



# The Barnstea

See page B1

**FREE**

# Alton's school staff show unwavering professionalism

On March 13, Alton Central was closed for the day due to the virus. That weekend, the Governor closed NH schools and gave teachers until March 23 to begin remote

**SEE STILES, PAGE A7**



COURTESY

Staff members at Alton Central School hosted a collection drive for the End 68 Hours of Hunger program on Monday, April 6. Pictured here are the program's on-site coordinators at ACS — left to right, Social Worker Laurie Ekberg, Guidance Counselor Erin Dickson, and Guidance Counselor Nicole Poland.

*Our teachers are there,  
and always will be*

During these last few weeks, I have seen expressions of courage, of vulnerability, and of deep caring. I have witnessed teachers asking their students, “how do I do this?” or demanding, “help me know how to help you.” They have

SEE **BROADRICK, PAGE A7**

# New Durham Library celebrates Poetry Month

Staff members have been actively assign-

## *A Note to Readers*

## INDEX

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COURTESY

While folks are kept at home, an Alton family has come up with a way to bring good cheer right to your driveway. If you hear a truck honking, step outside and give them a wave.



# Gilman Library

THE READING ROOM AT GILMAN LIBRARY – It bears repeating, that though the Gilman Library building is closed to the public, our virtual library never closes. We support remote-learning and are observing all emergency practices during the COVID-19 Pandemic. We are working hard to provide you with the best digital, electronic, and remote reference services possible during this time. We are constantly adding virtual content to our website at <https://gilmanlibrary.org>, with updated information, new electronic databases and resources, and remote reference services.

PLEASE UTILIZE OUR WEB SITE – We invite Alton and Alton Bay residents to use your virtual library at <https://gilmanlibrary.org>. If you don't have a library card, apply now for your NEW 30-DAY VIRTUAL CARD at <https://gilman.biblionix.com/>

catalog/. You may also access our FREE WIRELESS FOR RESIDENTS, from the safety of your vehicle in our parking lot. We also provide VIRTUAL REFERENCE. Email us at [email@gilmanlibrary.org](mailto:email@gilmanlibrary.org) or through GABBIE TEXT-A-LIBRARIAN SMS (603) 267-4302.

NEW VIRTUAL SERVICES – Beginning this week, All-Around-Alton Community Bulletin Board is a new addition on our website for the latest business, community, organizational, and town government news. Also new, Alton-History-In-the-Making Community Blog for real stories of Life in Alton during the COVID-19 Pandemic. Storytelling and Story-Time Videos are now posted on our website and Facebook page, featuring our library staff and volunteers and linking to community and local area storytimes, as well.

VIRTUAL REF-

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READ FOR YOUR HEALTH - We recommend the Center for Disease Control and Prevention as the most reliable source and have their videos on our website. Check our website for streamlined links to the latest updates. We wish you good health. Take care!

# Alton Recreation

Summer Brochure Cover Contest

Design the cover of the Alton Parks and Recreation Summer Brochure. Get creative and show us your artistic side. We are seeking submissions for our first Summer Brochure Cover Contest. The Cover should be designed with Alton in mind. Use the local parks and trails for inspiration. The cover must be hand drawn in black and white. There will be two age groups: 17 years and under, and 18 years and over. All submissions will be due by Friday, April 24. Voting will take place the week of April 27th. Check our Facebook for more details. A template for the cover can be found at: <https://www.alton.nh.gov/forms/parks/Brochure%20Cover%20Contest%20Template%20pdf.pdf>

Please scan and email your submission to [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov), or mail to 328 Main St., Alton NH, 03809, or drop off at Parks and Recreation office in mail slot at 328 Main St.

Trail Spotlight: Knights Pond Trail

Enjoying the outdoors while practicing safe social distancing can be challenging. That is why staying close to home and still getting outside for exercise is more important than ever. Last week the Governor urged all New Hampshire citizens to stay local, by hiking and walking in your community or neighborhood. He is encouraging all to get outside for exercise, and take a picture and post it on social media using the hashtag #HomeHikeChallenge.

Alton Parks and Recreation supports promoting a healthy and active lifestyle, while still being socially responsible during this uncertain time. The Alton Parks and Recreation Department is looking to spotlight a new trail or recreation area located in Alton in the weeks ahead. Get outside today and discover a trail near you!

Knights Pond Conservation Area in Alton, NH is located approximately 1.6 miles down Rines Road, off of Route 28. Knights Pond consists of a 301-acre Land Conservation Trust, that is made up of hiking

trails, a picnic area, and a 31-acre pond. After a short 0.4 mile walk from the parking area, you approach the main trail, and the beginning of the loop. The Hike features a relatively flat hiking trail that loops around the pond and back to a small picnic area.

Walking this loop trail you will find many great photo opportunities, so make sure to bring a camera or a set of binoculars to observe the wildlife you may stumble upon including beavers, birds, and others wildlife; you may even see someone in a kayak or fishing from shore. The hike has big rocks, interesting looking trees and a great view of the pond. In full, the hike is approximately 2.8 miles, or roughly 1.5 hours around the pond and back to your car.

More information on Knights Pond and other local recreation areas can be found on the Lakes Region Conservation Trust website. Trail maps are also available at the Alton Parks and Recreation Office Kiosk, located at 328 Main St., Alton.

# Oscar Foss Library

Free Book Shelf Need something to pass the time at home? Check out the OFML free book shelf located outside by the back entrance. Staff restock it multiple times a week, so check back often for free books, dvds, coloring sheets, and more. To keep our patrons safe, we ask that you DO NOT add your own donations or return materials back to the free book shelf at this time. Please hold onto items until the library reopens.

OFML Digital Content & Youtube Channel Don't miss our digital content! Be sure to follow us on facebook and subscribe to the Oscar Foss Memorial Library youtube channel. We are constantly updating social media with new content regularly. Join familiar friends from the community as they read stories, provide tutorials, and teach classes online! For April's schedule of online offerings, visit [oscarfoss.org](http://oscarfoss.org).

