

# Residents show support for Tilton police

BY DONNA01 RHODES  
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TILTON – Members of the Tilton Police Department were pleasantly surprised when a group of supporters came to their headquarters on Main Street last weekend with signs aimed to rally other residents in backing their community police officers, too.

“I’m not even sure who they were but we really appreciated them coming out like that,” said Chief Robert Cormier.

Holding signs that said “Thank You NH Police” and asking passers-by to “Honk 4 Cops” they brought smiles and good feelings to the officers as they went about their duties that day.

“I think it’s really nice when folks drop by

and do something like that,” Cormier said. “The officers in my department don’t have it easy. They’ve been busy and stressed out about the virus, too, but they keep working hard and do a good job.”

Those seemingly small gestures, he added, are especially meaningful to them right now as the actions of some officers in larger cities across the country are being condemned.

When the COVID-19 pandemic first hit the nation, police and other first responders were applauded for all they were doing to keep citizens safe in the midst of a global health crisis. Cormier said his department received many food donations and thank you cards from organizations like the Girl Scouts,

local schools, and nearby businesses. Since the death of George Floyd at the hands of a police officer in Milwaukee last month however, things have rapidly changed. Now police everywhere, including small towns in New Hampshire, are finding themselves subjected to not only governmental scrutiny, but even public scorn.

That’s why last weekend’s small support rally meant a lot to Tilton’s officers.

“It’s really boosts our spirits when people come out like this to say thank you,” said Cormier. “We feel it’s important to say thank you back to them as well, though, and let everyone know we really do care about the people in our community.”



COURTESY  
Members of the Tilton Police Department were pleasantly surprised when a group of supporters came to their headquarters on Main Street last weekend with signs aimed to rally other residents in backing their community police.

## Area town officials get back to business in person

BY DONNA RHODES  
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REGION – One step at a time, towns in the Winnisquam Region are reopening offices and holding a few in-person meetings while taking precautions as they do so in the interest of both employee and public safety.

Northfield Town Clerk/Tax Collector Cindy Caveney said nothing is definite as far as the reopening of their town offices right now, but window service remains available for those conducting business with the town.

“We still have a few adjustments to make to limit our physical exposure prior to welcoming people back in,” Caveney said. “We’re keeping an eye on what happens with the virus now that everything else is opening up.”

Selectman Ruth Mooney of Belmont reported that their Town Clerk/Tax Collectors office reopened last week but they are requiring that people practice social distancing protocols when entering the town hall.

Tilton Town Administrator Jeanie Forrester said their TC/TC office

will reopen on this coming Monday. Access to the office will be from the Main St. door only and again, social distancing protocols will be in place.

In Sanbornton, Selectman Jim Dick said the TC/TC office will continue public access through their outside service window from 8 a.m. until 4 p.m., Tuesday through Friday, for the time being. Any in-person transactions with the Board of Selectmen can now be conducted by appointment but there is a limit of two people at a time in their office lobby.

SEE BUSINESS, PAGE A10

## Veterans Home employees receive Common Man’s ‘Do Good’ recognition

TILTON — The New Hampshire Veterans Home (NHVH) team of employees was recently the recipient of The Common Man Roadside’s “Do Good” lunch of pizza, dessert and beverage.

Sharon Wildermann, mother of NHVH Assistant Dietary Manager Sarah Wildermann, nominated the New Hampshire Veterans Home for the honor.

She relayed, “They have been through a lot. They go out of their way to entertain and support all the vets there that can’t currently have visitors.”

SEE DO GOOD, PAGE A10



COURTESY TILTON-NORTHFIELD FIRE DEPARTMENT  
A forest fire along the banks of the Winnepesaukee River off W. Main Street in Tilton last weekend brought in firefighters from several towns to help extinguish the flames and smoldering hot spots.

## Crews tackle brush fire in Tilton

BY DONNA RHODES  
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TILTON – A report of smoke spotted from an outside fire at 6:40 a.m. on Saturday, June 20, had crews from Tilton-Northfield Fire Department scrambling as they tried to pinpoint its exact location. After 30 minutes of searching the banks of the Winnepesaukee River, the fire was eventually located on land behind 505 W. Main St., where approximately one-half acre of

thick brush and vegetation was burning at the time of discovery.

Deputy Chief Tim Joubert said that the fire was found to be about one-half mile off the road, taking firefighters an additional hour to get adequate manpower and water supplies to the scene. As a result of both the location and the dry conditions that day, their command then requested a first alarm response through Lakes Region Mutual Fire Aid.

“Crews worked ex-

tremely hard in difficult, hot, humid conditions, and were able to contain the fire to one-and-a-half acres,” Joubert said.

An additional second alarm was later requested for additional personnel to assist with the “mop up” process of the scene and to help extinguish hot spots as they continued to crop up throughout the day. Crews were on the scene for nearly eight hours.

TNFD reported that

SEE FIRE, PAGE A10



COURTESY  
Carolee Sliker, NHVH Recreation Therapy (pictured on the left) and Missy Robichaud, NHVH Assistant to the Commandant (on the right) gratefully accept the delivery of pizzas, desserts and drinks from Bill Boynton of The Common Man Roadside. The visible thumbs up and smiles behind the masks were representative of those shared by staff members throughout the Home.



# Spaulding Youth Center welcomes Raymond Suarez to Board of Directors

NORTHFIELD — Spaulding Youth Center is pleased to announce Dr. Raymond Suarez has joined its board of directors.

Dr. Suarez is the Chief of Psychiatry at Lakes Region General Hospital in Laconia, New Hampshire. He recently opened Lakes Regional Wellness, a private practice in downtown Laconia. Prior to starting his path to psychiatry, Dr. Suarez worked with children with special needs at the 92nd Street YMCA in New York City. His work at the YMCA inspired him to start a career in mental health.

“We are excited to welcome Dr. Raymond Suarez to our board of directors,” said Susan C. Ryan, President & CEO of Spaulding Youth Center.

“His medical knowledge and extensive background in psychiatry, mental health and wellness is certain to be a welcome addition to our diverse board.”

Michael Ventura, Board Chair of Spaulding Youth Center, added, “Dr. Suarez has extensive professional expertise with mental health and wellness which will provide great value to Spaulding. We look forward to seeing how Dr. Suarez’s experience will translate into ideas promoting good health and wellness for the children and families we serve.”

Dr. Suarez received his Board Certification from the American Board of Psychiatry and Neurology in 2011. He received his Medical Degree in 2003 from the Albert Einstein College of Medicine, Yeshiva University before attending the Montefiore Medical Center, where he graduated from the Department of Psychiatry and was Chief Resident of Long-Term In-Patient Care at Bronx Psychiatric Center. He completed his postdoctoral fellowship in Transcranial Magnetic Stimulation at the New York State Psychiatric Institute, located at the Columbia University Irving Medical Center.

The Spaulding Youth Center board of directors is comprised of volunteers from the human services, corporate, investment, and philanthropic sectors of our state. To learn more about the Spaulding Youth Center board of directors, visit <https://www.spauldingyouthcenter.org/about-us/leadership/>.

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, and welcomes boys and girls from ages 4 to 21 from



Raymond Suarez

around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit [www.SpauldingYouthCenter.org](http://www.SpauldingYouthCenter.org).

## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 527 calls for service and made the following arrests during the week of June 8-14.

Arrested during this time period were Emily Andrews (for Receiving Stolen Property), Joanna Greenlay (in connection with a warrant), and Haigan Doubleday (for Breach of Bail).

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of June 5-19.

Douglas Paul Schnelle, age 40, of Belmont was arrested on June 6 for Domestic Violence-Violation of a Protection Order.

