

Community salutes Belmont’s Class of 2020

BY DONNA RHODES
dhrhodes@salmonpress.news

BELMONT – Proud parents, community members and local businesses banded together last week to let Belmont High School’s Class of 2020 know how much they are loved and appreciated in a year when proms, sports and other senior events have been cancelled in light of the COVID-19 outbreak. They showed their support through yard signs set out around the Belmont Library for all to see.

Moms Joey Rolfe and Jenifer Fielders first developed the idea to design personalized yard signs for each of the 74 graduating members of the class then sought others to help make it all a reality. Rolfe said in all they came up with more than 10 major sponsors then sent in an order to Gator Sign Shop. Featured on the signs were individual photos and the name of each of the seniors.

“We felt like we had to do something for them, and it was amazing how the community came together to support these kids,” she said.

Among the many co-sponsors were Brookside Pizza, Life Coping, Silver Sands Marina, Jordan’s

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Franklin Animal Shelter golf tournament canceled

FRANKLIN — Sadly, the Franklin Animal Shelter must cancel the June golf tournament as a result of the COVID-19 crisis. With staggered tee times, single-user golf carts, pro shop closed, and the function room being closed, it was clear that our tournament could not take place. The good news is that we have reserved June 21, 2021, and ask that you mark your calendars.

We are hopeful that many of you will still participate in the virtual 5K, which was originally scheduled for May 23 and now being held on Saturday, May 23 and Sunday, May 24. Participants can register on line, and each participant will receive a bib (with a coupon for a free beer from Kettlehead). All registered participants may run anytime on the course which is located on Daniel Webster Avenue in Franklin at Paul Smith School. The participants will keep their own time and submit their results after they run. All results need to be in by 6 p.m. Sunday, May 24. The

course is U.S. track and field certified.

As these difficult times continue, we want to thank everyone for your kindness, generosity, and understanding. In order to protect our employees, volunteers, and community members, the shelter will remain open by appointment only until further notice. We will re-evaluate our status on a weekly basis and reopen once the threat is no longer imminent. Our staff will continue to be on the premises to insure the proper care of all of our four-legged guests. Donations will still be accepted during this time via our website or delivered to our doors.

The Franklin Animal Shelter is a 501 (c) (3) tax-exempt organization. Tax deductible contributions may be made through the website, www.franklinanimalshelter.com, or mailed to PO Box 265, Franklin, NH 03235.

Thank you for your continued support.

For more information, please contact Christine Dzuina at 934-7163



Despite the unexpected early end to their high school years, Belmont High School seniors Brandon Fields, Seth Rupp, Alexa Rolfe and Teagan Fielders were excited to see the special signs placed around the Belmont Library last week saluting the Class of 2020, courtesy of several supportive businesses and community members.

More BHS athletes honored by NHIAA



Belmont seniors Nicholas Miles (left) and Mercedes McIntyre (right) are two more of Belmont High School’s 11 recipients of this year’s New Hampshire Interscholastic Athletic Award

BY DONNA RHODES
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BELMONT – This week, we salute Nicholas Miles and Mercedes McIntyre for being two more of the 11 students from Belmont High School to receive the 2019-2020 New Hampshire Interscholastic Athletic Award, presented each year to students who not only participated in two sports but maintained a B-plus average in academics at the same time.

Nicholas Miles of Canterbury is a senior at Belmont High School who was among those recognized this spring. Throughout his years in high school he has participated in JV baseball, Cross Country, Track and Indoor Track, and served as a captain of the Cross Country team in his senior year. Miles said



he that while he was also a member of the baseball team for one year and participated in three other three sports during his high school athletic career; he loved the challenges and rewards of cross country running the most.

“It was one big family and everyone was always happy to help. I really enjoyed the bus rides; they always had the most team spirit and always brought a lot of hype before a big meet,” he said.

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A salute to the fallen



FILE PHOTO

REGION — This Memorial Day, there will be no parades, no big family get-togethers to acknowledge the day, but there are still personal opportunities to pay tribute to the men and women who gave their lives in the name of freedom.

In honor of all who have fallen, be it in either World War, Korea, Viet Nam, the Gulf Wars, or any of the conflicts these brave heroes have taken part in, we wanted to take this opportunity to publish the iconic poem “Flanders Field,” written by Canadian Lt. Col. John McCrae. His words were inspired by his service during the Second Battle of Ypres on the border of Belgium and northern France as his own tribute to all who died in the battles there.

Today, Flanders Field is the site of tens of thousands of poppies commemorating those lost and each year veterans’ organizations sell poppies to keep the memory of their profound bravery and dedication alive.

It is our hope that in lieu of traditional parades and speeches, our readers and their families will take a moment to read this poem over the weekend to reflect on those who gave their all, and give thanks for survivors and those who continue to serve the nation in the name of freedom today.

“In Flanders Field”

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Spaulding Spirit Award presented to all staff members

NORTHFIELD — Spaulding Youth Center is thrilled to present its most recent Spaulding Spirit Award to all Spaulding staff members. Typically, this peer-nominated recognition is presented at each quarterly staff meeting to one employee who exemplifies Spaulding Spirit and makes peers proud to be working by their side. Due to current gathering size restrictions as well as health and safety guidelines, this announcement

was made by the organization's President & CEO, Susan C. Ryan, in a special virtual message sent to staff members (<https://youtu.be/6aF9Axlh7ek>). The unconventional award presentation to all staff members is a response to the incredible care and dedication Spaulding employees have continued to demonstrate during the current COVID-19 crisis. Each program on our campus continues to collaborate seamlessly and efficiently

to ensure Spaulding can continue providing the programs and services to support the children and families who need us most. Below are just a few examples of what has been achieved the past eight weeks. Residential: Our residential team are our front-line staff members, leaving the safety of their homes to report to work and provide 24/7 care and attention to our residential students. This includes helping



students with their education, meals, showers, playtime, bedtime stories, and much more. Because of the devoted staff, our children feel safe and supported during this uncertain time.

Academic: Our special education teachers achieved a quick and successful transition to remote learning. Using tools like Google Classroom, Spaulding teachers and specialists provide virtual instruction and guidance to students. For our residential students, our on-campus staff engage and support students in their new academic environment. Spaulding teachers also meet virtually weekly with School Principal & Special Education Director Colleen Sliva to continue developing tech-

niques and discussing ways to enhance delivery of comprehensive educational programming to our students and support to parents.

Clinical Services: Our clinical services department continues to support our children and families both on and off campus. For those families who are off campus, this department also provides virtual resources and updates via email and the Spaulding website's Family Information page. They also orchestrated staff appreciation parades on campus to demonstrate thanks and admiration to those employees who continue supporting the children on campus. Here is a video compilation of the outcome: <https://youtu.be/kLCRqt8jTbU>

Health Services: Our health services team is working around the clock to ensure Spaulding students and staff members remain safe and healthy. To support our front-line staff on campus, team members secured Personal Protective Equipment (PPE), such as face masks, face mask extenders, disposable gloves, hand sanitizer, and more. Health Services Supervisor Caroline Hanly also provides near daily updates regarding COVID-19 pandemic topics, including personal health and safety, do-it-yourself PPE instructions, and campus updates, and always in an easily digestible and somehow entertaining way.