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1000 Books Before Kindergarten Now is a great time to sign your little one up for our 1000 Books Before Kindergarten. To sign up and download log sheets, visit [www.oscarfoss.org/2016/05/1000-books-before-kindergarten/](http://www.oscarfoss.org/2016/05/1000-books-before-kindergarten/)

The Oscar Foss Memorial Library is closed to the public for the time being, but staff members are still working hard to provide the community of Barnstead with valuable resources for educational and enrichment purposes. We are here to help. For assistance from a librarian, please call the library (269-3900) and leave a message or send an e-mail to [ofmlstaff@gmail.com](mailto:ofmlstaff@gmail.com). Be sure to visit our website ([oscarfoss.org](http://oscarfoss.org)) for more information about our programs and what we are doing to support our community during this trying time.

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# Home Instead Senior Care — CAREGivers with courage

WOLFEBORO — Home Instead Senior Care in Wolfeboro continues to provide non-medical, in-home senior care in the Lakes and Mountains Region during the Covid-19 health crisis. As always, safety is of paramount importance.

Says owner Cindy Eichling, "Client safety and CAREGiver safety have always been our top priority, and the recent health crisis has brought a new dimension to this. We have implemented additional best practices, as defined by the CDC and the NH DHHS, to assure proper steps are being taken by every CAREGiver for every client. We don't want our presence to promote the potential spread of any viruses that could put our clients at risk for catching Covid-19."

Simple changes, for example "Safe grocery shopping," have become a priority, with the CAREGiver taking the lead in this task, allow-

ing the senior to remain at home and avoid exposure.

Eichling adds, "We also require each CAREGiver to take their own temperature before serving clients and, every day, to report any Covid-19 symptoms that they, or members of their household, have been feeling. In addition, CAREGivers must report any travel of members of their household overseas or to a high-risk area."

Additionally, with our whole nation feeling increased stress and worry, seniors have become prime targets of consumer fraud, and Home Instead has brought helpful advice to seniors and their families to mitigate this risk. Home Instead also urges the community to help seniors in their new isolation caused by the governor's "stay-at-home" directive.

Says Home Instead's general manager, Peter Eichling, "I hope that

neighbors and community members will take time each day to telephone a senior. Having a friend or family member to talk to and feeling connected helps everyone's emotional and physical health. Reaching out will clearly bring a blessing to you too!"

Home Instead has also teamed with other care companies in this region to fill critical shifts for clients requiring many hours of care per day, as the 2019 low unemployment levels in this region has created a problematic shortage of CAREGivers. And, speaking of teamwork, one of Home Instead's CAREGivers, Nancy Watkins, who has excellent sewing skills, volunteered to make 30 cloth masks for use by Home Instead's roster of 31 CAREGivers.

Watkins insisted, "I only want to be paid at cost for this task!"



Pictured: Peter Eichling, general manager, and Polly Jeffers, client care coordinator.



## ALTON POLICE LOG



Alton police log

ALTON — Alton Police Department responded to 123 calls for service during the week of April 5-11, with no arrests.

There was one Motor Vehicle Accident.

There were seven Suspicious Person/Activity Reports on Stockbridge Corner Road, Lakewood Drive, Old Wolfboro Road, Church Street, Horne Road & (2) Main Street.

There were 115 other calls for services that consisted of the following: 3 Town Ordinance, 1 Neighborhood Dispute, 4 Assist Other Agencies, 1 Pistol Permit Application, 6 Motor Vehicle Stops, 2 Animal Complaints, 1 Domestic Complaint, 5 General Assistance, 1 Noise Complaint, 1 Lost/Found Property, 2 Highway/Roadway Hazards, 7 General Information, 2 Vehicle ID Checks, 1 Detail, 1 Civil Matter, 2 Wellness Checks, 1 Community Program, 1 Dispute, 1 Disabled Motor Vehicle, 55 Directed Patrols, 1 Medical Assist & 16 Property Checks.

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## Local Food Drive Initiative Continues



Warm Someone's Heart in these challenging times



**FOOD PANTRY DONATIONS** Still **NEEDED**

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## Lessons from another pandemic

A recent conversation with someone who experienced the Spanish Flu pandemic of 1918 prompted a bit of research into that era on our part, and what we found was that things back then were, in many ways, not so different.

The Spanish Flu infected one third of the world's population, and roughly 675,000 people died in the U.S. as a result. Interesting to note is that this particular strain of the flu virus did not, in fact, begin in Spain, but most likely somewhere in the farm belt of the United States. The name was born from the fact that infection reports in the Iberian Peninsula were particularly high, and Spanish King Alfonso XIII fell ill from it.

In 1918, Washington, D.C. public health officials tried to warn citizens of the symptoms and how the disease was spread via posters. One poster read, 'INFLUENZA' Spread by droplets sprayed from nose and throat. Cover each cough and sneeze with handkerchief, spread by contact, avoid crowds, if possible, walk to work, do not spit on floor or sidewalk, do not use common drinking cups and common towels, avoid excessive fatigue, if taken ill, go to bed and send for a doctor. The above applies also to colds, bronchitis, pneumonia and tuberculosis' The virus began to spread rapidly due to the close proximity in military encampments during the First World War. The disease was a very contagious H1N1 strain of the flu.

What we know from our 1918 counterparts is that social distancing does work. Newspapers downplayed the flu, and President Woodrow Wilson had his own family and staff were infected. During that time, Wilson didn't pay much attention to the pandemic. In fact, no public statement from him was ever made in regards to it. His focus was on the war.

We've heard that over the next few weeks, we will see a dramatic surge in confirmed COVID-19 cases. We've also read reports that the curve is flattening in some places. This does not mean that folks should think the pandemic is over. Everyone should, of course, still be practicing social distancing among the many other precautions we've heard about.

In 1918, schools were shut down and public gatherings were banned. By the summer of 1919, the flu pandemic came to an end. Individuals either passed away or developed an immunity to it. In 2008, researchers discovered a group of three genes that caused a person's bronchial tubes and lungs to weaken which paved the way for bacterial pneumonia. This is what made the Spanish flu so deadly.

Back in 1918, the first outbreak dwindled into spring, however it re-emerged during the fall. The Spanish flu came in three waves. The first was in the spring of 1918 that included mild symptoms. That fall the flu mutated into a more deadlier version, that hit those between the ages of 20-40 the most.

During the winter, the third wave hit and by the spring time the illness was no more.