David L. Delucca, age 48, of Belmont was arrested on June 6 for Resisting Arrest or Detention, Driving After Revocation or Suspension, Simple Assault, and two counts of Criminal Mischief (Vandalism).

Timothy Allen Bullcock, age 58, of Belmont was arrested on June 7 in connection with a warrant issued by the Tilton Police Department.

Jonathan Charles Joy-Pagliarulo, age 38, of Belmont was arrested on June 9 for Driving After Revocation or Suspension and in connection with a warrant.

A 43-year-old male from Belmont was taken into protective custody for intoxication on June 9.

Amanda D. Boyce, age 23, of Belmont was arrested on June 10 for Theft From a Building.

Joshua I. Gagne, age 38, of Belmont was arrested on June 10 in connection with multiple bench warrants issued by Laconia District Court. Michelle A. Gagne, age 40, current address unknown, was arrested during the same incident for Violation of Probation or Parole.

Yarbu Hughes, age 38, of Neward, N.J. was arrested on June 11 for Operating Without a Valid License.

Travis M. Murphy, age 28, of Loudon was arrested on June 13 for Default or Breach of Bail Conditions.

Tyler P. Young, age 29, of Belmont was arrested on June 13 for Penalites-Control of Premises Where a Controlled Drug was Kept.

Perley J. Laraway, age 42, of Belmont was arrested on June 14 for Violation of Probation or Parole.

John Paul Natzel, age 34, of Belmont was arrested on June 15 for Possession of Controlled/Narcotic Drugs and Criminal Trespassing.

Melinda A. Cronin, age 38, of New Durham was arrested on June 16 for Driving After Revocation or Suspension and Possession of Drugs.

Robert Nadeau, age 43, current address unknown, was arrested on June 17 for Possession of Controlled/Narcotic Drugs.

Joshua S. Ellsworth, age 31, current address unknown was arrested on June 18 for Receiving Stolen Property.

## Halie Haskins of Northfield graduates from Lasell University

NEWTON, Mass. — Halie Haskins, a resident of Northfield, graduated Cum Laude from Lasell University.

Haskins received their BS in Event Management after completing graduation requirements on Dec. 20, 2019.

Lasell University’s Class of 2020 will be honored in person when restrictions are lifted and it is safe to do so. In the meantime, the University congratulates them on this incredible achievement!

For more information contact: Samantha Mocle, assistant director of communications at [smocle@lasell.edu](mailto:smocle@lasell.edu) or at 617-243-2386.

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**Ensure You’re Properly Insured**

There’s certainly been plenty of volatility and uncertainty the past few months, but one aspect of your financial picture has probably remained stable: your need for insurance. And since National Insurance Awareness Day is observed on June 28, now is a good time to review your overall insurance coverage to determine if you and your loved ones are well-protected. You might be surprised at the lack of protection among your fellow citizens. Less than 60 percent of Americans have life insurance, and just about half of those with insurance are underinsured, according to LIMRA, a research organization. Of course, you might think the reason so many people don’t have insurance is because they don’t need it. But just about every age group can benefit from life insurance.

- If you have a house and a family ... Your insurance needs are obvious: If something happened to you, could your mortgage payments still be met? How about your car payments? Doctor’s bills? College for your children? Even if you have a spouse or partner who earns a decent income, your family could still have big trouble paying its bills if you weren’t around.
- If you’re young and single with no family responsibilities... If you’re in this group, why would you need life insurance? For one thing, perhaps you owe money together with someone else – you might, for example, be a joint debtor on a mortgage. If you passed away, your co-debtor would be responsible for the entire debt. And just because you don’t have family responsibilities now, it doesn’t mean you never will. If you have a family history of serious health issues, which may eventually affect you, you could have trouble getting life insurance later, or at least getting it without paying a lot. Now, when you’re young and healthy, the coverage is available and may be more affordable.
- Your children are grown and you’re retired... If you retire with debt or have a spouse dependent on you, keeping your life insurance is a good idea, especially if you haven’t paid off your mortgage. Plus, life insurance can be used in various ways in your estate plans.

Even if you recognize the need for life insurance, though, you may be uncertain about how much you require. Your employer may offer insurance, but it might not be sufficient for your needs. And, perhaps just as important, if you leave your job, voluntarily or not, you’ll likely lose this coverage. If you purchase a private policy, what’s the right amount? You might have heard you need a death benefit that’s worth seven or eight times your annual salary, but that’s just a rough estimate. To determine the appropriate level of coverage, you’ll need to consider a variety of factors: your age, income, marital status, number of children, and so on. Still, even after you’ve got the right amount in place, it doesn’t mean it’s set in stone. You should review your coverage regularly, and especially when you change jobs, get married or remarried, have children or experience any other major life event. Life insurance should be a key part of your overall financial strategy, along with your retirement accounts and other investments. Make sure you’re properly covered – for today and tomorrow.

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# Art Association to offer drawing classes

TILTON — The not-for-profit Lakes Region Art Association/Gallery, Tanger Mall, Tilton, is now offering drawing classes for students in grades from six to 12. The five weekday classes begin Monday, July 6, 10 a.m. All two hour classes are taught by professional artist, Thomas Hitchcock.

“There are students who love to draw using graphite pencils, and I’ll

be happy to share our mutual love for their use by teaching each one how to develop and improve their skills, understand perspective, shading, gradations, special tricks, and what type of supplies and paper they’ll need,” said Hitchcock.

In addition to Hitchcock’s teaching students how to draw, they’ll also get a full scope of training in the art of seeing,

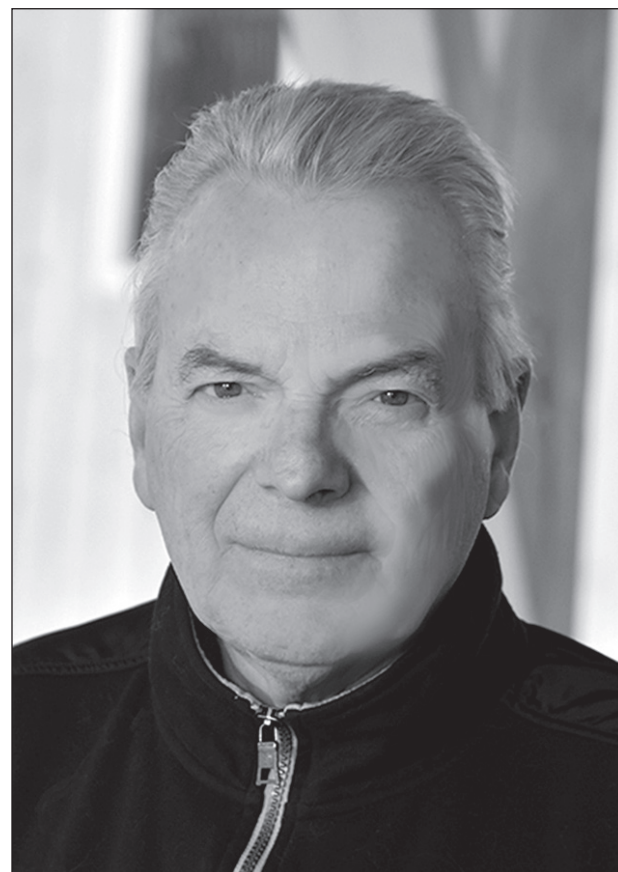
comprehending and on how to include scenes and objects they’ve observed into a well-designed and successful work of art.

Included is a free multi-page book authored by Hitchcock: ‘How to Draw Using Graphite Pencils and Other Materials.’

“My hope is to help any aspiring young artist to improve their skills and talent in the

pursuit of learning how to draw,” Hitchcock concluded.

