

# Shaker staff organize a parade to remember



DONNA RHODES

During the Shaker Regional School District's rallying parade last Wednesday afternoon, two creative students on Hurricane Road set out a life size cardboard cutout of themselves to send a message of love back to their teachers as well.

BY DONNA RHODES  
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BELMONT – Faculty, staff and administrators of Shaker Regional School District set out on a nearly 100-mile parade through the towns of Belmont and Canterbury last Wednesday

that wowed the communities, and will surely be remembered by their students for years to come. Belmont Elementary School principal Ben Hill said he and principals from the other three schools in the district came up with the idea



An antique car was one of more than 150 vehicles that took part in a parade for Shaker Regional School District last week to bring smiles, encouragement and support to their students.

to hold a parade and the idea soon spread like wildfire. After seeing that nearly everyone, including SAU 80 Superintendent Michael Tursi and his staff were on board for the idea, the group then focused on creativity and logistics. The route for the pa-

rade was laid out by the district's bus company and police departments from both towns. An approximately 100-mile route was presented to the organizers, winding the parade through Belmont Village, out to both the middle and elementary schools' parking lots, along some of the more travelled roads on the outskirts of town then on to the center and roadways of Canterbury. "We wanted to get as much visibility to the kids as we safely could," said Hill. Once the route was determined, further plans to coordinate the event got underway, leaving it



The Cat in the Hat, Thing One and Thing Two and other familiar Dr. Seuss characters adorned Shaker Regional School District librarian Kristin Desborough's car for a parade through Belmont and Canterbury last Wednesday. "Keep Reading!" was her message to the students.

up to each participant to be as creative as they could with their vehicle. On April 29, those participants began pouring in to Belmont High School where Hill and other staff members then directed them to sections of the parking lot that were designated for each school. At 1 p.m. that day, accompanied by Belmont and Canterbury's police and fire departments and joined by two school buses, nearly 150 highly decorated cars set out to bring a few minutes of fun to their students. First out of the gate that day was Canterbury Elementary

School's teachers and staff. Stuffed animals, unicorns and puppets, along with signs of encouragement and support, decorated each. The elementary schools' joint librarian Kristin Desborough was also in the midst of the pack. Cat in the Hat popped out of her sunroof while other familiar Dr. Seuss characters adorned her car windows. Belmont Elementary School was next with an amazing 59 vehicles carrying teachers, their own children and even some family pets. Adorning their cars were doz-

SEE PARADE, PAGE A8

## ClearChoiceMD Urgent Care offering COVID-19 testing for active infections and antibodies

BELMONT — ClearChoiceMD Urgent Care, with centers located in Alton, Belmont and Tilton, are now proudly offering COVID-19 testing for both active infections and antibodies, seven days a week. No appointments are needed, but patients are encouraged to save their spot in line through an online registration portal, which can be found on each center location page on their Web site (<https://ccmdcenters.com/locations>). Both tests are covered by most major insurances; however, patients are recommended to reach out to their private insurance provider to confirm coverage prior to testing. No insurance? No problem! ClearChoiceMD is able to offer the test under at a discounted cost under their competitive Prompt-Pay program. In addition to COVID-19 testing, the urgent care centers are open to test and treat all urgent, non-life-threatening medical needs, including employer health

SEE TESTING, PAGE A8



DONNA RHODES

Officials from the Town of Tilton were joined by members of Milestone Construction Management team and Architect Gary Goudreau as, together, they tossed the first dirt in the air at a ground-breaking ceremony for the new Tilton Police station last Tuesday.

## Groundbreaking ceremony held for new police station

BY DONNA RHODES  
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TILTON – It was a long time coming, but on April 28, Tilton police officers, town officials and members of the Police Building Study Committee were finally able to gather for a ground-breaking ceremony on the site of their soon-to-be police station on

Sanborn Road in Tilton, giving thanks to voters of the community and the generous support of the Manchester Catholic Diocese, which sold the property to the town in 2019. "If it wasn't for the Catholic Church, we wouldn't be here today," said Tilton Police Chief Robert Cormier.

Land for the new facility was approved for purchase at the March 2019 Town Meeting and in March of 2020 a \$4,716,518 bond for construction of the building was also approved. Last Tuesday morning, Select Board Chair Joe Jesseman opened

SEE STATION, PAGE A8

## Senior athletes honored at Winnisquam



Hannah Max (left) and Jack Richard (right)



COURTESY

BY DONNA RHODES  
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TILTON — Seven senior athletes from Winnisquam Regional High School were recently recognized with the New Hampshire Interscholastic Athlete Award, presented to students throughout the state who participated in at least two sports while maintaining a B-plus average in academics. Athletic Director Brian Contorchick of WRHS said he was very proud of the seven who received the distinguished award from the New Hampshire Athletics Directors Association this year. "Not only are they good athletes but they're good people," said Contorchick. "They're the kind of kids you

want to be around." Of the seven, the first to be recognized this week (in no particular order) is Hannah Jane Max of Sanbornton. During her academic career, Max played softball for 13 years, hockey for eight and field hockey for four years. Starting softball at a very young age, she was a catcher for her teams. Later on in hockey she played the Forward position and in high school she was again a Forward, serving as captain of the team for both her junior and senior years and Max said that was her favorite sport. "The game is fast-paced and so much fun to play," said Max. Looking back over the years, she said her favorite memory was when Winnisquam beat rival

Berlin in her freshman year of hockey, kicking them out of the play-offs. Her future plans are to attend UNH in the fall where she will study Occupational Therapy. She will not be playing for their Division 1 Hockey team next year, but does hope to be part of their club team. The NHIA award was meaningful though and she wished to thank everyone who helped her along the way in both her athletic and academic achievements. "It means that my efforts in the classroom and the field got recognized and that feels amazing," said Max. Jack Richard is a senior from Tilton who has a love for running. The sports he participated in

SEE ATHLETES, PAGE A8





# 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 acci-

dents. 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.

