

Newfound Landing

THURSDAY, JUNE 4, 2020

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COMPLIMENTARY

Local business supports NANA while keeping “Bristol Strong”



BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – Hobart Graphics of Hebron, owned by Alison and Frankie Hobart, was pleased to present a check for \$332.50, which was raised through sales of their “Bristol Strong Together” tee shirts and decals, to Joanne Sotiropoulos of the Newfound Area Nurses Association last week.

Business owner Alison Hobart was joined outside the Bristol Town Offices Wednesday last Wednesday by both Sotiropoulos and Bristol Town Administrator Nik Coates for their first check presentation.

“My husband and I grew up in the area, and Newfound is close to our hearts. We look for any way we can give back to the community and this was a perfect opportunity,” she said.

The shirts and decals are adorned with a new Bristol logo that Coates said was designed by Chum Marketing last year for the town’s bicentennial celebration. The logo represents symbols depicting the residents, woodlands and mill history of the town and has been slowly unveiled since 2019.

SEE **STRONG**, PAGE A15

Alison Hobart of Hobart Graphics in Hebron (left) was joined by Bristol Town Administrator Nik Coates (center) when she presented a check to Joanne Sotiropoulos of the Newfound Area Nurses Association (right) last Wednesday. The money came from profits of the business’s “Bristol Strong Together” tee shirts and decals that were developed by approval from the Town of Bristol to help local nonprofits.

DONNA RHODES

Minot-Sleeper Library begins curbside service Monday

BRISTOL — The Minot-Sleeper Library will begin its next phase of reopening on Monday, June 8 with curbside service. The library resumed accepting returns of library items in its drop box outside the main entrance on Monday, June 3.

The curbside service, beginning Monday, June 8, will allow library cardholders to request books, audiobooks, videos, and magazines by placing holds using their online accounts, or by calling

or emailing the library. Patrons will provide their name, the items they are requesting, the day and time they wish to pick up the items, and the make, model, and color of the vehicle they will be arriving in to pick up the items, or if they will be arriving on foot. At the scheduled time for pick-up, a librarian will bring the requested items outside and place them in the vehicle through the window, or on a table if the patron arrives on foot.

All library items be-

ing returned must be placed in the metal drop box outside the library’s entrance.

The library will also lend museum passes through its curbside service for venues that are currently open, including New Hampshire State Parks and beginning on Monday, June 15, the Vermont Institute of Natural Science.

“The staff and trustees are excited to be back in the building and once again getting books, movies, and mag-

SEE **LIBRARY**, PAGE A15

New sign marks entrance to Pemi Trail



DONNA RHODES

A new sign on Central Street in downtown Bristol was erected last week to direct residents and visitors alike to Bristol Falls Park and its scenic Pemi Trail along the Newfound and Pemigewasset rivers.

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – A beautiful, artistic sign was erected in downtown Bristol last week, marking the start of the Pemi Trail at the new Bristol Falls Park. The entrance to the trail is off Central Street, with plenty of municipal parking available for walkers and bikers, as well people who want to visit nearby shops and restaurants.

After many years of planning and development, the first phase of the project was to build a trail that wanders along the falls and rapids of the Newfound River to the junction of the larger Pemigewasset River, offering spectacular vistas along the way. The trail is not only scenic, but historic in the fact that it takes visitors along the old B&M railroad tracks, which once brought visitors to Bris-

tol in the late 1880s and early 1990s. Some remnants of the old depot and train turntable can still be seen there today.

The developed portion of the trail in Bristol is currently only about 1,000 feet long, Town Administrator Nik Coates said, yet still worthy of a visit. While the path has been created to safely lead people along the riverfront, there are still a few things to complete in the first phase, such as plantings for stabilizing some of the steep banks.

“One of the toughest parts of the project was the fact that we had to rebuild two bridges and fill very large washouts. The next part of the project is about 2.5 miles and there are lots of challenges with that, too,” said Coates.

Long hoping to build a walking/biking path along the river to where it would join trails at Profile Falls and Frank-

lin Dam, each under the ownership of the Army Corps of Engineers, town leaders had been at a 30-year impasse with the government until Sen. Jeanne Shaheen recently stepped in to help.

Coates said the senator called his office this spring to see if she could assist the town in any way. In the course of their conversation he mentioned that Bristol was trying to join their Pemi Trail with other walking trails inside the U.S. Army Corps of Engineers property along the river. The senator agreed to make a few phone calls and Coates was pleased to announce that the continuation of the trail will finally be taking place.

“We’re going through the grant process now but look forward to Phase 2 of our project that will eventually connect our trail to others in the region,” he said.

Pasquaney Garden Club readies for annual plant sale

BRISTOL — It takes a garden! It is Spring, and if this beloved season weren’t enough to make us all want to bust out into nature, the recent times of confinement and stress have really pushed our outdoor buttons.

Gardening is a perfect way to exercise, relax, beautify surroundings and provide lasting benefit to wildlife and the environment. Hardy perennials, which will come back year after year, are a great base for a new garden or as an addition to an existing garden.

The Pasquaney Garden Club has been supporting area gardeners

with plants and information for 50 years! On Saturday, June 13, from 8 a.m. to noon, Pasquaney Garden Club will hold their Annual Plant Sale behind Minot Sleeper Library, in Bristol. This is the largest fundraiser the club holds.

The format this year will be somewhat different. Club members and customers will be asked to wear masks and practice social distancing, and sadly there will be no tables of baked goods. However, gardeners are busy potting up varieties of favorite plants from their own collections and from divisions of some of the special plants in the Butterfly Garden be-

hind the library. These hardy and locally grown plants have been favorites for local gardeners for many years.

Community Planting is also in progress and being carried out by volunteers from Pasquaney Garden Club, Bristol Decorating Committee and Friends of the Library. The beautiful flowering beds and planters around the Bristol and Newfound areas are dependent upon volunteers to plant and maintain them. New volunteers are eagerly welcomed. You need not be affiliated with any group to offer your time.

SEE **SALE**, PAGE A15

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	332 Bailey Rd.	Single-Family Residence	\$310,000	Paul and Leanne Beaulieu	Jonathan and Yalan Connell
Alexandria	11 Hipson Lane	Single-Family Residence	\$187,533	Susan L. Green and Scott B. Robinson	Linda G. Higgins and Mark D. Robinson
Ashland	109 Thompson St.	Single-Family Residence	\$192,000	Robert Arthur Boyle Estate and Caroline B. Wiggins	Alicia Barney
Bristol	Baker Street	N/A	\$120,000	Barbara A. Jennings Estate and Michelle C. McCormack	John W. and Nancy G. Sawyer
Bristol	85 Robieson Dr.	Single-Family Residence	\$254,933	Kevin and Tammy Glidden	Megan McGrevey
Bristol	41 Woodbury Dr., Unit 36	Condominium	\$353,000	Richard A. Amato	Matthew E. and Kathleen A. Robbins
Campton	Page Road	N/A	\$175,000	Helen K. Inkell	Richard A. and Kathleen E. Johnson
Campton	N/A	N/A	\$177,533	Bradford G. Hadley	Charles A. and Kristin E. Thistle
Groton	Hog Hill Road	N/A	\$16,533	G Kids Fiscal Trust and Tara Griffiths	Sawyer J. Ellis and Brianna M. Gromko
Groton	1210 N. Groton Rd.	Single-Family Residence	\$190,000	Bobby J. and Christy L. Rafferty	Thomas L. Arnold
Hebron	N/A (Lot 31)	N/A	\$185,000	Roy LT and Robert A. Roy	Hummingbird RT and Anne E. Murphy
Holderness	24 NH Route 175	Single-Family Residence	\$139,000	Kent L. and Stella M. Smith	Anthony Pacrem
New Hampton	626 Old Bristol Rd.	Single-Family Residence	\$215,000	Ralph Graveliese	Bradon G. and Brooke A. Place
New Hampton	41 Wolfe Den Dr.	Single-Family Residence	\$300,000	Greggory J. and Sally A. Verrill	Kevin and Tammy Glidden
Plymouth	Quincy Road	N/A	\$38,000	Coursey Fiscal Trust and Betty J. Coursey	John C. and Carol S. Perkins
Plymouth	Tenney Brook Village Condominiums, Unit C4	Condominium	\$70,000	Janet and Barbara L. Boyd	Pinkidot LLC
Thornton	94 Mountain River East Rd., Unit 34	Condominium	\$138,000	Marc Fortier	Sean M. and Michele Green
Thornton	Sutherland Road	Residential Open Land	\$10,533	Robert A. and Geraldine R. McDonald	Judith L. Ruhm
Waterville Valley	N/A (Lot 42)	N/A	\$390,000	Pamela K. Mazow and Barrie K. Silk	Andrew D. and Mary H. Cutler

