year. This work would not be possible without the support of community partners such as Hannaford Supermarkets and many other local businesses.

Registration for the 28th annual NH Marathon, half marathon, 10k and kids’ run is now open. Access [www.nh-](http://www.nh-marathon.com)

[marathon.com](http://marathon.com) to complete the application.

Not a runner but want to help the cause? Please use the registration link to sign up to be a volunteer. You can also contact race headquarters at [race@nhmarathon.com](mailto:race@nhmarathon.com) or call 744-2713 for more information.

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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) or the social environment (such as firms that follow ethical business practices or pursue important societal goals, such as inclusion and pay equity). ESG investing may also screen out investments in companies that produce products some people find objectionable. ESG investing has become popular in recent years, and not just with individuals; major institutional investors now pursue sustainability because they think it’s profitable – and plenty of facts bear that out. A growing body of academic research has found a positive relationship between corporate financial performance – that is, a company’s profitability – and ESG criteria. So, although you might initially be attracted to sustainable investments because they align with your personal values, or because you want to hold companies to higher standards of corporate citizenship, it turns out that you can do well by doing good. Keep in mind, though, that sustainability, like any other criterion, can’t guarantee success or prevent losses. In any case, be aware that sustainable investing approaches can vary significantly, so you need to determine how a particular sustainable investment, or class of investments, can align with your values and fit into your overall portfolio. Specifically, how will a sustainable investment meet your needs for diversification? For example, if you desire total control over how your money is invested, you might want to invest in a basket of individual stocks from the companies you wish to support. But if you want to achieve greater diversification, plus receive the benefits of professional management, you might want to invest in sustainable mutual funds. Be aware, though, that even though they may not market themselves as “sustainable,” many more mutual funds do incorporate sustainability criteria into their investment processes. You also might consider exchange-traded funds (ETFs), which own a variety of investments, similar to regular mutual funds, but trade like stocks. ETFs often track particular indexes, so an ETF with a sustainable focus might track an index including companies that have been screened for social responsibility. Make sure you understand the fundamentals of any sustainable investment you’re considering, as well as whether it can help you work toward your long-term goals. But by “going green” with some of your investments, you can help keep the spirit of Earth Day alive every day of the year.

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Towns

Alexandria

Merry Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

Howdy hi, neighbors! Hope you are all still faring well and finding things to keep you busy. I'm waiting for the weather to do some serious digging in the dirt! There are a few things poking through in my gardens though, my peonies, hyacinths and likely others still working their way upward through the grass and leaf layer, but I haven't disturbed yet because there may also be some pollinators still sleeping.

TOWN

I had an inquiry about fire permits the other day, and I know I sent this out recently, but worth repeating for those who may not have seen it. So many things can be done online, but if you have any questions, always feel free to call the Town Clerk, Fran Skiffington, at 744-3288 or Administrative Assistant Jennifer Dostie at 744-3220.

The following items can all be done online at alexandrianh.com, through the mail and/or over the phone:

- Property Tax Payments
- Vehicle registration renewals\*For new registrations, the Governor has authorized the DMV to extend all temporary plates issued after 2/26 until 4/30/2020.
- Dog licensing
- Requests for copies of birth certificates, marriage licenses, and death certificates
- Property assess-

ment information and tax maps

- Property tax exemption and credit forms
- Burn Permits

If you are having problems locating information on our website, we can assist you over the phone. The Town Clerk can be reached at 603-744-3288 or alextcx-coll@metrocast.net and the Selectmen's Office at 603-744-3220 or alexandrianh@metrocast.net. Welfare assistance will be done on an appointment only basis through the Selectmen's Office. Please be patient as we work to return calls and emails as quickly as possible.

Alexandria UMC

We will continue having services via Zoom until at least May 10. If you have any questions, or concerns, please give Pastor Faith a call or text at 491-4028. You may also email her at faithgreene83@gmail.com.

I am taking my own advice. I would like to thank the kind individual(s) who have been knocking over my mailbox and to the one(s) who left the dead squirrel in it in time for my birthday in February. I enjoy the exercise, fresh air and sunshine you have given me to put it back up. However, I'm sorry I was not able to share the delicious squirrel stew with you and it's probably best, because you might have choked on it! Again, thank you so much, your kindness has not gone unnoticed, just so you know! Have a wonderful and blessed week ahead! Be safe, be happy, and be kind!

Bristol

Al Blakeley  
adblakeley0@gmail.com

Thanks to my friend Richard from Bridgewater, I am including his contribution for this column this week. Part of our local and regional cultural history includes the Abenaki people who are part of the wider Algonkian language group. Their descendants are still with us and they have left many familiar names of people and places in New Hampshire and in New England.

