THURSDAY, JUNE 11, 2020

FREE IN PRINT. FREE ON-LINE • WWW.NEWFOUNDLANDING.COM

Community gathers in tribute to George Floyd

BY DONNA RHODES drhodes@salmonpress.news

BRISTOL – In protest over the recent death black Minneapolis resident George Floyd while in the custody of police, an estimated 100 people turned out at Kelley Park in Bristol last Wednesday morning for a Black Lives Matter event to show support for black Americans who have lost their lives through racial and social injustice.

"I needed to do something that felt real," said one local protester who wished to remain anonymous. "We teach kids in school to treat others as you would want to be treated. I have friends of color and this is personal to me. We have a justice system that needs to be fixed."

Last week's vigil and march was organized by Deanna Martin and Aidan O'Donnell. The two were conversing about the subject the



Organizers of a Black Lives Matter protest, Deanna Martin and Aidan O'Donnell (lower left), knelt down with a crowd of peaceful protesters at Kelley Park in an eight minute and 46 second silent vigil for the death of Milwaukee black man George Floyd.

previous Saturday evening and while Martin said she wanted to go to a protest march, she was afraid to get caught up in some of the ensuing

violence that has broken out in the larger cities. O'Donnell then came up with the idea to hold a protest of their own.

"After witnessing ev-

erything that's been going on across the country, we wanted this to be a peaceful event that people could feel safe to attend," he said.

The two then went through the process of organizing the event and Bristol Police and Fire Department were on hand to make sure

it maintained the atmosphere Martin and O'Donnell wanted.

As people of all ages and races arrived in the park, some brought signs they made while others were offered signs that were made by Martin and O'Donnell. There were also free bottles of water available, still in the midst of the Corona Virus pandemic, they also had a supply of facemasks on hand so everyone could maintain the social distancing and public health protocols.

Martin began with a short speech on the injustices Black Americans have suffered at the hands of some police officers over the years. She said that while people in the Newfound area enjoy life in a "place of privilege" where such injustices aren't seen, she hoped Bristol's Black Lives Matter protest would help raise awareness of the unwarranted

SEE **TRIBUTE** PAGE A6

Cruise Night makes a comeback at Hill General Store



While there were many beautiful classic and antique vehicles at Hill General Store's Cruise Night on Monday, little princesses Rylie (age four), sister Isabella (age six) and their Disney Princess Power Wheels car stole the hearts of many spectators.

BY DONNA RHODES drhodes@salmonpress.news

HILL – The owners of Hill General Store and their family were pleased to host their first 2020 Cruise Night last Monday, and as many as 20 vehicles of all makes and models showed up for the inaugural event for the this season.

"If the year 2020 is going to treat us like this, then we decided this was the best we could do to get people out of the house for a little fun," said Cruise Night organizer Josh Nash.

Each Monday from now until October, the public is invited to join in the fun. Besides a chance to talk with owners and inspect their classic or antique trucks, cars and motorcycles, spectators are also encouraged to vote for their favorite each week.

A popular entry on opening night was a Disney Princess Power Wheels car driven by the store's neighbors, fouryear-old Rylie and sixyear-old Isabella. As the sisters posed for photos in their Disney Princess outfits, they encouraged everyone to vote for them as their favorite entry for the night. Perhaps not antique or classic, it was outstanding in many ways, one gentleman said.

Each week, the evening includes door prizes for entrants along with a 50/50 raffle for all who drop in to admire the cars and purchase raffle tickets. Money from the raffle benefits local organizations and the first benefactor this season was the Franklin Animal Shelter. Others in the past have included the Hill Library and

even the Hill Haunted

House, which puts on a "spooktacular" community event just up the road each fall.

"Last year, their crew even came over here for Cruise Night in their costumes, which was really a lot of fun," said Nash.

Dinner is also available on Cruise Nights. As music plays in the background, lovely ladies and young girls in Poodle skirts mingle with the crowd to take orders for pizza, hot dogs, sausage subs, chips, drinks and more, then deliver it all as soon as the food is ready.

"We're really excited and just so glad we were able to start this up again this year," said Nash.

Hill General Store is located on Route 3A in Hill Village and Cruise Night takes place each Monday from 6-8 p.m..

Former Bridgewater resident shows solidarity with Black Lives Matter movement

Bridgewater, now New York City-based actor and cabaret star Stephen S. Miller, the host of the Internet TV show "The Mama Rose Show," took a pause from his regularly scheduled programming last week to deliver a special episode featuring 13 guests who

NEW YORK, N.Y. contributed short video lofs (book, music and lyrcent events in our country in solidarity with the Black Lives Matter movement.

Miller begins with a brief introduction with a powerful quote reflective of the movement used with permission from the musical "Birthday Boy" by Brett Roe-

from messages about the re- ics) and Jack Donahue (book and lyrics). The diverse array of guests from around the country and world who contributed messages are Los Angeles-based multiple Billboard charting singer/songwriter Holiday, New York Citybased singer/LGBTQ

SEE **MILLER** PAGE A6

Community cheers on **Newfound graduates**

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL - During a school year filled with events and circumstances no one could have predicted, the Class of 2020 at Newfound Regional High School is finding that when people

"think outside the box," there are still plenty of fun ways to celebrate a high school graduation besides the age-old traditions all seniors have come to expect.

Last Saturday afternoon, the graduating class was asked to assemble in the parking

lot of Freudenberg NOK, each in their own vehicles. From there, they would be led by police and fire personnel to the high school where their caps and gowns would be waiting.

Somewhat skeptical as to how it would all SEE **PARADE** PAGE A6



Hayleigh Pabst of Newfound Regional High School gave a thumbs up as she received her cap and gown at the end of a Senior Parade for graduates last Saturday.

NRHS Senior Parade

ALL PHOTOS BY DONNA RHODES







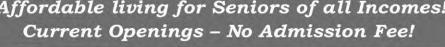


House, Condo or Land Wanted Single Mom Cash Buyer For Own Use

Wanted: House, condo or land on or near the water cash buyer, fixer upper is ok, but prefer good cond. NO REALTORS. Principles only.

Call Armen (860) 550-1999







A not-for-profit private pay organization caring for seniors since 1942

- · Enjoy home cooked meals
- 24 Hour Licensed **Nursing Staff**
- Housekeeping services
- Music & Memory Program
- Pet Therapy
- Daily Social activities
- Peabody Bus Transport for outings, restaurants & shopping



Call for a tour or to learn more about Peabody Home

24 Peabody Place, Franklin, NH (603) 934-3718 · www.peabodyhome.org





Newfound Landing

ADVERTISE WITH US

ADVERTISING EXECUTIVE TracyLewis (603) 575-9127 tracy@salmonpress.news

TO SUBSCRIBE OR FOR **SUBSCRIPTION SERVICES:**

KERRI PETERSON (603) 677-9085 kerri@salmonpress.news



SEND US YOUR NEWS **AND PICS**

news@SalmonPress.newsTO FAX THE GRANITE **STATE NEWS:**

Call (603) 279-3331

TO PRINT AN OBITUARY: E-MAIL: brendan@salmonpress.news

TO SUBMIT A LETTER **TO THE EDITOR:** E-MAIL: brendan@salmonpress.news

TO SUBMIT **CALENDAR ITEMS:** E-MAIL: brendan@salmonpress.news

www.SalmonPress.com (603) 279-4516

A SALMON PRESS PUBLICATION NEWFOUND LANDING STAFF DIRECTORY

PRESIDENT & PUBLISHER Frank G. Chilinski (603) 677-9083 frank@salmonpress.news

BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 ryan@salmonpress.news

OPERATIONS DIRECTOR JIM DINICOLA (508) 764-4325

DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516

EDITOR Brendan Berube (603) 677-9081 brendan@salmonpress.news

SPORTS EDITOR JOSHUA SPAULDING (603) 941-9155 josh@salmonpress.news

PRODUCTION MANAGER JULIE CLARKE (603) 677-9092 julie@@salmonpress.news

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.





THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town Address Pikes Point Road **Bristol** Robieson Drive Bristol Bristol 30 School St. Hebron Fall Hill Road 358 N. Shore Rd. Hebron Hebron Pike Hill Road Holderness US Route 3 New Hampton 1041 Straits Rd. Plymouth Ash Hill Road Plymouth 261 Fairgrounds Rd. Thornton Fondue Drive Thornton Gray Birches Condo Unit 4 Thornton 55 Mountain River Ave., Unit 19 Thornton 71 Waterville Acres Rd., Unit 2 Waterville Valley 23 Black Bear Rd., Unit 1215a Waterville Valley 11 Mountain Brook Way, Unit 12 Condominium Waterville Valley N/A (Lot 19)

Price Single-Family Residence \$109,900 \$145,000 Single-Family Residence \$256,200 N/A \$125,000 \$55,000 N/A \$135,000 N/A N/A \$315,000 Mobile Home \$114,533 N/A \$32,000 Condominium \$375,000 Condominium \$210,000 Condominium \$108,000 Condominium \$76,000 \$175,000 N/A \$453,533

Seller Alan H. Everett and Jeffrey M. Byrne Glenn M. & K. Davis Trust US Bank NA Trust Braley Fiscal Trust and Judy M. Rodgers Priscilla Sanborn Galbraith Fiscal Trust and Alan F. Galbraith Darold W. and Melissa R. Dunham 1994 Rheinhardt RET and Barbara A. Rheinhardt Bowers Fiscal Trust 2005 and Aurel J. Bowers Todd and John R. Gustaitis Kenneth & B. Johnson Fiscal Trust Gray Birches RT and Melissa J. Wolfe Mountain River 17-19 RT and Gary L. Dempsey Todd L. and Christine C. Harris Christopher E. and Stephanie Erb Gregory J. and Kristen M. Gohr Mark W. and Susan K. Duncan

Newfound Chalet LLC Scott A. Knapp Charlie Poulos Dorinda Ardjomand-Kermani Richard A. and Laurie L. Sanborn James A. and Francine P. Fletcher John A. and Michele M. Hart Scott W. and Tyler S. Hanigan Moksha Trust and Amy S. Purpel Joanne M. Rockstraw and Ronald Tourangeau Michael Leon David X. O'Neill Eric and Lisa Olson Gregory E. and Jennifer R. Myette Jason P. and Andrew C. Hantzis Ryan M. and Pooja M. Deveau

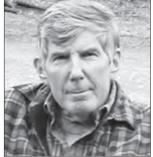
Gregory J. and Kristen M. Ghor

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 involve 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 Admiry Notebook

ditional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

For anyone whining about the weather, the answer is "Wait a minute" or "Move"



By John Harrigan

COLUMNIST

My standard reply to anyone complaining about the weather has been the old New England standard---"Wait a minute," or (always in a kidding way) "Move."

True, many people are born into this way of life---seven months of cold (sometimes very cold) weather, Mud Season, black flies, no such thing as "privacy" and all that---and thus have no say in the matter.

Sure, maybe they can leave the territory when they're 18, but some people so love the place and the lifestyle by then and are so impossibly intertwined that they don't want to. They realize they've grown up in a beautiful place other people from far-off places will pay thousands of dollars to visit, and a place of great individual freedoms, and stay.

My experience is that this same scenario plays out in small towns everywhere, but is most pronounced and heart-rending in small towns in far-flung places with scant sunshine and harsh climates. These are places with long drives to the nearest place of higher education, in situations that require either an overnight stay or a long, tired, pitch-black drive home.

Every now and then, I bump into a member of an old family or one new to the region, and in the ensuing conversation find out that this person is holding down at least two part-time jobs (sometimes three), and driving to this or that distant place (Berlin, Littleton,

Plymouth) in search of a post-high-school degree. Sure, some of the work can be done on-line; but many courses require at least some on-campus time, which can mean a late-night, two-hour creep home in the middle of a snowstorm.

The farther south you go, most naturally, the greater the number of institutions of higher learning. But for much of Maine, New Hampshire, and Vermont it can still mean well over an hour's drive, a factor that gains importance in declining weather and over a long period of time.

Over the years, there have been discussions and attempts on affordable overnight housing for people making long and often exhausting drives for daytime or evening courses. But in the end, even the best-intentioned efforts have been derailed by insurance problems, risk-management, lack of reliable funding, and enforcing any rules that emerge from it all.

+++++

Visitors occupying the Carolina rockers on the porch, with its 35mile panoramic view northern Hampshire and Vermont, often exclaim on just that---the view. "Too bad you can't eat it for supper," is one of the



I love this place and the

landscape, which has so

helped shape me into the

stubborn, weather-worn

lout I am. That decision

came more than 40 years

ago: On up the ladder

newspapers, or back to

the closer and instant-

ly accountable world of

A pile of beautiful-

ly designed and fresh-

ly minted silver and

gold pieces (my fantasy

coins) could never con-

vince me to leave. But

I'd be among the first to

point out that not every-

(Mail is welcome, with

campguyhooligan@

101 Boulder Point Drive Plymouth, NH 03264

midstatehealth.org

603-536-4000

phone numbers, please,

gmail.com or 386 South

Hill Rd., Colebrook, NH

one has the choice.

weeklies?

ever-larger daily

Not everyone chooses to live in a territory that offers seven months of cold weather. I took this shot of melting snow curling over the edge of the porch roof around the middle of May.

old refrains, always uttered by the legendary old-timer (that would not be me).

It reminds me of the legendary dead cat, kept in sight atop a barrel near the door by the legendary blacksmith. "Thank you," says the customer, headed for the door after some small job of mending or creation. And says the blacksmith, finger pointing, "That cat died of 'Thank you."

Both stories are about hard money, meaning real money, as in "coin of the realm," both sayings harking back to an era when paper money was distrusted and people wanted to be paid in coins they could trust.

I'm certainly no numismatist, but to my mind we haven't had a beautiful coin in this country since Augustus Saint-Gaudens designed the famous Liberty twenty-dollar gold piece for Theodore Roosevelt. It was and is a gorgeous coin of the realm. The fact that the coin has strong New Hampshire ties doesn't enter into it.

But coin or no coin,



CASS INSURANCE INC.

'Nanc' & Michelle

PO Box 406 • Newport, Vermont 05855

PERSONAL AUTOS, WORKMAN'S COMP.

GENERAL LIABILITY AND EQUIPMENT



All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals. NORTH COUNTRY COINS. Main St., Plymouth, NH 536-2625.

2 BR APARTMENTS

BRETON WOODS GILFORD, N.H.

RENT BASED ON INCOME

USDA-RD Property

- Income Certification and Reference Checks required
- Applicants must meet USDA-RD Income Guidelines • Non Smoking, No Pets
- Equal Opportunity Provider and Employer

Call Now:

(603) 485-5098



TDD RELAY: 1-800-735-2964



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

Competitive Wages Paid Vacation Paid Holidays Paid Time Off Health Insurance

HEALTH CENTER

IMAGING CENTER

Profit Sharing | Store Discounts | Much More!





Omimion



CADY Corner

New study finds U.S. alcohol-related deaths have doubled

BY DEB NARO
Contributor

According to a recent study, alcohol-related deaths among Americans are on the rise. Looking at data from the National Center for Health Statistics, researchers estimate deaths from alcohol-related problems have more than doubled over the past 20 years. Death certificates from 2017 indicate nearly 73,000 people died in the U.S of liver disease and other alcohol-related illnesses. That is up from just under 36,000 deaths in 1999. Some of the greatest increases were found among women and people who were middle-aged and older.

The study was conducted by the National Institute on Alcohol Abuse and Alcoholism, which is part of the National Institute of Health (NIH) and was recently published in the journal Alcoholism: Clinical and Experimental Research. Overall, researchers found men died at a higher rate than women, however, when analyzing annual increases in deaths, the largest increase was among white women. "With the increases in alcohol use among women, there's been increases in harms for women including ER visits, hospitalization and deaths," Aaron White, who authored the paper, told NPR.

The research shows that in 2017, alcohol proved to be even more deadly than illicit drugs, including opioids. That year there were about 70,000 drug overdose deaths — about 2,300 fewer than those involving alcohol, according to the Centers for Disease Control and Prevention.

Only cigarettes are deadlier than alcohol: More than 480,000 people die each year in the U.S. because of smoking-related illnesses. However, alcohol-related overdoses — either alone or with drugs — rose between 1999 and 2017. Other alcohol-related causes included heart disease, cancer, and accidental injuries such as falls. The number of deaths caused by drunk driving over the same two decades declined. Rates of acute alcohol-related deaths increased more for people aged 55 to 64, but rates of chronic alcohol-related deaths, which accounted for most alcohol-related deaths, increased more for younger adults aged 25 to 34.

Other significant findings in the study included: 70.1 percent of the population aged 18 and older consumed alcohol in 2017, averaging approximately 3.6 gallons of pure alcohol per drinker. While the overall prevalence of drinking and binge drinking did not change for men, there was a 10.1 percent increase in the prevalence of drinking and a 23.3 percent increase in binge drinking among women.

For more information on how to talk to your children about the risks of drugs and alcohol, visit our website at cadyinc.org. If you or someone you know struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.





