



THURSDAY, AUGUST 13, 2020

GILFORD, N.H.

Summer reading program gets a sweet sendoff



Staff and volunteers from the Gilford Public Library set up a drive through “Candyland” in the library parking lot to celebrate the end of the summer reading program.

COURTESY PHOTOS

BY ERIN PLUMMER
mnews@salmonpress.news

The Gilford Public Library gave a sweet sendoff to its summer reading program with a drive-through celebration.

On Friday, staff and

volunteers set up the library parking lot as a “Candyland” for its participants. The event rounded out this year’s summer reading program “Imagine Your Story” which took some unique forms this summer with the pandemic.

For the finale, different stations were set up around the parking lot with different treats and activities. The library documented the event on its Facebook page. Each one was decorated with a candy theme complete with big crafted Starburst and Dots packages, buckets decorated as gumdrops, plastic balls as lollipops, and many more. Staff and volunteers wore colorful costumes as well as a protective mask.

Visitors were encouraged to wear costumes and decorate their “chariots” to keep with

the theme. Kids also received candy after visiting the stations.

Three kids also were awarded grand prizes for the summer reading program.

Darcy Abler Limanni from Hennessy Funds sponsored the summer reading finale.

Kids still have the chance to get some sweet rewards for reading. Families who check out 10 or more children’s books from the library between Aug. 7 and 14 will receive a bag of candy from Lee’s Candy Kitchen in Meredith.

The summer reading

program may be over, but programs and activities continue at the Gilford Public Library for everyone from kids through seniors.

Geri Fit is back every Tuesday. Seniors can improve their balance and reaction skills with a workout video that increases motor skills, reaction time, and balance which can improve driving skills and prevent falls. Geri Fit takes place on Tuesdays from 10-11 a.m. Signup is required, participants must be library card holders and there is a maximum of 10 people per class. Partici-

pants are asked to bring a two to three pound dumbbell.

Check Out and Expert is also back every Wednesday at 10 a.m. Come by the library with a library card and sign up for a session with an expert on a variety of topics. Sessions are a maximum of 20 minutes if someone is waiting.

Each Wednesday psychiatrist Dr. Raymond Suarez presents “Mental Wellness Wednesdays” from 10:30-11 a.m., a virtual talk on mental health wellness. The pro-

SEE LIBRARY PAGE 6

Gilford Village Road Race still on

BY ERIN PLUMMER
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The Gilford Village 5K Road Race will still go on its original date with a number of new rules and precautions because of the pandemic.

The Gunstock Nordic Association hosts this race every year on Old Home Day. Old Home Day was canceled this year because of COVID-19, though the Gunstock Nordic Association announced on July 31 that this year’s race was still a go as a live event.

There will be several new rules that participants will have to agree to before registering, all of which are listed on the Gunstock Nordic Association’s website.

This year the race is open for preregistration only and there will be no same day registration. Registration opened on Aug. 1 and will be open until Friday, Aug. 28 at 11:59 p.m.

Only New Hampshire residents will be able to take part in the race.

Race packets including bibs and t-shirts will be ready for pickup on Friday, Aug. 28 with a location and time to be announced and can be picked up Saturday morning. The GNA will announce the times in its website.

Volunteers will take racers’ temperatures when they pick up their bibs, and participants must have a temperature lower than 100.4 degrees to take part.

SEE ROAD RACE PAGE 6

Roadwork projects underway around town

BY ERIN PLUMMER
mnews@salmonpress.news

Road construction and paving work took place this week on a number of town roads, including Potter Hill Road.

The town posted a traffic advisory on Friday announcing that that work was starting on Monday, Aug. 10 on several different roads across town and expected to be mostly finished on Wednesday. Roadwork was scheduled for Dinsmoor Point Road, Oakland Avenue, Alpine Drive, Ridgeline Loop, River Road, Leisure Drive, and Chalet Drive. Grading and paving work was also scheduled on Potter Hill Road on the gravel portion only.

This year, the town’s road budget was \$1.75 million and Town Administrator Scott Dunn had given Public Works Director Meghan Theriault was given a preliminary list of roads. Theriault said to the selectmen in March that she would work with Highway Superintendent Kyle Tibbetts on mapping the roads and coming up with the final plans. That same

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Documentarian shares experiences investigating Sasquatch



COURTESY PHOTO

Aleksandar Petakov shares information and stories on cryptozoology during a presentation at the Gilford Public Library.

BY ERIN PLUMMER
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Whether tall tales or animal species that have yet to be identified, there have been reports of Bigfoot sightings across the globe and many across New Hampshire. A Nashua-based documentary filmmaker had been investigating these stories and the stories of other cryptids across the world, recent sharing his experience in a presentation in Gilford.

