

Franklin resident’s business offers hope and reassurance in troubled times



Dawn Sanchez of Franklin is an ordained minister, motivational speaker, author and part-time radio personality, spreading hope and encouragement to all in troubled times.

BY DONNA RHODES
dhrhodes@salmonpress.news

FRANKLIN – When the government asked nonessential businesses to close and people to stay at home to prevent the spread of the Coronavirus in mid-March, Dawn Sanchez of Franklin instead opted to take a leap of faith and start the business she had been working on for a long time, spreading a message of hope, determination and love.

As President and CEO of Diamond Dynasty Consultants, Sanchez began last August by hosting podcasts to people around the world. This spring she added motivational speaking programs and Webinars that are designed to boost people up in life and assist those who are experiencing both mental and financial difficulties as they try to deal with the viral outbreak.

“I want to show people they can still have

their dreams and accomplish them, even in times of uncertainty,” she said. “There will always be ‘no’s’ but all it takes is one ‘yes’ for things to change.”

Sanchez knows of which she speaks.

A woman of color who grew up in Chicago, she has always been one to encourage others to be the best they can be, even while she was young. Her love for children led her to Chicago State University where she received certification as a teaching paraprofessional then went on to earn an Associate’s degree from Prairie State College in Illinois. She spent time later working as an assistant in the Chicago State University Library.

Sanchez married her husband Pedro and they set off travelling the world through his career in the U.S. Marines where those experiences gave her an even broader perspective on life.

When Pedro retired from the military a few

years ago, the couple searched the world for their next home and decided on central New Hampshire. As her husband continued civilian work for the U.S. government, Sanchez found the next stop in her career was as a library assistant, first Southwick School, then Winnisquam Regional High School.

At the high school this spring she was in the midst of developing a Cultural Diversity Club when the schools were closed. Always an optimist, she instead began encouraging seniors to forget about what they were not going to do during their last months of high school, but focus on the future.

“When it comes to the middle school and high school kids, I want them to form good self-esteem and help their minds open up to what’s around them and what lies ahead,” she said.

SEE **SANCHEZ**, PAGE A6

Sanbornton Old Home Day postponed to 2021

SANBORNTON — Due to COVID-19, it has been decided that Sanbornton’s 250th celebration will be moved out to 2021. Although we are saddened by this decision, we all feel strongly that this is the right thing to do. This does not mean that our Town will not be celebrating this year – there will be a celebration and of course we will be exercising good social distancing practices.

The theme this year “Sanbornton is Strong” and “Togetherness.” We will celebrate the day with a town-wide parade to be held on August 15th, 2020 @10:00 AM. Tap into your creative side and design your own float – make it a fun family project. Prizes will be awarded, and we are encouraging everyone to participate. Directly following the parade there will be a town-wide bring your own picnic and blanket too!

Of course, we cannot forget our annual Sanbornton OHD t-shirt. The OHD Committee would like to see ALL Sanbornton businesses represented, advertised and supported on the annual OHD t-shirt! If you have a Sanbornton business or know of one, visit the “We Love Sanbornton!” Facebook page for the form. We know some businesses need our community support now more than ever, so this year sponsorships are donation based – give what you can, if you can. We hope to wear all of Sanbornton’s businesses proudly on our sleeves (or backs, really) as we come out of these times Sanbornton strong!

As part of the celebration, we will be capturing Sanbornton’s memories of the 2020 quarantine through a Front Porch Quarantine Time Capsule project where families will be photographed and provided the opportunity to document your thoughts for future generations. Wouldn’t it be interesting if we had Sanbornton’s view of the 1918 pandemic? If you would like to participate and for more information on the Front Porch Project send an email to SanborntonFrontPorchProject@gmail.com. Visit the “We Love Sanbornton!” and “Sanbornton 250th Old Home Day” Facebook Pages for more information too.

Spaulding Youth Center welcomes Jake Beattie to Board of Directors

NORTHFIELD — Spaulding Youth Center is pleased to announce Jake Beattie has joined its board of directors.

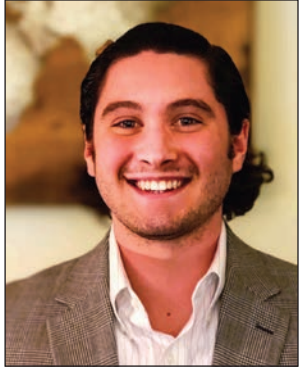
Mr. Beattie is a controller at AutoServ of Tilton, where he is responsible for corporate financing, accounting and office management. Prior to this role, he served as Director of Finance for a manufacturing facility located in Lancaster, New Hampshire.

Former Spaulding

board member and AutoServ Chief Executive Officer Dennis J. Gaudet introduced the opportunity to join the organization’s board of directors to Mr. Beattie. After meeting members of Spaulding’s leadership team, touring the organization’s beautiful rural campus, and hearing about recent students’ heartwarming success stories, Mr. Beattie knew he had discovered a very special place and decided that he had to be a part of this organization. Spaulding’s intensive therapeutic

setting, individually tailored services, and the incredible impact on the children and families it serves were all factors in his decision.

Growing up in a community which had many children with special needs, Mr. Beattie witnessed the struggles his neighborhood friends faced and wished there were more resources available to help them. The children of Spaulding remind him of his childhood playmates, and now he is in a position to help provide the



Jake Beattie

support for these kids to reach their full potential. Mr. Beattie is looking forward to contributing as much as possible to the board and is especially

SEE **BEATTIE**, PAGE A6

Peabody Home’s Director of Nursing retires after 22 years

FRANKLIN — After 22 years of service to the elderly at Peabody Home in Franklin, and specifically those coping with the ravages of aging, Cheryl Barnes RN is hanging up her stethoscope and heading into retirement.

In 1998, she was hired as the Director of Nursing Services and has become a leading expert in field of managing seniors suffering from the diseases that are broadly grouped as dementia but more importantly supporting them and their extended families through that process. It

SEE **BARNES**, PAGE A6



Cheryl Barnes (left), retiring from Peabody being presented with her service award hand blown glass with embedded double helix, from Meg Miller (right), Peabody Home Executive Director.

Gilmanton Historical Society hosting tour of historic barn

GILMANTON — On Tuesday evening, July 28, the Gilmanton Historical Society offers its July program featuring a tour of a vintage Gilmanton barn and a presentation by John Porter on how barns tell us about the history of New Hampshire agriculture. Rain date, July 29. If you have a question, call 267-6098.

Join the program at 6 p.m. at the former Twigg barn, 245 Meetinghouse Rd. The barn and surrounding property are now owned by the Town (subject to a conservation easement held by Five Rivers Conservation Trust) thanks to the efforts of the Gilmanton Land Trust

There will be an opportunity to tour the barn and see the agricultural items that the

Historical Society has placed there. Visit the nearby flax retting pond, a remnant of much earlier agricultural use of the property. Don't know about retting flax? - come and find out.

Following the tour, and outside on the conservation land, John Porter will tell us about "The History of New Hampshire Agriculture As told By Barns." John Porter has written a wonderful book on barns and is an expert on the topic. The entire program will take place on the conservation property. (There will be no meeting at Old Town Hall.) Bring a fold-in chair:

The Historical Society's summer 2020 series continues on Aug. 25 with "History of Gilmanton's Kitchen Family." Wendy Berling, a descen-

dent of the Kitchens, will tell us about this family and how it helped shape the history of Gilmanton Corners beginning in the late 1800s. Coming from East Orange, N.J., the Kitchens were one of the first families who helped make Gilmanton a destination for summer visitors.

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



COURTESY

The Twigg barn, on Meetinghouse Road, is the site of the Gilmanton Historical Society's July 28 program on "The History of NH Agriculture as Told By Barns."

clothes driers.

Look for updates for time and place of each program.

The Society's museum, located in the basement of Old Town Hall, is open during June, July

and August from 10 a.m. to noon every Saturday morning.