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

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

North Country Notebook

When Spring Street meant just that, and the highway was not the by-way



By JOHN HARRIGAN
COLUMNIST

There are streets, and then there are roads. Nary the twain should

meet, but they often do. The thing is, the two terms are not interchangeable.

They also are not mutually exclusive. Confusion reigns, particularly in the media. Just recently, I saw an absolutely fine piece on cow-plop derbies. It was not at all damaged by the author's confusion of "road" with "street." Only a curmudgeon editor would notice (that would be me).

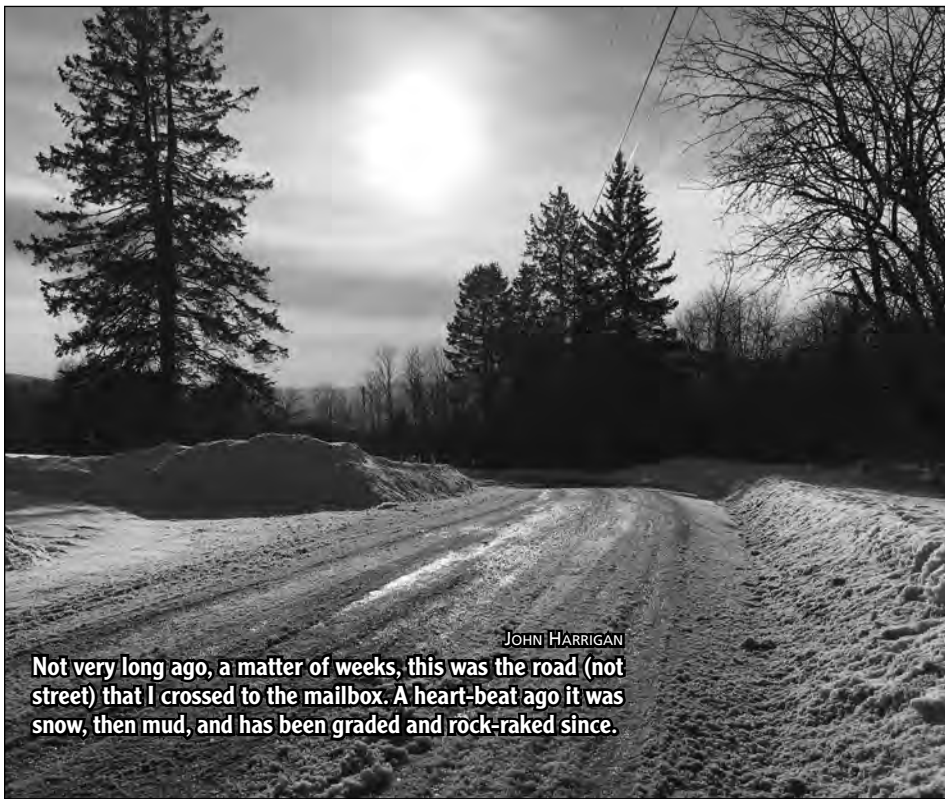
The street I grew up on, Park Street, is a street within the village precinct. But when it leaves downtown, it becomes what most people called it in our growing-up years, the Hollow Road. That's because it went to Stewartstown Hollow. Map-readers and sign-observers know it as Route 145, otherwise known as the back road to Pittsburg, although it really isn't (there are other truly "back roads").

Similarly, Route 3 comes straight through town, but to us it's Main Street, our main thoroughfare. Thus, we engage in good-natured struggles with state officials whenever we want to shut it down and detour traffic for one festival or another.

Spring Street got its name from a hillside loaded with ice-cold, year-round springs that were a good and reliable source of water during settlement times. Titus Hill Road veers off from it, and from beginning to end is a road, not a street.

Confusing the two terms is a dead giveaway that you're from Somewhere Else, or as the joking around goes, "The Other," which is the extreme version of the Downeast Maine term, "From Away."

If I go over to check my mailbox, I'm crossing the road. If I go downtown and park across from the post office, I'm



JOHN HARRIGAN
Not very long ago, a matter of weeks, this was the road (not street) that I crossed to the mailbox. A heart-beat ago it was snow, then mud, and has been graded and rock-raked since.



COURTESY
This rendition of the early days of modern road-building has it all—a steam-shovel, a steam-roller, a 1916 Chevrolet, and a farm wagon hauling fill. ("The Lincoln Highway, First from Coast to Coast," calendar illustration by Kenneth Riley)

crossing the street.

Street, road--they're often the same, in fact and name, but there's a difference. Either way, no matter where you're

from or live, From Away or From Here, you'd better look both ways twice.

+++++

Frost-heaves, that bane of old roads that should never have forced-morphed into tarred highways, are a fading memory as the climbing June sun draws the cold from the earth.

In my town, as in many towns, the old road into town was bypassed by a newer road, a true highway, so-called because it was constructed on built-up ground, hence the term "high way." In many towns, on both sides of the Atlantic, highways were built on mud and gravel dredged or scraped or dug and hauled by oxen-led dump-carts from either side of the right of way.

In New England, cedar logs and the trunks of other slow-to-rot trees were laid side-by-side across boggy areas, hence the term "corduroy road." The final topping in coastal regions was often smashed-up sea-shells, which wagon wheels would compress into relatively smooth going.

+++++

As European settlement leap-frogged on up the rivers, New Englanders became more ingenious about keeping their roads high and dry. They did not have the wherewithal to cross miles of low-lying, valuable tillage land on the valley's floor anyway.

Farmers often considered a road a waste of good land. And for what? Saving time—one
SEE NOTEBOOK PAGE A8

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In tough times, Pine Shore Realty remains committed to clients



Debbi Ward, Mike Bagge and owner/broker Barbara Currier of Pine Shore Realty are part of a friendly local business in Holderness, prepared to meet the needs of both buyers and sellers alike throughout central New Hampshire.

BY DONNA RHODES
drhodes@salmonpress.news

HOLDERNESS – Barbara Currier, owner/broker of Pine Shore Realty, LLC, is pleased that she and her staff can continue their mission of helping both home owners and home seekers alike in a time when the Coronavirus has placed restrictions on their industry, and would like to assure current and future clientele that they are doing so in a safe and responsible manner.