The following are People and Places in Abnaki (Algonkian):  
Abenaki. - 'alna'bak' - people speaking Abenaki

Abenaki (culture) - 'webaknakii' - dawn east people  
Pasquaney - 'papisseconewa' - major Sachem of the Abenaki  
Chocorua - 'chokorua' - Local chief of the Abenaki  
Ammonusuc - 'aumanosek' - narrow fishing place  
Amoskeag - 'aumaskik' - place of many fish  
Connecticut R. - 'kwenitekw' - the long river  
Conobie - 'kinnebi' - abundant water  
Contoocook. - 'nika'ntekau' - pine nut place, (Abenaki sub clan)  
Cowass. - 'kowasek' - white pine place

Massachusetts - 'matacheset' - Abenaki word for the Wampanoag  
Mississippi R. - 'massesibi' - the great river  
Mt. Mooselauke. - 'mozalhlaki' - cow moose land  
Mt. Washington - 'ka'ftak wajo' - Hidden mountain  
Mascoma R. - 'mskwamagw' - place for salmon  
Merrimack. - 'mishamag' - great bear totem (of Abenaki)  
Mystic - 'mastegw' - great tidal stream  
Nantucket. - 'nante-kok' - between the waves  
Narragansett - 'nala-wagosat' - land raiding other Indians  
Nashua. - 'niswa' - two (branches)  
Ossipee. - 'awasebi' - beyond the water

Pemigewaset - 'pamijewaski' - shallow swift river  
Pennacook. - 'pena-kok' - place of ground nuts; Abenaki clan

Piscataquog - 'pizagatekak' - at the dark forest  
Sunapee - 'seninebi' - rocky water  
Suncook R. - 'senikok' - among the rocks  
Squam. - 'asquam' - broad water  
Quebec - 'kebek' - obstructed water  
Umbagog L. - 'wau-bagok' - clear lake

White Mtns. - 'wawaubadenek' - high mountain peaks  
Winnepesaukee. - 'wininbesaki' - hilly land around the lakes

Winnisquam L. - 'wlmskwamaqw' - good salmon lake  
Winooski - 'winoski' - onion land  
Moose - 'musu' - bark eater

The third Virtual Town Hall Forum will be offered on Thursday, April 23 at 2pm at the Minot- Sleeper Library. This forum will be centered around our local schools. Superintendent of Schools for the Newfound Area School District, Stacey Buckley, will provide an update on current operations and an outlook for the remainder of this school year. Participants will have the opportunity to ask questions. As with the first three forums, this one will be hosted by the library on Zoom. Information about how to access these forums will be made available on the town and library websites. Questions about this series should be addressed to: librarian@townofbristolnh.org.

Join Zoom Meeting on a computer or laptop: <https://zoom.us/j/855258244>. Join using a smartphone or tablet: using Zoom app, join Meeting using Meeting ID: 855 258 244. Join by calling in on a telephone: Dial 1-646-558-8656 using Meeting ID: 855 258 244.

Poetry Night, Knot Only Knitters and Coffee and Conversation groups at the Minot-Sleeper Library can also use the internet to carry on meetings. Contact the library using the email address or call by phone to get information on accessing codes for these meetings.

The deadline for those wishing to have events included in the Newfound Lake Region Events Brochure for Summer of 2020 has been extended until April 24. Contact TTCC for information.

The TTCC website is

now up to date. Plans for any type of baseball/softball and T-ball season will be made in the next few weeks. If you are hopeful that your child will play but have not signed up yet, please contact TTCC to get them registered. Payment isn't needed at this time, but they would like to get an idea of how many players to expect if the season is a go. A full summer camp is planned and there are still openings in the many Projects. They are filling up quickly, so it is suggested that you contact the TTCC by phone or online ASAP.

I hope you are all sticking with it and taking precautions with everyone's health by maintaining the suggested guidelines for us all to follow to try and keep ourselves and our fellow citizens healthy. May we all do our part and bring the closing chapter closer-at-hand.

Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

Danbury

South Danbury Church

Worship services and other events at the South Danbury Church are canceled for the month of April, and until further notice. Instead, please think of this as an opportunity for personal reflection and renewal, as people of faith have done in stressful times throughout history. "A rebirth out of spiritual adversity causes us to become new creatures." (James A. Faust)

Even when we don't gather on a Sunday, the church and its friends are busy all week long. Some of our current Missions activities are supporting the Danbury Community Center's services and Danbury Food Pantry, the Grange's Neighbor Helping Neighbor program, Listen Community Services programs, and NH Wish List of the Kearsarge area.

To learn more about the church and its activities, follow "Friends of the South Danbury Christian Church" on Facebook, call or text 603-491-3196, or email [southdanburychurch@gmail.com](mailto:southdanburychurch@gmail.com). The South Danbury Church, lo-

cated at 1411 U.S. Route 4 in South Danbury, NH 03230, is listed in the National Register of Historic Places. We are an Open & Affirming Congregation of the United Church of Christ, UCC.