Aleksandar Petakov presented “Granite State Bigfoot” on Thursday at the Gilford Public Library, a presentation talking about his work, documenting different stories, and sharing some elements of folk-

lore and popular culture around Bigfoot.

Petakov is a filmmaker and photographer who has done a number of documentaries and multimedia projects on cryptozoology including a YouTube channel and weekly livestreams. He has documented stories on the Loch Ness Monster and sightings of similar creatures in the United States, the mystery of mountain lions in New England, and more.

Petakov presented the definition of Cryptozoology as the study of hidden or undiscovered animals. There are a number of cryptid stories from around the world, many of these are based in legend and

folklore while many are actual animals that weren’t properly identified for a long time. One example is the coelacanth, a prehistoric fish that was thought to be extinct until one was caught in a fishing net off the coast of South Africa.

“All the old maps back in the day had pictures of these horrible looking creatures,” Petakov said. “Often times, they were narwhals or whales or strange creatures they weren’t familiar with that we now know.”

Petakov will document stories of these cryptid sightings. He will go to the location of the sightings, talk to the

people familiar with the area’s wildlife, and even talk to those skeptical about the stories to get a more rounded perspective.

“Documentaries are a great way to preserve individual experiences, but also the folklore, regional stories,” Petakov said.

He said while he wants to make these documentaries entertaining, he also wants to take the stories seriously.

Petakov said there are stories all over the United States and across the globe of large, hairy humanoid creatures throughout history. Some of these resemble

SEE SASQUATCH PAGE 6

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 leadership 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 leader-

ship 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 committed 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 MVSB and the Merrimack Savings Bank of Walpole joined NHMB in 2018. In 2020, MillRiver 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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Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Youth Soccer registration deadline is Aug. 21. The Gilford Parks and Recreation Department will be accepting Youth Soccer registrations

through the registration deadline of Friday, August 21st! The youth soccer program is open to all Gilford students entering grades K-5 this fall. After August 10th, the registration fee increases to \$25. Any reg-

istrations submitted after the Aug. 21 deadline will be accepted on an availability basis only. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

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 accounting 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.

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 Julia Harris of Gilford.

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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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 stran-

gulated 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 starting 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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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.



BY MARK PATTERSON

MARK ON THE MARKETS

Advisor versus robot

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.

MVSB James D. Sutherland Memorial Scholarship 45 recipients 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, attending 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 communities. 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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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.

Oftentimes 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."

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CATHY ALLYN

Outdoor dining

Side-by-side, a bee and a butterfly take advantage of Nature's bounty.



By JOHN HARRIGAN
COLUMNIST

Anonymous letters just irritate the daylight 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

North Country Notebook

Anonymous letters, and seeking Maine, while photographing various things

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 weekend, 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



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)



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)

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 suc-

cessive 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.

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 build-

SEE NOTEBOOK PAGE 10

LETTERS TO THE EDITOR

If it's not broken...

To the Editor:
Bob Giuda's integrity, countless hours of hard work, and Republican values in the New Hampshire Senate are unsurpassed. I am a strong believer in the saying "If it's not broken, don't fix it." Bob's ser-

vice to the people of his district "isn't broken."
Re-elect Bob Giuda - not for Bob, for you.

REP. HARRY H. BEAN
GILFORD

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.

“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 birth 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 mys-

terious group of people including a young musicologist 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.

STRATEGIES FOR LIVING

A divided nation cannot survive

BY LARRY SCOTT

Perhaps not since the Civil War has America been more divided than it is right now. A nation, divided as we are today, will not survive in its present configuration. We cannot sustain the suspicion and hostility that now dominates the political landscape.

The Christian community has been warning of this day, and it has materialized. The move toward the “separation of church and state,” in no way justified by our constitution, is now a fact of life. We have taken the Bible out of the classroom and removed God from the public arena. Truth is relative and principles of right and wrong are now a matter of personal opinion. Abortion on demand, gender reallocation, and gay marriage are now socially acceptable.

The current political upheaval is but a symptom of our national drift away from the godly principles on which this nation was founded. Progressives, designated here as the McFirst gen-

eration, now dominate the political arena. And it is telling that a gullible public has taken the bait. A spate of candidates, making promises that defy common sense, that we cannot afford, and that will never become law, have acquired an enthusiastic following. Unbelievable!