Pine Shores Realty is a small but community-minded firm comprised of a staff that is focused on serving their customers, whether they are looking for a second home, seasonal camp, condo, land or even a boat slip, sales associate Mike Bagge said.

“We sell anything that comes our way,” he said. “I’ve been in sale for 25 years, but I like the ‘people’ aspect of realty. This is a special place to be so I enjoy it even more now.”

Currier said she started out in the business of real estate sales many years ago by working part time for Jackie Noseworthy of Noseworthy Realty while holding down a fulltime job with Meredith Savings Bank.

“Jackie told me one day that I had to go get my real estate license, and here I am,” she said.

Currier grew up in Campton and moved to Holderness with her husband Richard “Buzzy” Currier in 1962. Buzzy passed away 24 years ago but she continued to live her life in Holderness and for all her service to the community found that the 2018 Town Report was dedicated to her last year.

“That was really quite an honor,” she said.

Currier is nearly 83-years-old now, but continues to work in the career she loves.

“People ask me when I’m going to retire, but I tell them I can’t because, number one, I like to eat, number two, I need to pay my taxes, and number three, I love the social aspect of what I do. I’m a sociable person,” she said.

Currier prides her business on the fact that she has found knowledgeable staff who are familiar with the area and able to help serve their clients’ needs and wishes. Most importantly, they all do so in a friendly, familiar manner; one that larger firms cannot always provide.

“We treat people very well and get a lot of referrals from them as a result. We also get folks who might have outgrown the first home they bought through us then come back to buy another. That’s a big pat on our backs I think,” said Currier.

Debbi Ward is a longtime Associate Broker with the company who was born and raised in the North Country and is proud to say she is knowledgeable about properties from Colebrook to Alton.

Ward is married to Sgt. Major Allan T. Ward of the U.S. Army Special Forces. She began her real estate venture many years ago when her husband was working in construction and thought she would be good at home sales. She agreed, and after working with a larger firm, said she has come to enjoy the close relationships she has formed now with a smaller hometown realty firm.

“You have to know how to listen and be a

people person in this business. That’s the biggest thing about it, and I really enjoy that here,” she said.

Besides her job at Pine Shores Realty, Ward, like Currier, has been an active member of the Lakes Region Board of Realtors for 22 years, and as a member of the board, she also serves as chairperson for their Community Service and Public Relations committee. In that role she helps the LRBR with food drives, the Hands Across the Table program, as well as blood drives and other community projects. She is also a participant in the Sunshine Cart for the New Hampshire Veterans Home that provides toiletries and other essential needs for the veterans who live there.

Both Ward and Currier are also recipients of the distinguished Lakes Region Realtor of the Year Award. Currier received her award in 2015, and Ward was the 2019 award recipient. With more than 900 members in that organization, both were humbled to have been selected for the award.

Having recently become a homeowner in Holderness and married at Church Island on Squam Lake, Bagge was pleased to be the newest resident and Sales Associate for the company. As a fulltime resident he comes to his new town with a background of 25 years in sales and holds real estate licensing in both Massachusetts as well as New Hampshire. Closing on his new home in Holderness just a week ago, he said he has already become involved

in some aspects of the community and looks forward to expanding that commitment even more in the coming years.

“My grandfather used to vacation here on Squam Lake, so I am very familiar with the area, having come here for vacations for much of my life. I like that I can finally call it home,” he said.

Currier added that Bagge’s connections to both New Hampshire and Massachusetts have made him a valuable asset to Pine Shores Realty.

Like other realtors, the three are now working under health and safety guidelines in an industry where they temporarily cannot hold open houses and people still residing in a home they would like to sell are wary of letting prospective buyers in the door. The company also cannot allow clients in their office, but they are finding ways to make it all work.

“We’re still able to take listings and show property and we meet with people on the phone or outside on our patio where we can stay safely distanced,” Currier said.

With a limited amount of inventory in today’s market, she advised that anyone interested in buying real estate be prepared when they con-

tact her office though. Most homes are currently sold within three to five days after going on the market. Buyers with cash available generally get the first shot at a sale but those who come to Pine Shores with pre-approval from a finance firm also have a great opportunity in buying the home or land they desire.

Currier also advised that first time homebuyers look for seminars such as AHEAD (Afford-

able Housing Education and Development) that will help them succeed much more readily in purchasing a home of their own.

Pine Shores Realty, LLC is located at 1120 Route 3 in Holderness and for more information, prospective buyers and sellers alike can contact Currier and her team by calling 968-7796.

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Edward Jones: Financial Focus

Sticking to Budget Can Boost Your Emergency Fund

During the coronavirus pandemic, our health concerns – for ourselves and our loved ones – have been at the top of our minds. But financial worries have been there, too, both for people whose employment has been affected and for investors anxious about the volatile financial markets. And one aspect of every individual’s total financial picture has become quite clear – the importance of an emergency fund.

In normal times, it’s a good idea for you to keep three to six months’ worth of living expenses in a liquid, low-risk account. Having an emergency fund available can help you cope with those large, unexpected costs, such as a major car repair or a costly medical bill. Furthermore, if you have an adequate emergency fund, you won’t have to dip into your long-term investments to pay for short-term needs. These investment vehicles, such as your IRA and 401(k), are designed for your retirement, so the more you can leave them intact, the more assets you’re likely to have when you retire. And because they are intended for your retirement, they typically come with disincentives, including taxes and penalties, if you do tap into them early. (However, as part of the economic stimulus legislation known as the CARES Act, individuals can now take up to \$100,000 from their 401(k) plans and IRAs without paying the 10% penalty that typically applies to investors younger than 59½. If you take this type of withdrawal, you have up to three years to pay the taxes and, if you want, replace the funds, beyond the usual caps on annual contributions.

Of course, life is expensive, so it’s not always easy to put away money in a fund that you aren’t going to use for your normal cash flow. That’s why it’s so important to establish a budget and stick to it. When developing such a budget, you may find ways to cut down on your spending, freeing up money that could be used to build your emergency fund.

There are different ways to establish a budget, but they all typically involve identifying your income and expenses and separating your needs and wants. You can find various online budgeting tools to help you get started, but, ultimately, it’s up to you to make your budget work. Nonetheless, you may be pleasantly surprised at how painless it is to follow a budget. For example, if you’ve budgeted a certain amount for food each month, you’ll need to avoid going to the grocery store several times a week, just to pick up “a few things” – because it doesn’t really take that many visits for those few things to add up to hundreds of dollars. You’ll be much better off limiting your trips to the grocery, making a list of the items you’ll need and adhering to these lists. After doing this for a few months, see how much you’ve saved – it may be much more than you’d expect. Besides using these savings to strengthen your emergency fund, you could also deploy them toward longer-term investments designed to help you reach other objectives, such as retirement.

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CADY Corner

*NH Gives—
Growth happens
here!*

BY DEB NARO
Contributor

We believe our youth are one of the very best investments we can make in our community. We hope you feel the same way and will consider a donation to Communities for Alcohol- and Drug-Free Youth (CADY) during the NH Gives 24-Hour Campaign which starts June 9 at 6 p.m. and runs through 6pm on June 10!

Your donation, large or small, will help CADY stem the tide of addiction and work to reduce youth drug and alcohol use—a critical step to ending the opioid epidemic in New Hampshire and averting other serious individual and social consequences arising from substance misuse. Thank you for investing in the future and supporting our vital work of protecting New Hampshire children from the harms of substance misuse.

