

Harmon family to hold annual ride again

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

Jenni was a 2006 graduate of Gilford High School. She passed away in a tragic automobile accident in December of that same year, while she was on her way to an EMT class in Gilmanton. Jenni spent her high school years playing sports, creating art and volunteering with the Girls Scouts and Students Against



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

Destructive Decisions. After graduation, she decided to become an EMT, through the Gilmanton Fire Department, as a

way to continue to serve her community. According to her mom, Jane Harmon, "Jenni loved motorcy-

cles from the start. She loved to ride and she really enjoyed summers in the Lakes Region. Each year, close to her

birthday (July 31), Jenni would have a great party inviting friends and family to celebrate with her."

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

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

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Gilford schools exploring options for next year

BY ERIN PLUMMER
mnews@salmonpress.news

The Gilford School District is looking at options for reopening the schools for the coming school year with the aim of having a presentation to the school board in August.

Superintendent Kirk Beitler wrote on the district's Web site that the school board during its July 12 meeting gave the schools a target of Aug. 4 to have a complete report on any options for reopening schools taking into consideration a number of factors.

Beitler wrote that already the district's buildings have hosted a few in person activities this summer including a camp, Title I academic support, and elementary level services. Physical and remote options were also given for middle school level academic academies and summer school and competency recovery for the high school. Athletes in fall sports have been invited back to campus for outdoor small group practices.

"Each of the Gilford schools is looking at schedules, protocols and procedures for full opening, a type of hybrid model and a remote learning experience," Beitler wrote. "We must be flexible and nimble as we transition into the new school year. We are reviewing the CDC guidelines, the Governor's reopening plan, and other resources from across the country and world as we develop our plans."

Each of the schools will send a survey to parents on whether they want to send their students back to school. They also want to get a sense of how many students will be coming in on buses.

The schools are aiming to present a report to the school board on its Aug. 4 meeting on all the reopening details such as entering and exiting schools, busing, lunches, configuration of classrooms, and extra-curricular activities.

The district already has increased cleaning and that will continue during the school year as will the purchase of personal protective equipment. Sanitizing stations have been put up throughout the schools and the district has ordered electrostatic sprayers.

The school day will include masks, social distancing, and a daily screening process.

"It will be critically important that we have the support of families for honest communication with regard to attendance and illness," Beitler wrote. "Students and staff who are not feeling well will be expected to stay home."

Anyone with coronavirus or who has come in con-

Gilford High junior starts new business



Madelyn Gallant

Gilford High School Junior, Madelyn Gallant recently combined her entrepreneurial spirit with a passion for helping her community to donate \$500 to local Got Lunch programs.

As the recent community pause due to COVID-19 placed students on something of an early school break, Gallant viewed the down time as an opportunity not only to launch her own business, but to spread joy and love to her community. Ala Clothing, Gallant's online clothing store, offers the design trends of today's youth with the intention of helping the community by giving back to her peers. A portion of the proceeds from Ala Clothing go to Got Lunch programs of the greater Lakes Region.

With little guidance from her business owner parents, Gallant took the initiative to, on her own, launch the business, create her website, design her

Gallant, PAGE 6

Rafting for Wishes teams do their own floats for virtual event

BY ERIN PLUMMER
mnews@salmonpress.news

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

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

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

Rafting, PAGE 6



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



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

ALMANAC

Notes from the Gilford Public Library

Notes from the Gilford Public Library

By Mark Thomas
Library Correspondent

When is the last time you read something that thrilled you? The ‘thriller’ description might conjure up a particular kind of book. A dark, psychological kidnapping, or someone hunted by the ex they thought had died years ago. It’s

not all Ruth Ware chilling tales (though those are excellent). There are thrillers for everyone! You’ll get the real rundown if you tune in to “20 Thrilling Books in 20 Minutes” on Facebook Live July 28 from 1-1:30 p.m., but let’s get warmed up with some exciting reads right now from BookPage’s “Thrills for Every Reader” list!

Megan Miranda tells a chilling story of

“The Girl From Widow Hills,” who was sleepwalking as a child and was missing for days, finally found alive clinging to a storm drain. Twenty years later, she left her old persona in the public eye. She has begun sleep walking again, but this time, with deadly consequences. Another read with a time hop is “The Mountains Wild” by Sarah Stewart Taylor. Maggie D’arcy traveled to Ireland to help the police search for her eerily missing cousin. Decades later, now a homicide detective, Maggie’s cousin’s scarf turns up right as another young woman goes missing. She heads back to Ireland, this time determined to find answers. You know there’s going to be a twist... or do you? Will you see it coming?

The Green Man is a sympathetic, if ruthless, serial bomber in David Klass’ “Out of Time.” He exclusively demolishes targets designed to draw global at-

tention to threats to the environment. The Green Man seems to be uniquely skilled at evading FBI tactics, until Tom Smith applies his own unique skills to the case. Will they find the Green Man before they run out of time?

Heather Young’s “The Distant Dead” differs from these others, in that the book starts when the deaths have already happened. An orphaned sixth grader finds the burning body of a teacher in the desert. The teacher was his friend, confidant, and commiserator. He and others in the small town are in turmoil over the death, why this mysterious man was murdered, and what it has to do with the traumatic burdens they already bore.

