

Newfound Landing

THURSDAY, JULY 23, 2020

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COMPLIMENTARY

Neowise Comet soars over Newfound

BY DONNA RHODES

dhrhodes@salmonpress.news

BRIDGEWATER – Local photographer Gene Bank was able to take some amazing photos of the newly discovered Neowise Comet as it soared over Newfound Lake Monday evening.

“I had to wait for some pesky clouds to get out of the way,” he conceded, but he still managed to get a stunning shot of the comet.

NASA’s Near-Earth Object Wide-field Infrared Survey Explorer (NEOWISE) mission, first spotted the comet in March of 2020 and said it is now putting on a “dazzling display for sky-watchers” this summer. It will soon disappear from earth’s view however, projected to not be seen again for another 6,800 years.

Originally visible only in the early morning sky through the first half of



COURTESY OF GENE BANK

Bridgewater resident Gene Bank captured this photo of the newly discovered Neowise Comet above Newfound Lake on Monday.

July, the comet has since become a feature in the evening sky, visible for only about one or two

hours after sunset, AccuWeather said.

To spot the comet, scientists advise that view-

ers find a location away from city lights then look below the Big Dipper in the northwest sky after

sunset.

“The fact that we can see it is really what makes it unique,” said

Emily Kramer, a science team co-investigator at NASA’s Jet Propulsion Laboratory, during a news conference last week. “It’s quite rare for a comet to be bright enough that we can see it with a naked eye or even with just binoculars.”

Measuring approximately three miles in diameter, it is considered to be a fairly large comet, providing nighttime sky-watchers with spectacular views, such as the one Bank captured with his camera. NASA said that without binoculars or other observation tools however, the comet could most likely look more like a fuzzy star with a bit of a tail.

Comet Neowise survived its closest encounter with the sun recently and, now headed back toward the outer solar system, will begin to fade from view by the last weekend in July.

11th Annual Run Your Buns Off race is going virtual

BRISTOL — The Newfound Area Charitable Fund (NACF) has announced plans for the 11th Annual Run Your Buns Off 4.2 Miler. This year’s 4.2 mile road race will be virtual so that everyone near and far will be able to participate and stay safe, and we guarantee it’ll be every bit as much fun! So, to accommodate the times we are living in, the NACF Board decided to do something a little different – make this year be all about giving back! That’s right, we’ve deemed this year our “Year of Giving Back” where we get to thank you - our loyal sponsors, runners, walkers and volunteers by making this year’s event completely free and all about lighthearted fun.

Keeping in line with our theme of giving back to our generous sponsors, donors and racers who have collectively allowed us to contribute more than \$65,000 back to non-profits in the community over the past ten years, we are not seeking funding from anyone or charging a race registration fee. Instead, the Run Your Buns Off committee has partnered with the New Hampshire Food Bank to host a mobile food pantry to support families and individuals in the greater Newfound area struggling with food insecurity. The event will be hosted on Jan. 30, 2021, a time when food insecurity is at its peak. Given the buying power that the NH Food Bank has, it allows them to provide two full meals for just \$1. That means a \$5 donation can provide 10 meals and a \$10.00 donation could provide 20 meals! Hosting a mobile food pantry costs \$7,500 to guarantee a truckload of quality food for families. Although this is our gift to you, if you are interested in helping donate to this cause, we thank you in advance and you can find a link to do so on the registration page. We are all in this together!

So what are you waiting for? Registration is now open (and did we mention, its free!) visit: <https://runsignup.com/Race/NH/Bristol/RunYourBunsOff42MilerVirtualRunWalk> and then go lace up those running/walking shoes. Participants can log their 4.2 miles from anywhere in the country or we welcome you to stop by Basic Ingredients bakery in Bristol and run the actual RYBO course if you’d like. Just log your miles anytime between Aug. 1 and Sept. 5 (the date of our original road race). Then we hope you’ll post fun pics of your walk or run and share them with our followers on our Facebook page.

So c’mon Newfound Community, we hope you will register today and join in on some Newfound free fun! Oh, and we almost forget about that infamous to-die-for sticky bun when you finish the race - well this year you may not have it hot and waiting for you at the finish line, but upon completion of your walk or run, you will receive an emailed certificate entitling you to one free sticky bun at Basic Ingredients if you’re in the area to redeem it this season. How fun is that?!

NLRA hosts Around the Lake sailing race



COURTESY

Martin Kimball, this year’s winner, finished with a time of one hour and 29 minutes.