Harmon family to hold annual ride again



COURTESY

Jenni's Ride was established six years ago by the Harmon family to raise funds for a scholarship which had been established in Jenni Harmon's memory. With the support of many area motorcycle enthusiasts, the family has been able to add scholarship money to the fund every year to award scholarship money in her name. The Jenni Harmon Memorial scholarship is awarded through the Lakes Region Scholarship Foundation. Pictured above: (left) Russell Harmon, and on the right Jenni's mom, Jane Harmon and her sister Jamie.

GILFORD — The Harmon family and friends are pleased to announce a special summer event: the Sixth Annual Jenni's Ride Around the Lakes charity motorcycle ride fundraiser to benefit the scholarship fund established 14 years ago in memory of Jenni Ann Harmon. Since Jenni's passing, the Harmon family has been helping graduating seniors, in the Lakes Region area, who will be entering the nursing, pre-med or other medical service or fire prevention fields.

Jenni was a 2006 grad-

uate of Gilford High School. She passed away in a tragic automobile accident in December of that same year, while she was on her way to an EMT class in Gilmanton. Jenni spent her high school years playing sports, creating art and volunteering with the Girls Scouts and Students Against Destructive Decisions. After graduation, she decided to become an EMT, through the Gilmanton Fire Department, as a way to continue to serve her community.

According to her

mom, Jane Harmon, "Jenni loved motorcycles from the start. She loved to ride and she really enjoyed summers in the Lakes Region. Each year, close to her birthday (July 31), Jenni would have a great party inviting friends and family to celebrate with her."

Jenni's mom continued "So, we have been honoring her with this event on the weekend of her birthday the past six

years."

Jenni's Ride organizers, announced that they are planning "a social distancing" Ride this year. The Ride will be starting at the Gilford Cinema* movie theater parking lot on Saturday, Aug. 1. Registration can be done online. Ride Registration is \$15, which includes three raffle tickets. Tickets are available through <https://www.evenbrite.com/e/6th-annual-jennisride-tickets-109042619410> or look for the event on Facebook (Sixth Annual Jenni's Ride page.) Raffle ticket purchases and donations may be made through the site. Unfortunately, there will be NO barbeque this year due to COVID restrictions.

The Jenni Ann Harmon Memorial Scholarship is one of the over 260 donor funds distributed through the Lakes Region Scholarship Foundation. The scholarship award is given to a GHS graduate each year. Paulette Lough-

lin, from LRSF added this comment regarding this donor fundraiser: "those unable to attend, but who would like to make a tax deductible donation toward Jenni's scholarship can visit the Lakes Region Scholarship Foundation website at lrscholarship.org and click on the home page. Scroll down to near the bottom of the homepage and click on the green button that says "Donate Now" and in the pur-

pose section of the form, enter the "Jenni Ann Harmon Memorial." If you are not an on-line person, you could mail a check to the Lakes Region Scholarship Foundation, PO Box 7312, Gilford, NH 03247, Attention: Jenni's Ride. The Foundation wishes the Harmon family every success with their fundraiser."

Tilton resident graduates from UConn

STORRS, Conn. — The University of Connecticut congratulates Margaret Flanagan of Tilton on earning a Master's degree in Dramatic Arts at the conclusion of the Spring Semester of 2020.

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Music appreciation

Sometimes, we just need to take a break from the status quo, and talk about those little things in life that bring us joy — in this case, music. With the news ever changing, and so much uncertainty surrounding us, we can always rely on our stereo’s volume buttons to lift us up. Research has proven that music is a mood booster and can shift our thoughts. We thought it would be fun to take a staff poll: What are your three favorite bands, and why?

Our Executive Editor, Brendan Berube, pulled all three of his right out of the 1960’s. “The Rolling Stones, because their reputation isn’t just hype, they really are the greatest rock and roll band in the world and have been for decades; Creedence Clearwater Revival, or CCR to those in the know because “I think they’re the best band America ever produced and John Fogerty is criminally underrated as a musician”; and The Band. “All five of them were such ridiculously talented musicians and their first two albums changed the direction of popular music in America away from psychedelia and toward a more homegrown hybrid sound between rock and country. Not many bands can claim to have been that influential.”

Our North Country Editor, Tara Giles, soon realized being able to choose just three would make for a tough task. First and foremost, though, is The Doors. Lead singer Jim Morrison and his bandmates pushed the envelope — sometimes to a jaw dropping degree — during a time when pushing envelopes was extremely frowned upon. Morrison’s dark poetry and lyrics mixed in with a pop sound for the time, has always been an intriguing hybrid to listen to. Ray Manzarek’s keyboard sweetens the deal. When listening to old interviews, Giles said it is clear that Morrison was, in her father’s words, “extremely intelligent, but not smart.”

Next on the list is Janet Jackson. While this genre is far from that of The Doors, Janet is a triple threat. She can sing, dance and act. Her music offers something for every mood. You need to cheer up? There’s a song for you. You feel down in the dumps? There’s a song. Social injustice? There’s a song. Jackson’s dancing ability however may be her best talent. Her sharp moves and intricate style along with her enormous productions at her shows give her a top spot on this list.

Lastly, we have Led Zeppelin. The English rock band was formed in 1968 out of London. There’s something about Robert Plant’s voice that pulls us in and makes us want to pay attention. He goes from story teller to rock God in a flash. The lyrics of their discography pretty much cover any advice you need in life. There isn’t one Led Zeppelin song you can listen to, where you won’t find your foot tapping the floor, or your hand hitting your steering wheel in rhythm.

Reporter Angel Larcom came back with Tom Waits as her first pick. “He’s a wordsmith and broke musical ground.” Waits has been described as focusing on the underbelly of society, using his gravelly voice, inspired by Bob Dylan and the folk music scene.

Next on Larcom’s list was Australia’s Nick Cave. “He’s a story teller and has evolved his sound with time.”

Last on her list was PJ Harvey. “She is unapologetic with her lyrics,” said Larcom.

Harvey, hailing from England, began her musical career in 1988. Harvey is considered punk blues, indie rock and alternative rock.

Sports Editor Josh Spaulding had Garth Brooks at the top of his list.

“Name one song of his that is bad,” he joked.

Next was The Beatles, who “changed the world of music,” said Spaulding.

Last on his list was Taylor Swift. “I know of nobody who has adjusted her career so successfully and continued to be loved by her fans.”

Send your letters!

Winnisquam Echo
P.O. Box 729
Meredith, NH, 03253

Our fax number is 279-3331.

Or, you can e-mail us at echo@salmonpress.news

Please include your name, address and phone number.



DONNA RHODES

Making a splash

In the midst of the summer heat, a trip to the beach was a big hit with these youngsters as they spent the day splashing in the cool waters of Sandogardy Pond in Northfield.

STRATEGIES FOR LIVING

George Floyd and the death of the American Dream

BY LARRY SCOTT

Living in the Northeast as a white man, I have not seen or felt the impact of the racial divide vexing America. But recent events have reminded me the American dream is in deep trouble.

On Feb. 23, Ahmaud Arbery, a black jogger, was chased down and shot three times following a scuffle with two white police officers ... on March 13, Breonna Taylor was struck eight times as officers exchanged gunfire with her boyfriend ... on May 25, the death of George Floyd captured the attention of the nation when it was broadcast, showing his struggle as the arresting officer pinned his neck to the ground ... and then, on June 12, an intoxicated, belligerent but unarmed Rayshard Brooks was killed as he tried to flee from officers in an Atlanta parking lot. This spate of killings, all of

which involved white police officers, tells the story of a nation with a problem.

And then there is the death of retired St. Louis Police Captain David Dorn, and I discover there is more to this story.

While a videographer took the time to record the event, we can see Officer Dorn bleeding and dying on the sidewalk, even as looters walk past him to go in and out of the pawnshop he had come to protect. Media reaction has been muted, for Stephan Cannon, the man now charged with his murder, is black.