An October newspaper excerpt from 1918 reporting the cancellation of Halloween read, "Because of the "flu" epidemic, there is to be no Hallowe'ening this year. The Board of Health has strongly urged against any demonstrations and the Burgess today, issued orders that there be no observance of the Hallowe'een season. Howard Heinz, of the Federal Food Administration has issued an appeal to the people against the waste of foodstuffs, during this season. Corn, beans, peas, apples, pumpkins, etc should not be used. Every year thousands of pumpkins are cut up and wasted in making Jack-O-Lanterns. The same wasteful practice has applied to apples in the time honored Hallowe'en sport of bobbing for apples. It is not the purpose of the food administrator to discourage harmless little celebrations in the home, but this year it is imperative that every scrap of food be saved."

I feel that there will forever be this one unanswered question in the back corner of every ones mind who survives this period of normality upheaval. I mean what would lead people to make this item the highest priority product to clear off of suppliers shelves in such a self deprecated time? You know what I'm talking about don't you? Toilet paper. TP for short.

I remember hearing about it on the radio, but the reality didn't hit home till I went into a store. The shelves were bare. Everywhere! I believe that there must be a societal fear of entering into the normal function of dropping some poundage to find oneself sheet-less. I'm glad that I usually have a folded up paper towel in a pocket somewhere. An

alternative to a handkerchief, it's main purpose being my endlessly dripping nose. But I could redirect its function in a squeeze. This may be the reason why God made Beech trees to not shed their leaves till spring. You never know.

But really, how much does one house need? One company advertises 1200 sheets per roll. Yes, they're pretty thin, but four sheets should be sufficient, which translated to 300 uses per roll. I understand that I may be considered a bit skimpy but generally I've found it to be sufficient. Not as much so much these days. My taking 3 tablespoons Japanese Knot Weed powder daily changes things quite a bit. It's a diuretic.

Maybe a little too much information



STUART LEIDERMAN — COURTESY

### Life goes on

Reader Stuart Leiderman found his amaryllis plant, which blooms only once a year in early spring, in full bloom last week, a sign that even in the midst of challenging times, life goes on.

## STRATEGIES FOR LIVING

### On red flags and truth

BY LARRY SCOTT

If I were to tell you I am a Muslim ... or into Buddhism or Transcendental Meditation, or if I claimed to be an atheist, you would probably say, "That's OK! I accept you as you are" and I would enjoy your respect. If, however, I was to tell you I am an evangelical Christian and that I believe the Bible to be God's written revelation of truth, red flags go up all over the place.

Indeed, I would more than likely be branded by what you think I'm against rather than what I'm for. You most likely would be convinced I am judgmental rather than tolerant, narrow-minded rather than understanding, convinced I have little of interest to say to your world. Wrong! And if you'll stay with me, it is an image I hope to correct.

rect.

For one thing, I suspect there is much about which we agree. I believe, as a case in point, that there is something good and admirable in every religion. Even though our respective theologies may be incompatible – in some cases, we can't both be right – I nevertheless have given my respect and interest to every religious faith.

I believe that every one of us has been created, to quote the Bible, "in the image of God." There is, indeed, a spark of the divine in each one of us. And, yes, that includes pedophiles, prostitutes, and perverts. The Bible may not sanction every life-style but God's Himself has granted each one of us the freedom of will to choose our path through life.

I believe in life after

death. Eternity, in my view, is but an extension of life. If we choose to live without a personal relationship with God through Jesus Christ, we are going into eternity without God – and that is hell – whatever that means. Conversely, however, if we walk with God here on earth we are going to spend eternity in His presence and that is heaven – whatever that means. I don't propose to understand all I would like about life after death but of this I am convinced: God is as good as His Word! I expect to spend eternity in His presence!

I also believe that each of us is on a spiritual journey and has been allowed to model character, honesty, and integrity before our respective families. We each cast a long shadow and the life we live is going to have

a significant impact on those who know us and are influenced by our example. In truth, our family is, to a significant extent, a reflection of who we are. And to our credit or to our shame, the life we live and the principles we live by will be exemplified in the generations to follow.

This column, then, is dedicated to encouraging a serious consideration of those principles that will enable us to be the men and women God created us to be. Many of these principles come to us from the Bible, the book that is not so much about eternity as it is about life. We will explore them together and it promises to be an exciting journey.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

## LETTERS FROM EDWIN

but I aim for honesty and thoroughness. You see, I once had the occasion to witness just how much TP this one woman friend of mine used when she only did #1. She took the roll and wrapped this big wad of paper around her hand, and I know she knew what my environmentalist mind was thinking, as she exclaimed that she had to dry herself. Then she admitted that that's what she did all the time. Is that normal? Much to the delight that it must be for plumbers and septic tank suckers, this may be so, and that would answer the question. But then I knew this other woman who wore dresses, and as we'd be walking along, she would just walk off the path and squat. Enough said.

Sometimes, I get

tempted to do research. You know, to find out things. Like how long stuff lasts for instance. If you purchase something a lot, it makes sense to try to save money on lower priced items. If not, it doesn't seem to make much difference. Like a pair of boots. They should last a number of years, so why skimp on the price? So I took to putting dates on things just to see how long they actually lasted. I found out that the TP roll in my bathroom lasted about six months. I could buy the premium stuff with fragrance, cold cream, and aloe and it still wouldn't break the bank at that rate. That was before knot weed came into the picture.

So I was talking this friend of mine who is always full of ideas and has an answer for

every question. A real live magic eight ball, and you're not limited to just yes and no questions. He suggested that from now on every state needs to have its own toilet paper factory. While I pondered that suggestion, he added that us in New Hampshire just need to revitalize our old TP mills. I informed him that Berlin, where I believe they used to actually make it, has been flattened. All the machines and buildings gone. There was only one building left last time I drove through there. Not such an easy solution.

It all comes down to efficiency. Some folks scrimp, and others squander. I got into some similar type discourse with my science class once. And knowing this to be true from

actual real world personal knowledge, I felt it my duty to pass it on. I can't remember how I got around to the comment, but it's really easy to get into some unusual conversations with middle schoolers. And they ARE very prone to being grossed out pretty easily. But I said, "you can get three wipes on three squares". Oh the reaction was priceless. I had to explain how if you fold it twice, you get your four sheets and use that, then fold it and use it again, and if you need to, you can fold it again. You learn things out of necessity sometimes. Possibly even by committing to action in your own home without going through the pre-activity checklist. You've got to make due with what you've got.