HEBRON — Sailors gathered on Saturday, July 18 for the Newfound Lake Region Association’s annual Around the Lake Sailing Race. Five boats took off from Grey Rocks Conservation Area at 1:30 p.m. and made a stunningly colorful spectacle as they made their way around Newfound Lake.

“Sailing is one of the most amazing ways to get around the lake. It’s peaceful but fast and doesn’t impact the lake with fossil fuels or a big wake,” says Andrew Veilleux, NLRA’s program manager and the organizer of the annual race.

Even sailboats, however, can potentially introduce invasive species into the lake, and it’s important all boaters remember to clean, drain, and dry their boats and trailers. Invasive species like variable milfoil and the Chinese mystery snail can hitch a ride on boats, boat trailers, and ballast tanks when they go from one water body to another. NLRA’s volunteer Weed Watchers and Lake Hosts monitor Newfound Lake for invasive species and offer courtesy boat inspections

SEE RACE, PAGE A15

NLRA launches StoryWalk® exhibit

BY DONNA RHODES

dhrhodes@salmonpress.news

HEBRON – The Newfound Lake Region Association has developed a new way for people of all ages to not only get out and enjoy a stroll along a trail at Grey Rocks Conservation Area, but to enjoy an educational story about nature at the same time through their new StoryWalk® exhibit.

A StoryWalk® is comprised of a path lined with individual pages from a book that everyone is invited to stop and read along the way. NLRA’s selection for their first ever StoryWalk® is a book titled “Water is Water,” written by Miranda Paul and illustrated by Jason Chin.

Designed as an entertaining yet educational piece, the book explains the water cycle and its many important features, from tap water to recreation and even win-



ter snow. Illustrations begin with children pouring water into a cup and continue on to show them observing cloud formations, splashing in puddles, playing in the snow and other water cycle-related activities.

“This activity adds a fun and exciting element to the Floodplain Loop Trail, giving families a great new way to explore

and connect with our natural environment,” the association said.

Grey Rocks Conservation Area is a reclaimed piece of property in Hebron, situated at the point where the Cockermouth River joins Newfound Lake. Besides nature trails and picnic areas, it offers lake access for canoes and kayaks and has an abun-

dance of nature for year round enjoyment. Along the Floodplain Loop Trail visitors will also spot signs discussing plants and other features of the trail. Additionally, there is an observation deck just to the right of the trail, which is a perfect spot to relax while keeping an eye out for

SEE WALK, PAGE A15

SLA to host aquatic plant guided paddle



HOLDERNESS — Join the Squam Lakes Association (SLA) for a guided paddle up Squam River on July 31 from approximately 10 a.m. - noon. During the paddle we will be examining vascular aquatic plants and learning how to distinguish them as well as their ecological role. Lakes Region Conservation Corps (LRCC) member Beth Boos will be leading the paddle through vegetated portions of the river, so participants will get the opportunity to see a variety of aquatic plants. Ecological importance and role will also be cov-

ered throughout the paddle.

Aquatic plants play a vital role in maintaining freshwater ecosystems. From providing habitat and shelter to providing a source of food for fish and invertebrates, it is a key piece of the puzzle. Producers, like plants, are also important because they add oxygen to the water around them, which organisms living in the water rely on to survive. Plants can also be a good indicator of the overall health of the system. Identifying these plants allows us to compare ecosystems and

identify potential invasive plants that may be emerging in our waters.

Registration is required. Visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336) for more information or to sign up for this program. Be sure to check out all the other Live Adventure Ecology Programs that SLA is offering this summer. These programs are all free to the public, and they are a great way to immerse yourself in the Lakes Region and explore Squam and it's natural history. LRCC AmeriCorps members

are responsible for creating and delivering these programs based on their experience doing conservation work for the SLA.

The Squam Lakes Association is a non-profit organization focused on conserving the Squam Lakes region for both public benefit and benefit of the natural resources in the environment. The SLA collaborates with local and state partners to promote the protection, careful use, and shared enjoyment of the lakes, mountains, forests, open spaces, and wildlife of the Squam Lakes Region.

Circle Program knows how to deliver

REGION — Last week, Circle Program successfully finished up its first session of Circle Camp @ Home, an innovative camp experience for the New Hampshire youth that they serve. The goal of Circle was to keep the participants engaged, excited about the future, and promote overall wellness through these unprecedented times.

