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FREE

Governor Wentworth unveils reopening plan

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — “No doubt everyone wants our children back at school,” Superintendent Kathy Cuddy-Egbert said at the start of the Governor Wentworth Regional School District (GWRSD) Board meeting on Aug. 3, held in the Kingswood Arts Center, “but we are trying to balance safety concerns. There are a number of opinions, with very little agreement and no plan yet.”

School Board members and administrators, situated on the stage in a horseshoe shaped arrangement to enable ample distance from one another, were gathered to hear a presentation of a proposal under consideration. Parents in attendance were joined electronically by around 150 interested parties watching the proceeding as it was live streamed and recorded for You Tube by Wolfeboro Community Television.

The final report, 54 pages in all, of the 32 member Task Force, comprised of administrators, supervisors, teachers and guidance counselors from each of the ten district schools, included subcommittee reports on school reopening pertaining to Technology, Health and Safety Management, the Physical Plant, Teaching and Learning, Mental Health/Social Emotional Considerations, and Transportation and Food Service.

Full time face to face instruction is not an option in consideration of CDC guidelines, said Cuddy-Egbert, who added that cases of the coronavirus are on the rise in the last two weeks in our state.

“We have to adjust to the new normal, implement safety protocols and offer the best opportunity for safety and instruction,” she noted.

The proposal that has emerged is a proposal for only half the student body to attend school on any given day in order to abide by Center for Disease Control guidelines for social distancing. That would be accomplished with a three day, two day schedule with each of two groups having three days of in school instruction followed by two days at home working on assignments, one week, with a reverse of that schedule the next week. Teachers would be in their classrooms five days a week.

Cuddy-Egbert said principals will work to coordinate family schedules the best they can, understanding the complication that mixed schedules could bring to family work schedules.

Remote instruction will be an option for parents who are reluctant to send their children to school, but classroom teachers will not also be responsible for remote instruction, unless school is shut down because of a Covid-19 alarm. In that case, they will pick up instruction by remote means. Cuddy-Egbert said just exactly how remote learning as an alternative to the so called blended program will take shape will depend on additional survey responses from parents. Until the numbers of students exercising that option are known, the plan would be to offer Virtual Learning Academy curriculum, a program separate from the GWRSD. If the numbers are high, the program could vary.

Families who do not care for either option may choose to home school their children. However, there are no separate resources for tutors or other expenses incurred.

While in school, masks will be required, appropriately placed desks will have three sided plastic shields, elementary students will have meals served in their self-contained classrooms, carpets will be washed frequently, students will have separate supplies, water fountains will be closed in favor of water stations, and the HVAC systems, using the highest grade filters, will be programmed for maximum air exchange.

Buses will only be allowed to transport 13 students maximum, so parents who are able to transport their children will be asked to do that.

As for technology, Chromebooks will be issued. Full details of the plan are available on the GWRSD.org website, under the Agenda for the Aug. 6 meeting.

Parents used the public input time to advantage

SEE REOPENING, PAGE A13



KATHERINE LESNYK

As the Alton Dance Academy (ADA) approaches its annual recital, which had to be postponed from June to August because of the coronavirus (COVID-19) pandemic, the studio is also celebrating 15 years in Alton. The show, “A Frozen Tale,” follows the story told in the movie “Frozen.”

BY KATHERINE LESNYK
CONTRIBUTING WRITER

ALTON — As the Alton Dance Academy (ADA) approaches its annual recital, which had to be postponed from June to August because of the coronavirus (COVID-19) pandemic, the studio is also celebrating 15 years in Alton.

The 2020 recital is being held on Aug. 13 and 14 at Prospect Mountain High School. Artistic director and instructor Ashley Dowling said

that, even though it was challenging to prepare for the show so that it followed pandemic-related guidelines, she couldn’t tell the high school seniors, many of whom have been at ADA since they were in early elementary school, that their final recital was not happening.

“There was no way I was going to not try,” she said.

The show, “A Frozen Tale,” follows the story told in the movie “Frozen,” which Dowling

said fit perfectly, given the quarantine necessitated by the pandemic.

“It’s literally about a girl who’s in isolation,” she said of the show.

ADA held classes remotely from mid-March until two weeks before the show, utilizing YouTube and other online mediums to keep practicing from home. When the dancers and instructors returned to the studio, they followed all health guidelines including social distancing and wearing face masks. The

shows will be split into five smaller performances rather than the usual three large performances as another method of ensuring social distancing for crowds as well as the participants.

“I definitely didn’t think my 15th year would be my hardest year,” Dowling said.

The challenges endured this year did pay off though, not just through reaching the “A Frozen Tale” recital.

SEE RECITAL, PAGE A13

Forest Society to improve visitor experience at Mt. Major

ALTON — The Society for the Protection of New Hampshire Forests is planning to improve the visitor experience at Mt. Major by repairing drainage and erosion problems at the base of the Main (Blue) Trail. The work will involve repairing, resurfacing, and properly draining the bottom few hundred

feet of trail as it leaves the parking lot. The parking lot will be temporarily closed during construction. The closure will start after Labor Day and is anticipated to last about four weeks.

The parking lot will be closed and fenced off so that heavy equipment and material can

be brought in safely. Visitors to Mt. Major will still be able to park along Route 11 and will be directed along the southern edge of the parking lot safely to the trailhead for the Boulder (Orange) Trail. A temporary trail detour from Boulder Trail to the Main (Blue) Trail will be built in August to provide hiker access

to all of the trails.

“Mt. Major is the most popular peak in central New Hampshire and has been cited as one of the most climbed mountains in the world. That’s a lot of feet walking on the trails of Mt. Major,” states Wendy Weisiger, managing

SEE MT. MAJOR, PAGE A13



Entries in the Alton American Legion Car/Bike Show stirred a lot of discussion among event goers. Winner of Best of Show was a 2010 Dodge Challenger, and a 1995 Chevy Estes Trike took Best Motorcycle. In addition to vehicles, the show offered raffles, food, door prizes, and a DJ.

CATHY ALLYN

Car show draws a crowd

At right: American Legion Riders’ Secretary Lisa Rojek poses by her husband’s car at the American Legion Car/Bike Show held in Alton at the post, a successful event due to numerous donations and entries. “It was a great event for the benefit of our veterans and community,” American Legion Riders’ Director Bill Connors said.



Crowds flocked to the Car/Bike Show, held in Alton over the weekend and sponsored by the American Legion Riders and Sons of the American Legion Post 72. More than 47 entries captivated attendees such as this young man. Proceeds from the event will benefit local veterans and the Children’s December Christmas Wish List.



Alton Parks and Recreation Connection

2020 Alton Bay August Concerts

The August Concerts are scheduled for 7-9 p.m. on the following dates: Aug. 13- Bittersweet; Aug. 15- John Irish Duo; Aug. 21-The Visitors; Aug. 22- Chippy and the Ya Yas; Aug. 23- Final Approach; (4-6 p.m.); Aug. 28- Chris Bonoli; Aug. 29- Saxx Roxx. Event capacity is approximately 100. Social distancing guidelines are in place for our communities' safety.

Alton Old Home Week Virtual 5K Race

Alton Parks and Recreation and Meredith Village Savings Bank are co-sponsoring the first ever "Alton Old Home Week Virtual 5K Race."

Official time tracking is open now until 11 a.m. on Sunday, Aug. 16. The virtual 5K Race allows participants to run/walk throughout the week, using a mobile device

and the app (RaceJoy). Included in the app is real-time tracking, progress alerts at mile points for current pace and estimated finish, and other interactive features for participants and spectators. The leader board is updated daily with all participant's times.

This is a great program to try a race at your own pace; all abilities are welcome. Walkers are invited and encouraged too.

Forms and map available at www.alton.nh.gov or register online at <https://runsignup.com/Race/NH/Alton/OldHomeWeekVirtual5k>.

Virtual Art Show

The Alton Parks and Recreation Department is inviting local artists to submit photos of their hand drawn, painted or sculptured works of art to be included in a Virtual Art Show- slide show. Submissions should be Alton themed (lakes, mountains, animals, historic buildings, etc.). Please submit photos of your handmade work to parksrec-asst@alton.nh.gov by Aug. 21.

ALTON GARDEN CLUB

THANK YOU

The Town of Alton would like to recognize, and thank the Alton Garden Club members for planting, watering and weeding the beautiful, colorful flowers planted throughout Alton and Alton Bay. The physical efforts, and donation of time of the Garden Club volunteers make a significant contribution to the beautification of our community. Thank you Garden Club- you make Alton a great place to be.