The library has copies of all of these books. To borrow them just sign into the library catalog, search for the title, and click ‘reserve,’ or give the library a call at 524-3042. There are twenty more teasers waiting for you on Tuesday, July 28. See you then!

box, 10:30-11:30 a.m.

Learn how to Beat-Box with Aaron Jones. Beat-Boxing is a fun skill that is always with you, and it makes any hang-out into a music session! Musician Aaron Jones will show us how it’s done. *sign up second through eighth grade

Beginner Line Dancing, 11:15 a.m.-12:15 p.m.

Bonnie Deutch will help you kick-start your day in this line dancing class. This is a class for beginner dancers. Please sign up by contacting the library. Maximum 8 participants. Masks required.

Tuesday, July 28

Imagine Your Future Camp, 10 a.m.-1 p.m.

Tiktok, Zoom classrooms, Discord, online gaming, the future is coming fast. Imagine what your future will look like at this social tech camp. For fifth through 12th graders. This camp will be led by Mark Thomas (librarian) and is in-person with a 10 participant limit. Sign up required, with a waiver to be signed at the start of camp. Face masks will be required for the safety of all participants.

Gnome Homes, 10:30-11:30 a.m.

Build your own Gnome homes in your own backyard or while hiking today. Send us your picture and be entered to win a contest for the best gnome home for a prize. For children.

20 Thrilling Books in 20 minutes, 1-1:30 p.m.

Kayleigh and Jill are here to spice up your summer reading with some chilling mysteries, dramatic thrillers, and terrifying true crime

reads. Live on Facebook!

Wednesday, July 29
Imagine Your Future Camp, Cont., 10 a.m.-1 p.m.

Beach Story-times, noon-1 p.m.

Come join us at the Gilford Public Beach for some spectacular stories and take home a surprise!

Hand-Building with Clay, 2-3 p.m.

Join Molly and the Community Art Group for an in-person craft workshop at the library! Ceramic artist Molly Harper will demonstrate how to build and craft different items for your home with air-dry clay. Combining classic techniques and fun ways to add texture, playing with clay is a great activity for the whole family. Contact the Library to register. Space is extremely limited.

Thursday, July 30

Advanced Line Dancing, 10-10:30 a.m.

Imagine Your Future Camp, 10 a.m.-1 p.m.

Music With Zev, 10:30-11:30 a.m.

Preschool Music Jam with music by Zev! Grab your favorite instrument or some pots and pans to sing, dance, and play along music party.

Beginner Line Dancing, 11:15 a.m.-12:15 p.m.

Book Discussion, 12:30-1:30 p.m.

Join us for a discussion of the book Sing, Unburied, Sing by Jesmyn Ward. The library will have a number of copies available for patrons to borrow, and copies are also available on NH Downloadable Books (also known as Libby!). This meeting will be in-person. Sign-up required due to extremely limited capacity.

GILFORD POLICE LOG

The Gilford Police Department reported the following events from July 10-19.

Justin J. Thomas, age 23, of Laconia was arrested on July 10 for Failure to Comply with Sex Offender Registration requirements.

Miranda J. Haddock, age 20, of Somerville, Mass.; Lauren G. D’Angelo, age 20, of Wilmington, Mass.; Kelsey A. Long, age 20, of Woburn, Mass.; Brett A. Kessler, age 20, of Mansfield, Mass.; Chase A. Waxman, age 20, of Sharon, Mass.; Joseph P. Bevilacqua, age 20, of Medway, Mass.; and Thomas J. Donnelly, age 20, of Mansfield, Mass. were arrested on July 11 for Unlawful Possession of Alcohol.

Jamie Lee Locke, age 43, of Laconia was arrested on July 12 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Samantha L. Miller, age 40, of Belmont was arrested on July 14 for Theft By Unauthorized Taking or Transfer (Larceny).

Melissa Sylvlia, age 41, current address unknown, was arrested on July 15 for Theft By Unauthorized Taking or Transfer (following two prior convictions) and in connection with a bench warrant.

Kara E. Lemay, age 31, of Nashua was arrested on July 15 on two counts of Driving While Intoxicated. A 28-year-old male from Gilford was taken into protective custody for intoxication during the same incident.

Stephen W. Flanders, age 33, of Belmont was arrested on July 15 for Loitering or Prowling and in connection with a bench warrant.

Marco A. Oliveira, age 49, of Hillsboro was arrested on July 16 for Driving Under the Influence-Impairment and an Open Container violation.

A 28-year-old male from Montpelier, Vt.; a 27-year-old female from Burlington, Mass.; and a 26-year-old male from Belmont, Mass. were taken into protective custody for intoxication on July 17.

A juvenile, age 16, was arrested on July 17 for Operating Without a Valid License and Negligent Driving.

Thanh M. Chinh, age 41, of Concord was arrested on July 18 in connection with a bench warrant.

Jonathan Charles Joy-Pagliarulo, age 38, of Belmont was arrested on July 19 for Driving After Revocation or Suspension (subsequent offense).

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Classes & Special Events

July 23 - July 30
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In-person Community Connection Programs return to Prescott Farm

LACONIA – Prescott Farm is pleased to announce the return of in-person programming on its White Oaks Road property. In the coming weeks residents and visitors to the Lakes Region can once again expand their understanding of and appreciation for the natural world with the guidance of Prescott Farm staff and guest instructors. Programs will take place outside with appropriate social distancing, masks, and other safety protocols in place.

