

Local businesses adjust amidst coronavirus

BY KATHERINE LESNYK
Contributing Writer

ALTON — New Hampshire Governor Chris Sununu announced a stay-at-home order that will extend from Friday, March 27 at 11:59 p.m. until May 4, and with the order came a list of essential businesses that will be able to stay open, while others have needed to adjust how they operate or temporarily close. In Alton, small businesses have been adapting and supporting each other throughout the difficult time.

PinPoint Local, a digital marketing agency based in Alton, is still fully operational. Michael Varney, the owner and founder, said in an e-mail that he and the other employee at the Alton franchise have been working remotely, and all other designers and

programmers they work with across the country have been doing the same.

Alton Dance Academy (ADA), meanwhile, has transitioned to virtual instruction, with the studio closed until further notice. Owner and teacher Ashley Dowling said that ADA started planning for remote learning when the local school system did. Lessons are recorded as well as livestreamed for students, and Dowling said that videotaping lessons began a week before virtual instruction started.

Dowling said that the most difficult thing about this change has been being away from the students.

“Not seeing those kids of mine... I could cry. Dancers, as people, are very susceptible to being empathys,” she said.

“These are such unprecedented times right now and everyone is doing their best to navigate the new ‘normal’ for a while,” Christy Painchaud, the chairperson

of the Alton Business Association (ABA), said in an e-mail. “Nearly all of our restaurant business members have switched to ‘take-out’ only with reduced hours and menu

items.”

Painchaud said that some businesses, such as The Lodge at Smith Point, have opted to close, while others including Catchpenny,

Alton Country Store and Breathe Yoga have adapted to offer services and products that can be ordered or accessed online. SEE BUSINESS, PAGE A7

Even in trying times, Witham keeping busy

BY CATHY ALLYN
Contributing Writer

ALTON — As anyone who has attended one of his Alton Historical Society lectures or met him at the grocery store knows, one thing Bob Witham can do is talk.

But before the Covid-19 crisis hit, he traveled to Tilton weekly to do what? Listen.

In his various careers, Witham has met a lot of people. Two years ago, he chanced upon a special lunch.

“The New Hampshire Veterans’ Home would bring some of the vets to Ellacoya State Park where I worked,” he said, “and we got to talking. I told them when I wasn’t working, I’d come over.”

So Witham made the trek to Tilton to volunteer.

“When I filled out the form, they asked me if I played an instrument or was proficient in a hobby,” Witham recounted. “I said, ‘No, all I do is talk.’”

He started off during coffee hour in the main dining room; asking

residents if they needed anything, playing cards, and making friends.

All of the talking was a winning situation for him.

“I like history,” he said, “and they’re all 90 years old.”

Witham claims the only A he ever received in school was in American History, because he loved it so much. The veterans he was meeting were giving him history lessons and he couldn’t get enough.

“I’m learning World War II history,” he said. “I’m talking one on one to guys who were there.”

Not many people know their stories, not even their own families.

“They never talked about it, never told their war experiences,” Witham said, noting that his father, who served in the Pacific during WWII

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Calendar of events suspended

With many local groups and organizations wisely canceling planned events due to the ongoing coronavirus outbreak, we have temporarily suspended publication of our weekly calendar of events. Once the current situation settles down, we will return to being your go-to source for the area’s most comprehensive listing of local events and activities.



COURTESY PHOTO

Baysider on charity trip

Ray O’Brien of Barnstead poses with The Baysider on his yearly charitable trip to Calcutta, India visiting a Mother Teresa home for handicapped children. To find out more about the charity “Children are Angels from Heaven,” check out facebook.com/childrenareangelsfromheaven or Childrenareangels.org. If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to josh@salmonpress.news.

GWRSD gets meal service up and running

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — Plans for breakfast and lunch meal delivery, formed when the Governor Wentworth Regional School District was first closed on March 12 and 13, were executed quickly the next week when schools across the state were ordered closed until April 6.

Food service Supervisor Cindy Joseph and Transportation Supervisor Maryann Belanger coordinated the effort, which meant matching the lists of students who had signed on via a Google form with their addresses and bus routes. Joseph says she sent her “lunch ladies” out on the routes the first day so students and their families could see their familiar faces and feel reassured that they were being taken care of.

“I’m glad I did,” she says, for “it was so gratifying because of all the smiles and appreciation.” Also, the offers for

help from the top down have been “nice to see.”

“I have never felt so humbled in all my life,” she reflected on Thursday morning as this reporter was there to record the scene.

Someone sent in a photo of their child drinking chocolate milk, said Joseph, a photo certain to warm the hearts of food and transportation service employees.

The corridor of the front entry to the high school was lined with labeled personal belongings to be sent on the appropriate bus route, and a nearby table held bags of Knights Against Hunger weekend food packaged for delivery on Friday.

There are bus routes running out of the Ossipee Central and Effingham Elementary Schools as well.

Joseph noted with gratitude that Hunter’s Shop ‘n Save in Wolfboro, has donated 400 bags for deliveries.

Update: GWRSD Su-

perintendent Kathy Cuddy-Egbert has announced a change in the delivery system. Citing exhaustion of the staff,

deliveries for the whole week will be made on Monday mornings, at

SEE MEALS, PAGE A7



NANCY CHENEY – COURTESY PHOTOS

Signs of the time

Local resident Nancy Cheney compiled this group of photos from around town during the Covid-19 pandemic that has forced lots of cancellations, postponements and adjustments for local businesses, residents and town officials.

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A Note to Readers

This week’s edition of the paper might seem a bit smaller than you are accustomed to, but rest assured, this is only temporary. Due to the unique circumstances we are all living under at the present time, local sporting events and community activities have wisely been canceled as we all try to stay closer to home and practice social distancing.

As we ride out this temporary interruption of life as usual together, we urge you to continue supporting the local businesses that advertise in your newspaper. They have always been here for you through good times and bad, and now, more than ever, they need you to be there for them in any way you can.

Amid this temporary absence of local events and municipal meetings, we are also looking to celebrate the many quiet heroes in our communities who have gone above and beyond to make this situation easier for those most affected by it. Let us know if there is someone in your community who you think should be recognized by e-mailing brendan@salmonpress.news.

Above all, know that we have been your trusted source for local news for generations, and we plan to be here for you to generations to come, in print and online at www.salmonpress.com.

Alton Business Association commends response to Covid-19

ALTON — The Alton Business Association is proud of its business members and community that have all pulled together to support one another during this pandemic. These last few weeks have been very challenging for all and the coming weeks and months will likely only get harder. Let's continue to serve the community with compassion and treat others with kindness. The ABA would especially like to thank local healthcare workers (local businesses and citizens with healthcare occupations), Alton Police and Fire Department, Alton town employees, Alton Community Services Food Pantry, Alton Circle Grocery employees, Hannaford employees, Alton store and restaurant owners, Alton school administration and teachers and everyone else who is working on the front lines of this pandemic.

"There's nothing we can't do as a community as long as we are doing it together. We will get through this," the ABA stated.

ABA "Ice-Out" contest

As people navigate the new "normal," please don't forget to take part in the ABA's "Ice-Out" contest. Entries must be submitted by April 1 and you can submit your "guess" via their web site, www.altonbusinessassociation.com.

April meeting virtual

The next ABA member meeting will be held virtually (via Zoom) on April 9 at 5:30 pm. They invite all ABA members and guests to join them. Members will receive an e-mail invitation link and visitors can access the link via the Facebook page @altonbusinessassociation. Reaching out for support and networking is essential as people navigate these uncharted waters. If your business is in need of disaster loan assistance in response to the Coronavirus, please visit sba.gov for more information.

Stay home and stay healthy.

For questions, e-mail info@altonbusinessassociation.com or visit www.altonbusinessassociation.com.

Masons cancel monthly breakfast

ALTON — Due to the guidelines set forth for dealing with Covid-19, and their concerns for the health and welfare of not only the Masons who work at their breakfast but also the friends and neighbors who attend, the Masons of Winnepesaukee Lodge in Alton have cancelled the April breakfast. If you have any questions about the breakfast or Freemasonry, please contact David Collier at 875-0816.

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Alton Parks and Rec activities cancelled

ALTON — Due to the situation surrounding the Covid-19 virus, the Alton egg hunt will be postponed to a future date. The Easter Bunny is looking forward to seeing everyone sometime soon.