Experiential Challenges Outdoors (EChO): Students continue to be encouraged to embrace challenges and take positive risks in a variety of outside activities through our EChO program. Our residential students have continued to safely participate in outdoor activities such as hiking and bike-riding. EChO staff members have even organized a new mountain biking club for students!

Food Services: Our food services team continue to follow CDC and FDA guidelines and best practices for food safety and handling. Food services staff members work diligently to prepare and cook healthy, delicious, and nutritious meals for our students, many who have special dietary needs. Though our dining hall remains closed, residential students are able to enjoy their meals from the comfort of their residence cottages.

Facilities & Grounds: With students residing on campus, the general maintenance of campus grounds is important, such as spreading 100 yards of mulch during unexpected snow flurries on our

playgrounds. During the virus crisis, this department also has supported the increased sanitation and unique safety needs so that the children and staff on campus can remain as healthy as possible.

Administration: Most of our administrative staff were transitioned to work from home during the pandemic and their efforts are also remarkable. Like so many adapting to remote learning, these individuals quickly analyzed what was needed to transition to a remote location and continue to fulfill their daily responsibilities. From human resources to accounting, and information technology to administrative assistants, these employees have continued to do their part to support the critical efforts of their on-campus counterparts.

"I am honored to present this quarter's Spaulding Spirit Award to not just one individual but to all of our incredible staff members," said Susan C. Ryan, President & CEO of Spaulding Youth Center. "Throughout this virus crisis, the wonderful people who comprise our organization have continued to demonstrate their dedication to the Spaulding mission and the students and families we serve regardless of their individual contribution. I am proud to honor our entire team with this award and am looking forward to the day when we all will be able to celebrate one another on campus. There is no doubt in my mind that we will emerge as an even stronger organization after navigating the most challenging period in our nearly 150-year history."

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, residential, clinical, community based, foster care, and family support. Established in 1871 and known as Spaulding Youth Center since 1958, our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages four to 21 from around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.SpauldingYouthCenter.org.



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Gilmanton Historical Society announces 2020 summer programs

GILMANTON — Gilmanton Historical Society offers programs on local and regional history for its 2020 summer series. The programs, free and open to the public, are held on the fourth Tuesday of each month, May through September, beginning at 7 p.m. at Old Town Hall in Gilmanton Ironworks.

The initial program on The New Hampshire Primary, scheduled for May 26, has been cancelled due to the Virus lockdown. The Society hopes to welcome members and friends for the remainder of the series.

June 23 brings Music in My Pockets. Portsmouth musician Jeff Warner uses "pocket instruments" like spoons

and dancing puppets to show us how American families, before the advent of electricity, gathered around the hearth and entertained themselves with songs and stories.

July 28, 5-6 p.m., the Society offers an opportunity to tour a vintage Gilmanton barn. Meet at the former Twigg barn on Meetinghouse Road at 5pm for a tour of the barn and a chance to see the adjacent flax-retting pond - a relic of former agricultural operations. Program to follow at 7:30 p.m. at the Old Town Hall.

July 28: "The History of New Hampshire Agriculture as Told By Barns." Barns can tell us a great deal about the

history of agriculture in New Hampshire. John Porter describes the progression of barn styles that evolved to handle increased productivity and respond to changes in society caused by the advent of the railroad and the Industrial Revolution.

Aug. 25: "History of Gilmanton's Kitchen Family." Wendy Berlind, a descendent of the Kitchens, will tell us about this family and how it helped shape the history of Gilmanton Corners beginning in the late 1800s. Coming from East Orange, NJ, the Kitchens were one of the first families who helped make Gilmanton a destination for summer visitors.

Sept. 22. "History of Jones' Mill." Jim Garvin, retired NH Architectural Historian, will present some new research on the history of the Jones family and the amazing mill complex that they developed on their property at the junction of Loon Pond and Meadow Pond Roads. With multiple dams and many buildings, the Jones family produced a wide variety of products from shingles to wooden clothes driers.

The Society's museum, located in the basement of Old Town Hall, is open during June, July and August from 10 a.m. to noon every Saturday morning.

Alyssa Wiles named to Spring 2020 Dean's List

NEW LONDON — Colby-Sawyer College has named Alyssa Wiles of Tilton to the Dean's List for spring 2020. Wiles majors in psychology and is a member of the class of 2022. To qualify for the Dean's List students must achieve a grade-point average

of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit hours in graded courses.

About Colby-Sawyer College

U.S. News and World Report has recognized Colby-Sawyer as a Best Regional College in its category - North (#8),

Best Value College (#4) and Best Undergraduate Teaching (#4) in its 2020 Best Colleges issue. Founded in 1837 in the heart of the scenic Lake Sunapee Region of central New Hampshire, Colby-Sawyer is a comprehensive college with an emphasis on

the liberal arts and sciences, a focus on professional preparation and a commitment to individualized experiences. Students choose from a variety of innovative majors in the School of Arts and Sciences, the School of Business and Social Sciences, and the School of Nursing and Health Sciences. Colby-Sawyer's transformative teaching and learning community, which includes an enhanced partnership with Dartmouth-Hitchcock Health, promotes students' academic, intellectual and personal growth. Graduate outcome data indicates that 98% of 2019 graduates are employed or in graduate school within six months of graduation. Learn more at colby-sawyer.edu.

Nancy Trowsdale of Tilton receives University of Nebraska-Lincoln degree

LINCOLN, Neb. — Nancy Trowsdale of Tilton was among 3,417 graduates who received degrees from the University of Nebraska-Lincoln during a virtual graduation celebration May 9.

Trowsdale earned a Master of Science from the Office of Graduate Studies.

The May graduates are from 54 countries, 45 states and Puerto Rico, and 250 Nebraska communities.

Go Big Grad: A Husker Graduation Celebration featured a "Dream Big" address from John Cook, head coach of Nebraska volleyball, and appearances by special guests. At the end of the event, Chancellor Ronnie Green officially conferred degrees to students. The celebration can be viewed at <https://commencement.unl.edu>.

Diplomas will be mailed to graduates. New this year, May 2020 graduates will be able to download and share their digital diploma. Details will be available soon at <https://go.unl.edu/digitaldiploma>.

All May 2020 graduates are invited to participate in a future commencement ceremony, and those plans are in the works.

For a complete list of graduates, visit <https://go.unl.edu/grads-may20>.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of May 8-15.

Craig S. Hart, age 43, of Belmont was arrested on May 9 for operating a vehicle with a Suspended Registration (a misdemeanor) and Driving After Revocation or Suspension.