Each morning starts out with a traditional "Morning Circle" to allow the participants a

moment to reflect and connect with one another, as is always done at Circle Camp. The day is filled with live Zoom meetings to teach STEAM curriculum and have guest presenters from the community that volunteer their time and resources to educate the participants in their field of expertise. Some of the amazing Circle presenters have included: Dr. Morse from Bebop Labs; Tina E Schumacher from Voices Against Violence; and

Sally Jensen, a NASA Messenger Educator Fellow. The next session will start out with a bat program from Christian Robinson, NH Audubon!

Each week, Circle Staff has been delivering toolkits filled with resources and materials for the participants to complete the activities for that week. Thanks to the generous support of the NH Charitable Foundation, as well as Plymouth Rotary Club, Circle was able to fulfill their commitment

to deliver fresh produce to each participant and their family to accompany these weekly toolkits. These efforts will continue throughout the course of the summer.

Circle Mentors are always critical to the success of Circle Program but this summer they are going above and beyond. Their mentees are already experiencing great challenges, which have only been heightened due to COVID-19. Circle's loyal Mentors are doing all they can

to be there to remind the Circle Mentees that they are unconditionally accepted and supported, while also connecting with the girls as frequently and as safely as possible. Circle Program is always seeking out new mentors in the community that want to be a part of changing a child's life. If you would like to join their efforts, please reach out to Chelsea Francek, Executive Director, by email at chelsea@circleprogram.org or by phone at 536-

4244.

*Circle Program is a 501c3 nonprofit organization that has a mission to empower, transform, and enrich girls' lives through community, connection, camp, and mentorship. Visit www.circleprogram.org to learn more about Circle's innovative service or contact Chelsea Francek, Executive Director of Circle Program, directly at chelsea@circleprogram.org.

Master Gardener training in Holderness this fall

H O L D E R N E S S — UNH Cooperative Extension will offer a 12-week Master Gardener training starting in September 2020. This class will be a hybrid of on-line sessions and some outdoor classes in and around Holderness. The training will be held each Thursday, 9 a.m. – 4 p.m. from Sept. 3 through Nov. 19. Weekly sessions

will cover topics such as basic botany and plant physiology, soil science and ecology, entomology, plant pathology, horticultural research, and various gardening techniques. In addition, trainees receive instruction in adult learning, project management, and public speaking.

The Master Gardener Program is part of a

national effort to train people who are passionate about gardening so that they can become volunteers who share science-based horticultural knowledge with the public.

After the 12-week training, participants are expected to complete a 55-hour internship to become a Master Gardener. As a Master Gar-

dener, a commitment of 20 hours of volunteer time and 10 hours of continuing education are required annually. Volunteers fulfill that commitment in various ways such as, responding to questions through the UNH Extension Education Center Infoline, providing garden-related talks to community groups or working on

educational gardens in schools, nature centers, museums, community gardens, health care facilities and more.

Participants must submit an application and be interviewed before being accepted into the program. Applications will be accepted on a rolling basis, until the program is full. Space is limited, early appli-

cation is recommended. To apply, visit: https://unh.az1.qualtrics.com/jfe/form/SV_50Bpvzhh-ZgLTkx7. A \$300 fee will be charged to all accepted participants. Scholarships are available.

For questions, contact UNH Extension Master Gardener Coordinator, Ruth Smith at ruth.smith@unh.edu.

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Tasty treats

DONNA RHODES

Sarah and her daughter Madison capped off a hot summer day on Newfound Lake with some cool ice cream treats from Shackett's Seafood Shack in Bristol.

Newfound Landing

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Hebron Fair goes virtual

HEBRON — Since we will not be able to safely gather for the Annual Hebron Fair on the Hebron Common this year, some exciting alternate events are happening.

From Saturday, July 25 through Monday, Sept. 5, we will be hosting the Hebron Virtual Fair at hebronchurchfair.org. Visitors will be able to shop for crafts, food and more from our list of vendors; schedule a scenic helicopter ride, link to some of our local non-profit organizations; and have some fun at the virtual dunking booth.

We will also be having some additional upcoming events in lieu of the fair. On Saturday, Aug. 15, from 9 a.m. to 3 p.m., there will be an outside used book sale on the lawn of the Hebron Church at 16 Church Lane. Then on Saturday, Sept. 5, from 9 a.m. to 3 p.m., will be the Hebron Yard Sale Day. For more info, or to participate in the yard sale, please visit hebronchurchfair.org.