Lego Building Challenge

Join in the Lego Challenge and build interesting, themed creations with your spare Lego pieces. The themed build

for the week of August 10- "Robot." The rules are simple: using left over Lego pieces, build a unique creation that is designed and made by you of something that you think looks like a Robot-it can be anything you can create. Legos that are part of a kit with instructions would not qualify for this program. Show us your creativity, skills and building abilities. All ages are welcome. Submit your final build photo of "Robot" to the Alton Parks and Recreation Department at parksrec-asst@alton.nh.gov by Aug. 17, and we will share the photo in an album collection on the Town Web Site/Social Media page. Please contact the office at 875-0109 if you have any questions.

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COURTESY

Congregational Church of Farmington hosting art sale

Come to First Congregational Church in Farmington's Outdoor Art Sale on Saturday, Aug. 15 from 10 a.m. to 1 p.m. at 400 Main St., Farmington. Our Art Show committee; Alicia Schuft, Chair, Susan Loker and Kathy Erickson are working on giving you a great show. You will find a wide variety of art. We will have beautiful pieces of art in oil, acrylics, watercolors, mixed media and prints as well as sports memorabilia and Native American photos available at very affordable prices. The highlight of the sale is a vintage "circa 1950" Wilkins Simpson traveling easel. It is in good condition and has all the its original hardware. A very cool item.

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Cindy Hemeon-Plessner named Volunteer of the Year for by Granite United Way



Cindy Hemeon-Plessner

MEREDITH — Cindy Hemeon-Plessner, SVP and Marketing Officer for New Hampshire Mutual Bancorp (NHMB) and sister organizations Merrimack County Savings Bank, Meredith Village Savings Bank and NHTrust, has been recognized as Volunteer of the Year for 2019 in New Hampshire's Central and Lakes Regions by Granite United Way.

Each year, the Granite United Way recognizes extraordinary people and companies who align with their values of giving, advocating and volunteering. The Volunteer Award recognizes an individual who does critical, impactful work for the betterment of his/her local community. Hemeon-Plessner was singled out for her extraordinary commitment and leadership.

"We are fortunate to have Cindy among our volunteer leaders in our Central Region," said Patrick Tufts, President and CEO of Granite United Way. "She shows incredible dedication to our community, and a passion for helping others. We are proud to present her with our 2019 Volunteer Award."

"We're extremely proud of Cindy for being recognized by Granite United Way as the 2019 Volunteer of the Year for the Central Region," said Gregg Tewksbury, President and CEO of NHMB. "This award distinguishes her 30-plus years of volunteerism, support and dedication to her local community. We're very fortunate to have Cindy represent our companies through her compassionate lead-

ership and strength. This recognition is very well-deserved!"

As a longtime supporter and volunteer of the United Way, Hemeon-Plessner is passionate about giving back.

"I am overwhelmed and deeply humbled by this recognition," said Hemeon-Plessner. "I started donating to the United Way when I was a teacher for Teach for America 30 years ago! I have volunteered for Days of Caring in Texas, California, Massachusetts and my beloved NH. I'm absolutely honored to receive this award and dedicate it to all my United Way co-workers over the last three decades."

Hemeon-Plessner is a member of the Community Impact Committee for Granite United Way, and has served as the Chair of several past Day of Caring events. She has also enjoyed a long history of community leadership and volunteerism, including with the New Hampshire Charitable Foundation, Lakes Region Children's Auction and with the Boys and Girls Club of Central New Hampshire's Endowment Committee.

Granite United Way is an experienced and trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community's most pressing needs. They are com-

mitted to improving the lives of individuals and families by supporting programs in the areas of education, income and health. Granite United Way works with over 1,000 companies, 25,000 investors and thousands of volunteers every year to make NH a better place to live, work and raise a family. Granite United Way serves the Southern Region (Manchester/Derry/Salem), Merrimack County, North Country, Central New Hampshire, Northern and Upper Valley Regions of New Hampshire and Vermont, as well as Windsor County, Vt. For more information, visit www.graniteuw.org.

New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in the state. This strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVS and the Merrimack Savings Bank of

Walpole joined NHMB in 2018. In 2020, Mill-River Wealth Management affiliated with the New Hampshire Trust Company and Savings Bank of Walpole Wealth

Management to become NHTrust. For more information, visit nhmutual.com.

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In this time of distancing and isolation, the community of Saint Katharine Drexel is keeping you connected at church, on the radio, and on line. Visit us on Route 28 between Alton and Wolfeboro, stkdxel.org, or 875-2548 for schedules and prayer cards.

SAINT KATHARINE DREXEL

A challenge... and an opportunity

School this fall will be an unprecedented experience for students from pre-school all the way through graduate school. With districts ironing out re-opening plans, it's important to remain patient and to withhold judgement. Administrators are working with their respective state guidelines, communities and experts in every aspect of education, and health to keep staff, students and families safe. Now is not the time to be a know-it-all because the fact will always remain, that we don't know it all, and never will.

At this time, it's best to leave things up to the experts and remember that this is only temporary. The powers that be as far as re-opening goes, are doing the best they can, given the unfortunate and unpredictable circumstances they've been put in. The only thing left to do is to be supportive. Anything apart from that is simply counter-productive.

Students of all ages are experiencing all sorts of feelings, and not necessarily in a negative way; however, we do know that some are. Children and teens need each other now more than ever. Parents, extended family members, older siblings and community members need to set the example of what resiliency looks like. Yes, this fall will be difficult, especially for single working parents whose option to home school is null. In those cases, we can only hope there will be some sort of respite offered in each community for those in need.

What we need to remember is that children are resilient, to varying degrees. Most children are capable of working through tough times and managing stress in their own way. We just need to pay attention and keep an eye out. Resilience is something that we all develop as we grow, each time we face a challenge, adversity or any sort of trauma or failure.

As parents, we wish we could protect our children from harm's way or from facing any sort of adversity. There will always be bullies, grief, heartbreak and all sorts of obstacles. Global pandemic is new on the list, but alas here we are. How we react matters. Our children are watching and listening to all of us. Remember that what seems small to us, seems much larger to a child.

Experts tell us to arm your children with confidence to face their problems, so that they know, they have the tools to confront tough things. When they can self soothe and bounce back independently, they grow and become stronger and more resilient.

Offentimes when parents jump in too much to solve their children's issues (albeit with good intentions), it can weaken their resilience and ability to problem solve on their own. Without the ability to problem solve, children may encounter more anxiety in the future. Of course, age plays a role with guidance and we have faith that most parents know what is best for their children.

One tip from experts is to make sure to spend plenty of one on one time with your child so they know they are loved and supported unconditionally. These positive connections give parents and adults a chance to model resiliency.

Having your child take what's called a 'healthy risk' is important. This simply means, letting them step outside of their comfort zones, knowing that if they fail, little harm will occur. When children avoid taking risks, they are teaching themselves that they aren't capable to tackle challenges.

If your child comes to you with an issue, respond by asking them questions on how their specific problem should be solved. We like this one, and had one reader tell us that she has been having her children watch episodes of the television show "MacGyver," whose main character's defining trait is his ability to think on his feet and improvise his way out of challenging situations. We're not suggesting letting kids figure everything out for themselves, we all need help at times.

Make sure your children know what kind of emotion they are having, and let them know those feelings are normal and will pass. Lead by example. Teach your children that exercise is important and any other activities that promote calm.

While we wish there was a quick fix, there just isn't one. During this pandemic, we need to stay positive and teach our children the power of optimism. There's a quote that explains this perfectly: "The way you perceive a specific situation is determined by your frame of mind. If your frame of mind and thoughts are positive, you will always be in a position to seize the opportunities that are before you."

Food Truck Night at Locke Lake

COURTESY

On Aug. 14, from 5-8 p.m., a truck from Tiede's Smoke House will be serving their specialties, including pulled pork sandwiches, burgers, hot dogs, linguica, and more, at the main beach at Locke lake Colony. Baked, Brewed & Organcially Moo'ed will be also be there serving specialty drinks and ice cream. Come join in; there are plenty of picnic tables scattered about. Meet your neighbors and enjoy a socially distanced dinner. Please wear a mask and observe appropriate distancing guidelines.



LETTERS FROM EDWIN Invaded

They detect danger, they just let go and fall to the ground causing you to waste all your time looking for them, or letting them go. That wasn't an option that I wanted to accept.

I could have gone into the house, fired up my computer, and searched the web for an answer, but that's not using your head. It's more like using cliff notes. I understand that "everything" you should ever need to know is on line, just a click away. But isn't this the USA? The place where you can think for yourself. Or have they made that politically incorrect too?

All the information I needed I had. Now all I needed to do was come up with a workable plan. I figured that if I got a container about a six inch diameter and five to six inches deep, I could hold it under them and catch them when they did their bonzie. Putting water in the bottom sounded like a good idea, but having a supply of alcohol for disinfecting things, I put about an inch of that in the bot-

tom to make sure they wouldn't be able to crawl or fly out.