# Snow-melt and springtime rains swelled rivers and hearts of men



By JOHN HARRIGAN  
COLUMNIST

Logging is obscure to much of society, and the history of logging even more so. This is no surprise in an age when plenty of people think food comes from a supermarket, and water from a plastic bottle. Anyone today could be forgiven for thinking that a “river drive” refers to something their parents might do on a Sunday afternoon. A river full of logs doesn’t exactly leap to mind.

And where would an obscure topic like the history of logging fall in the mind-boggling expanse of today’s course material and curricula? Time and space are short, and everything must compete.

The generation called Baby-Boomers (that would be me) came along after World War II, some of us barely in enough

time to know men who had been on the famed logging drives down the Connecticut and Androscoggin rivers. Back then, this accidental mingling of generations was taken as a matter of course. Now, it feels like a direct tie to ancient history.

+++++

What was called “the first big cut” in northern New England came before the turn of the last century, beginning around 1880. The telephone had barely been invented and electricity was hardly in use. The nation was growing like mad, led by construction of housing. Softwood logs, particularly spruce and fir, were fetching top dollar throughout the Northeast. Vast stretches of old-growth woodlands or the stumpage deals to cut them could be bought up for next to nothing. The stage was thus set for what old-timers ever-after called the first big cut.

The opening of the West and the surge in immigration came at just the right time to help swell a tsunami of construction. Logging companies, surveyors, timber cruisers and logging crews began working their way steadily

higher on the tributaries of the Northeast’s great rivers. Many a remote valley had never been settled, much less logged. That was all about to change, with gravity and water the key players.

The companies and logging crews worked their way steadily northward. Demand always seemed to dwarf supply. The long logs of spruce and fir being driven down the rivers to the mills were of immense value as construction boomed, more valuable than the men supplying the labor.

At various times during my growing-up years, I encountered two men who had been on the last of the long-log drives. They were pointed out as such, with a certain air of pride. One helped out at a church, and the other was a digger of graves.

+++++

It’s hard to picture driving logs down a river, or any enterprise quite like it taking place today. Could it? Never in this world, I think, no way. Can anyone in these lawsuit-happy times picture timber baron George Van Dyke’s typical river drivemodus operandi, with his lawyers coming along



A river drive in the northern foothills of the White Mountains, sometime around the turn of the century. (Courtesy Brown Company Collection, Plymouth State University)

right behind the drive to square things up with farmers and even entire towns (for instance, when the loss of a bridge was involved)?

These were not exactly small matters. Logs caused great damage when they jammed, and often went far astray in the broad valley floodplains. Yet it was precisely at this time of year, when snowmelt and spring rains had entire watersheds bank-full and overflowing, that the log drives had

to take place. There was no other way to move the wood, and no other time of year.

Little was left to chance. Logs were too valuable, and time was of the essence. As distances to mills increased, more water and time were needed. Crews built “squirt dams,” or driver’s dams, high on a watershed’s tributaries. When the drive-boss sent the signal, pent-up water was let loose to join in Mother Nature’s roar.

+++++

And therein lies a bit of a mystery of history: How was the signal to the distant squirt-dams conveyed?

Consider the distances and the times. Telephone lines were barely on the scene, trouble-prone, hard to maintain, and expensive. Gunfire was too common to rely on as a signal. Signal fires were the stuff of stage and film.

After a good deal of thinking on this (and there are ever-fewer

people to ask), I’ve come down to the simplest of answers, and an all-too common one: Cheap labor.

But those were the times. Labor was cheaper than dirt. Logging camp crews included plenty of young men barely out of their teens, and some still in them.

Inevitably in such crews, there were fast runners. Shank’s mare was the order of the day.

And this is how I think the command to breach the squirt dams was conveyed, far on up the watershed, all the way from mainstream riverbank to tote road to logging camp and on up the tributaries to the highest and most remote impoundments. And dam-tenders knocked out the splashboards, planks, and timbers, and down the water came, and with it, by hook or by crook, went the logs.

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

## MARK ON THE MARKETS

### Principled investing



BY MARK PATTERSON

I first heard it referred to as “socially responsible” investing, then it became impact investing or green and several other ways that I want to refer to as principled investing. Speaking with many investors gives me insight as to what their objectives are when investing their money. Oftentimes, they come in my office with some mutual funds that are categorized as growth or income, large-cap, small-cap, international, and a bunch more. Eight or nine years ago I had given some presentations regarding socially responsible or impact investing. Many times, these talks attracted people who are environmentally minded. As the word got out that I was designing portfolios of investments specifically based on people’s principles and values, I found that almost everyone wanted to tailor their

portfolio and invest in companies that they felt good about and more importantly, avoid those companies or industries they despised.

The “socially responsible” tag was often stuck on those with politically left leanings who did not like companies such as Walmart, Exxon Mobil or a host of other companies whose practices or products they questioned. I have also had clients that sold their mutual funds because they had Internet related companies like Google a.k.a. alphabet, because these clients were concerned about Internet pornography. In the past, I have had clients tell me they did not want GE in their portfolio because the previous CEO was an economic advisor to the past administration in Washington, D.C. and political crony.

I believe most people do have their opinions, likes and dislikes and principles when it comes to investing their mon-

ey. As an advisor, there are certain companies that I would not invest my own money based on my principles. But my principles are not your principles, you must voice your opinions and principles as to where you want your money invested and where you do not. It’s very difficult to eliminate all companies that you may have an issue with, but identifying beliefs based on your principles that are important to you, and then talking to your advisor about it is a great start. There are plenty of great companies whose equity (stock) or debt (bonds) you can buy for your portfolio that can fit your criteria.

If you choose to plow your money into mutual funds you must understand that you may have an issue with many of these companies in the fund’s portfolio. There are a few “socially responsible” funds but they may not reflect your principles, likes and dis-

likes at all. There are some great advantages to building your personal portfolio with individual stocks and bonds as opposed to mutual funds. I understand that many may be forced into funds because they’re in your 401(k) 403B plan, or you may just be getting started and not have enough money to get diversification with individual stocks or bonds.

If you have not done so yet go to my Web site, [www.MHP-asset.com](http://www.MHP-asset.com), go to the risk analysis button to obtain your risk number that you can match up to your current portfolio or see what your risk number portfolio mix may appear.

