

Newfound Landing

THURSDAY, MAY 7, 2020

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COMPLIMENTARY

Fran's Ceramics & Gifts offers "take-out fun" for art enthusiasts



BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – When a statewide order closed down many retail shops and restaurants were limited to serving take-out food only, Fran Bates of Fran's Ceramics & Gifts thought "outside the shop," so to speak, and came up with the idea to offer "take-out fun" from her studio/shop in Bristol's Central Square.

No longer able to conduct her classes or welcome customers into the shop, she started assembling kits people could instead order online or by phone to pick up or have shipped to enjoying doing ceramics at home.

"I saw that this was going to be a hard time for adults and kids, too, so I wanted to give them something to do while they were staying safe at home," said Bates.

Her own love for ceramics goes back more than three decades when she began hosting ceramic classes and selling her own creations in the late 1980's. She opened her first shop off Exit 28 in Campton in 1988 but eventually had to close its doors to care for her first husband when he became ill. She later held summer classes at Moosilauke Campground in Warren before finally taking a break from ceramics.

"I still had it in my blood, though," Bates said.

SEE FRAN'S PAGE A7

NHEC Foundation and employees raising thousands for local food pantries

PLYMOUTH — Employees of New Hampshire Electric Cooperative (NHEC) are more than halfway to their goal of matching a \$10,000 grant to the New Hampshire Food Bank. The grant, awarded last month by the NHEC Foundation is being dispersed to 28 food pantries across the state during this time of unprecedented need.

"With so many lives disrupted as a result of COVID-19, more and more people across New Hampshire are turning to local pantries for support," said NHEC Foundation Board Chair Sharon Davis. "To help meet the immediate need, we called a special meeting of the Foundation board and approved a grant that will give 28 local food pantries an account credit at the NH Food Bank, where they can shop for supplies at prices that are often much lower than local grocery stores.

SEE PANTRIES PAGE A7

Marinas see promising signs for boating season



LEIGH SHARPS

Greg Baker and Dan Eaton, owners of Mobile Marine.

BY LEIGH SHARPS
Contributing Writer

REGION—As the COVID-19 pandemic is, hopefully, beginning to level off, local marinas have not missed a beat in starting their normal preparations for the upcoming boating season. In fact, those types of recreational-based businesses had no need to stop any of their usual activities since the onset of the pandemic due to the fact they are not publicly active from late Fall to early Spring.

Ice-out being over on all regional lakes for quite a while now, boaters and beach users are probably wondering if this summer's season is continuing as normal. Established boaters know this popular warm weather livelihood has always been a social distancing activity anyway. Area lakes also place specific restrictions on rafting (how many boats

may be anchored together for social reasons). Of course, there are also stringent state laws which keep boats a safe distance not only from each other, but from the shore-land, water skiers, sail boats, kayakers, etc. (see N.H. Marine Patrol's standing laws/regulations for details).

Marinas all over the Lakes Region are experiencing a huge surge in requests for second homeowners to put their boats in the water earlier than usual. Squam Lake Livery, a family owned business since the turn of the century located in the channel between Little and Big Squam (and where the boat gassing scene was filmed in "On Golden Pond"), is doing what all Lakes Region Marinas and boat showrooms are doing now, closing their main building doors to the public while continuing to prepare for what appears to be a booming season

for this beloved regional recreational activity.

Livery owners Tom and Sally Daigneault said "In April, the request for spring service has gone up by about 50 percent due to the out-of-state property owners choosing to shelter here in their vacation homes. We are hoping to remove some of our self-imposed restrictions in May so we can give our customers the opportunity to enjoy the lake earlier than usual in this unusual time."

NH Mobile Marine owners Dan Eaton and Gregg Baker (who also run a division called Tow Boat US on Lake Winnepesaukee), located on Route 3 in Holderness, say their business has also ramped up and say they're about a month and a half ahead of time for their business. Both have been boat mechanics locally since their teens and

SEE MARINAS PAGE A13



DONNA RHODES

Sue Mathison of the Plymouth Rotary was safely handing out facial masks to residents who arrived at the ReStore on Tenney Mountain Highway last week to receive free masks for themselves and their loved ones as part of the organization's "Mask Up New Hampshire" project.

Rotary pitches in to "Mask Up" New Hampshire

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH – Cars lined up early outside the ReStore on Tenney Mountain Highway in Plymouth last Friday as the Plymouth Rotary got set to begin their "Mask Up New Hampshire" campaign, offering free facial masks to anyone who needs them as not

only the state but most of the country continues to take precautions against the COVID-19 pandemic.

Plymouth Rotarian Alex Ray kicked off the project when he told the organization that he could obtain as many as 67,000 facial masks from sources he knew of outside the country. Plymouth Rotary decided that providing masks

for local residents was a project they wanted to be part of so Ray and fellow Rotarian Steve Rand then flew to Miami, loaded a rental cargo van, and drove the goods back to New Hampshire last week.

Plymouth Rotary President Paul Brochu said the impetus behind

SEE MASK UP PAGE A7

Glove Hollow Farm lifts spirits with “Quaran-trees”



Glove Hollow Tree Farm owner Mike Ahern passed out Fraser Fir seedlings to people last weekend for his “Quaran-trees” campaign to make sure something good grows from these difficult times.
BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH – Glove Hollow Tree Farm owner Mike Ahern and his children offered a unique gift to the community they love last Saturday.

They gave away free Fraser Fir seedlings for people to plant at their homes in hopes of reminding everyone that despite the setbacks they are enduring due to the COVID-19 virus, life goes

on. Ahern said there is a row of trees across from his farm that were planted many years ago by his grandfather and felt the “Quaran-trees” he dispersed over the weekend might one day bring back other memories of how everyone came together to get through the COVID-19 pandemic. “Every time I look at those trees, I think of my grandfather. I love this community so very much and just hope that years from now people will see these trees growing around town and remember how strong we all were (in 2020),” Ahern said. Fraser Firs are quite popular as Christmas



Cole, Amanda and Julia Ahern displayed some of the Fraser Fir seedlings their father Mike purchased from the New Hampshire State Forest Nursery that were given away to local residents last weekend, courtesy of Glove Hollow Tree Farm.

trees due to their fragrance, strong limbs and ability to retain their soft needles throughout the holidays so those were what he selected to purchase through the New Hampshire State Forest Nursery. Advertising the “Quaran-tree” giveaway on social media, nearly 300 people showed an immediate interest in having a tree to plant so Ahern planned accordingly, expecting even more people to drop by his farm. In order to keep everyone safe, Ahern’s children, Cole, Amanda and Julia, directed traffic through the Glove Hollow parking lot to where their dad then passed on a small Fraser Fir to

each person as they sat in their vehicle. Sliding the seedlings into plastic bags for the trip home, Ahern, a well-seasoned tree grower, also offered some advice on how to plant the trees so they wouldn’t become “J-rooted,” which could affect their growth. “Just make sure the pot you plant it in for now, or the hole you dig, is deep enough to keep the roots from curving back upward,” he advised everyone. While Ahern was calling them “Quaran-trees,” he said one gentleman told him he would name his tree the “Corona Tree” as a symbol of these unusual times.

Ahern smiled and said that whatever people wanted to call their tree, his intentions are to see them still growing in years to come. “I think that would be amazing,” he said. Like his grandfather’s trees, he hoped that his Fraser Firs will eventually become a reminder of how this pandemic was a “big deal” in the year 2020 but, by banding together, everyone in his community made it through. “What I really want is for people to see something good ‘grow’ from all of this,” said Ahern.



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Plymouth campus of LRMHC to relocate this fall

PLYMOUTH — Lakes Region Mental Health Center (LRMHC) has announced that in mid-February, they closed on the purchase of a property located at 81 Highland Ave. in Plymouth.

“By relocating our offices to a building that is more centrally accessible to the hospital, area schools and Plymouth State University and is large enough to support the expansion of mental health and substance

use disorder services, we will be better positioned as the leader in providing integrated healthcare; healthcare that creates bridges out of silos and strengthens the hope of recovery for all individuals and families that live with mental illness,” said Maggie Pritchard, Chief Executive Officer.