For the complete schedule of classes and cost for the LRAA/Gallery ‘Learn How to Draw’ course, contact the Lakes Region Art Association/Gallery, 132 Tanger Mall, Tilton, Wednesday thru Sunday, 11 a.m.-7 p.m. or call 496-6768.



Thomas Hitchcock

## Local officials offer advice on outdoor fires

BY DONNA RHODES

drhodes@salmonpress.news

REGION — Summer is here, bringing with it many fun outdoor activities, but as people enjoy holidays, friendly get-togethers and family celebrations, local safety officials hope they will do so in a safe and responsible manner.

A month after a four-alarm outdoor fire in Belmont, Assistant Chief Debbie Black of the town’s fire department wanted to remind residents and visitors alike that permits for outside fires and fireworks are required in that town and urged people to be cautious in their use, especially in these dry summer conditions.

“People also need to have a water source near any outside fire in the event anything happens,” she said.

Sanbornton Fire Department Lt. Ken Carleton echoed Black’s comments, adding that while permits for fireworks are not needed in his community, he and his fellow firefighters want to also stress that people exercise caution with any incendiary items.

“If you’re going to use fireworks, be careful,” said Carleton “Stay away from people and buildings. You really never know which way they’re going to go when you light them. Being responsible, being safe is what’s really import-

ant.”

Fire permits are necessary in Sanbornton though but Carleton said they are easily obtained through a phone call to the fire department.

“Call us with your information and we can then e-mail the permit right to you,” he said.

One final precaution however is to be aware of up to date fire conditions in the area. Carleton advised that anyone looking to have a permitted campfire should first check with the department to see what the fire conditions are before they strike a match.

“We’re here from 7 a.m. until 7 p.m. All they need to do is give us a quick call and we’ll let them know if it’s safe

that day,” he said.

Fresh off a second-alarm forest fire along the banks of the Winnepesaukee River last weekend, Tilton-Northfield Fire and EMS also had this advice to offer.

“[We] would like to remind everyone to be responsible with their smoking materials and campfires during these dry conditions. Smoking materials must be properly discarded and all campfires properly extinguished with large quantities of water,” they said.

Any questions on permits or the proper handling of cooking grills, campfires or fireworks should be directed to the local fire department.

## Local financial advisory firm embraces fee-only planning

LACONIA — The Foundry Financial Group, Inc. in Laconia, NH has redefined its financial planning and investment management service model as a Fee-Only investment advisor. The change, which officially took effect on May 15, means that advisors at The Foundry can only compensated by the fees paid directly by clients. In no circumstances can an advisor be paid a commission for the sale of an investment product, insurance product, or annuity.

“This change has been coming for a long time,” said Michael H. Fogarty, CFP®, presi-

dent of The Foundry. “When an advisor is paid a commission for the sale of a financial product, it presents a potential conflict of interest. By eliminating that potential conflict, our clients know that we are putting their interests first. It’s a much better foundation on which to build trust.”

As a Fee-Only planner, the only way the advisory firm and its representatives can be paid is by fees paid by the client. Commissions are not allowed.

According to Fogarty, “This compensation structure means that we only serve our clients’

best interests as fiduciaries and as partners in their financial decision-making.”

The Foundry has been serving families and businesses throughout the Lakes Region for more than 30 years. Services to families include comprehensive financial planning and investment management. The Foundry also serves as the investment advisor to many local businesses, assisting them with 401(k) plan design, employee benefits, risk management, and business succession.

Financial planning services are offered through The Foundry

Financial Group, Inc., a registered investment advisor. Investment advisory services are offered through Cambridge Investment Research Advisors, Inc., a registered investment advisor. Cambridge and The Foundry are not affiliated.

For more information about The Foundry Financial Group, Inc. contact Michael Fogarty at 528-5171 or by email at mfogarty@foundryadvisors.com. The Foundry website is www.FoundryAdvisors.com. The Foundry is located at 67 Water St., Suite 101, Laconia, NH 03246.

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## Strength through survival

While our current economy hasn't quite dipped to the level it did during the Great Depression, the inevitable comparisons have been a dominant topic of discussion since COVID-19 put a halting stop to our economy.

To date, the Great Depression was the worst economic decline in modern times. A hard jump from the 'Roaring Twenties,' when Americans were enjoying a robust economy with more time to spend and recreate.

After the stock market crash in 1929, those who were still employed saw a decrease in pay of roughly 40 percent. This included doctors and other affluent career paths. One quarter of the population remained without a living wage. With that said, the typical American had to adapt to a new way of life that included a level of scrimping and saving never seen before.

Homemakers, which were primarily women back then, were shown how to make due with what they had in the kitchen. Meals were stretched as far as possible. To do so people learned to enjoy more casseroles including macaroni and cheese, chili, Mulligan stew (a mix of anything available), bologna casserole, and a 'poorman's meal' (fried potato with diced hot dogs). Another go to was 'hot water pie' which was made up from simple ingredients such as butter, vanilla, sugar and flour. Potluck gatherings were also a cheap way for people to come together and socialize. Thrift gardens popped up in vacant lots across the country where community members could grow food, feeding thousands.

Movie theaters were a major source of entertainment during the years leading up to the Depression. After the economy bottomed out, people had to find other, cheaper forms of leisure. One third of the cinemas in the country were shuttered. Miniature golf courses charged people no more than 50 cents per round, making the low-key game another popular thing to do. With that said, board games such as Scrabble and Monopoly became all the rage. People were also tuning into the radio for comedy shows and other dramas.

More women became employed to supplement lost income, despite the fact that they were paid significantly less than men. Government help was also more socially acceptable after President Franklin D. Roosevelt introduced his New Deal initiative aimed at putting Americans back to work building infrastructure, such as the interstate highway system, that provided increased mobility not only for civilian traffic, but for the military and law enforcement as well. Before the Depression, those receiving welfare had their names listed in local newspapers, which was a deterrent for many to accept government assistance.

Men grew insecure after not being able to provide for their families, which caused an uptick in suicide. Divorce rates were low because couples could not afford to separate, and though many couples did decide to split, others were inspired to work through their issues and emerge on the other side stronger than before.

Traveling hobos became very common for teenagers who sought work to help their families on the road. Violent crimes did increase, however fell after a few years.

While things have not reached a point nearly that low in our contemporary society (and hopefully won't), this situation has forced Americans to adjust their way of life, just as our forebears in the '30s did. And just as it did for them, that course correction may make us stronger.

BY LARRY SCOTT

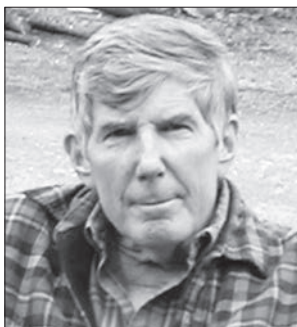
Talk of unsung heroes, outstanding men who were largely ignored and soon forgotten, and Joseph, Jesus' stepfather, goes to the top of my list.

The last we hear of Joseph is in the Gospel of Luke, chapter 2, where we read that Jesus' "father" was present on a journey the family made to Jerusalem when Jesus was 12 years old. Even then, Joseph is not named. That's it! We never hear of him again, not even as to his death.

Much has been made of Mary, and rightly so.

She was a special woman, given a role second to no one else in history. We can only imagine what a moving experience it must have been the first time she realized the baby she was holding — was God!

But she was not alone. For Joseph, also, it was an awesome responsibility. As head of the family, it fell to Joseph to give Jesus the stability and the security He needed as a child. During his teen years, he watched as Joseph managed the affairs of their home. Jesus' understanding of truth and honesty, self-discipline, morality, respect



By JOHN HARRIGAN  
COLUMNIST

There always seems to be something singing in the night. Last week, it was spring peepers. This week, it's tree frogs.