A juvenile, age 16, was arrested on May 10 for Domestic Violence-Assault and Resisting Arrest or Detention.

Rebecca Hanson, age 35, current address unknown, was arrested on May 10 for Criminal Trespassing.

Kevin M. Townsend, age 46, of Laconia was arrested on May 13 for being a Felon in Possession of a Dangerous Weapon.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 488 calls for service and made the following arrests during the week of May 4-10.

Arrested during this time period were Steven Berman (for Driving After Suspension), Sidney Mudgett (for Driving After Suspension), Susan Mitchell (for Theft), Kelani Castellez (for Driving After Suspension), Danielle McHugh (for Possession of Drugs, Possession of Drugs with Intent to Distribute, and Driving Under the Influence), and Arthur Curley (for Simple Assault).



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Be excellent to each other

It seems as though human kindness has taken a back burner as of late, and we're not sure why. The remarks on social media between people bashing one another over politics or whether or not businesses should re-open, or whether or not the new Coronavirus is as 'real' as 'they' say, are over the top. Social media is certainly both a blessing and a curse.

Social media is a great way to keep in touch with friends and family, but it's also a platform for strangers to draw baseless conclusions and put each other down from behind the comfort of a keyboard. Once upon a time, those on opposing sides had face to face productive conversations. Those have since been replaced with this new format complete with emoji's and other memes or belittling GIFs.

Even more worthy of a raised eyebrow is how many people read a post or a news story from some random, disreputable source and then share it as incontrovertible fact. Nine times out of ten, a simple fact check will prove these "click-bait" posts to be non-factual. There are fake doctors putting out interviews on YouTube and people will just fall for them hook line and sinker. Please pause a moment and question what you're looking at objectively and always check the source.

It seems as though the regard for how we treat one another has been given a new standard, and we believe we know why; however, we'll leave that for our readers to decipher. Kindness and empathy along with professionalism is still alive and well and it's how our country has moved forward the way it has since its inception. Let's not forget that despite the current climate. What we need to remember is that no matter what you think, we are all on the same side.

When we're perusing online, it's not our job to correct a person if it can't be done in a positive way. If a person is being negative and inappropriate in how they interact online, then your best bet is to simply not engage. A heated argument never ends with any side switching to the other. A more productive means of conversation over a hot button issue would be to simply ask the other person questions. This is the best way to make a person think. A lighthearted example: "I see you think blueberry pie is better than Boston Cream pie — can you explain why?"

Asking questions from a meaningful angle can go a long way. Here's the truth of the matter; we don't know everyone we interact with online. With that being said negativity just fuels more negativity. It's easy to disagree with someone in a positive way. Another example could be, "I understand the point you're trying to make; however, I don't agree. With that being said, enjoy your day. It should be a sunny one!" Always try to leave things on a positive note. If you're feeling angry, go for a run or a drive. Don't take your frustration out on strangers online.

As Fred Rogers always said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" This has never been truer than in our current situation. With this pandemic, the outpouring of love and support we have seen does far outweigh any negativity. In Brooklyn, N.Y., every night at 7 p.m., everyone bangs pots and pans outside their windows as a way to show appreciation for local healthcare workers. This is something we have seen happening in several cities across the country. On a local level, people are raising money for food pantries and running errands to protect the elderly and other vulnerable populations. We dig it. At the end of the day, the glass should always be half full.

To quote one of our favorite duos from our childhood filmgoing experiences, Bill and Ted, "Be excellent to each other!"

Belknap Mill hosting virtual art exhibit



COURTESY

Belknap Mill Artist-in-Residence, Larry Frates presents his exhibit, 'Color Studies: Relaxed Tension' throughout the month of May. The exhibit contains abstract studies and finished pieces that were created as a series of 15 painting experiments. These are fun works that allowed the artist to experiment with color application creating a 'relaxed tension' through broad brush application. 'Color, and how it creates a mood, is the key to expressing your 'painting message' to the viewers, both in your real or abstract creations, stated the artist. This exhibit is available on fratescreates.com or Facebook.com/belknapmill.

STRATEGIES FOR LIVING

Thirty years down ... and thirty to go!

By Larry Scott

Thirty years ago – May 21, 1990 – I was finishing my first year as a commercial truck driver with Mercer Transportation, out of Spokane, Washington, taking flying lessons, and about to travel to New Hampshire to visit my daughter. My career and my personal life were all on the line on that May day in 1990; I could only hope it was the start of something good.

I would spend the next several years with Phoenix as my base of operations then move to the Seattle area to live on Angelica, my 40-foot sailboat. With a day off for every week on the road, it was for me the perfect lifestyle. I would see the country from corner to corner, and be honored with a one-million-mile-accident-free award. I would survive prostate cancer,

remarry my sweetheart, purchase a home in New Hampshire, retire debt-free, and dedicate my final years to writing the story of my life.

Thirty years! In the span of a lifetime, an interlude that came and went far more quickly than you would think. But for me the issue is not where I have been; the issue now is where I am going. I can recriminate over past failures, wallow in self-pity, and surrender to guilt ... or I can face the future with a new attitude. I plan to make these the best, most productive years of my life. Heaven awaits! I am honored, thankful beyond words, pleased that despite a life with mixed reviews there is light at the end of my tunnel ... and His Name is Jesus.

And what about you? Can you remember where you were thirty years ago, on May 21,

1990? How well have you lived the last thirty years? And if you could live them over again, would you want to? Are you a better, wiser, more mature person for having lived the last thirty years, or are they years you'd rather forget?

But the question remains, and this is the question: where will be you be thirty years from now? Your last thirty, whether you like it or not, have set you up for the next thirty and will surely influence where you will be on May 21, 2050. But they do not determine, they do not make certain, where you will be. That is what your today is all about. The choice is up to you.

But one thing is for certain. Like it or not, you will be somewhere on this date thirty years from now. You will have joined a long list of men and women who were here thirty years ago —

George Bush, Doris Day, Carl Sagan, Whitney Houston, Stephen Hawking, Mother Teresa, Billy Graham, Kobe Bryant, Bob Hope, and so many more — and who are now set for eternity in an existence that has been determined, not by how well they lived, but by what they did with Jesus Christ.

Jesus said, "Let not your heart be troubled. In my Father's house are many mansions, and I go to prepare a place for you, that where I am you may be also." He awaits your decision, for He has prepared for you an existence your mind cannot imagine. This is reality; it will happen. And what it will mean will be determined by what you do now with Jesus Christ.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Act FAST to learn the signs of stroke

May is American Stroke Awareness Month, and as the fifth leading cause of death in the United States, understanding what can cause stroke, signs to look for, and ways to reduce the risk of stroke are important steps we can take to keep ourselves and the ones we love safe and healthy.