Departments open, activities on hold

The Parks and Recreation-Grounds and Maintenance-Cemetery Department is doing their part to keep the

town going. The custodial staff is disinfecting/cleaning town buildings and offices daily; the maintenance staff is removing trash from parks and town buildings daily and they are completing town buildings/facilities projects: painting public restrooms and police department floors, painting interior of Gilman Museum; building trash containers for public parks and getting mowers ready to use

soon; town cemeteries are being administered and prepared. The parks and recreation staff are working on upcoming recreation programs, trail maps, updating department summer camp and lifeguard manuals and ordering supplies to keep the town operating. The town's health and continued well-being is their priority.

Alton Parks and Recreation Department activities are current-

ly on hold until town-owned buildings are back open to the public. They look forward to offering pickleball, adult volleyball games and exercise classes soon. Hiking trails and town sidewalks are open for walking and there are resources online for free exercise and yoga classes. They encourage you to hike, walk, run, bike and fish outside, keeping at least six feet apart.

New Durham School hands out second trimester awards

NEW DURHAM — The following students at New Durham School had perfect attendance for trimester II:

Kindergarten
Grant Belanger, Conner Flanagan, Ava Hernandez and Charlene Smith.

Grade one
Summer Creighton and Sawyer Hills.

Grade two
Parker Chase, Jameson Deegan, Aleah Favorite and Dylan Roy.

Grade three
Nicolas Gerade.

Grade four
Hunter Chase, Caleb Croteau and Brody Waldron.

Grade five
Rider Dumont, Tiana Fowler and Abigail Morin.

Grade six
Cali Hughes and Julie Kratovil.

Fourth through sixth graders at New Durham School who were recognized for the Pride Award, for excellent work habits and citizenship were:

Grade four
Brody Waldron, Ja-len Smith, Colby Proctor, Cyrus Pageau, Kian Nelson, Kane Narkun, Chloe McLain, Abraham Mayfield, Weston Lancaster, Mya LaPlante, Brooke Gammon, Brianna Gammon, Timothy Drake, Caleb Croteau, Hunter Chase and Leah Anderson.

Grade five
Kharma Williams, Ava Waldron, Braylin Scribner, Ewan Ruth-erford, Jacob Roy, Gary Dean Porter, Collin Pelletier, Allison Peck, Evaline Morrison, Abi-

gail Morin, Seamus Kelly, Victoria Hicks, Brody Hanson, Benjamin Gelinas, Tiana Fowler, Shelby Fontaine, Rider Dumont, Tuesday Clement and Brady Call.

Grade six
Lilliam Weaver, Kiari Taschereau, Brady Moulton, Devin McEvoy, Aiden McCarthy, Jack Marks, Julie Kratovil, Kylee King, Griffin Karcher, Cali Hughes, Liam Brown, Ryker Booth and Caelynn Blattenberger.

Rotary offering scholarship for students 21 and older

ALTON — The Rotary Club of Alton, Barnstead and New Durham is offering a scholarship to a person who is 21 years of age or older and has completed high school or earned a G.E.D. The \$1,000 award is for a non-traditional student with a three-year gap between graduating from high school and a full-time college attendance or a record of part-time college for three years after graduating from

high school. Scholarship recipients earning a B average or better may apply for a subsequent year of support. The scholarship can be used for expenses at a four-year or two-year college, or for another type of accredited institution. The scholarship is awarded in the name of Past 7870 District Governor Janice McElroy, who died in 2014. To apply, contact Alton Rotary Scholarship Chair Rotarian

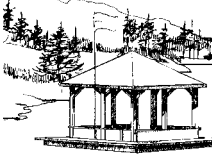
Jim Fontaine by phone at 875-0110 or e-mail at info2@pcswebdesign.com.

Applications need to be completed by no later than April 15.

Democrats cancel April 6 meeting

ALTON — The April 6 meeting of the Tri-Town Democrats of Barnstead, Gilmanton, and Alton has been cancelled due to the need for social distancing. Please watch for further announcements.

In the meantime, the Tri-Town Democrats encourage everyone to stay safe.

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THE READING ROOM

BY ROZA BENOIT
Gilman Library

In the midst of the Covid-19 pandemic, the Gilman Virtual Library never closes. While the brick-and-mortar building is closed to pedestrian traffic and onsite programs are suspended, we invite you to continue or begin the use of our web-based and digital services.

Free wireless for residents

We support remote-learning and respect social-distancing. The Gilman Library staff will be available by telephone from 8:30 a.m. to 4:30 p.m., Tuesday, Wednesday and Thursday to answer any questions, and to provide web-based services assistance. If you are a resident of Alton and Alton Bay, please utilize our free wireless from your vehicle in our parking lot.

New 30-day virtual card

If you are a resident of Alton and Alton Bay and do not have a library card, we invite you to apply for your 30-day virtual card. To apply for your 30-day virtual card, go to <https://gilmanlibrary.org/30-day-library-card>. By completing the form,

you will be granted a 30-day virtual card. You must include full legal name, e-mail address, 10-digit telephone number, complete mailing address and legal street address, and if this is a renewal, your expired library card number. Fill out all of the lines in the form completely and submit one time. If the information is incomplete or duplicate applications are sent, you will not receive access. We will notify you by e-mail and text, with your access information. We will renew your virtual card every 30 days until the brick-and-mortar building opens. At that time, you will need to come into the building to apply for a free resident card.

New databases and electronic resources

Tumblebooks has allowed all libraries free access to five e-resources (until Aug. 31). So, we now have available through our catalog, TumbleBookLibrary, TumbleMath, TeenBookCloud, AudioBookCloud, and RomanceBookCloud, and a few more new databases, as well. Go to our webpage at <https://gilmanlibrary.org/online-database>, or our catalog at <https://gilman.biblionix.com/catalog/>, to utilize these services.

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Gabbie text-a-librarian

Patrons can correspond via text to the library staff. When the telephone line is busy, send a question to be answered during library hours. This is much more reliable than e-mail. Visit our website for more info. Library staff will receive your texts and respond during the hours stated. You will receive an automated response to your text indicating when to expect a response. Go to <https://gilmanlibrary.org/> and in the dropdown menu, click Gabbie Text-a-Librarian for more info.

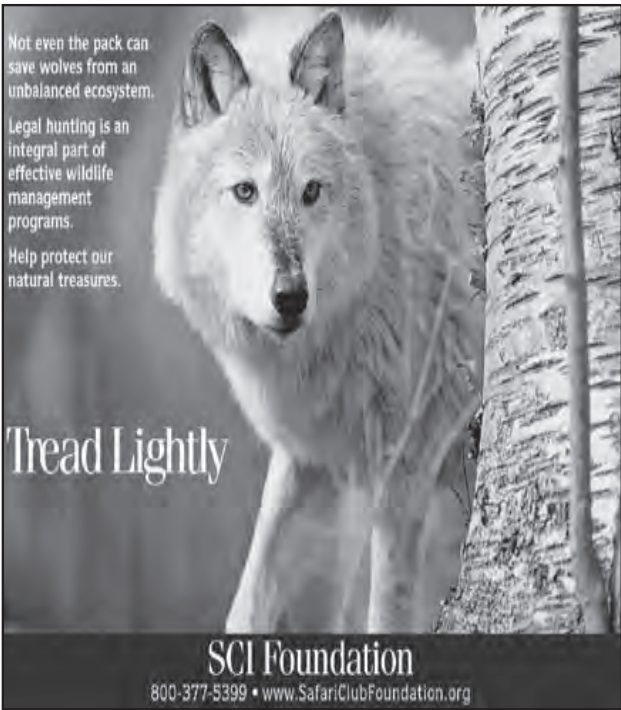
More virtual services

We will be adding online story times and virtual programming, very soon. Please check our website and follow us on Facebook and Instagram for the latest updates in between editions of The Baysider.

Read for your health

We have worked hard to update our website to provide you with the most accurate information. And the information changes daily. We

have streamlined some resources for you at our website under the menu tabs “Covi-19 and ...” We are available for reference services and for assistance with the web-based resources. As we support remote learning and respect social distancing, please remember that all members of the Gilman Library staff miss you, our patrons and we and the Gilman Library Board of Trustees wish you good health. Take care.



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Rarely in our nation's history has any phenomenon overtaken our society so quickly or caught us so completely by surprise as the outbreak of the COVID-19 coronavirus. Amid this atmosphere of uncertainty, it has become more important than ever for you to have access to an accurate and balanced portrait of how the outbreak is affecting your community, and we want you to know that as your local newspaper, we are here for you — and with you.