It worked like a charm. I went around to all the affected plants and rid them of the beetles in no time. I checked around the yard for other plants that they liked, and found that they also like raspberry, red clover, and how could I forget, hollyhocks. So I proceeded to annihilate them little buggers until they became not so easy to find. They were piled up to the top of the fluid by the time I finished. Phase one complete.

After tending to more things on my list, I drove to a local lake to cool off, then made supper and prepared to wind down for the day. While the sun was still up, I went out to check on how successful my morning bug hunt had been. There were still beetles to be found, but nowhere near like it was in the morning. It looked like I was on the right track.

The problem with these beetles is that there are no critters around here that eat them. So they just

reproduce and eat all the plants they want. They came from Japan in the early 20th century. Hence their name. We're loaded with imported plants and critters from foreign lands. Invasive species they call them. Just like this here Chinese Virus, there are Chinese Lady Bugs and Japanese Knot Weed, and hundreds more, all growing wild unhindered. Where did all the stink bugs come from?

So for the last couple of days, my list has included checking for Japanese Beetles. I always find a few, but their spike has been totally flattened out. I'm hoping that the devastated plants will regenerate leaves and continue production. Now that I seem to have the Japanese Beetles under control, I'm looking around and finding that grasshoppers are getting large enough to have more need for feed. Life is just one endless battle after another.

E.Twaste Correspondence welcome at edwintwaste@gmail.com.

STRATEGIES FOR LIVING A poolside encounter

BY LARRY SCOTT

For 38 years the man had been camping out at the Pool of Bethesda in Jerusalem, believing that if he could get into the pool "when the water was stirred" he would be healed. Unfortunately, someone else always seemed to get into the pool first. And then Jesus came along. "Mister," He asked, "would you like to get well?"

What a way to get a man's attention! Bill Gaither, on his DVD, Pure and Simple, Vol. 2, then makes this observation:

When Jesus saw the lame man who had been unable to get into the healing waters for thirty-eight years, he asked him a simple question, "Do you want to get well?" And the man, of course, said, "Yes!" But what Jesus was really asking him was, "Are you prepared to accept

the responsibility that goes along with being well?"

This brings up two issues that are of interest to me.

First, the pressures of life that I would most like resolved may be the very issues God is using to challenge and strengthen my life. It is seldom easy for me to be moved out of my comfort zone, to be forced by circumstances to reach a new level of maturity, but life it seems has often been the crucible by which God has helped me to grow.

In his book on "Sacred Marriage," Gary Thomas asks this question,

What if God didn't design marriage to be "easier?" What if God had an end in mind that went beyond our happiness, our comfort, and our desire to be infatuated and happy as if the world

were a perfect place? What if God designed marriage to make us holy more than to make us happy? (page 13).

Good question! If God's primary forum for growth is to be found, not in the church, but in the home, if it is in marriage that I discover my greatest weaknesses and develop my greatest strengths, if it is in this most challenging yet rewarding of all relationships that I am able to grow and mature, then this may, indeed, be God's special moment in my life. God is interested in my happiness, but, I am convinced, He is far more interested in my development and my character.

Secondly, in asking God to deal with the crises of life I face I often fail to accept the fact that there goes with God's deliverance a responsibility. My high moments

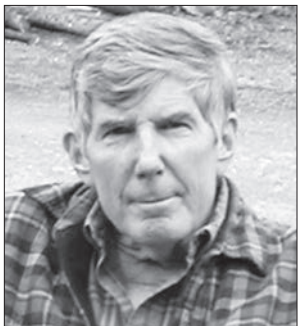
will seldom impress a skeptical society when the sun is shining and everything is going well. It is only in those moments of despair and crisis that I am best able to demonstrate that God's strength is sufficient no matter what the circumstances. As the age-old chorus has it, "Standing somewhere in the shadows, you'll find Jesus."

None of us is so morbid as to wish on anyone the 38 years the man spent by the pool, but it was there that he met the Master. God had not forgotten him; heaven knew where he was and what he was going through. Suddenly, and taken by complete surprise, Jesus transformed the rough cobblestones beside the pool into a place of divine encounter. Heaven came through!

For more thoughts like these, follow me at indefenseoftruth.net.



Anonymous letters, and seeking Maine, while photographing various things



By JOHN HARRIGAN
COLUMNIST

Anonymous letters just irritate the day-lights out of me. My name is right out there week in and week out, after all, as is my contact information, so the least readers can do, I'd think, is have the courage, decency, and trust to sign letters.

Trust? Yes, trust that if someone asks to remain anonymous and has good reason, I'll honor it.

And I guess that's what irks me, because that kind of fear translates to mistrust--specifically, a lack of faith that I'll honor my end of the bargain.

To be clear here, I cannot, and do not, pay much attention to letters that arrive unsigned. For one thing, I cannot use anything in them, no matter how interesting it might be, because I have utterly no way of determining veracity. And while I may indeed never reveal the identity of a source, I have to at least be able to demonstrate to an editor (and/or publisher) that I have one and it's legitimate.

Fortunately, I'm not covering the police beat or court beat or even, for that matter, the Fish and Game beat; I might touch on those entities from time to time while following an interesting story, but it's not a steady thing. And I try to do my visiting with Fish and Game in neutral territory, like a hearing room or a camp.

In general, I don't go looking for bad news, and try to keep things upbeat because I'm an upbeat guy. There's plenty enough gloom and doom in the news without me adding any more. But please--unsigned letters are a waste of my time and yours. Have the forthrightness to sign the letter, and include a phone number--not for publication, but so I can check a fact or ask a question.

And, of course, so I can find out the story behind the story, and what moves a person to seek anonymity.

+++++

A friend and I went on a truck-tour last week-end, our Maine mission being to locate the Maine border. As we suspected, it was right where we left it the last time, although the shrubbery had grown up some.

Readers will want to know whether we found the border, meaning more than just a haphazard bunch of blazes, and will be heartened by the answer, which is "Yes." However, once again we were disappointed to find out that it's not a series of dashes, like this, --- but is a solid line, like this: _____. And you have to guess on the lakes and streams, because the paint never gets a chance to dry.

We always see wildlife of one sort or another, and on this trip, we happened onto a deer almost right away, in fact only a couple of miles from home.

This deer stayed around for a while, right on the side of the road, long enough that we accused it of posing for animal crackers, as coach (and later in life, fishing and cribbage cohort) Dick Moulton used to say. He and I played fierce cribbage in between fishing forays at Trio Ponds. In pegging he was good at ambush, but I had some pretty good teachers too, in the likes of Erwin Bennett and Rudy Shatney.

Cribbage is played in camps throughout northern New England, in general wherever loggers and logging followed the first of what were called the Big Cuts. This was the felling of old-growth forest, the leading edge that drew and formed the famed Bangor Tigers and successive waves of men and expertise ever westward, starting in Maine and sweeping through New Hampshire, Vermont, New York and the Great Lakes region before logging the Rockies and the Sierra, and winding up on the Pacific shore in Oregon and Washington.



COURTESY

This deer was watching the traffic go by on South Hill Road, so we stopped to visit. It didn't do tricks or anything, but we photographed it anyway, just because it was there. (Courtesy West Milan Sporting Tours)

Cribbage legend and lore is that the game was introduced by Scandinavians, who came here to seek whatever the new continent could offer and were good at building camps, keeping tools sharp and cutting wood.

I don't get to play much cribbage now, on account of partners dying off, an impossible thing to fix. So I am thinking of putting a want ad in the paper, something like "Old dub seeks one of the same to play some pretty fast cribbage on a steady basis." A dog and the tendency to laugh at life's foibles would be icing on the cake.

+++++

Where were we? Oh yes, the deer.

What is it about the sight of a deer--or any wild creature, for that matter--that makes us automatically reach for a camera?

There is utterly nothing unusual about seeing a deer, after all. It wasn't always that way. There was a time, perhaps six or seven generations ago, when seeing a deer was about as unusual as seeing moose was back in the 1950s.

I remember a bull moose that came across the golf course, was allowed to play through, hit a nice seven-iron, and ran through several shared back yards, pick-



This young fox, last year's pup, was wandering around a logging road with a sort of dazed demeanor, and it hung around striking poses before trotting off toward Maine. (Courtesy West Milan Sporting Tours)



(Full disclosure: Upon encountering the fox, we did what any good red-blooded Merkan would do--reached for a camera, which in this case, of course, was an iPhone, which was good for nothing else at the moment because there was no such thing as a cell tower in the territory.)

(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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Comfort Keepers

Hernias and seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

It's estimated that at least 10 percent of the population will have a hernia in their lifetime. A hernia is described as a bulging of an organ or tissue through an abnormal opening. The causes and types of hernias vary depending on the location in the body, severity and symptoms. One thing holds true, no matter the circumstances – any hernia can turn into a medical emergency. Seniors that suspect they have a hernia,

whether it is painful or not, should discuss this with their doctor as soon as possible.