Specifically, the Eastern gray tree frog. But wait a minute---the books (numerous books) list this boisterous frog's territory as, to sum up several, throughout New Hampshire except north of the White Mountains, which when you think about it (maps, please) leaves out quite a chunk of territory.

All I know is what my ears hear, which is the pleasant (if harsh) trilling (well, sort of a trill) of what undoubtedly is the gray tree frog. And it seems to be the same sound I've been hearing since I was a kid.

Just to make sure of this, I spent the better part of one recent evening listening, via electronic media, to the sounds made by all frogs and toads known to inhabit New Hampshire. The kindest thing to say is that, in general, they are not music to the ears.

The Eastern gray tree frog, in contrast, is practically downright musical, for other frogs at least. It's a sound I've been hearing (I think) forever.

Vermont has stolen a march on New Hampshire by naming the gray tree frog as its State Amphibian, a story well told in Northern Woodlands magazine. Has anyone taken the

North Country Notebook

## Vermont steals a tree frog, and what's a rod, anyway?

spotted newt?

+++++

Last week's column included a photo of a bald eagle, which are not exactly common, but at least are becoming numerous enough to be found (and seen) in most of the state. Since they are consummate opportunists, eagles will go wherever food (principally fish) is plentiful.

What some people don't want to hear is that eagles are not only predators, but also scavengers. This is well known where eagles are plentiful, but is not talked about much where they're scarce.

It's as if scavenging is somehow demeaning. But both of New Hampshire's apex predators---the coyote and the black bear---are omnivorous, meaning that they'll both scavenge and kill. And, by the by, eat apples and berries.

The eagle in the photo was trying to feed on road-kill in between oncoming cars, and flapped up into a roadside tree when it was disturbed. In fact, not too long ago an eagle was struck and killed in just such a situation. The obvious question is how anyone could fail to notice such a huge bird in the road.

+++++

The reader who took the eagle picture, Vince Bober of Alton Bay, was going to look into how Ten Rod Road got its name.

In the meantime, my own minor sleuthing has revealed that there are at least three other Ten Rod Roads in the state (Rochester, Farmington, New Durham). Further, (a) at one time they were ten rods long (unlikely), or (b) they were ten rods wide (even more un-



COURTESY

The Eastern gray tree frog is not supposed to be in the North Country, but nobody told it so. Its trilling bursts forth for just a second or two. (Courtesy Rebecca Johnson, New Hampshire Fish and Game)

likely), and (c) (likely) they've long since been stretched.

All this begs the question: What is a rod, anyway?

A rod is not just for spoiling a spared child---it's also The Incredibly Disappearing Unit of Measurement. Many people think "rod" is just a misspelling of "road." Soon, only surveyors, tax assessors, and lawyers will know what a rod is.

It is 16 feet, six inches. If you live on a two-rod road, and many people do, this means that the town's right of way is 33 feet. Somewhere in the middle of this, more or less, is your road.

+++++

I know of only a few one-rod roads. There is scarcely room for the road itself in such a scenario. There are little squeeze-outs here and there in case of oncoming traffic. This calls for common courtesy, which is a disappearing commodity. However, if everyone is observant and polite, it all works out.

This leads me (inevitably) to common rules of the (dirt) road. These are the little niceties that form the boundary between pleasant and unbearable.

There is no excuse for tailgating on a dirt road. Whoever brought up the subject of tail-

gating, thank you. What's more, not tailgating is a common courtesy that should be extended to the nation at large, if not the entire Northern Hemisphere. Conviction of tailgating should mean at least several weeks in the slammer.

If you catch up with a driver poking along, you are supposed to drop back and follow at what is known as a Discreet Distance. This is more than one rod, but not as much as two rods, if both vehicles are going under 35 and have not passed Go or received a Get Out of Jail card Free.

If you come upon two drivers stopped in the middle of the road, gabbing, you're supposed to sit there and wait for a reasonable time. Nobody has yet defined the term "reasonable time." Suffice to say that it is longer than a chipmunk's breath, but not quite as long as it takes a mountain lion to bound across a two-rod road.

Drumming of fingers, at least in sight, meaning "on the top of the instrument panel," is not allowed. And never, ever, even think of touching the horn.

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

## STRATEGIES FOR LIVING

### On unsung heroes and outstanding men

for authority, and godliness were influenced by what he observed in the man he called, "Dad." He watched as Joseph responded to the frustrations and challenges of managing a business in first-century Israel. It was, undoubtedly, a critical factor in His education.

Keep in mind that Joseph was a normal man. He, like each of us, needed to discover the strength of character that can be developed only through the give and take of life. There were surely times when he blew it, and perhaps occasions when he

didn't respond well to the growing-up antics of his unique stepson. But he was a good man and God Himself chose him for the rearing of his beloved son.

Although history records little of Jesus' childhood, one can surmise that Jesus also saw Joseph smile and relax as together they spent many a quiet afternoon fishing and enjoying each other's company. What an impact the many conversations they had together must have made on Jesus' outlook on life! Joseph, as no other man on earth, helped make Jesus the

man He was to become.

As we face recovery from the Coronavirus pandemic, it prompts a lesson we all need to take to heart. If we are typical, we develop our self-respect, indeed, our very attitude toward life, by the things we own and the success we have experienced. We admire wealth, power, and fame. God, however, seems to have a very different agenda. He is far more interested in who we are than in what we do. Character is primary!

Our accomplishments may be limited. We may be unknown and unher-

alded. No one may ever squabble over our estate. But much like Joseph, that does not determine our worth. The quality of our life will be seen in the lives of the family for whom we have been responsible. As they follow in our footsteps, as they honor the God they have met through our living ... then will our influence and the impact of our lives become evident. Our living will not have been in vain!

For more thoughts like these, please follow me on [indefenseoftruth.net](mailto:indefenseoftruth.net).



# ~ Comfort Keepers ~

## Ways for seniors to remain socially connected

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Many people worry that their senior loved ones spend too much time alone, and may be suffering from isolation. But there are many ways for people to stay connected to the older adults in their lives. And, studies show that seniors are physically and mentally healthier when they maintain social connection and foster relationships.

It's important to remember that it takes a team to ensure the highest quality physical and mental care for a senior. According to the AARP, nearly one in five family caregivers is providing unpaid care for an adult with health or functional needs. There are many ways that other family and friends can provide social support and create meaningful

interactions with their senior loved one.

For those trying to connect with a senior in their life, they can consider the following options:

Teach them something new – while many seniors are adept at using technology, some could use extra help getting set up for video chats or finding sources of online connection. Helping a senior learn to use new technology can be a fun bonding experience and pays off in continued contact! And if the family member or friend isn't an expert, they can consider taking a class together.

A study by William Chopik, a professor at Michigan State University, found "greater technology use was associated with better self-rated health, fewer chronic conditions, higher subjective well-being and lower depression."

Involve others – Group video chats have never been easier to set up, and there are free options that are great for small groups or paid options for larger gatherings of friends and families. Seeing each other's faces and sharing stories is a great way to stay connected.

Play together online – Popular board games have gone virtual! Classics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. Sometimes, a game night is all it takes to make people feel closer.

Spend time in-person when possible – While it may not always be possible, it's great to see loved ones when the situation permits. Families should take some time out of their week when

possible to take their senior loved ones to community events, or plan special meals at home. This can be especially important for seniors with mobility issues that can keep them from doing the activities they love outside of the home.

Become pen pals – The art of writing letters may be rare today, but everyone still loves to receive notes in the mail. Send letters with updates, drawings, photos and other small mementos, and encourage the recipient to reply. Letters and cards will quickly become cherished memories that can be shared and revisited in times of separation.