Mark Patterson is an advisor with MHP Asset Management can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).



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**PET OF THE WEEK**  
**JOAN**

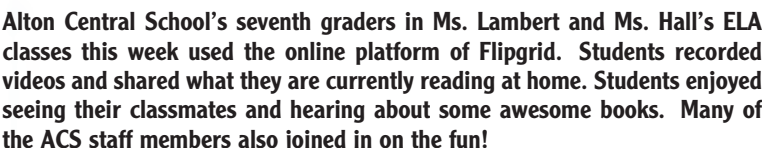
Meet sweet Joan! Joan came all the way from Lubbock, Texas to find her forever family. She is a 2 year old boxer mix ready for adventure. Joan is currently learning quite a bit at our shelter. She is food motivated and willing to train! Currently Joan knows sit, down, is learning leash skills such as ‘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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between the hours of 9 pm to 5:00 am.

Alton Water Works would like to reassure its customers that the water is safe to drink and any discoloration should clear up after the water is run for a few minutes.

Due to the Coronavirus outbreak, the Alton Central School Pre-School Registration and Child Find process will be held via video conferencing this year. All children ages 3 to 5 are encouraged to register for the 2020-2021 school year on Monday, July 27, 2020. As part of the registration process, your child will be screened by Alton Central School staff. As described as part of “Child Find”, staff will identify, locate, and evaluate children who may have disabilities. to ensure that eligible children are found, classified and provided needed services. The screening will provide valuable information for the Pre-School teaching staff.

The Pre-School Registration and Child Find screening will be held on Monday, July 27, 2020, between 8:00 AM to 11:00 AM. Please contact Sonya Kelly at [skelly@sau72.org](mailto:skelly@sau72.org) to schedule an appointment.

WOLFEBORO — Great Waters' slogan is Entertaining the Lakes Region. It is more than just a slogan... music and laughter are what makes us a Community, what brings us together and lifts our souls—something we need now more than ever!

So what do we do in this time of tremendous stress & need? Painful though it is, like the Tokyo Olympics, we have no choice but to move our entire season to 2021. This is frustrating because we've planned an unusually great season for 2020.

Our most exciting news this year is our new partnership with the Castle in the Clouds, where we had planned to put a Great Waters Performance Tent in a spectacular setting with food and beverage service. Our first concerts there were to be the Australian Bee Gees, and Classic Albums Live “Hotel California.”

Additionally, we had planned a full Wolfeboro season—including our community favorite Folk Festival (free! Courtesy of Great Waters) in Cate Park, plus singer-songwriter composer Peter Cincotti, and comedian Juston McKinney, both at Brewster's Anderson Hall and Neil Berg's 50 Years of Rock 'N Roll at the Kingswood Performing Arts Center.

The good news - this is just an intermission. We are going to do it bigger and better in 2021!

All 2020 tickets and Season Passes will be honored in 2021. All gifts pledged and received are restricted for their original purpose and held in escrow. As we add new acts, we'll announce them promptly on our Web site, [www.greatwaters.org](http://www.greatwaters.org). In the meantime, please contact us at 491-9545 with any questions.

## Alton Central School Kindergarten Registration

Attention all Parents/Guardians of Incoming Kindergarteners:

Due to the Coronavirus outbreak, the Alton Central School kindergarten registration process will be held via video conferencing this year. The original April 24 date has been cancelled. Children must be 5 years of age by September 30, 2020. Please contact Sonya Kelly at [skelly@sau72.org](mailto:skelly@sau72.org) no later than May 22 to set up a time to begin the process. Please have the following required documents available electronically:

- Your child's birth certificate
- Immunization records
- Proof of residency (tax bill, recent utility bill, etc.)
- Picture of your driver's license
- Last physical of your child

At this appointment a time will be scheduled for the kindergarten screening, to be held on Thursday, July 30, 2020, between 8:00 AM to 12:00 PM.



STILES

(continued from Page A1)

instruction. Because of pre-planning, Alton began remote learning on March 18—with Google classrooms established, devices ready to go, and instruction ready to start. Although there were minor bumps and questions that arose, the Alton teachers, staff, families, and students demonstrated incredible resilience and patience as we all went from regular routines to uncertainty and loss within a few days.

Now, teachers and support staff provide lessons that are creative, engaging, and personally meaningful. Grade 4 is using Edpuzzle to create interactive lessons to teach fractions. The seventh grade social studies class is completing a personal finance unit using the online program EverFi. Teachers are using Google Hangouts for reading groups (K-4) and book clubs (5-8). Screencastify is being used to record morning meetings. Teachers are recording and posting Youtube videos for all kinds of lessons. Staff are working with students every day, in real time, providing instruction, answering questions, and offering reassurance and comfort.

And parents...they have been remarkable through this. They have

partnered with teachers so that the extra layer of support is available when needed. Students with special needs are working remotely using support services to complete assignments that have been designed jointly by the general classroom teacher and case manager. The student organization ‘Voice’ has invited all students to take part in a remote Talent Show using Flip Grid. The Guidance Department is working with families to address heightened levels of anxiety and uneasiness. All of this is supported by an A-1 technology department that is there, at the ready, to help anyone who is having a hard time with connectivity, hardware, set-up or access.

With several weeks of remote learning now under our belts, the “new routine” is settling in. The food service department is providing approximately 250 meals a week to students. If a student needs technology or items from the school, a delivery to their home is made. The office has a protocol for ensuring that families can still connect with the principal, nurse, tech support or anyone they need in a very timely manner (call 875-7500 if you have any questions/needs). Families receive voice messages, ‘60 Second

Snippets,’ three times a week, to keep them up-to-date with important information.

Looking ahead, Kindergarten Registration will be done remotely this year, hopefully making it a little easier for our families to take care of getting their child ready for school in the fall. We keep a watchful eye on the amount of food available for children. Recently a call was put out for food donations for the End 68 Hours of Hunger Program - the outpouring was inspiring. The hundreds, hundreds of donated items filled every--every-- cafeteria table at the school. Our goal was to get a count, but it simply was too much! We know that there are end of the year events that hold great meaning for students and their families. But at this time, we just don’t know what the next few weeks will bring. When we do, the word will be passed along immediately.

In closing - “thank you” is not adequate when recognizing the efforts of families, teachers, staff, administrators, students, and the greater community during this very unusual time. I am so incredibly proud of the folks that work at Alton Central and the community that supports them.