As the ongoing pandemic continues to make its way through our region, we will be there to keep you up to speed on how the community we share is handling the situation, from its effect on the local business community, to the steps being taken by local officials to combat the spread of the virus, and most importantly, how readers like yourself are facing the challenge of not just staying healthy, but adjusting to life under the new social distancing restrictions we have all been forced to adapt to.

There is another side to this story, however. There are quiet heroes throughout our community taking extraordinary measures to help their neighbors and spread some positivity in the midst of all this fear and anxiety — business owners who, even amid their own hardship, are stepping up with donations for those in need; nursing home residents sewing homemade protective masks for healthcare workers; postal workers offering to deliver food and supplies to elderly, high-risk residents on their routes; and of course, the health care workers on the front lines of the crisis — and we are committed to bringing you their stories as well.

Whatever happens, wherever and whenever it may happen, we will be there at your side, helping you maintain perspective on this situation and helping you navigate your way through it. Our country, and our community, have faced down horrific events before, from terrorist attacks to natural disasters, and emerged on the other side stronger than ever, and we will survive this outbreak with the same grit, determination, and commitment to one another that has seen us through in the past. More than any of the political or societal divisions that too often separate us, what defines our character is our resiliency. We have built this unique and vibrant community together, and as long as we continue to support one another, we will get through this. Together.



ALTON — The Alton Police Department responded to 95 calls for service during the week of March 22-28, including six arrests.

One male subject was arrested for driving after revocation or suspension.

One female subject was arrested on a bench warrant.

One male subject was arrested for domestic violence; criminal threatening.

There were three motor vehicle summons arrests. There were two motor vehicle accidents.

There were four suspicious person/activity reports on Courtyard Circle, Wolfeboro Highway, Hannaford and Black Point Road.

Police made two motor vehicle stops and handled three motor vehicle complaint-incidents.

There were 84 others calls for services that consisted of the following: One neighborhood dispute, four assist fire department, one fraudulent action, four assist other agencies, three pistol permit applications, one animal complaint, one juvenile incident, one domestic complaint, six general assistance, one miscellaneous, one wanted person/fugitive, two alarm activations, two lost/found properties, two highway/roadway hazard reports, one general information, one untimely, one trespass, two sex offender registrations, one civil standby, three civil matters, two wellness checks, two disputes, one disabled motor vehicle, 26 directed patrols, two medical assists, 11 property checks and one paperwork service.



RUTH ARSENAULT – COURTESY PHOTO

Last snow?

As ice slowly disappeared from Alton Bay, the area got a good dose of winter last Monday night, resulting in a mix of winter and spring.

COMMUNITY CORNER

Life as a college senior in the coronavirus time

BY KATHERINE LESNYK

Contributing Writer

At the University of New Hampshire (UNH), there's a little chant: "Every day is a great day to a wildcat." Then everyone pumps their fist in the air and makes this very loud noise that's similar to the sound someone makes when they stub their toe on the coffee table. Wednesday, March 18, was, unfortunately, not a great day to be a wildcat, because all in-person classes were suspended for the remainder of the semester due to the ongoing coronavirus pandemic, announced in an e-mail from UNH President James W. Dean.

As a senior at UNH, this news was heartbreaking to me. There had been a stream of e-mails going out to the student body for several weeks with updates on the pandemic and ways to stay safe, but nothing could prepare me for the realization that the day before spring break,

Thursday, March 12, was my last day on campus as a student. That day I'd had a couple of classes, a staff meeting for the student newspaper, The New Hampshire, and I had to pack enough of my belongings for three weeks off campus because, at the time, UNH had said that online classes would only be for two weeks after spring break. There was no sense of finality that day. I didn't say goodbye to my colleagues and friends at The New Hampshire, I didn't get to talk to my favorite professors one-on-one to thank them for their insight and support, I didn't even get to do my typical pre-spring break cleaning in my dorm room. All because I thought I would be coming back to campus in early April to do that.

For seniors at UNH and all colleges and universities, this time of year is always one of uncertainty — navigating

the job search, finding out what we really want to do with our lives and careers, deciding where we want to live, and how we're going to pay off those intimidating student loans — but this situation has made it even more uncertain and sad. I'm confident that graduating seniors will rally together and make their own unique, memorable celebrations once final exams are over in May. A few days after the University of Maine at Orono announced that students there would be completing the semester remotely, seniors held a faux commencement ceremony before vacating the campus, and the Olin College of Engineering in Needham, Mass. held a similar ceremony as well.

Dean said in a video on his Instagram account (@unhpmez) on Wednesday, March 25, that the university was coming up with a contingency plan so that grad-

uation, originally scheduled for May 16, could still happen at a later date. While I, along with many other UNH seniors I've spoken with, do feel a sense of relief about this, I also hope that seniors get the opportunity to have a few days back on campus before the whirlwind of graduation day. This would allow students to say proper goodbyes to the professors who have supported them, the friends who have become family, and the campus that has become home. For now, though, online classes need to be done, hands need to be washed, faces need to not be touched and social gatherings need to be cancelled. For the health of the public — at UNH and all college campuses, in the state of New Hampshire, across the United States and around the world — it needs to be done.

TALK IT OUT

BY PAMELA MOTT, LCMHC

Contributing Writer

What does it mean to lead with the self? Well that is a complicated question because the definition of the self is complex. Whatever the self is defined as is not the point. The point is we can describe what we see when the self is leading. Maybe the self by its nature is undefinable. The possibilities are undefinable.

Allow this thought to ponder. If you went to

bed and woke up in the morning and the world changed, how would you know you were you all right? What would that feel like, internally, to know that at that moment you were safe. To embody courage, clarity, calm, compassion and curiosity.

Well that is not a hypothetical space any more, things just got real, real fast. When the self is leading, it makes choices with full neurological

functioning on board. It is a calm awareness with an abundant rich mentality. When someone is walking around with a heightened state of arousal, they are only using the lower neurological portion of their capability. This is why we see things like hoarding of toilet paper instead of building of gardens.

When the self leads there will be resilience factors present. Resilience factors come down

to being able to make movement even laterally during adverse situations. Some thoughts to enhance resiliency factors could include: staying well hydrated, eat nutritionally, indoor gardening, cards, cooking, cleaning, walking, signing, hiking. Anything you can do in a situation can become a resilience factor.

ALL WE KNOW IS LOCAL ~ SalmonPress.com



ClearChoiceMD Urgent Care to offer Covid-19 testing at select centers

ALTON — At ClearChoiceMD Urgent Care, the health and safety of patients, communities and team is their top priority. They are working hard to ensure their centers continue to support the overall health of the communities. They are also committed to doing everything they can to help with the current health challenges that together people face, including Coronavirus

(COVID-19). ClearChoiceMD Urgent Care is now offering COVID-19 testing at select centers for high-risk patients only, as supplies are available. Patients experiencing symptoms associated with lower respiratory illness, such as fever, shortness of breath, and persistent cough, will be examined and evaluated by their medical teams to first rule out seasonal flu.

If your test is negative, they may recommend testing for COVID-19, available at select ClearChoiceMD Urgent Care centers, or at another local test site. Due to extreme national shortages in testing supplies, only high-risk patients will be recommended to test for COVID-19. Low-risk patients who have mild symptoms and test negative for the flu will be directed to self-quarantine for 14 days, per CDC guidelines.

Please rest assured that all ClearChoiceMD Urgent Care centers are following strict protocols and taking extra safety measures to protect patients, communities and team so that they can continue to evaluate and treat all urgent medical needs. In the coming days/weeks, they will be implementing online registration at all of their

centers to better protect their patients and teams by minimizing any possibility of exposure to illness. Patients seeking care for all other urgent non-life-threatening illnesses or injuries can continue to safely be seen at any ClearChoiceMD location. They remain committed to the mission of providing communities affordable, compassionate, exceptional patient care.

This is an evolving situation. Please visit the CDC website, www.CDC.gov/COVID19, for current information on COVID-19. Please visit www.ccmdcenters.com, for the most up-to-date information regarding the center operating hours and testing locations. They appreciate your understanding during these difficult times.