This year, when you give to CADY, you reclaim futures by giving our region's most vulnerable youth a second chance to overcome challenges, to grow, and to turn their lives around through Restorative Justice, our region's only juvenile court diversion program. Many of our high-risk youth are struggling with substance use disorders and mental health issues—when we intervene early, we protect our kids by preventing entry into the addiction pipeline. This saves lives.

The CADY Restorative Justice Juvenile Court-Diversion Program is a strength-based, experiential process that has made a powerful difference in the lives of over 230 children and youth in our region. All youth are provided with vital opportunities to learn and grow from their choices, make restitution, and turn their lives around. In some cases, difficult economic circumstances, adverse childhood experiences including trauma, family distress, and isolation put our most vulnerable children at even greater risk. The Restorative Justice process leads to a deeper understanding of their elevated needs and is critical to treatment and prevention efforts.

“I can share several situations where a student committed an offense, has done the work of Restorative Justice, and is changed forever. Through the Restorative Justice process, students review and reflect on their violation with a trained, compassionate yet firm adult, make an apology and amends to the people whom they violated, but most significantly, they forge long-term relationships that serve as beacons,” shares Julie Flynn, Principal of Plymouth Elementary School.

With your support, CADY will help kids learn—grow—and thrive! Together we will prevent youth substance misuse through awareness, education, mentoring and skill-building—these protective factors and connections change lives every day. Please go to cadyinc.org to learn more about our innovative, direct-service programs for youth. If you would like to donate, please visit: www.nhgive.org/organizations/communities-for-alcohol-and-drug-free-youth-inc. or cadyinc.org.

Thank you again for strengthening CADY's capacity to reach and teach—we are honored and grateful for your support!

Letters to the Editor

To the Editor:

As your Representative to the New Hampshire House, I am eager to return to work to complete the work I was elected to do. As a member of the Commerce and Consumer Affairs Committee, I helped to pass a bill that will limit the cost to the consumer of Insulin (HB 1280). This helps everyone—it is a nonpartisan issue. We passed a bill to re-

quire insurance companies to cover the cost of Epipens (HB 1281). This helps everyone—it is a nonpartisan issue. We passed “Rachel's Law” to establish food allergy awareness in restaurants to reduce the risk of fatal reactions when dining out (HB 1102). This helps everyone—it is a nonpartisan issue. We accomplished this hard work, and passed many other bills, be-

tween January and March before COVID 19 broke our momentum.

But our work is not done. We still need to vote on the 10-year transportation improvement plan (HB 2020) so our roads and bridges can get fixed. We need to establish an independent redistricting commission (SB8) so our legislative districts are fair to both parties. We need more transparency in

the child care field (HBV 1710), and we need to vote on many other bills that help us become a better state.

The leadership of both parties then searched tirelessly for ways to safely proceed with Committee meetings and hold a House Session. The House will meet, complete with social distancing and mandatory masks, on June 11 in Durham at the huge

UNH Whittemore Center. The Senate, meanwhile, will take over our 400-seat Representatives Hall at the State House. The Republican leadership opposes these sessions, which would effectively kill important beneficial bipartisan legislation, including HB 2020, SB 8, and HB 1710.

I was elected to vote on bills that are needed now by the voters of Hebron, Holderness, and

Plymouth and by the rest of the citizens of New Hampshire. I do not want to see these valuable pieces of legislation tossed out by inaction. I will be attending the June 11 meeting in the hope that we will have a quorum to do the state's business. Let's Get Back to Work!

REP. JOYCE WESTON
PLYMOUTH



DONNA RHODES

Outdoor dining

While the restaurant industry is making adjustments to provide outdoor dining for their customers due to the Coronavirus outbreak, one farm in Groton shows evidence that ‘outdoor dining’ has been a way of life in their industry for hundreds of years.

SUSTAINABLE BRISTOL

BY LAUREN THERRIAULT

This week, I'll be introducing you to the youngest member of Sustainable Bristol, Elsa McConologue. Elsa is a fifteen year old high school sophomore and Bristol native. She first fell in love with nature when she joined her grandfather on hiking trips for some of New Hampshire's 4,000 foot mountains and has a deep appreciation for the beauty of the lakes and mountains. Elsa has been around sustainable practices her whole life, she recalls having friends over for

dinner and informing them about using cloth napkins instead of paper ones. In elementary school, I remember her as an entrepreneur who sold flowers from her mother's garden to the teachers and she recounts her experience with getting hot lunch and bringing silverware to and from school so she didn't have to use plastic utensils at lunch. She truly was ahead of her time.

Elsa admits that when she first started becoming more aware of the climate crisis she was discouraged at the thought of what a

young student could do to help. She now feels strongly that teaching and connecting with other people who share her passion and drive is the start to finding solutions for healing the environment. Although she only just recently got a smartphone and is new to technology and social media she thinks that these tools will help educate and inform the younger generations and spark change. Elsa is happy to be on the committee because she knows that youth are more likely to listen to someone their own age talking about making changes than

they are to listen to their parents. She hopes to keep inspiring her peers and make switches at the high school in terms of composting and recycling.

Elsa's sustainability dream is that Bristol can come together in not only acknowledging the issues at hand but in finding ways to bring our community closer together to work towards a greater purpose. If you see Elsa around town be sure to thank her for all she does.

Elsa's Green Tip of the Week: Plant a garden so you don't have to mow the lawn.

CHANGING THE CONVERSATION

When talking about substance use disorders, language matters

BY TARA GRAHAM

Central NH Community Opioid Response Program

What's in a word? Some words in our everyday lexicon hold a deeper, inexplicable meaning beyond their dictionary definition and become embedded in the way we think, feel, and act. “Stigma” is such a word that evokes a certain reaction when it is used. In general, it means a mark or a sign, usually of disapproval. In the context of mental illness or addiction, “stigma” can manifest itself in many ways.

Externally, those with mental health or substance use disorders often experience stereotyping, negative attitudes, and discrimination from the people around them, including their communities, families, and friends. Internally, they may start to believe these stereotypes and negative attitudes about themselves, harming their self-esteem and their chance for recovery.

The National Survey on Drug Use and Health cites the cost of care as the number one reason for not receiving mental

health services. However, there are other reasons, such as negative public opinion, a negative effect on the job, being concerned about confidentiality, and not wanting others to find out. These are social concerns that, when combined, become the second most important reason why people who need help are reluctant to seek it.

In addition, people living with mental illness or substance use disorders often have to contend with “structural stigma,” where policies set by private and

public organizations — employers or landlords, for example — can intentionally or unintentionally limit their opportunities for jobs and housing. With regard to health care systems, structural stigma could also be why access to behavioral health care is so limited and underfunded.

Over the last few years, we have attempted to move the health care field toward strategies that change behaviors as well as attitudes in order to accomplish more direct and immediate

SEE **CHANGING** PAGE A8

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Is it June already? Where has the time gone? Did we not have snow one month ago? I seem to remember that, but I've learned to not trust my memory all that much anymore... I did enjoy the brief visit of the black flies. That was a pleasant surprise that they were here and gone very quickly this spring. The lake seems to be taking its sweet time warming up, however. It won't be long before we can all do more than dip our toes in and enjoy it fully. Hope we all get to do that 'the way we used to' real soon.

The TTCC still has June calendars for sale with great prizes to be awarded each and every day of the month. All proceeds will go toward the TTCC Program Scholarship Fund. Each of the prizes were donated by citizens to the Newfound Community to support local small businesses and the TTCC.