Upcoming programs include Wild Medicinal and Edible Plant Walk (Saturday, July 18; 9-11 a.m.); Family Fun Night: Fireflies Light the Skies

(Wednesday, July 22; 6:30-8 p.m.); Basket Making: Leaf Coil Baskets (Saturday, July 25; 9:30 a.m.-noon); Big Tree Tour (Wednesday, July 29; 6-7:30 p.m.); Trail Yoga (Aug. 1; 8-10 am). Additional summer and early-fall programs will be announced soon.

In addition to these educator-led programs, visitors can enjoy the trails, gardens, and natural playscape on the 160-acre property as a free community resource from dawn-to-dusk every day. For program details, a list of health and safety requirements, and to register, please visit prescottfarm.org.

Prescott Farm is a

nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with more than 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Na-



ture-Based Preschool and WildQuest summer and vacation camps. For

more information about Prescott Farm and all of its programming and

ways to help, please visit www.prescottfarm.org.

Gilmanton Historical Society hosting tour of historic barn



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

GILMANTON — On Tuesday evening, July 28, the Gilmanton Historical Society offers its

July program featuring a tour of a vintage Gilmanton barn and a presentation by John Por-

ter on how barns tell us about the history of New Hampshire agriculture. Rain date, July 29. If you

have a question, call 267-6098.

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

There will be an opportunity to tour the barn and see the agricultural items that the Historical Society has placed there. Visit the nearby flax retting pond, a remnant of much earlier agricultural use of the property. Don't know about retting flax? - come and find out.

Following the tour, and outside on the conservation land, John Porter will tell us about

"The History of New Hampshire Agriculture As told By Barns." John Porter has written a wonderful book on barns and is an expert on the topic. The entire program will take place on the conservation property. (There will be no meeting at Old Town Hall.) Bring a folding chair.

The Historical Society's summer 2020 series continues on Aug. 25 with "History of Gilmanton's Kitchen Family." Wendy Berling, a descendant of the Kitchens, will tell us about this family and how it helped shape the history of Gilmanton Corners beginning in the late 1800s. Coming from East Orange, N.J., the Kitchens were one of the first families who helped make Gilmanton a destination for summer visitors.

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

Look for updates for time and place of each program.

The Society's museum, located in the basement of Old Town Hall, is open during June, July and August from 10 a.m. to noon every Saturday morning.

Gunstock TrailFest canceled for 2020

BY ERIN PLUMMER
mnews@salmonpress.news

The first annual Gunstock TrailFest has been canceled due to concerns about COVID-19.

The event was scheduled for Sept. 19-20 after being postponed from May due to coronavirus. Gunstock recently announced the event has been canceled for 2020 with hopes that it would be rescheduled for 2021.

TrailFest was a new version of the GiddyUp Trail Running Festival that had been held in New Gloucester, Maine on Memorial Day Weekend. The event featured 5K, 10K, and kids races along with 25K, 50K ultra and 50 Mile ultra. There was also beer barbecue, live music, and family events.

The event was moving to Gunstock where it would become the Gunstock TrailFest. There would be nine different races on the cross country trails, a base to peak mountain climb, and a Peak to Peak Challenge. Onsite camping was available and the event would have barbecue live music, and two complimentary beers for participants.

Gunstock TrailFest was initially scheduled for May 23 and 24 but was postponed because of the pandemic and the order against public gatherings. The event was rescheduled to Sept. 19 and 20 with registration put on hold.

Now TrailFest has been canceled for 2020 because of the pandemic.

"Check back in the future as we all hope this event will be back for 2021!" read the event page on Gunstock's Web site.

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Music appreciation

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

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

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

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

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

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

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

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

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

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

“Name one song of his that is bad,” he joked. Next was The Beatles, who “changed the world of music,” said Spaulding.

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

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NORTH COUNTRY NOTEBOOK

About catamounts and bats, and how long a story lives



By JOHN HARRIGAN
COLUMNIST

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

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

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

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

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

There are still places in the high country

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

+++++

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

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

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

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

+++++

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

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

The consensus on that one seems to be “housecat,” and I agree.

I’ve been keeping track of such reports for forty years plus,



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

and writing only about the very best of the best. And after all these years there is one thing I can say to anyone eager to do the point and counter-point thing on cougars: You look these people in the eye and call them liars, because I won’t.

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

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

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

It was obvious, in this most recent exchange, that many people had

never heard of it.

+++++

We tend to take wild turkeys for granted these days, forgetting that they were extirpated (fancy word for “gone” from here but not necessarily elsewhere) during settlement and expansion times. Fifty years ago, New Hampshire traded live-trapped fishers for wild turkeys from West Virginia, where fishers were extirpated.

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

I’ve been hanging onto a newspaper clipping of then-11-year-old Derek Hartford of Boscawen, who caught one of the first three fishers swapped with West Virginia so long ago. The Hartford family name is well known in the Lancaster-Jefferson region and beyond.