Library offering to connect folks in New Durham

NEW DURHAM — Residents over the age of 60 have been advised to not venture into grocery stores to buy food, but not everyone has a relative or close neighbor who can run out and pick up some fresh fruit and veggies for them. In an effort to assist anyone in such a situation, the New Durham Public Library is offering to serve as a digital clearinghouse to connect those who are will-

ing to shop for a resident with those who need the help. To do so in an organized fashion, they ask that people who are willing to shop contact the library by e-mail right away; those who need the service can let them know the week of April 6. They'll try to match folks up by location and exchange the contact info between parties. Then the library's job is done, since they are

just the coordinators. It will be up to the helper and helpee to decide on how delivery and payment will be handled. Even though the doors are closed, the library is humming with activity. They work continuously on providing patrons and residents with updated and trustworthy websites for information, education, recreation, and just generally things to do to keep you occupied no

matter what your age. They do that through their Facebook page at New Durham Public Library and e-newsletters. The e-newsletters will be sent out on a regular basis, but if they don't have your e-mail address in their system, you won't receive them. Just e-mail your contact information at newdurhamlibrary@gmail.com and they'll put you on the list. Watch for coming

information on virtual book club meetings and streaming Storytimes. During the Covid-19 crisis, the library's digital branch is open for you 24/7 at newdurhamlibrary.org. You can find eContent there for the entire family, free with your library card. If you can't locate your card and you need your patron number to sign in, or if you are new to the library and need a temporary card to access OverDrive, e-mail the library, and their staff will take care of you remotely. Things are changing constantly and they're here to keep you in the know. Some of the latest developments are: Ancestry.com is now available through OverDrive on their website; the latest e-newsletter has a link to e-books that are always available; and there are

songs other than Happy Birthday that last 20 seconds. The book drop is closed and sealed; due dates and card expirations have all been pushed out. If you need reliable WiFi, access theirs in the library parking lot. The login information is: Name – Library, Password – Everglades. They're also busy preparing for their opening. New books are arriving that must be cataloged for your future pleasure, the Children's Room is coming alive for the upcoming summer program "Imagine Your Story," and they're cleaning to ensure everyone's safety. The library can be reached at newdurhamlibrary@gmail.com seven days a week. Phone messages left at 859-2201 will be answered periodically.

NH conservation groups urge hikers to “hike local”

Avoid the most popular spots when getting outside

REGION — New Hampshire's leading conservation organizations want to welcome people to their conserved lands and trails around the state, but are cautioning hikers to avoid the most popular spots in order to follow state and federal guidelines on social distancing during the Covid-19 outbreak. "Nature is an ally through this difficult time: it has the power to soothe, calm, uplift and restore," said Mark Zankel, executive director of the Nature Conservancy in New Hampshire. "Although we must observe social distance, we can keep nature close and keep ourselves, our families and our communities safe. While TNC properties across New Hampshire continue to be open and accessible, we urge everyone to stay local, and continue to practice social distancing. If you find a TNC preserve or other conservation area crowded

when you arrive, consider visiting another area or returning at a less busy time. Be safe, and we will see you out on the trails again soon enough." TNC preserves can be located by visiting www.nature.org/newhampshire. "At New Hampshire Audubon, our top concern is for the health and safety of our citizens, our visitors, and our staff and volunteers," said Doug Bechtel, president of NH Audubon. "We support the Governor's message to go outside with social distancing and caution. New Hampshire Audubon has 40 wildlife sanctuaries around New Hampshire with a variety of habitats to explore. Choose places local to you (including your property), and if you find the parking areas full, try a different spot where social distancing will be easier to support. We urge everyone to stay local, stay safe, and stay healthy.

Visit our website for up to date information (nhaudubon.org)." "We have 190 forest reservations in more than 100 towns in every county of New Hampshire," said Jack Savage, president of the Society for the Protection of New Hampshire Forests. "Many of those are quiet, out-of-the-way conserved forests where you can take a family walk or walk your dog. We also own Mount Major, which typically sees 80,000 hikers a year. Now is not the time to hike Mount Major, no matter how great the temptation on a beautiful spring day. Directions to Forest Society reservations near your town can be found on our website, www.forestociety.org." "Be outdoors, but stay close to home, as our collective health and well-being is the highest priority," said AMC President and CEO John Judge. "This is a tough time for those of us who would be outdoors as op-

posed to anywhere else, but the more closely we work together to follow public health guidelines, the more quickly we can return to the natural places we love. AMC is committed to supporting the evolving national effort to control the spread of COVID-19, and so we encourage and recommend limiting your time outdoors to brief, local outings and backyard adventures. Visit AMC's website for ideas and activities that will keep you connected to the natural world at your doorstep." For more information about NH Audubon, please contact Bechtel at 568-1418. For more information about the Society for the Protection of NH Forests, please contact Savage at 724-5362. For more information about TNC NH, please contact Zankel at 491-7848. For more information about AMC, please contact Susan Arnold at 664-2050.

ALTON SCHOOL DISTRICT

Kindergarten Registration

for 2020-2021

Registration for the 2020-2021 Alton Central School, SAU 72, kindergarten class will be held on Friday, April 24, 2020 from 8:00am to 12:30pm, please call for an appointment.

Students must be 5 years old by September 30, 2020. The child's birth certificate, immunization records, parents photo ID, proof of residency, and guardianship paperwork (if parents are in separate households), should be brought to Kindergarten registration. If your child has had her/his physical recently, please bring it to the registration. For more information and to schedule an appointment, please call Sonya Kelly, Administrative Assistant to the Special Education Director, at 875-9302.

TOWN OF NEW DURHAM

ZONING BOARD

PUBLIC HEARING NOTICE

TUESDAY, APRIL 14, 2020

7:00 PM @ NEW DURHAM TOWN HALL

Raymond and Bridget Halpin

You are hereby notified that a Public Hearing will be held by the New Durham Zoning Board on Tuesday, April 14, 2020 at 7:00 pm at the New Durham Town Hall case # 2020-005. The hearing is regarding an application and plan submitted by Varney Engineering LLC. on behalf of Raymond and Bridget Halpin. The applicant is requesting a variance from: Article VI Section C.3 (a): General Provisions Use Regulations for Town of New Durham General Requirements Sewage Disposal and Leach field Setbacks.

The property is located at 170 Pine Point Road, Map 103 Lot 016.

Posted March 26, 2020

One Too Many,
once again?




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

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

Warning Signs of Alcohol Abuse

- Drinking more often than you really need to
- Drinking up with friends or colleagues after drinking
- Drinking to relax or to forget about problems
- Drinking to get to work on time
- Drinking to control your temper in daily life

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



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HIPAA Privacy Rules

BY EDWARD H. ADAMSKY
The Health Insurance Portability and Accountability Act of 1996 (“HIPAA”) required new privacy standards to protect health care consumers. It took until 2003 to have those standards finalized and implemented.

At first the rules caused confusion and fear as the law had severe penalties (fines and jail) for violations of patients’ privacy. Providers changed their systems and became very rigid in what information they would release.

In the last sixteen years however, providers have become used to the system. No one has been punished for innocent infractions and no health workers have gone to jail. Some egregious and criminal violations have been sanc-

tioned but the original fears of most providers did not come true.

Still, the standards are in place to protect everyone’s privacy, and providers do follow them. You will not be able to get any “Protected Health Information” from a “Covered Entity” without a release by the individual patient. In most cases if the patient is present, they can give verbal approval for a provider to speak to or in front of another person. But, without a written privacy release, the provider will not speak to a third-party about a patient. Hospitals are comfortable telling you if someone is there or not, but they won’t tell you the person’s condition.

This means that if you want someone else to know about your situation, then you should sign a HIPAA Privacy Release

so that third person can present that document to any provider from whom they need information. I am now having all of my clients execute a Privacy Release along with their other Life & Estate Planning documents. You may need HIPAA releases for your college-age children too.

One reason a third-party might need information is to pay a bill. If you have signed a Power of Attorney naming some trusted person to help you with paying bills, then that person has the power to handle your money and pay the bill. But, if it is a medical bill, and they have a question about it, the provider will not talk to them without the Medical Privacy Release. A medical bill contains Protected Health Information and the billing office of a provider will not

talk to your Agent under your Power of Attorney without a signed HIPAA release.

Protected Health Information means information about an individual’s physical or mental health condition; the provision of health care to the individual; and, payment for that health care. “Covered Entities” include most health care providers, health insurers, and affiliated organizations (Doctors, Hospitals and Labs).