All of the events are sponsored by the Union Congregational Church of Hebron.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	N/A (Lot 2)	N/A	\$32,933	David and Karen Pasquazzi	Andrew O. and Marisa D. Lara
Ashland	27 Fairway Dr.	Single-Family Residence	\$284,933	R&D Brown Fiscal Trust and Richard J. Brown	D.L. Ryan 2013 RET
Ashland	124 Owl Brook Rd.	Single-Family Residence	\$309,000	Timothy F. and Kelly L. Stevens	Richard D. and Brandi M. Dorsett
Ashland	River Street	N/A	\$159,933	83 River Street RT and Martha J. Sampson	John Naughton and Nancy Elizabeth
Ashland	99 Winona Rd.	Residential Open Land	\$40,000	Vernon L. and Barbara L. Marion	Daniel and Gabrielle Grossman
Bridgewater	N/A (Lot 405-28)	N/A	\$75,000	Cynthia G. Gunn-Stone	Suzanne Thistle Fiscal Trust
Bristol	Jeness Hill Road	Residential Open Land	\$10,000	Michael F. and Brady Sharp	Michael J. and Sheila J. Macklin
Bristol	River Road (Lot 3)	N/A	\$76,000	Vintage Lands LLC	Sathesh K. and Rebecca L. Mani
Bristol	116 Robieson Dr.	N/A	\$40,000	Tseranos Home Builders LLC	Richard L. and Patricia A. Thistle
Bristol	60 Wellington Village Dr., Unit 3	Condominium	\$220,000	Mary A. Hagg	Michael W. and Toni Worobel
Bristol	N/A (Lot 1)	N/A	\$152,000	Lee Adam Longnecker Estate and Judith Williams	CRH Realty LLC
Bristol	N/A (Lot 32)	N/A	\$35,000	Nicholas J. and Susan M. Dematteo	Timothy J. and Jolyne A. Buckley
Bristol	N/A	N/A	\$1,025,000	George G. and Theresa A. Mills	Jason P. and Pamela J. Bond
Campton	Balsam Lane (Lot)	Residential Open Land	\$35,000	Meredith Village Savings Bank	Tanya Kerrigan-Joyce and Brian Joyce
Campton	14 Campton Mountain Rd.	Single-Family Residence	\$222,000	Jaclyn and Jeremy Fritz	Robert D. and Patricia F. Winters
Campton	Depot Road	N/A	\$750,000	Campton Mobile Holdings LLC	Penguin Campton RE Holdings
Campton	10 Dubeau Circle	N/A	\$260,000	David W. Sanborn	Chad Farias
Campton	Hodgeman Hill Road (Lot)	Residential Open Land	\$16,000	Richad J. and Catalina J. Celentano	Tagr Associates LLC
Campton	224 Owl St.	N/A	\$50,000	Myron L. Crowe	Sandra J. Sullivan and Michael Gulizia
Campton	N/A (Lot C1)	N/A	\$272,000	Steven M. and Stacy L. Toomey	Myron L. Crowe
Hebron	Matthew Lane	N/A	\$40,000	C. Gordon and Terry L. Matthews	Nicholas B. and Amy H. Nelson
Holderness	133 7 Pines Rd.	Single-Family Residence	\$158,000	Jeffrey G. Sibulkin	Gabriel J. Nunez
Holderness	26 Boulders Rd.	Mobile Home	\$70,000	Mark J. and Anne-Marie Kelley	Robert and Mary-Beth Grenier
Holderness	E. Holderness Road	N/A	\$80,000	Harry E. Tyrrell Estate and Bryan E. Tyrrell	Brice Bennett
Holderness	18 Fairway Dr., Unit 9	Condominium	\$278,000	Kathleen T. Finnegan	S.M. Daigneault 2007 RET and Sally M. Daigneault
Holderness	45 High Country Way	Mobile Home	\$80,000	Keith Fiscal Trust and Loron F. Keith	Audrey J. Webster RET
Holderness	69 Kesumpe Point Way	Single-Family Residence	\$2,250,000	RFT NT and Alison M. Ritz	Jeffrey J. Curley RET and Abigail B. Taylor
Holderness	37 Madison Ave.	Single-Family Residence	\$760,000	Squam Family LLC	Matthew Roman
Holderness	Route 3, Lot 2	N/A	\$375,000	S.A. George 1990 RET	Francois and Jennifer Poidatz
Holderness	51 Squam Lake Rd.	Single-Family Residence	\$825,000	Barbara H. Byse	Joelle A. Kelly and Mary A. Lanzo
Holderness	US Route 3	N/A	\$60,000	Robert and Mary-Beth Grenier	Kevin and Tara Quinn
Holderness	US Route 3	N/A	\$70,000	Kevin and Meghann Brown	Shannon D. Benson
Holderness	N/A	N/A	\$180,000	Tyrrell Children Trust and Bryan E. Tyrrell	Brice Bennett
New Hampton	961 Dana Hill Rd.	Single-Family Residence	\$40,000	Frederick M. Kempton and Ann Edgecomb	Craig W. and Kim L. Willey
New Hampton	N/A	N/A	\$255,000	Diane M. and Robert L. Bacon	Paul J. Hilliard
Plymouth	Fairgrounds Road	N/A	\$30,000	Linda L. and Mark R. Chenard	Paul E. McGill and Rosalee Shoenewald
Plymouth	10 Plaza Village Rd., Unit B	Condominium	\$77,533	Victor N. and Tyfany Carbone	Margaret M. Bonanno
Plymouth	97 Tenney Mountain Rd.	Single-Family Residence	\$60,000	J.B. & O.R. Bowen 1003 Trust and Mark Bowen	Tower XH RT
Rumney	5 Stewart Dr.	Single-Family Residence	\$282,000	Drew A. and Laurie Nutting	James P. Ruggiero
Thornton	Maxies Way	Residential Open Land	\$65,000	Kurt and Erin Simone	Thomas W. and Diane M. Butcher
Thornton	Maxies Way	N/A	\$515,000	18 Maxies Way LLC	Thomas W. and Diane M. Butcher
Thornton	Sholan Road (Lot 6)	Residential Open Land	\$48,000	Steven J. and Deborah L. Delarda	Matthew R. and Allison E. Ryan
Thornton	309 Upper Mad River Rd.	Single-Family Residence	\$75,000	Nancy D. Orszulak	Casey L. Stachecki
Thornton	N/A	N/A	\$145,000	Chris Roumeliotis	Equity Trust Co.
Thornton	N/A (Lot 6)	N/A	\$238,533	Michael D. and Sara A. Custer	Roy E. and Joann Trenouth