Courtesy

New Hampton students receive Katie Knott-Garon Outstanding NHCS Cares Award

New Hampton Community School (NHCS) students Jack DiFilippe, son of Erik and Amanda DiFilippe of New Hampton, and Lucas Reynolds, son of Josh and Tiffany Reynolds of New Hampton, were presented with the Katie Knott-Garon Outstanding Student NHCS Cares Award. The award, created in honor of former NHCS staff member and reflecting the school's CARES mission, is presented to a fifth grade student who has shown strength of Character, achieved Academic success, displayed individual Responsibility, pursued Excellence in the classroom and within the community, and exhibited creative Spirit.

Sustainable Bristol

BY LAUREN THERRIAULT

I can't help but be impacted by the news lately about the injustice and subsequent protests regarding George Floyd's murder. This has made American's reexamine many aspects of their lives and search for ways to be an ally to Black Indigenous People of Color (BIPOC). It's not good enough these days to say "I am not racist"; we need to, as a community, and country, work to be anti-racist.

How does this relate to sustainability, you ask? BIPOC are more impacted by the climate crisis than white people are. BIPOC live closer to areas that will be, and have been, impacted by extreme weather caused by climate change such as floods and hurricanes. BIPOC also live closer to

toxic facilities, landfills and chemical plants, not because they want to but because these facilities have been put there due to legislation and less restriction on the areas BI-POC live in. They have less access to health care, and more exposure to toxic chemicals which leads to higher rates of asthma, cancers, and other illnesses. Black men make 83 cents for every dollar a while man makes, it's even less for Black women. Despite, or perhaps because of these downfalls, brought upon BIPOC, by no fault of their own, they are more concerned than white people are about the environment and climate change.

These tiny glimpses into the lives of BIPOC are important to take into account in terms of sustainability because

where it might be an ethical/environmental choice for some to buy in bulk, shop second hand or ride a bike to work, these choices are not always made by BIPOC for their sustainability but because they do not have access or the same amount resources as their white counterparts. It's also important to realize that if we are committed to making the earth a better place we need to do so for everyone on earth. Racial inequality is so interwoven with the climate crisis we cannot fight one without fighting the other.

Last week, I participated in the Black Lives Matter march in Bristol organized by Newfound High School students both past and present. It was great to see so many people standing up for

what is right. The first step has been taken by our community now we have to keep working. So what can we, a primarily white community, do next? Educate yourself. Read books by BIPOC, about issues they face. Recognize your own racial biases, and talk to your friends and family about it. Watch movies and listen to podcasts about racial inequality. 13th on Netflix is a good place to start and 1619 is a great podcast to open your eyes to how long systemic racism has been impacting this country. Donate money, if you can, to charities helping BIPOC or buy goods from them. Vote in November for people committed to changing the system.

Letters to the Editor

Re-elect Harry Viens to NHEC board

To the Editor:

For those who use New Hampshire Electric Co-op (NHEC) as their power source, it is important to know who will be on their board. Harry Viens is the right choice.

Harry Viens is a fiscal conservative and has worked consistently to create a sense of community and to improve communications within the company. Harry has been an integral part of NHEC reducing rates. And Harry has been a proponent of faster restore times should you have a power outage. These points will be important to remember

when you return your ballot to NHEC. Reelect Harry Viens to the board.

Dr. Valerie A. Fraser New Hampton

Mid-State Health Center opens Imaging Center at Boulder Point

PLYMOUTH — Mid-State Health Center is pleased to announce the opening of its Imaging Center located in their Plymouth office. The Imaging Center at Mid-State will offer digital x-ray and ultrasound services using the latest in high quality imaging tech-

Mid-State's Imaging Center will be open to all in the community, by referral of their provider, offering a local and cost effective imaging option. The new advanced digital x-ray equipment will provide for a broad array of general x-rays for patients of all ages for common concerns, such as assessing bones for breaks, back pain, and chest x-rays.

Mid-State's clinical team is excited to have these important services in-house to ensure their patients, and everyone in the community, will have ready access to high-quality, cost-effective imaging.

"We are extremely happy to bring a cost-effective and convenient imaging option in the region. Mid-State has invested in the best digital technology and top notch imaging professionals to meet the imaging need of the community," said Robert MacLeod, Mid-State Chief Executive Officer.

Using the latest in digital imaging technology and partnering with board-certified, Southern New Hampshire Radiologists, Mid-State will offer the community a lower cost, high quality option for their imaging needs. Imaging services will be offered Monday through Friday from 8AM to 4PM.

To learn more about Mid-State's Imaging Center,

visit them on the Web at www.midstatehealth.org, or call 536-4000.

About Mid-State Health Center

Mid-State Health Center delivers primary care and supportive services at both its Bristol and Plymouth offices, offering medical services, dental services, behavioral health counseling, recovery services, and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay.

Comfort Keepers Physical activity for senior care

BY MARTHA SWATS Owner/Administrator

Comfort Keepers

It has been proven time and again that exercise is good for seniors' physical and mental health. Regular exercise, even in small amounts, can improve mood, relieve stress and improve health. According to the CDC, four of the five

most expensive health

conditions older adults

face can be prevented or

managed with physical

activity. But, only about

35 percent of adults over

the age of 65 are physi-

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

can.

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

Improved mental health, mood and outlook

Prevention, or improvement of, diseases such as diabetes, obesity, heart disease, and osteoporosis

Reduced pain from arthritis and minimizing its severity

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

to physical activity with senior care.

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

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

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

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

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

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

Comfort Keepers® can help

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

referred to as laddering.

About Comfort Keepers Comfort Keepers is a leader in providing inhome 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 independently living worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at nhcomfortkeepers.com

for more information.

MARK ON THE MARKETS Risky investments



By Mark Patterson

When you hear the phrase "risky investments," things like penny stocks, futures contracts, option contracts or junk bonds likely come to mind. But those investments or whatever you want to call them are

typically used for speculation or as it used to be called "taking a flier" or chance, knowing your odds of success are not great. Futures and options are not risky per say, just leveraged so that they move faster in or away from profit. They can be used for risk mitigation in some circumstances.

The risk that I wanted to address though was the risk in owning things in your investment portfolio that you may believe are safe income producing vehicles like dividend paying stocks, preferred stocks, MLP's or bond funds. When a stock or bond is purchased for income or the dividend it becomes that

much more sensitive to interest rate fluctuations. As an example, because yields on CDs, bonds and fixed income in general are so low, investment money has sought out any vehicle that pays a good dividend or yield. That in turn drives the price up and yield down, so when you have a lot of money chasing this yield you get inflated prices of the stock or bond.

Now, I am not convinced that rates will go up significantly all that soon; in fact, I believe that we have a lot of issues to get through before we worry about real inflation. Just realize that abrupt currency value change or a host of external global factors

can change the interest rate picture very quickly creating a real jolt to those interest rate sensitive vehicles.

Know that I am not against bonds, just bond funds. Bond funds are typically perpetual in nature, in other words, the bonds are bought and sold by the fund manager with no maturity date as far as you are concerned. Inflows and outflows make holding a bond till maturity a challenge for funds. Typically, if rates go up you lose value, if they go down you gain value. If you want exposure to bonds you ual treasuries, corporate or municipal bonds with varied maturity dates,

Laddering is just a method of staggering maturity dates from short term to long, with a strategy that the near term maturities may be reinvested into a potential rising rate market. This is referred to as "immunizing" the portfolio. If you buy individual bonds you will at least know what you paid, what your yield, maturity date will be and have more control over the investment. If you do not feel that you have enough assets to justify individual bonds I would just take a pass on the bond fund at this might consider individ- stage of the game and find something else for LLC and can be reached income. Low cost bond ETF's can be a good non

correlated asset to an equity portfolio; however, I do not believe it is the best means for current income. The exception to owning a bond fund would be a specialty fund, such as a municipal bond fund that is specific to that state making it triple tax free.

Of course, all these strategies can be debated, I just want you to be active and aware of what is going on with your money whether you manage it yourself or have someone managing for you.

Mark Patterson is an Investment Advisor with MHP Asset Management at 447-1979 or Mark@ MHP-Asset.com.

STRATEGIES FOR LIVING

When a prostitute crashed the party

By Larry Scott

Simon the Pharisee was a gracious host and Jesus was his guest. But for this self-righteous Pharisee, the otherwise pleasant evening meal turned into a nightmare: a prostitute crashed the party.

In oriental fashion, Jesus and the Pharisee would have been reclining on divans on three sides of a low table. Jesus was no doubt given a cushion and lay on his left arm with his head towards the table, his feet, unsandaled, stretched out behind. This left His right arm free with which to eat and made it possible for servants to rinse His feet during the banquet.