Access to mental health care services was identified as a top priority for community health

care improvement in both the 2017 Central New Hampshire Health Partnership Needs Assessment and the 2017 Partnership for Public Health Needs Assessment reports. Given today’s environment of changing socioeconomic pressures, and factors such as the opioid crisis that continue to strain existing resources, this new facility will help LRMHC meet the increasing need for mental health services.

substance misuse services. The reconstruction of the building’s interior is scheduled to begin in April, and Lakes Region Mental Health Center hopes to be occupying the building in the early fall.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	13 West St.	State Agency	\$131,766	State of New Hampshire	Gone Skiing LLC
Bristol	N/A	N/A	\$262,000	Bruce A. Beaurivage	Garret K. Taoka
Campton	587 Bog Rd.	N/A	\$258,000	Ann E. and Ronald L. Bastille	PB NT and Virginia V. BergeronCampton3
Cabernet Dr.		Single-Family Residence	\$340,000	Melanie N. Boutot	John W. and Pamela J. Felbaum
Campton	Deacon Willey Road Ext.	N/A	\$60,000	Leonard and Sandra A. Martell	Malgorzata Groblicka
Campton	185 Reservoir Rd.	Single-Family Residence	\$200,000	Samantha T. Ciaston	Tiffany A. Hammer
Campton	45 Susie Driscoll Rd.	Single-Family Residence	\$215,000	Richard W. and Lynn E. Sutherland	Pamela S. Baker and Justin Goyette
Campton	N/A	N/A	\$14,000	Ernest A. Beneivenga	Merrimac Associates RT and Ralph E. Wilbur
New Hampton	Pinnacle Hill Road	N/A	\$299,933	Paul and Ann Rowland	Andrea Berry
Plymouth	Daniel Webster Highway	N/A	\$550,000	Scott P. Colgan	Merrimac Associates RT and Ralph Wilbur
Plymouth	Melvin Road	N/A	\$130,000	Rosemary O'Hare	Marilyn Rasicot
Plymouth	Route 3A	N/A	\$143,000	Margot W. Moses	Carol A. and Mario J. Dimare
Rumney	N/A (Lot 3)	N/A	\$130,000	CNC Partners LLC	Isaac Dewever and Corinna Grogan
Thornton	135 Snowood Dr., Unit E5	Condominium	\$165,000	Dennis J. and Margaret L. Kelleher	Matthew J. and Alexis A. Smyka
Thornton	Tuxette Road	N/A	\$365,000	Foley Fiscal Trust and Constance A. Foley	Lisa J. McGonigal and Philip Yin
Waterville Valley	3 Forest Rim Way, Unit 02	Condominium	\$236,000	Stephanie E. and Pier D. Daprilie	Michael J. and Rebecca L. Mano

ABOUT THE REAL REPORT

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

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

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

North Country Notebook

A note the old-fashioned way, and the cougars of yesterday



By JOHN HARRIGAN
COLUMNIST

These weekly scribbles generate a lot of mail, enough so I spend five times as much time answering correspondence as I do writing the column. Each is a different kind of joy.

As the years go by, the letters written out in elegant longhand dwindle. While I appreciate any form of communication, notes so laboriously written somehow give me an extra tug.

I received such a note a couple of weeks ago from a reader in Ossipee. It was written in a fine hand, obviously guided by an equally fine mind.

The stationery had a ragged lower edge, which gave it a handsome note when folded. It fit nicely into its envelope, the stamp affixed just so.

All of this takes time, the kind of time never given without thought. And that is one of the many nice things about note paper, and its precisely fitted small envelopes, and stamps, and the United States Postal Service, and the ability to communicate in script.

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This vile pandemic totally dominates the



COURTESY

A mountain lion (catamount, cougar) on full alert. (Courtesy dreamstime.com)

news, to the exclusion of almost everything else. Meanwhile, other stuff still happens. Ships sink, fires rage, landslides bury entire towns. Drunken pachyderms stampede into villages in India in search of more beer being fermented for fertility rites. (Editors and headline writers love this story, which actually happens now and then, because it gives them an excuse to use "pachyderm.")

The only way you can run away from this kind of thing, this barrage of coverage on a subject you loath, is to go to camp, impossible just yet because the roads to the trail aren't ready, and my legs aren't anyway.

Sure, there are plenty of off-beat news stories online. But I want my news in a newspaper or over the airwaves. The computer takes a big enough bite of my world as it is.

+++++

Cougar sightings occur every year, and are often reported in hometown newspapers. In northern New England,

speculation often turns to Maine as the supposed haven for a remnant Eastern cougar population, hanging on by its wicked long and curved toenails.

While doing some research on Adirondack cougar reports, I bumped into a five-year review done in 2011 by the Orono, Maine field office of the U.S. Fish and Wildlife Service. It broke down the status of cougars (referred to by the generic "puma") on a state-by-state (and province-by-province) basis.

Here is what the review had to say about the state of Maine (the "Wright" referred to is Bruce Wright, a professor at the University of New Brunswick at Fredericton, who wound up being ostracized by his peers because of his stubborn belief in the Eastern cougar):

"Wright lists a number of more recent records, including pumas killed in LaGrange in 1915 and on the Little St. John Lake in 1938. The 1938 specimen was photographed, and is in the New Brunswick Mu-

seum.

"This is believed to be the last documented wild Eastern puma taken before extirpation in the state of Maine and possibly in the eastern United States."

As for the Brunswick Museum mountain lion specimen, it seems to be in shabby shape and of little use. This is how the Canadian Times Globe put it:

"Fifty years ago, in 1938, a cougar was killed in the Lac Saint John area near Madawaska. The animal was collected, stuffed and added to the museum's collection as the last hard evidence of an eastern cougar in New Brunswick."

Unfortunately, the hide was tanned during the process, so there wasn't anything left for the test-tubes.

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

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Please be on the watch for news on our dinners.

We hope to resume on September 12th.

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CADY Corner

Take time to breathe

BY DIANA NESBITT
Contributor

The COVID-19 pandemic has created a major shift for the entire world in our day-to-day lives. Face-to-face interactions have been replaced with face-to-screen interactions via Zoom and other online platforms. Thanks to technology, we can continue working and engaging socially to a degree never before possible for previous generations who faced quarantine due to pandemics. Even though this is an advantage, it also means it's easy for us to stay just as busy now as we are in normal times – which might cause us to place more pressure on ourselves than necessary.

During times of extreme stress, it's important to give ourselves space to process what is going on in the world around us, and within us, as we learn to navigate this new world we are living in. While the internet abounds with articles on staying productive while homeschooling and working from home, it's important to remember that we are not machines, and it's all right to take time to adjust and process - to produce less than normal is just fine. It is normal to feel unsettled and unfocused during these days as we all adjust individually to this worldwide crisis. In time, we will adjust and learn creative ways to cope, and as we rise above this challenge, we will grow in ways that we didn't know were possible.

As one article by Aisha Ahmad, assistant professor of political science at the University of Toronto, states, "Now more than ever, we must abandon the performative and embrace the authentic. Our essential mental shifts require humility and patience. Focus on real internal change. These human transformations will be honest, raw, ugly, hopeful, frustrated, beautiful, and divine... Be slow. Let this distract you. Let it change how you think and how you see the world. Because the world is our work. And so, may this tragedy tear down all our faulty assumptions and give us the courage of bold new ideas."

Recent reports show alcohol and other substance use is spiking as people throughout the country stay home amid the COVID-19 pandemic, coping in many cases with anxiety, isolation, grief, and financial hardships. This unparalleled time brings even greater challenges with substance misuse. It's important to recognize that "this too shall pass" and that self-medicating through alcohol or other drugs is not a healthy coping mechanism. Per the recommendation of the World Health Organization (WHO), during the COVID-19 pandemic, "Alcohol (and other drugs) is an 'unhelpful coping strategy' for dealing with anxiety and stress and can also increase a person's risk of the virus."

Take time each day to care for your physical, spiritual, mental, and emotional health and to stay connected with your loved ones. Let go of the pressure to be productive. Together, we will emerge from this crisis stronger and more resilient than ever before.



DONNA RHODES

Spring cleaning

With everyone in the Spring Cleaning mode, Rob Halliwell of RAH Paradise CO, LLC in New Hampton was busy bringing the sparkle back to some of the store windows in Bristol's Central Square recently.

SUSTAINABLE BRISTOL

BY LAUREN THERIAULT

In January, the New Hampshire House of Representatives voted to ban plastic bags and start a mandatory bag charge of ten to 50 cents to be determined by the store. This was set to go to the Senate for a vote before COVID19 swept the nation.

In March, Gov. Sununu asked the public to leave reusable bags at home and urged stores and restaurants to use new plastic or paper bags to help reduce the spread of

COVID19. For someone like me, who prides herself on not bringing plastic bags into her home, this was disappointing, but I understand the reasoning behind it. In order to feel better about the increase of plastic bags coming into my home I have made a list of things to do with the plastic bags you have instead of throwing them away.

Line your trash cans.
Use it for packing or shipping instead of peanuts or bubble wrap.
Wrap around plants

overnight if a frost is coming.

Use to clean up kitty litter or take on a walk with your dog to clean up after them instead of buying tiny bags.

Line a paint tray to save it for multiple uses, or place a used paint roller or brush in a bag into the refrigerator to save for later.

Use to pick up garbage on a walk or hike.

Divide perennials, put them in a plastic bag and drop some off with a friend.

Use for crafts, there are a plethora of plastic bags crafts online.

Keep your hair dry in a rainstorm, a' la my Grammy.

Keep several in your car to use as a trash receptacle, for family members who may get car sick, to carry wet clothes or boots after a hike, or keep a change of clothes in.