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

FROM OUR READERS

What I like about being a CASA

To the Editor:
What I especially like about being a CASA is having the opportunity to influence and change the trajectory of an at-risk child’s life to one that’s safer, more wholesome and nurturing. In my experience, it’s not that most parents don’t love their children or that they don’t want them. Rather, parents are often so consumed with their own life issues and challenges, they simply aren’t able to provide adequate care to their children. Substance abuse often plays a major role. The thing I bring to the table is a clear, impartial and in-depth assessment of

whatever the situation might be so that the child’s unique needs are identified and treated as a priority. Parents are given a full year to turn a negative situation into a positive one and to demonstrate the ability to care for their child or children. The CASA’s job is to observe and monitor this process, the parent-child relationship, and to determine what progress, if any, is being made. In addition to regular visits with the child, the parent(s) and other involved parties, being a CASA also involves quarterly reports to the family court and attending quarterly court hearings.

The other thing I ap-

preciate about being a CASA is having the support of a highly qualified, passionate and compassionate organization like CASA of NH. CASA NH provides prospective volunteers with 40 hours of training as well as ongoing supplemental training on an as needed basis. I have a CASA coach (a more experienced CASA), who I call and text with whatever question or problem I’m facing. I also have a CASA program manager who provides another layer of support and advice. In addition, there’s a monthly support group, a whole team of CASA resources at the home office in Manchester, and a CASA-NH website with informa-

tion and tools at my disposal. Even more, every interaction with a CASA staff person involves the expression of gratitude to me for all that I do, and that’s always appreciated and very nice to hear.

If you want to make a personal difference in a child’s life and to be a part of a dynamic, compassionate organization, consider becoming a CASA. Training for new advocates is being held online in an interactive, virtual classroom. The next trainings begin on Aug. 3 and Sept. 16. You can learn more about it at casanh.org.

Sincerely,
Karen Bentley
Gilford

Virtual Rafting For Wishes event tops \$200,000

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — While the usual fanfare in Hesky Park was on hold because of the pandemic, Rafting for Wishes still went on in an alternative form with people taking to their own rafts to raise money for Make-A-Wish New Hampshire. The 10th annual Rafting For Wishes was a 10-hour event this year, taking place all day Saturday. While in previous Rafting events teams would spend 24-hours on rafts in Meredith Bay, this year teams and individuals recorded themselves spending 10 hours in their own locations to raise money. Event Chair Nikki Lyons Lahey said when the pandemic broke out Make-A-Wish started contacting a number of its regular partners about options for this year’s event, including options for a hybrid in person and virtual event. “Before the call we were talking with everyone and I believe it was Sarah from Body Covers who suggested why don’t you have everyone raft in a different section of the lake or their own body of water,” Lyons Lahey said. “That turned

into a conversation of, ‘Hey people can raft in a pool, their backyard, a lake, a pond, even their living room, wherever they want in New Hampshire – whatever they’re comfortable with.’” They received a call from the town in May that Hesky Park would be closed for events in June and July, which sealed their decision not to have an in-person event. After this the staff and the event team worked together to sort out the logistics of a virtual event. She said throughout April and May there were a lot of calls and Zoom meetings between Make-A-Wish staff and professional partners from locally to across the country. “We have a super passionate Rafting for Wishes committee as well as very invested participants and everyone had so many fun ideas,” Lyons Lahey said. “We just took it all in, listened to all the suggestions and a few sleepless nights put everything together to come up with what would be the 2020 Rafting for Wishes Virtual event.” What resulted was a 10-hour challenge for people to raft in different locations.

The event started at 8 a.m. on Saturday and ended at 6 p.m. The opening and closing ceremonies were done over Zoom. There was also a video featuring the Giordano family of Portsmouth and their wish story. At seven-years-old, Joey Giordano was diagnosed with brain cancer his father Joseph said suddenly the family was managing Joey’s fight including surgery and having to learn to walk again. Joey was granted the wish of going on a Disney Cruise. Joey’s parents said during that trip they became a family again and concerns over getting ice cream and getting in the line for the waterslide overcame concerns about appointments and treatment. Joey is now 15-years-old and cancer free, his family is still involved with Make-A-Wish. A group of volunteers to visit each of the teams, who recorded each of the teams during their raft session. They were all asked how important Make-A-Wish and the event was to them and what their “why” was for doing this. The teams were also given different challenges such as Minute to Win It Games and

others, activities teams would normally do on the raft during a traditional event. Lyons Lahey said with the nature of the event they wouldn’t be able to use the services of local restaurants like they normally would, especially during a time when restaurants are struggling. Make-A-Wish bought gift cards from a number of restaurants and had Wanda Keenan and Maria Armano visit each restaurant and share videos across to encourage people to order from them. This year, 20 teams took part, including three new teams, and five people rafted as their own one-person team. “I think this year we saw our best engagement/participation during the event and throughout the months leading up to the event,” Lyons Lahey said. Teams fundraised throughout the year. One of the most successful fundraisers was the “Sending Smiles” kit containing two lemons and sugar with instructions to make lemonade; a reminder to make proverbial lemonade from lemons. The fundraiser raised \$5,000 for Team

Meatball in memory of Nick Harrington. Eight teams had participants who had received wishes and two of the individual participants had received wishes in the past. Lyons Lahey said seeing Wish kids who want to give back is always so inspiring. Before the pandemic, this year’s goal was to raise more than \$275,000 and Make-A-Wish hoped it could raise more than \$300,000. When the pandemic set in, Lyons Lahey said they would be happy to raise \$100,000. By the end of Saturday’s event, they had raised more than \$208,000 and were looking at around \$215,000 after the weekend with money still coming in. There were 100 less participant fundraising pages this year. “To know that there was 100 less people participating, we were in the middle of a pandemic and we were still within \$45,000 of what we raised last year, is mind-blowing!” Lyons Lahey said. “A true testament to how committed our incredible participants and supporters are and how much they understand the urgency and need for our mission.”