I respect the right our leaders have to differ in their political convictions. There is, after all, strength in diversity. Honest debate has always been healthy. But what is happening in Washington has little to do with responsible leadership. Truth and justice have been sacrificed to pursue a vendetta; honesty and integrity have given way to self-serving partisan politics. This is little more than an attempt at a palace coup.

But the nation cannot sustain this level of conflict for long. Things will come to a head. I am encouraged in believing that America at large has better sense than some of our leaders. The ballot box is a powerful weapon and, one way or another, we will

put an end to the bitter, self-serving politicians that have dominated our headlines.

But there is another solution. Nowhere has the antagonism between opposing parties been more acrimonious than the divide that existed between the Arab and the Jew in the early days of the Christian era. And the Apostle Paul, who had himself been caught up in the conflict, found that a personal relationship with Jesus Christ changes everything.

Writing to the church at Ephesus, he stated, “For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility.” And the Apostle was right on. I can tell you from person-

al experience that even our most acrimonious divisions can be healed when Jesus Christ becomes the Lord of our lives.

As I have done frequently in this column, I call again for America to return to a respect for God and His Word. I will grant it will take a spiritual revival to have a substantial impact on the direction we have taken as a nation. And that must be a serious matter of prayer for all of us. But, in the meantime, we can vote into office men and women who will govern by the spiritual principles on which this nation was founded.

The dire predictions of yesteryear were ignored and you can see for yourself where we are as a nation today.

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LIBRARY (Continued from Page A1)

gram will be on the library’s Facebook page.

Make edible play dough on Tuesday, Aug. 18 from 10:30-11:30 a.m. with a virtual workshop on Facebook Live. Only two ingredients will be involved and they can be picked up at the library. Sign-up is required.

On Thursday, Aug. 20, Ed Webster presents “Everest the Hard Way,” the story on how he scaled up the east face of Mount Everest with only a few companions, no assistance from Sherpas, and no radios or oxygen bottles. The presentation will be from 6-7 p.m. in the library meeting room and streamed on Zoom.

ROAD RACE (Continued from Page A1)

Runners will also have to complete an online survey on COVID-19 symptoms and possible exposure, they can also do this on their phones the day of the race.

To minimize the event’s duration, the race will only be open to people who can complete a 5K course in under 40 minutes. The official clock will be stopped at 40 minutes to allow the race to go ahead with awards and cleaning and sanitizing.

The race will have a mass start right at 8 a.m. on Aug. 29. All runners will be staged six feet apart from each other at the starting line and line up in the order of anticipated finish. Signs will be out helping people determine their starting points based on their expected finish time. Finish times will likely range between 16 and 40 minutes.

All participants and staff must wear face coverings at the start and end of the race, though the runners don’t have to wear them during the race itself or while warming up and cooling down. Runners are asked to call out to others when they are passing them with, “On your left!” or “On your right!”

There will be no water stations and runners are asked to hydrate appropriately with their own containers before and after the race. There will be portable toilets available to only people who have race bibs.

“We appreciate every runner’s cooperation and honesty to help us keep everybody safely distanced at the starting line, and also to minimize the occurrence of runners passing one another out on the course,” the Gunstock Nordic Association said on its website.

Runners can find a link to register on <https://www.gunstocknordic.com/events>.

SASQUATCH

Neanderthals or wild humans (like the Al-masty of the Caucasus Mountains) while some are apelike (like the rock apes of Vietnam, who were reportedly seen by American soldiers during the Vietnam War).

A number of these creatures have been reported all across North America, especially by a number of Native American and First Nation tribes. The name “Sasquatch” comes from the term “sesquac” from the Salish Tribe of British Columbia that was anglicized as “Sasquatch.” The term “Bigfoot” came from logging crews in Bluff Creek, Calif., in the 1950’s. There were even stories of Daniel Boone, Theodore Roosevelt, and other historic figures having some kind of encounter or sighting of Bigfoot. Petakov said the Patterson-Gimlin film showing what looks like a Sasquatch in 1967 is the second most analyzed film next to the Zapruder Film that recorded Pres. Kennedy’s assassination.

Petakov said there are a number of theories of what these creatures might be. They could be a species of animal (especially primate) that has yet to be identified or a line of early humans like the Neanderthal that didn’t go extinct. He said there are a number of sightings that are mis-identifications of other large animals (like bear or moose) or outright hoaxes.

Petakov presented a map showing where Bigfoot is most commonly seen, with most centered in the Pacific Northwest, the Midwest, Florida, and northern New England. The commonality is areas of heavy forestation with heavy rainfall or moist environments. At the same time these are also the ideal conditions for gorillas.

There have been several reported Bigfoot sightings in New Hampshire throughout state history.