At some point during the banquet, the lady sneaked into the dining room. Leaning over Jesus' feet, she washed His feet with her tears and wiped them with her hair. And then, in an act of remarkable sacrifice, she broke open the alabaster jar, worth a year's salary for a common laborer, and anointed His

We have no record the woman ever talked with Jesus. She did not admit to her life of sin and she did not ask for God's forgiveness. But in her act of love, she indicated the place Jesus occupied in her life and that was enough. "Your faith has saved you," Jesus said. "Go in peace."

And she was not alone. On another occasion, a group of self-righteous Pharisees brought to Jesus a woman who had been "caught in the very act of adultery." Presuming He would "read her from the book" they were astounded when He said, "He who is without I shall call Jennifer, sin, let him cast the first

stone." No one raised a hand against her, and shortly Jesus said to her, in my words, "Sweetheart, where are your accusers? Look ... I don't condemn you either. Go ... and just don't sin anymore, OK?"

That's God, and the marvel of His love is that no one is beyond His reach. When God intervenes, depravity does not determine one's destiny. Ours is a God of second chances.

I still recall the evening a teenager, whom came by invitation as a special guest to our Church's teen group. Perhaps fourteen years of age, her eyes were glazed over and she was staggering as if in a drunken stupor. She was hooked on Quaaludes (which she was getting by ripping off her grandmother) and claimed that evening to having taken thirteen! Perhaps ... but if true, it should have killed her.

But Jennifer found a group of people who cared and within months committed her life to Jesus Christ. To detox and

put her life back together she enrolled in a Texas Bible School sponsored by David Wilkerson and Teen Challenge.

You can imagine my surprise when, perhaps a year later, Jennifer phoned me, ecstatic beyond words. Despite severe brain damage brought on by the Quaaludes, she had just excelled on a test that called for the memorization of a large number of Bible verses. As thrilled as she was astonished, she was on the road to recovery.

It is amazing to see what God can do with a

willing heart. A penitent prostitute, a brain-damaged teenager, and countless others have discovered there is no limit to the change that comes to a life open to His love. Our God is more than willing to take us from where we are and transform us into what we ought to be. But He does

so only by invitation. For further thought, follow me at indefenseoftruth.net.

Paid Advertisement Paid Advertisemen

<u>Edward Jones:</u> Financial Focus

Nearing Retirement? What Questions Should You Ask? them. You may want to work with a fi-

The recent market volatility has affected just about everybody's financial and investment situations - so, if you were planning to retire soon, will it still be possible?

Of course, the answer depends somewhat on your employment situation. With so many people's jobs being affected by the coronavirus pandemic, your retirement plans may also have been thrown into confusion. But assuming your employment is still stable, what adjustments in your financial and investment strategies might you need to make for your retire-

Here are a few areas to consider, and some questions to ask yourself: · Retirement goals - Now is a good time

ment?

to review your retirement goals and assess your progress toward achieving

nancial professional to determine if the current environment has materially affected your goals or if you need to make modest adjustments to stay on track. • Retirement lifestyle - You probably created your investment strategy with a particular type of retirement lifestyle in mind. Perhaps you had planned to become a world traveler when your working days were over. Of course, in the near term, extensive travel may not be possible, anyway, but once we move past the pandemic, your freedom to roam will likely return. But if your investment portfolio is not where you thought it might be, can you (or do you want to) adapt your lifestyle plans? And can you accept the same flexibility with your other life-

home, pursuing hobbies, and so on? • Tradeoffs - Based on your retirement goals and your willingness to adjust your retirement lifestyle, you'll want to consider your options and tradeoffs. For example, would you be willing to work more years than you had originally planned in exchange for greater confidence in your ability to enjoy a comfortable retirement lifestyle? By working longer, you can continue adding to your IRA and 401(k) or similar retirement plan, and you may be able to push back the date you start receiving Social Security to receive bigger monthly benefits. You might also review your budget for opportunities to reduce spending today and potentially save more toward your retirement goals.

• Social Security - You can file for Social Security benefits as early as 62, but you

can get 25% to 30% more each year if you wait until your full retirement age, which is likely between 66 and 67. As you created your retirement plans, you likely also calculated when you would take Social Security, but you may need to review that choice. If you postpone retirement a few years, what effect will that have on when you choose to take Social Security and consequently, the size of your benefits? You won't want to make a hasty decision because once you start taking Social Security, you can't undo your choice. This is certainly a challenging time to be entering retirement, and you'll have some questions to answer. But even

in the midst of uncertainty, you still have many choices. Consider them carefully and make the decisions that work for you.

Jacqueline Taylor 7 inancial Advise 3 Mill Street





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.

Member SIPC



PO Box 176 Meredith NH 03253 Fax 866-532-8685

Tribute **FROM PAGE A1**

deaths that occur in other parts of the country.

"We're not trying to speak for the black community, we're here to stand with them," Martin said.

Before reading the names of several others besides Floyd who lost their lives due to social injustice in America, she first recognized Bristol Police Chief James McIntire and his staff who were in attendance that day. The officers received a round of applause for their work in keeping the Newfound community safe.

Martin then asked the crowd to join she and O'Donnell in kneeling for eight minutes and 46 seconds, the amount of time that the Milwaukee officer knelt on the back of Floyd's neck before he was declared dead.

For many it was a shocking to experience just how long those minutes were.

"I spent much of that time praying," 19-yearold black teen Abiah said afterward. "I'm super glad though that all my friends and the community came out to do this and support all that's going on today."

After the eight minutes of silence, a local black male stepped up to thank the crowd for their support while offering a bit of advice from his point of view.

"As a black person I want to say that white people have to talk to other white people about racism. Don't come talk to me about it- I live it," he said.

He said he hoped to see a day when he could submit an application for a job or a home loan and not have it judged by his race; a day when he could drive down the road and not be followed by police cars, suspicious of what he may or may not be up to.

"I married a white



Following a brief Black Lives Matter demonstration at Bristol's Kelley Park, approximately 100 people walked through a portion of the town last Wednesday morning in protest of racial and social injustice.

woman and her family's only image of black people had come from [the television show] 'Cops.' That has to change," he said. He went on to state that excusing Floyd's

death by saying it was due to a few bad cops was not acceptable. "Do you want a bad pilot flying the plane you're on? Then why should we accept bad cops?"

At the conclusion of his remarks, everyone then gathered their signs for a walk from the park, up along School St. and back.

"This is a step in the

right direction," one woman commented. "Our actions can speak louder than words sometimes.

Parade FROM PAGE A1

transpire, they were pleasantly surprised as they headed out along the parade route with blue and red lights flashing, sirens blaring and horns honking.

"That was fun," said Emma Desmond of Bristol. "There were a lot more people than I thought there would be along the way. It turned out to be very nice."

In fact, the streets along the route, and especially in the downtown

Looking

tor the

area, were lined with friends and supportive community and business members all cheering as they passed by.

Many of the students and their families had decorated their vehicles with signs, photos, balloons and even an athletic shirt or two, but the residents had signs and balloons as well.

Jake Reichental of New Hampton said he was very pleased with the reception as they drove through town.

"It was really nice of the school to put this

on for us. I was amazed. Even people who were trapped at the lights or at businesses while we all drove by tooted their horns and waved to us. That was pretty cool," he said.

Reichental rode in the back of his friend Conner Springer's pick up truck so they could be socially distanced for the parade and Springer said he was also surprised at how the unprecedented event turned out.

"When I heard about it online I thought it sounded pretty dumb to



After taking part in a special Senior Parade last Saturday, Emma Desmond of Bristol was happy to get her cap and gown as Newfound Regional High School's Class of 2020 prepares for graduation this weekend.

just drive through town together," Springer said, "but the attention from everyone in the community was awesome! I really enjoyed it and I think they should do this every year. I bet the other classes would like it, too.

Once the parade of 83 students arrived at the high school they were greeted with upbeat party music and equally upbeat teachers and staff. Principal Paul Hoiriis even took photos of each graduate as they drove up to the tent where they were handed personally packaged bags, along with boxes of bakery treats from Dunkin Donuts.

Inside each bag they found not only their caps, gowns and tassels for graduation, but any awards they had earned, their yearbooks, gift cards from local businesses and other treats.

Newfound Regional modified graduation ceremony for the students

and their immediate families for Saturday, June 13, and the students are looking forward to completing their non-tra-High School will hold a ditional yet historic march into the future.



Bristol Police and several vehicles from the Bristol Fire Department escorted 83 members of Newfound Regional High School's Class of 2020 on a special parade through the town last Saturday.