Consider hiring an in-home caregiver – For seniors that need a little extra help around the house, a caregiver not only provides assistance with daily living, but companionship and conversation too. And, a

caregiver can facilitate calls and video chats with loved ones. Caregivers are also trained to keep seniors safe in their home, and can be a great option to provide companionship during periods of illness or isolation.

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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](http://nhcomfortkeepers.com) for more information.

## MARK ON THE MARKETS

### Black swans



BY MARK PATTERSON

I suppose we have all heard the phrase "black swan event," which is a metaphor to describe an event that comes as a surprise and has a major effect. Black Swan is derived from the Latin expression coined in the 16th-century when the thinking was that there were no black swans, only white. But in 1697, Dutch explorers first saw a black swan in western Australia. The

sighting opened the door to the theories of statistical outliers happening when it was thought they could not. We tend to remember black Swan events as surprises that are typically negative such as the attacks on the World Trade Center's twin towers in 2001. While this is certainly a black swan event, so is the discovery of the Internet which I think, most people would perceive as incredibly positive. Was and is the pandemic a black swan event?

So how does all this relate to the management of your assets and investments? You cannot manage or should not manage for black Swan events, but your portfolio of investments should be managed per modern portfolio theory and as your needs for the money dictate.

Harry Markowitz wrote an essay in 1952 on modern portfolio theory. Markowitz, an economist, wrote about mean-variance analysis. These phrases are straight out of the statistics textbook and I'm sure many of you are familiar with. But it is how they are applied regarding your investment portfolio what makes them significant and extremely relevant. In the event of a black swan event you will likely see world debt and equity markets react in an extreme manner. In 1987, Black Monday saw the Dow Jones industrials lose significant amounts of value. Those who were using margin or sold near the bottom did not recover. But if you remember the bell curve, as things move away from the statistical mean or average they

will in fact revert to the average.

Markowitz believed having a variety of non-correlated assets you would enhance the return of your portfolio and reduce the risk. This is absolutely true today if you can obtain real asset class diversification.

Unfortunately, what I see all too often, are mutual funds with different names which would you lead you to believe that they are diversified but often have very similar holdings in very similar asset classes. I personally have not seen an occasion where one family of mutual funds can provide true asset diversification.

In a truly diversified asset mix, not all your investments will be doing great at the same time and conversely, they will not all do poorly at the same. Bull markets

in equities often give us a false sense of security and tend to make us chase the winners and shun the laggards. Things change and go through their various cycles. Rebalancing a diverse portfolio is necessary otherwise you no longer have properly diversified asset mix. Risk and your portfolios objective will also determine the asset mix. Is growth your objective? Income? Capital preservation? All these objectives can be managed in a properly diversified mix of low fee, high val-

ue investments.

*Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).*

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## Matthew Prescott named to SNHU Dean's List

MANCHESTER — Matthew Prescott of Belmont has been named to Southern New Hampshire University's (SNHU) Winter 2020 Dean's List. The winter term runs from January to May. Eligibility for the Dean's List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699 and earn 12 credits for the semester.

[Southern New Hampshire University](http://SouthernNewHampshireUniversity) (SNHU) is a private, nonprofit institution with an 87-year history of educating traditional-aged students and working adults. Now serving more than 130,000 learners worldwide, SNHU offers over 300 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).

### TILTON-NORTHFIELD FIRE & EMS DISTRICT ANNUAL MEETING

MONDAY JULY 13, 2020  
AT 7:00 PM

WINNISQUAM REGIONAL MIDDLE SCHOOL  
76 WINTER ST, TILTON

The 2020 Proposed Budget and Warrant Articles can be found at [www.tnfd.org](http://www.tnfd.org), and at the Town Halls.

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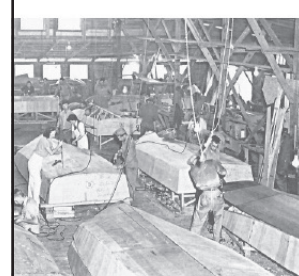
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B. Jeanne (Needham) Todt, 89

NORTHFIELD — B. Jeanne (Needham) Todt, 89, a resident of Northfield, died Tuesday, June 2, 2020 at the Franklin Regional Hospital following a period of failing health.

Mrs. Todt was born on Aug. 9, 1930 in Massachusetts, the daughter of the late Robert Cushman Needham Sr. and Bessie Margarite (Belden) Needham. She married Edwin “Dutch” Todt in Massachusetts on July 28, 1951. They had two children, Mary Dianne Todt of Northfield and

a son, Edwin “Tex” Todt II.

Prior to moving to New Hampshire in 1979, she worked as a Floral Designer. After moving here, they owned and operated a family business called Tilton Depot Market and Deli on Main Street in Tilton until 1986.

She leaves her daughter, Mary Dianne Todt of Northfield, with whom she lived.

Mrs. Todt was predeceased by her husband and son. She was a private person who

loved her family, her home, traveling with her daughter and living in New Hampshire.

At her request, there will be no calling hours held. A graveside service was held on Saturday, June 6, 2020 in the family lot in Park Cemetery in Tilton.

Assisting Jeanne’s daughter Mary is the William F. Smart Sr. Memorial Home in Tilton.

For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

John K. Beaudoin, 76

WINNISQUAM — John K. Beaudoin, 76, died on Wednesday, June 10, 2020 while living at the Forestview Manor in Meredith following a short illness.

John was born in Franklin, the son of the late Rene and Alice (Rand) Beaudoin of Salisbury. He was raised in the town of Salisbury until he graduated from Franklin High School and later Plymouth State College, where he earned his Teaching degree. He taught at Franklin High School, Laconia High School and Portsmouth High School, specializing in chemistry and science. He went on to earn his pilot license in New Hampshire and enjoyed flying out of Laconia Airport.

John later signed up



John Beaudoin

with the Department of Defense to teach school for the Marines in Okinawa Japan. He remained there for 25 years, coming home to his house on Lake Winnisquam every summer. John loved Corvettes and through the years collected many of them. After his retirement, he enjoyed going to area car shows and spending time with his buddies

and his family.

John is survived by his two brothers, Edward R. Beaudoin of Contoocook and Walter R. Beaudoin of Belmont. He also leaves his four nieces and nephews (Vicki Beaudoin of Idaho, Carole Fellows of Sanbornton, Mark Beaudoin of Contoocook and Craig Beaudoin of Gilmanston).

According to John wishes, there will be no calling hours held. A graveside service for his family will be held at a later date in Maplewood Cemetery in Salisbury.

The William F. Smart Sr. Memorial Home in Tilton is assisting the family with arrangements.

For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

Rosario A. Cadorette, 99

CANTERBURY — Rosario A. Cadorette, 99, died peacefully Friday, June 12, 2020 with family at his side, at the New Hampshire Veterans Home in Tilton where he resided since 2018.

He was born on June 4, 1921 in Phillipsburg, Quebec, Canada, son of the late Arthur L. and Eva (Lariviere) Cadorette. As a young boy, he and his family moved from Phillipsburg to Northfield, Vt., where he graduated from Northfield High School, class of 1940.

Soon after high school graduation, World War II broke out. As a Canadian citizen Rosario was exempt from military service. He waived his exemption, volunteered to be drafted, and became a naturalized US citizen in 1942. He served in the U. S. Army, Company C, 13th Infantry Regiment, 8th Division. He was a highly decorated veteran and recipient of three Purple Hearts and two Bronze Star medals. While fighting in the Northern France Campaign, he suffered a bullet wound to his head. Four months later in the Rhineland Campaign he suffered severe shrapnel wounds to his head, left wrist and hand. He was brought back to America to Cushing General Hospital in Framingham, Mass. for rehabilitation. Rosario would spend 10 months learning once again how to walk and talk. His left arm was restored to partial use. During his stay at Cushing Hospital he met and had a strong relationship with Helen Keller whose visits provided inspiration. He also met a dietician, Alicia Holder, who would become his wife of 46 years until her death in 1992. They had three daughters.