ABOUT THE REAL REPORT

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

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

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

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, skid-

ders, distant road traffic (when the wind is right), snowmobiles, or ATVs.

There are still plac-

es 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.

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SEE **NOTEBOOK** PAGE A6

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CADY Corner

CADY's Youth Advisory and Advocacy Council: Tomorrow's leaders, leading today

BY DEB NARO
Contributor

The Youth Advisory and Advocacy Council (YAAC) was formed by CADY as a vehicle to give youth of the Pemi-Baker and Newfound regions a means of taking positive action to impact their environments and be part of the solution to problems relating to substance misuse. CADY was inspired by the success of the Dover Youth-to-Youth project and wanted to bring a similar youth empowerment opportunity to the youth of the central region. Serving Plymouth Regional High School and Newfound Regional High School, the YAAC is comprised each year of fifteen youth ages 14 to 18 who serve as prevention leaders and peer mentors.

The YAAC members meet year-round in weekly meetings at the CADY Office during the school year and bi-weekly meetings during the summer. Members have a range of skills and experiences that contribute to the success of the council's activities. Each year as seniors graduate and new youth join the YAAC, there is a need to provide strength-based leadership development integral to the success of their prevention work. Continued training, resource development, planning, implementation of positive action and adult support are key components that CADY provides to the members of the YAAC.

From meeting with presidential candidates to initiating a social norms campaign on underage drinking to educating elementary school students and parents at high school Move Up Nights, the YAAC employ leadership, marketing skills, media literacy and increased community awareness to spark community action.

Each year, CADY presents the "Youth in Action" Scholarship award to youth who have demonstrated community and state-wide leadership, outstanding prevention advocacy, and passion and dedication to the field of substance misuse prevention.

As true leaders of the Youth Advocacy and Advisory Council, these two exemplary Plymouth Regional High School seniors, have shown the importance of the youth voice. Through their creativity, vital insights and collective action, prevention in our community has been elevated; this past year alone, they have educated numerous elementary and middle school students on alcohol, tobacco, vaping, and other drug prevention. The recipients of this year's scholarship awards have demonstrated true leadership and I am thrilled to announce the 2020 "Youth-In-Action" Scholarship Awards went to: Megan Ebner and Anna Ciechon. Congratulations!