Newfound Covering the Newfound Lake Area & Surrounding Communities Find it **FREE** Online at: www.NewfoundLanding.com

Or **FREE** at these fine local businesses:

BRIDGEWATER:

Newfound Grocery

BRISTOL:

Bristol Post Office (Outside Box) Bristol Town Hall Bristol Laundry Cumberland Farms Bristol Park & Go Bristol Shacketts Rite Aid Bristol Hannaford Wizard of Wash

DANBURY:

Danbury Country Store



HEBRON:

Hebron Post Office(Outside Box) Hebron Town Hall Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station Irving Gas Station Gordon Nash Library

PLYMOUTH: Tenney Mt. Store

RUMNEY:

Common Café Stinson Lake Store

A new publication full of local news, sports & happenings from the following communities: Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton



Headquarters: 5 Water Street, P.O. 729 Meredith, New Hampshire • (603) 279-4516

Miller FROM PAGE A1

activist Tym Moss, New York City-based playwright/actor Chris Rivera and actor/dancer Joe Montoya, Staten Island-based LGBTQ activist Jennifer Maroni, Los Angeles-based actor/designer T. Ashanti Mozelle, New York City-based actor Corey Hollinger, Bristol-based daycare teacher Claudia Meringolo, London-based jazz and cabaret star Harold Sanditen, New York City-based award-winning drag performer and LGBTQ actitivist Zola Powell, New York City-based actor Juan Francisco, Bronxbased teacher Richard Phelps and Bristol, New Hampshire-based motivational speaker Rolando Sylvain, who will be graduating this week from Newfound Region-

al High School. The new

viewed at StephenSMiller.com or on Youtube.

"I made this episode in response to the events of the last few weeks since the death of George Floyd in Minneapolis at the hands of police brutality, and as people are rising up to come together against injustices like this and countless others against people of color in our country," said Miller. "I stand in solidarity as an ally with my black brothers and sisters. We are one, we are the rainbow that makes this world what it is. It is very important, specifically today, that we open our ears and our hearts to hear what our black brothers and sisters are saying. I hope this episode will be just one way to educate everyone that black lives matter."

Watch last week's new episode (#14) of "The Mama Rose Show" at

episode (#14) can be https://www.youtube. com/watch?v=1R8QgqS-

r6NA&t=9s. Miller recently created "The Mama Rose Show" to inspire, uplift and entertain audiences in the wake of the COVID-19 pandemic. Each episode is filled with positivity showcases the work of spectacular people in entertainment and the arts. New episodes air weekly here and are also posted across all social media platforms.

And Miller also recently released the World Premiere of his music video version of "Any Dream Will Do" from Andrew Lloyd Webber's "Joseph and the Amazing Technicolor Dreamcoat." Watch the music video at https://www. youtube.com/watch?v=-0FR6Hmt1e0E.

Towns

Alexandria

Merry Ruggirello 744-5383 sunshine_eyes51@yahoo.com

The garden is in and school is out! Hip, hip hooray! Congratulations to those graduating, It's been a most unusual year for so many, trying at times but....Kudos; you did it!

Town

Board of Selectmen Meeting Tuesday, June 16 at 6 p.m. in the Municipal Building.

Planning Board Meeting Wednesday, June 17 at 6 p.m. in the Town Hall. Please note the change in location. Holding the meeting at the Town Hall will enable us to comfortably social distance, and conduct our business since we have not had any meetings since the February due to Covid19.

HELP WANTED: The Town of Alexandria is accepting applications for a part-time Trans-Station/Recycling Center Attendant. Job duties include assisting with the processing and removal of solid waste and recyclable materi-Must possess the ability to deal with the general public in an effective & cooperative manner, understand and follow written & oral instructions. Must be able to safely lift 50 pounds. NH MSW Class III certificate preferred but not required. Must be willing to attend training to obtain certification. Must possess valid New Hampshire Driver's License. Applications may be obtained at 47 Washburn Rd., Alexandria, NH or by clicking on the below link. The deadline for submitting an application is June 10, 2020. If you have questions, please call 744-3220 or e-mail alexandrianh@ metrocast.net.

Alexandria UMC

Happy news! Alexandria UMC will be having a "drive-in" service on June 21 at 9 a.m. at the church. You will be able to listen to the service on your car radio. Masks are not required unless you get out of your car. There will be someone directing you where to park as you enter the driveway across from Haynes Library. More information will available next week!

Congratulations and best wishes to Pastor Faith who has been appointed to the Plymouth UMC, effective July 1. She will continue to serve in Alexandria as

Now for some not so happy news. After much discussion, the Administrative Council voted to cancel the Alexandria UMC Church Fair for 2020.

I'm headed out to check on gardens, and perhaps I'll be blessed with seeing Mrs. Partridge and her chicks! Was delighted to see them yesterday afternoon, quite a surprise. A phoebe visits nearly every day at one point or another also. Have a great week ahead, be safe in your travels and kind with your words and deeds!

<u>Bristol</u>

Al Blakeley adblakeley0@gmail.com

It has come to my attention that the citizens of Bristol are way behind in submitting Census information.
Less than 30 percent have been submitted, important of the citizens of Summer Reading Program as well as an Adult Summer Reading Program. Some-

and that strikes me as a very low estimate for this time of the year. Please take the time (less than 10 minutes) to take care of this important task.

The Pasquaney Garden Club is celebrating its 50th anniversary this year. Fifty years making Bristol beautiful! Their one fund raiser, the Annual Plant Sale, will be held on Saturday, June 13 from 8 a.m. until noon at the Butterfly Garden behind the Minot-Sleeper Library. Safety precautions of masks and distancing are requested at this event. Gardeners are busy potting up varieties of favorite plants from their own collections and from divisions of some of the special plants in the Butterfly Garden behind the library. These hardy and locally grown plants have been favorites for local gardeners for many

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

Please avail yourselves of the Summer Reading Programs at the Minot-Sleeper Library by visiting the website: https://www. minotsleeperlibrary. org/summer-reading. html. There is a Youth Summer Reading Program as well as an Adult Summer Reading Program. Something for everyone!a

Programming for the month of June on-

line includes: June 11 at 3 p.m. - Nonfiction Book Group (a discussion of Ox-team Days on the Oregon Trail by Ezra Meeker); June 15 at 10am - Third Monday Book Group (no assigned reading. An opportunity to discuss what you are reading and recommend a book or two to others).

Join online on Zoom or by telephone. Email librarian@townofbristolnh.org for the link, meeting ID and password.

The following is from my friend, Richard, from Bridgewater. He thinks readers might enjoy it.

Gosh, there sure are a lot of chipmunks this year. There are, in fact, more than a score of chipmunk species in the United States Our favorite, cute little guys and girls, are the Eastern Chipmunk, Tamias striatus that have rather blurry facial stripes and short black and white stripes on their sides, and a reddish rump. Adult body length is about 5 1/2 inches and their flickering tails are about 4 inches long. spite the many species across the country, this is the only one in the northeast.

They communicate by chucks, chirps, chatters and trills. They easily climb trees and are seen throughout the mixed and deciduous woodlands, picnic spots and bird feeders that they can reach. If you see little piles of dirt with a hole on one end, this is a typical chipmunk burrow. Complete with multiple entrances and exits and storage chambers for their winter supplies of seeds and acorns which they can use as needed in the winter months, when not hibernating. Stone walls are a perfect, fast refuge from any predators and they love making burrows under walls with their additional stony defense.

Apparently, climate change and a pretty easy winter and spring has created a massive crop of acorns with increased family size of 3 to 5, and perhaps more breeding oppor-

tunities for a second litter, so the surge in the chipmunk population might be taken as another index of warming seasons. These little mammals are often in races with cars and very often they lose the race, so try to be more careful in driving through wooded areas.

Reece Sharps named to Dean's list at UNE

BIDDEFORD, Maine — The following student has been named to the Dean's List for the 2020 Spring semester at the University of New England (with campuses in Biddeford and Portland, Maine and Morocco): Reece L. Sharps of Bridgewater.

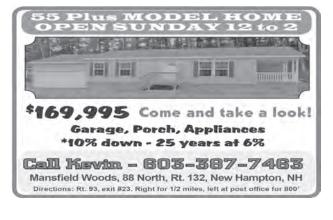
Sharps' announcement from Dean Karen T. Pardue states, "Your excellent academic performance this semester has qualified you to be placed on the Dean's List for the Westbrook College of Health Professionals at the University of New England. I want to applaud you for your outstanding academic performances and let you know that I recognize how challenging it can be to succeed academically with the numerous obligations and commitments facing today's students. The University of New England prides itself on the quality of its academic programs and students. You have certainly added to that pride and I commend you for your accomplishment."