BROADRICK

(continued from Page A1)

become, in many cases, co-learners.

I have heard teachers talk about the fundamental nature of their work. I’ve heard, “how can I ask one great question, instead of ten basic ones?” and “how can I prompt the students to connect my subject to their lives, and to other subjects?” and even, “why is this important, and how do I focus on that most important thing?” These are the kinds of questions great learners ask, and our teachers are role models for lifelong learning. These questions are also not new, but in the circumstances of remote learning they have taken on a new urgency. For many teachers, this is a moment of existential reflection.

I’ve also seen educators send their students the messages, “I miss you. You’re important to me. My life isn’t the same without you.” This is the lesson.

There is an age-old debate in the world of education about whether teaching is a calling or a job, whether the essence of great teaching is an innate ability to connect with students or a teachable set of technical skills. In my experience, life is generally too complex for either/or propositions. Great teachers are skilled technicians who draw from an ever-growing body of research that informs teaching practice. There is also, I believe, an underlying passion that separates excellence from technical competence. The best teachers inspire students because they have to—they can’t help it.

The researcher Parker Palmer wrote, “Good teaching cannot be reduced to technique; good teaching comes from the identity and integrity of the teach-

er.” Right now, we are seeing the identities and integrity of teachers in our communities. And from where I sit, they are remarkable.

In recent weeks, our society has been (remotely) honoring the tireless efforts and personal sacrifices of healthcare professionals, and rightly so. Thank you to every doctor, nurse, EMT, LNA, PA, or technician who continues to provide critical healthcare every day and night.

I also hope everyone will acknowledge what I have seen firsthand, that another group of selfless heroes lives among us: public school teachers. In our communities, teachers—holed up in solitude or with their own families, and of-

ten caring for children of their own—continue to give their time, their energy, and their emotional support to the children of others. Teachers’ identities and integrity continue to provide a sense of normalcy in students’ lives. They are still there, every day, reassuring our children that they care, that they are listening, and that everything is going to be OK.

Someday, this will have passed. Even as it changes us and some of our routines forever, these particular circumstances will end. We will reopen our schools, and teachers will be there to greet and comfort our children. Just like teachers are there for us now. They’ve never stopped.

LIBRARY

(continued from Page A1)

ing temporary library cards for new patrons to gain access to the New

Hampshire Downloadable Books Consortium. Residents can request a card by email. Having a card also allows access

to Ancestry.com and HeritageQuest.

Contact the library to receive a weekly newsletter of the best education and entertainment sites, as well as activities to do as a family that do not involve screen time.

E-mail, also, if you need help getting groceries, want to volunteer to shop for others, need a fabric face mask for your personal use, or are able to sew masks.

Legal Notice  
NOTIFICATION OF  
PERMIT APPLICATION  
Locke Lake  
Center Barnstead, NH

The Locke Lake Colony Association has contracted SOLitude Lake Management, 590 Lake Street, Shrewsbury, MA 01545, Telephone 508-865-1000, to treat portions of Locke Lake in Center Barnstead with the USEPA/State registered herbicide Procellacor EC (Florpyrauxifen-benzyl), EPA Registration Number 67690-80, to control the exotic variable milfoil weed.

A permit application has been filed with the state requesting approval for this treatment program. The treatment will likely be performed in June 2020. If a permit is issued, there will be additional notification of the actual treatment date and specific information on certain activities and water uses that will be temporarily restricted as a condition of the permit. Any questions concerning the proposed treatment should be directed to SOLitude Lake Management at the above address.

Those wishing to comment on the proposed application may contact the New Hampshire Department of Agriculture, Division of Pesticide Control to request a public hearing. Comments must be received in writing within 15 days of receipt of this notice.

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OBITUARIES

Jill A. Christenson, 57

KEENE — Jill A. Christenson died peacefully at home surrounded by family, on April 7, 2020 after a hard-fought battle with cancer.

She is survived by her two loving children, Kayla Christenson and partner Alexe Proctor of Keene and Kyle Latino of Alton Bay; her devoted parents, Carl & Faye Christenson of Alton Bay; two sisters, Jane Murphy and husband James of Holden, Mass. and Cheryl Englehart and husband Merrill of Worcester, Mass.; four grandchildren (Kianna Van Valzah, Brayden Van Valzah, Jackson Van Valzah, and Alayah Van Valzah); four neices and nephews (Jackelyn Hoffses and husband Eric, Zachary Englehart, Jake Murphy and wife Nichole, and Samantha Englehart and partner Brady Bryan); a great nephew, Tyler Hoffses; and a great niece, Tess Hoffses.

Jill was born Feb. 23, 1963, and spent most of her life in Worcester, Mass., where she attended North High School, and Salter Secretarial School. She held a few jobs throughout her lifetime, but her favorites were at Abdow's Family



Jill Christenson

Restaurant in Lincoln Plaza in Worcester, and Four Corners Store in Richmond.

Jill was born with spinal bifida, and the doctors gave her a grave prognosis at birth, saying she would never walk, live into her 20s, or bear children. Not only did she beat all these odds, but her determination to thrive showed at an early age, when she walked at 10 months old. She battled many surgeries throughout her life, and did so with determination, stubbornness, and grace.

Jill loved nature and spending time outdoors. She cherished the family time on Lake Winipisaukee, going on boat rides, family nature walks, and hikes up Mount Major. She loved spending time at the

beach and swimming in the ocean. She always was on the search for heart shaped rocks, or other natural signs of love wherever she could find it.

Later in life, Jill moved from Worcester, Mass. to Keene to be close to her children and grandchildren. Her life was devoted to family. She was always there for every family function, from holidays, to birthdays, and even small made up excuses to get together, like Hocus Pocus night. She didn't miss one, even if it meant traveling hours each way.

Jill had a deep sense of spirituality and would often say that God only gives you as much as you can handle. While God did give her the lion's share of obstacles, she became a role model of strength for those around her.

Due to circumstances beyond our control, a private funeral will be held. A celebration of Jill's life will be held in the future and loved ones will be informed.

Cremation care by Peaslee Funeral Home. To express condolences, please visit: [www.peasleefuneralhome.com](http://www.peasleefuneralhome.com).