She said there are 104 kids waiting for wishes, and thanks to Rafting for Wishes, all of them will have their wishes granted. “These dollars are life-changing for our chapter, especially this year,” Lyons-Lahey said. “It’s amazing to know just how far these dollars will go and just how much good will be done with all of the money raised.” Team Landscaping Lake Life (consisting of staff from Stephens Landscaping Professionals of Moultonborough and Lake Like Realty) was the top earning team, raising \$30,000. Nikki’s own husband John Lahey was the highest raising individual. A member of Team Landscaping Lake Life, Lahey raised more than \$16,000 Lyons Lahey said overall, she was “over the moon” with how this year went. She said she’s a people person and gets energy from being around people. While it’s not possible to meet in person, she said it was amazing seeing so many people over the Zoom ceremonies and visiting them throughout the day.

Gilford Parks and Recreation News

BY HERB GREENE
Director Gilford Parks and Recreation

Horsemanship Camp offered multiple weeks The Gilford Parks and Recreation Department in partnership with the Lakes Region Riding Academy is offering a number of 4-Day Horsemanship Camp sessions this summer. These camps are limited to Local Year-Round NH Resident Children ages 7-15! These camps will be held from 9:00am - 12:00 noon at the Lakes Region Riding Academy in Gilford. Remaining session dates for this summer are; July 28 - July 31; August 3 - August 6 and August 10 - August 13. This is an introductory program for participants to learn about horsemanship. The program will offer basic horse care knowledge, horse safety and the beginning basics of riding. All participants must wear long pants and a shoe or boot with a heel. Helmets will be available at the barn. Snacks and drinks will be provided. Enrollment in camp session is limited. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks

and Recreation Web site at www.gilfordrec.com. Cost: \$100 per participant For more information, please contact the Gilford Parks and Recreation Department at 527-4722. Challenger British Soccer Camp Session II The Gilford Parks and Recreation Department is sponsoring a second session of our week-long Challenger British Soccer Camp. This camp will be held from Aug. 3 – Aug. 7 at the Gilford Village Field. This camp offers a three-hour program for children ages six to 14 from 9 a.m. - noon and a one-and-a-half-hour program for children ages three to five from 12:30 - 2 p.m. Participants may register by visiting the Challenger Web site at www.challengersports.com. Cost: \$137 for ages six to 14 and \$101 for ages three to five For more information, please contact the Gilford Parks and Recreation Department at 527-4722. Intermediate Archery Lessons The Gilford Parks and Recreation Department is sponsoring a four-week session of Archery instruction, to be led by Dana White from Art of

Archery. This program will be held on Tuesday evenings from Aug. 4 – Aug. 25 at the Arthur A. Tilton Ice Rink. Space is still available in the Intermediate session (must have completed beginner class already) running from 5:15 - 6:15 p.m. This class is open to Youth and Adults ages 7 years old. Enrollment in this program is limited, so sign up soon! Reg-

istration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at www.gilfordrec.com. Cost: \$65 per person and includes all necessary equipment. For more information, please contact the Parks and Recreation Department at 527-4722.

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Edward Jones: Financial Focus

What Should You Do With an Inheritance?

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



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PET OF THE WEEK

Meet sweet Joan! Joan came all the way from Lubbock, Texas to find her forever family. She is a 2 year old boxer mix ready for adventure. Joan is currently learning quite a bit at our shelter. She is food motivated and willing to train! Currently Joan knows sit, down, is learning leash skills such as ‘with me’ aka heel, and loose leash walking. Joan would do best in an active adult only home as the only animal. If prospective adopters have another dog, we are happy to try them, however Joan has been a little over the top with her doggy friends. No cats for this sweetheart!



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JOAN



Rafting
FROM PAGE A1

workouts, flexing muscles, showing fruit, and more.

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

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

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

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

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

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

Landlubbers, who has been part of Rafting for Wishes since it came to Meredith, put together their own movie depicting different wishes

granted to real life kids only in their own cinematic way.

Team Bank of New Hampshire hung out by a pool.

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

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

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

Lakes Region Leaders did their second year as a team.

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

Team Lyons Pride from the Lyon's Den Restaurant in Gilford did its second year. Captain Gary Geoffroy said after raising \$11,000 and granting a wish last year he said they thought they would struggle this year but had made \$16,000,



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



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

"which is absolutely incredible." They also got a corporate sponsor for next year.

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

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



because of trying to keep their distance because they're at high risk, I think it's really important for us to help get them some money to

have something to look forward to," Cole said.

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

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

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

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

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

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Ride
FROM PAGE A1

due to COVID restrictions.