Rosario Cadorette

In spite of his physical limitations he worked at Hermsdorf Manufacturing in Manchester, and became the head finisher for specialty products such as the famous tear-drop display cases at Tiffany’s and interiors for Chris Craft water craft. Rosario worked there for 39 years and never once had any of his work rejected or returned as unsatisfactory. Following his retirement and his wife’s death, he returned to Northfield, Vt., where he was reacquainted with, and married, Bernice Pierson until her death in 2009.

Rosario was a courageous man with extreme determination and perseverance. He was also kind, caring, wise, and honorable. He was a devout Catholic and his faith was his daily lifeline and foundation. He was also a loyal member of many organizations including the American Legion Post 58, Disabled American Veterans, and Carpenters Union. He loved his friends and family, music, socializing, and growing flowers and vegetables. He also enjoyed bowling, shooting,

cooking and his daily exercise discipline consisting of 100 push-ups, 100 sit-ups, and a two-plus-mile walk until age 96.

Rosario leaves his

daughters, Susan and her husband Robert Nolan of Sandwich, Mass., Sally Crowell of Canterbury, and Patricia Beach of Bartlett; stepchildren Kay and her husband Stanley Matheson, David Pierson and his wife Vickie, and Nancy and her husband James Hall, all of Northfield, Vt.; six grandchildren; 15 great grandchildren; five great-great grandchildren; numerous comrades and friends; and, many staff members at NHVH who lovingly and skillfully cared for him. He loved you all.

Following Rosario’s wishes, there were no public calling hours. A Mass of Christian Burial was celebrated at St. Joseph Parish in Belmont on June 17, 2020 at 11 a.m. Immediately following, there was a final commendation at the Veterans Memorial (located next to the church) presented by the American Legion Post 58. Burial with military honors was held at the Bourne National Cemetery, Bourne, Mass., next to his first wife.

Those who wish may make a contribution in Rosario’s name to St. Jude Children’s Hospital, 501 St. Jude Place, Memphis, TN 38105; Boys Town, P. O. Box 8000, Boys Town, NE 68010; or, Shriners Hospital for Children, 51 Blossom St., Boston, MA 02114. Rosario felt that all children deserved a chance to live a happy and healthy life; throughout his life his monthly donations to these and other children’s organizations were assured.

Assisting his family is the William F. Smart Funeral Home in Tilton. For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

Jean E. Badger, 76



Jean Badger

NORTHFIELD — Jean (Elliott) Badger, 76, a longtime resident of Franklin and current resident of the Carriage House in Northfield, died on Tuesday, June 2, 2020 at the Golden View Healthcare Center in Meredith.

Jean was born on Nov. 24, 1943 in Madison, the daughter of the late Harry and Kilda (Castonguay) Elliott. She was employed for many years creating Telephone Pole Layouts for towns throughout New Hampshire, working for AT&T and NYNEX. Jean was an active member of the Pioneer Woman’s Group with fellow female employees of the phone company, often meeting for luncheons. She had many enjoyments in her life including taking trips with her husband to all parts of America, day trips with her son Keith and his husband Michael, visits with her granddaughter Tory and her family, scrapbooking, embroidering and

shopping, but most important to her were her cats Sassy and Chewy, whom she loved. She was of Roman Catholic Faith and attended St. Paul Church of St. Gabriel Parish in Franklin. She was predeceased by her parents; her husband, James O. Badger, who died on January 15, 2012; her daughter, Loretta Margaritis, who died on July 4, 2019; her son, Frank, who died in 1991; and by her older sister Sandra, who died when she was young.

Her family includes her three sons, Keith F. Badger and his husband Micheal Evans of Con-

cord, David J. Badger and his wife Shirley of Anchorage, Alaska, and Glen E. Badger and his wife Kristy of Meredith; her 13 grandchildren and 10 great grandchildren.

According to Jean’s wishes there will be no calling hours held. A graveside service will be held on Friday, June 26 at 2 p.m. in Franklin Cemetery, where she will be buried next to her husband Jim. For those unable to attend in person, the services will be streamed live via Zoom, please contact Glen for more details.

Memorial donations in memory of Jean, may be made to the New Hampshire Humane Society, P.O. 572, Laconia, NH 03247.

The William F. Smart Sr. Memorial Home in Tilton is assisting the family with arrangements.

For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

High school graduates receive scholarships from Franklin Savings Bank

FRANKLIN — Franklin Savings Bank recently awarded \$14,000 in scholarships to 15 seniors from seven area high schools to include Franklin High School, Gilford High School, Goffstown High School, Merrimack High School, Merrimack Valley High School, Newfound Regional High School, and Winnisquam Regional High School. The scholarships were awarded through the FSB Scholarship Fund.

“We are proud to support the aspirations of graduating seniors with their goals to pursue higher education in their chosen disciplines,” said Ron Magoon, President & CEO. “As a community bank with strong ties in the communities we have proudly served for over 150 years, we are honored to assist high school graduates and their families who may

be faced with the challenge of paying for higher education.”

Since 1994, the FSB Scholarship Fund has provided support to students in their pursuit of higher education. The bank has awarded 642 scholarships totaling \$346,500 to high school graduates since the Fund’s inception. The Fund represents the bank’s commitment to helping families afford higher educational opportunities for their children who wish to attend college on a full-time basis.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford,

Merrimack and Goffstown. Through its wholly-owned subsidiary, Independence Financial Advisors, Franklin Savings Bank also offers investment, insurance and financial planning services. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank is committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Franklin Savings Bank has donated more than 11 percent of its net income to charity since 2009. Visit [www.fsbnh.bank](http://www.fsbnh.bank) to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

Send all obituary notices to Salmon Press, by e-mail to [news@salmonpress.news](mailto:news@salmonpress.news)





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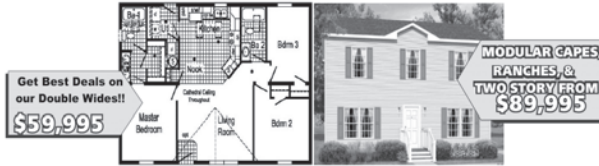
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ERA Masiello: [www.masiello.com](http://www.masiello.com)

Exit Lakeside Realty Group: [www.exitlakeside.com](http://www.exitlakeside.com)

Granite Group Realty Services:  
[www.granitegrouprealtyservices.com](http://www.granitegrouprealtyservices.com)

Gowen Realty: [www.gowenrealty.com](http://www.gowenrealty.com)

Kressy Real Estate: [www.kressy.com](http://www.kressy.com)

Lakes Region Realty: [www.lakesregionrealestate.com](http://www.lakesregionrealestate.com)

Lamprey & Lamprey Realtors: [www.lampreyandlamprey.com](http://www.lampreyandlamprey.com)

Maxfield Real Estate: [www.maxfieldrealestate.com](http://www.maxfieldrealestate.com)

McLane Realty: [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)

Mountain Country Realty: [www.mountaincountryrealestate.com](http://www.mountaincountryrealestate.com)

Nash Realty: [www.nashrealty.com](http://www.nashrealty.com)

New Hampshire Colonials Real Estate: [www.squamlake.com](http://www.squamlake.com)

Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)

Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)