Danbury Winter Market

The farmers market has been extended one month and is operating under a different format. For Saturday, May 2, customers must order in advance and pickup their orders between 10 and 11 a.m. at the grange hall. Using the ramp for an entrance and the stairs for an exit, customers are met with their order at the door. An online market is available at [harvesttomarket.com/farmers-market/Danbury-winter-market](http://harvesttomarket.com/farmers-market/Danbury-winter-market) with payment taken upon pickup. Items available on line are cloth masks from Mountainside Creations, dairy items from Huckins Farm, meats, eggs, prepared foods and bakery items from Huntoon Farm, jams and mustards from Nannies Canning Pantry, vegetables, eggs, and flower/herb plants from Warner River Produce, kombucha and eggs from Love and Lemons and coffee from Ragged Coffee. Possible add-ons will be honey from Cutting Farm and Offabit Farm goat items. The market is already open for ordering and will close on the morning of Wednesday April 29.

All other grange activities have been cancelled through April. There are still a couple of openings in The Servsafe course which has been postponed until June 9. Contact Donna at 768-5579 for information, payment and to make arrangements to get the text book.

Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

Curbside trash collection

Casella will resume normal curbside pickup on Monday, April 20

Please have your receptacles out by 7 a.m.

Thank you for your patience and understanding during this inconvenient time of year.

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If you have a child who will turn 5 years old by September 30, 2020 please call or email the school in the town in which you live for registration information.

Bristol Elementary School 744-2761 or [jtehven@sau4.org](mailto:jtehven@sau4.org)  
Bridgewater-Hebron Village School (Bridgewater, Groton and Hebron)  
744-6969 or [shunewill@sau4.org](mailto:shunewill@sau4.org)  
Danbury Elementary School 768-3434 or [aroberts@sau4.org](mailto:aroberts@sau4.org)  
New Hampton Community School 744-3221 or [dtroup@sau4.org](mailto:dtroup@sau4.org)

If you live in **Alexandria**, your child will attend either Bristol Elementary School or Bridgewater-Hebron Village School. Determination is made according to physical address. You may contact either school for more information.

*\* Children who reside in Alexandria will attend either the Bristol Elementary School or the Bridgewater-Hebron Village School. Determination is made according to physical address. You may contact either school for more information.*

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Wizard of Wash

## **DANBURY:**

Danbury Country Store

## **HEBRON:**

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

## **HILL:**

Hill Public Library

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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 members of the Lakes Region since 1992. Audiology Specialists can be reached at 528-7700 or via the web at [www.audiologyspecialists.com](http://www.audiologyspecialists.com).

# Things to know before drafting a living will

During the prime of their lives, people typically don't give much thought to scenarios in which they become ill or are facing the end of life. Sickness and mortality are not easy conversations to have, but it is important for everyone to approach these heavy topics with close family members so that individuals can rest easy knowing their needs will be met if or when their health falters.

An advanced health-care directive — also known as a living will — is a legal document in which a person lists the specifics of medical care and comfort actions they desire should the individual no longer be able to make decisions

for themselves due to illness or incapacity. The legal advice resource Legal Zoom says the living will may list certain things, such as whether life support is desired or if pain medication should be administered. A living will should not be confused with a traditional will, which is a legal document that explains wishes for financial and personal assets after a person dies. Living wills also differ from living trusts, which address how assets will be managed if a person becomes incapacitated.

A living will is not always a necessity if a person does not have strong feelings about decisions made on his or her behalf while not cogni-

zant. However, for those who do want to have a say in care, a living will is the best method for ensuring choices will be carried out. The following are some other questions people should ask themselves concerning living wills.

- Do I want to remove the burden of tough choices from my loved ones? A living will relieves grieving loved ones of the responsibility of making challenging decisions of

invoking life-saving procedures or not — particularly if they're not sure what you desire.

- Do I have firm feelings about life-saving methods? A living will allows you to spell out preferences on insertion of feeding tubes, if you want specialized hydration, if you want to be hooked up to life support if brain function is minimal, and a host of other scenarios.
- Is cost preventing me from drafting a living

will? Cost need not be a factor in setting up a living will. You can download a free template from any number of online legal sources. Local hospitals often have forms as well, which can be notarized for only a few dollars. These forms are generally comprehensive and can help you answer all the questions and write in specifics.

- Have you selected a trusted person to carry out wishes? A health care proxy, according to

the American Bar Association, is a person appointed by you with the authority to make decisions for you if you are unable to express your preferences for medical treatment. Together with the living will, the health care proxy, also called a durable medical power of attorney, can fulfill your wishes accordingly.

A living will is an important component of medical and estate planning.

# Innovative fitness programs for seniors

It is important to stay active and eat healthy foods in an effort to promote fitness and well-being. This is especially true for seniors, many of whom lead increasingly sedentary lifestyles as they age.