A stroke occurs when blood flow to part of

our brain is interrupted. This interruption causes a loss of oxygen delivery to our brain cells in that part of the brain, and if it goes on more than a few minutes those cells start to die. This interruption in blood flow can be caused either because a blood vessel in part of our brain ruptures and bleeds, called a hemorrhagic stroke, or be-

cause there's a blockage in the blood supply to the brain, called an ischemic stroke. The blockage can be a blood clot or a piece of fatty deposit that breaks off from the inside of a blood vessel and gets pulled to our brain by the flow of our blood through our body, or the clot can form right in a blood vessel in our brain. According to the American Stroke

Association, a division of the American Heart Association, 87 percent of all strokes are ischemic strokes.

You may also have heard of a "warning stroke," or transient ischemic attack (TIA), this is when someone has symptoms like a stroke, but because the blockage to the blood

SEE **FAST** PAGE A6

LETTERS TO THE EDITOR

Thanks for Spring Plant Sale support

To the Editor:

Despite today's challenges, the annual Spring Plant Sale hosted by Belknap County Conservation District (BCCD) went well. Dedicated volunteers and Lisa Morin, BCCD Program Coordinator rose to the task. Plant orders were placed by County residents for asparagus, berries, bulbs, potted plants, 40 types of conservation plants, and live trout for ponds in

late February. Masks and social distancing requirements came later. Local residents were able to pick up their orders in early May and others stopped to buy plants that were on sale. Everyone received a card with conservation tips and a free packet of milkweed (food source for monarch caterpillars) or pumpkin seeds.

BCCD appreciates local support for the Plant Sale which is a fund-rais-

er for the District and an opportunity to connect with County residents interested in learning more about how they can conserve natural resources on their land. We can all make a difference in improving the environment by planting trees, pollinator plants or growing our own food.

We offer special thanks to John Hodsdon and Ward Bird at Picnic Rock Farms in Meredith

who provided space for preparing and storing plants as well as a great pick-up location. The Gilmanton Iron Works Historical Society also provided a pick-up location for plants. Thanks also to our volunteers including Lori Baldwin, Maya Bhatt-Hardcastle, Michael Callahan, Jessica Casterline, Earle Chase, Nellie Garden, Donna Hepp, Jan Hooper, Jamie Irving, Gary Maheau and family, Carolyn Rudy, and Shirley

Stokes and to Lisa Morin for working long hours coordinating a safe event.

Planting milkweed seed to provide habitat and food for monarch butterflies proved so popular, we've ordered more seed to share. From our annual plant sale, to stream restoration projects, to community workshops on protecting natural resources, to assistance with grants to towns and landown-

ers, BCCD is committed to serving our County. We invite anyone who is interested in natural resource conservation to learn more about us and get involved. Check our Facebook site: www.belknapccd.org/ or contact us at lisamorin@nh.nacdnet.net or 527-5880.

BELKNAP COUNTY
CONSERVATION DISTRICT
BOARD OF SUPERVISORS

North Country Notebook

And now, the eagle’s nest in view of the Golden Dome



By JOHN HARRIGAN
COLUMNIST

Not so long ago, in terms of generations, it was accepted practice in some rural areas to try to shoot raptors out of the sky. Thus, any hawk--the bigger, the better the target--was seen as fair game.

The idea of such a thing almost takes our breath away today. Yet I well remember a casual conversation with a dairy farmer just down the road.

Like most farmers, he ranged far and wide on foot or on tractor to find the occasional errant cow, and had far-flung pastures and hayfields on both sides of the hill. Like everyone who owned and worked the land, he left it open for all to enjoy.

I happened by one day just as he was pulling his tractor into the front dooryard, and hopped out to say hello. He had a leather scarab wired to the right-hand side of the tractor, and within it a weathered rifle.

I glanced at the old Winchester: “Oh, that’s for when I see a fox or a hawk,” he said, tilting his head back for a look at the sky. “I used to be able to hit ‘em, first time.”

Now, it’s worth remembering this man’s origins and the times. He grew up before the



COURTESY
An adult eagle and chick in the nest along the Connecticut River in Orford. (Photo by Judy Lombardi, courtesy NH Audubon)

Depression, well before the Rural Electrification Act. Every farm’s complement included chickens, hence “chicken hawks,” and large raptors, meaning eagles, could haul off newborn lambs.

Thus, it was open season on any predator, raptors included. Shooting one--fisher, fox, hawk soaring high--was as natural as hoeing the garden or milking the cows.

That barnyard visit was in the mid-1960s. Within a very brief time, in the early ‘70s, I’d find myself sitting with John Lanier high atop a ledge in the White Mountains, doing a story for the New Hampshire Sunday News about the effort to restore Peregrine falcons to their original New Hampshire habitat.

John was chief wildlife biologist for the White Mountain National Forest, and was working on the falcon project with Audubon, Cornell University, UNH, and New Hampshire Fish and Game. A key part of this involved raising newly hatched chicks in cliffside nests.

Several UNH grad students and a professor or two were camped up on the ridge and occasionally rolling small pieces of

raw chicken down PVC pipes to plop into handmade nests, harboring barely fluffed, beak-extending chicks. It was a festive atmosphere to match the sunny day. Everyone living and working up there thought it was a job worth doing, and rejoiced in it all.

Today, falcons are gradually reclaiming their former habitat. John, who became a lifelong friend, never stopped scanning cliff-sides for the telltale signs of raptors’ nests.

Eagles, meanwhile, have just as eagerly reclaimed more and more or their original territory. Now, I’m dating myself when I say that I can remember when eagles were so rare in New Hampshire that wildlife officials thought there was only one nesting pair left.

This pair annually returned to a legendary nest atop an ancient pine stub on the northwest end of Umbagog, a big lake on the Maine-New Hampshire border above Berlin. Longtime game warden Warren Jenkins took me there by boat, and I went there a few years later by canoe.

Public interest in these sole reminders of a seemingly lost past was so great that Fish and Game and volunteers placed warning buoys and signs, asking boaters to stay well back. Still they came, and watched and photo-



An adult pair and endless skies along the Androscoggin River in Shelburne. (Photo by Ravenel Bennett, courtesy NH Audubon)

graphed from afar.

Fast-forward to today, when eagles are common enough along the Connecticut and Androscoggin rivers to cause no great stir, if not exactly yawns, and the days of the last lone nest seem far gone.

Eagles have even established a nest in Concord, the state’s capital, for the first time in more than a century. The Concord Monitor’s David Brooks reported that the pair is nesting near Horseshoe Pond. “A decade or two ago their appearance here would have been astonishing, but these days it’s almost expected,” Dave wrote.

Christian Martin, an eagle specialist at New

Hampshire Audubon, said eagles have come a long way since the lone-nest days.

“We’re in the middle of trying to determine how many breeding pairs in state this year,” he told David Brooks. “There’s at least 70, probably closer to 75, which is a huge change from ten to 20 to 30 years ago. They’re everywhere from the seacoast to Pittsburg to

Hinsdale. You name the lake, there’s probably a pair of bald eagles that utilizes it now.”