Because I am white, I will grant I haven’t suffered the indignities black Americans have had to live with. I cannot blame them when they’ve finally decided they’ve had enough!

But I am incensed at the way the public and the media have vilified our police. Just this week, Brooklyn protest-

ers beat and bloodied NYPD officers who were present just trying to do their job. These are good men and women who put their lives on the line to serve their community. Every traffic stop, every domestic conflict, every call for help, may get them shot. I know it goes with the job, and they are not above reproach, but they often go beyond the call of duty to help the people they serve. We seldom hear of that, but let one bad cop break down and the nation goes berserk.

There are no easy solutions to the long-standing racial problems we have as a nation, but I do know where we must begin.

Significantly, men and women who have welcomed Jesus Christ as the Lord of their lives don’t go around shooting each other, cursing our police or burning our buildings. They, too, believe black lives matter, that justice must be

served, and that no one is above the law. But they also believe the issues that divide us can best be solved as we rally around a common relationship with Jesus Christ. When you “love the Lord your God with all your heart,” it is easier to “love your neighbor as yourself.”

At a crucial time of transition in their history, God told the people of Israel, “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and heal their land.”

I’m not sure America is interested, but if together we look to God for wisdom and direction, we can recover from the pandemic, we can rekindle the American dream, and we can rebuild our great country toward a better tomorrow.

Is it COVID-19 or Lyme?

The weather is warmer, businesses, stores and camps are opening, and after what can be charitably described as a uniquely rough spring, people are finally able to be outside of their homes. Whether that means a socially distanced trip to your favorite golf course, summer

camp for your children, or just getting outside for some yard work, we are going to be exposing ourselves to some new environments- and people, the ticks didn’t take the season off.

The infamous black-legged tick, or deer tick, is the carrier for Lyme disease. Even full

grown these ticks are just sesame-seed sized, much smaller than their still-gross cousin the dog tick, and the young nymphs are only poppy seed sized - easy to miss if you aren’t vigilant when doing your tick-check.

Lyme - fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes, with or without the characteristic bullseye rash, can mimic a lot of what we are looking for when we

Early symptoms of

SEE COVID PAGE A6

LETTERS TO THE EDITOR

Our small business owners need an advocate

To the Editor:

I am running for State Senate District 2. The last several months have been difficult for everyone. As a self-employed business owner for over 31 years, I see trouble on the horizon. Many businesses and families have a tough road ahead, due to policies that those which businesses would succeed and fail. Big box stores and liquor stores remained open, while most small establishments were shuttered. I support proper protection policies; however, destroying a small business owner’s livelihood, along with their employees’, was wrong. Elected officials remained silent on the subject, thus forcing small businesses into financial ruin. I will be an advocate for New Hampshire businesses and its citizens against unsound government interventions.

I am a fiscal conservative. I want government to be efficient and protect our rights. As a current Belknap County Commissioner, I believe the State cannot continue to balance the budget by downshifting costs to municipalities and counties. The politicians in Concord need to recognize a change in policies is the only way to reduce costs.

We also need welfare reform. All too often, employees ask employers to cut their hours because the state will shut them off from financial aid. The

State of New Hampshire discourages people working, while businesses desperately need employees. Those who do work get trapped and find it hard to get ahead because working longer hours means a reduction in benefits. We have a system that rewards less work. I will support policies that encourage work and not reduce aid to people that need help.

Another issue that needs to be addressed is healthcare. Rural hospitals throughout the country are closing, and those in the Lakes Region and central New Hampshire are no exception to this danger. Our elected leaders have been silent on this issue, as well. Nobody wants to live in a health hazard zone, where you cannot have access to care. Driving long distances or going out of state should not be our only option for health care.

I am a retired Army Colonel with 30 years of service. I will listen and work hard for you. Government needs to create the conditions so we can all succeed. I am running for the State Senate because silence and compliance is not leading and moving the great State of New Hampshire forward.

DAVID DEVROY
SANBORTON

North Country Notebook

About catamounts and bats, and how long a story lives



By JOHN HARRIGAN
COLUMNIST

A couple of weeks ago, I wrote about enjoying a stretch of silence on the porch as the sun went down---and a good while afterward.

There are many types and degrees of silence, one of the definitions being the absence of noise. People who have experienced it or lived the life-style pine for it when it's gone. Those who are able often travel hundreds of miles to seek it out.

I'll never forget going to the site of my future hike-in camp with the woodlands company's Don Tase and Pittsburg's Sandy Young. We had gone in on snowmobiles, the only gas-powered means of reaching the place. Even then, it was off the trail system--today, going off-trail is not sanctioned--and we usually had to wait until early March, when the snowpack had settled.

We were all sitting there, having a bite to eat and enjoying the absolute silence, save for the occasional chickadee. Someone mentioned this, and the consensus was that the day would soon come when it would be next to impossible to get out of range of the sound of a gasoline engine.

It has just about come to pass. At the log cabin that sits on the spot today, we can usually hear at least one of several sounds: chainsaws, skidders, distant road traffic (when the wind is right), snowmobiles, or ATVs.

There are still places in the high country and wilderness areas of the White Mountains,

and places in the North Country, where you can truly get beyond it all--but you have to work mighty hard to get there.

+++++

My notes from that evening on the porch include this one-word one-liner, "Bats." There weren't and aren't any, for the fourth or fifth year now.

The bats would sleep the day away in a little hollow between the chimney and the clapboards on my bedroom wall. I could often hear their scrabbings as they came and went in their nightly forays for insects.

Much has been written on the white-nose syndrome that has decimated northern New England's bats. The affliction is a type of fungus first noticed only a decade or so ago. It can grow only in the types of places where bats hibernate.

"This fungus grows on the muzzle, ears, wings and tails of bats," explains New Hampshire Fish and Game. "The fungus penetrates the wing membrane, disrupting cells including blood vessels, connecting tissue, and nerves."

+++++

Younger generations tend not to care about history very much, so it's no great surprise when wildlife history takes an even further back seat.

Witness a recent exchange on whether cougars (mountain lions, catamounts, panthers, etc.) exist in New Hampshire. This was brought on by circulation last week of a trail-cam photo of what appeared to be a cougar near Fish Pond Road in Columbia, just south of Colebrook.

The consensus on that one seems to be "house-cat," and I agree.

I've been keeping track of such reports for forty years plus, and writing only about the very best of the best. And after all these years there is one thing I can say to anyone eager to do the point and counter-point thing on cougars: You look these people in the eye and call them liars, because I won't.

Bear in mind, please, that the best-of-best list includes wildlife officials, foresters, hunters, hikers, and farmers. To a trained eye, confusion among species is next to impossible. And this question never seems to occur to anyone: What would anyone have to gain from fabrication?

And really, how can there be any "confusion" regarding bobcats, fishers, coyotes, and cougars? The animals look nothing alike, and there is the matter of size, and then the clincher, the cougar's very long tail. The only other creature out there that's even close to the size of a mountain lion and has a long tail is the coyote---and even that's a stretch.

I'm also amazed at how quickly some wildlife stories disappear. Witness the South Dakota mountain lion with wanderlust that took him 1,400 miles East, only to be killed in the road 35 miles north of New York City.

It was obvious, in this most recent exchange, that many people had never heard of it.

+++++

We tend to take wild turkeys for granted these days, forgetting that they were extirpated (fancy word for "gone" from here but not necessarily elsewhere) during settlement and expansion times. Fifty years ago,



A little brown bat, depicted in sleeping mode. (Courtesy NH Fish and Game)

New Hampshire traded live-trapped fishers for wild turkeys from West Virginia, where fishers were extirpated.

Nobody really knows how far north turkeys ranged before the Europeans got here. In New Hampshire, town records put them roughly from the lower end of Winnepesaukee southward, but anything north of that is a mystery.