UNE is home to Maine's only (and one of the most renowned in the Northeast) medical college and a variety of other inter-professionally aligned health care programs and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities and the arts.

Sharps has continually been on the Dean's List since she started school here in the Fall of 2017 and continued her excellent record this Spring earning all straight As.

Sharps spent her Fall 2018 semester year in Tangier, Morocco also earning five straight As. She is studying to become a nurse practitioner.

Sharps is the granddaughter of Leigh and Steve Sharps of Ashland and daughter and step-daughter of Kelly and Tate Conkey of Bridgewater.



HEBRON ZONING BOARD OF ADJUSTMENT

MEETING AND HEARING AGENDA

June 16, 2020 6:00 P.M.

Meeting to be conducted via ZOOM video conferencing

You are hereby notified that the Hebron Zoning Board of Adjustment (ZBA) will meet via ZOOM video conferencing* at 6:00 P.M. on Tuesday, June 16, 2020 to address the following:

- 1. Minutes and other administrative matters
- 2. Hearing of the application of appeal by John Mudge for a variance with respect to Article IV, Section H. 1 of the Hebron Zoning Ordinance to permit the construction of a driveway within the 25 foot side boundry setback area on the property located on Crystal Springs Road (Tax Map 19A, Lot 20) (Case #278)
- 3. Hearing of the application of appeal by William Drake for a special exception with respect to Article IV, Section S. 1 of the Hebron Zoning Ordinance to permit the construction of a 6' high fence along the boundry with North Mayhew Turnpike (NH Route 3A) on the property located at 263 N. Mayhew Turnpike (Tax Map 1, Lot BP-003-01) (Case #279)
- 4. Hearing of the application of appeal by Robert Davis for a variance with respect to Article IV, Section H. 1 of the Hebron Zoning Ordinance to permit the construction of a 12' X 18' storage building within the 25 foot side boundry setback area on the property located at 179 South Mayhew Turnpike (Tax Map 6, Lot 12) (Case #280)
- 5. Any other business that may come before the Board ZONING BOARD OF ADJUSTMENT DOUGLAS S. MCQUILKIN: Chairman

*INSTRUCTION FOR JOINING THE ZOOM CONFERENCE:

Join Zoom Meeting https://zoom.us/i/48

https://zoom.us/j/4844315022?pwd=bC9Vc0pqZ3pWcD-Q0WUFnc1ZTVnBMUT09 Meeting ID: 484 431 5022 Password: 4SUqPa

Join Zoom Meeting by a telephone 1 929 436 2866 US Meeting ID: 484 431 5022 Password: 161530 BELMONT, NH
2 BR TOWN HOUSE APARTMENTS
VOUCHERS ONLY

- On-site laundry, parking
- · 24-hr maintenance
- Close to center of town

Must meet income limit guidelines
Rent starting at \$935 + utilities
Security deposit required.

Download application at



http://www.sterling-management.net/application.pdf or contact mgmt. at (603)267-6787 1 & 2 BR APARTMENTS
FOREST HILL

FRANKLIN, N.H.
RENT BASED ON INCOME

USDA-RD Property

- Income Certification and Reference Checks required • Applicants must meet USDA-RD Income Guidelines
- Applicants must meet USDA
 Non Smoking, No Pets

Equal Opportunity Provider and Employer

Call Now:



(603) 485-5098 TDD RELAY: 1-800-735-2964





YOUR LAKES REGION PROPERTY HAS BEVER BEEN MORE VALUABLE!

Our home and lifestyle is becoming an example of how so many people want to live their lives.

WE ARE HERE FOR YOU!



If you're thinking about selling, buying, or just interested in knowing the value of your property, contact us today!



208 Daniel Webster Hwy Meredith, NH 03253 (603) 279-0079 604 Main Street Laconia, NH 03246 (603) 527-8200 <u>www.baysidenh.net</u>

David Blake, 79

BRISTOL — On Friday, June 5, 2020, David Bernard Blake of Bristol, NH and Beaufort, S.C. died at the age of 79 from complications of cancer.

David was born on July 14, 1940, in Cedar Rapids, Iowa, to Elizabeth (Betty) and Bernard Blake. The oldest son with four younger sisters, he was raised in the American southwest. After receiving a degree in architecture from the University of New Mexico in 1965, David settled in Massachusetts. He took a position with the **Architects Collaborative** in Cambridge, where he worked under Walter Gropius, founder of the Bauhaus School.

David spent the next 50 years designing and building hundreds of homes and businesses throughout New England. Later, he emphasized the American Craftsman style, and many of his finely-developed homes can be found throughout the David enjoyed area. building beyond retirement and continued with wood-working as a hobby. He spent countless hours working on projects for friends and



David Blake

family. His last design was a tree house for his younger grandson, which he recently built by hand.

David was an avid reader, and never lost his connection to the natural world. He also loved spending time outside gardening, building stone walls, biking with friends, and walking in the woods. David loved New England and spent many years exploring with his wife, Tish. Most recently, they traveled around South Carolina where they spent winters. He was a devoted husband and father, relishing his time with his grandsons, Aidan and Leo, who likewise adored their grandfa-

David loved to tell a good story. "I have lived a very full life, and it was not dull," he told a family member just last week. We will keep the story going, remembering his kindness, his creativity, and his ability to handle a sander.

David is survived by his wife, Patricia (Tish) Blake; son Nathan Blake and wife Katherine Butler; son Justin Blake and wife Christine Blake; his grandsons, Aidan Blake and Leo Blake; sister Sheila Reed and husband Rusty; sister Susan Bolstad and husband Gary; sister Patricia Blake; Sarah Richelson, Doug Jolly and wife Linda; and many nieces and nephews.

David was predeceased by a sister. Cecelia, and his parents. Arrangements may be made at a future date. In lieu of flowers, the family has asked that donations be made in David's memory to the Democratic National Committee. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Bernard A. Fleury, Jr., 57

FRANKLIN nard A. "Benny" Fleury, Jr. 57, of North Main Street, died Tuesday, June 2, 2020 at his home after a brief battle with

He was born in Manchester, the son of Bernard and Barbara (Corliss) Fleury. He lived most of his life between Franklin and Bristol attending local schools in the area. Before becoming sick, he worked at Cooper Products, Calley and Currier Manufacturing and Watts Regulator.

Benny will be remembered for his love of motorcycling and benefit rides as well as spending time metal scrapping. He was a devoted husband and grandfather and loved time with his dog Jingles and chinchil-



Bernard Fleury

la Lilac.

He is survived by his wife, Sheila Fleury of Franklin; children Vannessa Bassett of Franklin and Amanda Fleury of Bristol and Benjamin Fleury of Belmont; step-children Randy Skillin of Concord. Scott Skillin of Scottsdale, Az., and Lisa La Page of Franklin; grandchildren: Anastacia, Taylor, Carter, Linkin, Jasmine and Cody; brothers Michael Wallace of North Carolina and Robert Fleury of Michigan; sisters Dorothy Loisel of New Hampton, Cheryl Fleury of New York, Catherine Ownby of Tennessee, Shirley Fleury of Thornton, Bertha Gabry of Danville; and half sister Sheila Houle of Danbury.

Memorial Calling hours were Monday, June 8, 2020 from 2-4 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol. Burial will be private in Homeland Cemetery at a later date. Those wishing may make donations in his memory to the Toys for Tots.

Ernest W. Wallis, 76

BRISTOL — Ernest W. Wallis, 76, of Wulamat Road, died Thursday, June 4, 2020 at Littleton Regional Hospital after a period of declining health.

He was born in Boston, Mass., the son of Wellington and Florence (Cornell) Wallis. He lived for many years in Chelmsford, Mass., where he was an Electronics Technician specializing in television repairs.

Ernie's family summered on Newfound Lake since the 1950's. In 1960, they family built a



Ernest Wallis

summer home here and. In 2005 he moved permanently to Bristol. In his spare time, he worked on renovations, addition and upgrades to his home. He was a member of the Capital Gay Men's club.

He is survived by his husband, Robert B. McCormick of Bristol; brother Gordon Wallis of Bolton, Mass.; and sister Jewell Moran of Waltham, Mass.

A Celebration of his life will be held at a later date as health regulations allow. Arrangements are under the direction of Emmons Funeral Home of Bristol.

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.

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

Division of BELLETETES, INC.

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

applications should be submitted to:

20 West Street, Ashland, NH 03217

or you may email to duhlman@belletetes.com

Paid Vacation Paid Holidays Paid Time Off Health Insurance

E.O.E.