A long way indeed, in thought and deed, from a few generations ago.

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



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Local students graduate from University of Tampa

TAMPA, Fla. — The University of Tampa virtually hosted its 150th commencement on May 9 to honor 1,752 degree-seeking candidates.

The following local students graduated from The University of Tampa.

Ryan Fowler, of Tilton, graduated Magna Cum Laude with a Bachelor of Science in Cybersecurity.

Megan Sargent, of Belmont, graduated Magna Cum Laude with a Bachelor of Science in Allied Health.

For the first time ever, due to the unprecedented circumstances that the COVID-19 pandemic has brought upon campus life, The University of Tampa hosted a virtual commencement to honor the 1,752 degree-seeking candidates. The event was viewed online by the students, their family members and friends, UT faculty and staff members, and the general public. The ceremony included remarks by President Ronald Vaughn, special messages from the academic deans and student challenge speakers. Additionally, each graduate received a personalized video commemorating their achievement.

The University of Tampa is a private, comprehensive university located on 110 acres on the riverfront in downtown Tampa. Known for academic excellence, personal attention and real-world experience in its undergraduate and graduate programs, the University serves approximately 10,000 students from 50 states and about 130 countries.

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Edward Jones: Financial Focus

Why Should You See a Financial Advisor?

The social distancing and stay-at-home orders necessitated by the coronavirus have led many of us to feel isolated. Still, we’ve fought back through social media, “virtual” gatherings and walks in the neighborhood, where we could greet friends and neighbors (from 6 feet away). But when you’re dealing with the financial effects of the virus and you’re investing alone, you could encounter some problems that may prove costly. Of course, with so much investment-related information available online, on television and in any number of periodicals, it’s not surprising that some people feel they can invest without any assistance. But the volatility of the financial markets over the past few months has also pointed to the dangers of going solo in the investment world. And you might find that a professional financial advisor can help you in several ways, including the following:

Taking emotions out of investing. During this period of market turbulence, many self-guided investors are letting their emotions drive their investment decisions. As a result, they sell investments when their price is down, “locking in” their losses. Furthermore, if they then stay out of the financial markets, they will miss out on the eventual recovery – and some of the biggest gains in market rallies usually occur right at the beginning. But if you work with a financial advisor who has helped you develop a personalized investment strategy based on your goals, risk tolerance and time horizon, you will be far less likely to react to extreme market conditions by making ill-advised decisions. Maintaining perspective. When you’re putting away money for the future and you suddenly have a lot less of it, you might start to wonder if that future is somehow in jeopardy. But if you’ve been working with a financial advisor and following your investment strategy, you’ll know that you don’t have to immediately cash out those investments that have lost value, and you may not need to liquidate them for decades if they were designed for a long-term goal, such as retirement. By the time you do need to sell them, their value may well have appreciated significantly. And if you’ve got a well-constructed portfolio, you’ll also own shorter-term, less volatile investments to help meet your current cash flow needs.

Understanding the history of investing. The recent market instability is unique in the sense that its cause – a worldwide pandemic – is so highly unusual, and it hopefully will be a once-in-a-lifetime experience. Typically, prolonged market downturns are triggered by explainable financial or economic factors, such as the bursting of the “dot-com” bubble in 2000. However, market drops of 20 percent or more – generally referred to as bear markets – are not at all unusual and have happened every few years over the past several decades. Financial advisors are well aware of this history and share it with their clients. And for many people, the knowledge that “we’ve been here before” is reassuring and makes it easier for them to continue following their investment strategies.

The road to your financial goals is a long one, with many twists and turns. So you might like to have some experienced company along the way.

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CLASS OF 2020

CONTINUED FROM PAGE A1
Ice Creamery, Franklin VNA, Jen's Color Bar, Major Stone Race Team, Lakes Region Floral, the Belmont Police Relief Association, Lt. Joshua Huestis of the Belmont Fire Department, Polly and Jon Camire, Jennifer Gagnon, Joey and Scott Rolfe, and Angela Pickowicz.

As some members of the Class of 2020 helped parents and BHS Principal Matt Finch place the signs around the library lawn last week, they were excited to see all their classmates being recognized by the community.

"This is indeed a good way to recognize us seniors," said Brandon Fielders. "We're all just trying to be strong and to get through this together while we enjoy what we can of our last days in high school."

His twin sister Teagan felt the signs were really something special for she and her classmates, especially considering

the fact that the gesture came from not the school but the people of the Shaker School District community.

"With everything we're going through now, all the little things count even more, especially when we're missing out on a lot of big things," said Teagan.

Alexa Rolfe, who also helped with the graphics for special Class of 2020 yard signs from the school district, said she loved seeing the photos of her classmates on the community signs, made extra special by the fact they haven't seen each other in nearly two months now.

"Because we can't physically reach out to one another right now, it's nice to see this and know the community is behind us all," Rolfe said.

While their principal was there to help place the 74 graduate signs and 10 sponsor signs around the library last Wednesday, he said he was only showing his support that day.



The entrance to Belmont High School was lined with graduations signs for each of the 74 members of the Class of 2020 to take home for their front yards. The individual signs were provided by the school district, along with a banner that bears all their names and is on display at the school.

"This is their show! The kids, the parents- this is all about them. I think it's terrific," said Finch.

The following day, he and Shaker Regional School District distrib-

uted other personalized yard signs for all of the soon-to-be graduates to take home where they could also show their pride. In addition, the district had a special banner made for the

class that is now on display above the playing fields at the entrance to the high school.

Decisions about a possible delayed graduation ceremony have yet to be determined but the

students can be assured that, with or without a ceremony, their teachers, administrators, families and the entire community supports them and are proud of their many accomplishments.

ATHLETES

CONTINUED FROM PAGE A1
After graduation from BHS, Miles has committed to the University of New England for Biological Sciences and potentially the 4+4 program in dentistry in the fall. Through the University of New England, he also has an offer to join the Cross Country team but hasn't yet decided if he will run in college.

FAST

CONTINUED FROM PAGE A4
flow to the brain is only temporary, the stroke-like symptoms disappear, usually within 24-hours. One third of people who have a TIA go on to have a full stroke at a later date, and since TIA symptoms and stroke symptoms are nearly identical, you should seek immediate emergency attention if you experience any symptoms.

The type, and amount, of damage caused by a stroke depends on the part or parts of the brain affected, and how quickly someone receives treatment, but all strokes are a medical emergency and can be life threatening. People who survive a stroke are may still be left with a range of effects including weakness and paralysis, changes in their memory, attention and perception, vision problems, changes in their personality or behavior, depression, and fatigue.

The National Stroke Association suggests the acronym FAST to help remember the symptoms of stroke. Stroke symptoms come on suddenly, without warning. The sooner we can get medical attention to treat the blockage in the brain, the better the chance of survival, so if you see any of these symptoms in yourself or anyone else act FAST.