The state has two researchers from the Bigfoot Field Researcher Organization (BFRO) who investigate reports. When looking into a report, the investigators will talk to the people who made the sighting. Many reports are outright pranks or hoaxes. If it’s deemed credible it will be further investigated, including talking to witnesses, watching the area, looking at field evidence like prints, and more.

While it might seem obvious to get a DNA test on any found hair or other materials, he said DNA testing is ex-

tremely expensive and inaccessible to a lot of researchers.

Petakov said there have been 239 total reports in New Hampshire. Many of the cases have been in the southern part of the state including Rockingham and Hillsborough Counties.

Petakov has talked to a number of people who have had sightings or know someone who did.

One story was of the “Hollis Flea Monster” in the 1970’s. There had been three different sightings of a blondish creature around eight feet tall that went after trailers around a flea market in Hollis. In 1977 the Nashua Telegraph reported a story of a man from Lowell, Mass., abandoned his camper after seeing a “hairy, manlike creature that smelled of rotting fish.” A researcher from Harvard investigated the case and found big footprints around that area along with a few similar reports.

Petakov spoke with a man who saw something around Bald Mountain while hiking with his girlfriend and their dog in 1979. They were mineral collecting when they came across a stacked stone structure. They investigated and saw a large, hairy creature sitting in it with its back turned. The dog started barking and the creature reacted with a guttural sound that sent the two running.

The last time he did a talk, someone told him of their grandfather who was a prison camp guard at Camp Stark for German prisoners during World War II. A number of prisoners refused to go in the woods to do their work, saying they saw gorillas out there.

Petakov showed his documentary “Shyman of the White Mountains” about a Bigfoot sighting near Lake Umbagog.

He dedicated the presentation to Michael Mitchell, a comic artist from Tilton. Petakov collaborated with Mitchell on a number of cryptozoology related projects, including the “Granite State Bigfoot” comic. Mitchell died in September of 2019. S

PROJECTS (Continued from Page A1)

meeting the selectmen approved awarding the paving contract to Wolcott Construction of Gilmanton, who has been doing the town’s paving work for the past several years. The decision came after ample discussion about whether to go with Wolcott this year or take bids from another company. The board decided to go with Wolcott this year and take bids for paving next year.

According to the announcement, Public Works crews working with Wolcott and Busby Construction conducted shim work, raised structures, and paved over the week. Most paving was anticipated to take place on Tuesday and Wednesday. Paving that wasn’t done would be done in the next round of asphalt work when work on the shoulders would also be done. Separate traffic alerts would go out for that work.

The roads being worked on would have one lane of traffic blocked off alternately depending on the stage of work. Travel delays could be expected and partial detours could be required.

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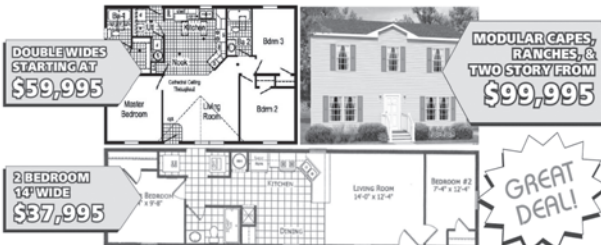
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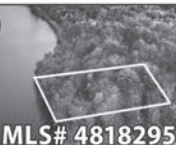


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Alton Central School
Network Manager

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
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EOE

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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.



JOB OPPORTUNITIES

FULL-TIME

**SIGN ON BONUS!*

- *RN – Surgical Services Manager
- *RN – M/S Charge, Day Shift
- *RN – M/S Charge, Night Shift
- Speech/Language Therapist
- Screener

PART-TIME

- RN – M/S
- Central Sterile Technician
- Cook

PER DIEM

- LNAs – RNs
- Central Sterile Technician
- Certified Surgical Tech
- Phlebotomist

APPLY ONLINE

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181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

Quick and filling meal served up in a snap

After the lazy days of summer, fall often arrives with packed schedules and everyone getting back on track, whether for work or school. Busy families may not have much time to spend in the kitchen these days, but they don't need to devote hours to cooking. Even quick meals can serve up significant flavor.

In the time it takes to boil rice, this recipe for "Creamy Rice With Roasted Shrimp and Tomatoes," courtesy of "Real Simple Dinner Tonight: Done" (Time Home Entertainment) from the editors of Real Simple, can be put on the table. Arborio rice makes this dish creamy, but if it's unavailable, long-grain rice also can be used — just follow the package directions for cooking.