Seniors that have a hernia will often notice a lump in the abdomen, groin, leg or other area of the body. These lumps can be painful or painless, soft or firm, and will vary in size. Other hernia symptoms include pain, a heavy sensation in the area of the hernia, and swelling.

The trapped tissue causing the hernia lump can lose blood supply, becoming a strangulated hernia. A strangulated hernia can be a

life-threatening condition and requires immediate surgery. Hernias that have become strangulated can cause fever, sudden intense pain, nausea and vomiting. Strangulated hernias can also change appearance, with the lump becoming larger or turning red or purple.

Medical professionals evaluating a hernia will typically do a physical exam and may order an ultrasound or CT scan as well. Seniors that want to discuss their hernia with their doctor can use the following list of questions as a guide for start-

ing this conversation:

What type of hernia is this?

Does my hernia require surgery?

How can I know if my hernia is getting worse?

How can I care for my hernia?

What should I do if my hernia starts to hurt, or changes in appearance?

How can I take care of my hernia?

What does surgery and recovery look like for a hernia?

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ed to a health issue, like a hernia, we can help. Our caregivers can provide transportation to appointments, assist with meal preparation and light housework, provide companionship and help monitor physical changes and symptoms. We strive to elevate the human spirit through quality, compassionate, joyful care.

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

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

“Alfred in August” Month continues on LRPA

LACONIA— Alfred Hitchcock is recognized as one of cinema's most intriguing and successful directors, and with good reason. LRPA After Dark is celebrating “The Master of Suspense” during his birthday month of August with a festival of some of his early works Join us each Friday and Saturday night at our new showtime of 10 p.m. for a thrilling good time.

For this weekend's feature (Aug. 14 & 15, we're pleased to air the 1938 thriller “The Lady Vanishes,” starring Margaret Lockwood, Michael Redgrave and Dame May Whitty.

In “The Lady Vanishes,” we meet young Iris Henderson (Lockwood), vacationing in Europe and traveling back to England via train. She and her fellow passengers,

an interesting and mysterious group of people including a young musician named Gilbert (Redgrave), are delayed by an avalanche and must spend the night at a local inn. In doing so, Iris befriends an elderly woman named Miss Froy (Whitty). The next morning, while assisting Miss Froy with her luggage, Iris receives a blow to her head. Miss Froy helps her on the train, where they share tea and lovely conversation. Iris falls asleep across the compartment from her new friend, but when she awakes, Miss Froy has disappeared – and her fellow passengers claim that no such person ever existed! Was she a figment of Iris's imagination? Perhaps it was the blow to her head? No one on the train will take her seriously or help her look except for Gilbert, and even he, while becoming smitten with the lovely Iris, has his doubts.

“The Lady Vanishes” was Alfred Hitchcock's last film shot in Great Britain before he made his move to the United States. It was triumph with critics and movie audiences alike, and was in fact the most successful British film of its time. Upon its release in

the U.S., “The Lady Vanishes” received the New York Film Critics Award for Best Director and was named one of the ten Best Pictures of 1938 by the New York Times, whose critic Frank S. Nugent wrote, “If it were not so brilliant a melodrama, we should class it as a brilliant comedy.” Most film critics consider “The Lady Vanishes” to be the best of Hitch's early (pre-1940) films. It was a favorite of many directors, including Orson Welles, Peter Bogdanovich and Francois Truffaut, and is included in the book “1001 Movies You Must See Before You Die” by Steven Schneider. Be sure to watch for Hitch's trademark cameo appearance; hint, it's near the end, in the Victoria train station. No wonder this is a must-see! Grab your popcorn and join LRPA after dark for this glorious thriller from the past.

Mark your calendars for “Alfred in August,”

a month-long tribute to Alfred Hitchcock!

All showings are at 10PM on LRPA TV

Aug. 14 & 15: “The Lady Vanishes,” 1938

Aug. 21 & 22: “Sabotage,” 1936

Aug. 28 & 29: “The 39 Steps,” 1935

Coming in September: LRPA's Third Annual “Silent September” Film Festival!

You can't find television like this anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then watch us online at live.lrpa.org to catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, non-commercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally

on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 homes in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology. LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

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Body found in Wolfeboro died from gunshot wound

WOLFEBORO — Attorney General Gordon J. MacDonald, New Hampshire State Police Colonel Nathan A. Noyes and Wolfeboro Police Chief Dean Rondeau announce further information regarding the suspicious death of William Murray, 52 of Meredith.

At approximately 7:32 a.m. on July 27, the Wolfeboro Police Department received a call, reporting an adult male lying on the ground in Pine Hill Cemetery. Wolfeboro police officers responded to the cemetery. Upon arrival, the officers found Mr. Murray deceased on the property of the cemetery.

New Hampshire's Chief Medical Examiner, Dr. Jennie Duval, conducted an autopsy of Mr. Murray. Based on the autopsy, Dr. Duval has determined that Mr. Murray's cause of death was gunshot wound to the head. At this time, the manner of Mr. Murray's death is pending further investigation.

The investigation is ongoing and additional information will be released as it becomes available, while protecting the integrity of the investigation. Anyone with any information is encouraged to contact Sergeant Kelly Healey of the New Hampshire State Police at MCU-TIPS (628-8477).

COPPLE CROWN VILLAGE DISTRICT

CCVD to hold a public hearing to set speed limit and parking ordinance. August 22, 2020 10:00am on the lodge lawn.

NOTICE

The Town of Alton is accepting bids for Surveying Roberts Cove Road as part of the Road Reconstruction process for the Highway Department. Please visit the Town's website at www.alton.nh.gov for more details.

Laconia Harley-Davidson modifies on-site Bike Week activities

MEREDITH — After consultation with the Town of Meredith, Laconia Harley-Davidson has announced modifications to its on-site activities during the 97th Annual Laconia Motorcycle Week, which is taking place Aug. 22-29. The dealership will remain open throughout the rally and demo rides will take place, following health and safety protocols in accordance with local, state and federal guidance. However, it will not be hosting vendors, food or live music on-site.

“Laconia Motorcycle Week is the nation’s longest running motorcycle rally, attracting

visitors who enjoy New Hampshire’s beautiful scenery and some of the most spectacular motorcycle riding in the nation. While some of the activities have changed this year, this fact remains unchanged,” said Laconia Harley-Davidson owner Anne Deli. “The health and safety of our motorcycle riding family and our community remains our top priority. After extensive conversations with the Town of Meredith, we made the mutual decision to postpone on-site activity. We appreciate the understanding of our community as this was not a decision that was made lightly.

We will still be open for business and invite people to enjoy Laconia Motorcycle Week, Laconia Harley-Davidson and all that New Hampshire has to offer. Let’s focus on the ride.”

“The Town recognizes and supports the actions taken by Laconia Harley-Davidson to not invite vendors on their property this year, knowing that the decision to do so was a difficult one and was made with the safety of all in mind. The Town stands ready to work with all to ensure that the public and visitors have a safe and fun experience during Motorcycle Week,” said Meredith

Town Manager Phil Warren.

“The look and feel of this year’s 97th Laconia Motorcycle Week may have changed, but the sense of community amongst residents, businesses and riders emulates the very pride that is this rally’s true legacy,” said Jennifer Anderson, Deputy Director of the Laconia Motorcycle Week Association. “This year, visitors can look forward to adding even more miles on two-wheels with plenty of gypsy tours and self-guided rides throughout New Hampshire. Maps and suggested routes are available daily at Rally

Headquarters in Weirs Beach and at Laconia Harley-Davidson in Meredith.”

Laconia Harley-Davidson has published a series of self-guided rides available for free at its dealership, and invites customers to demo Harley-Davidson Motorcycles and shop its expansive selection of Harley-Davidson and Motorcycle Week merchandise throughout the week. The dealership is open normal business hours, Monday – Friday 10 a.m. – 7 p.m., Saturday 10 a.m. – 6 p.m. and Sunday 10 a.m. – 5 p.m.

Motorcycle Week attendees can also purchase raffle tickets for

a chance to win a 2020 Harley-Davidson Road Glide. Net proceeds from the raffle will benefit the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) non-profit organization that helps over 70 community-based organizations that focus on providing support for underserved children in the Central New Hampshire and Lakes Region.

Motorcycle Week attendees are also encouraged to visit <https://laconiamcweek.com/> for a list of event details.

MARK ON THE MARKETS

Advisor versus robot



BY MARK PATTERSON

Robo-advising has become immensely popular because of the low fees typically associated with this automated service. I believe there is some merit and a place for Robo-advising. There are just some concerns that I have regarding Robo -advising, first being, we really have not seen how the robot handles a fast-moving downward market or an elongated bear market. I can see Robo -advising being used by young people with a very long time horizon in the markets that are just allowing the robot to rebalance their portfolio and to make algorithmic choices for their money. Where I don’t believe Robo works

well is for someone inside of 10 years of retirement or doesn’t like equity market risk. As we get closer to needing our assets for income, or simply do not have time to recover from a correction in the equity markets, then an advisor that is skilled at structuring steady, sustainable and reliable income that mitigates market risk, sequence of return risk and longevity risk can be invaluable.