Mary Emma Prescott, 91



Marry Prescott

BARNSTEAD — Mary Emma Prescott, age 91, of Barnstead passed away peacefully at home on March 10, 2020.

Mary was born in Barnstead, Dec. 2, 1928, daughter of Rexford and Bessie Wheet. A graduate of Pittsfield High School, she met her husband, Gordon H. Prescott, also of Barnstead, after he served in WWII as an Aircraft Mechanic. They were married for 70 years, and had a small family business of heavy construction, building homes and moving buildings. Mary loved being there for her

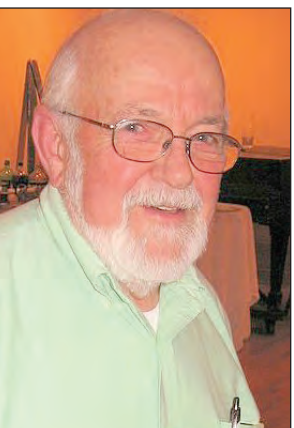
family and working in her flower and vegetable gardens. Mary was a very special person, kindhearted, generous and always cheerful and blessed with boundless

energy. Mary was predeceased by her husband, Gordon H. Prescott, four years ago.

Mary is survived by her children, Alan, Gary, Jan, Lynn and Scott; grandchildren Prescott Weldon, Lindsay Zianne, Lauren Skersey, Megan Prescott, and Matthew Prescott; great grandchildren Madison, Jacob and Benjamin Weldon and River Rose Skersey.

Graveside services will be tentatively held in June, at Pine Grove Cemetery, in Gilmanton Iron Works.

Charles Bense, 86



Charles Bense

TUFTONBORO — Theodore Charles Bense, 86, of Tuftonboro Neck Road, Mirror Lake, passed away April 6 after a long illness at his home.

Born in Meredith June 17, 1933, son of the late Theodore Alfred and Ella (Roberts) Bense, he grew up in Meredith moving to Tuftonboro at the age of 11. He attended school in Tuftonboro and Wolfeboro, graduating from Brewster Academy.

Ted attended the University of New Hampshire for several years then enlisted in the United States Army and rose to the rank of Staff Sergeant, serving on active duty at a missile base in Texas and then in the reserves in a landing craft unit in Portsmouth. Later, he graduated from Plymouth State College with a degree in education. He went on to achieve a Master's degree in Education at Colby College in Maine. He taught math, science and computer programming at Alton High School for over 30 years.

He enjoyed farming and selling fresh vegetables from his farm stand at his home. He cut and sold wood and hay, was a past selectman for the town of Tuftonboro, and served on several town committees. He was active in fund-raising for and maintaining the Abenakee Ski Area.

He was an avid skier racing on teams for Brewster Academy and UNH. He continued competitive skiing in programs in North Conway, and was able to attend national races in Utah and Colorado, winning the NASTAR race in 2005 for his age group.

Pre-deceased by a sister, Mary Craigue, he leaves his wife, Car-

ol (Wetherbee) Bense; a son, Booker Charles Bense, and his wife Luisa Giulianetti of Kensington, Calif.; a daughter, Rebecca Susan Bense, and her life partner, Chris Frey of Bradford; two grandchildren, Siena and Matteo Bense; and nephews, Jim and Kenneth Craigue, and nieces Carole Keller and Cinthia Clough.

A memorial service will be held at a future date when it is safe for people to gather.

The Baker-Gagne Funeral Homes and Cremation Service of Wolfeboro is assisting the family with the arrangements. Please share your condolences, messages, stories and sign an online guest book at [www.baker-gagnefuneralhomes.com](http://www.baker-gagnefuneralhomes.com).

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Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Difficulty to remember what you did while drinking
- Drinking 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](http://ncadd.org) for more information.

Church Service

SCHEDULE

10 am Worship Service  
Community Church of Alton  
20 Church Street, Alton

ABUNDANT HARVEST FAMILY CHURCH

Sunday School for children up to age 12, service 10:30 a.m. Sun. Pastors Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit [abundant-harvestnh.org](http://abundant-harvestnh.org) or e-mail [ahfc@faith.com](mailto:ahfc@faith.com).

ALTON BAY CHRISTIAN CONFERENCE CENTER

Sundays throughout the summer 10am & 7pm; Tues-Thurs 9am; 875-6161.

BEFREE COMMUNITY CHURCH, ALTON

Alton-9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Hoggard, [www.befreechurch.net](http://www.befreechurch.net).

CENTER BARNSTEAD CHRISTIAN CHURCH

Morning Service 10:00 am. Adult and Teen Bible Study 11:15 am. Sunday School for all ages 10:00 am. Rte. 126 next to Town Hall. Pastor Brian Gower. 269-8831.

COMMUNITY CHURCH OF ALTON

Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am. Rev. Dr. Samuel J. Hall. 875-5561. Sunday Worship Service 10:00am Alton Bay Barnstead July 1-Sept 2 10:00am 20 Church Street

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC

Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd., Pastor Nancy Talbot, 776-1820, [ccnorthbarnstead.com](http://ccnorthbarnstead.com)

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON

Worship Services 10:00 A.M.

Sunday School 10:15 AM 400 Main Street Farmington, NH 02835 Pastor Kent Schneider 755-4816 [www.farmingtonnccucc.org](http://www.farmingtonnccucc.org)

FIRST FREE WILL BAPTIST CHURCH

Sun. School 9:45am; Church 11am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor James Nason.

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.

on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 10:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson - 483-2846

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40 Hidden Springs Rd., Alton, 875-2548. Father Robert F. Oke, Pastor. Mass Saturday 4pm; Sunday 8:30 & 10:30am; Daily Mass Mon., Tues., Wed., Fri. 8:00am.

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Sunday 9:30, 50 Main St., Pittsfield Rev. Miriam Acevedo, 435-7908 [www.ststephenspittsfield.com](http://www.ststephenspittsfield.com)

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA

Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524 6488 • [uuil.org](http://uuil.org)

MAPLE STREET CHURCH

Sunday Service 11am 96 Maple Street Center Barnstead NH 03225

Alton's Cutlas Greeley completes Airforce boot camp



COURTESY

Charles and Cheryl Greeley are proud to announce that their son, Airman Cutlas J. Greeley, 18, of Alton graduated from United States Airforce boot camp at JBSA Lackland Airforce Base on Nov. 22, 2019. Airman Greeley successfully completed 8 weeks of intensive basic training at Lackland AFB, in Flight 813 in the 324th training squadron. While in recruit training Airman Greeley achieved Warhawk, the highest level of physical fitness and his flight was awarded the Commander's Excellence Award. He attended technical training in vehicle maintenance for 14 weeks at Port Hueneme Naval Base, Port Hueneme, Calif. Airman Greeley graduated on March 24, 2020 achieving the rank of E-2. Airman Greeley will be stationed at Little Rock Airforce Base, Little Rock, Ark.