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# Belmont's Gale School on a roll

**BELMONT — The “Save Our Gale School” (SOGS) group is moving forward and gives** an update on their success in preserving the historically significant and architecturally unique Gale School in Belmont. The Gale School is a true landmark. They just don’t build ‘em like that anymore - and now it is saved.

SOGS Chair Diane Marden said, “At long last, we did it! We still need some more donations to do it all, but the Gale School is saved!”

Thanks to many generous grants and donations of money, materials and services, SOGS has raised enough money to move the Gale School from its present site behind the Belmont Middle School to a lot on Concord Street generously donated to the project.

In order to get the building from its current location to Concord Street, they are moving it over a temporary road through woods, down a hillside and then along and across Concord Street to its new home. Landowners effected

by this move have generously agreed to allow SOGS to build the road and move the building across their properties.

The path has already been cut by Canterbury Timber at an exceptional discount. This road will be stumped and constructed by Leslie E Roberts, LLC (Mark Roberts and his sons), also at a discount. Geddes Building Movers specializes in moving historic buildings and will move the Gale School *in one piece* to the new location, also at a very generous discount. This move will be an incredible undertaking!

Everything is in place for the move, which is expected to take place in July. Now SOGS is concentrating on raising enough additional funds and donated services and materials to construct a concrete foundation on the donated lot. That is the only missing piece.

SOGS could still make good use of donations of services and materials - particularly gravel, stone, paving, fencing, landscaping, utility relocations and concrete work - as well, as those

donations would free up more funds for the foundation.

To briefly review SOGS’ progress to date: It made no sense to save the Gale School just to have it sit somewhere. SOGS had to find someone who would take it over and put it to good use. They have found a perfect partner in Lakes Region Community Developers (LRCD - formerly the Laconia Area Land Trust) - a local non-profit with an impeccable track record.

Once the move is accomplished, the Gale School and lot will be transferred to LRCD, who will historically restore and re-purpose the building. They are currently looking into several possible uses-- for programs that will benefit low and moderate-income working families and individuals in the Lakes Region by offering social services currently insufficient or unavailable in the area.

SOGS has also had great support from the Shaker Regional School District, which agreed to contribute the \$70,000 that was originally budgeted for demolition of

the Gale School toward the cost of moving the building off District property and has cooperated in every way they could to facilitate the success of this project. The Town of Belmont has also been very cooperative, without committing any taxpayer funds.

SOGS applied for a grant from the Land & Community Heritage Investment Program (also known as LCHIP), resulting in an award in February 2019 of \$110,000. SOGS also was awarded grants through the New Hampshire Charitable Foundation from:

- The Christopher P Williams Fund in the amount of \$2,500 ;
- The Juliet E. Peverley Fund in the amount of \$5,000;
- The Jeff Taylor Bean Pots to Bell Towers Fund in the amount of \$5,000.

Belmont’s Sargent Fund has awarded \$2,627 toward this project and the Belmont Heritage Commission awarded a \$2,500 grant. Most recently, the 1772 Foundation awarded a \$10,000 Historic Preservation Matching Grant through the NH Preservation Alliance. Local citizens and

businesses have donated a total of over \$11,000 in cash as well as services, materials, and the new lot itself!

Members of SOGS have also donated time, their own money and services, to include preparing the Gale School for the move and performing the site work on the new lot, all totaling over \$116,000, and hundreds of hours in pulling all this together.

All these contributions and arrangements total over \$330,000, bringing the project well within reach of full completion. The Gale School will move to a lot and be ready for restoration. However, it should not sit on cribbing for very long and construction of a solid concrete foundation would finalize SOGS’ effort of nearly thirty years. This project shows how volunteers and community support can accomplish good things.

These dedicated vol-

unteers have put tremendous effort and caring into this for a long time but say they still could use just a little more help, especially from local banks, individuals and businesses. SOGS is a 501(c)(3) non-profit corporation registered with the IRS and the State of New Hampshire, and is seeking public cash donations and pledges of any size or in-kind services, materials, auction/raffle items and/or labor to go toward the approximately \$40,000 in cash and services remaining to be raised to fully complete this project. Any assistance would be greatly appreciated, and donations are tax deductible.

Checks can be sent to Save Our Gale School, c/o Brenda Paquette, Treasurer, 229 Dutile Rd., Belmont, NH 03220. Businesses wishing to donate, or discount materials or services can contact Ken Knowlton, Vice Chairman/SOGS, at 848-2216 or Woody Fogg at 524-8268.

# Laconia Motorcycle Week® rescheduled

LACONIA — Progressive Laconia Motorcycle Week has officially been postponed to Aug. 22-30. The announcement was made shortly after the Laconia City Council unanimously decided to reschedule the rally in keeping with the governor’s mid-May extension of the state’s stay-at-home order. The consensus was that June was too early for a gathering of tens of thousands of people in Weirs Beach and beyond, particularly considering that most visitors travel from out of state.

Organizers are working tirelessly to maintain the look, feel and logistics of the rally by reaching out to vendors and event hosts in an effort to reschedule the signature events that make the world’s oldest motorcycle rally so popular, as evidence by the millions of dollars it pumps into the state’s economy. Already, New Hampshire Motor Speedway has announced that the 97th Annual Loudon Classic will be moved to August 29th, continuing its tradition of closing out the week. The rally traffic plan will stay the same, with Lakeside Avenue closed to motorcycles only, centerline parking and serving as home to Rally Headquarters for the duration of the 9-day event.