Lauren's Green Tip of the Week: Wash your clothes on cold, it saves energy and keeps your clothes from shrinking.

Home care the new front in COVID-19 fight Pemi-Baker Community Health is rising to the challenge

BY ANNA SWANSON
Pemi-Baker Community Health

Home health care is becoming a new front in the national fight against COVID-19 as hospitals discharge patients home and others strive to stay out of them. The World Health Organization just named 2020 the year of the Nurse and Midwife, and with National Nurses week right upon us, Pemi-Baker would like to say thank you to all of our Nurses and Licensed Nurse Assistants who go above and beyond, day in and day out.

Home care nurses, therapists, and aides — who normally help an estimated 12 million Americans with everything from bathing to IV medications — are now taking on the difficult and potentially dangerous task of caring for coronavirus patients. While Americans are being told to keep to themselves, home health providers and their clients still largely have to engage in person, often in close proximity. Many agencies are ramping up phone or video visits but these are typically not covered by insurance and even the smartest phone

can't listen to someone's lungs or get them to the bathroom.

The crisis is testing the industry, but it's also a moment of pride for workers who have often felt under-recognized.

"We have taken the Covid 19 pandemic as an opportunity," said Danielle Paquette-Horne, PBCH Home Health, Palliative and Hospice Care Director.

"We're getting a chance to establish what can be done different by modifying our daily operations and to show the community that they can continue to count on us to serve them and their family during this pandemic," Paquette-Horne said.

Coronavirus care at home has expanded rapidly in the last few weeks. Some agencies in most states are now taking COVID-19 patients referred after hospitalization or nursing home care or as an alternative to them, and Pemi-Baker Community Health is rising to the challenge.

Pemi-Baker Community Health's COVID-19 taskforce meets three times a week to assure Pemi-Baker is up to date with CDC guidelines and

like their colleagues in hospitals and nursing homes, PBCH's home care workers have faced a scarcity of protective equipment.

"We are very grateful to the EVERSOURCE Foundation for their recent grant to help us buy more protective supplies for our nurses, LNAs and patients," said Chandra Engelbert, Pemi-Baker Community Health, CEO. "To have a community partner we can rely on when our non-profit faces these challenges, is crucial and priceless," said Engelbert, "Countless Pemi-Baker friends have also sewn cloth face masks for our staff and patients, (double prevention), and we want to thank them as well."

To help raise funds, Pemi-Baker Community Health is holding a 'NO-SHOW AUCTION' throughout the month of May. With over 70 items to bid on, Raffles to invest in and Specialty Services to donate towards, they are hoping to make up for the fact that they had to cancel their largest fundraiser of the year. Please visit www.32auctions.com/PBCHMay2020 to participate. You can also

find links on their Web site: www.pembakercommunityhealth.org.

For over 52 years, Pemi-Baker Community Health has served family, friends and neighbors in more than 18 towns, and they couldn't have done it without the generosity of individuals and businesses alike. Pemi-Baker would like to thank the following businesses for sponsoring the No-Show Auction: Dumont Construction Inc., Mid-State Health Center, Northway Bank, Speare Memorial Hospital, NEEBCO, MatrixCare by ResMed, Noyes Insurance, Service Credit Union, Insurance 24, Steve and Carole Osmer, Brian Weeks Electric, Highline Acoustics, Deb Hills Cleaning Services, Peabody & Smith Realty.

PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 536-2232 or email: info@pbhha.org. Visit our website: www.pbhha.org and like our Facebook Page: @PBCH4

Letters to the Editor

Your state reps are still working

To the Editor:

We are in our ninth week of the COVID-19 emergency, and the number of new cases each day has soared in just this last week. We are fortunate here in Grafton County that the epidemic is less intense, but we must remain vigilant. We are so proud of the local residents and organizations who have stepped up to the challenge — the health care workers and the first

responders, PemiBaker TV, the Select boards, the Senior Center, the Rotary Club, and all the mask makers.

Throughout the crisis, we three have spent much of our time helping our constituents find the best route through a confusing bureaucracy. We are directing them to the right resources and agencies to get their needs resolved.

Our work in the House of Representatives was interrupted after our 20-

hour marathon House session on March 11 & 12, when we stayed until 4am to finish voting on bills sponsored by House members before the deadline. But the hiatus was brief, thanks to Zoom. Committee work resumed on April 30 with the first virtual meeting of the Finance Committee. All committee meetings are open to the public because of our state's Right to Know law, and will be posted, with instructions on

how to listen in, in the House and Senate calendars at www.gencourt.state.nh.us. Calendars are usually posted on Thursdays or Fridays.

As for meeting in the State House, we will not be able to do that until it is safe. The New Hampshire Constitution requires a two thirds quorum to be physically in attendance to be able to vote. House leadership from both parties agreed to extend deadlines. Now they are collaborat-

ing on a plan to assemble at a large facility where 400 legislators, plus staff, can maintain social distancing. This will give us the opportunity to attend to the issues we were elected to work on — health care, education, mental health, reducing property taxes, and protecting our right to vote.

Meanwhile, we are here to help. If you encounter problems or issues, we will do what we can to help you nav-

igate the system. You can email us at Joyce.Weston@leg.state.nh.us, Suzanne.Smith@leg.state.nh.us, and Sallie.Fellows@leg.state.nh.us.

Stay safe. Stay strong. Help others. We will get through this.

REP. JOYCE WESTON
PLYMOUTH
REP. SUZANNE SMITH
HEBRON
REP. SALLIE FELLOWS
HOLDERNESS



6 ways to prevent falls around the house

Despite all of the potential hazards around a house — from electrical issues to fire hazards to carbon monoxide — the National Home Security Alliance says that falls are the leading cause of death due to home accidents. Falls are responsible for one-third of all home-related fatalities. Although seniors are the group most affected by falls, these types of accidents can affect anyone.

A broken bone may be a minor inconvenience for young people, but fractures are more serious for the elderly. As a result, seniors must take measures to protect themselves against falls. These steps can minimize risk at home.

1. Remove tripping hazards. Examine rooms and hallways for potential hazards, such as slippery throw rugs, floorboards that stick

- up, loose carpeting, or furniture that blocks walking paths. Remedy these hazards as soon as possible. Address loose floorboards and/or place nonslip materials beneath rugs.
2. Install grab bars or railings. Install grab bars in certain locations for extra stability or where someone may need leverage getting up from a seated position. They are particularly helpful near toilets and bathtubs and in stairways and hallways.
3. Stick to sensible shoes. Sensible shoes fit properly and have sturdy, nonskid soles. Avoid walking around in slippers or even in stocking feet, which are much more slippery.
4. Store items within reach. Store items that are used frequently, such as dishes, in easily accessible cabinets and other

locations. This prevents having to climb or reach for them.

5. Install more lighting. Poor visibility can contribute to falls. Lighting in hallways, stairways, bathrooms, and bedrooms — even if it is a small night light — can be enough to light the way.
6. Reinforce your home's exterior. Falls do not only occur inside. Inspect the perimeter of a property for uneven turf, holes or cracked or uneven patches of walkways. Make sure lighting is working at entryways, and check that exterior handrails are secure.

Falls can cause serious injury or death, particularly for aging men and women. Simple fixes around the house can make things more secure and reduce the risk for falls.



What causes cataracts?

When a brand new car is driven off a dealership lot, its plastic headlight lenses are clear and pristine. Over time, due to contaminants in the environment and oxidation from ultraviolet rays, those same lenses can become cloudy, yellow and opaque. Cloudy headlights can decrease visibility and potentially put drivers at risk.

Similar scenarios sometimes unfold involving the human eye. Starting around age 40, proteins in the eye may begin to break down and cause lenses to become cloudy. UV rays can be damaging to the eyes and contribute to this natural protein degradation. While pronounced vision problems may not occur immediately, the American Academy of Ophthalmology says vision can be impaired later in life. The organization All About Vision states cataracts are the most common cause of vision loss in people over age 40 and also are the principal cause of blindness in the world.

Unprotected exposure to the sun is just

one contributor to cataracts. Certain medical problems, such as diabetes, also can cause cataracts. An eye injury, eye surgery or radiation treatments on the upper body also can cause cataracts, as can corticosteroids, advises the AAO. Congenital cataracts, which occur when infants are born with cataracts, may be caused by infection, injury or poor development in the womb; otherwise, they can form in childhood.

Cataracts form in various regions depending on the cause, according to AAV.

- Subcapsular cataract: A subcapsular cataract occurs at the back of the lens. People with diabetes or those who take high doses of steroid medications have a greater risk of developing this type of cataract.
- Nuclear cataract: This cataract forms in the central zone of the lens and is often associated with aging.
- Cortical cataract: This cataract is characterized by opacities that are white and wedge-like, which form

on the periphery of the lens. Eventually they work to the center in a spoke-like fashion. Cortical cataracts can result from aging.