The Jenni Ann Harmon Memorial Scholarship is one of the over 260 donor funds distributed through the Lakes Region Scholarship Foundation. The scholarship award is given to a GHS graduate each year. Paulette Loughlin, from LRSF added this comment regarding this donor fundraiser: "those unable to attend, but who would like to make a tax deductible donation toward Jenni's scholarship can visit the Lakes Region Scholarship Foundation website at lrscholarship.org and click on the home page. Scroll down to near the bottom of the homepage and click on the green button that says "Donate Now" and in the purpose section of the form, enter the "Jenni Ann Harmon Memorial." If you are not an on-line person, you could mail a check to the Lakes Region Scholarship Foundation, PO Box 7312, Gilford, NH 03247, Attention: Jenni's Ride. The Foundation wishes the Harmon family every success with their fundraiser."

Gallant
FROM PAGE A1

own logo and provide package fulfillment. While Ala Clothing was created with her peers in mind, high vibe and positive messages found in Miss Gallant's designs, have incited sales from all ages.

Gallant is proving to be a promising young leader who's embracing her passion for business while serving her com-

munity. In addition to donating to Got Lunch, she is focusing on using locally sourced providers in support of local small businesses.

Ala Clothing has just released its new summer collection.

To learn more about Ala Clothing, find them on Instagram @ala-clothingggg or online at ala-clothing.com

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Hannaford is Indeed ‘Greater Than Groceries!’

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

So, after getting promoted to store manager at the Gilford branch, Poliquin took the reins, making donations and sending teams of volunteers—himself included—to work the phone

bank and help with checking out items. What originated as a small role eventually turned into Poliquin taking a week of vacation time to see the Children’s Auction through from beginning to end, as well as becoming a member of the Board of Directors and Disbursement Committee, which reviews all of the applications from local nonprofit organizations hoping to receive funds from the auction.

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

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

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

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

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

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

A total of five Hannaford branches take part in making the Children’s Auction a success, with employees volunteering to work the phone bank and help with checking out items, as well as spearheading their own fundraising efforts beyond what Steven’s marketing department provides in sponsorship dollars. One of the key people behind those fundraising efforts is Joe Gentile, manager of the Meredith branch.

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

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

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

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

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

LACONIA — For the last 23 years, the New Hampshire Jewish Food Festival at Temple B’nai Israel (TBI) in Laconia has brought people together from all over New Hampshire and beyond to dine “under the tent.” But this year, due to the COVID-19 pandemic, the Jewish Food Festival will be a **takeout event only**. Orders can be placed online at www.tbinh.org, from July 27 to Aug. 10 and picked up curbside, by appointment, at the temple, 210 Court Street in Laconia. A drive through system will be used for everyone’s safety and masks are required.

Behind the scenes in the TBI kitchen, talented cooking crews of women and men had begun the preparations for the Festival by participating in cooking and baking sessions in expectation of the hundreds of hungry customers looking for their annual taste of traditional Jewish foods. As the pandemic emerged and forced the state to close, so did the TBI kitchen. The Food Festival committee members agreed they didn’t want to disappoint their faithful following. Meeting via Zoom, the committee recently developed a take home version of the Jewish Food Festival, following state guidelines for restaurant operations.

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

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

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

Homemade traditional brisket with gravy sold in half pound packages.

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

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

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

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

All items are sold frozen and include instructions for heating.

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

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Comfort Keepers

Elderly home care and depression – Symptoms and prevention tips

BY MARTHA SWATS
OWNER/ADMINISTRATOR
COMFORT KEEPERS

No matter what age we are, living a life of purpose, connection and joy is critical for our physical and mental wellbeing. For older adults, a variety of obstacles like vision loss, social isolation, mobility problems and memory issues can make enjoying life more difficult. Why is it important for seniors to focus on their mental health? Socially isolated seniors have a 59% greater risk of mental and phys-

ical decline than those who do not experience social isolation (Forbes). The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org). Depression in the elderly is associated with increased risk of cardiac diseases and risk of death from illness (WebMD). Signs of depression in seniors can include change in attitude, self-isolation, weight loss, fatigue or lack of interest in once enjoyable activities.

For older adults that want to improve their quality of life through enhanced mental health, there are a few things they can do to kick off their healthy habits. Exercise – Seniors should always consult with a physician before starting any physical activity or fitness program. Seniors that are able, and approved, to exercise may see increased physical and mental wellness. Exercise has been proven to have a positive effect on the brain. Connection – At any age, many people find

joy in spending time with family and friends. Social isolation can be a problem for seniors that have mobility issues or aren't able to drive, or who have loved ones that live far away. However, there are services that can help overcome these issues, including transportation help, in-home care assistance, technology that fosters connection and other outside sources of help. Volunteering – Sharing time and talents doing volunteer work can bring a sense of purpose and fulfillment. Many organizations have pro-

grams and volunteer opportunities specifically geared to older adults. Spending time on joyful activities – Everyone has a different interest or hobby that brings joy, whether that's music, art, dance, gardening or games. Seniors should try to spend time doing something that brings them happiness on a daily basis to improve their quality of life. About Comfort Keepers Maintaining senior health and wellbeing is