For more information about the inspiring YAAC leadership program, contact CADY Youth Services Director, Liz Brochu at ebrochu@cadyinc.org or 536-9793. 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

Cardigan Lodge announces scholarship winner

Alycia Poitras, a 2020 graduate of Plymouth Regional High School, is the recipient of a \$2,000 scholarship from Cardigan Lodge #38 of Bristol. Alycia will be pursuing a Dental Assisting Professional Certificate at New Hampshire Technical Institute this fall. I.O.O.F. (Independent Order of Odd Fellows) is a world-wide fraternal order involved in a variety of civic and philanthropic efforts on a local, national, and international level. Membership is open to men and women. For more information, please contact Charles Moore at 217-7234.

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 physical 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 el-

derly 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 programs 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.

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 forc-

ing 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 be-

cause 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 ex-

ception 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 DeVoy
SANBORNTON

*Good news on the horizon?
Place an announcement
in your local paper!*

Towns

Alexandria

Merry Ruggiello 744-5383
sunshine_eyes51@yahoo.com

Here I am! I haven't fallen off the face of the earth by any means. Like so many, some days just fly right by before we know it. This whole pandemic, wearing masks, staying safe, staying home and staying sane through it all has knocked us for a loop! It has by no means been easy, but we can, even though it's difficult sometimes, keep moving forward. Hopefully in a positive manner; because negativity and anger will get us nowhere! There you have my serious thought of the day and wish for the future.

Town Conservation Commission Meeting Wednesday, July 29 at 6:30 p.m. in the Municipal Building.

2020 Household Hazardous Waste Collection being held on Saturday, Aug. 1 from 8:30 a.m. to noon in Bristol at Newfound Regional High School. Information for other collection sites is posted by the main trash dumpster at the Transfer Station.

Alexandria UMC Sunday, July 26, drive-in services will begin at 9 a.m., and all are welcome to join. At the church, tune your FM dial to 88.5 to listen to the service.

There will be an Administrative Council/Church Meeting via Zoom on Sunday, July 26 at 6:30 p.m.

If you have any prayer concerns you would like included in the weekly church bulletin, please contact Carleen Stickney by email, pixiestick70@gmail.com or calling her cell 530-2817.

Time for me to move to the great outdoors! It is such a beautiful day out there, and the temperature is much more tolerable than it's been. Nice breeze blowing and the birds are singing so there's no better place to be. Hope you have a happy and safe week ahead.

Bristol

Al Blakeley
adblakeley0@gmail.com

So now we are learning to handle the heat again! It really can be a danger to your health if you do not keep hydrated, stay out of the sun as

Churches

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship,

much as you can and be sure to cover up to prevent sun damage when you have to be exposed. A dip in the lake sure takes the edge off, but we all can't be doing that, so cool sponge baths and the like will have to do. Please use whatever means you can to stay cool and safe during these heat waves.

This Thursday, July 23, another Concert in the Park will be held featuring The Blacklite Band. Concerts are from 6:30 - 8:00pm at the Concert Pavilion at Kelley Park. Lawn seating, bring your own chairs or blanket and please practice social distancing and seating at least 6 feet from other groups. Concert attendees are asked to keep 25 feet distant from the pavilion, bring masks to wear when wandering close to other folks in attendance and portable toilets and rest rooms will be available for use at your own risk! Concerts will be cancelled in case of inclement weather and decisions will be posted by 2:00pm on concert day. No indoor concerts will be held. Other groups scheduled for the summer include: The Cole Robbie Band July 30, Jackie Lee and the Cold Steel Ramblers Aug. 6, Carroll Brown Aug. 13, Audrey Drake Trio Aug. 20, Michael Vincent Band Aug. 27 and Studio Two-Beatles Tribute Aug. 29. Refreshments will not be available at the park, but you are welcome to bring your own, remembering that no alcoholic beverages are allowed and please carry out your trash. Enjoy it all!

The Minot-Sleeper Library is making progress with its annual Summer Reading Program for all ages and is having a Phased Reopening which is now under way with curbside services, virtual programming, home delivery service for homebound individuals and weekly bulletins as to what is offered.

Communicating about these services and opportunities can happen using the following information:

Email: librarian@townofbristolnh.org

our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING: Sunday, July 26 9:30 a.m.

Sunday Services Continue!