Symptoms of cataracts often can be slow to form, so people may not even notice they have cataracts until they start to block light, while others may learn of their presence during vision exams. Cataracts may cause vision that is filmy, blurry or foggy, indicates WebMD. In older adults, nearsightedness may be attributed to cataracts. Glare, both during the day and at night, also may affect vision due to cataracts. Double vision or changes in the way one sees color can be symptoms of cataracts as well.

Eye professionals can diagnose cataracts and make recommendations on the course of treatment. Cataract removal surgery is highly effective. More than 95 percent of people who have undergone the surgery experience improvements. Such surgeries are often performed on an outpatient basis.

Audiology Specialists is closely monitoring the information provided by the NH state government and the CDC. As an independent, locally owned company, our patients arrive one at a time. Our office is quiet and uncrowded.

If you prefer to remain at home but need help with your hearing aids, adjustments can be made remotely. This means a change in program settings can be sent to your smartphone, which will then modify your hearing aids, wherever you are. We have been offering instruments which allow for virtual appointments since 2018. To be eligible for virtual appointments, your first appointment must be in person at our office. Please call for further details.

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



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Amy Jennifer Sweetland, 57

MEREDITH — Amy Jennifer (Simonds) Sweetland, 57, passed away on April 30, 2020 at her home in Meredith, surrounded by her family. She was the wife of Scott Sweetland for 38 years.

Born in Melrose, Mass., daughter of A. Daniel and Nancy Simonds, she grew up in North Reading, Mass.

Amy graduated from North Reading High School and attended Rhode Island College, as well as Middlesex Community College. She was the mother of three wonderful children, whom she and her husband Scott raised in Merrimack, where they lived for 28 years prior to moving to their Lake home in Meredith in 2012.

She is survived by her husband, Scott Sweetland; her son, Adam Sweetland, and wife Kate Kosewski; daughter Lauren Thompson; daughter Allison Sweetland and her partner Mackenzie Kellogg; four



Amy Sweetland

grandchildren (Elijah Thompson, Anna Sweetland, Bria Sweetland and Russell Sweetland). She is also survived by her two brothers, Daniel Simonds and wife Lucy Simonds and Peter Simonds and his wife Diane Simonds.

She was a member of New Hampton Community Church for the past eight years, and of First Baptist Church of Nashua for 28 years, where she was known for her beautiful voice, singing in the choir and for bringing tears to people's eyes as a soloist. Amy was an avid reader,

loved days at the beach or out on the boat with her family, loved traveling especially to her happy place at Walt Disney World, where she visited over 40 times during her 17-year cancer journey. Her favorite thing to do was to spend time with her children and grandchildren. Amy was admired for her smile that could light up a room even as she fought cancer with such grace and courage.

A celebration of life will follow at a later date to be announced (once large gatherings are permitted in New Hampshire) at New Hampton Community Church, New Hampton.

Memorial donations in lieu of flowers can be made to the Amy Sweetland Leiomyosarcoma Research fund at LMS-DR.org or to LMSdr, PO Box 52697, Tulsa, OK 74152.

To leave an online condolence, please visit www.mayhewfuneralhomes.com.

ground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

Sunday, May 10

Mothering and Mentoring

Pulpit Guest - Susan C. Scrimshaw, PhD

Our maternal relationships are complex whether our mothers are long gone or very present in our lives. For many, mothering is both wonderful and challenging, while others miss the children they lost or never had. Both men and women can find joy in mentoring, teaching and nourishing children in our communities. Join us as we explore the many facets of mothering and mentoring which are more complex than ever in this time of staying home.

SUNDAY SERVICES are currently being LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

www.starrkingfellowship.org
536-8908

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Welcome to the merry month of May! Wishing a Happy Mother's Day on May 10 to all the moms out there! May your special day be filled with love, laughter and many blessings! For those walking down memory lane, may it bring a smile to your face and peace in your heart!

Town

Next Board of Selectmen Meeting Tuesday, May 19 at 6 p.m. in the Municipal Building.

Alexandria UMC

Services via Zoom on Sunday, May 10 at 9 a.m. If you have any concerns please feel free to contact Pastor Faith at 491-4028 or email her at faith-greene83@gmail.com.

Hope you have a fabulous week ahead! Stay safe, and positive!

Bristol

Al Blakeley
adblakeley0@gmail.com

I'm having a difficult time deciding whether it is really Spring or not! Some signs are present, but there are still the lingering remnants of 'not-so-springy' around that take the edge off of my happiness! The signs I enjoy are: fishing, flowers in bloom, green grass, the return of hummingbirds and robins, and pussy willows. May the signs keep adding up...

Donations by citizens of the Newfound Community have resulted in a Prize Calendar to support local small business and the TTCC! These calendars are \$5 each and all proceeds collected will go to the TTCC Program Scholarship Fund. You can purchase tickets by contacting the TTCC at 744-2713 or ttcc@metrocast.net. Payment can be made by mailing in a check to TTCC at 30 N. Main St., Bristol, NH 03222, or by credit card (over the phone) or send you money via PayPal to ttcc@metrocast.net. After payment is received, raffle stubs will be filled out with your name and number and contact will be made if you win! Winners will be posted daily at TTCC. A prize drawing every day in June. Please help local businesses and the TTCC.

Heights," Wednesday, May 20 at 6 p.m.; Movie Group, Tuesday, May 26 at 6:30 p.m. ("Hataril"); Knot Only Knitters, every Monday from 2:30 - 4:30 p.m.; Readers' Advisory with your librarians, every Wednesday from 10 a.m. - noon; Coffee and Conversation every Friday from 9 - 10 a.m.

Information about joining any and all of these activities is available online at: <https://www.minotsleeperlibrary.org>.

It has been great to see so many out picking up the litter that the ignoramuses still leave wherever they please. Thank you to all those thoughtful folks who pitch in to help make our community look better, especially the roadsides. Another sign of Spring!

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

TTCC JUNE Prize Calendar

Please be sure to purchase a TTCC Prize Calendar for the month of June! Instead of the usual cash prizes this time the calendar offers gift certificates to local businesses that you can win. Calendars are \$5 each. You can purchase calendars by calling the TTCC at 744-2713 or e-mailing them at ttcc@metrocast.net. Payment can be made by check, card(over the phone) or PayPal ttcc@metrocast.net. Each of the prizes were donated by citizens of the Newfound Community to support local small business and the Tapply Thompson Community Center! Thank you all!

Newfound Country Store

Be sure to check out Newfound Country Store for all your shopping needs! They offer curbside pickup and and someone will even come out and pump your gas for you! Be sure to support New Hampshire dairies as the Country Store carries Hatchland Dairy Milk from Haverhill NH. I highly recommend Hatchland Chocolate Milk! Please call 744-8616 for further details. Hope to see you there!

Churches

Plymouth Congregational UCC

Plymouth Congregational UCC

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

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

service as well as videos and Bulletins from past services can be found on our church's

Web site at www.ucplymouth.org.

In order to protect everyone's health and safety, we have made the decision to suspend

all gathered worship services and meetings until further notice.

How do I access the church's Facebook Page? You can find our Page by searching for

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

Our Faith Formation Program which includes our Sunday School and Confirmation Class

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

Feeding Our Children Together

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

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

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

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Edward Jones: Financial Focus

Smart Moves for Women Business Owners

Mother's Day is upon us. If you're a mother, you'll enjoy the recognition you get from your family on this day. And given the health concerns caused by the coronavirus, your appreciation of family may be even greater this year. As we all know, mothers have a difficult job. And many mothers also run their own businesses – another demanding task made even more difficult these days. What special challenges do women face who embark on careers as business owners? Of course, motherhood itself presents a major challenge. As a society, we have not achieved gender equity yet, in terms of family responsibilities, so mothers – even busy business owners – still face time constraints and interruptions from work to care for children. And it's not just children, either – the vast majority of caregivers for elderly relatives are women,

according to a study from Northwestern University. So, many women business owners may be coping with multi-generational family issues. You can't change the demographic pressures you may face, but, as a business owner, you can take some steps to help improve your financial outcomes. Here are a few ideas:

- Seek networking opportunities. You can find useful, and empathetic, allies in other women business owners, who may be able to direct you to valuable resources. To illustrate: Women's businesses often lack financial support to a greater degree than men's, and it is unfortunately not uncommon for women to be denied loans because of gender and cultural biases. But if you become active in a network of women business owners, you could find some leads to financial institutions that have showed themselves to be free of gender-based prejudices.
- Be extra aware of investment risks. Everyone should always be aware of investment risk, of course, but if you have most of your assets tied up in your business, you may need to be extra diligent. You're already taking a fair amount of risk by just having a business, so you may need to balance this risk in your investment portfolio by choosing the mix of investments that can help you move toward your goals without subjecting you to excessive market volatility.
- Establish a retirement plan for yourself. Have you established a retirement savings plan for yourself? About one-third of business owners haven't, and 40 percent are not confident they can retire before 65, according to data compiled by SCORE, a non-profit organization that works with small businesses. Fortunately, you have several good retirement plan options, including an "owner-only" 401(k), a SEP-IRA, a SIMPLE IRA or even a solo defined benefit plan, which functions like a pension.
- Create a succession plan. You may need a strategy for transferring or selling your business. Do you want to keep the business in the family? If so, who do you want to take it over? Or would you prefer to simply sell it to someone else? Your decisions, whatever they are, will affect your financial picture and possibly that of your family, so you will want to consult with your tax, legal and financial advisors to arrive at a plan that works best for your needs. You've got some twists and turns ahead of you on the road to financial security. But planning ahead, considering various possibilities and seizing your opportunities can help you smooth out the journey.