I've been hanging onto a newspaper clip-

ping of then-11-year-old Derek Hartford of Boscawen, who caught one of the first three fishers swapped with West Virginia so long ago. The Hartford family name is well known in the Lancaster-Jefferson region and beyond.

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

TOWN OF NORTHFIELD
PUBLIC HEARING
Proposed Changes to the Transfer Station
& Conservation Property Ordinance Updates
Tuesday July 28, 2020 at 6:00pm

The Northfield Selectmen will host a public hearing to obtain public input on the proposed changes to the Transfer Station/Recycling Center Tuesday, July 28, 2020 at 6:00pm, immediately following this the Selectboard will host an additional public hearing for proposed changes to the use of the Town's Conservation properties which include; Knowles Pond, Sotir, Richard P Smart, and Granite Mills both will be at the Northfield Town Hall 21 Summer Street and accessed by Zoom. Please visit www.northfieldnh.org for additional information or call Stephanie at 286-7039 x. 111 or email sgiovannucci@northfieldnh.org

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Edward Jones: Financial Focus
What Should You Do With an Inheritance?

If you were to inherit a large sum of money, what would you do with it? The question may not be hypothetical, especially if you are in the millennial, Gen X or Gen Z demographic groups. That's because the baby boomers -- often referred to as the richest generation in history -- are poised to transfer some \$30 trillion in assets over the next few decades, according to the consulting firm Accenture. Of course, this is a "macro" figure, and everyone's situation is different. Furthermore, since baby boomers are living longer, more active lives, the total amount passed on may end up being considerably less than the estimate. Nonetheless, you may well receive a medium-to-large inheritance someday, and when that day arrives, you'll need to decide how best to use your newfound wealth. Your first move may be to do nothing

at all. Generally speaking, you have enough time to decide how to handle the various elements of an inheritance, although if you are inheriting an investment vehicle such as an IRA or a 401(k) plan, you will eventually have to make some decisions about liquidation or withdrawals. (And since these accounts may carry tax obligations, it's a good idea to consult with your tax advisor fairly soon after you receive your inheritance.) But if a big part of your inheritance simply consists of cash parked in a bank account, there's nothing wrong with moving the money into a cash management account at a financial services company until you decide what to do with it. However, after some time has passed, you may want to put your inheritance to good use. If you're already working with a financial

advisor, you might want to get some guidance on how to use your new assets to strengthen your existing investment strategy. Do you have any gaps in certain areas? Can you use the money to help diversify your holdings? Diversification can't guarantee profits or protect against all losses, but it can help reduce the impact of volatility on your portfolio. And, of course, if your inheritance is large enough, it may permit you to "max out" on your IRA for years to come, and possibly free you to have even more of your salary deferred into your 401(k) or similar employer-sponsored retirement account. Plus, you could use the money for other long-term goals, such as funding a tax-advantaged 529 college savings plan for your children. You also might use part of your inheritance to donate to the charita-

ble organizations you support. Due to recent changes in tax laws that caused many people to stop itemizing their deductions, charitable groups are in more need of support than ever. And last, but certainly not least, take this opportunity to review your goals. Is your inheritance large enough for you to adjust your planned retirement age? And if that age may indeed change, what about your other plans for retirement? Will you now be free to travel more or pursue other hobbies? Will you even need to modify the way you invest for your new reality, possibly by taking a less aggressive approach? Again, a financial professional can help you answer these questions. Someone thought enough of you to leave you a valuable inheritance -- so use it wisely.

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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PET OF THE WEEK

JOAN

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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SANCHEZ

CONTINUED FROM PAGE A1
Ordained as a minister through the Chicago Theological Seminary in 2001, her words are of hope and inspiration have also been heard around the world through her podcasts each Sunday on I Heart Radio.

“I take the headlines of today and wrap the

word of God around them. I want to bring hope to my listeners and show people that (the pandemic) did not stop my creativity or activities in meeting my goals and it shouldn’t stop theirs either,” Sanchez said.

Listeners outside the U.S. include people in 20 other countries, such as

BARNES

CONTINUED FROM PAGE A1

wasn’t just mainstream medical care though, Cheryl sought out educational opportunities in complementary medicine centered around aromatherapy and reiki in addition to certification from the National Council of Certified Dementia Practitioners as a Certified Dementia Practitioner and a Certified Alzheimer’s Disease & Dementia Care Trainer in June 2018. Her training and leadership brough the Quality of Life award to Peabody Home in 2008, bestowed by the New Hampshire Department of Health & Human Services.

Peabody Home Executive Director, Meg Miller illuminated the incredible length and breadth of Ms. Barnes influence in the realm of elder care, stating, “After 22 years at Peabody Home, Cheryl has finally turned that magical retirement age of 65. Her unwavering stewardship has driven the culture here, one of care, support and love, all delivered in a home like environment. She knew early on how important it is to support both residents, their families and our staff. She has been selfless in her support of the many issues that comes from leading a diverse group of over thirty nursing professionals.”

Her initiatives ranged far beyond the memories shared by countless families of loved ones who lived out their last years at Peabody Home. She worked as Director of Nursing at Epsom Manor Nursing & Retirement, Presidential Oaks (formerly Odd Fellows Home) in Concord, and prior to Peabody Home, Taylor Community in Laconia, racking up an impressive thirty-year career.

Cheryl Barnes has been and continues to provide mentorship to those newer to the field. She was a founding member of the New Hampshire chapter of the National Association of Directors of Nursing Administration in Long Term Care and is their sitting Board Treasurer.

New Hampshire State President, Kirsten Lyons says, “From my very first NADONA meeting in the Spring of 2017 I was warmly welcomed by Cheryl. She was tireless as an advocate and champion for our professional field, a respected and revered source for peer training, and certainly a voice to listen and learn from. We took back to our own facilities tools and techniques learned from her, to share with our own nursing staff. Cheryl led with the mantra of caring for residents as if they were part of her own family. Her compassion, kindness and dedication is, and was completely genuine.”

The COVID pandemic robbed this great lady of the retirement party she deserved, but staff at Peabody Home still managed to hold a gathering, with remote access for many more who ZOOM’ed in to join in the congratulations for her decades of service.

While letting go of the Nursing care will be a challenge, she will devote her time to creative pursuits, consultancy work, and still providing support and mentorship to up and coming gerontology specialists.

Peabody Home is a private, not for profit facility caring for elders in all stages, from assisted living, to memory and hospice care. The organization has been caring for elders in the greater Franklin community continuously since 1942.

Sudan, Iraq, Japan, Israel, Romania, Ireland, Bangladesh, Barbados and the Netherlands.

“It really amazes me that I have listeners in all those places, especially in the Muslim countries,” she said.

In her broadcasts she asks that they all strive to be Good Samaritans and seek to help others who may be more in need than they.

“It feels like an honor to help others. It doesn’t take a rich man or a priest- an ordinary person can do something for someone in need, too,” she said.

Her motivational seminars were begun in the midst of the shutdowns when she realized it as perhaps the best time to reach out even further to help others through her experiences and faith.

“This and nothing else should stop you from being great,” she reminds everyone.

Her online seminars

BEATTIE

CONTINUED FROM PAGE A1

cially excited to participate in its Finance and Innovation committees.

“We are thrilled to welcome Jake Beattie to our board of directors,” said Susan C. Ryan, President & CEO of Spaulding Youth Center. “Mr. Beattie’s strong sense of community and commitment to helping others was apparent from our very first meeting.”

Michael Ventura, Board Chair of Spaulding Youth Center, added, “AutoServ and the Gaudet family are long-time and generous sup-

have included school children and adults all across America where she explains how the pandemic has not stopped her from working toward her goals and encourages them to do the same. Among the other Webinar selections she has available are topics like “How to Prepare for a Crisis,” meant for all to learn ways they can be ready to carry on successfully, even under trying circumstances. Others are “Silver Fox and Silver Tops,” designed for men and women over the age of 50, and “Wear Your Crown King,” a Webinar to empower men to be the best they can be.