Estate Planning and Elder Law attorneys have modified their planning documents to include language designed to help families properly use and share protected information. Older documents may not have the right language, so you should review your documents, and if necessary, see your attorney to have them updated.

Who is at elevated risk for COVID-19?

COVID-19 continues to dominate headlines across the globe. This novel coronavirus first made headlines in late 2019 after an outbreak in Wuhan, the sprawling capital city in China’s Hubei province. The virus has since spread beyond China’s borders, leading to school closures and changes in public life, such as the shutting down of professional sports leagues, that many might never have thought they would see in their lifetimes.

Despite the relative infancy of COVID-19, doctors have learned much about it, including who might be most at risk. According to the Centers for Disease Control and Prevention, early information out of China revealed that some groups are at higher risk of getting very sick from COVID-19 than others. Older adults and people who have serious chronic medical conditions are at the greatest risk of getting very sick from COVID-19. Heart disease, diabetes and lung disease are the chronic medical conditions that appear to make people especially vulnerable to sickness from COVID-19.

How people in at-risk groups can reduce their risk of getting sick

It’s important that elderly people and people with chronic medical conditions take their risk for getting sick from COVID-19 seriously, as the virus had already contributed to thousands of deaths by early March 2020. The CDC notes that it is especially important that people at elevated risk take actions to reduce their risk of getting sick with the disease. The following strategies can be part of a proactive approach that may help at-risk people lower their risk of getting sick from COVID-19.

- Stock up on health supplies. Contact your physician and arrange to obtain extra necessary medications so you do not have to leave your home should an outbreak occur in your area. If that’s not plausible, the CDC recom-



mends signing up for mail-order medications. Stock up on over-the-counter medications and medical supplies, including everyday items like tissues, so you don’t have to leave the house if an outbreak occurs.

- Stock up on groceries. Make sure you have enough groceries on hand so you can stay at home if restrictions on leaving home are put in place during an outbreak.
- Embrace the basics. Basic strategies like avoiding people who are sick; washing your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or spending time in public; avoiding touching your face, nose, eyes, etc.; and avoiding crowds can help to reduce your risk of getting sick from COVID-19.

Since the initial outbreak of COVID-19 in China in late-December 2019, doctors have learned that certain people are especially vulnerable to getting sick from the virus. Such people can take certain steps that may reduce their risk of getting sick. More information about COVID-19 is available at www.cdc.gov.

Mid-State Health Center Launches Remote Healthcare Visits

MID-STATE NOW OFFERS TELEMEDICINE TO IMPROVE ACCESS FOR ITS PATIENTS

Plymouth, NH - For those who are unable to come to our offices, Mid-State now offers telehealth for its patients through remote healthcare visits via telephone and video conference. 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.

Telehealth, or the use of digital communications to manage healthcare, will help patients and caregivers to stay connected. Telehealth, also known as telemedicine, creates a real time, secure connection to access your provider. Remote healthcare

visits allow you to have consultation with your provider, seek medical advice, receive follow-up care for chronic conditions, as well as address immediate health concerns such as cold or flu, all over the phone or by video conference.

Mid-State patients will now be able to access their healthcare team from the comfort of their own home. Patients are able to conveniently receive care from their medical and behavioral health providers using video conferencing or phone.

Patients can schedule a remote healthcare visit with their provider for many of their regular visits as well as things

like flu-like symptoms, rash and hives, and behavioral health support. Call today to see if a remote visit is the right option for you (603) 536-4000.

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About Mid-State Health Center:

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



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	27 Barnes Ave.	Single-Family Residence	\$210,000	Ierna T. and Patti Dougherty	Robert Marchand
Alton	170 Hamwoods Rd.	Single-Family Residence	\$263,000	Anita Bielicki-Lacasse and Wieslaw S. Bielicki	Michael and Leanne Boles
Alton	Main Street	N/A	\$240,000	Ernest G. Gillan, Sr. Trust	Ron and Dorene Charles
Alton	N/A	N/A	\$150,000	J.T. & P.A. Pellowe Trust and Douglas J. Pellowe	Charles Shields RET
Barnstead	50 Rabbot Lane	Mobile Home	\$150,000	Dorothy J. BousquetPeter J. Bousquet	
New Durham	22 Berry Rd.	Single-Family Residence	\$163,000	MacQueen Enterprises Inc.	Austin W. and Jacinda D. Davis
New Durham	31 Franconia Dr.	Single-Family Residence	\$175,000	Shawn A. Wheeler	Sophia L. Coffey and Christopher R. Elliot
New Durham	119 Merrymeeting Rd.	Single-Family Residence	\$281,000	Hosa LLC	Roy G. and Debra D. Geer

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

WITHAM

(continued from Page A1)

"was the same way."

The veterans' names and details are omitted here, due to privacy concerns, but Witham was gaining a whole new and different perspective on history.

"I asked a D-Day veteran why he would tell his story of that day now, and to me," Witham said.

The gentleman replied, "I have to tell someone pretty soon; I'm in my 90s."

And, therein lies the magic of Witham's talking; he wound up listening.

The human connection he provided, the common ground he discovered, and his ability as a born storyteller to soak up their stories led to a winning situation for the veterans, too.

"People might not function very well, but if you go back to their time, their long-term memory is good. You can still get stories from them."

Asked what he thought he does for the veterans, Witham replied, "I bring back a lot of memories, some good and some bad. World War II was the biggest thing that happened to them. When you've been

through that, it was the biggest thing in your life."

Of course, the talking and listening weren't all about war.

"I like anything old," he said, "so we would talk about things that were old. I'd learn about their lives."

He found a resident who was born in the same city he had been, and they discussed the old schools, neighborhoods, and businesses.

"At the holidays, even though I can't carry a tune in a basket, I'd sing loud and have a good time."

Now that the home is under state and federal quarantine, Witham is keeping in touch by mailing out cards to his friends. Even though some he knows only by their first names, "the cards will find the right person."

For the past several years, Witham has had his eye on 2020, which represents the 75th anniversary of the end of WWII.

Getting involved with the veterans' home residents gave him an idea. "We have to do something as a tribute," he said.

So Witham has been

normal.

Dowling also has similar hopes for how the community will move forward as the situation evolves and after the pandemic is over.

"This will encourage people to support all small businesses, I hope," she said.

Painchaud had a positive outlook on how the community's businesses are responding to the difficult situation.

"Overall, our local businesses are adapting and managing ways to still thrive during this time," Painchaud said. "We're very proud of our community and business owners with how everyone has responded."



CATHY ALLYN

ALTON'S premier raconteur Bob Witham shows off the cover of his soon-to-be released booklet on the town's past businesses. The plan is to compile four of his most popular presentations into a series for sale to the public and as a source of revenue for the Alton Historical Society. While self-isolating, Witham is still busy writing his friends at the New Hampshire Veterans' Home and planning a tribute to World War II veterans in the summer.

organizing an event to honor WWII veterans on Sunday, July 5, at the Gilman Library at 2 p.m.

"Anyone who served in WWII is invited."

Although the date may be in jeopardy due to the need for social distancing, Witham is moving ahead with his plans.

"We'll have red, white, and blue ice cream," he said. "The Dump Run Band out of Gilmanton will play patriotic songs, marches, and the civilian songs that were popular at the time that the veterans can relate to."

The finale will be "God Bless America," accompanied by waving small American flags.

"People can hang around and talk the rest

of the day," Witham said.

Two restored WWII jeeps will be on hand for photo opportunities.

"They are called the greatest generation, and, in my lifetime, they probably are."

Witham has other projects going, too.

He has led around a dozen presentations for the Alton Historical Society and they are always a big hit.

"I think I broke the record one night," he said. "The talks are supposed to be around 30 minutes and we went two and a half hours. I kept saying, 'Do you want to stop?' and the audience just kept saying no."

It's true he can make anything interesting.

"Everything I say, I have a personal story to

go with it," he explains. "I'm not just quoting facts."

Whatever the appeal, it's in the works to publish a series of four booklets of transcriptions of his talks. Linda Radue of Gilmanton is in the process of compiling everything. Sale of the booklets will benefit the Alton Historical Society.

Witham is in demand. The East Alton Fire Association has asked him to talk on the summer camps in the area for its annual meeting.

"I never realized I had so many connections to summer camps until I thought about it," he said.

Being such a beloved speaker, it seems as though he must have had the ability all along.