Says Deputy Director, Jennifer Anderson, “We know these are unusual times and are doing everything possible to make this year’s rally the best it can be within the parameters of ever-changing health and safety guidelines. We’d like to thank local businesses and the city of Laconia and town of Meredith for their commitment to ensuring this historic spring event endures. In our 97-year history, this is certainly a first. But, as riders, circumstance has given us the opportunity to experience August in New Hampshire, when the state is in full bloom and the warmth of summer is in the air.”

Stay tuned for event updates over the next several weeks as the rescheduled 97th Progressive Laconia Motorcycle Week takes shape. Any/all updates will be posted to LaconiaMCWeek.com, through their e-newsletter and on all LaconiaMCWeek social media channels.

TILTON — The Tilton Police Department responded to 362 calls for service and made the following arrests during the week of April 20-26.

Arrested during this time period were Joshua Joyce (for Shoplifting), Jordan Duncan (in connection with a warrant), Amanda Rivers (for Criminal Trespassing and Resisting Arrest), Melissa Sylvia (in connection with a warrant), Peter Anastos (in connection with a warrant), and Mason Collette (for Driving After Suspension).

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An important lesson from history

We have several thoughts now that states are beginning to slowly re-open. Each state is doing it in their own way. We have noticed that this situation has made more aware of the remarkable amount of control state governors actually have. This is a good thing.

In New Hampshire, we have seen Gov. Chris Sununu take matters into his own hands by making deals with other countries to bring in the equipment needed to fight this virus. Sununu is not battling this pandemic like a politician; he is battling it like a human being. His leadership has proved refreshing for many on both sides of the aisle.

As we’ve seen on the national news, some states are riddled with protesters, in many cases armed with guns. We simply cannot fathom this approach. Governors are taking measures to protect the health and well being of their residents. Mistakes are bound to happen in the face of an unprecedented scenario such as this, but we are quite certain that no one — governors and legislators included — wants to be dealing with a highly deadly contagious disease that has now killed more Americans than were killed during Vietnam. No one.

The Stay at Home orders are not easy on anyone, especially those who are still waiting for unemployment checks, and who are dealing with a backlog of unpaid bills. It’s also stressful to have to watch the impact on our economy. Again, no one wanted or invited this situation, but here we are. Whether things might have turned out differently if we had seen a quicker response from the federal government, we cannot say, but in any case, what is in the past should be left there.

The question now becomes, what happens if states rush to open too much too soon? Will we have to close everything down again if a second wave of COVID-19 washes through?

Flashing back to the 1918 Spanish Flu epidemic, we can learn a few things about how and what happens when reopening. Cities who kept strict orders in place such as social distancing, earlier and kept them longer, fared better both financially and healthwise in the long run. Noted was fewer deaths and a faster bounce back to their economies. Health and economy went hand in hand.

Studies show that in Denver, San Francisco and St. Louis, measures to distance were taken early; however, those cities made what was, in retrospect, the mistake of reopening too soon, and a second wave hit that was worse than the first. People in states who lifted restrictions too early in 1918 went out into the streets to celebrate the armistice that ended the First World War sans masks, and from there, a severe second wave hit.

In 1918, New York City kept their measures in place for much longer. Officials waited until the death rates were extremely low. Consequently, New York experienced only one wave, and had the lowest death rate in the country. What we can learn here is that it is better to shut down once, for longer, than experience a shutdown far longer, if two shut downs become necessary.

A study recently posted by the CDC tells the story of a woman who was dining at a restaurant while asymptomatic. She spread the disease to nine other diners who were eating nearby. Noted was the fact that those who were infected were in the same zone as the air flow from an air-conditioner.

At the end of the day, we learn from history that the most advisable approach is a slow, steady, and cautious one.



COURTESY

Stunning sunrise

Lynn Martinez captured this beautiful sunrise over Willow Pond in Sanbornton last week.

STRATEGIES FOR LIVING

Nothing but stories!

BY LARRY SCOTT

At a meeting of fellow-writers, a group not always receptive to my Christian convictions, I took the floor to defend the fact of Jesus’ resurrection. Such an assertion was sure to be challenged, and sure enough, one of my fellow-writers was quick to object. “No way! The Bible is just a collection of stories,” he said, “I don’t buy it; all you have here is nothing but a bunch of stories.” Case dismissed!

I was disturbed, to put it mildly, for this collection of “stories,” have been a driving force in my life for the last sixty years. The Gospels have been God’s Word to my heart, giving purpose and meaning to my life, and a destiny to my journey.

These four summaries of Jesus’ life are more than a collection of stories. They are history, written by eye-witnesses and participants, the account of a great life, penned at a time when these “stories” could be submitted to a truth check. These stories are not legend or make-believe, fanciful tales as in Greek mythology. These stories are consistent with reality, subject to scrutiny, and available for analysis.

These stories were not written centuries later, but were current and up-to-date, penned by the principles themselves. These stories came from the heart, written by men dramatically changed by the young Rabbi from Nazareth. And because of Him, these are stories of death and new life, of tragedy and triumph, of failure and recovery, and of good men made better.

I will grant some of these stories border on the unbelievable. The Gospels tell of a virgin who became a mother, of a fisherman who walked on water, of a dead man who came back to life, of a lame man who walked again.