Peabody and Smith: [www.peabodysmith.com](http://www.peabodysmith.com)

Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)

Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)

Remax Bayside: [www.baysidenh.net](http://www.baysidenh.net)

Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)

Strawberry Lane Real Estate: [www.strawberrylane.com](http://www.strawberrylane.com)

Town & Forest Realty: [www.townandforest.com](http://www.townandforest.com)



**MEREDITH OFFICE**  
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(603) 279-7046

**LACONIA OFFICE**  
1921 Parade Road  
(603) 528-0088

**VISIT US ONLINE: WWW.ROCHEREALTY.COM**

\$349,000



MLS# 4811030

**MOULTONBOROUGH:** A private island getaway with tiny house & dock on Lake Winnepesaukee.

\$755,000



MLS# 4810926

**LACONIA:** Fox Crossing South Down Shores! Gorgeous home with lake & mtn. views from almost every room.

\$249,000



MLS# 4797163

**PLYMOUTH:** In-town, 2 commercial buildings on 4+ acres. City water & sewer w/ 230' of road front.

\$649,000



MLS# 4811460

**LACONIA:** Single family South Down Shores home on 3.86 ac! Refreshed interior, detached garage & more!

### HIGHLAND RIDGE IS OPEN!



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 normal 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. Visit [www.rocherealty.com](http://www.rocherealty.com) or [www.highlandridgenh.com](http://www.highlandridgenh.com) for more information on these new homes being constructed in Tilton, NH. Prices start at \$299,900 MLS# 4775688

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# Help Wanted

**SUMMER HELP WANTED!**  
The Old Country Store,  
Moultonborough  
Cashiers and stock person  
positions available. Cashiers  
starting at \$12/hr. Full or Part  
time. Must be able to add & count  
back change, be personable,  
motivated, reliable, and trustwor-  
thy. Call 603-476-5750 M-F or  
stop in ask for Jo Hayden.

## Ashland Lumber

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](mailto:duhlman@belletetes.com)

E.O.E.

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

## HELP WANTED

The New Owner of the UPS Store in Plymouth is looking for part time sales associates. Fast paced environment. Must be able to lift up to 50 lbs. Computer skills a plus. Please apply in person or by email. 75 Main St. Plymouth.  
[store3582@theupsstore.com](mailto:store3582@theupsstore.com)

## Ashland Lumber

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](mailto:duhlman@belletetes.com).

E.O.E.

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

## HALF MOON NEEDS YOUR HELP!

**Want to have fun and get paid? Half Moon is looking for YOU!**  
We're now hiring for waitresses, sales clerks, housekeepers, and arcade cashiers. Full and part time positions available, and wages starting at \$10/hr. Ages 16+ can apply. No experience necessary! Come spend your summer with us down by the lake in beautiful Weirs Beach. To apply, email [halfmoonjobs@weirsbeach.com](mailto:halfmoonjobs@weirsbeach.com) or give us a call at (603)759-6774. We can't wait to work with you!



## Precision Lumber Inc.

### IMMEDIATE OPENINGS SAWMILL AND PLANER MILL WORKERS

**DAYTIME SHIFT  
BENEFITS INCLUDE**  
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to request us to email an application

**Precision Lumber Inc.**  
576 BUFFALO ROAD, WENTWORTH NH 03282  
[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)



## Full-Time Installers Assistant

Energysavers Inc, a 45 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license. Stop in to fill out an application:

**Energysavers Inc,**  
**163 Daniel Webster Hwy, Meredith NH**

## Steel Erectors, Metal Roof & Siding Installers Foreman, Leadmen And Laborer Positions

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.

## Ashland Lumber

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](mailto:duhlman@belletetes.com).

E.O.E.

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»Health Insurance	»Profit Sharing	»Store Discounts	»Much More!

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Community Service Days ★ Employee Discounts



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or apply in person at 231 Main Street in Plymouth, NH.

We are a drug and tobacco-free workforce.  
231 Main St., Plymouth, NH • (603) 536-2200 • [theCmanInnPlymouth.com](http://theCmanInnPlymouth.com)



## The Spa & Salon at the Inn has re-opened and is currently HIRING ALL POSITIONS!

We are looking for experienced and honest  
nail technicians, massage therapists,  
cosmetologists, estheticians & receptionists.

We offer outstanding compensation, advancement  
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**Apply today at theCman.com**

231 Main Street, Plymouth, NH • [theCmanInnPlymouth.com](http://theCmanInnPlymouth.com)  
We are a drug and tobacco-free workforce.



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**We are also seeking skilled and experienced:  
SUPERINTENDENT / FOREMAN  
EQUIPMENT OPERATORS  
BRIDGE CARPENTERS**

Top dollar rates paid based on skills, certifications, endorsements and experience. Benefits include paid holidays, earned time, health, dental, retirement, disability, work wear and travel pay.

Applicants must be dependable, have reliable transportation and be willing to travel to job sites within NH. Minimum age requirement is 18. Post-offer physical and drug screen required.

Call: (603)536-4154  
Text: (603)481-1057  
Email: [jobs@rmpiper.com](mailto:jobs@rmpiper.com)

or APPLY ONLINE!  
[www.rmpiper.com/employment](http://www.rmpiper.com/employment)  
Equal Opportunity Employer

## 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.



## Northern Human Services Consumer Directed Assistant

Looking for a kind, caring, and patient person to provide supports to a happy, active, young woman with high health needs and decreasing mobility, in the Plymouth area. Support includes assisting her in ambulating around her community and home, eating, completing hygiene tasks, and reaming safe while in the community. She enjoys varied activities within her community and is very physically active. She enjoys taking walks and hiking. This position is fairly physical and requires hands on assistance. Looking for someone 2 days a week with the opportunity to increase hours in the future. Starting rate of pay is \$15 per hour.

Send resume to Rhonda Vappi Northern Human Services, 87 Washington St. Conway, NH 03818, fax to 603-447-8893, or email to [rvappi@northernhs.org](mailto:rvappi@northernhs.org). (720-40)

*This position requires a valid driver's license, proof of adequate auto insurance and the successful completion of driver, criminal and background records checks. This Agency is an Equal Opportunity Employer and Provider.*



# Help Wanted

Call our toll-free number **1-877-766-6891**  
and have your help wanted ad in 11 papers next week!

## Moultonborough Academy Head Coach Wanted

Moultonborough Academy is seeking a Boys Varsity Head Basketball Coach for the 2020-2021 season. Applicants should send a letter of interest, resume, and 2-3 current letters of recommendation or references to: Matt Swedberg, Moultonborough Academy, PO Box 228, Moultonborough, NH 03254 or submit the material to [mswedberg@sau45.org](mailto:mswedberg@sau45.org).



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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 be 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](http://www.kingforest.com)**

  
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Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236  
[Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
EOE

## HELP WANTED



**3 LAKES LANDSCAPING**

### Landscape/Hardscape Crew Foremans

Full-time positions open for applicants experienced in commercial/ residential hardscape installations, irrigation, night lighting and plantings. Position requires 1–2 years experience. Must be able to operate heavy equipment.

### Landscaping Crew Members

Full-time year-round positions open. General experience in lawn maintenance to include but not limited to mowing, trimming, mulching, plantings, spring/fall clean-ups, then snow removal during winter. Must be able to operate general maintenance equipment and vehicles.

*All positions require valid driver's license.*

**603-728-8116 or email [3LakesLandscaping@gmail.com](mailto:3LakesLandscaping@gmail.com)**



## 2020-2021 SCHOOL YEAR Immediate Opening

NCCA is seeking a certified Educator for the Lancaster site with middle-high school experience. Come join our dynamic team as we move into our 17th year of operation.