Things are looking up for the Minot-Sleeper Library! As of last Wednesday, the 3rd of

June, they are accepting the return of library items in its drop box outside the main entrance. The next phase of reopening will take place beginning Monday, June 8 with curbside service. This will allow requested materials and returned items to be handled at the library using online accounts or emailing or calling the library. Museum passes may also be handled in this manner.

If you are interested in requesting books, videos, and magazines through the curbside services, please visit www.minotsleeperlibrary.org/curbside.html, call the library at 744-3352, or email minotsleeperlibrary@gmail.com. The staff is looking forward to seeing and hearing from you, even though it has to be at a social distance!

Coming soon will be a home delivery service for any homebound individual who is a resident of the Newfound area and a card-holder. More information on this new service will be forthcoming.

Any donations you may have for the library will be accepted in good condition after first contacting the li-

brary via the methods mentioned above. The meeting room still is not available to the public at this time. Nonprofit and community groups that wish to meet online may request to utilize the library's online Zoom meeting space. The Butterfly Garden behind the library is open to the public. Visitors are asked to follow CDC and NH Governor's recommendations on social distancing and the use of masks. The picnic tables are available, but take extra precautions as they are not disinfected between use.

The MSL has been awarded a \$10,000 grant by the NH Humanities, made possible by funds from the National Endowment for the Humanities and the CARES Act!

Please avail yourself of the opportunities in the Adult and Youth Summer Reading Programs by using the library's website at <https://www.minotsleeperlibrary.org/summer-reading.html>.

The Pasquaney Garden Club is sponsoring the Annual Plant Sale on Saturday, June 13 from 8 a.m. until noon at the Butterfly Garden behind the Minot-Sleeper Library!

Safety precautions of masks and distancing are requested at this event. Gardeners are busy potting up varieties of favorite plants from their own collections and from divisions of some of the special plants in the Butterfly Garden behind the library. These hardy and locally grown plants have been favorites for local gardeners for many years.

On Thursday, June 11, members and guests of the Pasquaney Garden Club will meet at the Butterfly Garden to prepare for the sale. Folks interested in becoming involved with the Pasquaney Garden Club can find more information regarding their meetings and activities in further notices in newspapers, posters and the monthly member email.

The faster we go, the 'behinder' we get! It sure seems that way when I see the examples of folks who don't seem to understand the procedures put in place to help us to defeat this terrible virus that has plagued the world all these months. By throwing cautions aside or ignoring them all together, we prolong the inevitable it seems. Hope they

learn real soon!

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

News from the Hebron Library...Porch-side pickup available!

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

Pickups will be every Wednesday afternoon. Requests can be made at any time during the week. Requests received by Wednesday at noon will be ready for pickup in the afternoon. We will call you when your materials are ready for pickup. Requests made after noon will be available for pickup the following Wednesday. Available titles can be found on our website catalogue, hebronlibrary.org, or patrons can give general directions for us to choose for them. Requests may be submitted either by email or by leaving a message on the library phone.

By email: hebronlibrary@metrocast.net

- Please leave your first and last name and phone number so we can call you for pickup.
- Include the call number, title, and au-

thor for each selection.

- DVDs are available by title.

By phone: 744-7998

- Please leave your first and last name and phone number so we can call you for pickup.

- Include the call number, title, and author for each selection.

- DVDs are available by title.

Patrons are encouraged to return materials promptly. When materials are returned, they will be wiped down with disinfectant and held in quarantine for one week before being checked in and made available for checkout. If you currently have library materials checked out, you may return them. Any person in the library will wear a mask and wear gloves or use hand sanitizer between each patron's order whenever handling books or DVDs. If you do not have a library card and you live in Hebron or Groton please call or email us your name and number and someone will get back to you and get you enrolled. We will check your ID when you pick up your selections. Please be patient as we are not in the library every day.

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Comfort Keepers

A closer look at strokes

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Strokes are the fifth leading cause of death in the United States, and a major cause of disability. While people at any age can be susceptible to suffering from a stroke, nearly three quarters of strokes occur in people over the age 65.

Risk factors for a stroke include high blood pressure, genetics, gender, tobacco use, heart disease, diabetes, weight, age and the use of some medications.

There are three main types of stroke that can occur:

Ischemic stroke – Most strokes fall into this category. In an ischemic stroke, arteries narrow or are blocked, reducing blood flow to the brain.

Hemorrhagic stroke – During a hemorrhagic stroke, a blood vessel leaks or bursts, causing damage.

Transient ischemic attack – Sometimes referred to as “mini-strokes,” this is a condition that is also caused by a narrowing of the arteries, but only causes

temporary symptoms.

It’s important to note that medical attention after a stroke is critical, and time is of the essence. Anyone suffering from the symptoms of a stroke should not wait for the effects to go away or get worse. They should call 9-1-1 or visit their physician as soon as possible. Quick treatment can minimize damage and potentially save someone’s life.

Symptoms can include:

- Trouble speaking
- Confusion or trouble understanding
- Paralysis of the face,

- arms or legs
- Trouble seeing
- Headache
- Trouble walking
- Headache
- Vomiting
- Neck stiffness
- Dizziness

Comfort Keepers® Can Help

Whether the goal is healthy living to prevent strokes, or recovery after, Comfort Keepers can help. Our caregivers can provide wellness support, remind clients to take medication, provide transportation to scheduled appointments, and support physician-pre-

scribed exercise regimens and diets. As part of an individualized care plan, caregivers can let a senior’s care team know if there are changes in behavior or physical characteristics. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

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

MARK ON THE MARKETS

Advisor versus robot



BY MARK PATTERSON

Robo-advising has become extremely popular because of the exceptionally low fees typically associated with this automated service. I believe there is some merit and a place for Robo-advising. There are just some concerns that I have regard-

ing Robo -advising, first being, we really had not seen how the robot handles a fast-moving downward market or an elongated bear market until recently, and the jury is still out. I can see Robo-advising being used by young people with a very longtime horizon in the markets that are just allowing the robot to rebalance their portfolio and to make algorithmic choices for their money. Where I don’t believe Robo works well is for someone inside of 10 years of retirement or doesn’t like equity market risk. As we get closer to needing our assets for income, or simply do not have time to recover from a correction in the

equity markets, then an advisor that is skilled at structuring steady, sustainable and reliable income that mitigates market risk, sequence of return risk and longevity risk can be invaluable.

I have seen many portfolios that were good candidates for Robo advising. Typically, these portfolios were made up of a family of mutual funds with attached commissions and 12 b1 fees sold by “advisors” who did not take the clients best interests into consideration, but sold funds that their firm was paid to promote. In this instance this clients’ money was being passively managed through high cost mutual funds

whereas the robot may have done a better job for less fees. I guess what I’m saying is that given the choice of a robot or a typical broker connected to a firm or bank, I might choose the Robo as well. Client money must be managed with the client’s best interest first, but can only be done by an advisor who really understands how to manage that money for their client’s needs.

As I mentioned earlier, we have recently seen how the robot reacts in tough market conditions. The last eleven years had seen a couple of bumps but not any major drawdowns in the equity markets until March of this year. So, complacency

has returned to high levels and money will chase a market nearing a top. Studies also tell us that investors will start to sell near the bottom. A robot will not have an opinion on the direction of the markets such as, if you should hedge, if you should raise cash levels or start to shift money over to bonds, fixed income or precious metals. It is a good thing that the robot takes your emotions out of the equation, but I am not so sure that taking a qualified advisor or asset managers emotions, skill, and knowledge out of the equation is a good thing. Time will tell. Robo advising may work for you if your time horizon

long and you don’t mind market risk in the equity markets, or it could work for a portion of your portfolio that is designated for growth but you will not need for income in the next 10 years.