I have seen many portfolios that were good candidates for Robo advising. Typically, these portfolios were made up of a family of mutual funds with attached commissions and 12 b1 fees sold by “advisors” who did not take the clients best interests into consideration, but sold funds that their firm was paid to promote. In this instance this clients’ money was being passively managed through high cost mutual funds whereas the robot may have done a better job for less fees. I guess what I’m saying is that given the choice of a robot or a typical broker connected to a firm or bank, I might

choose the Robo as well. Client money must be managed with the client’s best interest first, but can only be done by an advisor who really understands how to manage that money for their client’s needs.

As I mentioned earlier, until last March, we have not really seen how the robot reacts in tough market conditions. The last eight years had seen a couple of bumps but not any major drawdowns in the equity markets until volatility ramped up quickly but dissipated with the rally we are still amid! So, complacency is at a high level and money will chase a market nearing possibly, another top. Studies also tell us that investors will start to sell near the bottom and buy near the top. A robot will not have an opinion on the direction of the markets such as, if you should hedge, if you should raise cash levels or start to shift money over to bonds, fixed income or precious metals. It is a good thing that the robot takes your emotions out of the equation, but I’m not so sure that taking a

qualified advisor or asset managers emotions, skill and knowledge is a good thing. Time will tell. Robo advising may work for you if your time horizon is long and you don’t mind market risk in the equity markets, or it could work for a portion of your portfolio that is designated for

growth but you will not need for income in the next 10 years.

A good asset manager can manage your money using modern portfolio theory with very low-fee investments that are designed to maximize your returns and minimize your risk, and in our firms case, we may

add “alpha” to a portfolio which is growth over and above an expected return. Compare that to the low fee robot. It is all about net returns and risk.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.



COURTESY

Booking it to first place

Holding her trophy, top reader Charlotte Edwards wears a smile and her Pride Chain. The young bibliophile read a total of 2,576 minutes between July 1 and July 28 in New Durham Public Library’s “Imagine Your Story” program, earning so many beads and brag tags by her reading time that she needed a longer chain to fit them all on. Eight participants read themselves into the library’s K Club, with a minimum of 1,000 minutes.



Bull!

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OBITUARY

Robert Owen Jones, 49

ALTON- Rob Jones, 49 of Alton passed away unexpectedly from a heart attack on August 7, 2020.

Rob was born on September 21, 1970 in Canton, MA. His family summered at Sunset Lake in Alton, for several years while Rob was growing up and eventually settled in Alton when Rob started high school. He attended Alton High School and was part of the Graduating Class of 1989, while there he made many lifelong friends who he still remained close with through his adult years. Rob worked as a machinist at Podmore Manufacturing Inc. In Pittsfield, NH for almost 26 years.

Rob was dedicated to his family and enjoyed spending time with them. He was actively involved with coaching and attending his daughters' sporting events (He never missed one and was always on the sidelines cheering them on). He loved to go camping and mountain biking and never missed a chance to play a good poker game with his friends and family. He loved to cook and always made sure dinner was ready for his family. He was a big sports fan and had a comfortable spot on the couch to watch his favorite New England teams play. Rob was playful with a good sense of humor and loved to surprise and make his family laugh. He always put his daughters and wife first and made sure his family was taken care of.

Rob was preceded in death by his parents, George M. Jones and Louise A. (Concannon) Jones. He is survived



by his wife Heather I. (Martens) Jones, and three beautiful daughters, Samantha L. Jones, Isabelle M. Jones, and Kaitlyn M. Jones, and his cherished grandson Xander M. (Jones) Millard. (Rob finally got his one boy!)

Rob is the youngest of six brothers. He is also survived by George M. Jones JR, and his companion Toby, Edmund J. Jones and his wife Anne, Richard J. Jones, William I. Jones, and Steven M. Jones and his wife Stacey. His many nieces and nephews, and numerous other family and friends, and of course his fur pal Dunkin.

There will be a private viewing for immediate family members on Friday August 14, 2020 from 5:00-7:00pm at Peaslee Funeral Home in Alton. The Funeral Mass will be held on Saturday August 15, 2020 at 10 AM at Saint Katharine Drexel.

Church in Alton, followed by a burial service at the New Riverside Cemetery in Alton. In lieu of flowers, the family ask that donations be made in Rob's memory to CHAD. <https://www.dartmouth-hitchcock.org/donate/memorial-and-honorary-gifts.html>. To express condolences, please visit: www.peasleefuneralhome.com

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SCHEDULE

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Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundant HarvestNH.org or e-mail ahf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10 am & 7 pm, Tues-Thurs 9am, 875-6161.

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Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, www.befreechurch.net.

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Adult and Teen Bible Study 11:15 am.
Sunday School for all ages 10:00 am.
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Pastor Brian Gower. 269-8831.

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Village Players bringing live theater to your home

ONLINE PRODUCTIONS SCHEDULED FOR AUG. 21 AND 22

WOLFEBORO — The Village Players Theater in Wolfeboro had a busy 2020 planned. With four stage shows and 12 monthly movie weekends, the theater was scheduled to have a little something for everyone.

However, like for just about everyone and everything, mid-March proved to be the undoing of all those well-laid plans.

Cast and crew of Neil Simon's "Broadway Bound" were less than a month from hitting the stage for opening night when the COVID-19 pandemic came calling, dragging rehearsals to a halt. As the pandemic continued, the summer production of "Laughing Stock," the fall musical "The Sound of Music" and the Christmas show "The Nutcracker" all fell by the wayside.

The good news for those that love live theater is that those shows have now all been moved to 2021 and the Village Players are looking forward to entertaining the local community with those productions next year.

While the live in-person productions were halted, Village Players member Emily Judkins began searching for a way to get her theater fix and brought a proposal to the board of directors for an online production.

"I got the idea from the NoWhere Comedy Club," said Judkins, a resident of Barnstead who has been a part of the Village Players for the past year. "It's been wonderful the last few months being able to attend live stand-up comedy shows from home."

She noted that in interviews, the comics involved in the shows have praised the format, which allows audience members to watch along and laugh just as if they were in a theater.

Judkins scoured the web for a few short shows that the Village Players could use for black box performances and came up with a pair of Abbott and Costello sketches from a radio show in 1944, an adaptation of the Grimm's fairytale "Cat and Mouse in Partnership," "Naughty List" by Maine playwright Rob-

ert LeBlanc and "Spad-ing" and "Television Man" by Australian author Alex Broun.

The cast includes the return of a couple of actors to the Village Players "stage," Tom Bickford and Peter Moses. Familiar faces over the last few years are also included in Anna Jortikka, Andrew Long and Joshua Spaulding and there's even a couple of newcomers in Amelia Bickford and Jennifer Schaffner.

The sketches will combine for an hour of laughs that you can enjoy from your home on Friday, Aug. 21, and Saturday, Aug. 22.

Those looking to be a part of this online experience are invited to visit village-players.com to find the links to make a donation. Once that is complete, you will receive an e-mail with a link to the Zoom meeting where you can watch the show starting at 7 p.m. on the night you choose. The audience is encouraged to unmute their computers and laugh along with the action. Judkins notes that the Village Players will have ways to moni-

tor the Zoom meeting to avoid distractions for the cast and the audience.

"The Zoom meeting will have a waiting room, and when the house opens, the person working as the house manager will compare the names in the waiting room against those who reached out for tickets. This will help ensure we don't get Zoom bombed," Judkins said. "During the show we will have a few people as ushers keeping an eye on the sound levels and if an audience member has loud and distracting background noise, the usher will mute them."

And while the theater will remain dark for the foreseeable future due to the COVID-19 pandemic, Judkins points out that her hope is to do these types of shows again to help keep people entertained while safely on their couch.

The shows are set for Friday, Aug. 21, and Saturday, Aug. 22, at 7 p.m. each night. Visit village-players.com for the links and any updates on the theater.

MVSB James D. Sutherland Memorial Scholarship 45recipients announced

REGION — Meredith Village Savings Bank (MVSB) is pleased to announce this year's recipients of the James D. Sutherland Memorial Scholarship. The scholarship is awarded annually to one exceptional graduating senior in each high school supporting the students of the towns and cities where MVSB has a branch. These include Gilford High School, Inter-Lakes High School, Laconia High School, Kingswood High School, Moultonborough Academy, Plymouth Regional High School, Portsmouth High School and Prospect Mountain High School.