NCCA supports and promotes creativity and innovation that focuses on the individual needs of students. Through the facilitation of a blended learning approach and an on-line curriculum platform, which provides the foundation while educators team up with staff, students and community leaders to develop interesting project-based activities all of which are rich in rigor, real world learning and that are relevant to students and our communities.

Candidate must be enthusiastic, dedicated and accountable for making a difference in the lives of every student. Small classroom, ample opportunities for 1:1 instruction.

Proficient in technology, Google Apps, excellent communication & administrative skills and a TEAM PLAYER!

Come join our professional team as we prepare to build upon the 552 students we have graduated in the North Country. Position if Full-time/190 calendar days/EXCELLENT benefits, \$32,000.00 salary.

Qualified applicants should forward a letter of interest, resume, and three letters of reference to:

Kathy Meddings  
North Country Charter Academy  
260 Cottage Street, Ste A  
Littleton, NH 03561  
[kmeddings@nccharteracademy.org](mailto:kmeddings@nccharteracademy.org)

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## Utilize Your Associates or Bachelor's Degree in Human Services as a Residential Advisor

**Join a supportive team and receive outstanding benefits including generous vacation, health insurance, 403B and paid training. Opportunity for advancement in a large and stable organization.**

- Great Schedule! 24 hour shift on Saturday and Monday, rest of the week off.
- Work as a part of a dynamic team assisting six individuals with medication self administration, activities of daily life, socialization, and recreation
- Bachelor's degree or an associate degree with two years work experience in the human services field preferred. Strong applicants without a college degree and with experience in a related field (medical, elder care, LNA etc.) may be considered.
- Entry Salary: 11:50-13.12 per hour.

*Northern Human Services offers generous benefits. Full time employees receive three weeks paid vacation with eleven paid holidays, sick leave, mileage reimbursement, health insurance, and agency paid 403B contribution with no match requirement.*

**Send cover letter and resume to:**

**Northern Human Services  
Attn: Bobbi Lyndes-Langtange  
29 Maple Street  
PO Box 599  
Littleton, NH 03561  
603-444-5358**

This position requires a valid driver's license, proof of adequate auto insurance, and the completion of criminal and background checks. NHS is an Equal Opportunity Employer, and Provider.

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THIS SEA ANIMAL IS THE LARGEST VERTEBRATE THAT IS NOT A MAMMAL. IT CAN GROW TO BE ANYWHERE FROM 18 TO 33 FEET IN LENGTH.

ANSWER: WHALE SHARK

### What’s the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

**A**

**B**

Answers: 1. Tusk is shorter 2. Bird in background 3. Two rocks 4. Missing tree branch

### THIS DAY IN... HISTORY

- **1749:** HALIFAX, NOVA SCOTIA, IS FOUNDED.
- **1957:** ELLEN FAIRCLOUGH IS SWORN IN AS CANADA'S FIRST FEMALE CABINET MINISTER.
- **2006:** PLUTO'S NEWLY DISCOVERED MOONS ARE RENAMED NIX AND HYDRA.

### New Word

#### AQUARIUM

a building open to the public with sea creatures on exhibit

### How they SAY that in...

**ENGLISH:** Zoo  
**SPANISH:** Zoo  
**ITALIAN:** Zoo  
**FRENCH:** Zoo  
**GERMAN:** Zoo

### Did you know?

THE OLDEST ZOO IN THE WORLD IS TIERGARTEN SCHÖNBRUNN IN VIENNA, AUSTRIA. IT WAS BUILT ON THE ORDER OF THE HOLY ROMAN EMPEROR, FRANCIS I IN 1752.

### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: SHARK

## NOTICE NORTHFIELD RESIDENTS

The Supervisors of the Checklist will be meeting on  
**Monday, July 6, 2020**  
**6:30 p.m. – 7:00 p.m.**  
**Northfield Town Hall**  
**RSA 669:5**

Purpose of this session:

- To make corrections to the checklist
- Registration for new voters for the upcoming Water District Annual Meeting
- Change of party affiliation can be accepted

Supervisors: Terry Steady, Rose-Marie Welch, Peggy LaBrecque

# Seniors

### SAFETY FIRST TODAY

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

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
Meredith, NH 03253  
603-279-3161

**Edward Jones**  
MAKING SENSE OF INVESTING  
edwardjones.com

## NOTICE TILTON RESIDENTS

The Supervisors of the Checklist will be meeting on  
**Monday, July 6, 2020**  
**6:00 p.m. – 6:30 p.m.**  
**Town Hall, 257 Main Street**  
**RSA 669:5**

Purpose of this session:

- To make corrections to the checklist
- Registration for new voters for the upcoming Water District Annual Meeting
- Change of party affiliation can be accepted

Supervisors: Bernard Chapman, Kathleen Mitchell, Judy Tilton

### Affordable living for Seniors of all Incomes! Current Openings – No Admission Fee!

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# Make the most of your staycation with these activities

taycations have grown in popularity in recent years. A 2018 poll from YouGov Omnibus found that 53 percent of the more than 100,000 participants had taken a staycation at some point, proving that forgoing traditional vacations for relaxing respites in the comfort of home is a wildly popular trend.

While they might not be as exotic as venturing off to parts unknown, staycations need not be limited to days spent lounging by the backyard pool or laying out on the living room couch. The following are a handful of activities that can help people make the most of their

staycations.

- **Spa experience:** Who doesn't like the chance to engage in a little pampering when staying in a fancy hotel? That same luxury can be enjoyed during a staycation by booking an appointment at a local spa that offers all the amenities, including a sauna, steam room, beauty treatments, and, of course, massage services.
- **A day on the links:** The opportunity to test one's mettle on a new course in an idyllic setting is one golf lovers simply cannot pass up while vacationing. A similar challenge can be found when staying at home. Do a little

homework to find the most challenging course within driving distance of your home and then book a tee time, treating yourself even further by indulging in a good meal in the clubhouse once your 18 holes are up.

- **The wonders of nature:** Professional and personal lives can make it hard to enjoy the great outdoors, even when it's steps from your front door. During a staycation, commit to exploring local parks, hitting the trails to hike or mountain bike or renting a boat or kayak and taking to the water.
- **City life:** Just because you aren't traveling far away doesn't mean you cannot still get out of town for a day. Plan a day trip to a big city within driving distance of your home. See the sights, visit a museum and cap it off with a visit to a restaurant



A night spent camping in the backyard and making s'mores can add a little variety and fun to a staycation with the family.

serving your favorite ethnic cuisine.

- **"Go" camping:** Parents of young children can make a staycation more special by spending a night camping in the backyard. Leave your devices indoors as you sit around the firepit telling stories and making some delicious s'mores. Then set up the tents and sleep under the stars for a memorable night in the "wild."
- **Rainy day:** If the weather is not cooperating during your staycation, create a backup plan to add a little life to rainy days. Plan a daylong film festival in which each member of the family gets to choose a movie everyone can watch together. Make sure you have plenty of

popcorn on hand and order in a few pizzas so everyone can focus on the films.

Families planning staycations can make these relaxing respites at home more enjoyable by incorporating a few unusual activities throughout the week.

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# VIRTUAL OPEN HOUSE

**\$50,000** of **NEW** financial assistance available to new students!

## How do you move forward when so many things have changed?

You lean on your community and you keep going.

Lakes Region Community College is here to support you on your educational journey. We know the importance of small classes where you can feel safe, the flexibility to transfer to other institutions when the time is right, and affordability.

That's why we've just made \$50,000 of financial assistance available to new students.

We're **here** to take you **there**.

**VISIT US ANYTIME**  
**LRCC.edu/GoVirtual**

Scan & Go to our Virtual Open House