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FRAN'S

FROM PAGE A1

When she met her current husband, Norm, and got married again in 2010, they ran into a former student who asked if she was still teaching ceramics classes. When she said no, Norm later asked her, "Why not?" Encouraging her to get back to doing what she loved, he helped her find a kiln and some molds then got her back to doing ceramics from their home in Rumney. When that became too much for the space they had, Bates opened a shop in Ashland. She maintained the shop for three years, holding classes and selling her own finished pieces, but soon found business there was slow in her line of work. As she started to

look for a new location, people encouraged her by saying Bristol was where she needed to relocate. "This would be a great thing for Bristol," she heard time and again from her social media followers. One property owner saw her posts and agreed, offering her space at 12 Central Square, and her life began to change when she opened her new shop in August of 2019. Since that move, Fran's Ceramics & Gifts has been a busy place where groups, from beginner to advanced, have gathered for weekly classes. Life was good for her and her husband until the middle of March, when the Corona virus shut down nonessential businesses in the state.

Bates felt that in light of the situation that measure was wise. Needing some form of income though, she developed a new business plan that would adhere to the order while providing not only income for her but fun for people of all ages. With a shop filled with unpainted ceramics as well as an adjoining workshop to create more, she began assembling kits for those running short on ways to entertain themselves at home. Starting at \$10 each, Bates now packages the kit of a customer's choice, which includes a brush as well as small containers of paint to complete each craft. She'll even customize the colors at a customer's request. Among the items available are seasonal

figures for the holidays, whimsical characters like mermaids and gnomes, teddy bears or pretty decorative pieces for the home. Bates hope to keep creative juices flowing even inspired New Hampton Community School's Project Promise program to order 113 kits for boys and girls at their school. Her husband Norm handles the business side of things at the shop while Fran stayed handles the creative end of the shop, teaching classes, pouring the molds and painting items of her own, which she also sells. Fran said Norm also helps her lift the molds, some of which can weigh as much as 85-pounds, in and out of the kiln. "If it wasn't for Norm, I don't know if I would

be doing this all again," she said. Her kits have been a big success, though. Many people have called ahead to order them then arranged a pick-up time at her store. Bates says they then meet her at her shop at 12 Central Square, where their kit is left out front on a table so that social distancing practices are adhered to. Customers can also request special shipping directly to their home. "I've actually received orders recently to be shipped to people in Massachusetts and Vermont," she said. And while many small businesses are struggling to make ends meet right now, Bates is seeing hope for the future, firmly believing that her faith is getting her through these tough

times. "Through all of this, I feel that the Lord has blessed me in that I can help people in my community. This started as a whim but now I'm finding that I can actually help kids and adults find something fun and creative that they can do together at home, and that makes me feel really good right now. I truly feel blessed," she said. Photos of some of the bisque-ware currently available can be found on the Fran's Ceramics & Gifts Facebook page. People can also contact her at 707-9815 for more details and selections, or to place an order.

MASK UP

FROM PAGE A1

the proposal was that members all wanted to help the people of the region where they all work and live. As Ray and Rand headed off for the delivery, the group began coordinating the mask give-away project, and

was grateful for the use of the Common Man trolley car as a dispensing center. Meant to transport guests between the company's Plymouth venues, Ray offered the antique trolley car up to serve the greater good of the community as the "Mask Mobile." Once the ReStore gave

permission to use their parking lot, the rest of the details fell into place and Plymouth Rotary was excited when the fully loaded Mask Mobile finally arrived at ReStore last Friday. "We advertised that we would start at 3 p.m., but by two o'clock, people were already lined up and waiting, so we started handing them out early," Brochu said.

The first greeters people encountered were Rotarians who asked how many masks were needed for people in each vehicle. They then passed that information ahead to distributors outside the Mask Mobile who had them ready and waiting as each car or truck pulled up. From one mask to six or more, no one was turned away. "Thank you for keeping our community safe," said Rotarian Sue Mathison, safely distancing herself while passing out masks with a mechanical reacher. Plymouth Police also helped the organization

by directing vehicles through the three-lane traffic maze they created in the parking lot at ReStore to help keep the lines of vehicles off the highway. Brochu said last week's Mask Mobile was a pilot project they

developed and, with the thousands of masks they still have available, the organization hopes to expand their efforts to other nearby towns in the coming days. "People today were so happy and so grateful. We hope to reach out

to other Rotary clubs to bring more masks to more people in the communities around us," Brochu said. For more information, or to make a donation to their community project, visit them online at maskupnh.com.



The Common Man trolley car has been temporarily converted into the Mask Mobile, from which members of the Plymouth Rotary dispensed hundreds of free masks to the public last Friday afternoon.





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PSU professor receives grant from National Endowment for the Humanities



Sarah Parrish

PLYMOUTH — Exemplifying Plymouth State University’s drive to collaborate across disciplines to provide students with a well-rounded education, Sarah Parrish, Ph.D., Assistant Professor of Art History, has received a \$30,000 grant from the National Endowment for the Humanities to support her efforts to reshape the University’s art history program. The Human-

ities Connections Planning Grant will allow Parrish to work with faculty across multiple disciplines, including business and environmental science, to design art history courses around specific themes instead of geographic region or historical periods. “Sarah’s work will bring together students with a variety of experiences and backgrounds and will enrich their

educational experiences through exposure to art,” said Donald L. Birx, Ph.D., President, Plymouth State University. “This is an ambitious redesign that stands to transform the art program by exposing students to art in a way that is relevant to their specific areas of study. This approach will help students understand the visual images and connections to multiple

viewpoints they see every day.”

The Humanities Connections program works to expand the role of the humanities in undergraduate education. Grants support innovative curricular approaches that foster productive partnerships with the humanities and other disciplines to encourage and develop new, integrated learning opportunities for students. The grant’s mission mirrors PSU’s Integrated Clusters education model, emphasizing coursework that revolves around meaningful issues to help students develop communications and problem-solving skills while integrating a range of perspectives.

“Some students may not grasp how traditional art history classes connect to their lives, which inspired me to

make these classes more relevant for all students,” said Parrish. “The thematic courses will help students learn to understand the visual world, allowing them to bring those critical thinking skills and new perspectives to their own disciplines and careers. I am very excited to teach students who have different interests and expertise, to listen to their conversations, and to see the differences in their approaches to problems and the solutions they develop.”

Over the summer of 2020, Parrish will collaborate with faculty from various disciplines to develop three thematic courses. The first course, which will be offered in spring 2021, “Art, Money and Power,” will focus on the business of art through the ages. Parrish will partner with Ron Porter, MBA, teach-

ing faculty in the business administration program, to design and then teach the first iteration of the class. During the semester, Parrish and Porter will help each other develop expertise on their respective subjects. Parrish will then teach future “Art, Money and Power” courses, bringing her unique knowledge, perspective and business acumen to the classroom.

Parrish hopes to secure implementation funding from the National Endowment for the Humanities in 2021 to help PSU move forward with teaching all three new classes. Parrish plans for these additional classes to be offered to students beginning in fall 2021.

For more information about Plymouth State University, visit www.plymouth.edu.

PSU’s Lamson Library announces public access to grants database

PLYMOUTH — Are you connected with a nonprofit organization that may be looking for grant funding? If so, you’re in luck.

Gary McCool, Coordinator of Reference Services at Lamson Library, Plymouth State University, has announced that, for the first time, people searching for grants can now access a major grant research database from for free. The database is called Foundation Directory Online (FDO) database (Professional version). FDO Professional has profiles of more than 189,000 foundations, more than 800,000 recipients, and records of over 17 million recent grants. Searching FDO allows a nonprofit organization to find potential funders that match their chosen criteria.

FDO Essential is being made available for free public searching from home because Lamson Library is a partner in the Funding Information Network (FIN) of Candid (formerly the Foundation Center), thanks in part

to a grant from the New Hampshire Charitable Foundation.

According to Gary McCool, Lamson Library is the only official FIN partner in New Hampshire. This means that, at Lamson Library, the public has free access to the largest and most robust online tool for grant research – the Foundation Directory Online (FDO) database (Professional version). FDO Professional has profiles of more than 189,000 foundations, more than 800,000 recipients, and records of over 17 million recent grants. Searching FDO allows a nonprofit organization to find potential funders that match their chosen criteria.