This year's recipients include:

- Lydia Clapp of Center Harbor, attend-

ing St. Michael's College in Colchester, Vermont

- Myles Currier of Moultonborough, attending Full Sail University in Winter Park, Florida
- Autumn Faris of Center Ossipee, attending NH Technical Institute in Concord
- Molly Edmark of Plymouth, attending Keene State College
- Riley Huneke of Portsmouth, attending the University of Southern Maine in Portland
- Lily Michaud of Alton, attending the University of Oklahoma in Norman, Oklahoma
- Maya Minnick of Laconia, attending Castleton State University in Castleton, Vermont
- Maddison Rector of Gilford, attending the University of New Hampshire in Durham

The Sutherland Memorial Scholarship was established in memory of James Sutherland, who served as President and CEO of Meredith Village Savings Bank between 1982 and 1996. Scholarship recipients represent the values of Meredith Village Savings Bank, which include accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. Students interested in applying for the 2021 scholarship are encouraged to contact their school's guidance department.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communi-

ties. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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University of Maine announces spring 2020 Dean's List

ORONO, Maine — The University of Maine recognized 4,210 students for achieving Dean's List honors in the Spring 2020 semester, including Anna Francis of Alton Bay.

Of the students who made the Dean's List, 2,769 are from Maine, 1,333 are from 41 other states and 108 are from 43 countries other than the U.S.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	46 Hermit Rd.	Single-Family Residence	\$277,000	Cole LT and Paul A. Cole	Tyler M. and Sarah Newhall
Alton	80 Loon Cove Rd.	Singe-Family Residence	\$850,000	Gordon M. Thomson	John M. Thomson and Karen M. Girard
Alton	NH Route 11	N/A	\$289,000	Clarissa Kersch	Boccelli Fiscal Trust and Steven Boccelli
Alton	Route 11-D	N/A	\$857,466	James K. Woodbury	David E. and Ann S. Kozodoy
Alton	N/A (Lot 61)	N/A	\$21,000	Ellen Jean Drew LT and Reginald E. Drew	Kathleen Arria-Paglia and Daid Paglia
Barnstead	121 E. Huntress Pond Rd.	Single-Family Residence	\$450,000	B.J. & W. DeWys Schiffman LT	Arianne C. and William G. Kidder
Barnstead	22 Newport Dr.	Single-Family Residence	\$299,933	Michael and Carolyn Webman	Donald A. and Alyssa M. George
Barnstead	50 Newport Dr.	N/A	\$244,933	Peter H. and Karen A. Bemis	Leif Crook and Autumn Everton-Crook
Barnstead	13 Parade Rd.	Commercial Building	\$300,000	JB Kidder Realty LLC	Bahk Holdings LLC
Barnstead	337 Varney Rd.	Single-Family Residence	\$210,000	Nicole M. Hastings	Dawn K. Birarelli
Barnstead	477 White Oak Rd.	Single-Family Residence	\$338,000	Patricia A. Norris	Dwayne D. and Julieta A. Rhines
Barnstead	71 Windsor Way	Single-Family Residence	\$224,933	Roxanne R. Benedict	Lori A. MacAlister

ABOUT THE REAL REPORT

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

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. 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

Ohm Lifestyle Center doubles funding for new grant program

WOLFEBORO— Ohm Lifestyle Center in Wolfeboro is doubling its funding for a first-of-its-kind grant program in New Hampshire, now providing \$10,000 to a qualified cosmetologist looking to establish and build his or her cosmetology practice. Ohm Lifestyle Center, the region's leading full-service, organic spa, beauty and wellness center, launched this unique grant program in June to support and foster New Hampshire's salon industry by providing funding to help the recipient develop resources, explore professional development opportunities and create initiatives to grow the individual's practice. In addition to increasing the grant funding from \$5,000 to \$10,000, Ohm Lifestyle Center has extended the application deadline to Aug. 31. Visit www.ohmlifestyle.com/apply-now/ for more information and to apply.

"We are pleased and fortunate to be able to increase the funding for

this one-of-a-kind grant program here in New Hampshire," said Gayle Washington, owner and founder of Ohm Lifestyle Center. "We know workers in our industry have been impacted in a big way by the circumstances we are all facing due to COVID-19. With this grant program, we are able to support a talented, driven and ambitious cosmetologist who wants to work in an environment built on positive team building and as part of a team whose members have each individually operated successful businesses for decades. For someone looking to establish his or her practice, this is simply an opportunity that cannot be ignored."

The new grant program is available to all licensed New Hampshire cosmetologists with at least one year of self-employed experience in the industry. The recipient's practice would be housed at Ohm Lifestyle Center, and in addition to the grant funding, Gay-

le Washington, who has more than 22 years of business experience, will donate 10 hours of her brand of Spa Consulting to the winning candidate.

This new grant program is the latest example of Ohm Lifestyle Center's commitment to innovation. Earlier this summer, Ohm Lifestyle Center began offering interactive, guided massage sessions through Zoom and earlier this year, the Center began creating specialized boxes featuring all the tools, tips and products customers needed to recreate massages and facials right in their own homes. Ohm Lifestyle Center provides these guided massage sessions through Zoom for free to hospital staff and first responders.

Ohm Lifestyle Center is the only establishment in the northeast to offer Spinal Reflex Therapy (SRT), a cutting-edge clinical massage assessment and treatment approach in which practitioners use a thermal

scanner to identify and treat exact pain points. Ohm Lifestyle Center also created 38 Senses Massage, which combines full body massage and a custom-written, individualized guided meditation.

For more information, visit www.ohmlifestyle.com/.

About Ohm Lifestyle Center Ohm Lifestyle Center, 19 Elm St. in Wolfeboro, is the leading full-service, organic spa, beauty and wellness center in the northeast, offering an ever-growing array of services, including massage therapy, a full salon and beauty shop, and a carefully curated selection of wellness supplements, as well as the largest float room in the northeast. Ohm Lifestyle Center also offers interactive, guided massage through Zoom for individual and group sessions. Visit www.ohmlifestyle.com/ for more information.

Winnepesaukee DAR members attend state meeting

AMHERST — The Winnepesaukee Chapter – Daughters of the American Revolution Regent Susan Fossum and Vice Regent Cynthia Theodore, attended the socially distanced New Hampshire State DAR Special Meeting held July 26 in Amherst. New Hampshire DAR State Regent Trish Jackson presented the following three awards to the Winnepesaukee Chapter:

Cultural Interaction Award to the American Indian Committee (chaired by Tina Maxfield)

Outstanding Print Media Award to the PR and Media Committee (chaired by Cynthia Theodore)

Most Unique PR Coverage Award to the PR and Media Committee chaired by Cynthia Theodore) for the Festival of Tree entry (designed by Nancy Black)

The Daughters of the

American Revolution is a non-profit, non-political volunteer women's service organization dedicated to preserving American history and securing America's future through education and promoting patriotism. Any women 18 years or older, regardless of race, religion or ethnic background, who can prove lineal descent from a patriot of the American Revolution is eligible to join.

For more information on becoming a Daughter of the American Revolution, call or e-mail Regent Susan Fossum at 581-9675 or winnepesaukeedar@gmail.com.

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Copy Deadline: Wednesday, September 3rd at 3PM

To place an ad please contact:

Tracy at (603) 616-7103
email: tracy@salmonpress.news

Oscar Foss Memorial Library

Explore the outdoors with a STEM bag from the Oscar Foss Memorial Library

Looking for something fun to do outside before school starts up again? Check out a STEM bag from the library! We offer several different kits that include a microscope or pair of binoculars, a journal to jot down notes, and a reference guide to birds,

mushrooms, wildflowers or trees. Just include “STEM bag” in your curbside order request and pick one up today.

Online Story Hour and Take-and-Make Crafts begin again on Aug. 26

Summer Reading story hour ended on Aug. 5, and will be on a short two week break, but Miss Jerissa will be back again with more virtual stories and fun crafts starting on 8/26.

Need remote learning and home-school support? The Library wants to help!

We know that parents have been presented with a lot of different options and challenges this fall. The library would like to help by offering support services to remote learning and home-school families. We are considering reference assistance, Zoom homework

help, remote STEM programs, reading list recommendations, remote reading clubs and more. Please contact us and let us know what remote services you would like to see at the library. Email danielle@oscarfoss.org with suggestions.



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

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

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If interested, please forward resume to PO Box 1140, Wolfeboro, NH 03894 or email julie@juliecline.me



Help Wanted

Town of Gilford

P/T Recreation Program Assistant

The Gilford Parks and Recreation Department is looking for a year round, part-time (averaging 18-20 h/p/w) Recreation Program Assistant. Position requires some evening and weekend work. Position will assist with the creation, implementation and supervision of recreation programs as well as supervise department facilities and volunteers. Qualified applicant should be energetic, have a positive attitude and a good working knowledge of athletics, recreational activities and facilities. The successful candidate will be required to pass a criminal background check. Starting pay rate of \$12.26-\$13.65 per hour.