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

STRATEGIES FOR LIVING Peru: The land of my dreams

BY LARRY SCOTT

As the landing gear locked into place and the wing flaps began to extend, the LATAM Airlines' Boeing 787 on which I was a passenger began its descent for landing at the Jorge Chavez Airport in Lima, Peru. It was Monday, Oct. 14, and thanks to some benevolent friends, I was returning home to the land of my dreams. The son of missionary parents, it had been 63 years since I had lived in Peru and to me, it felt like I was returning home. I was in town for the 100th anniversary of the coming of the Assemblies of God to Peru,

initiated in 1919 by a small group of humble, dedicated missionaries. Their impossible dream has become a smashing success. As I emerged from the airport, I found a different Lima from the one I remembered. Since it never rains in Lima, accumulated dust turns to mud in the winter mist. It seems to cover everything. And narrow, crowded streets, unregulated traffic, and a potholed roadway that one must drive around, if not over, threatens the survival of even the fittest. With buses and taxis and private autos pushing and shoving their way through, they create

mayhem that must be experienced to be believed. But no one is complaining, and that includes the remarkable cast of missionaries currently serving in Peru. I was profoundly impressed. The dedication of these men and women, working from such centers as Cusco in the Andean highlands and in Yurimaguas in the Amazon basin, is beyond belief. It augurs well for the future of the Gospel in Peru. The work of the early pioneer missionaries has been amazingly successful but at the cost of great personal sacrifice. While I lived in Peru, we lost Frank Isensee to a

trucking accident in the Andean highlands. My father was nearly killed in a similar accident a year later. The Feltons lost a young daughter to typhoid fever. Another family had to return home, the wife in the throes of a nervous breakdown. My parents on one occasion came close to being stoned. Some may glamorize missionary life but serving God overseas is no walk in the park. But the church prevailed. I was moved by the several thousand gathered at the Municipal Stadium Oct. 18 and 19 to praise God for the transformation He has brought to their lives.

The power of the Gospel, and the effectiveness of the men and women who gave their very best on behalf of the people of Peru, was in full display. They accomplished their mission! The Bible School complex at which we lived in 1947 has moved into downtown Lima and become a nationally recognized University. The little church my father founded in Cusco is now a congregation of some 600 with four services on a Sunday morning. Two churches, founded by the Walter Erickson's, sent over 350 people to the celebration. Indeed, dramatic changes have taken

place in Peru. Far from the motley group attending our church in Cusco in 1950, the presence of several thousands gathered together in worship in 2019 was an amazing sight. It was a reminder again that the message of the cross is still changing lives. Whether here at home, or in places new to the Gospel message, when Truth has its day in the hearts of men and women, wonderful things happen. For more thoughts like these, follow me at indefenseoftruth.net.



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How to manage low bandwidth during remote learning sessions

In the wake of the COVID-19 outbreak, many schools hastily transitioned from traditional in-person learning to remote learning. This transition posed new and unique challenges to educators as well as students and their parents.

One of the biggest challenges posed by remote learning was keeping students connected to their teachers and their classmates, not all of whom had readily available access to devices that could facilitate such connections. In recognition of that challenge, school systems worked to procure devices for students only to be confronted by another challenge: low bandwidth. According to Microsoft, bandwidth refers to the amount of data that can be transferred over an internet connection per second. Low bandwidth can compromise students' ability to stay connected to their virtual classrooms. In an effort to help students overcome that challenge, Microsoft offers the following tips on how educators, students and parents can manage low bandwidth during remote learning sessions.

- Reduce reliance on video during class sessions. Turning video cameras



off during live class sessions can help to overcome the challenges posed by low bandwidth, as live video is a key contributor to excessive use of bandwidth. If video must be used, encourage students

to turn off their cameras when they are not speaking.

- Use pre-recorded content. Pre-recording content enables students to stream video over the internet, saving

those with low bandwidth the hassle of downloading large video files to their computers. Microsoft recommends educators who pre-record content for their students to stream to instruct those students to use class time to complete assignments. Educators can make themselves available via chat to answer questions students may have about their assignments.

- Avoid video-based assignments. It can be difficult for students with low bandwidth to send very large files, such as videos. Educators can help students avoid that issue by not requiring them to submit videos as part of their assignments.
- Encourage students to sync files to their devices. Each device is different and each manufacturer has its own instructions on how to sync files to devices. But Microsoft notes that syncing files to a device allows students to read them offline, which is ideal for students with limited internet connectivity.

Low bandwidth poses a challenge for remote learners. Thankfully, there are ways to overcome low bandwidth so students can keep learning.

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

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Fall Coaching Position**

Alton Central School, pre-k-8, is seeking qualified applicants to coach the following sport for the 2020 – 2021 season.

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<https://www.applitrack.com/altonk12/onlineapp/>

**Application Deadline:
August 14, 2020 or until filled**

If you have any questions contact
Russ Perrin, ACS Athletic Director
rperrin@sau72.org
or 603-875-7500 x 328

EOE

**Alton Central School
20-21 Openings**

PART TIME CUSTODIAL HELP

Alton Central School is hiring a part time custodian to join the Buildings & Grounds team for the 2020-21 school year. The hours are 9AM-1PM, Monday-Friday. Under the direction of the Director of Buildings and Grounds, the candidate will be responsible for cleaning and disinfecting public areas, restrooms and responding to cleaning requests in classrooms. Training will be provided. Hourly rate will be determined by experience. Position open until filled.