‘Men are often forgotten, and I want to encourage them to put on their crowns and know how important they really are,” said Sanchez.

Included in many of the Webinars are ways to deal with financial difficulties, led by her moth-

er Pearl McClelland who worked in finance and debt management in Chicago for more than 30 years.

“Mom’s a very important part of this, especially now with many people out of work and struggling to make ends meet. She has advice for them on how to get out of debt and manage their finances in a successful manner,” Sanchez said.

In addition to all of that, Sanchez has also authored two books, with a third in the works. The first, “Now I Know I’m Beautiful,” is about self-esteem and ways to better lives through confidence and inner strength. Book two, “Call To Duty,” is based on her experiences as a military wife.

Besides her podcasts, Webinars and publications, Sanchez is also a frequent guest co-host for a radio talk show on WCPT 820 in Chicago where she spreads her

message of hope and inspiration to her hometown and that is the subject of her upcoming publication, “God Hand-ed Me the Mic.”

Sanchez said, “It’s really the story of my journey into becoming a voice, a person of reason, giving people hope. I was excited one day when I realized that this is something I’ve been doing all my life so now I’m writing a book about my journey.”

Each of her books can be found for sale on Amazon.com.

Sanchez is available through not only her online audio presentations and Webinars, but through in-person motivational speaking engagements as well. For more information or to contact her, please visit her Web site, www.diamonddynastyconsultant.com.

porters of Spaulding and we welcome the opportunity to continue this relationship. On behalf of everyone on the board of directors, we are excited to see how Mr. Beattie can support our ever-evolving organization.”

In his spare time, Mr. Beattie enjoys playing golf at Laconia Country Club, skiing, snowmobiling and performing community service.

The Spaulding Youth Center board of directors is comprised of volunteers from the human services, corporate, investment, and

philanthropic sectors of our state. To learn more about the Spaulding Youth Center board of directors, visit <https://www.spauldingyouthcenter.org/about-us/leadership/>.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include

academic, residential, clinical, community based, foster care, and family support. Established in 1871 and known as Spaulding Youth Center since 1958, our scenic hilltop campus is located on nearly 500 acres in Northfield, and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.SpauldingYouthCenter.org.

COVID

CONTINUED FROM PAGE A4

are looking for symptoms of COVID-19, the new strain of Coronavirus. Lyme disease is severely underdiagnosed. The CDC estimates that for the 30,000 cases diagnosed each year there are 300,000 total cases that occur. That means that we only identify 10 percent of the actual cases! Symptoms of late Lyme can be more serious, like severe headaches and neck stiffness, facial palsy, arthritis with severe joint pain and swelling, particularly the knees and other large joints, intermittent pain in tendons, muscles, joints, and bones, heart palpitations or an irregular heartbeat, dizziness or shortness of breath, inflammation of the brain and spinal cord, nerve pain, or shooting pains, numbness, or tingling in

the hands or feet, so early diagnosis is important to allow for early treatment.

What does this mean when the message we get from so many of our providers is to leave a message for non-emergent needs? Or we think we should wait and see if our symptoms don’t seem serious, since there are so many others with more serious illnesses out there?

“Be honest and clear with your providers about your symptoms,” advises Krystin Albert, CEO of Franklin VNA & Hospice. “If you are having symptoms that match COVID-19 or Lyme, that is a very valid reason to call your provider. If you have visited areas that ticks are common – tell them, they may decide to add a Lyme test to any other tests they run. If you remove a tick make sure to save it. They will likely want to send the tick out for testing, and may want to start you on anti-

biotics immediately.”

TickFreeNH.org is a great resource to use, and has a video on how to check for ticks each time we come in from outdoors as well as dress for being outdoors and tick removal. They advise that if you do find a tick attached, use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible and pull upward with steady, even pressure. Don’t twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. After removing the tick, thoroughly clean the bite area, and your hands, with rubbing alcohol, or soap and water. Wrap the tick tightly in clear tape and place in a sealed baggie or container, or submerge it in rubbing alcohol in a sealed container. This way it can be tested now, or later if needed. Make sure to put the date on the container so you know when this tick was removed. Never crush a

tick with your fingers, the Lyme bacteria can get out and infect you.

“With all the excitement of being able to get out of our houses and picnic with friends, go to the park, or just go for a hike, we still need to make sure we are taking care of our health,” Albert advises, “Wear sunblock, socially distance responsibly, and for goodness sakes, don’t feed the ticks!”

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Ducks Unlimited Committee sets dinner date

TILTON — The Daniel Webster Chapter of Ducks Unlimited will hold its thirty second annual dinner banquet auction on Friday, Aug. 7 at 5:30 p.m. at La Piece ~ The Room in Riverfront Place, the award winning renovated mill building at 322 Main Street in Tilton. James Cropsey is Area Chairman this year.

Nearly 6,200 local Ducks Unlimited fundraising events throughout the country last year contributed towards Ducks Unlimited's national fundraising effort

of almost \$175 million. Last year Ducks Unlimited achieved 84% efficiency, resulting in 84 cents of each dollar raised being spent on wetland acquisition or improvement.

Each year the United States loses some 140,000 acres of wetland habitat. Since its inception, Ducks Unlimited has raised more than a billion dollars and enhanced and restored more than 14 million habitat acres, encompassing over 15,000 wetland projects, in an effort to reverse this destruc-

tive trend. About 0.39 metric tons of carbon is sequestered each year on average on each acre of prime wetlands helping to alleviate the effects of Global Warming. DU's projects provide habitat for over 600 wildlife species, including ducks, geese, and endangered or threatened species like the whooping crane and bald eagle.

While Ducks Unlimited has accomplished a great deal since its founding in 1937, the rapid draining of our wetlands demands that the organization contin-

ue to accelerate its work. Efforts like those of the Daniel Webster Chapter are a vital part of Ducks Unlimited's efforts.

Conservation organizations have been particularly hard hit by the Covid-19 pandemic that has interrupted most fundraising activities. Masks and sanitizer will be provided. Only 100 tickets will be sold. Social distancing will be in effect with a limit of six people per table. Please come and have a great time, while supporting wetlands conservation! Should you purchase

tickets and then become ill, the dinner portion of your purchase will be refunded.

Order your tickets by July 25. Dinner tickets cost \$80 for an individual and \$105 for a couple while youths under 18 years of age are \$45. All attending youths will be entered to win a new firearm donated by Brad Marshall of Marshall Firearms. Sponsor tickets are \$285 for an individual ticket. Sponsors will have a one in five chance of winning a gun of their choice from a vast selection. Legacy

Greenwing Sponsors, youths under 21, are \$240, which includes the dinner. Legacies will have a one in five chance of winning a single shot .410 or .20 gauge shotgun. Sponsors need not be present to win. To purchase tickets or for information on how you can support Ducks Unlimited's program of wetlands conservation, contact Pete Spear at 729-0214, Steve Saulten at 289-2109 or Jim Cropsey at 286-9633.

Jewish Food Festival limited to take-out only

LACONIA — For the last 23 years, the New Hampshire Jewish Food Festival at Temple B'nai Israel (TBI) in Laconia has brought people together from all over New Hampshire and beyond to dine "under the tent." But this year, due to the COVID-19 pandemic, the Jewish Food Festival

will be a takeout event only. Orders can be placed online at www.tbinh.org, from July 27 to Aug. 10 and picked up curbside, by appointment, at the temple, 210 Court Street in Laconia. A drive through system will be used for everyone's safety and masks are required.

Behind the scenes in the TBI kitchen, talented cooking crews of women and men had begun the preparations for the Festival by participating in cooking and baking sessions in expectation of the hundreds of hungry customers looking for their annual taste

of traditional Jewish foods. As the pandemic emerged and forced the state to close, so did the TBI kitchen. The Food Festival committee members agreed they didn't want to disappoint their faithful following. Meeting via Zoom, the committee recently developed a take home ver-

sion of the Jewish Food Festival, following state guidelines for restaurant operations.