Yard Customer Service

Profit Sharing Store Discounts Much More!

HELP WANTED The New Owner of the UPS Store in Plymouth is

looking for part time sales associates. Fast paced environment. Must be able to lift up to 50 lbs. Computer skills a plus. Please apply in person or by email. 75 Main St. Plymouth.

store3582@theupsstore.com

Town of Thornton TRANSFER STATION **MANAGER**

The Towns of Campton, Thornton and Ellsworth are seeking candidates for the position of Transfer Station Manager. Applicants must have a high school diploma or equivalent; at least five years of experience in the operation and management of a municipal solid waste facility; or an equivalent combination of education and experience. Applicants should have all necessary NHDES certifications and licenses or have the ability to obtain as required. Applicants must have supervisory experience and enjoy working with the public. This is a full-time position with benefits with an hourly pay range from \$21.39 to \$30.28 depending on experience.

A full job description and application form is available at www.townofthornton.org.

> Applications must be submitted by Friday, June 19, 2020 to: Debra Shepard, Town Administrator Attn: Transfer Station Manager 16 Merrill Access Road Thornton, NH 03285

The Town of Thornton is an equal opportunity employer. The position will remain open until filled.

Newfound Area School District COACHING POSITIONS

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

Newfound Regional High School

Varsity Baseball Coach

Newfound Memorial Middle School

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

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

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

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

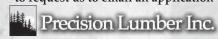
Precision Lumber Inc.

IMMEDIATE OPENINGS SAWMILL AND PLANER MILL WORKERS

DAYTIME SHIFT **BENEFITS INCLUDE**

VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

Apply in Person or email precisionlumber@lumbemh.com to request us to email an application



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

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

Will Train. Valid Driver's License required. Application available at:

CONSTRUX, 630 Daniel Webster Hwy.

Plymouth, NH 03264 (603) 536-3533

Leading Pre Engineered Metal Building Co.



Come join our Facilities Team!

Immediate opening Environmental Services

Full time with benefits

Check our website for more details www.newhampton.org/about-us/careers



Come join our Facilities Team!

Immediate opening Environmental Services

Full time with benefits

Check our website for more details www.newhampton.org/about-us/careers

Phillip Norton Twombly, 97

HEBRON Phillip Norton Twombly passed away peacefully on June 4, 2020 at the age of 97 surrounded by his loving family.

Phil was born on Sept. 27, 1922 in Arlington, Mass. to Harold Mouton Twombly and Eva Colbath Twombly. Along with his three brothers, the family lived on a working farm in Tewksbury, Mass. until age five, when they moved to Winchester, Mass. As a child, Phil was drawn to the outdoors and spent much of his teens in New Hampshire, where he developed a lifelong passion for the mountains. He loved telling stories about his adventures to climb and ski Mt. Washington's Tuckerman's Ravine and other challenging peaks.

In 1941, Phil attended Boston University, but his studies were interrupted by World War II and his enlistment in the 10th Mountain Division; the Army's elite mountain troops. He underwent grueling winter training in Colorado for two years, and in 1943 and 1944, he attended Communi-Advanced cations School at Fort Benning, Ga. With the 86th regiment. In the fall of 1944, he shipped out to Naples, Italy, where the 10th fought their way north to take back central and northern Italy. At war's end, Phil earned a Bronze Star and was honored to be among a select group representing the 10th Mountain Division sent to Brazil with the Brazilian Expeditionary Forces who fought alongside the 10th.

Anxious to start a ca-



Phillip Twombly

reer, Phil returned to BU in 1946, where he earned a business degree in two short years. While at BU, he enjoyed fraternity life and served as captain of the crew team.

After graduation, Phil met Betsy Houser on the ski slopes in Woodstock, Vt., and they married in 1948 at Owls' Head, her family's beloved summer home in Hebron.

At 27, Phil joined Plywood Seaboard and Lumber Company, where he became Vice President and served on the Board of Directors. In 1972, he cofounded North Atlantic Millwork Corporation, based in Winchester, Mass. North Atlantic Millwork grew to over 400 employees, and expanded to five locations around New England. In 1987, Phil retired and moved to Hebron with Betsy to spend more time skiing, rowing, playing tennis, sailing and volunteering.

Phil and Betsy shared their love for nature and skiing with their five children. Phil continued his passion for skiing by becoming a ski instructor at Tenney Mountain. He subsequently worked as an Ambassador at Tenney and continued to ski until he was 90 years

back was Giving second nature to Phil, and he proudly served on many community boards, including the Bedford, Mass. Planning Board, the Hebron Planning Board, and he was a founding member of both the Newfound Lake Region Association and the Newfound Audubon Committee. Phil actively supported the Circle and Mayhew Programs, the Society for the Protection of New Hampshire Forests, and established an endowment for Boston University's rowing team.

Phil loved people, and was happiest when surrounded by his family and friends. Good natured, Phil enjoyed playing his guitar at small gatherings and always drew the group into joining him in song. A natural athlete, Phil stayed active in retirement, bicycling and skiing throughout Europe, inspiring rowing enthusiasts on Newfound Lake and learning how

to windsurf in his 70s. He was predeceased by Betsy, his beloved wife of 70 years, and is survived by his children, Stephen Twombly of Roxbury, Vt., Martha Twombly of Hebron, Andrew Twombly Hebron, Peter Twombly of Jamestown, R.I., and Carol Twombly of Nevada City, Calif.; his 12 grandchildren; and eight great grandchildren.

A celebration of life will be scheduled when conditions permit. In lieu of flowers, memorial donations may be made to the local charity of your choice.

William Albert Thomas, 83

BRISTOL — William (Bill) Albert Thomas, 83 of Bristol, passed away on June 1, 2020.

Bill was born on Oct. 9, 1936 in Andover, the son of Leland E. and Ethelyn (Crosby) Thomas. He was married to Margaret N. (Hill) for 35 years before she passed away in 1996.

Bill loved to hunt and fish in the New Hampshire woods. He was the fix it man to so many as he could repair just about anything and could always innovate a way to make a task easier. He was very well read and enjoyed American history, particularly the Civil War.



Bill Thomas

He was a true original and will be missed by all. He leaves behind a daughter, Brenda of Concord and her sons, Ian and James; a son,

and Teresa: two sisters. Marilyn (and Paul) Mercier and Arlene (and Richard) Camp; a brother in law, Donald Evans; sister in law Edna (and Robert) Peters; dear friends who he considered family, and many nieces and nephews.

Alison of Salisbury and

their daughters, Emily

In addition to his parents, he was predeceased by a brother Leland.

Services will be at a later time when we can gather safely with family and friends. Memorial donations can be made to the NH Historical Society, 30 Park St., Concord, NH 03301.

Carolyn Lee Waite, 78

William, and his wife,

HEBRON — On June 1, 2020, Carolyn Lee (Jones) Waite, passed away at the age of 78 in Hebron after a courageous battle with Alzheimer's disease.

Carolyn was born in June 1941 in Scranton, Pa. to Hezekiah and Elizabeth Jones. She graduated from Scranton Central High School and attended Pennsylvania State University. In June 1960, she married F. Grant Waite, and they raised three daughters. She spent the last 22 years of her life very happily with the love of her life, Thomas Earl Gillery.

Carolyn is often described by people as the kindest, sweetest person they've known. She had a lovely smile and laugh, always made time to listen and to make everyone she met feel treasured, and gave the best hugs. Carolyn had an inspiring talent for gardening and creating beautiful, loving homes. She loved the ocean, adored all chil-



Carolyn Waite

dren, and always felt a day was better if you listened to pretty music. Carolyn was very active in many organizations throughout her life, including gardening clubs, friends of the library, volunteering in hospitals, and leading Girl Scout troops in Southborough, Mass., as well as serving many roles in the Stonegate Acres Association in Hebron. She loved living on and enjoying Newfound Lake, and spending time with the many special friends she had there.

Carolyn was preceded in death by her parents,

her sister, Dolores Jones,

and her brother, Harold "Dewey" Jones.

She is survived by her beloved spouse, Tom; her sister, Marguerite Takach of Scranton, Pa.; her children, Wendy Waite (partner Richard) of Forestville, Calif., Tracy Waite of Quincy, Mass., and Christy Waite Espy (husband Allison) of Duluth, Ga.; Tom's son, Sean Gillery (partner Matthew) of Warner; her grandchildren Carolann and Grant; and several cousins, nieces, nephews and their chil-

Services will be private to honor Carolyn's memory; in lieu of flowers, donations may be to Alzheimer's made Association Massachusetts/New Hampshire, 480 Pleasant St., Watertown, MA, 02472 or the Newfound Lake Region Association, 10 North Main St., Unit 1, Bristol, NH 03222. Arrangements with Emmons Funeral Home of Bristol.