These stories tell of people who witnessed the death of a friend but saw Him alive and well two days later. They tell of a thief who was promised Paradise, of a lady from whom Jesus cast seven devils becoming the first evangelist of the resurrection, of a soldier who set out to persecute Christians, met Jesus and became one of the persecuted.

By these stories, the church has fed the poor; housed the homeless, and comforted the dying; she has educated our children, cared for our sick, and sheltered our orphans. By these stories, agnostics have found faith, marriages have been healed, and the addicted have been delivered. By these stories, women have been emancipated, prisoners have found freedom, and the abused have been rescued.

These stories defy logic and challenge the intellect. But they can’t be ignored. You either accept them as written or you don’t. You can join with the skeptics who have found in these stories little but a reason to scoff, or you can join with millions of believers who have found in them the keys to happiness and the promise of eternal life.

But these stories are more than history. They are a summary of my story as well.

These stories have strengthened my understanding, calmed my troubled soul, and spearheaded my drive to be a better man. They have disclosed my sin, highlighted my self-centeredness, and revealed my predisposition to evil. They have illuminated my darkness, pacified my fears, and given a destiny to my journey. These stories are special, for they have changed my life ... and I am blessed!

For more thoughts like these, follow me at [indenseoftruth.net](http://indenseoftruth.net).

North Country Notebook

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



COURTESY

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

By JOHN HARRIGAN  
COLUMNIST



dence as I do writing the column. Each is a different kind of joy.

some note when folded. It fit nicely into its envelope, the stamp affixed just so.

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 hand-

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.

+++++

This vile pandemic totally dominates the news, to the exclusion of almost everything

SEE NOTEBOOK PAGE A4

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Stacey Marie Collins, 48

FRANKLIN — Stacey M. (St Jacques) Collins, 48, a lifetime resident of the Franklin and Northfield areas, passed away on Wednesday, April 29, 2020 at the CRVNA Hospice House in Concord with her family by her side.

Stacey was born on Feb. 27, 1972 in Franklin, the daughter of Robert J. St Jacques, Sr. and Kathleen(McCall)St Jacques. She was employed for Walmart in Tilton for 23 years, working as the Personnel Manager until her illness prevented her. Stacey loved everything Harry Potter, traveling, Halloween Horror nights at Universal Studios, “Golden Girls,” spending time with family and friends, and quiet time with her dog Hagrid.



Stacey Collins

Her family includes her mother, Kathleen McCall, and her partner Greg Sargent of Franklin; her father, Robert J. St Jacques, Sr., and his wife Mary of Franklin; her two sons, Dylan Robert and Jacob Harley Collins, both of Franklin; her daughter, Anastasia Kathleen Collins of Barnstead; her brother,

Robert J. St Jacques, Jr. of Fairport, N.Y. and his wife Kimberly; her two nieces, Tori and Megan St. Jacques of Rochester; and her great nephew Rowan.

According to Stacey’s wishes, there will be no calling hours held. A celebration of her life will be held later this summer when family and friends can gather.

Memorial donations in memory of Stacey, may be made to the CRVNA Hospice House, 30 Pillsbury St., Concord, NH 03301.

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).

Stephen Charles Stitt, 66

BELMONT — Stephen Charles Stitt, 66, of Dutile Road, died at home on Tuesday, April 28, 2020.

Stephen was born on Nov. 23, 1953 in Laconia, the son of Joseph Stitt and Mary (Bastraw) Holland.

Stephen was co-owner of BII Fence & Guardrail and retired from CWS Fence in November, 2019. Stephen like to putter around his home in Belmont. He enjoyed cooking. He loved his cats, Peanut & Midge. He especially loved his grandchildren, Dez &

Maren.

Stephen is survived by his wife of 38 years, Deborah (Keddy) Stitt, of Belmont; daughter, Jessica A. Stitt-Skolochenko and her husband, Dan, of California; two grandchildren, Desmond Skolochenko and Maren Skolochenko; brothers John Stitt of Meredith and Thomas Stitt, of Laconia; and his sister, Bethany Moody, of Laconia.

In addition to his parents, he was predeceased by his brother, James Stitt.

There will be no call-

ing hours of services.

For those who wish, the family suggests that memorial donations may be made to Live & Let Live Farm Rescue, 20 Paradise Lane, Chichester, NH 03258 or to the Humane Society, PO Box 572, Laconia NH 03247.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinson-beane.com](http://www.wilkinson-beane.com).

F. John Young, 83



John Young

NEW PORT RICHEY, Fla. — F. John Young, 83, passed away Thursday, April 23, 2020 in Florida after a short illness.

He was predeceased by his wife Bette (Boomer) Young.

He leaves his sons, John Young, Brian Young and Michael Young; his daughter, Lisa Mutney, and her husband Edward Mutney; his grandchildren, Patrick Young, Matthew Mutney and his wife Kiley Mutney, Rachel Beaulieu and her husband Tyler Beaulieu; his great grandchildren, Parker and Kennedy Mutney; his sister, Jane Read; and his brother, James Young.

John was born on Sept. 7, 1936 and raised in Franklin, the son of Francis and Veronica (St. Louis) Young. He was a lifelong resident of Franklin; however, he spent his winters at his New Port Richey, Fla. home for the past 20 years.

John joined the U.S. Army at a young age, and after an honorable discharge, he met and married the love of his life. He worked for Canada Dry for a few years however he worked for NH Distributors until he retired at the age of 59. After retiring, he worked for Nascar Racing as the Busch North

children as he adored them. He traveled the world extensively yet his favorite destination was the Oktoberfest in Germany as he attended over 25 times.

He had a goal after retirement to walk and/or ride his bike to complete a trip around the world which was 24,901 miles. He completed his journey in 2018.