Please send resume and cover letter to Gilford Parks and Recreation, 47 Cherry Valley Road, Gilford, NH 03249, or call 527-4722 for an application. Deadline to apply is August 28, 2020. EOE.



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Shaker Regional School District

Girls Varsity Basketball Coach

Shaker Regional School District is seeking a Girls Varsity Basketball Coach. This is a stipend position and it is open until filled. Previous experience coaching is preferred but not required. Interested applicants should send a current resume and letter of interest via email to Cayman Belyea, Athletic Director at cbelyea@sau80.org or through the mail to Cayman Belyea, Athletic Director, Belmont High School, 255 Seavey Rd, Belmont, NH 03220.

SHAKER REGIONAL SCHOOL DISTRICT FULL-TIME YEAR-ROUND GROUNDS

Shaker Regional School District has an opening for a full-time, year-round, grounds worker to perform grounds work. Hours are 6:30 am – 3:00 pm, with a half-hour lunch. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District is an equal opportunity employer.

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Alton Central School

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Alton Central School invites candidates to apply for the full-time, year-round position of Network Manager. The successful applicant must have a strong working knowledge of technology systems and networks, have a working understanding of student information systems, be able to quickly diagnose and solve hardware and software problems, administer switches, nodes, WAN, remote VPN, and internet connections, and ensure that the external website is functioning at all times. The Alton Central School Network Manager must be able to work independently, maintain positive working relationships with the school community, and be a team member. Previous experience as a network specialist is preferred. Salary and benefits are commensurate with experience. The opening is immediate but will remain open until filled. Please upload your employment information to <https://www.applitrack.com/altonk12/onlineapp/>.

Application Deadline: August 21, 2020

Alton School District – SAU #72
252 Suncook Valley Road
Alton, NH 03809
EOE

SHAKER REGIONAL SCHOOL DISTRICT FOOD SERVICE SUBSTITUTES

Shaker Regional School District's Food Service Department has an immediate opening for Food Service Substitutes. Duties include, but are not limited to, prep work, serving, cleaning, washing dishes and pots/pans, and other tasks directed by the Kitchen Manager. Ability to lift up to 40 pounds. Prior experience in the food service industry is preferred, but not necessary. The successful candidate must be able to work in a fast paced, ever changing environment and perform as a team player.

Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.

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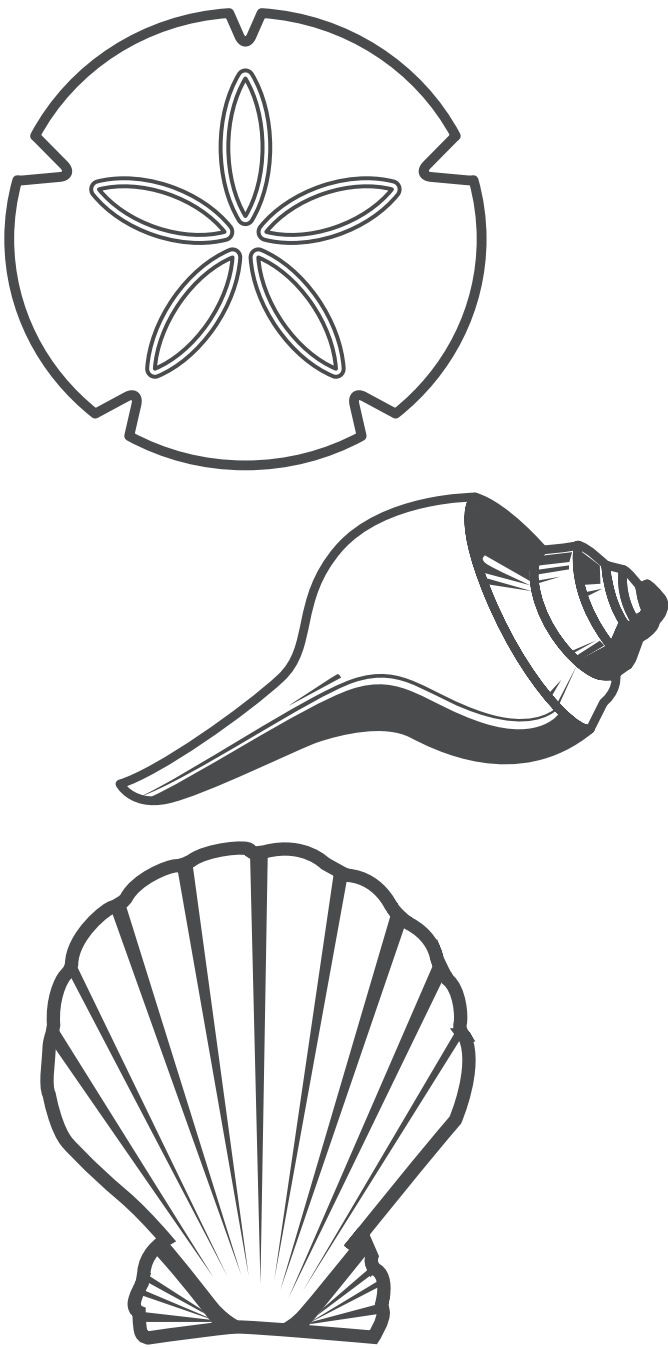
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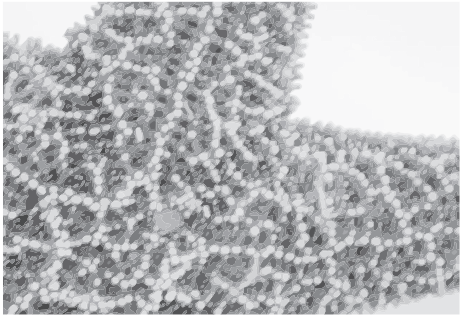
a large, brown seaweed



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- SPANISH:** Marea
- ITALIAN:** Marea
- FRENCH:** Marée
- GERMAN:** Ebbe



THE TIDE IS THE RISE AND FALL OF SEA LEVELS FROM THE GRAVITATIONAL FORCES OF THE MOON AND SUN.



Can you guess what the bigger picture is?

ANSWER: SEA STAR



Solve the code to discover words related to traffic awareness.
Each number corresponds to a letter.
(Hint: 12 = E)

A. 2 17 24 12 7 8 17 9 26

Clue: Course taken

B. 16 17 12 6 2

Clue: Give way to

C. 18 12 24 10 12

Clue: Blend into something

D. 7 9 26 10 12 11 8 17 9 26

Clue: State of being blocked up

Answers: A. direction B. yield C. merge D. congestion

SUDOKU

						2	4	
					3			
	7			9	4	2		8
4	1			3				
		3				7		2
7	8	2						5
				5		1		
								9
		1			8		2	7

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

7	2	3	8	6	4	1	9	5
9	5	8	1	2	3	7	4	6
4	6	1	9	5	7	8	2	3
5	3	4	6	1	9	8	2	7
2	1	7	4	5	8	3	6	9
8	9	6	7	3	2	5	1	4
3	8	5	2	4	9	6	7	1
6	7	9	3	1	8	4	5	2
1	4	2	5	7	6	3	9	8

ANSWER:

REOPENING

(continued from Page A1)

asking numerous questions. Cuddy-Egbert and the Board listened to concerns about potential crowding at the Carpenter School drop off and during lunch times, long term effects of mask wearing, sports (NHIA has delayed to after Labor Day), whether the Magic Moments program will be offered (likely not), and if bus drivers would be checking temperatures before students got on the buses. The superintendent said there is the possibility that could happen, with data entered into a software program,

RECITAL

(continued from Page A1)

al,” but also because the dance studio was recognized on Aug. 12 in the “Best of the Lakes Region” series as the best dance studio. In the last 15 years, the dance academy has experienced quite a bit of positive change – the studio expanded 2,000 square feet by moving to the current location at 7B School Street, the ADA store expanded, the number of students more than doubled, new styles of dance and fitness classes were added, and nine years ago ADA became affiliated with the National Honor Society for Dance Arts. Dowling emphasized the lasting connections that the dancers develop at ADA, not only to each other, but also to

Locke Lake board meets Aug. 20

BARNSTEAD — To the residents of Locke Lake Colony: The next Public Board of Directors Meeting will be held on Thursday, Aug. 20 at 6:30 p.m. at the Lodge. These meetings are open to LLCA Members only.