The online takeout menu offers some of the most popular items from the Jewish Food Festival including:

Blintzes, lightly fried crepes filled with a mixture of farmers cheese and cream cheese.

Matzo Ball Soup, a rich homemade chicken broth with fluffy matzo balls and carrots.

Homemade traditional brisket with gravy sold in half pound packages.

New York style Knishes, prepared with a new improved flaky dough, filled with either hand ground beef brisket or seasoned potatoes.

Noodle Kugel, noodles in a sweet cream baked custard, topped with cinnamon frosted flake crumbs.

Rugelach, pastry made with a cream cheese dough, filled with walnuts, raisins and cinnamon, rolled into crescents and lightly baked.

Challah, homemade hand braided honey-sweetened egg bread, topped with sesame seeds and baked to a golden brown

All items are sold frozen and include instructions for heating.

This is the opportunity to fill your freezer to capacity with the most mouth watering and delectable foods prepared with love and care. Orders will be filled on a "first come-first served" basis until inventories are depleted. All questions may be directed to foodfestival@tbinh.org and orders can be placed at www.tbinh.org starting July 27.

Franklin Opera house hosting fundraising auction

FRANKLIN — This was the time planned for Franklin Opera House's annual gala fundraising event, the Celebrity Waiter Dinner and Auction. But, as with so many other organizations, the continuing public health situation dictated a need to change course. And that's why we see "Lights, Camera,

AUCTION!" beginning July 19.

What's unique about this online auction is its final hour; a live event at 7 p.m. on Friday, July 31 to be streamed on YouTube, with entertainment and last-minute fervent bidding. This final hour will be hosted by Opera House Board Member and Emcee

Leigh Webb, with musical entertainment provided by fiddler Audrey Budington and guitarist and singer Bob Rutherford.

More than 75 items are listed in the auction, which can be found at www.32auctions.com/FOH. There's something for everyone, and items may be added at any

time, so you'll want to visit more than once. Information about how to access the final live hour on YouTube is on the auction site as well.

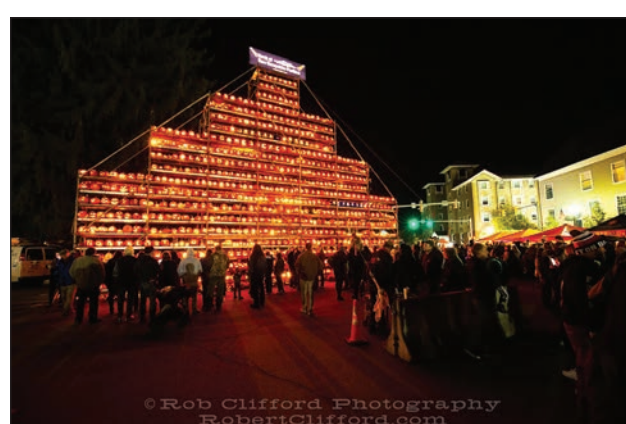
This event is made possible with a grant from AutoServ of Tilton, annual sponsor of the Celebrity Waiter Dinner and Auction.

Lakes Region Chamber announces cancellation of Pumpkin Festival

LACONIA — It's official: Coronavirus concerns have forced the cancellation of the 2020 New Hampshire Pumpkin Festival in Downtown Laconia. Festival organizer Lakes Region Chamber is, however, carving "Safety Orange" into October for a month of fall experiences and to find unique opportunities that boost the economy.

"Hosting a festival is not a socially responsible path forward for New Hampshire Pumpkin Festival due to the uncertainty we face as well as the government-issued guidelines prohibiting large public gatherings for the foreseeable future. It is a heartbreaking decision, but as community leaders the chamber board of directors and staff understand the importance of social responsibility. Safety is our priority, and this is the right decision," shared Karen Gifford, President of the Lakes Region Chamber. "We know full well that this event brings in revenue for Lakes Region businesses beyond downtown Laconia to local attractions, restaurants, retail and lodging."

Planning has already begun for pumpkins to shine brightly in October at local businesses mapped out throughout the region that will reduce large gather-



ings along with other smaller events and most importantly promote Lakes Region businesses. More information will be released as details are carved out.

The Lakes Region Chamber is a private, non-profit organization striving to create and promote a more engaged community and thriving economy for the businesses in the Lakes Region. For a directory of Lakes Region businesses and a full community calendar of events, go to LakesRegionChamber.org.



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Virtual Rafting For Wishes event tops \$200,000

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — While the usual fanfare in Hesky Park was on hold because of the pandemic, Rafting for Wishes still went on in an alternative form with people taking to their own rafts to raise money for Make-A-Wish New Hampshire. The 10th annual Rafting For Wishes was a 10-hour event this year, taking place all day Saturday. While in previous Rafting events teams would spend 24-hours on rafts in Meredith Bay, this year teams and individuals recorded themselves spending 10 hours in their own locations to raise money.

Event Chair Nikki Lyons Lahey said when the pandemic broke out Make-A-Wish started contacting a number of its regular partners about options for this year's event, including options for a hybrid in person and virtual event. "Before the call we were talking with everyone and I believe it was Sarah from Body Covers who suggested why don't you have everyone raft in a different section of the lake or their own body of water," Lyons Lahey said. "That turned into a conversation of, 'Hey

people can raft in a pool, their backyard, a lake, a pond, even their living room, wherever they want in New Hampshire – whatever they're comfortable with.'"

They received a call from the town in May that Hesky Park would be closed for events in June and July, which sealed their decision not to have an in-person event. After this the staff and the event team worked together to sort out the logistics of a virtual event. She said throughout April and May there were a lot of calls and Zoom meetings between Make-A-Wish staff and professional partners from locally to across the country.

"We have a super passionate Rafting for Wishes committee as well as very invested participants and everyone had so many fun ideas," Lyons Lahey said. "We just took it all in, listened to all the suggestions and a few sleepless nights put everything together to come up with what would be the 2020 Rafting for Wishes Virtual event."

What resulted was a 10-hour challenge for people to raft in different locations.

The event started

at 8 a.m. on Saturday and ended at 6 p.m. The opening and closing ceremonies were done over Zoom. There was also a video featuring the Giordano family of Portsmouth and their wish story. At seven-years-old, Joey Giordano was diagnosed with brain cancer his father Joseph said suddenly the family was managing Joey's fight including surgery and having to learn to walk again. Joey was granted the wish of going on a Disney Cruise. Joey's parents said during that trip they became a family again and concerns over getting ice cream and getting in the line for the waterslide overcame concerns about appointments and treatment. Joey is now 15-years-old and cancer free, his family is still involved with Make-A-Wish.

A group of volunteers to visit each of the teams, who recorded each of the teams during their raft session. They were all asked how important Make-A-Wish and the event was to them and what their "why" was for doing this. The teams were also given different challenges such as Minute to Win It Games and others, activities teams would normally do on

the raft during a traditional event.

Lyons Lahey said with the nature of the event they wouldn't be able to use the services of local restaurants like they normally would, especially during a time when restaurants are struggling. Make-A-Wish bought gift cards from a number of restaurants and had Wanda Keenan and Maria Armano visit each restaurant and share videos across to encourage people to order from them.

This year, 20 teams took part, including three new teams, and five people rafted as their own one-person team.

"I think this year we saw our best engagement/participation during the event and throughout the months leading up to the event," Lyons Lahey said.

Teams fundraised throughout the year. One of the most successful fundraisers was the "Sending Smiles" kit containing two lemons and sugar with instructions to make lemonade; a reminder to make proverbial lemonade from lemons. The fundraiser raised \$5,000 for Team Meatball in memory of Nick Harrington.