"No, no," he stated. "As a youngster I was very shy and never wanted to try things I couldn't do. Playing any kind of ball was my life. I couldn't get in front of a crowd and speak. For the senior play in high school, I was the stage manager because I couldn't do a speaking part."

He owes his presenting skills to a friend and to necessity.

"I became an instructor for the fire service," he said. "I had a friend who was a teacher and he told me if you know what you're talking about, don't ever be

afraid to get up in front of a crowd."

So, Witham "taught tactics in fire fighting, and then I got into history."

He has another secret.

"I don't waste my time telling things that people aren't interested in; I don't take those engagements. I want to talk to people who are interested in what I'm saying, and who understand and enjoy it."

Collecting anecdotes has resulted in a lot of small world stories.

He tells one from his years as a bricklayer. "I met all kinds of nice guys in construction and we'd swap stories. Eventually you get talking about military service."

While on a job at Kingwood High School, he struck up such a conversation with a co-worker during a lunch break. Several coincidences became stronger and stronger until the men realized their connection.

"Turns out I was his replacement in South Korea," Witham said, amazed. "It's unbelievable."

His conversationalist skills and sincere interest in other people certainly act as a catalyst.

"I've been blessed. I've had a great life," he said. "People keep telling me I have to write the stories down, and now I can say, 'We're trying.'"

BUSINESS

(continued from Page A1)

line.

In order to keep the public up to date with changes at Alton restaurants and support fellow business owners, Painchaud said that the owner of JP China, Mary Murphy, has been posting daily updates on social media of restaurant menus, hours of operation and contact information.

Many news outlets have reported that businesses are recommending that customers buy gift cards to support businesses while they are closed or reducing operations. Painchaud agreed that gift cards are a good way to support local businesses until operations are back to

MEALS

(continued from Page A1)

the high school, in four half-hour shifts by designated place in the alphabet. Visit the GWRSD Web page for details and updates.

ELISSA PAQUETTE

GOVERNOR Wentworth Regional School District transportation and food service employees load the first vehicle in a line along the high school driveway on Thursday, March 19, with breakfast and lunch meals packaged for delivery. Left to right, Kaylor Cutter, Ann Champaigne, Adam Riley and Jennifer Morin are ready to go.



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Monday, Wednesday, Friday 8:00-12:00
Tuesday, Thursday 12:00-5:00

NHIAA officially crowns winter champions

BY JOSHUA SPAULDING
Sports Editor

CONCORD — Less than two weeks after calling off the winter season, the NHIAA last Monday announced its plans for awarding championships to division that had not yet concluded their seasons.

“While most wish the tournaments could have been concluded in their normal fashions, this compromise solution takes into account the regular season and a team’s progress through the tournament prior to the suspension of play,” the NHIAA press release stated. “We hope that this solution will bring some closure to the NHIAA winter season.”

The NHIAA Executive Council, by way of a unanimous vote, agreed to award co-championships to the highest seeded teams remaining on each side of the NHIAA tournament bracket while all other teams still alive would be named runners-up. The teams would receive the normal runner-up and/or championship medals and plaques.

The ice hockey tournaments were down to the finals, so both teams who were slated to play in the finals were named co-champions. For girls’ hockey, Concord and Berlin-Gorham were named co-champions, for Division I boys, Concord and Bedford were named co-champions, for Division II boys, Keene and St. Thomas were named co-champions and for Division III boys, Kennett and Berlin-Gorham were named co-champions.

Division III boys’ basketball, Division II girls’ basketball and Division IV boys’ basketball tournaments were also down to the final two teams, so like in hockey, there were co-champions named for all three divisions. Gilford and Mascenic are the co-champions for the Division III hoop boys, Littleton and Newmarket were tabbed co-champions for the Division IV boys and Spaulding and Lebanon share championship honors for Division II girls.

The remainder of the tournaments had multiple teams still remaining.

For Division I hoop boys, Exeter and Portsmouth were named co-champions while Nashua South, Salem,

Keene, Alvirne, Nashua North and Merrimack were named runners-up.

For Division II hoop boys, ConVal and Bow shared co-championship honors while Oyster River, Hollis-Brookline, Hanover, Kennett, Pelham and Lebanon were named runners-up.

For Division I girls’ basketball, Bishop Guertin and Goffstown were named co-champions and Bedford and Londonderry were named runners-up.

Berlin and Exeter were named co-champions for unified basketball while Londonderry and Dover were named runners-up.

The NHIAA also determined winter spirit champions. The NHIAA Executive Council, again by a unanimous vote, approved the use of the scores earned in the preliminary round of the competition to declare a champion and runner-up for each division.

In Division I, Pinker-

ton is the champion and Dover is runner up.

For Division II, Pembroke is the champ and Pelham is runner-up.

Littleton was named champion for Division III and Mascenic was named runner-up.

The NHIAA made the decision on Friday, March 13, to suspend the winter season

amidst the fear of the coronavirus.

A decision on the spring sports season was set to be announced after deadline earlier this week.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Olympics give way to Covid-19 *Summer Games postponed until next year*



THE TOKYO OLYMPICS will now take place in 2021.

COURTESY PHOTO

BY JOSHUA SPAULDING
Sports Editor

TOKYO, Japan — In an unprecedented move in the history of the Olympic Games, the International Olympic Committee and organizers of the Tokyo 2020 Summer Olympics, decided on Tuesday to officially postpone the Games, scheduled to kick off on July 24 in Tokyo, Japan.

The Olympics have only been cancelled three times, once during World War I and twice during World War II and have never been postponed.

IOC President Thomas Bach and Japan Prime Minister Abe Shinzo held a conference call to discuss the Covid-19 pandemic in regards to the Olympic Games. They were joined by Mori Yoshio, the President of the Tokyo 2020 Organizing Committee; the Olympic Minister, Hashimoto Seiko; the Governor of Tokyo, Koike Yuriko; the Chair of the IOC Coordination Commission, John Coates; IOC Director

General Christophe De Kepper; and the IOC Olympic Games Executive Director, Christophe Dubi.

In a very friendly and constructive meeting, the two leaders praised the work of the Tokyo 2020 Organizing Committee and noted the great progress being made in Japan to fight against COVID-19.

“In the present circumstances and based on the information provided by the WHO (World Health Organization) today, the IOC President and the Prime Minister of Japan have concluded that the Games of the XXXII Olympiad in Tokyo must be rescheduled to a date beyond 2020 but not later than summer 2021, to safeguard the health of the athletes, everybody involved in the Olympic Games and the international community,” said a joint statement from the IOC and the Tokyo 2020 Organizing Committee.

For the past few weeks, Bach had been moving forward with the plan to have the

Olympics as scheduled starting in July, but over the weekend of March 21 and 22, the pressure began to mount from National Olympic Committees (NOCs) to postpone the Games.

Canada was the first to announce that if the Games were held in July, there would be no Canadian athletes in attendance. Australia followed suit not long after.

US Swimming and US Track and Field both submitted requests to the United States Olympic and Paralympic Committee (USOPC) requesting that the Games be postponed and after hearing from many athletes, the USOPC also made its recommendation to the IOC that the Games be postponed.

Part of the issue is the fact that there are a lot of qualifying events that need to happen to determine who represents each country in the Olympics and with the postponement of any sort of large gatherings during the Covid-19 outbreak, the

scheduling of those events became more and more difficult and unlikely.

USOPC CEO Sarah Hirshland sent out a notice to US athletes after the decision was made on Tuesday morning.

“Despite the feeling of eventuality that so many of us have felt in the lead up to this moment - my heart breaks for you, your fellow athletes around the world, our friends at Tokyo 2020, the people of Japan, and all who are impacted by this global pandemic and the decision to postpone the Tokyo Games 2020,” the letter read. “We heard your concerns and we shared them. I thank you for being so forthcoming with your perspectives, and also for allowing us the time to hear from your teammates across all sports before making a recommendation to the IOC.

“This summer was supposed to be a culmination of your hard work and life’s dream, but taking a step back from competition to care for our communities and each other is the right thing to do. Your moment will wait until we can gather again safely,” the letter continued. “I wish I had answers to every question out there, but the reality is this decision is unprecedented, and therefore, presents an entirely new process – for you, for the organizers, for the NGBs (National Governing Board) and for the USOPC. Please

know we are committed to working with you in the coming days, weeks, and months to address them together.

“The excellence within Team USA is our resilience and how we overcome adversity. I have no doubt we will get through this together as a team, and all be better because of it,” the letter said. “I sincerely look forward to working with you as we once again plan our path to Tokyo.”