A good asset manager can manage your money using modern portfolio theory and very low-fee investments that are designed to maximize your returns and minimize your risk. Compare that to the low fee robot. It is all about net returns and risk.

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

NHEC Board of Directors oppose changing Co-op’s purpose

PLYMOUTH — On May 21, New Hampshire Electric Cooperative (NHEC) members be-

gan receiving their ballots for the 2020 Board of Directors election. This year, in addition

to selecting three directors to join the Co-op’s 11 member board, members are also being asked

to decide if the purpose for which NHEC exists should be changed.

A question has been placed on the ballot through member petition to change NHEC’s founding documents to include “facilitating access to broadband internet for members” as one of the reasons the Co-op was formed. NHEC is a democratically-controlled electric cooperative, and the participation of its members in its governance is vital. That participation includes the ability to propose changes in how NHEC is governed or conducts business.

NHEC’s Board of Directors is charged with considering member proposals and recommending to the full membership whether to support or oppose the proposed changes. In this case, after full consideration of the proposal, the Board of Directors voted 7-3, with one abstention, to recommend that the proposed change not be approved by NHEC’s members.

NHEC, and its Board of Directors, fully support the expansion of broadband service throughout the Co-op’s service territory, and have directed NHEC’s management to facilitate and support broadband expansion. However, the Board did not support adding a new purpose to NHEC’s Certificate of Organization because of a number of concerns, including the potential to divert resources from the Co-op’s existing core

focus on delivering safe, reliable, affordable electric service to its members.

NHEC has taken many steps to support the expansion of broadband over the last several years. In 2018, NHEC commissioned an analysis and business model proposal on the development of a broadband system. This proposal was judged to be too costly and would have put NHEC’s finances and electric system at risk. While the Board elected not to build a broadband network, NHEC has pursued other ways to support broadband expansion, including engaging in extensive discussions with consultants, broadband providers, municipal groups, the NH Broadband Investment Initiative, the University System of New Hampshire, and others active in the industry. The primary purpose of these efforts has been to make it as widely known as possible that NHEC supports the expansion of broadband service to all its members, and that it stands ready to facilitate, support and participate in creative efforts to make that happen.

More recently, in response to the interest expressed by members who support the ballot question, the Board of Directors created an ad hoc committee to explore if there are additional ways NHEC can further facilitate development of a broadband network by a third party in its service territory,

without putting the Co-op’s finances and electric system at risk.

During the public discussion regarding the ballot petition, there has been confusion surrounding who may attach to NHEC’s utility poles, and how they do so. NHEC already allows any company, municipality, or other party to attach to its poles, including the broadband companies who are providing services to NHEC members today. This open access is required of all utility pole owners by New Hampshire law.

While the Board of Directors voted to recommend against creating a new purpose for the organization, NHEC has worked, and will continue to work, to support the expansion of broadband in the communities we serve.

About New Hampshire Electric Cooperative

NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 115 New Hampshire communities. Headquartered in Plymouth, our business is to keep, maintain and service our 5,500 miles of energized line in order to provide our members with the best possible service

Students named to President’s List at Plymouth State University

PLYMOUTH — A total of 1,070 students have been named to the Plymouth State University President’s List for the Spring 2020 semester. To be named to the President’s List, a student must achieve a grade point average of 3.7 or better for the Spring 2020 semester and must have attempted at least 12 credit hours during the semester.

- Sylvie Donnell of Warren
- Ian Kim of Plymouth
- Sheyenne Lester of Campton
- Phoenix McIntyre of Plymouth
- Colin Nelson-Peck of Plymouth
- Mary Patten of Plymouth
- Thomas Perkins of Holderness
- Robert Pfeffer of Rumney
- Nicholas Prescott of Plymouth
- Ethan Pruett of Alexandria
- Abigail Clark of Warren
- Makayla Dalphonse of Bristol
- Maddisyn Decormier of Alexandria
- Amanda Fleury of Plymouth
- Lauren Hughes of Campton
- Patrick Mignanelli of Campton
- Jacob Mosby of Plymouth
- Amani Mwingira of Plymouth
- Avis Baker of Wentworth
- Maria Bode of Plymouth
- Jonathan Dickson of Campton
- Matthew Dillon of Hebron
- Olivia Economides of Plymouth
- Sean Harris of Rumney
- Robert Kelly of Campton
- Allison Koenig of Plymouth
- Jenna Lewis of Plymouth
- Emma Woodbury of Rumney
- Kadirah Abdul-Jabbar of Ashland
- Montana Basset of Bristol
- Lauren Boisvert of Alexandria
- Saoirse Gaulocher-Bergmann of Holderness

Patrick Lillicotch of Campton
Madison Paige of Bristol
Randall Scroggins of Rumney
Alexis Stonis of Campton
Megan Allin of Plymouth
Molly Borwick of Holderness
Cameron Bunn of Plymouth
Sarah Chalmers of Ashland
Elliot Economides of Bristol
Joni Hongisto of Plymouth
Ashley Lester of Ashland
Garrett Macomber of Holderness
Nicholas Thrasher of Plymouth
Ashley Keisling of Plymouth
Nicholas Kulig of Plymouth
David Littlejohn of Holderness
Jordan Meier of Holderness
Jasmine Patten of Bristol
Emma Smith of Plymouth
Bridgette Grotheer of Plymouth
Bridget McCarthy of Thornton
Grace Page of Bristol
Clayton Titus of Holderness

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. 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.

Churches

Ashland Community Church

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!

Plymouth Congregational UCC

Plymouth Congregational UCC

YOU ARE INVITED to join Pastor Mike Carrier for worship at 9:30 am via our Facebook Page when we will be live-streaming our morning service. The Sunday Bulletin for this service as well as videos and Bulletins from past services can be found on our church's Web site at www.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.

Communion Sunday - On Sunday, June 7, PCUCC will celebrate Trinity Sunday. It is also our Communion Sunday. Following are instructions for you to participate from your home: PREPARE COMMUNION BEFORE WORSHIP - Today's worship service will include the celebration of the Lord's Supper. We encourage you to participate in the sacrament and to prepare bread and cup before the service begins. Here is a suggested preparation.

Before the time of the service, you will want to prepare some bread, a slice or a small loaf of any kind of bread. In some parts of the world tortilla, rice cake or cassava are used as this element which is defined not as a wheat product, but as the most common food of the people. Let it be something you alone or you with others in your house may break and share. Prepare a cup or cups of juice – perhaps grape or cranberry – or wine, with or without alcohol.

Set these elements in the living room or kitchen where you experience worship electronically with our faith community. Perhaps you want to put them on a lovely cloth or fabric that reminds you of a special time or a person deeply connected with you in the communion of saints. Perhaps you will light a candle, place a flower/plant or the photograph of someone you wish to bring into the circle of faith beside the bread and the cup. Thank you for your preparation.

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.

BRIDGEWATER — Ryan Allen Babka passed away on May 12, 2020, just three days shy of his son's ninth birthday, and five days before his 36th birthday.

Ryan was born in Baltimore, Md. on May 17, 1984 to Nancy (Allen) Babka of New Hampshire, and Rodney Bernard Babka of Maryland. He was raised in Edgewood, Maryland, Cuddeback, N.Y., and Dingman's Ferry, Pa. Ryan moved to New Hampshire in the spring of 2006.