In memory of John, donations can be sent to the Activities Fund, New Hampshire Veterans Home, 139 Winter St., Tilton, NH 03276.

A funeral service will be set at a later date.

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).

NOTEBOOK

CONTINUED FROM PAGE A1  
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 pho-

tographed, and is in the New Brunswick Museum.

“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](mailto:campguyhooligan@gmail.com) or 386 South Hill Rd., Colebrook, NH 03576.)

Laconia Christian Academy honor roll

LACONIA — Laconia Christian Academy has released its honor roll for the third quarter of the 2019-2020 school year:

Grade 12  
Carolyn Bixby, Abigail Dadian, Kathryn Duddy, MacKenzie Glines, Noah Longval

Grade 11  
Ryann Hendricks, Ian Manning, Deborah Umwiza

Grade 10  
Sarah Glines, Caleb Longval, Violet Manson, Grace O’Brien

Grade 9  
Emma Blake, Grace Burton, Emma

Desmarais, Katelyn Kilcup, Hannah Longval, Emily McLeod, Jacob Sheehan, Amber Stillion

Grade 8  
Brycen Allen, Audrey Bond, Ava Hall, Robert Merola

Grade 7  
Leanne Daigneau, Jillian Mitchell

Grade 6  
Ian Blake, Natalie Bleiler, Oliver Bond, Luke Butler, Brendan Call, Cooper Mack

Grade 5  
Sophia Horne, Grace Longval, Zaidon Mentore, Adam Mitcell, Mya Selesky, Aubrey Tyrrell



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**PET OF THE WEEK**  
Meet sweet Joan! Joan came all the way from Lubbock, Texas to find her forever family. She is a 2 year old boxer mix ready for adventure. Joan is currently learning quite a bit at our shelter. She is food motivated and willing to train! Currently Joan knows sit, down, is learning leash skills such as ‘with me’ aka heel, and loose leash walking. Joan would do best in an active adult only home as the only animal. If prospective adopters have another dog, we are happy to try them, however Joan has been a little over the top with her doggy friends. No cats for this sweetheart!





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# Shaker School District parade





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## One Too Many, once again?



## Don't Let Alcohol Put Your Life on the Rocks.

Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

**Warning Signs of Alcohol Abuse**

- Drinking alone when you feel angry or sad.
- Waking up with headaches or hangovers after drinking.
- Inability to remember what you did while drinking.
- Trouble getting to work on time due to drinking.
- Inability to control your impulse to drink.

If you or someone you know needs professional help for alcohol abuse or addiction, please call 1-800-NCA-CALL (622-2255) or visit [ncadd.org](http://ncadd.org) for more information.

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# Shaker School District parade



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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.

Devon Sullivan  
Financial Advisor  
164 NH RTE 25  
Suite 1A  
Meredith NH 03253  
603-279-3284  
Fax 866-644-4469  
devon.sullivan@edwardjones.com



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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PARADE

CONTINUED FROM PAGE A1  
ens of stuffed animals, including tigers (the school mascot), as well as balloons, signs and window paintings that expressed how much they were missed while encouraging students to keep up the good work from home.

Belmont Middle School had a strong contingent as well. Their bulldog mascot could be seen on many vehicles, as were the words “Hi! SMILE!” from assistant principal Tim Saunders and a rainbow of hearts from teacher Ms. Stefan.

Perhaps the best was saved for last though when the high school teachers not only gave a rallying cry to their students with cowbells, sports jerseys and science class skeletons, but saluted the Class of 2020, too.

“Stand Strong” said one sign with a flamingo beside it.

The song “Stand By Me” blasted from the speakers of one vehicle as it motored past while others carried messages of love to the seniors as their last year of high school comes to an unprecedented end.

Along the route, many families waited patiently in the sunshine for as much as an

hour for the parade to pass by. When it did, they cheered, waved and even held up signs of their own to send messages to the teachers they haven’t seen for more than a month.

That evening Hill sent out a message to the district saying, “I am riding on a high right now, feeling that we just did something very powerful for our Shaker community. The attendance at the parade was so uplifting, seeing not only students and families, but also community members that enjoyed the show. Thank you to all of you who were able to attend.”

He and the other principals are now gathering photos of the parade that they will soon share with the community through an online slide show.

STATION

CONTINUED FROM PAGE A1

the ceremony by saying, “We’re here today because of a strong committee and an even stronger community.”

He looked forward to being back at the Sanborn Rd. site by the end of 2020 to cut the ribbon on the new police department.

Kevin LaChapelle, chair of the town’s fourth Police Building Study Committee since the need became apparent in the Year 2000, was

TESTING

CONTINUED FROM PAGE A1  
services. The health and safety of their patients, communities and team members is a top priority. Please rest assured, they are taking extra safety measures so that patients seeking care for all other urgent non-life-threatening illnesses or injuries or em-

ATHLETES

CONTINUED FROM PAGE A1

ed in were cross country in the fall, then track and field events in the spring. Richard began competing seven years ago in both sports but said he enjoyed cross country running the most.

“I love to run in the great outdoors. Each race is unique and the sport pushes you to the limits. There are no

ployer services can continue to safely be seen at any ClearChoiceMD location.

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breaks, you just have to keep pushing. The team is a close family, and we are always there for each other to push through and to reach our goals,” he said.

Hi favorite memory was one from last fall when WRHS was running cross country at Gilford High School. It was there that he achieved his personal record of 20-minutes for a five-kilometer race.