The American Heart Association says adults should get at least 150 minutes of moderate exercise per week, or 75 minutes of vigorous aerobic activity, and a Harvard University study says that exercise can be an insurance policy for heart health.

Today's seniors have more fitness options at their disposal than ever before. SilverSneakers® is the leading community fitness program for older adults in the United States. SilverSneakers® members can participate in specially curated programs at participating gyms and community centers across the nation. According to the organization, there are more participating fitness locations available than there are Starbucks® coffee establishments. Classes are fit for everyone, no matter their experience level.

Those concerned about gym costs may find that SilverSneakers® already is included in their Medicare Advantage plan for no additional cost. Plus, there is access to healthy living discounts from participating businesses.

Canada has begun to develop its own senior-centric fitness programs. The Healthy, Safe and Strong group exercise program is an introduction to safe exercises available for adults age 60 and older in the province of Ontario. The program can help develop better stamina, maintain or improve balance and increase strength and endurance. StrongerU Senior Fitness is a relatively new program of pre-choreographed group fitness offering instruction in four program types: cardio, strength training, stretching, and circuit training. The program addresses a need in Canada for quality and consistent senior fitness programming.

As studies show that engaging in physical activity is the most effective way for aging men and women to stay healthy, more adults may be compelled to join fitness groups that cater to the 50-and-over market.

### Market swings making you uneasy? Let's talk.



**Jacqueline Taylor**  
Financial Advisor

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**Edward Jones**  
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Audiology Specialists has always been flexible to meet your hearing needs. Audiologist, Laura O'Brien Robertson, Au.D. is a doctor of audiology and has cared for members of the Lakes Region since 1992. We will continue to be available to help you hear in any way that we can.



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Ashland Community Church

Real Church. Real People. Real Simple.

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

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

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

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

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

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thursday evenings. Please

contact our pastor, Ernie Madden, for more information about our small groups program.

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

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

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

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

We look forward to

seeing you soon!

Christian Science Society, Plymouth

Christian Science Society, Plymouth

The members of Christian Science Society, 7 Emerson St. in Plymouth, are looking forward to again meeting in person with you and each other at our Wednesday meetings and Sunday service and Sunday school. We have witnessed a great deal of good resulting from this prayer in the last few weeks and will be sharing those examples at our meetings.

In the interim we will continue to join with the millions worldwide who are praying daily and hourly to help protect and heal those helping their neighbors or appreciating feeling that love when they are challenged by these times.

www.christian-science.com is a very supportive resource.

In our recent Bible lesson we found the following message and promise from God to John in the gospel of John - ... whosoever believeth in him [Jesus the Christ] should not perish, but have everlasting life. For God sent not His Son into the world to condemn the world; but that the world through him might be saved.

Plymouth Congregational UCC

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

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

service as well as videos and Bulletins from past services can be found on our church's Web site at www.uccplymouth.org.

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice.

How do I access the church's Facebook Page?

You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Our Faith Formation Program which includes our Sunday School and Confirmation Class continues meeting during this time of

"physical distancing" for lessons, music and activities via Zoom at 10 a.m. For more information about our Sunday School, please email: faithformation@uccplymouth.org.

Feeding Our Children Together

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

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

Please visit our Web site at www.uccplymouth.org.

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a

home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday:  
10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement:

Just One More!

Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

**RUMNEY SCHOOL DISTRICT**  
**Russell Elementary School**

**2020-2021 School Year**  
**MIDDLE SCHOOL MATH TEACHER**

- Qualified candidates must be Mathematics, Middle Level (to Algebra I/Integrated I) Certified
- Engage students in real life math problems
- Knowledgeable in the Common Core Grade Level Standards
  - Make the CCSS Mathematical Practices the daily norm in the classroom
  - Incorporate technology to enhance learning
    - Use differentiation to make lessons accessible/challenging for all students
- Stay current with NCTM best practices and research

Interested applicants should send their letter of intent, resume, references, transcripts and certification to:

Jonann Torsey, Principal  
Russell Elementary School  
195 School Street  
Rumney, NH 03266  
jtorsey@pemibaker.org

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**Campton Elementary School**

**2020-2021 SCHOOL YEAR**

**K-8 PHYSICAL EDUCATION TEACHER**  
(Must be certified)

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

David Hamnett, Principal  
Campton Elementary School  
1110 NH Route 175  
Campton, NH 03223  
dhamnett@pemibaker.org

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Phone: (603) 388-4236  
Ucvh-hr@ucvh.org  
EOE

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Science Teacher (6-8)

**Berlin Elementary School**  
Grade 5 Teacher

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





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Sister and Person  
in Recovery



**Alexander Annunziata**  
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Person in Recovery

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*at Dartmouth-Hitchcock  
at LRGHealthcare  
at Concord*

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