F: Facial drooping or uneven smile on a person's face

A: Arm numbness or weakness, most likely on one side.

S: Slurred speech

T: Time to act now! Call 911!

The Stroke Awareness Foundation re-

"Winning this award is truly an honor, and something I am proud to receive," said Miles. "I loved being an athlete through all of my years of schooling. I have been a very busy person through all four years of high school, and at times, juggling sports with every other extra-curricular was very exhausting, but in the end all of this has shaped me to become the person I

minds us that we can reduce our risk of stroke by working with our health care providers.

Kristin Jordan, Director of Home Health & Hospice Services at Franklin VNA & Hospice, notes, "By taking some sensible steps to reduce our risk of stroke, and knowing how to recognize the signs of stroke we can help decrease the numbers of stroke each year and increase survival for those who do have them. Working with your healthcare providers, whether it's your primary care provider, a specialist or your VNA nurse, can really help keep you on the right track to help control the things that cause the bleeds and clots that cause strokes in the first place, like high blood pressure, heart disease, atrial fibrillation, and diabetes."

We should also take steps on our own to keep healthy like quitting smoking, getting regular exercise, eating a heart-healthy diet with lots of fruits and vegetables, fiber and not a lot of processed foods or foods high in saturated fats and salt.

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am today."

Mercede McIntyre is another running enthusiast from Belmont High School who received an NHIAA recognition this year. Beginning in middle school she continued running through her four years of high school through participation in outdoor track in the 400-, 800- and 4x800-meter events. During her high school athletic career, she also competed in the 600-meter and 800-meter races and was a member of the Cross Country team for three years, serving as a captain of that team for two of them.

"My favorite sport was cross country be-

cause of how many connections I made from the sport, making lifelong friends with students on my team and from other schools. I also had some of my best running times from cross country," McIntyre said.

She said she has so many memories that stand out as she competed in school sports but one that stands out the most in her mind came from climbing, yet another athletic sport she grew to love and participate in outside of her academics and interscholastic competitions.

McIntyre said she had been training everyday at the gym, striving to complete a 5.10b (a diffi-

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

It has been proven time and again that exercise is good for seniors' physical and mental health. Regular exercise, even in small amounts, can improve mood, relieve stress and improve health. According to the CDC, four of the five most expensive health conditions older adults face can be prevented or managed with physical activity. But, only about 35 percent of adults over the age of 65 are physically active.

Any senior starting a new exercise plan should consult with their physician. And, it is helpful for family and members of the care team to assist and support physical activity in any way they can.

For those that are physically able to begin an exercise program, regular movement can help them live a more vibrant and healthy life. Some of the health benefits include:

Improved mental health, mood and outlook

Prevention, or improvement of, diseases such as diabetes, obesity,

heart disease, and osteoporosis

Reduced pain from arthritis and minimizing its severity

Decreased risk of falls
Each individual has different needs when it comes to exercise and varying health conditions that may need to be taken into consideration before beginning an exercise regimen. A health professional to determine the best approach to physical activity with senior care.

There are a variety of ways to incorporate aerobic activity, strength building exercises, stretching and balance – all without leaving the comfort of home!

Aerobic exercise – Walking in place, dancing or aerobic routines can help get the heart rate up. These activities improve cardiovascular health and help older adults maintain a healthy weight.

Strength building exercises – there are many easy strength building exercises that can help seniors build the muscles they need to do everyday activities and prevent muscle loss. And, exercises can be done with household items or using body weight, so no expensive

equipment is required.

Stretching – Stretching before and after exercise can help prevent soreness after exercise. And, the additional benefit is improved flexibility, which is good for older adult's physical health. For those looking to improve their flexibility even more, there are exercise routines available online that include yoga or stretching routines specifically for seniors.

Balance exercises – Balance exercises help seniors prevent falls and improve mobility. Yoga, tai chi, and other low-impact activities can all help improve balance and overall physical health.

Those that need a little assistance getting started should not hesitate to reach out to their doctor, family or caregiver. It is never too late to adopt an active lifestyle!

Comfort Keepers® can help

For seniors that need a little extra help living an active lifestyle, Comfort Keepers caregivers can help with encouragement, support and assistance with physician-prescribed exercise plans. And, caregivers

can be assured that, with or without a ceremony, their teachers, administrators, families and the entire community supports them and are proud of their many accomplishments.

ning club and do other outdoor activities such as climbing, hiking and surfing.

"Winning this distinction means that all of my hard work during those long runs or finishing up my tenth hill rotation had paid off," she said, as she also thanked everyone who helped her throughout her athletic and academic career. "I am so grateful. For anyone playing sports and also getting through high school, it can definitely be hard at times, but just think about how all that hard work that will pay off in the end when you ace that test and get first in that race."

Comfort Keepers

Physical activity for senior care

can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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5 ways to leave a lasting legacy



It is customary for people to take inventory of their lives as they grow older, wondering about their impact on the world and the people closest to them. A legacy is often the story of one's life and the things he or she did through the years.

The good thing about a legacy is it is never too early to begin planning. The following are some guidelines that can help people establish lasting legacies.

- Keep track of your story. Grab a journal and start jotting down events that occur in your life. Mention particular achievements or notable things that occur from day to day. Pepper these accounts with stories of your family and childhood to start establishing an autobiography of sorts.
- Consider your daily actions. Even though people may imagine it is the grand gestures that are remembered most, quite often it's the simplest acts that make the most impact. Think about the way you treat others each and every day. Smile at people, compliment others and offer positive advice when it is sought.
- Research investments that are profitable. If the goal is to make money to leave for future generations, investigate your options. These include assets that can retain their value. According to NewRetirement.com and Stepping Stone Financial, Inc., vacation homes mean a lot to families and they also can be a source of future revenue should they be rented or sold. Speaking with a financial advisor also can be a sound way to invest the right way to accumulate assets that can be passed down as a legacy.
- Name children or other relatives as beneficiaries on Individual Retirement Accounts (IRAs). With Roth IRAs, distributions are tax-free as long as the person who set up the IRA met the five-year holding period for contributions and conversions. Beneficiaries can have five years to take out money from the account; otherwise, they can convert the plan to an Inherited IRA, which stretches out distributions over their life expectancy, according to Investopedia, an online financial resource.
- Write a legacy letter. A legacy letter is a way to speak directly to loved ones and say all those things that you had wished you told them earlier but maybe didn't find the words or perhaps never had the time, according to Forbes. The letter ensures others know just how much joy they brought to your life and the pride you had in knowing them.

Leaving a legacy is something people start to think about as they grow older, but it's easy to start planning a legacy regardless of your age.

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.



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Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

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McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

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New Hampshire Colonials Real Estate: www.squamlake.com

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Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.





MEREDITH OFFICE
97 Daniel Webster Hwy
(603) 279-7046

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

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\$699,900
MLS# 4804559
LACONIA: Long Bay on Lake Winnepesaukee! 4BR/4BA home w/ renovated kitchen & lake views!