Eight teams had participants who had received wishes and two of the individual participants had received wishes in the past. Lyons Lahey said seeing Wish kids who want to give back is always so inspiring.

Before the pandemic, this year's goal was to raise more than \$275,000 and Make-A-Wish hoped it could raise more than \$300,000. When the pandemic set in, Lyons Lahey said they would be happy to raise \$100,000. By the end of Saturday's event, they had raised more than \$208,000 and were looking at around \$215,000 after the weekend with money still coming in.

There were 100 less participant fundraising pages this year.

"To know that there was 100 less people participating, we were in the middle of a pandemic and we were still within \$45,000 of what we raised last year, is mind-blowing!" Lyons Lahey said. "A true testament to how committed our incredible participants and supporters are and how much they understand the urgency and need for our mission."

She said there are 104 kids waiting for wishes,

and thanks to Rafting for Wishes, all of them will have their wishes granted.

"These dollars are life-changing for our chapter, especially this year," Lyons-Lahey said. "It's amazing to know just how far these dollars will go and just how much good will be done with all of the money raised."

Team Landscaping Lake Life (consisting of staff from Stephens Landscaping Professionals of Moultonborough and Lake Like Realty) was the top earning team, raising \$30,000. Nikki's own husband John Lahey was the highest raising individual. A member of Team Landscaping Lake Life, Lahey raised more than \$16,000

Lyons Lahey said overall, she was "over the moon" with how this year went. She said she's a people person and gets energy from being around people. While it's not possible to meet in person, she said it was amazing seeing so many people over the Zoom ceremonies and visiting them throughout the day.

Comfort Keepers

Elderly home care and depression – Symptoms and prevention tips

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

No matter what age we are, living a life of purpose, connection and joy is critical for our physical and mental wellbeing. For older adults, a variety of obstacles like vision loss, social isolation, mobility problems and memory issues can make enjoying life more difficult.

Why is it important for seniors to focus on their mental health?

Socially isolated seniors have a 59% greater risk of mental and phys-

ical decline than those who do not experience social isolation (Forbes).

The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org).

Depression in the elderly is associated with increased risk of cardiac diseases and risk of death from illness (WebMD).

Signs of depression in seniors can include change in attitude, self-isolation, weight loss, fatigue or lack of interest in once enjoyable activities.

For older adults that want to improve their quality of life through enhanced mental health, there are a few things they can do to kick off their healthy habits.

Exercise – Seniors should always consult with a physician before starting any physical activity or fitness program. Seniors that are able, and approved, to exercise may see increased physical and mental wellness. Exercise has been proven to have a positive effect on the brain.

Connection – At any age, many people find

joy in spending time with family and friends. Social isolation can be a problem for seniors that have mobility issues or aren't able to drive, or who have loved ones that live far away. However, there are services that can help overcome these issues, including transportation help, in-home care assistance, technology that fosters connection and other outside sources of help.

Volunteering – Sharing time and talents doing volunteer work can bring a sense of purpose and fulfillment. Many organizations have pro-

grams and volunteer opportunities specifically geared to older adults.

Spending time on joyful activities – Everyone has a different interest or hobby that brings joy, whether that's music, art, dance, gardening or games. Seniors should try to spend time doing something that brings them happiness on a daily basis to improve their quality of life.

About Comfort Keepers

Maintaining senior health and wellbeing is a priority for the team

at Comfort Keepers®. Our caregivers can assist in providing seniors with transportation to and from the doctor's office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.



SalmonPress.com

News, really close to home

Rafting for Wishes teams do their own floats for virtual event



Rudy Beer of The Locals does a cartwheel in front of teammate Isabelle Cole.

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — Even though the traditional event in Hesky Park couldn't happen this year, Rafting for Wishes teams still floated in pools, lakes, even a living room to raise money for Make-A-Wish.

This year, 20 teams took part all over the state and raised funds to grant the wishes of kids facing life-threatening illnesses.

Each team was visited by a volunteer who recorded the teams in their floating locations. Each team was asked its "why" for taking part in the challenge and what Make-A-Wish meant to its members. They were also given a list of different challenges to do including Minute to Win It challenges, doing a flip into the water, doing workouts, flexing muscles, showing fruit, and more.

Each of the videos were live on the Make-A-Wish NH Facebook page.

Teams consisted of companies, organizations, families, and individuals. A number had members who were wish recipients or family members of wish recipients.

One of the event's founders, Jason Drouin, took part in Team Bottoms Up. He said the event is always about helping the kids get their wishes.

"If you never met a wish child, once you do you never forget them and they forever make an impact in your life," Drouin said.

Team Brick and Barn from Brick and Barn Real Estate Group of Portsmouth was floating on paddleboards in its hometown. Team member Joseph Giordano talked about his family's experience with Make-A-Wish in the event's opening video.

"Being a wish dad, my wife's part of your team, it's very important to us and very important to our lives," Giordano said.

Landlubbers, who has been part of Rafting for Wishes since it came to Meredith, put together their own movie depicting different wishes granted to real life kids only in their own cinematic way.

Team Bank of New Hampshire hung out by a pool.

"I just think that this is such a small easy thing for us to do that makes such a big difference and I love that it stays local," said team member Cindy Dalton.

Dalton said the daughter of a family friend had a wish granted, going to Disney.

"We saw how that impacted her and it meant a lot for myself and to my husband, so we're just so happy to be here participating," she said.

Lakes Region Leaders did their second year as a team.

"It's a way to raise money for kids and their families and everything their going through and get an opportunity to take their mind off things," said team captain Mark Cote, "and that idea to me was really important and special even more so this year, so I'm very happy that were able to do it and we're here to raise money. Just want to make sure that everyone has their wishes granted."

Team Lyons Pride from the Lyon's Den Restaurant in Gilford did its second year. Captain Gary Geoffroy said after raising \$11,000 and granting a wish last year he said they thought they would struggle this year but had made \$16,000, "which is absolutely incredible." They also got a corporate sponsor for next year.

This year, The Locals team consisted of Rafting veteran and wish kid Rudy Beer with Isabelle Cole sitting in a floating tent in a living room. Cole said Make-A-Wish helped her cousin, who had brain cancer, and she was inspired to take part.

"Especially during Coronavirus, for all those children who are in hospitals going through therapy and they can't have their teams with them and all

those supporting people because of trying to keep their distance because they're at high risk, I think it's really important for us to help get them some money to have something to look forward to," Cole said.

The Tilton-Northfield Rotary Club did their float in a pool in Tilton. Heather Bishop said she saw the work of Make-A-Wish first hand while her son was in the hospital.

"We saw firsthand how a lot of children and their families had to spend large numbers of days, months, even years in the hospital or getting treatments and how the wishes actually helped



Members of The Meatballs take the Oreo stacking "unicorn" challenge.

make the kids better and the families better because it made them feel normal," Bishop said. "It gave them a little bit of family camaraderie, it made them feel like they weren't going through something as horrible as what they were going through."

This was the first year for The Meatballs. Steph Harrington said her son Nick had his wish granted.

"I think one of the best things we can do is donate to Rafting for Wishes to help make more wishes come true," she said.



Team Lyon's Pride does a cheer by the pool.



The Tilton-Northfield Rotary Club raises money for Make-A-Wish from a pool.



The Landlubbers portray a wish kid's trip to Hawaii.



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

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HELP WANTED

Building Inspector/Code Enforcement Officer for Town of Plymouth

The Town of Plymouth is seeking applicants for our part-time Building Inspector/Code Enforcement Officer position for 16-20hrs/wk. The ideal candidate will be familiar with building construction, plan review, zoning ordinances, and be able to interact diplomatically with contractors, residents, and colleagues.

The position is responsible for code enforcement, inspecting residential and commercial buildings, alterations for compliance with Town, State, and Federal codes and regulations, and ensure that applicants meet building codes.

Candidates with a professional background in electrical, plumbing, heating, and mechanical trades would be a plus.

Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

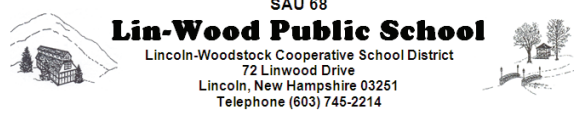
Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to townadmin@plymouth-nh.org

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

It is anticipated interviews will begin the week of September 1 and the successful candidate will take office as of October 5, 2020.

Organization: Town of Plymouth
Type: Employment
Post Date: Wednesday, July 15, 2020
Close Date: Until position is filled
Salary: 20,000



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Sharon Holt
Lin-Wood Public School
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Lincoln, NH 03251
603-745-2051

Job Applications are available on our website at www.lin-wood.org under the "Employment" section.

Applications will be accepted until July 22, 2020 or until the positions are filled.
The Lincoln-Woodstock Cooperative School District is an equal opportunity employer.

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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: rball@sau36.org



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

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

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

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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.

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- Fills in for other delivery drivers when needed.

The ideal candidate will possess the following:

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TOWN OF THORNTON



PERMANENT PART TIME PLANNING BOARD AND ZONING BOARD OF ADJUSTMENT ASSISTANT


The Town of Thornton is seeking candidates for an immediate opening for a permanent part-time Planning Board and Zoning Board of Adjustment Assistant. The applicant will be responsible for performing administrative work and preparing minutes for the Planning Board and Zoning Board of Adjustment. This part-time position is budgeted to work 8 hours per week and may include evening hours. This position is a Labor Grade 5 with an hourly pay range of \$14.56/hr. to \$20.55/hr. A full job description and application packet is available at the Town of Thornton Town Office and on the town's website at www.townofthornton.org. Applications for this position will be accepted until 3:30 pm on Friday, July 31, 2020.

Please submit applications to:

Town of Thornton
Attn: Debra Shepard, Town Administrator
16 Merrill Access Road
Thornton, NH 03285

Re: Part-Time Planning Board/ZBA Assistant

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Hannaford is Indeed ‘Greater Than Groceries!’

LACONIA—Larry Poliquin remembers the Greater Lakes Region Children’s Auction before it was televised, back when bidding was relayed to the community by radio. Poliquin, who was assistant manager at the Franklin branch of Hannaford Supermarket at the time, tuned in early on, and immediately connected with organizers’ goal of improving the lives of local children.

So, after getting promoted to store manager at the Gilford branch, Poliquin took the reins, making donations and sending teams of volunteers—himself included—to work the phone bank and help with checking out items. What originated as a small role eventually turned into Poliquin taking a week of vacation time to see the Children’s Auction through from beginning to end,

as well as becoming a member of the Board of Directors and Disbursement Committee, which reviews all of the applications from local nonprofit organizations hoping to receive funds from the auction.

“We work year-round, but we have a big job that week at the auction each December,” he said. “And now, being on the Disbursement Committee, it’s amazing to see the amount of need this one organization fills. It’s great to see the number at the end of the week, and to know that money is going to help children.”

Hannaford has eagerly supported Poliquin and his efforts over the years. In fact, Sherri Stevens, who manages community relations for the supermarket chain, said supporting the Children’s Auction is a perfect example of Hannaford’s tagline, “Great

er Than Groceries.”

“We like to think of ourselves as more than the building down the road that provides groceries,” said Stevens, a Gorham, Maine, resident. “Community is so important to us at Hannaford, and it’s clear that it’s important to our associates, too. Poliquin represents Hannaford so well, and we often look to leaders like him across our 182 stores in five states to help us understand where the community’s needs are the greatest and where our involvement can have the greatest impact.”

Hannaford, Stevens continues, doesn’t like to just hand organizations checks. Rather, the preference is to understand what’s going on and invest in meaningful ways, whether that’s through providing sponsorship, having volunteers step up to help or donating items to be auctioned off.

“The fact that Larry identified the auction as an area where we could help, and that it’s making such an impact, is so meaningful to us,” Stevens said. “We’re hugely proud of Larry and the other associates who have joined him along the way.”

Likewise, Poliquin, who has been with Hannaford for over 30 years, said the reason so many employees stay with the company for so long is because it supports community involvement and giving back.

“You don’t see that in many chain stores,” he said. “That’s what keeps us strong and keeps us committed to our organization, and that’s why we’re still here.”

A total of five Hannaford branches take part in making the Children’s Auction a success, with employees volunteering to work the phone bank and help

with checking out items, as well as spearheading their own fundraising efforts beyond what Stevens’ marketing department provides in sponsorship dollars. One of the key people behind those fundraising efforts is Joe Gentile, manager of the Meredith branch.

Though there’s certainly plenty of work involved leading up to the Children’s Auction and throughout the week itself, it also doesn’t stop once the auction goes off the air, Poliquin said. Then it’s time for Poliquin and the other four members of the Disbursement Committee to review grant applications and present recommendations for funding to the Board of Directors. In 2019, following the 38th auction, a total of \$600,032 was raised for area nonprofits.

“Our committee spends weeks in the winter reviewing all

the grant requests and discussing the best way to distribute the money that’s available,” Poliquin said. “We often visit the organizations we aren’t as familiar with, so we get to see firsthand what each organization is doing to help local children.”

At the end of the day, supporting children who need it most is what the auction is all about.

“Across Hannaford, our employees feel a particular passion when an event supports our kids,” Stevens said. “We know that to help our kids grow and learn and develop, we have to invest in them. We genuinely believe in and understand that they are our future.”

Visit www.ChildrensAuction.com to learn how to sponsor, donate or volunteer.

HELP WANTED

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To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.

HELP WANTED

Professional painters needed

Drivers License and references a must

Please call 603-387-9760

DEADLINE NOTICE

CLASSIFIED ADS AND YARD SALES

DEADLINE IS FRIDAY AT 3PM FOR THE FOLLOWING WEEK

NO ADS CAN BE ACCEPTED ON MONDAYS

THANK YOU!

HELP WANTED

Landscape crew members wanted

Well established Lakes Region New Hampshire landscape company is seeking softscape and hardscape team members. Valid drivers license required. Please call 603-279-8100 or email scott@scottburnslandscaping.com

Personal Care Attendant

GSIL is looking for a dedicated personal care attendant to assist one of our consumers in Meredith, NH.

Duties include; dressing, Hoyer transfer, light housekeeping, meal prep, feeding and clean up.

Hours are 5:00pm to 11:00pm every evening.

Pay rate is \$10.25 - \$10.75/hr. Prior personal care experience is helpful but, training is available.

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

GSIL is an EOE

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2020-2021 School Year

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David Hamnett, Assistant Principal
Campton Elementary School
1110 NH Rte. 175
Campton, NH 03223
dhamnett@pemibaker.org

LEGAL

Moultonborough Academy

Middle School Volleyball Coach Wanted

Moultonborough Academy is seeking a Girls Middle School Volleyball Coach for the 2020-2021 season. Applicants should send a letter of interest, resume, and 2 references to: Matt Swedberg, Moultonborough Academy, PO Box 228, Moultonborough, NH 03254 or submit the material to mswedberg@sau45.org.

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Edgar Kuklowsky

First Church of Christ welcomes new organist

LACONIA — First Church of Christ, Scientist, Laconia, announces a new organist for our 1925 Hook & Hastings organ.

Mr. Edgar Kuklowsky, MMED comes highly recommended from many years as a music director/organist/pianist from Christ the King Parish in Concord. He currently teaches young gifted pianists pipe organ instruction and has had several students receive scholarships through the Young Organists Collaborative (YOC). Mr. Kuklowski is spiritually inspired and brings joy and greater meaning to our services.

All are welcome to attend our services at 136 Pleasant St., Laconia, on Sunday at 10:30 a.m. and Wednesday at 7 p.m. downstairs. As requested by the governor, we do practice social distancing and encourage masks at this time.



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