Once his senior year

is complete, Richard will be off to the Great Lakes of Michigan where he will attend boot camp for the U.S. Navy. His goal is to become a Hospital Corpsman Advance Technical Field. He said that that would mean he can become a field medic, in line to assist the U.S. Marines in their missions.

Richard said that even though he has achieved other awards, including the highly

distinguished award of Eagle, the NHIAA award meant a lot to him.

“Achieving the Eagle rank takes time and leadership, which not a lot of Scouts earn. This award is the same. In high school you have to have a really good GPA average and participate in at least two varsity sports,” Richards said. “Achieving this took four years to earn, and it feels [like a great accomplishment] to earn it.”



During a groundbreaking ceremony last week, a gold shovel engraved by Elise Ford of 3B Creative Carvings of Sanbornton served as testimony to the hard work and dedication of the members of the Police Building Study Committee in Tilton over the past two-and-a-half years. Milestone Construction will now take the reins in completing their mission by late next fall or early winter.

today. We’ve been trying for this for a long time,” he said.

On behalf of the town, Cormier also extended his gratitude to his hard-working staff members who aided in the project proposal and to the Catholic Diocese of Manchester for offering the property to the town at an affordable price.

“They said they didn’t want to sell the land unless it was to build a police station and we’re very thankful. None of this would have ever been possible without them,” said Cormier.

On hand to join the town in the groundbreaking ceremonies that day were architect Gary Goudreau; the management team of Brian Geh-

ris, David Baer and Dave Jackson of Milestone Construction; and several representatives of the Tilton-Northfield Fire Department and the Tilton Police Department. Among those members was veteran police officer Richard Paulhus who will soon be the only officer still on duty who has worked in all three police stations in Tilton, including the current station on E. Main Street and the original station in the basement of the Tilton Town Hall.

Weather permitting construction was set to begin last week and the town now looks forward to a ribbon-cutting ceremony in late November or early December.

Notice to Citizens of the Winnisquam Regional School District

Rescheduled 2020 Annual School District Meeting

The Winnisquam Regional School Board and Budget Committee will be holding the Annual School District Meeting at Tanger Outlet Mall, Tilton, NH on Saturday, May 9, 2020 at 9:00 am.

Setup for the event will start at 7:00 am. The Moderator, Assistants to the Moderator, and Supervisor’s of the Checklist are asked to arrive by 7:30. We ask that only those volunteers and workers listed or personally invited by the SAU or moderator arrive before 8:00 am.

Registered voters are asked to arrive as early as they can starting at 8:00 am to check in with your Supervisor of the Checklist. Once checked in, you will be given the annual report, meeting materials and procedures. From there, you will be directed to park your car in which you will stay for the meeting. We look forward to your attendance and participation as we look to approve the 2020-21 WRSD budget.

Note: To maintain social distancing guidelines for this event, registered voters need to remain within their cars except for authorized activities as described by the moderator. When possible, registered voters within the same household should attempt to carpool to ensure we have enough spaces for everyone who wishes to attend the meeting.

Shaker Regional School District  
Marlite FRP Wall Panel Proposal Request

Shaker Regional School District is seeking proposals for purchase and installation of Marlite FRP Wall Panels at Belmont Middle School. A site visit will be held on May 4, 2020 at 11 am. Proposal specifications can be found on the District website, [www.sau80.org](http://www.sau80.org) or by contacting Steve Dalzell via email [sdalzell@sau80.org](mailto:sdalzell@sau80.org) or by phone at 603-267-9223 x5309.

Winnisquam Regional School District  
NOTICE OF PUBLIC HEARING

On May 18, 2020 at 6:30 p.m.

At WRMS in the Media Center

This meeting will be held remotely and livestreamed

In accordance with RSA 198:20-b, notice is hereby given, that the Winnisquam Regional School Board will hold a public hearing in regards to:

1. Accepting FY 19-20 Special Education Remote Learning Support Funds in the amount of \$9,000.00.

Shaker Regional School District  
Bathroom Partition Proposal Request

Shaker Regional School District is seeking proposals for bathroom partition replacement in 2 bathrooms at Belmont Elementary School. A site visit will be held on May 4, 2020 at 9 am. Proposal specifications can be found on the District website, [www.sau80.org](http://www.sau80.org) or by contacting Steve Dalzell via email [sdalzell@sau80.org](mailto:sdalzell@sau80.org) or by phone at 603-267-9223 x5309.





# Comfort Keepers

## Loneliness and isolation can affect senior health

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

For seniors, maintaining social connections and staying in touch with loved ones not only improves quality of life, it improves health. Socially isolated seniors have a 59% greater risk of mental and physical decline than those who do not experience social isolation, and socialization has been shown to slow Alzheimer's and Dementia patient's decline.

According to the U.S. Census Bureau, 11 million, or 28 percent of people who are aged 65 and older, now live alone and almost half of women over 75 live alone. By taking intentional steps

to reduce isolation and reduce lack of contact, overall wellbeing is also improved.

So, how can seniors foster connection and reduce loneliness?

Social Media – Facebook, Instagram and other social media sites can help seniors stay connected to friends and family across the country. And, many social media platforms have built in chat functions, games and other features that foster connection.

Togetherness Activities – For older adults, planning activities reduces lack of contact. This can be in-person, when possible, or through video chat and phone calls. Virtual or in-person activities can include good conversa-

tion, cooking and eating together, reading together, playing games, scrapbooking, or listening to music. And, studies show that planning and looking forward to an event can have mental health benefits too!

Online Interaction – Seniors may enjoy virtual meetups, online worship services, Facebook trivia night, virtual communities focused on hobbies, and other online activities can help people connect to others in their community without leaving home. For those that are able to go out, sharing hobbies and activities with others can bring joy and connection.