Ryan married Lawrae Buonopane in November 2010, and was never more proud than when he became a first time parent when his son, Noah Ryan Babka, was born on May 15, 2011. Hunter Strieff Babka followed soon after on Dec. 4, 2012.

Ryan was passionate about the outdoors, and enjoyed family camping trips. He could cook



Ryan Babka

up a mean meal over a campfire, enjoyed hunting and fishing, and was an avid gardener (the woodchucks loved him for that). He delighted at letting his grandfather know each summer who had caught the largest brook trout. Ryan had many hobbies which he pursued with enthusiasm such as hanayama mechanical puzzles, making hard apple cider and his most recent interest, working with a forge.

Ryan is survived by his two sons; his girlfriend, Sara Garland; his parents and stepmother, Susan Babka; his siblings (sister Heather Babka of Emeryville, Calif., brother Nicholas Babka and his girlfriend Robin Bishop of South San Francisco, Calif., brother Alexander Wing and girlfriend Hanna Ford of Ashland, and Sister Savannah Thompson and boyfriend Anthony Graton of Ashland). He also leaves behind his maternal grandparents, Fred and Lyn Allen of Ashland and many aunts, uncles, and cousins as well as great-aunts and uncles and cousins once removed.

There will be no services at this time. Dupuis Funeral Home is handling the arrangements. For more information, go to: Dupuisfuneralhome.com.

Michael Robert Beadle, 63

TILTON — Michael Robert Beadle passed away suddenly on May 8, 2020.

Michael was born on April 4, 1957. He is the son of Robert and Gertrude (Harnois) Beadle. Michael was raised in Sanbornton, working at his family's general store.

Michael attended Sanbornton Central School and Winnisquam Regional High School, graduating in 1975. He went on to St. Anslem's College and earned his Bachelor's degree in Criminal Justice. Michael worked for a number of years as a police officer for the Tilton Police before moving to the New Hampshire State Prison where he retired. Michael came out of retirement to work for JR's Discount until his passing just because he



Michael Beadle

enjoyed working there.

Michael's passion in life was his love for Jesus. Growing up, Michael was a parishioner at St. Mary's of the Assumption church. He later became a parishioner of Our Lady of the Cedar's church.

He was a kind and gentle man who was always willing to lend a hand. He had a big heart.

He enjoyed teasing the ones he loved with his deadpan jokes. He loved to laugh. He also enjoyed singing and sang for the Lakes Region Barber-shop Quartet. Some of Mike's happiest times in the past few years were bowling with his son, Peter.

Michael was predeceased by his two infant children, Joseph Robert and Bernadette Beadle. He was also predeceased by his parents, Robert and Gertrude Beadle.

Michael will be missed by his children, his grandchildren, his sister Dorothy Beadle of Bridgewater, and several aunts, uncles, cousins, nieces and nephews.

Graveside services were held on Tuesday, May 19, 2020 at 10 a.m. at St. John's Cemetery, Route 132, Sanborn Rd., Tilton.

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Strong

FROM PAGE A1

Coates said the project, which ended up including Hobart Graphics, began after the recent New York Times article about Bristol’s struggles during the COVID-19 quarantine when town officials were looking for ways to uplift the community.

“We wanted something to give people hope. We’re in tough times right now and just need to stick together. ‘Tradition and Progress’ is the new town slogan and the updated town seal Chum Marketing created shows that,” said Coates.

Hobart said she learned about the initiative online and contacted town officials to say her business could help spread their pride and support to the region. Bristol’s Board of Selectmen agreed to her proposal so long as profits from the sales benefitted the community. Hobart Graphics then began creating tee shirts, sweat shirts and decals, with 50-percent of the sales dedicated to local nonprofit organizations.

Their first contribution since the campaign began was to NANA and they will be donating more to other area nonprofits in the future.

Sotiropoulos, who is an Occupational Therapist for NANA, was thankful for the donation, saying it will be used to support their many programs, which include blood pressure clinics, blood testing and foot clinics.

“I came here from Massachusetts, and have never felt such a sense of community as there is here. It was just what I was looking for. It’s so great to see the community supporting NANA like this,” she said.

Coates said the town offices have received many calls from residents who want to know how they can help support their neighbors in these trying times.

“Buy a tee shirt,” he encouraged, wearing his own “Bristol Strong Together” shirt that night.

Hobart said her business will also be making donations to other area nonprofits in the very near future. Decals are being sold for \$15 each, while tee shirts are \$30 a piece. The tee shirts are available in green and white (representing the mountains and forests), yellow and white (representing sunshine) and teal and green (representing the lake). Those interested in making a purchase that will support the community are asked to contact hobartgraphics@yahoo.com with their requests.

Notebook

FROM PAGE A3

of their cheaper commodities at the time, another being labor. Still, this view of a road as a waste of land persisted well into the last century. As a young lawyer, my Dad represented the current generation of a frontier farm family in a suit for damages during the re-routing of Route 3 across good, tillable bot-
tomland north of town.

If travelers on just about any of today’s highways look left or right, they’ll often see remnants of the old road, snaking along the contour line. These old highways were laid out well above the annual spring floods, when the meadows did what floodplains are supposed to do--act as the safety valve that avoids havoc where the valley narrows.

Once every June, my brother Peter and I biked from Park Street all the way through town and down to South Main Street, just beyond the oldest timber-framed house in town. We ventured there to meet our maternal grandparents, Ruth and Merton White, on their annual pilgrimage all the way up from Concord.

They had stopped in Lancaster to call ahead,

as usual, so we could time our rendezvous. It was a big time for Pete and me, biking clear across town and beyond, with grandparents thrown in for good measure.

Eventually, Gramp White’s beautiful dark-green Pontiac Straight-Eight came down the hill from the Shrine of Our Lady of Grace, and up the road into Colebrook, and stopped where two buzz-headed kids were jumping up and down in delight.

They had left Concord at about 9:30, as usual. They had pulled over into a shaded picnic area just north of Franconia Notch, for (of course) a picnic. The shaded pull-out, minus the picnic table, is still there.

And then, a couple of hours later, there they were, on the southern approach to town, otherwise known as Route 3, the Daniel Webster Highway, also known, a bit farther on, as Main Street. And the trip had taken them, Concord to Colebrook (picnic included) about six hours, give or take a piece of cake or two.

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

Library

FROM PAGE A1

azines in the hands of our patrons,” said Library Director Brittany Overton. “It has been two and a half months of the library staff providing digital resources and service online and over the phone. These services have been positively received by the community and we are pleased to continue to offer them. We are excited, though, to have the

books and movies in our library begin circulating again, and to see the smiling faces in our community.”

The library has implemented additional safety precautions during the pandemic to ensure the health of its staff and community. All materials being returned to the library will be quarantined for a set period, then wiped down with an alcohol-based

but we hope to be active for the spring, summer and fall seasons. On Thursday, May 14, members met through a Zoom format and were able to plan, visit, and move forward with adjusted scheduling ideas. Future activities will continue to be planned for participant safety and to comply with State guidelines.

On Thursday, June 11, members and guests will meet at the Butter-

fly Garden behind Minot Sleeper Library to prepare for the Plant Sale occurring on the 13th. The rest of the Butterfly Garden workdays are as follows:

Tuesday, June 16, Tuesday, June 30, Tuesday, July 21, Tuesday, Aug. 4, Tuesday, Aug. 25, and Tuesday, Sept. 8, Tuesday, Oct. 6, and Tuesday, Oct. 27.