Being Good for Nothing

What does it mean to "be good" and "do good?"

LIVE STREAMED via ZOOM

For Zoom link and all

web site: www.minot-sleeperlibrary.org

Telephone: 744-3352 On Thursday, July 29, Dr. Richard Lobban, a Bridgewater resident and retired professor of Anthropology at Rhode Island College and Adjunct Professor at the Naval War College, will speak about the "World Wars" in New Hampshire in the 18th century and what led up to them and the implications thereafter. It will focus on the warring of Native American nations, the English, the French and especially the native ethnography.

To attend this event, use the email address above for the Zoom meeting link and code.

I am getting worried about getting back to 'normal'! Especially when it comes to returning to school for staff and students. I have heard many 'solutions' but none of them has struck me as being viable to protect participants properly. I hope someone can come up with a method to allow going back to school safely and take away the angst felt by all concerned. It is a huge task.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The South Danbury Church continues to social distance during this time. They urge all to do good deeds and take care of each other.

The Danbury Grange and Community Fair has a name change for 2020. The event will be a Community Celebration, and will include events which allow for social distancing. A letter will be sent soon to residents. The theme of the day is "Show us Your Grange Fair" and will include yard "floats" or displays instead of a parade. While this year's activities will be vastly different and will not involve the usual array of events, the grange chose to not cancel the fair all together. The last time the annual fair was not held was during World War II. Social distancing and virtual events will keep our community safe while allowing to celebrate a 106 years long community tradition.

other information visit our Web site:

www.starrkingfellowship.org
536-8908

Squam Lakes Natural Science Center named Champion in Action in Environmental Stewardship

MANCHESTER — Squam Lakes Natural Science Center, a nonprofit working to advance understanding of ecology through exploration of New Hampshire's natural world, has been named a 2020 Champion in Action® in the category of Environmental Stewardship The award, announced jointly by Citizens Bank and New Hampshire Union Leader, includes \$35,000 in unrestricted funding as well as promotional and volunteer support for the organization's outstanding work.

Squam Lakes Natural Science Center educates audiences of all ages about the importance of our natural world. More than 200 acres of open meadows, mature forests and marsh boardwalks connect interactive natural exhibits where native animals reside, including black bears, mountain lions, river otters and more.

Champions in Action is part of Citizens Helping Citizens Strengthen Communities, the bank's program designed to enhance quality of life and economic vitality in local communities. In partnership with the New Hampshire Union Leader, the program

provides support for nonprofit organizations to recognize their contributions to communities throughout the state.

"Squam Lakes Natural Science Center is a bridge to the natural world for our communities," said Joe Carelli, President, Citizens Bank, New Hampshire. "By providing education programs, public spaces, resources, and opportunities to truly connect with nature, Squam Lakes is a true Champion in Action for Environmental Stewardship."

"The New Hampshire Union Leader is excited to bring attention to Squam Lakes Natural Science Center as a Champion in Action. The Squam Lakes Natural Science Center is a unique and beautiful window to New Hampshire's natural world," said Brendan McQuaid, President & Publisher, NH Union Leader.

To date, the Champions in Action program has awarded 347 nonprofits across the bank's footprint more than \$9.7 million in contributions and promotional support. In New Hampshire, 53 nonprofits have been honored as Champions in Action, receiving more than \$1.5 million.

"The Champions in Action award will help Squam Lakes Natural Science Center navigate through what has been a very difficult year. Like the animals that we showcase in our programs and exhibits, we have been forced to be adaptable and resilient in order to deal with a year like no other. We are so grateful for this very welcome support," said Iain MacLeod, Executive Director, Squam Lakes Natural Science Center.

As a Champion in Action, Squam Lakes Natural Science Center will receive:

A \$35,000 contribution in unrestricted funds from Citizens Bank;

Media coverage from the New Hampshire Union Leader;

Volunteer support from Citizens' colleagues;

Promotional support highlighting the Champion in Action in Citizens Bank branches;

Exposure on the Citizens Bank website.

For more information about the Citizens Bank and New Hampshire Union Leader's Champions in Action program, visit www.citizensbank.com/community/champions-in-action.aspx.

Science Center to hold Summer Splash Un-Gala

HOLDERNESS — Join the fun...virtually! Rather than cancel a special summer event, Squam Lakes Natural Science Center is hosting its annual Summer Splash Gala fundraiser as a Zoom webinar on July 25. Supporters and members look forward to this annual evening of fun and mingling. While they will be unable to meet in person, they will still be able to spend an enjoyable hour learning about New Hampshire's wildlife at the Un-Gala.