Virtual Volunteers – For seniors looking for a sense of purpose,

there are opportunities to volunteer to help others from the comfort of home. This can include building Easter baskets for children's charities, sewing quilts for shelters, writing cards for military service members overseas and other activities that allow people to do good works in their free time.

Isolation and loneliness can be signs that a senior lacks the support and tools needed to live a healthy, independent life. However, with planning and deliberate action, fostering positive relationships and connections can be incredibly rewarding for everyone involved.

Comfort Keepers® Can Help

For seniors that need

companionship or help fighting loneliness, Comfort Keepers caregivers can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

fort 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 [www.comfortkeepers.com/plymouthnh](http://www.comfortkeepers.com/plymouthnh) for more information.



# REAL ESTATE



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Michelle Eastman Realty: [www.michelleeastmanrealty.com](http://www.michelleeastmanrealty.com)

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

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**Custodian – District-Wide**  
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*Application deadline: Open until Filled*  
Employment Applications can be found at:  
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Please submit applications to:  
Ashley Dolloff, Human Resources Director  
Inter-Lakes School District  
103 Main Street, Suite 2  
Meredith, NH 03253  
or e-mail to:  
[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
EOE

**Ashland Elementary School**  
**Kindergarten Registration**



**Please call the school at 603-968-7622 during the hours of 8:00 am and 12:00 pm for registration information.**  
  
Ashland Elementary School  
16 Education Drive  
Ashland, NH 03217  
  
Children who reach the age of five years on or before September 30, 2020 are eligible for kindergarten.



**Staff Accountant**

Indian Stream Health Center is currently looking for a Staff Accountant. The Staff Accountant position includes a multitude of functions including: general ledger maintenance, monthly financial statement preparation, bank statement reconciliations, monthly variance analysis and accounts payable functions. This position also includes preparing statistical analyses and reports, including monthly operating and medical management statistics, participates in financial planning activities, developing budgets and will work closely with external accounting firms regarding annual audits and tax filing. Experience with Sage Intacct, Excel and healthcare knowledge a plus. This is a full time benefitted position with the ability to work remotely.

**If you are interested in this position please send your resume to:**

Indian Stream Health Center  
Billie Paquette, HR Manager  
141 Corliss Lane  
Colebrook NH 03576  
Or email to  
[bpaquette@indianstream.org](mailto:bpaquette@indianstream.org)



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**Berlin Elementary School**  
Grade 5 Teacher

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



**CLINICAL DIRECTOR**  
Northern Human Services  
White Mountain Mental Health

WE ARE HIRING!! Come join our talented team at Northern Human Services in lovely Littleton, NH as **CLINICAL DIRECTOR**, you can have a direct and positive impact on people's lives.

You must be Board Certified/ Licensed and be exceptionally strong in leadership, interpersonal and time management skills. Do you enjoy communicating regarding clinical findings and providing appropriate recommendations? Are you interested in truly making a difference and changing lives?

As CLINICAL DIRECTOR, you will be at the helm of a talented team of clinicians and working in tandem with the myriad of services offered at our Community Mental Health Clinic.

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**We look forward to hearing from you**

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**\*\*White Mountain Mental Health is an approved National Health Service Corps site. Licensed Clinicians may apply for generous loan repayment.\*\***

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**Send cover letter and resume to:**

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Bobbi Lyndes-Langtange  
29 Maple Street  
PO Box 599  
Littleton, New Hampshire 03561  
[blyndes@northernhs.org](mailto:blyndes@northernhs.org)  
[www.northernhs.org](http://www.northernhs.org)



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**2020-2021 School Year  
Professional & Support Staff**

LES – Paraprofessional; Special Education Teacher  
WES - Elementary Teacher; Specialized Paraprofessional (PK/K)  
HS - Math Teacher (Algebra) – anticipated opening; Athletic Trainer

**Digital Learning Integrator** - White Mountains Regional High School is a comprehensive high school seeking a Digital Learning Integrator to join their learning community. This position is responsible for helping to design and implement a rich curriculum, dynamic student-centered instruction, designing and leading professional development for educators, as well as co-teaching/modeling integrated lessons in the classroom. The ideal candidate will demonstrate proficiency in instruction of as well as collaboration with staff and students. Strong collaboration and communication skills as well as a commitment to their own professional growth are required in this position.

**Requirements:**

- Successful experience and/or training in the field or level within the last five years.
- NH Teacher Certification in the following endorsements will be considered:
- Digital Learning Specialist (formerly Education Technology Integrator) (0350)
- Bachelor's Degree or higher
- Demonstrated commitment to support the WMRHS community to "Own Your Learning"
- Demonstrated ability to collaborate with colleagues to support a positive school climate

**Preferred Qualifications:**

- Experience with competency education and grading practices
- Ability to design and facilitate professional learning for staff
- Participate in the development and implementation of a shared vision for the comprehensive integration of technology to support learning

**All applicants must apply on [Schoolspring.com](https://www.schoolspring.com) Paper applications will not be accepted.**

For further information, contact:  
Roxanne H. Ball, Adm. Assistant to the Superintendent of Schools/Human Resources  
White Mountains Regional School District SAU #36  
14 King Square Whitefield, New Hampshire 03598  
TEL.: 603-837-9363/FAX: 603-837-2326  
Email: [rhball@sau36.org](mailto:rhball@sau36.org)



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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  
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Ashland Lumber, 20 West St. Ashland, NH 03217  
or email at [duhlman@belletetes.com](mailto:duhlman@belletetes.com)

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**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).