The decision to postpone the Olympic Games now heads into the next stage, as the IOC and the Tokyo Organizing Committee has to figure out new schedules for events, housing for all the athletes, media and volunteers and much more.

“The leaders agreed that the Olympic Games in Tokyo could stand as a beacon of hope to the world during these troubled times and that the Olympic flame could become the light at the end of the tunnel in which the world finds itself at present,” said the joint IOC and TOC statement. “Therefore, it was agreed that the Olympic flame will stay in Japan. It was also agreed that the Games will keep the name Olympic and Paralympic Games Tokyo 2020.”

The official dates for the new Tokyo 2020 Games were announced early Monday morning, with the opening ceremony scheduled for July 23, almost exactly one year after the original starting date.

PMHS seeking pair of coaches

ALTON — Prospect Mountain High School in Alton is seeking an assistant outdoor track coach for the upcoming spring season and a varsity vol-

leyball coach for the fall season. Anyone seeking more information can call Athletic Director Corey Roux at 875-3800.

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Lindsay sees softball season cut short

WORCESTER, Mass. — The Assumption Department of Athletics announced that Shelby Lindsay of New Durham was named to the roster of the 2020 Assumption softball team. Though the spring season was canceled due to the COVID-19 pandemic, Lindsay, Class of 2020, competed during the Greyhounds' spring games in Florida.

"We are saddened at the cancellation of our 2020 season, however, our student-athletes are resilient and are supporting each other during this difficult unprecedented time," said third-year head coach Jon Ladino. "The team worked extremely hard in the offseason and laid a strong foundation in which we hoped to have much success. The effort these student-athletes put forth during the offseason as well as during the first couple of weeks of the season makes me extremely proud to be their coach and optimistic as to what the future holds for this program."

The Greyhounds competed in 10 games, finishing the season with a two-game winning streak, defeating Ferris State 6-3 in the first game and then turned around and defeated Bloomfield 6-3 in their final game.

On March 12, the Northeast-10 Conference announced a suspension of spring play before canceling the remainder of all team activity and competitions, including spring championships and tournaments, a week later. Coming off a 22-21 overall record and a 15-14 conference record last year with their fourth straight Northeast-10 Tournament appearance, in which they were the fourth seed, the Assumption softball team was picked seventh in the NE10 Preseason Coaches' Poll for the 2020 season.

For more information on Assumption athletics, visit www.assumptiongreyhounds.com.

Locals named to New Hampshire Shrine Team

REGION — The 67th Shrine Maple Sugar Bowl Game will be held on Aug. 1, at Castleton University.

The 15th annual golf tournament will tee off at Crown Point Country Club located in Springfield Vt. on July 27 at 8:30am, for anyone interested, please contact the Shrine Office.

Media day will be July 28 at Castleton University where the players and

patients of the Shriner's Hospital for Children come together with the media.

The N.H. VT All Star Band comes in on Thursday, July 30, preparing for a super halftime production under the direction of Robert Skrocki.

On Friday, July 31, the cheerleaders will be coming into Castleton to prepare for their support along the sidelines of the two teams. They will be

under the direction of Jada Belt and Jennifer Ferland. At 6 p.m. Friday evening, the players and cheerleaders will be recognized at a banquet with Imperial Shrine dignitaries welcoming them and thanking them for their dedication to the game. In the distance, you may hear the band finalizing its halftime production.

Saturday, Aug. 1, at 3 p.m. the Shrine Maple

Sugar Bowl Gala parade will commence on Main Street in Castleton, Vt. as the band and cheerleaders will bring the players into Dave Wolk Stadium to prepare for the 5:30 p.m. kick-off.

Included on the New Hampshire roster are Kingswood's Matt Drew, Plymouth's Joe Thorne, Newfound's Rolando Sylvain and Kennett's Dom Jones and Justin Olson.

Curling league crowns winter champions

WOLFEBORO — Team 9 – a newly assembled squad consisting of Dave Alessandroni and Keith Lion of Wolfboro, Dan Barnard of Tuftonboro, Doc Dougherty of Laconia, and Blaise Masse of Lebanon, Maine – captured the Winter 2020 Lakes Region Curling championship in convincing manner even as the season came to an abrupt halt in mid-March with the closing of Pop Whalen arena because of Covid-19 fears.

The LRCA was forced to cancel matches for its final week, as well as calling off its end-of-year gathering and awards presentation. It was a sobering end to what was an otherwise outstanding year as the association marked its fifth year of operation with a final surge of new curlers in the winter season.

Team 9 ended the season with an admirable 7-1 record, includ-



COURTESY PHOTO

KEITH LION, left, Blaise Masse and Doc Dougherty nurse a stone home in a recent Lakes Region Curling winter match. The trio were part of an upstart squad that took the championship in Lakes Region Curling's winter league.



COURTESY PHOTO

SHIRLEY ALESSANDRONI, left and Eileen Neal hurry a shot towards the house.

ing a squeaker over the three-time defending champion Wolf Pack, an all-women's team comprising Eileen Neal, Shirley Alessandroni, Sue Bennett and Denise Cogswell, all of Wolfboro.

The Winter 2020 season was unusual in that the expected membership fall-off during the cold months was more than offset by an influx of new curlers, necessitating the fielding of nine teams and the use of a bye week for each squad.

With the end of the winter league, the LRCA completed its fifth year bringing curling to the Lakes Region of New Hampshire. A venture that started with the tentative hopes of the original organizers following the 2014 Winter Olympics in So-



COURTESY PHOTO

JEN PURDY of Wolfboro launches a stone down the curling sheet in a recent Lakes Region Curling match.

chi, Russia took off on the enthusiasm around the impending 2018 games in Pyeongchang, South Korea.

Over those years, the organization has reached and recruited curling enthusiasts from around the Lakes Region and beyond. Now, with preparations and trials for the 2022 Winter Olympics scheduled to start in 2021, the new year promises a new surge of interest and involvement, and LRCA organizers will be at work over the summer months devising plans to get the word out about this growing sport.

Information about curling in general and Lakes Region Curling in particular can be found on the organization's web site at lakescurlingnh.org.

NHBCO seeking nominations for coaching Hall of Fame

REGION — Any New Hampshire varsity basketball coach who has coached a total of 20 years at the varsity level and has been retired for a period of two years is eligible for consideration into the New Hampshire Basketball Coaches Organization Hall of Fame. Anyone

who would like to nominate a coach should send the coach's name, school, years coaching and varsity record along with the answer to three questions and/or statements: What was this coach's impact on New Hampshire basketball? Describe his or her character. Accom-

plishments in coaching. The person doing the nominating should include their name, e-mail address and cell phone number and e-mail all information to NHBCO President David Chase at 4chasesteam@comcast.net. Nominations are due by April 15.

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THE WINTER OLYMPICS have been a blast and I am looking ahead at a possible summer trip next year.

JOSHUA SPAULDING

Coronavirus, the Summer Olympics and dealing with it all

Ugh. Plain and simple, that's how I feel about now. I am writing this on Thursday, March 26, in my apartment on the second day of "working from home." Our company closed our offices starting on Monday but because I didn't have internet at home, I was allowed to work in the office on Monday and Tuesday, which are my two biggest deadline days. My internet service got installed on Wednesday so here I sit on Thursday morning trying to keep things as normal as possible. I got up at the normal time, went to Wolfeboro and walked (as a replacement for the normal trip to the gym) and got breakfast. But I have to admit, I can get a bit distracted at home. I'm trying to not watch television, instead trying to listen to the radio shows and podcasts I usually listen to during the day in the office. Had the world remained in its normal state, I would be in Florida at this time, covering the Kennett baseball team's inaugural trip to Spring Training in Vero Beach. Of course, that trip was cancelled. So was the trip to New York City, which should have happened after this week's deadline on April 1. And a trip to Atlanta at the end of the month for another RHAP Survivor event was also cancelled, leaving only one trip to look forward to this year. Of course, that all came crashing down on Monday when it was announced that the 2020 Summer Olympics in Tokyo would be postponed