\$179,900
MLS# 4803575
TILTON: Mixed use 3BR cape! newer furnace, upd. electric, metal roof & vinyl windows.



\$399,000
MLS# 4790418
GILFORD: Income property! Seven seasonal cottages & year-round main house in Glendale.



\$124,900
MLS# 4780517
CAMPTON: Cabin get-away in the woods! Set on 5+ ac. at the foothills of the White Mountains.

HIGHLAND RIDGE IS OPEN!



MLS# 4775688

A NOTE FROM THE DEVELOPER: In these strange times it is vitally important to provide a safe and secure setting to show property. The nature of home construction is allowing for work to continue as close to normally as possible. We have broken ground on several new foundations and are prepared to meet our 120-day construction timeline. We are fortunate at Highland Ridge to have two unoccupied and easy to show model homes as well as virtual tours where you can view the home from any device. **We welcome you to visit www.rocherealty.com or www.highlandridgenh.com for more information on these new homes being constructed in Tilton, NH. Prices start at \$299,900**

Wolfeboro: 15 Railroad Avenue • 603-569-3128
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Alton: 108 Main Street • 603-875-3128




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MOULTONBOROUGH // World Class Retreat! 710' of protected shoreline, over 280' of white sandy beach.
\$5,500,000 (4795260) Call 603-455-6913



MEREDITH // Fabulous Lake Winni WF contemporary-styled home, breathtaking SW views.
\$1,999,900 (4795503) Call 603-707-0099



ALTON BAY // Magnificent 3-level 3,000sf Contemporary. Private boathouse, 2-docks, sandy swim area. Views.
\$1,149,000 (4768668) Call 603-520-5211



BIG BARNDOR ISLAND – ALTON
One of the best islands on the Big Lake. 3BR/1BA cottage, boasts a breakwater dock, walk-in sandy beach. Sunsets!
\$899,000 Call 603-455-6913



WHORTLEBERRY ISLAND – TUFTONBORO
Three separate lots of record, 1.33 acres, 270' of Winni WF shallow beach. Incredible Views!
\$595,000 (4795841) Call 603-651-7040



COW ISLAND – TUFTONBORO
Move in ready property, many updates. Spectacular sunsets, crystal clear water, sandy access.
\$540,000 (4798477) Call 603-651-7040



ALTON // ONE YEAR NEW 4-bedroom, 4-bath Colonial on 27 acres with hiking trails & views.
\$625,000 (4798077) Call 603-234-2721



GILFORD // Custom built colonial, established, desirable neighborhood. Spacious rooms, flowing floor plan.
\$485,000 (4800843) Call 603-393-7072



MOULTONBORO // Best of both! 3BR/2BA. Quiet, country setting & Suissevale amenities on a 1-AC lot!
\$289,000 (4792788) Call 603-707-7257



ALTON // Well maintained 3BR ranch, updated kitchen, on 1-AC in quiet country neighborhood.
\$265,000 (4795401) Call 603-630-4156

LAND AND ACREAGE

ALTON // One-of-a-kind 6 acre location! Panoramic Lake and Mountain View Lot with 300' of road frontage.
\$550,000 (4742985) Call 603-520-5211

TUFTONBORO // This large 3.37 acre parcel consists of two adjacent lots avail. in established neighborhood. Town maintained cul-de-sac road.
\$85,000 (4762767) Call 603-387-5356

SANDWICH // WOW! 24.7 acres to build the home of your dreams. Utilize the entire lot for your own homestead or subdivide.
\$82,000 (4771433) Call 603-455-1880

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Accepting resumes for an experienced excavator operator:

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- Experience operating on large commercial projects
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NOTE: We are not accepting in person applications at this time

Please Send Resume to:
info@andrewsconst.com

Pre-employment physical, drug screen required

Andrews Construction Co., Inc.
PO Box 720
Campton, NH 03223

Telephone: 603-726-7623
Fax: 603-726-7313



Newfound Area School District COACHING POSITIONS

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

Newfound Regional High School

- Varsity Girls Soccer Coach
- Baseball Coach

Newfound Memorial Middle School

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

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

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

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



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Precision Lumber Inc.

576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM



Division of BELLETETES, INC.
Delivery Driver

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

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

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

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Will Train. Valid Driver's License required.

Application available at:

CONSTRUX, INC.

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

Leading Pre Engineered Metal Building Co.



Division of BELLETETES, INC.

Yard Customer Service

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

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

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

E.O.E.

Competitive Wages Paid Vacation Paid Holidays Paid Time Off
Health Insurance Profit Sharing Store Discounts Much More!



A division of Belletetes, Inc.
Lumber Counter

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

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

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

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- Construction experience a plus

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WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT 2020-2021 School Year

Professional & Support Staff

LANCASTER ELEMENTARY SCHOOL

Paraprofessional
(2 positions – 1 FT and 1 PT)
Long-Term Substitute Teacher - MS Math
(9/1 to 11/30/20)

WHITEFIELD ELEMENTARY SCHOOL

Specialized Paraprofessional (PK/K)
Specialized Paraprofessional
Long-Term Substitute Art Teacher
(mid/late August through late October)

WMRHS

Athletic Trainer
Humanities/Seminar Teacher
Secretary (Data Assistant//PowerSchool/Registrar)

DISTRICT

ESOL Teacher
Certified Speech Assistant
Administrative Asst. to Superintendent of Schools/
Director of Student Services
HR/Payroll Manager

All applicants must apply on SchoolsSpring.com
Paper applications will not be accepted.

For further information, contact:

Roxanne H. Ball, Adm. Assistant to the Superintendent of Schools/Human Resources
White Mountains Regional School District
SAU #36

14 King Square Whitefield, New Hampshire 03598

TEL.: 603-837-9363/FAX: 603-837-2326

Email: rhball@sau36.org

VARNEY-SMITH Lumber Company, Inc.

INSIDE SALES PERSON NEEDED

Duties to include:

- Retail sales of lumber & building materials, windows, doors, cabinets as well as customer service.
- Must be conscientious, self-motivated, good with people, a team player
- Must have knowledge of the building industry
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:

- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at
2701 Route 302, Lisbon, NH 03585
No phone calls please.



CLASSIFIEDS

For Advertising Call (603) 444-3927

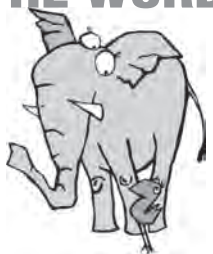
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Dave 569-5738, dhreis@hotmail.com

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GSIL is seeking compassionate, dependable individuals to assist consumers in their homes with personal care, light housekeeping, grocery shopping, errands, etc. We offer flexible scheduling with opportunities to work full time, part time, or just a few hours a week if you're just looking for a little extra income. Experience with personal care is helpful, however, training is provided.

Please contact Ashley at 603-568-4930 for more information.

* A background check is required.