Participants can sit back and enjoy favorite Science Center programs in the comfort of their own homes. Contributors will meet two live animals, watch a special edition of NH Neature, see Mountain Lion training and River Otter feeding, and try to answer a Mystery Match

Quiz.

While the dinner and auctions are cancelled, the public is invited to take part in this one-of-a-kind virtual event instead, by making a donation through an online form at nhnature.org/gala. Donors may purchase a special dinner for some of the animals such as "Fruit and Vegetable Medley for the Black Bears," "Blueberry and Lemon Tart for the Red Fox," and "Seared Filet Mignon for the Mountain Lions." There are other fun menu items to choose from, which represent the almost 100 live animal ambassadors at the Science Center. Proceeds from the Un-Gala will help to support the care and feeding of the Science Center's live animals, environmental education, and gener-

al operations, through which Nearer to Nature experiences are provided for the community to enjoy and learn.

The live Zoom webinar is on Saturday, July 25 from 7 to 8 p.m. The Science Center hopes you will enjoy a night in and help the animals too!

The Science Center is grateful for support received from these Underwriters, Sponsors, and Donors: Sarah and Win Brown, The Common Man, Cormack Construction Management, Barbara Nan Grossman, Irwin Automotive Group, Meredith Village Savings Bank, Tashia and John Morgridge, and Squam Boat Livery.

For tickets and information, please visit www.nhnature.org/gala.

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<h2>Edward Jones: Financial Focus</h2> <h3>What Should You Do With an Inheritance?</h3>				
<p>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</p>	<p>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</p>	<p>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 charity</p>	<p>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.</p>	<p>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.</p> <p>Member SIPC</p>
<p>Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 jacqueline.taylor@edwardjones.com</p>				

Notebook

FROM PAGE A3

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 “housecat,” 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

one hour and 46 minutes, followed by Tripp Blair, the only boat that wasn’t a catamaran, with a time of two hours and 44 minutes.

Anyone interested in sailing on Newfound should consider joining the Newfound Lake Sailing Club (Find them on Facebook) or contact Andrew Veilleux at andrew@newfoundlake.org. You can learn more about boating on Newfound Lake and how to protect the Lake from invasive species, shoreline erosion, and other threats by visiting the NLRA Web site, www.newfoundlake.org/boating.



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

were extirpated (fancy word for “gone” from here but not necessarily elsewhere) during settlement and expansion times. Fifty years ago, 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.

Walk


FROM PAGE A1

birds, reptiles, amphibians and mammals that frequent the oxbow of the Cackermouth River:

Entering the parking lot of Grey Rocks, Story-Walk® visitors should head to the right side of the property and follow the clearly defined gravel path to its beginning on the wooded Floodplain Trail. The trail is flat but can be muddy at times so proper footwear is recommended. Leashed dogs are welcome at Grey Rocks but owners should be prepared to responsibly clean up after them during their visit.

I’ve been hanging onto a newspaper clipping 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.)



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Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

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Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
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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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www.newhampton.org/about-us/careers



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
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THANK YOU!



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.

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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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Mad River Tents helps keep Mid-State Health Center covered!

PLYMOUTH — In March, as part of its response to COVID-19, Mid-State moved quickly to a telehealth model of care for most of its patients, but there were many high-risk patients who required an in-person visit with their care team to stay well. Thanks to the tent generously donated by Mad River Tents located in Campton, New Hampshire, Mid-State's

launched a temporary outdoor care model to ensure its patients could be seen for their health-care needs in a safe and convenient location. Mid-State's Medical Director, Dr. David Fagan said "Thanks to the help from Jessie at Mad River Tents our care team was able to quickly adapt and ensure the safety of our patients." Staying healthy is one of the best ways to combat the impact of the corona virus and Mid-State's commitment to providing primary care to the community has never been more important. As Mid-State's care team and its patients return to the more familiar in-person visits, Mid-State has a plan in place for those who require limited exposure during their visit. Mid-State and its entire care team extends their appreciation to Jessie Solberg of Mad River Tents for supporting them in their mission to provide sound primary care to the entire community during these challenging times. As the region returns to work and more people are out and about, patients can schedule a visit with their provider for all of their regular visits as well as things like flu-like symptoms, rash and hives, and behavioral health support. Call today to schedule 536-4000.

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