SPORTING CHANCE



By JOSHUA SPAULDING

until next year. And thus, the lone thing that I was looking forward to this year went down the drain. The International Olympic Committee had been delaying the decision to postpone the Olympics for a while, but it was something that anyone could see coming. With the coronavirus continuing to hamper the ability of athletes from around the world to both train and qualify for the Olympics, it became apparent that there was no way they were going to be able to pull off a safe Games starting in July. Japan has started to come out of the other side of the pandemic (at least it seems that way) and that was something of a positive sign, but the fact that thousands of athletes, media members and volunteers from around the world were set to descend on Tokyo in a time where large group outings are discouraged probably wasn't a good thing. I can't even imagine the logistics that have to go into rescheduling the Olympics. The Olympic Village, where the athletes live during the Olympics, is all new construction, but it is also expected the units were to be sold after the Paralympic Games in September to citizens of Tokyo. So, would the Olympic Village still be available? And media members were booked

in existing hotels, which means that these hotels would suddenly have tons of empty rooms for a month this summer. Would those rooms still be available next year? The venues may already have been booked next year. Not to mention previously-scheduled events for different sports scheduled for around the world. And what about the television broadcast schedule? There's a lot to work out. The obvious thing to do would be to put the Olympics at essentially the same time next year, but there has been some talk in the world about possibly moving them earlier in the year. This would provide some relief from the blistering heat that envelopes Tokyo in mid-summer but would also pose some other issues with scheduling. It's safe to say that with no high school sports, no college sports, no professional sports and now no Olympics, this pandemic has not been friendly to the sports world. However, it's also clear that sports are way down on the list of things that are affected by the coronavirus. On a personal note, I still have not made a decision about what I'm going to do about Tokyo. I purchased flight insurance on my flight to Japan, so I can get that money back and I imagine that if the Olympics are moved, we'd get back most of the deposit put on the accommodations if we choose not to attend. Because the Winter Olympics normally feature more athletes with

local connections, the 2022 Games in Beijing have to be my priority (assuming I get credentials for those Games). Getting the money together in the four years between Sochi and PyeongChang wasn't too difficult but getting it all together in less than a year between Tokyo and Beijing may be a bit of a stretch. Like the rest of the

Olympic world, I'll wait and see what decision they make as to when the Games will take place and go from there. Until then, I'll be hanging out on my couch making a permanent indentation on my cushions. Finally, have a great day, Aaron Morrissey. Joshua Spaulding is the Sports Editor for the

Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfoundlanding, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.





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5 reasons why summer camp is a good choice for kids

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7:30am—6:00pm

Ages: 5-15 years old

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Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't be in camp all

summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more.

This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children the chance to try new things, whether that's

learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

July 7 - 27, 2020

Ages 10 - 17

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Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85,

while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just

because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the

ocean or environments less familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

Session length

Camps may last as little as one week or up to a couple

of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit

from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

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If you have any questions regarding the Cemetery, please contact:

Nicholas C. Rott
President
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Of burls in the trunks of trees and phantoms you just can't see



By JOHN HARRIGAN
COLUMNIST

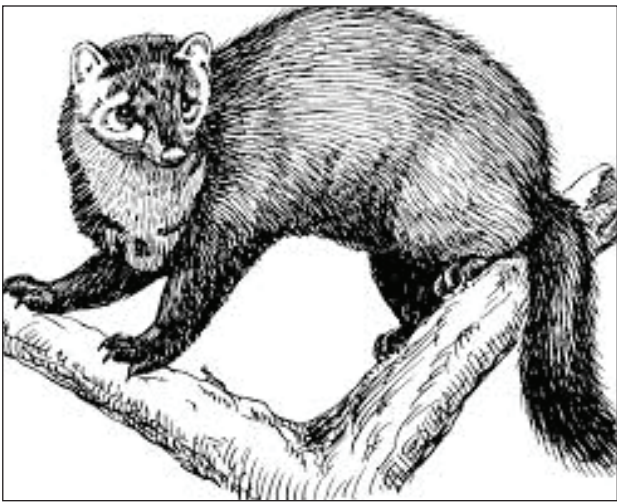
Right out a kitchen window, right from where I write, I can see a couple of spruce trees with big bulges in their trunks. Because they're softwood trees, I've never paid much attention. If they were hardwoods, I'd have taken notice.

The above is a classic case of species bias, to which I throw myself on the mercy of the woods and plead "Guilty."

A burl is a defect in the trunk of a tree or big limb that produces a bulge, sometimes all around the tree, sometimes on the side. Burls are often quite valuable to shapers and finishers of wood, who prefer hardwoods because they stand up better to crafting, use, and abuse.

If a mature hardwood tree with a roundish growth or bulge is carefully cut down and cut up, a skilled woodworker can turn the burl's curve and grain into all sorts of beautiful things.

I enjoy dabbling in etymology, the study of the origins of words, although I'm the last to claim any great proficiency. The subject stems from a lifetime of widely varied reading that continues apace, a faucet I can't turn off. Then too, it's my great good fortune to have



AN OLD piece of line-art depicting a fisher, probably from around the turn of the last century.

abundant French-Irish ancestry on our father's side, and to live in a strongly Francophone region along one of the friendliest borders in the world.

"Woods Words" is one of my favorite parts of my favorite magazine, Northern Woodlands. In it, Laurie Morrissey of Hopkinton recently had the fun she so obviously has when looking into words, and looked into "birling," or as it's most often been spelled around here, "burling." And I'll admit that I've long puzzled over the connection between a growth on a tree and spinning a floating log with your feet.

Well, score another one for serious etymologists. Laurie, with the help of UNH's Don Quigley, traced it all the way back to mill ponds. The theory goes that because they're heavier, bulges would be on the underwater part of a floating log, and someone tending out on logs being floated to the mill would roll them with their feet so the sawyer could get a heads-up on deformities.

This is a pretty neat conclusion, except that we have to be sure we're talking about softwood logs here--spruce, fir and the like--because in my reading and experience, hardwood logs (as opposed to four-foot pulpwood) won't float, at least for long,

+++++
Here is a lightly edited note I received this past week from longtime readers of the Littleton Courier. As they knew when they sent it, it is typical of countless cougar-related missives I've received by ear or by mail over the years:

"Just a quick note to add my name to the list of people who say they have seen a mountain lion and not gotten a picture of it.

"We live on an old farm. I keep our large fields mowed and open so we can enjoy the deer and turkeys and occasional other animals that share the property.

"On March 17 at around 7:30 a.m., our Lab started to growl while looking out the



A RIVER hog using his pike-pole like a tight-rope walker, ca. 1930s. Loggers shepherded drives on the Connecticut, Androscoggin, Kennebec, Penobscot, and St. John rivers, using poles to push, pull, and cajole logs downstream.

slider. Out in the open field, approximately 120 yards away, was a mountain lion trotting across a shelf between two hills. My wife pulled out our binoculars to get a good view of this cat, which appeared to be the size of a good-sized coyote (maybe a bit longer).

"We watched as it covered 80 to 100 yards before it disappeared beyond another hill. The cat was uniformly tan in color, closely matching the old grass in the field. "My wife confirmed that the cat did have a long tail. Immediately after it disappeared, she pulled up a picture of a mountain lion, an exact match for the animal we had just seen.

"I realize that without a picture this is just another story to be added to your "reported mountain lion sighting" file. We had the good fortune to have a long, unobstructed look at this cat for close to one minute."

I replied that I really don't care whether "officialdom" ever acknowl-

edges the possibility of a return by northern New England's original eastern cougar. Too many good, solid, reliable people have recounted good, solid, experiences, with nothing to gain in the telling.

+++++
A friend and cohort on the New Hampshire Wildlife Coalition, Meade Cadot, Ph.D., is worried about a mutual furry friend, the fisher. Where I live and in other rural areas, this mid-sized member of the weasel family is usually bestowed with an added name, "cat." Many of us know that this has everything to do with the vernacular and nothing to do with science, and that the proper name is just "fisher." It's in the same vein as using "partridge" for "ruffed grouse"--a Colonial-era penchant handed down through generations.

Meade, a veteran Antioch University environmental professor

and Harris Center naturalist, says both long- and short-term figures supplied by trappers themselves show that the fisher population has plummeted throughout the state. He can't understand why Fish and Game has not more severely curtailed the trapping of fishers or suspended it.

Meade submitted his paper to Fish and Game as testimony for the Furbearer Hearings. It can be seen in its entirety at nhwildlifecoalition.org.

It is a sad commentary on the "management" of things that for one study Meade cited, the only source of unfettered data was south-central Maine--a region like much of New Hampshire. There, the researchers said, 80 percent of fisher deaths were from trapping.

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