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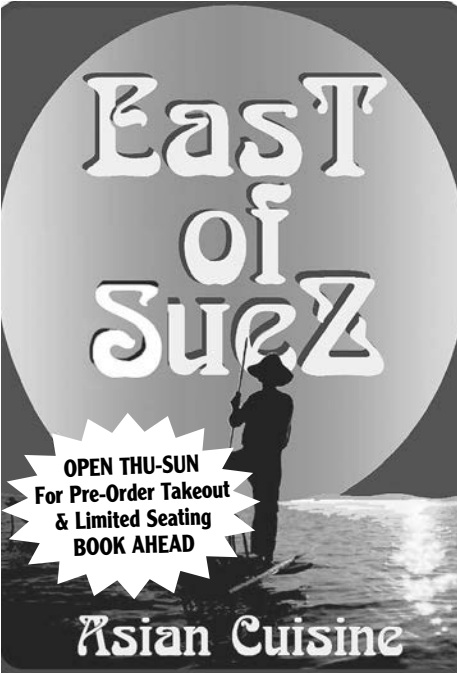
Visit Ready.gov/communicate

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which would be transmitted to the school. She answered a question on the startup of clubs and theater saying that she had just had a conversation with the director and found that the state is coming out with guidelines for safety. Parents wanted to know if students could bring their own food to school — “absolutely fine” was the answer — and wanted assurance that the needs of students diagnosed with ADD would be taken into account with the programming changes that appear to be coming their way. They worried that special needs

the art of dance. “It doesn’t end when we leave the dance studio,” she said. As ADA continues to bring dance into the community, Dowling said she hopes to “teach [the students] more about the history” behind the types of dance that they learn. As an advocate for the arts, she also wants to continue





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children would have the services they need, and expressed concern about childcare. Many parents expressed support of the district’s efforts to plan for school during times made difficult by the Covid-19 virus, but one father offered the opinion that the district should look at the CDC guidelines as advisory, not mandatory, and get on with school instruction. In his view, the media is exaggerating the threat. “That’s their job,” he said. A mother followed in that vein, asserting that the remote learn-

ing was poorly executed and teachers need better oversight. “My children suffered,” she said. She rued the safety precautions that everyone has to endure when the risk of death is low. By her math, “Potentially, two children could die,” she said, prompting a response from a father who said he has two children. “God forbid it would be one of my kids,” he said, noting that the

MT. MAJOR

(continued from Page A1)

forester for the Society for the Protection of New Hampshire Forests. “The entrance to the Main (Blue) Trail has been perennially wet and slippery for hikers and heavy rains cause severe erosion which impacts water quality in the adjacent brook and nearby Lake Winnepesaukee. The proj-

safety precautions also protect other family members. “This spring didn’t go well for my son. The teachers didn’t expect this to happen. Let’s hope for a smooth transition, and stay healthy.” School board member Wendi Fenderson said the difficulties are nationwide, not just here. She stressed the importance of communication when difficulties arise, said she was proud of the teachers and the administration, and as the par-

ent of a college student, said, “We do know what it feels like first hand.” Board Chairman Jack Widmer wrapped up the meeting, noting that he had received about a dozen texts during the meeting, and pointed to a stack of emails and letters that the board will read before making a decision. The next meeting is this Thursday, Aug. 6, at 7 p.m., again in the Kingswood Arts Center.

ect will repair the eroded trail and provide proper drainage, greatly improving the visitor experience.” For updates about the project and timing, visit the Forest Society reservation guide at www.forestsociety.org. If you would like to be placed on an e-mail update list

about the harvest or if you have any questions, please contact Managing Forester, Wendy Weisiger at 224-9945. The Forest Society is accepting donations to help fund trail rehabilitation work at Mt. Major; more information about this project and how to help at www.forestsociety.org/majortrailwork.

ALTON BOARD OF SELECTMEN
Public Hearing Notice

The Alton Board of Selectmen will be holding a Public Hearing on Monday, August 24, 2020, 6:05 PM at the Town Hall, 1 Monument Square, Alton, NH. The purpose of the Public Hearing is to receive public input regarding the proposed acceptance of a donation of Traffic Safety Devices pursuant to RSA 31:95-b, III (a).

To attend the meeting remotely via telephone or computer, visit www.alton.nh.gov for detailed instructions on the day of the meeting. The public is not allowed in the meeting room. Because a Public Hearing is a statutory requirement for such acceptance, we have an offsite venue available for audio and visual participation. This is available only if you cannot connect from home by telephone or computer and are willing to come out. The location is the Gilman Museum, 123 Main Street, Alton, NH. The capacity is no more than nine people. If it exceeds more than nine people, the meeting will immediately be adjourned. A mask is recommended. Social distancing is required. Your temperature will be taken at the door to determine if you may enter the Gilman Museum. If you have a question, call the Selectmen’s Office at 875-2113 or 875-0229.



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Guest speaker discusses doing the “write” thing

ALTON — “As an historian, scholar and author, I love to do research, talk with people in the know, gather the facts about a particular subject, and then write books related to our local and state history.” Those were the words of Wolfeboro resident, Glenn Knoblock, to members of the Alton,

Barnstead and New Durham Centennial Rotary Club as their invited guest speaker, Thursday morning Aug. 6, via Zoom. His talk was also to encourage “anyone who has a passion and/or a strong interest in a particular subject, to write about it, and because it’s so easy to self-publish now, to go for it,” he stated.

In fact, he added, “nearly 90 percent of all books are self-published today, and it’s very rewarding to see your book in print and for sale.” Knoblock’s first book was titled “Strong and Brave Fellows”; it’s about little known facts related to the important role NH blacks played in our 1776 US Revolution. “It’s a book I’m very

proud of,” he concluded. As of today, Knoblock has written and published 18 books. More recent subjects he’s writing about include ship building in New England, another book about and titled “NH Cemeteries and Grave-stones”, and a third book about the history of the brave and strong New Hampshire women, ti-

tled; “Granite Women.” Much of his success for public exposure he credits to his involvement with New Hampshire Humanities, where he is often asked to speak at a wide variety of venues throughout the state. You can find Knoblock’s books on Amazon, and locally at the Country Bookseller, Wolfeboro. Contact: Glennknob#1@gmail.com.

Anyone interested in hearing and seeing Rotary at work via Zoom, every Thursday at a 7 a.m. meeting, contact Alton Rotary Club President, Bob Regan, rbregan211@gmail.com. For info on membership: Contact Rotarian, Duane Hammond, 569-3745.

Dispose of medications, household waste & recalled hand sanitizer

ALERT: over 100 brands of hand sanitizer have been recalled. Due to their toxicity,

they should be disposed of as a hazardous waste. Check on line for your brand.

WOLFEBORO — Saturday, Aug. 15, the Lakes Region Household Hazardous Product Facili-

ty (LRHHPF) will have its monthly collection from 8:30 a.m.-noon at 404 Beach Pond Rd. with COVID-19 precautions. Special medication collection for people, pets and farm animals this month as well as household hazardous waste. Please keep meds separate from HHW in their original containers. -Obtain passes for Wolfeboro at the collection. Alton passes are available at Alton Transfer Station prior to attendance. All others \$40 cash/check for each

0-5 gallon increment counting the size of the cans. Multiple increments accepted. Selected non-member towns reimburse, ask Site Coordinator for more info. -Unloading by the waste hauler will be from: trunk, rear of SUV/hatchbacks, bed of pickup. No items will be accepted from passenger seats or handed to them by occupant. -Please wear a mask or face covering for your own health and safety and the safety of others. -As always, but espe-

cially now, no one may leave their vehicle for any reason. Call 651-7530 for the most accurate information. No latex paint as it is not a hazardous waste. Oil base paints, stains, automotive fluids, pool chemicals, cleaning products, and pesticides are common items collected. Placing containers in a cardboard box will speed up removal and keep your vehicle tidy.



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Jennifer Williams, EA joins local financial advisory firm

LACONIA — The Foundry Financial Group, Inc., a fee-only Registered Investment Advisor in Laconia, is pleased to announce the addition of Jennifer Williams, EA as a Wealth Management Advisor working as part of an advisory team. Jennifer will be responsible for financial planning and investment management client service and business development.

Williams joins The Foundry after spending ten years in public ac-

counting and is looking forward to drawing on her experience in tax planning.

“I enjoy building close personal relationships with my clients and am committed to learning about their financial goals,” says Williams, who holds a B.S. in Accounting and Finance from Eastern University in Pennsylvania.

“We are thrilled to have Jennifer on our team,” said Michael Fogarty, President of The

Foundry. “She has the professional commitment to learning and warm personality that we look for in our professional staff.”

Financial planning services are offered through The Foundry. Investment advisory services are offered through Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. The Foundry and Cambridge are not affiliated.

Barnstead Parade Congregational Church welcomes you

BARNSTEAD — We invite you to come and worship under the trees on the Barnstead Parade Grounds on Sunday mornings at 9am. We meet on the backside of the bandstand—bring a chair or sit in your car and tune your radio onto 90.5. The Pastor preaches from the bandstand for the morning worship. We suggest that you bring a mask and have socialize distancing, we look forward to seeing you.

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