GSIL is an EOE



SENIOR HOUSING

Accepting applications for one bedroom apartments for the following waiting lists:

COMMON MAN COMMONS, 48 West Street, Ashland, NH 03217

RIVERVIEW VILLAGE, 780 Lake Street, Bristol, NH 03222

CAMPTON MILLS, 349 Owl Street, Campton, NH 03223

PEMI COMMONS, 230 Fairgrounds Road, Plymouth, NH 03264

COUNCILOR RAY BURTON COMMONS, 10 Washington Drive, N. Woodstock, NH 03262

HUD guidelines for Grafton County:
One Person - Gross Annual Income Limit - \$32,450.
Two Person - Gross Annual Income Limit - \$37,050.

ICE POND VILLAGE, 13 Ice Pond Road, Lancaster, NH 03584

ECHO VALLEY VILLAGE, 20 Back Lake Road, Pittsburg, NH 03592

HUD guidelines for Coos County:
One Person - Gross Annual Income Limit - \$29,900.
Two Person - Gross Annual Income Limit - \$34,150.

Tenants pay 30% of their adjusted monthly income for rent. This includes heat, hot water and electricity.
Eligible applicants must be 62 years of age or older.

To request information or receive an application by mail contact:

Management Office
10 Washington Drive, North Woodstock, NH 03262
(603) 745-4989
NH Relay 7-1-1

The properties listed are managed by SNHS Management Corporation.
www.snh.org



Hebron-Bridgewater Refuse District

Seasonal Laborer position available – Part-time 20 hours per week, through Labor Day.

Flexible schedule – Two 10 hour days, per week. Friday, Saturday or Monday. You choose which two days.

The Hebron-Bridgewater Refuse District is currently accepting applications for a seasonal parttime laborer to assist in the sorting of recyclables at the recycling facility located in Bridgewater.

Work will be performed under supervision at all times. The Applicant must have the ability to establish and maintain effective working relationships with supervisors, subordinates, town officials, and the general public.

High School Diploma or a GED is required. Must possess the physical strength and ability to perform necessary duties pertaining to the job requirements. Must have a telephone in the home or must have immediate access to a cell phone.

Essential Job Functions (Except as specifically noted, the following functions are considered essential to this position. The listed examples may not include all duties for this position):

- Work associated with the operations and maintenance of a town solid waste and recycling facility.
- Proper and safe use of hand tools used in the maintenance and functions of the recycling facility such as shovels, rakes, brooms and the like.
- Must be able to lift 50 lbs on a frequent basis.
- The performance of other duties as required to carry out the mission of The Hebron-Bridgewater Refuse District and to promote the credibility and confidence of the district to the public.
- Performs other related duties as assigned.

Resumes will be reviewed as received. Position open until filled

Please send resume and cover letter to:

Hebron-Bridgewater Refuse District
Seasonal Laborer
297 Mayhew Turnpike
Bridgewater, NH 03222

The Hebron-Bridgewater Refuse District is an equal opportunity employer.

FOR ADVERTISING INFORMATION

CALL 603-279-4516

Classifieds

HELP WANTED

VACANCIES BERLIN PUBLIC SCHOOLS Berlin, NH

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

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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King Forest Industries, Inc. located in Wentworth, NH, is currently accepting applications for full-time work. Lumber handlers and laborers. Must be able to lift 50 pounds.

As a full-time employee you will qualify for health insurance/dental/Vision/401K retirement plan/paid vacation/paid holidays and production bonuses. King Forest is an equal opportunity employer.

If you wish to apply, complete an employment application, which can downloaded from our website or picked up in person and mailed to PO Box 230 Wentworth, NH 03282 or drop off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

King Forest is an equal-opportunity employer.

53 East Side Road • Wentworth, NH • www.kingforest.com



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181 Corliss Lane, Colebrook, NH 03576
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Ucvh-hr@ucvh.org

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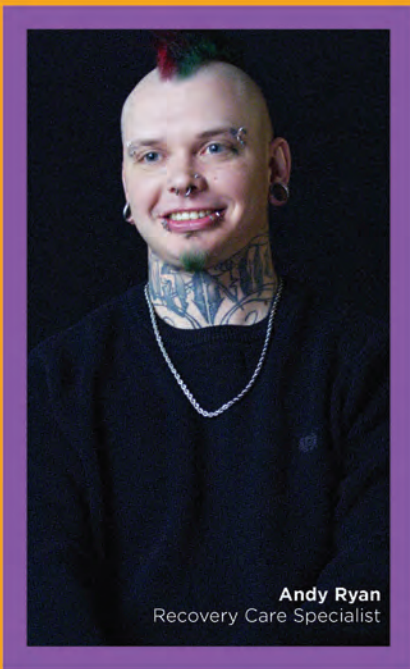
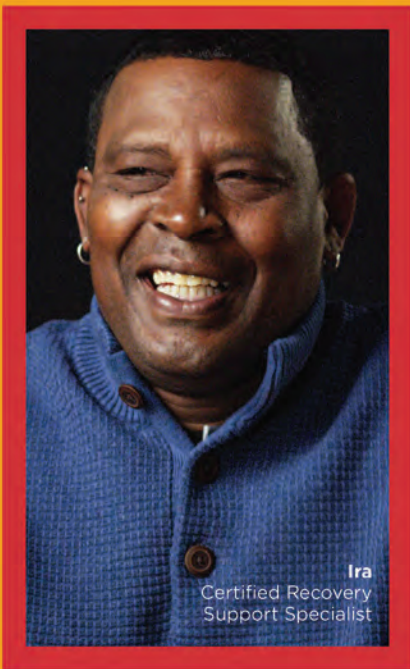
and have your help wanted ad in 11 papers next week!

Senior volunteers to be honored for service

CONCORD — The New Hampshire Department of Health and Human Services (DHHS), the New Hampshire State Commission on Aging, and EngAGING NH announce this year’s re-

cipients of the Older Adult Volunteer Awards. To align with social distancing guidelines issued by the Centers for Disease Control and Prevention around COVID-19, the award ceremony will be held at a later date.
“Here in New Hampshire, we take pride in our communities and in our efforts to ensure that all Granite Staters are able to live and age with dignity in the comfort of their communities,” said Gov. Chris Sununu. “As we face a public health crisis of unprecedented proportions, the work done by individuals like the recipients of this year’s Awards has become more important than ever before. We cannot thank you

enough for all that you have done to strengthen New Hampshire’s communities.”
Each May, during Older Americans Month, the Commission on Aging recognizes individuals or couples age 60 or older from each of New Hampshire’s ten counties for their outstanding volunteer efforts on behalf of older adults and others in their communities.
This year’s recipient from Belknap County is Chris Ray of Gilford.
For more information about the award, please contact Roger Vachon at 223-6903.



YOU ARE NOT ALONE.
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For help with drug or alcohol issues visit theDoorway.NH.gov
OR dial 2-1-1.

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