Weldon Duncan Haddock, 100

FRANKLIN — It is with great sadness that we announce the passing of Weldon Duncan Haddock, at Golden through 1946), he proud-patient, sweet and giv-Crest Assisted Living on May 23, 2020. He was 100

Weldon was born on June 14, 1919 (Flag Day), the son of the late John and Matilda Haddock of Laconia.

Weldon was predeceased by his brothers Howard, Ross, and

HELP WANTED

Personal Care Attendant



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

Experience with personal care is helpful, however, training is provided.

Please contact Ashley at 603-568-4930 for more information. * A background check is required.

GSIL is an EOE

Bryson and sister Winifred, all of Laconia.

During World War II in the United States Navy, as a submariner. On returning to New Hampshire, he worked for Whittemore's Flower Shop, the Laconia Police Department and the New Hampton Prep School before spending the majority of his career with the Newfound School District from 1964-1991.

Weldon and Evelyn enjoyed summers by the ocean, at their beloved campground in York Beach, Maine. There they enjoyed meeting friends, old and new alike, to partake in potluck suppers, early morning sunrise walks along the beach, and campfires with their

grandchildren. On retirement, he and his beloved Evelyn moved to Beverly Hills, Fla. He made many friends while enjoying painting and ceramics classes with neighbors. He also enjoyed taking naps on his beloved recliner while watching anything sports related on the television or sitting out on the patio watching for the latest satellite to fly overhead as he was an avid and novice astronomer. He liked making art and created beautiful macramé chairs for his friends and hand painted dishes for his family. He enjoyed bird watching and was a master at creating beautiful cabinetry, barbecuing, training the newest fam-

ily dog or getting a wild

chipmunk to take treats out of his hand.

He was an extremely and beyond (from 1944 hard worker. He was a ly served his country, ing man. He was dearly loved and will be truly missed by all who had the fortune to know him. Finally, and most simply, he made life magical for a little girl, who will forever see him as the epitome of grace, love, kindness and class.

For 63 years, he was the beloved husband and best friend of the late Evelyn A. Haddock.

He was also the loving father to Norma Hildreth and husband Frank of, Florida, Madeline Stanley and husband Wayne of Missouri, Dennis Locke and wife Lorraine of New Jersey, and Linda Lyden and Kathryn Sneed, both from New Hampshire. He was the proud grandfather of Robert Bryan of Colorado, Kimberly McEntire of Nevada, David Dupont of Pennsylvania, Sherri Moss of Missouri and Tagi Braley Sullivan of California. He was a great grandfather to seven great grandchildren and one great, great-grandchild along with many nieces and nephews. He was loved, and will be fondly remembered by his many cousins, extended family and many numerous good friends from New Hampshire to Maine to Florida.

Services will be private. He will be interred with military honors in Homeland Cemetery in Bristol. Arrangements are under the direction Emmons Funeral Home of Bristol.

Louis J. Stivali, 78

NEW **HAMPTON** Louis J. Stivali, 78, died unexpectedly, Sunday, May 31, 2020 at Speare Memorial Hospital in Plymouth.

He was born in Summit, N.J., graduated from Seaton Hall University, and went on to a long career in banking, starting in New Jersey and ending in New Hampshire. His local work included time at Bristol Bank, Bank of New Hampshire and he retired from First New Hampshire Bank in Lebanon. After his retirement, he went back to school to become a radiology technician and

worked for DHMC. He will be remembered for his many artistic talents. Lou was an accomplished painter, working in both oils and watercolors he also



Louis Stivali

was an avid gardener who created lovely landscapes with his floral plantings. His musical attributes included the ability to play any instrument he picked up. He volunteered with Pemi-Baker Hospice and traveled to patient's homes to provide dulcimer music as they made their final transitions.

Family was very important to Lou, and he leaves behind his beloved wife of 56 years, Suzanne (Ryer) Stivali of New Hampton; son Peter E. Stivali and wife Donna of Laconia; daughters Luanne Stivali and fiancé Kurt Steinbrecher of Milford; Christine Haney and husband Mark of Hill; grandchildren Tyler Adams, Peter, Anna, Leah Stivali; and Mariah Haney.

Private services will be held at a later date. Those wishing may make donations in his memory to Pemi-Baker Community Health, 101 Boulder Point Dr., Suite 3, Plymouth, NH 03264. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Vincent P. Migliore, 69

BRIDGEWATER — Vincent P. Migliore 69, of Whittemore Point Road So., died Sunday, May 24, 2020 at his home after a period of declining health.

He was born in Malden, Mass., the son of Louis and Stella (Olivolo) Migliore. He was a graduate of Melrose High School, and graduated from URI with a BS in Communications. He went on to work as a computer sales representative for Sperry Univac, Tamdem and then Digital Computers. After retirement, he and his wife Louise opened a Budget Blinds franchise

in Bristol.



Vincent Migliore

He enjoyed doing work around his home and contributing to the community as a representative for the Newfound Area School District. He then followed that position winning a seat at the NH House of Representatives for Grafton County.

He is survived by his wife, Louise (Lamarre) Migliore; daughters Bryn Migliore and Kristen Migliore; his grandchildren, Gaia, Amadeo and Artemisia and his sister Patricia Evangelista, brother-in-law Deni Evangelista and nephew David Evangelista.

At this time, there will not be any services. A gathering will be held at a later date as health concerns allow. rangements are under the direction of Emmons Funeral Home of Bristol.





Danielle Paquette-Horne, RN and Home care & Hospice Director, putting on personal protective equipment before a home visit.

Pemi-Baker Community Health raises critical funds for home care, hospice patients

BY ANNA SWANSON
Pemi-Baker Community Health

🚮 facebook.com/wesleywoodsnh

PLYMOUTH — The COVID-19 pandemic put a damper on Pemi-Baker Community Health's plans for their Annual Auction and Brunch fundraiser but thanks to the generosity of community sponsors, donors and bidders, their 'No-Show Auction,' an on line only event, was a success!

With over 85 items to bid on, raffles to invest in and specialty services to donate towards, they hit their fundraising goal and raised the critical funds needed to continue their important work in supporting the members of this community who need medical aid at home. Now, more than ever, PBCH patients need nursing and social work support for their sudden illnesses and hospice needs. Many of their patients are experiencing increased feelings of depression and isolation, as well as heightened anxiety, particularly because many are at high-risk for COVID-19.

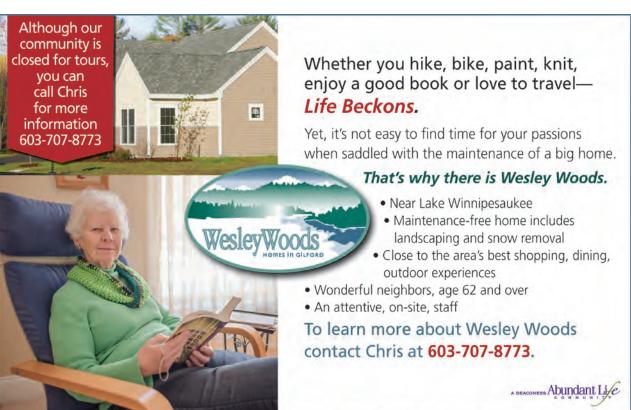
As a non-profit for over 52 years, Pemi-Baker Community Health has served family, friends and neighbors in more than 18 towns and they couldn't have done it without the generosity of individuals and businesses alike. Pemi-Baker would like to thank the following businesses for sponsoring the auction: Dumont Construction Inc., Mid-State Health Center, Northway Bank, Speare Memorial Hospital, NEE-BCO, MatrixCare, Noyes Insurance, Service Credit Union, Insurance 24, Steve and Carole Osmer, Brian Weeks Electric, Highline Acoustics, Deb Hills Cleaning Services, Peabody & Smith Realty and Meredith Village Savings Bank.

Would you like to support Pemi-Baker Community Health? Visit their website, www.pbhha.org, to make a donation or join their 'Circle of Friends.' This special group of good as gold supporters, make small, monthly donations to provide ongoing funding so PBCH can mobilize care, regardless of the patient's ability to pay. Just \$10 a month will help ensure that every family can find the compassion, education and assistance necessary to help their loved one. You can make a difference to a friend or family member today with less than the amount you spend on lunch.

PBCH is located at 101 Boulder Point Dr., 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







18 WESLEY WAY • GILFORD, NH 03249 • WESLEYWOODSNH.ORG