However, searching the FDO Professional database can only be done within the Lamson Library building. And Lamson Library is now closed.

Now, however, due to the COVID-19 crisis,

Candid is making it possible for the public to search FDO Essential – a somewhat smaller version of FDO Professional – online from home for free until at least May 31. FDO Essential has more than 103,000 detailed foundation profiles, but does not have the Grants and Recipients information available in FDO Professional.

You can email the foundation profiles you find to yourself. These profiles are quite in-depth. There is also online and Chat help available from the database as you are searching.

To access FDO Essential, go to the Lamson Library Web site, <http://library.plymouth.edu>, click on “Library Databases,” and choose “Foundation Directory Online Essential.”

Anyone with questions about this may contact Gary McCool at gmccool@plymouth.edu.

PAREI to host virtual NH Saves Button Up Workshop

PLYMOUTH — Button Up New Hampshire, the popular home energy savings workshop series is coming virtually to the Plymouth Area. It will take place on the easy to use Zoom on Thursday May 14 from 4-5:30 p.m. The workshop is sponsored by NH Saves and coordinated statewide by the Plymouth Area Renewable Energy Initiative (PAREI).

NH Saves is a collaboration of New Hampshire’s electric and natural gas utilities (Eversource, Liberty Utilities, NH Electric Cooperative and Unitil). The utilities are working together to provide NH customers with information, incentives, and support designed to save energy, reduce costs, and protect the NH environment. PAREI of Plymouth, NH is working with local groups around the state to bring these workshops to the public on behalf of New Hampshire’s utilities.

The NH Saves Button Up Workshop is a 1.5 hour presentation about how to improve the energy efficiency of your home. It is conducted by a certified energy auditor and covers basic building science principles as well as examples of whole house weatherization measures that will button up your home for the heating and cooling seasons. It also covers details about the energy efficiency programs offered by New Hampshire utilities (for existing homes and new construction) that provide energy audits, weatherization measures such as air sealing and insulating and rebates on new technologies and products such as electric and gas appliances and high efficiency electric heating/cooling equipment.

New Hampshire residents wishing to use energy more efficiently, conserve energy and

save money on their heating and cooling bills, will find the workshop presentation very helpful. To register for this virtual workshop you will need the Zoom App and email Robin Adams at robbin@plymouthenergy.org to register. After you have registered she will send you the information you will need to join the virtual NH Saves Button Up Workshop.

Workshop organizers also recommend the public sign up with NH Saves Facebook and Twitter pages for up to date information on energy saving tips and programs.

PSU Women’s Ice Hockey athletes earn All-Academic honors

PLYMOUTH – Ten members of the Plymouth State University women’s ice hockey team were honored by the New England Hockey Conference (NEHC) when the league announced its All-Academic team recipients on Thursday.

Seniors Caitlin Connor (Bow), Eleanor Hudson (Baltimore, Md.), Maddie Kabasakalian (Kent, Conn.), Sydney Linnick (Highlands Ranch, Colo.) and Alie Louie (Mount Laurel, N.J.), juniors Gabbie Igo (Phoenix, Az.) and Marykate Thompson (Glastonbury, Conn.) and sophomores Hannah Bradshaw (Traverse City, Mich.), Zoë Killisch (Vienna, Austria) and Cassidy Lyons (Upper Blackville, New Brunswick) were all honored for the Panthers.

To be eligible for All-Academic recognition a student-athlete must have completed one full year at their current institution (freshmen and first-year transfers are not eligible) and must have a minimum cumulative grade point average of 3.00 after the completion of the fall academic semester. A total of 98 student-athletes from the league earned the honor, with athletes representing all ten member institutions. Norwich, Salem State and Southern Maine tied for the most athletes recognized with 14 honorees each.

Plymouth State finished with an 8-17-2 overall record and went 5-9-2 in conference play to earn the seventh seed for the NEHC Tournament. The Panthers skated to a 2-1 upset win over second seeded Castleton in the quarterfinal round before falling to eventual champion and #7-nationally ranked Norwich in the semifinals. The playoff win was the program’s second in school history, with both coming within the last three years.



DONNA RHODES

Swim time

A pretty Hooded Merganser left a sparkling trail of water behind him last week as he paddled across a quiet, sunny pond in Bridgewater.



DONNA RHODES

Message of hope

A brightly painted sign sends a message of hope and encouragement to passersby on Route 3A in Hill.

FOOD

Celebrate the versatility of sandwiches

History suggests that the sandwich — a go-to, lunch-hour staple — was named for John Montagu, the Fourth Earl of Sandwich. Lord Sandwich was an 18th century English aristocrat who asked his valet to bring him meat tucked between two pieces of bread while Sandwich was embroiled in a cribbage match he just had to play through.

Even though Lord Sandwich wasn’t the first to enjoy meat or cheese between bread, he was the one to help solidify the moniker “sandwich.” Since then, all types of sandwiches have been designed and enjoyed, and these portable meals are a favorite for breakfast, lunch and dinner. Enjoy this take on the sandwich, a “Grilled Adobo Turkey BBT Sandwich” from “Simply Scratch” (Avery) by Laurie McNamara.

- Grilled Adobo Turkey BBT Sandwich

Makes 4 sandwiches
- 11/4 pounds turkey tenderloins

2 teaspoons olive oil

11/2 tablespoons Adobo Seasoning (see below)

9 slices thick slab bacon

4 tablespoons unsalted butter

8 slices sourdough bread

6 tablespoons romesco sauce

12 thin slices Manchego cheese

16 fresh basil leaves

Thinly sliced tomato
- Adobo Seasoning

1 tablespoon onion powder

1 tablespoon garlic powder

1 teaspoon freshly ground black pepper

1 teaspoon dried oregano, crushed in your palm

1/2 teaspoon ground turmeric

Combine all ingredients for the adobo seasoning. Place the turkey in a large bowl or resealable bag. Add the oil and seasoning, toss to coat and set aside on the counter to marinate.

In a large skillet, cook the bacon until crispy, about 30 minutes.

Heat a grill pan between medium and medium-high heat. Place the seasoned turkey on the pan and cook for 2 to 3 minutes per side, adjusting the heat so as to not burn, 12 to 14 minutes total. Transfer to a cutting board to rest for 5 minutes before slicing.

Reduce the heat under the grill pan to medium or medium-low. Butter one side of each piece of bread. On one of the unbuttered sides, spread 1 1/2 tablespoons of the romesco sauce. Place the bread, sauce-side up, on the grill pan and top with 2 slices of cheese, some basil, a few slices of tomato, bacon, sliced turkey, remaining cheese, and a second piece of buttered bread, sauce-side down. Grill for 3 to 4 minutes, or until grill marks form, then carefully flip and repeat.

Cut in half and serve with more romesco sauce for dipping.



Lighten up meals with savory salads

Some occasions call for a light dish, and such occasions tend be more common in warm weather. Gone are the days of heavy, stick-to-your-ribs meals, and in their places are fresh, light and easy meals.

Salad is more than just lettuce and other greens, and that’s notable in this recipe for “Salmon, Asparagus and Orzo Salad With Lemon-Dill Vinaigrette,” courtesy of “Cooking Light Dinner’s Ready” (Oxmoor House) by the Cooking Light Kitchens.

Salmon, Asparagus and Orzo Salad With Lemon-Dill Vinaigrette

6 servings

6 cups water

1 pound asparagus, trimmed and cut into 3-inch pieces

1 cup uncooked orzo

1 (11/4-pound) skinless salmon fillet

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Cooking spray

1/4 cup thinly sliced red onion

1/3 cup Lemon-Dill Vinaigrette

1. Preheat broiler.

2. Bring water to a boil in a large saucepan. Add asparagus; cook 3 minutes, or until crisp-tender. Remove asparagus from water with tongs or a slotted spoon, reserving water in a pan. Plunge asparagus into ice water; drain the ice water and set asparagus aside.

3. Return reserved water to a boil. Add orzo, and cook according to package directions, omitting salt and fat.

4. While orzo cooks, sprinkle fillet evenly with



salt and pepper. Place fish on a foil-lined broiler pan coated with cooking spray. Broil 5 minutes, or until desired degree of doneness. Using 2 forks, break fish into large chunks. Combine fish, orzo, asparagus, onion, and Lemon-Dill Vinaigrette in a large bowl; toss gently to coat.

Lemon-Dill Vinaigrette

Yields 1/3 cup

1/3 cup crumbled feta cheese

1 tablespoon chopped fresh dill

3 tablespoons fresh lemon juice

2 teaspoons extra-virgin olive oil

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Combine all ingredients in a small bowl, stirring well with a whisk.

TOGETHER STRONG.

Together Strong, we will weather this storm.

How to implement infection prevention measures in the workplace

Protecting workers has long been a priority for business owners, but that responsibility took on new meaning in the wake of the outbreak of the COVID-19 virus in late-winter 2020. Business owners accustomed to traditional workplace safety protocols designed primarily to prevent accidents and injuries were now tasked with protecting workers from a deadly virus.