PART TIME 2ND SHIFT CUSTODIAN

Alton Central School is hiring a part time custodian to join our Buildings and Grounds team for the 2020-21 school year. The shift is four hours per night with a flexible start time as approved by the Buildings & Grounds Director. Responsibilities include cleaning and disinfecting all common areas of the school building and assisting other custodial staff where needed after nightly tasks are complete. Training will be provided for all cleaning procedures and materials used. Must pass a criminal background check. Hourly rate is determined by experience. The position will be open until filled.

FULL TIME 2ND SHIFT CUSTODIAN

Alton School District has an opening for a full-time 2nd shift Custodian for the 2020-21 school year. The successful candidate will be able to work well with others in a dynamic and professional education environment. This position requires a flexible schedule and independence in order to accommodate the school and community needs outside of normal operating hours. Nightly duties include but are not limited to: emptying trash cans, sweeping and mopping hard floors, vacuuming entryway mats, cleaning and disinfecting bathrooms, restocking bathroom dispensers and disinfecting hard surfaces. Hours are Monday through Friday, 2:30 PM to 11:00 PM. Very competitive wage, benefits, paid holidays and vacation.

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Tips for effective remote learning

An increased reliance on virtual home instruction has many students rethinking their organizational strategies and daily school schedules. Learning at home is different from being in a traditional classroom environment, but with some effective strategies, students can persevere without missing a beat.

Stick to a schedule

Many students are successful because they follow a schedule. The Center for Social and Emotional Foundations of Early Learning says that routines and schedules are important because they influence a child’s emotional and cognitive development. Children feel secure with schedules, which may help them recognize what’s expected of them.

When learning at home, students should strive to maintain as consistent a schedule as possible, including bedtimes, wake times, hours devoted to learning, and time to get outside or engage in downtime activities.

Connect live if possible

There are many free tools and resources available that enable teachers to provide live video lessons or to record them so students can watch them later. Similarly, social networking apps and virtual meeting programs enable students to connect digitally. This can be helpful for collaborative learning assignments or just to see a familiar face.

Stick to tools that work

Once students find apps or systems



that work, they should stick with them, offers Khan Academy, an educational tutoring resource. There are many factors outside of one’s control during virtual instruction, but maintaining consistency with tools and schedules is one way to feel more confident and secure.

Check student accounts frequently

Just like students, teachers may be learning as they go in regard to remote learning strategies. Students should be sure to check school email accounts or other places where teachers post assignments a few times per day so that

they stay on top of all assignments and are aware of due dates.

Reach out to instructors

Allegheny College suggests students contact their teachers if they are unsure of how to participate in remote learning environments. Ask questions about assignments, get clarification on key topics and be sure to tune into any remote chats or virtual “office hours.”

Stay in touch with guidance, if needed

Remote learning is a new experi-

ence for many students, and there may be certain struggles or road blocks. It can be easy to grow frustrated with equipment failures or lack of in-person interaction. Schools employ qualified therapists and guidance counselors who are just a click, call or email away if issues need to be talked through. Students should utilize all resources made available to them.

Virtual home instruction can be made even easier with some extra assistance and guidance.

Take-out tips when dining at home

Although takeout has long been a convenience enjoyed by people around the world, in recent months takeout became a key way for many restaurants to stay afloat when the novel coronavirus COVID-19 forced many to close their facilities to customers.

Restaurants have been allowed to remain open, though they have been forced to change their business models. In a matter of weeks, establishments that were not accustomed to offering takeout quickly reimagined their operations to offer curbside pickup or delivery options. In turn, many communities promoted movements to help keep restaurants afloat, with some encouraging residents to participate in Takeout Thursdays to patronize struggling bars, restaurants and delis.

Takeout has always provided a respite from cooking meals at home, but it seems especially welcomed during the COVID-19 outbreak. Now more than ever, individuals and families could use a break from cooking three meals per day. When opting for takeout, consider these tasty tips.

- Support small businesses. Independent restaurants could have a tougher time bouncing back from reduced sales and income than large restaurant chains. When seeking out food- and beverage-related businesses, lean heavily on mom-and-pop restaurants, many of which are pillars in their communities. These are the businesses whose owners may have children in your local schools or those who sponsor local sports leagues.

- Investigate food safety. Inquire about the safety measures restaurants are taking to ensure food safety. Most restaurants and delivery services are enacting even more safety measures than are required by law. Keep in mind, however, the Centers for Disease Control and Prevention has said, “There is no evidence to support transmission of COVID-19 associated with food.” Simple handwashing after touching food packaging and your food or face may be sufficient.

- Learn new protocol. Ask the business what their requirements are for ordering food. Some restaurants will bring the order directly to your car through curbside pickup. Others may enable you to enter the establishment if you are wearing a mask. Delivery only might be the policy at another establishment. Follow all rules, as they have been implemented to keep you and the business employees safe.

- Pay by credit card. When placing an order for takeout or curbside pickup, pay by credit card online or over the phone if that is an option. This limits how much you and restaurant employees have to handle cards or cash.

- Avoid direct handoffs. Ask the counter server or delivery person to put down your order and step away before you grab it. This is an extra step to combat the spread of the virus.

Even as stay-at-home restrictions are being relaxed, takeout figures to remain popular. Certain tips can keep everyone well fed and safe and help bars and restaurants stay afloat.





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