CREAMY RICE WITH ROASTED SHRIMP AND TOMATOES

Serves 4

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 cup Arborio rice
- 1 cup dry white wine
- 1 Kosher salt and black pepper
- 1 pound peeled and deveined medium shrimp
- 2 pints grape tomatoes
- 8 sprigs fresh thyme
- 2 cloves garlic

Heat oven to 400 F. Heat 1 tablespoon of the oil in a large saucepan over medium heat. Add the onion and cook until soft, 5 to 7 minutes. Add the rice and wine and cook, stirring, until the wine is absorbed, 1 to 2 minutes.

Add 2 cups water and 1/4 teaspoon each salt and pepper to the saucepan. Simmer, covered, until the water is absorbed and the rice is tender, 18 to 20 minutes.

Meanwhile, on a rimmed baking sheet, toss the shrimp, tomatoes, thyme, and garlic with the remaining tablespoon of oil and 1/2 teaspoon each salt and pepper. Roast until the shrimp are opaque throughout, 15 to 20 minutes. Serve over the rice.

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Edward Jones: Financial Focus

When Facing Illness, Take Control of Finances

In light of the coronavirus pandemic, virtually all of us have considered health-related issues. But for people facing a serious, chronic illness, such as Parkinson's disease, multiple sclerosis, diabetes or cancer, health concerns are an everyday matter. If you're fortunate, you may never be afflicted with such maladies, but the future is unpredictable. Of course, going through these health challenges bring physical and emotional concerns — but also financial ones. How can you prepare for them?

Essentially, you'll need to consider four key areas: investments, insurance, legal arrangements and taxes. Let's take a quick look at each of them:

- Investments — You'll likely need to draw on your investments for at least some of the expenses associated with your illness. So, within your portfolio, you may want to establish a special fund devoted entirely to these costs, whether they be health care, modifications to your home, transportation and so on. A financial professional can help you choose investments for this fund, as well as make recommendations for your overall investment strategy, including techniques for boosting your income, such as adding investments that can provide an income stream that kicks in when you think your costs will rise.
- Insurance — Depending on your health status, you may be able to collect Medicare earlier than the traditional starting point at age 65. Even so, you'll likely need to supplement it with additional coverage. But you may also want to look beyond health insurance. For example, you might be able to purchase a "chronic illness rider" that allows you to tap into life insurance benefits while you're still alive. Or you might consider adding a "long-term care rider" to a life insurance policy; this rider offers financial benefits if you ever require daily care that you can't provide for yourself. And some foundations, states and drug companies offer programs that can help pay for some costs that your insurance won't cover.
- Legal arrangements — If you haven't already done so, you may want to establish the legal documents most appropriate for your situation, such as a durable power of attorney for finances, which gives someone the authority to manage your financial affairs if you become temporarily incapacitated, possibly due to flare-ups of your chronic disease. Once you've recovered, you regain control of your financial decisions. You might also want to consider a health care proxy, which appoints an individual to make medical decisions for you if you can't. In creating or revising these documents, you'll need to consult with your legal professional.
- Taxes — You might qualify for Social Security disability payments, which, like other Social Security benefits, are taxable, so you'll need to be aware of what you might owe. But you might also be eligible for some tax breaks related to your condition. If you still itemize tax deductions, you may be able to deduct some medical expenses, as well as certain home improvements, such as wheelchair ramps, bathtub grab bars, motorized stairlifts and so on. Your tax advisor may have suggestions appropriate for your situation.

Dealing with a chronic illness is never easy. But by considering how your illness will affect all aspects of your life, getting the help you need, and taking the right steps, you may be able to reduce the financial stress on you and your loved ones.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

Member SIPC

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 alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

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

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NOTEBOOK

(Continued from Page A4)

ing 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, picking up a swing-set along the way. It galloped into Beaver Brook swamp, the unofficial name for

the jungles that I routinely disappeared into for much of my boyhood. We used to build cedar-log rafts to pole around in there, and once found a turtle that Edgar Bennett and Robert Shaw carved their initials onto a half-century before.

Anyway, this moose on the loose was a sensation, and by the time it disappeared into the embrace of the swamp, it was being pursued by various people armed with everything from guns to hatchets, as well as the usual passel of dogs, and people on horseback. Jim Berry, the game warden, shot it with a tranquilizer dart so the swing-set could be untangled from its rack and it could run away, which it was happy to do, disappearing in the general direction of Creampoke.

So we took a photo-

graph of the deer, and later in the day did the same thing with a young fox, last year's pup, which was wandering around on a logging road in the wild woodlands, seeming confused about what it was supposed to be doing. "You're supposed to be acting like a wild animal," we told it, more or less in unison, and it ran away.

(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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