Gardeners generally arrive about 9 a.m., and

solution. Staff will wear masks and gloves while handling library materials, both incoming and outgoing. The library trustees and staff ask that patrons refrain from using latex gloves when handling library materials to protect those with a latex allergy. All COVID-19-related policies and procedures are based on scientific research and guidance provided by the Centers for Disease and Control

Prevention (CDC), the Governor’s Universal Guidelines, and local and state Health Officials.

Those who wish to utilize the library’s curbside service, return items, or have questions about other services should visit www.minotsleeperlibrary.org/curbside.html, call the library at 744-3352, or email minotsleeperlibrary@gmail.com.

new volunteers are welcome to drop in.

Activities and programs will be continue to be presented in local newspapers, posters and through the monthly member email. New members and visitors are always welcome.

Pasquaney Garden Club is a registered 501(c)3 nonprofit organization.

fly Garden behind Minot Sleeper Library to prepare for the Plant Sale occurring on the 13th. The rest of the Butterfly Garden workdays are as follows:

Tuesday, June 16, Tuesday, June 30, Tuesday, July 21, Tuesday, Aug. 4, Tuesday, Aug. 25, and Tuesday, Sept. 8, Tuesday, Oct. 6, and Tuesday, Oct. 27.

Gardeners generally arrive about 9 a.m., and

Changing

FROM PAGE A14

ate progress.

Words matter. Actions also matter. If we are to overcome the prejudice against those with mental health and substance use disorders and make progress on prevention, treatment, and recovery, we need a language of action and commitment. A significant portion of all of us or members of our families will meet the criteria for one of these disorders at some point in our lives. Social acceptance and community support can make a difference in outcomes for all of us, especially those who have experienced or are living with mental illness or addiction.

The following provides some guidance when interacting with or speaking about a person with a substance use disorder. How we address someone when they are struggling can impact their path to recovery, you may be able to help, just by changing your language.

“Addiction” is appropriate when quoting findings or research that used the term or if it appears in a proper name of an organization. “Addiction” is appropriate when speaking of the disease process that leads to someone developing a substance use disorder that includes compulsive use, for example, “the field of addiction medicine” and “the science of addiction.” It is appropriate to refer to drugs as “addictive.”

Instead of saying:	Instead say:
Addict	Person with a substance use disorder.
Addicted to “X”	Has an “X” use disorder; has a substance use disorder involving “X.”
Addiction	Substance use disorder.
Alcoholic	Person with an alcohol use disorder.
Clean	Abstinent.
Clean Screen	Substance-free; testing negative for substance use.
Dirty	Actively using; positive for substance use.
Dirty Screen	Testing positive for substance use.
Drug Habit	Substance use disorder; compulsive/ regular substance use.
Drug Abuser	Person with a substance use disorder; person who uses drugs (if not qualified as a disorder).
Former addict/alcoholic	Person in recovery; person in long-term recovery.
Opioid Replacement/ Methadone Maintenance	Medication-assisted treatment; Medication-assisted recovery.
Recreational, casual or Experimental users	People who use drugs for non-medical reasons; people starting to use drugs; people who are new to drugs.

Students named to Dean’s List at Plymouth State University

PLYMOUTH — A total of 443 students have been named to the Plymouth State University Dean’s List for the Spring 2020 semester. To be named to the Dean’s List, a student must achieve a grade point average between 3.5 and 3.69 during the spring semester and must have attempted at least 12 credit hours during the semester.

Ursula Hoyt of Holderness
Isabella McDonald of Bristol
David Varney of Holderness
Justin Campbell of Campton
Zachary Patten of Bristol
Patricia Sackett of Warren
Nathaniel Duba of Bristol
Hailey Botelho of Rumney
Rowan Drew of Plymouth

Abigail Healey of Rumney
Thomas Kondej of Campton
Brandon Roy of Plymouth
Victoria Baumeister of Campton
Liam Regan-Casey of Plymouth
Paige Dostie of Bristol
Thomas Samson of Plymouth
Ashley Lester of Ashland
Garrett Macomber of Holderness
Nicholas Kulig of Plymouth
David Littlejohn of Holderness
Jordan Meier of Holderness
Jasmine Patten of Bristol
Emma Smith of Plymouth
Bridget McCarthy of Thornton
Grace Page of Bristol
Clayton Titus of Holderness

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. 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.

Local students named to University of Utah’s Dean’s List

SALT LAKE CITY, Utah — The University of Utah congratulates more than 7,500 students who were named to the Spring 2020 Dean’s List. The following local students made the list:

Aidan Connor of Hebron, whose major is listed as Biology BS.
Kelsie Lewis of Rumney, whose major is listed as Health, Society & Policy and Communications.

To qualify for the

Dean’s List, students must earn a GPA of 3.5 or higher in at least 12 graded credit hours during any one term.

About the U

The University of Utah, located in Salt Lake City in the foothills of the Wasatch Mountains, is the flagship institution of higher learning in Utah. Founded in 1850, it serves over 32,000 students from across the U.S. and the world. With over 100 ma-

ior subjects at the undergraduate level and more than 90 major fields of study at the graduate level, including law and medicine, the university prepares students to live and compete in the global workplace. In 2019, the university was selected as a new member of the Association of American Universities-an invitation-only, prestigious group of 65 leading research institutions marked by excellence in

academic expertise and research impact, student success, and securing resources in support of core missions. Known for its proximity to seven world-class ski resorts within 40 minutes of campus, the U encourages an active, holistic lifestyle, innovation and collaborative thinking to engage students, faculty, and business leaders.





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Newfound Memorial Middle School

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- Girls Soccer Coach

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

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

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

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Members of the Plymouth Lodge of Elks, #2312, started off Memorial Day Weekend by visiting the Boulder Point Veterans Housing, in Plymouth. The Elks Lodge delivered benches, a couch, chairs, two tables and a grill for the veterans' outside deck area. RJ Crowley Trucking assisted the Elks by storing the items when they arrived and then supplied a truck and driver, to get the items to Boulder Point. Earlier this Spring, the Plymouth Elks donated a 55-inch TV, a microwave and a poker table to Boulder Point. There are 30 apartments at the residence that opened last September, and all are occupied. Veterans at Boulder Point have served our country in all the military conflicts since the Korean War. The Plymouth Elks have received a Spotlight grant, as well as a Freedom grant, that allowed them to assist our veterans. Pictured here are some of the residents and local Elks, with their new gifts.



PLYMOUTH — The Pemigewasset Chapter of Trout Unlimited will hold their monthly meeting on June 16 on-line via Zoom, starting at 7 p.m.

The speaker this month will be Ryan Heisler. He is a second-year graduate student in Plymouth State University's, Environmental Science and Policy master's program. Originally from south central Pennsylvania, Heisler grew up with and passion for the outdoors, spending his early years fishing the famous Pennsylvania limestone streams. Ryan's primary scientific interest is the conservation and protection of native trout species and the habitats in which they live. He will discuss his investigation in the interaction of aluminum and fluoride, and their impact on Eastern Brook Trout populations within the White Mountains. Interested parties can call 536-3161 or email Pemi-TU@gmail.com to request information on joining the virtual meeting.

Donations for sending a lucky boy or girl to the 2021 Barry Conservation/Fishing Camp may be sent via PayPal to “Pemigewasset Chapter Trout Unlimited” or mailed to Pemigewasset chapter of Trout Unlimited, PO Box 1356, Campton, NH 03223.

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

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