Though many businesses were forced to close their doors in an effort to prevent the spread of the virus, many others remained fully or partially operational. The Occupational Safety and Health Administration recommends employers implement the following hygiene and infection control practices in an effort to prevent workers from infection.

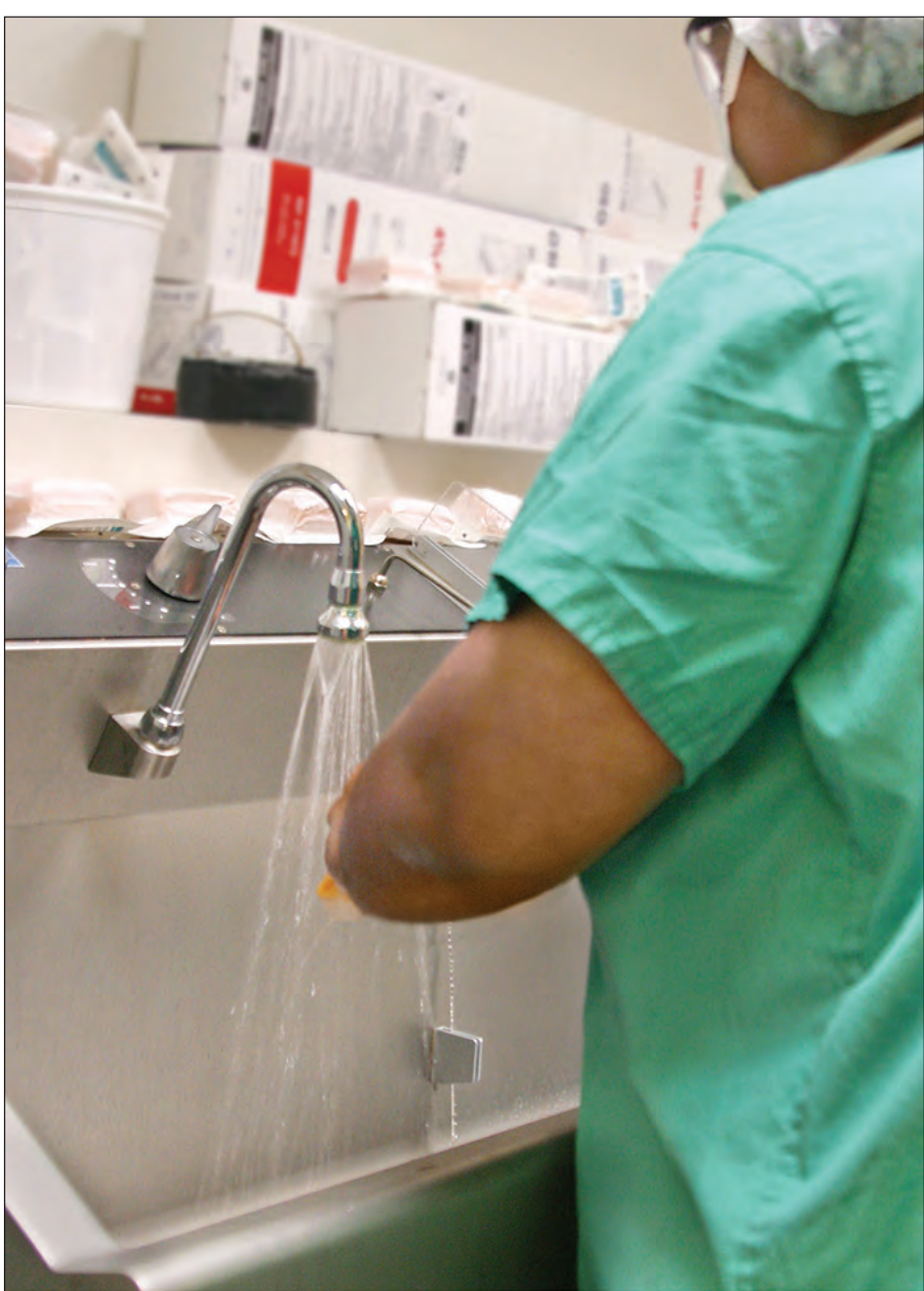
- Promote frequent and thorough hand-washing. Workers, customers and worksite visitors should be routinely reminded of the importance of washing their hands. The OSHA advises employers, in instances where soap and running water are not immediately available, to provide their employees with alcohol-based hand rubs that contain at least 60 percent alcohol. The Centers for Disease Control and Prevention urges people to employ the following techniques when washing their hands:

- When washing with soap and water:
 - Lather the hands by rubbing them together with the soap, making sure to scrub all surfaces of the hands, including palms, backs, fingers, between fingers, and under the nails
 - Scrub for at least 20 seconds
 - Rinse hands clean under running water
 - Dry hands with a clean towel or air dry them

When washing with alcohol-based sanitizers:

- Cover all surfaces of the hands with the product before rubbing hands together
- Rub hands together until they feel dry, about 20 seconds

- Encourage workers to stay home if they are sick. Employers should emphasize to workers the importance of staying home if they feel sick. Even people who feel ill but are not showing any signs of COVID-19 infection, which the CDC notes include shortness of breath, fever and cough, should stay home. That's because any illness can weaken a person's immune system, which makes them more vulnerable to viruses like COVID-19. Staying home



when they feel sick is a great way for employees to protect not only themselves, but also their co-workers.

- Encourage respiratory etiquette. The OSHA and the CDC say covering your mouth and nose when you cough or sneeze, putting used tissues in the waste basket and coughing or sneezing into an upper sleeve when no tissues are available can help prevent the spread of germs.
- Discourage sharing. Workers should be dis-

couraged from sharing phones, desks, offices, and tools or equipment whenever possible. This can help prevent the spread of germs.

- Choose the appropriate cleaning chemicals. The OSHA advises employers to use chemical cleaners approved by the Environmental Protection Agency. The OSHA notes that products with EPA-approved emerging viral pathogens are expected to be effective against SARS-CoV-2 based on data for harder to kill viruses.

Protecting their employees from COVID-19 is of the utmost importance for employers across the globe. Safety measures can be implemented rather easily and ultimately save lives. TF206046

SOCIAL MEDIA TEXT: The Occupational Safety and Health Administration recommends employers implement the following hygiene and infection control practices in an effort to prevent workers from infection.



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7 ways to dine 'out' when staying in

As restaurants, bars and taverns have closed their doors voluntarily or under government orders amid the public health crisis surrounding COVID-19, a population accustomed to the freedom of dining out for special occasions or as part of daily life has found they must make an assortment of changes. However, it's still possible to enjoy the offerings of your favorite restaurants. Restaurants have made some dramatic changes in an effort to meet the needs of their customers.

- **Oven-ready meals:** Some restaurants are offering oven-ready meals that fully prepared dishes that customers need only heat up at home.

- **Deep discounts:** Certain businesses are cutting prices on menu items in order to generate revenue. The Los Angeles-based Morrison

Pub recently slashed prices to \$10 or less for items that typically cost more than that. Other restaurants are shuttering dining rooms and providing discounts on take-out as incentives to customers.

- **Prepaid options:** The reservation service Resy has opened up its service to restaurant owners to offer take-out meals restaurant guests can book and pay for online. Other reservation businesses may soon follow suit.

- **Delivered spirits:** Businesses with on-premise liquor licenses might be able to deliver alcohol and offer it for takeout. Rules depend on where you live, but the New York State Liquor Authority temporarily allowed alcohol takeout beginning in March 2020.

- **To-go party plans:** CEC Entertainment, the

parent company of the Chuck E. Cheese and Peter Piper Pizza restaurants, said the concepts would launch new family and birthday packages that included takeout pizza, birthday cake and goodie bags, in addition to two game apps for Chuck E. Cheese that provided virtual tickets redeemable at a later date when restaurants reopen.

- **Pre-packaged favorites:** Certain chain restaurants have long offered frozen selections of their popular appetizers and other dishes. When at the supermarket, check the freezer section for items from restaurants like TGI Fridays™ and PF Chang's™.

Takeout has become the new norm as people are urged to stay home instead of dining out in crowds.



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Newfound Regional High School

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Newfound Memorial Middle School

- Head Football Coach
- Assistant Football Coach
- Volleyball Coach
- Field Hockey 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.
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Questions should be directed to Alex Sobolov, Athletic Director at asobolov@sau4.org or 744-6006 x1507.



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MARINAS

FROM PAGE A1

now have fulfilled their life-time mutual dream to run their own business. Since that modest beginning on their own just five years ago (after each worked for many marinas over the years) they now have seven full-time year-round employees and they also add a couple ‘teens’ in the summer. They are ready to open their new Ship Store in just a few weeks.

Baker says blocks of boaters arrive at different times of the season according to their particular reason to boat.

“The local fishermen start. They’re a big block of the first boaters,” he added.