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**Newfound Area School District  
COACHING POSITIONS**

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

**Newfound Regional High School**

- Varsity Girls Soccer Coach

**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.**

**Bristol, NH 03222**

Questions should be directed to Alex Sobolov, Athletic Director at [asobolov@sau4.org](mailto:asobolov@sau4.org) or 744-6006 x1507.

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**Moultonborough Central School  
Pre-K to 4**



**Kindergarten Registration for 2020-2021**

Information is now being accepted for the 2020-2021 kindergarten class. Students must be 5 years old by September 30, 2020. For spring registration we ask that families contact the administrative assistant via email by May 15th with the following information:

- Child's name
- Date of Birth
- Parent/Guardian(s) name, mailing address, and phone number

A registration packet will be mailed to you, and further information about screenings will be provided as we know more. If you do not have access to email or wish to provide the information to a secure phone line, please call the MCS office: 476-5535. If no one answers please leave a message with the Principal, Kathleen D'Haene, and office staff will return your call.

Contact information:  
Moultonborough Central School  
Annette Rowland: [arowland@sau45.org](mailto:arowland@sau45.org)



# NATIONAL NURSES WEEK

## Awards and recognitions for nurses



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Nurses' efforts are not always recognized, but there are instances when their patients or the families of their patients offer their gratitude to these widely unsung heroes of the medical profession. In recognition of the integral role nurses play within the health care industry, organizations such as the Ameri-

can Nursing Association and various national and regional groups award official honors to reward nurses for their undying efforts on behalf of their patients.




als and contribute to public health nursing.

- **Jeanne Mance Award:** This award is the highest recognition for nursing achievement that the Canadian Nurses Association offers. It is named after one of the country's most inspirational nurses, and has been issued at the CNA biennial convention since 1971.
- **Diversity Award:** This award recognizes registered nurses who have a long-standing

commitment and have made significant contributions to the advancement of diversity in the nursing profession.

- **The Beacon Award for Excellence:** This award honors nursing units that distinguish themselves by improving multiple facets of patient care. Recipients set the standard for excellence in patient care and use evidence-based information to provide positive patient outcomes.
- **Excellence in Leadership Award:** Established to honor a person whose primary responsibility is to manage people or projects, this award is given to those who excel in leadership, teamwork, communication, accountability, and more.
- **The Award of Excellence in Nursing:** Presented each year during National Nursing Week, this award is given to nurses who were nominated by their peers. This award celebrates the dedication, initiative and excellence of nurses employed by Canadian First Nations communities and Indigenous Services Canada and Inuit communities.

These are a few of the awards and recognitions bestowed on the hard-working nurses who make a difference in the lives of their patients across Canada and the United States.



### Belknap County Nursing Home

recognizes and appreciates all our dedicated, hardworking Nurses for National Nurses Week.

**We are so proud of You!**

### 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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*Thank you to all the nurses of the Golden View Community for the self-sacrificing dedication and compassionate care you provide to our residents and guests every day.*

*With respectful appreciation,*

*Rosemary Simino, NHA Administrator*

Be a hero, too! Join our heroic team [www.GoldenView.org](http://www.GoldenView.org)

### Lamprey honors Nurses and All those on the Front Lines of Healthcare and Essential Businesses During this Difficult Time.

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Center Harbor, NH 03226  
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Fax: 603-253-9255



# 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 Career-Build, 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.

*On behalf of the members of  
Turning Point Christian Fellowship,  
THANK YOU to all in the front lines,  
especially nursing professionals.*

**May God bless you and  
keep you safe physically,  
mentally and spiritually.**



**Turning Point  
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72 Whittier Hwy, Moultonborough, NH



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# A journey through history, one marker at a time

DONNA RHODES  
The historic marker at Loveland Bridge on Stinson Lake Road in Rumney provides a look back at one of the early businesses that helped the town thrive in the late 1800s.



BY DONNA RHODES  
drhodes@salmonpress.news

REGION – A scenic trip to Historic Marker #0174 will lead adventurers up the lower slope of Stinson Mountain in Rumney to Loveland Bridge, just above the site of Lewis H. Loveland, Jr.'s former crutch mill.

Michael A. Bruno, author of the book "Cruising N.H. History," wrote that in 1999 the Rumney Town Report detailed the history of the Loveland Crutch Mill, calling Rumney the "Crutch Capital of the World" back in that day.

The factory, formerly located just below a bridge on Stinson Lake Road, first began operations in the late 1800s. Water cascading down Stinson Brook to the Baker River below made it ideal for bringing early forms of hydro-power to the factory, which then used that power to make crutches from local materials available in the surrounding forest. Also tapping into those natural resources and power capabilities were more than 30 other industries along the river in that time period, Bruno said.

Eventually, Lewis Loveland, who first

worked at the crutch factory with his brother George, eventually purchased the company and his mill became known as "The King of Crutches," shipping products as far away as Australia and Africa.

Rumney is a rural, recreational town today, where a trip to the Loveland Historic Marker can be an enjoyable stop along the scenic river that once meant so much to the town's economy.

To learn more about the Loveland Crutch Mill's historic distinction in New Hampshire, turn off Route 25 at the blinking light for Rumney Village. Traveling all the way through the village, head left onto Stinson Lake Road then drive uphill (3.1 miles from Route 25) until you cross Loveland Bridge. The marker will be there on the right hand side of the road with safe and ample parking available.

And, while at Loveland Bridge, it's also worthwhile to continue up the road to experience the beauty of Stinson Lake as well as some of the hiking trails found there in the White Mountain National Forest. Personally, it's one of my favorite local destinations.

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