Eaton says they send owners of the boats they store or maintain letters of ‘Spring Make Ready’ letters so they can establish a maintenance and launch schedule for the year. They store some customer boats in a 16,000 square foot building in Ashland with a shrink-wrapped outside storage area at their shop location. With the other vessels they winterize and send home with their owners for the winter; they care for 400 in all.

“Between June and July, there’s another group of boaters wanting to go in the water. But with what’s going on with the pandemic now everything has shifted and second home owners started coming up to stay in March and they want their boats in now,” Eaton said.

Eaton understands the desire for boaters wanting access to the lake as soon as they can, but has to advise them there is a process to get the boats safely ready.

“Also, we have to tell those with inboards or stern drives that although they can leave their boats in the water late in the Fall, while the water temperatures are still in the 50s, right now the water temperatures are freezing or below and it can freeze or damage a motor,” he added.

But with the water quickly warming, they are expecting the 20 or so boats a week they have serviced, and already put in the water; to increase from 30-40 a week by mid-May.

Like a few other marinas, they are able to be a year-round enterprise and keep their full-time employees by running a winter plowing service.

“These days, if you want to keep experienced employees, you have to offer year-round work,” Eaton said.

They have about 70 large plowing contracts and are busy all winter. They sell parts and service other plows all winter, too.

The Tow US division is “just like Triple A except for boats,” explains Eaton. It’s 24-7 on the water assistance on Winnepesaukee.” Eaton started that enterprise a couple decades ago and it continues to be a need-ed service; busy all summer with not only out-of-gas and boat motor problems but also with recoveries of sunken boats and boats ashore on rocks. And Mobile Marine, like its name says, will go to boaters

anywhere on a lake or where they’re stored.

Barry Gaw, owner/operator and managing member of Riveredge Marina, on Little Squam Lake in Ashland (and also of Squam Lakes Landing event venue and Sippican Partners, LLC construction) is extremely optimistic about the upcoming season despite the current situation.

“We are several months ahead of where we normally are at this time for putting boats back in the water,” Gaw said. “When the schools closed here in New Hampshire and surrounding states, particularly Massachusetts, our (long-standing) customers started moving up here to their second homes and scheduling their ‘Boat Spring Make Readies’ as we call it. Our April became the new May and May will be the new June.”

Gaw says their approach right now is “continuing to service customer boats and scheduling sales appointments outdoors while keeping our main marina building closed to the public. We are pausing boat rentals, too. Our crew is adhering to the CDC (Center for Disease Control) guidelines for the workplace and we keep following those and we also depend on Dr. Fauci (Dr. Anthony Fauci, head of the National Institute of Allergy and Infectious Diseases) and Dr. Birx (Dr. Deborah Birx, global health official and Ambassador to the office of the US Vice-President as the Coronavirus Response Coordinator) for the clearest and most up-to-date information on how we are to operate.”

“Many folks who generally arrive in June are already here. Once their schools were closed and education became remote for the rest of the year an opportunity for them to come up early became viable. Everyone who came up early is staying; they will not be going back and forth,” Gaw explained.

The parent of two little girls, Ellie and Greta, Gaw said “We get it – last Sunday, we went out in the boat and the girls took a polar plunge in Rattlesnake Cove. It felt great to be on the water, outside in the fresh air, doing something so different and wonderful during this stressful time right now, and we saw at least 15 boats which, believe me, is a lot for this time of year.”

Riveredge employees are lucky, too, as the entire crew is working and there have been no layoffs.

“We’re working hard to get everyone’s boats in the water and we plan to keep everyone employed throughout the season,” he said. “We are also fortunate to have other businesses, our Fisher Plow dealership and Sippican Construction that allow us to maintain a year-round base of employees who transition from the fall/winter business to the spring/summer season.”

Riveredge stores 350 boats and recently built a new storage building increasing their capacity to 400. There are no

slips or day valet spots available for rent as “everything was reserved by the end of February,” added Gaw.

The marina began in 1939 as Al’s Marine and Appliance store at a main intersection in Ashland. They sold everything from fishing gear to Zenith TVs at some point. There have been just a few owners, Al and Edie Miner, Alan Dale and Skip Van Sick-le and family. It has been

under Gaw’s watch since 2005.

“It has always been a part of the surrounding communities,” he said. “We try hard to take care of the legacy of helping others enjoy their time here on the lakes.”

Their reception/event venue, Squam River Landing, is closed at this time and they are not scheduling events. They continue, however, to take reservation agreements on their

phase II building project expanding their development of second homes overlooking Little Squam.

“The homes are beautiful and the community has become truly special. We are very pleased the residents value the culture of Squam just as we do, and they are becoming active in helping others in the community as well,” Gaw said.

Thirty boat slips/house boats have been

enjoying time with our families and friends, be grateful for all we have in this beautiful state. Let’s be kind to others and respect everyone’s approach to social distancing and keeping their families safe and sound. Squam is a very respectful lake, and we are so fortunate to have it this way!”



DONNA RHODES

Unbeatable view

Two Adirondack chairs in a yard above Newfound Lake patiently await warm weather, when people can sit comfortably and enjoy a spectacular view of the lakes and surrounding mountains.

Help Wanted



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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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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NATIONAL NURSES WEEK

What nurses do each day

There are millions of nurses nationwide. According to the American Association of Colleges of Nursing, there are roughly 3.8 million registered nurses in the United States. That number figures to grow along with the demand for qualified, highly trained nurses.

Nurses perform a variety of functions, some of which may come as a surprise to those outside the medical profession. Learning more about what nurses do on a daily basis can paint a clearer picture of just how vital these health care professionals are.

Nurses are on the front lines of the medical profession, often interacting with patients more than any other professional within the health care field. Nurses communicate concerns, answer questions about conditions and care and even administer such care. While there are many tasks nurses can perform, some of their main responsibilities are observing and recording behavior, performing physical exams and diagnostic tests, collecting patient health histories, counseling patients and their families, and educating about treatment plans. Nurses also are responsible for administering medications, addressing and treating wounds and interpreting doctors' patient information to make decisions about necessary actions, where appropriate.

Nurses excel at listening to patients and analyzing their physical and emotional needs. Nurses also coordinate care with other health care providers and stay current with treatment options and cutting edge research and technology.

In addition to the aforementioned tasks, nurses may draw blood and perform other health-related tests. Testing may differ based on the subspecialty of the nurse. For example, obstetrics nurses may initiate sonograms or oversee urine testing for pregnancy hormones. Pediatric nurses



may plot growth charts and administer routine immunizations.

Nurses are also there to listen to patients, and some may offer compassionate advice as they aim to help patients navigate difficult situations.

According to CareerBuilder, nurses who work in physicians' offices, community health centers, schools, and other health environments may enjoy a regular working schedule and shifts during typical business hours. However, nurses working in hospitals and trauma centers tend to work rotating shifts to ensure patients receive round-the-clock care. Many nurses work outside traditional business hours, including during evenings, on holidays and on weekends. Some nurses are even on-call like doctors.

Nurses possess a distinct skill set that enables them to handle various tasks.

TODAY IS YOUR DAY!

HAPPY NATIONAL NURSES DAY

Thank you for all your help, support, and compassion.

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"A very big thank you to all the wonderful staff at Speare Hospital for the great care given to my Mom, Jean."

-Debby and Andi Bell

We can never repay the sacrifices these front line people have gone through and are continuing to go through.

God Bless them all and Keep Them Safe and WELL.

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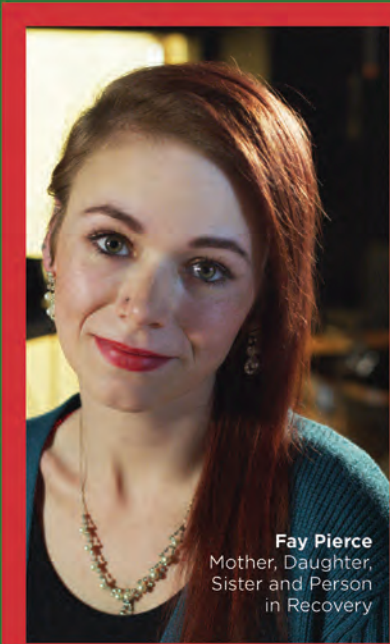
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Thanks for all you do! Happy Nurses Week

We are so grateful for our healthcare professionals who are on the frontlines of the pandemic. Your compassion and commitment to helping others during these unprecedented times is truly inspiring!

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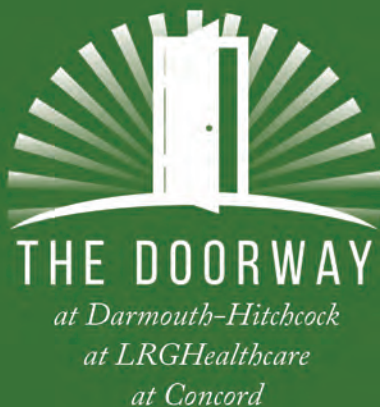


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