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Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 101

with any questions regarding the submission process.





# Retirement Account Rules Changes

By Edward H. Adamsky

At the end of last year Congress passed the SECURE Act that changed the rules on IRA distributions. Congress just passed the CARES Act which makes some temporary changes for 2020. The SECURE Act delays the time when you are required to make withdrawals from IRAs until age 72 (unless you already turned 70½ under the old rule). But, the CARES Act says that you don't have to take a required distribution

this year if you don't want to. There will be no tax or penalty if you skip a required distribution in 2020.

For those under retirement age (59½) you can take a distribution of up to \$100,000 in 2020 and avoid the extra 10% penalty for early withdrawals. You will still have to pay ordinary income-tax on the withdrawal, but you can pay over three years if you wish. Those over 59½ don't have to pay a penalty so you can withdraw whatever you want from your IRA (it's

still taxable income).

For those inheriting an IRA from a deceased person, the SECURE Act says that you will now be required to completely withdraw all plan assets within 10 years of the date of death. No withdrawals have to be made during the 10-year period, but at the end of 10-years from the date of the plan holder's death the entire balance in the plan must be withdrawn. This eliminates the so-called Stretch for an IRA where those assets could grow for many

years with a young beneficiary.

Some Estate Planning trusts took the Stretch rules into consideration and might have had provisions prohibiting withdrawals of more than the Required Minimum Distribution (RMD). With the new law this language could result in situations where the Trustee cannot distribute anything at all until the tenth year after the death of the IRA owner. If you have any retirement funds that name a Trust as beneficiary, you

must review the terms of the Trust to see what might happen under the new law.

There are exceptions to the death of the Stretch provisions for certain disabled and chronically ill beneficiaries. If you have a trust written for such a beneficiary it may still be fine, but you should probably have your lawyer review it and update it as necessary. The Stretch will still work for a spouse. They can roll the IRA over to their own name and use their own life-

time for distributions, but the next generation will have only the ten-year time frame for withdrawals. Minor children can also withdraw using their age for RMDs but the ten-year period starts when they become an adult (18 in most places).

If you have done any planning with your IRA or other retirement funds using a trust, you should contact your attorney to review your documents to see if they need to be changed based on this new law.

# How illnesses are stopped from spreading in nursing homes

Millions of elderly and incapacitated individuals find long-term care facilities are the safest places to reside and receive both medical care and assistance with daily living requirements. Nursing homes aim to keep residents safe and healthy, and in order to do so important precautions need to be taken not only by staff members, but by friends and family who visit their loved ones in nursing home facilities.

Infectious diseases can spread easily through nursing homes if visitors are not careful. Age and compromised immune systems which are common among many people who live in long-term care facilities, elevate residents' risk for disease. A nursing home outside of Seattle was the site

of one of first cases of COVID-19 on American soil. As of early March 2020, thirteen residents of the facility contracted and died from COVID-19, an additional 11 deaths were being investigated but had not yet been attributed to the novel virus that dominated headlines.

In many nursing homes, residents share rooms, and common areas are small, making residents vulnerable to infections that are transmitted from person to person, advises the Association for Professionals in Infection Control and Epidemiology. And the open-door policy of many facilities can make it easy for diseases to find their way in. These pointers can help reduce the risk for disease transmission.

- Visitors should not

come into the facility if they have symptoms of respiratory infections or other illnesses that are easily transmissible.

- Employees should stay home if they are sick.
- Good infection prevention and control techniques always should be implemented. These include cleaning hands before and after touching another resident. Cleaning and disinfecting environmental surfaces, removing soiled items, and wearing personal protective equipment is advised.
- Residents, workers and visitors should practice proper cough and sneeze etiquette by coughing and sneezing into the crooks of their elbows rather than into their hands.
- The CDC says alcohol-based hand rub



should be available in every resident's room.

- Restrict residents with any contagious illnesses to their rooms. If they need to be moved for testing or other reasons, have them wear correct safety items, like facemasks.
- Healthcare person-

nel who may work other jobs, such as those in other facilities, should exercise extreme caution after caring for an individual with an infectious disease.

- Guests should wear gowns when visiting someone who has a virus or type of bacteria

that can be transmitted through direct contact.

Infectious diseases can be problematic in nursing home settings since residents are vulnerable due to their proximity to others, ages and potentially compromised immune systems.

# Why routine checkups are vital to overall health



Regular visits with a medical professional are an important part of a healthy lifestyle. Too often people visit the doctor only when they are ill, as they may not realize just how essential well visits and physical exams are.

Routine checkups are the smartest way for people in all age groups to stay on top of their health, but they can be especially valuable for those age 50 and older. Regular checkups enable physicians to check current health against past visits, ensuring that any anomalies can be investigated and treated efficiently and promptly. This can make the difference in slowing down the progression of a disease that has already developed or prevent something from becoming a full-fledged issue.

The Mayo Clinic says there are no

hard and fast rules about how often seniors should visit health care providers. Those who are in generally good health may only require one medical checkup a year. At this point vital signs will be checked, medications reviewed and lifestyle topics discussed. Doctors may even recommend or discuss tests. Patients also can bring up any issues they may be experiencing, however insignificant they may seem. Anything from sleep disturbances to memory loss to unexplained fatigue or pain can be addressed. Sometimes getting everything out in the open and being reassured that there's nothing to worry about can be helpful.

General care and geriatric doctors also are adept at asking questions to get a sense of how patients are faring in the world. This may include topics that seemingly have no relevance to health but can be quite important. A provider may ask about topics such as bathing or dressing. Questions about social interaction or typical routines can paint a better picture of both physical and mental health.

The recommended frequency of doctor visits may change as health issues arise or if follow-up is needed after a treatment plan or injury, according to the caregiver company Home Care Assistance. Some seniors may have to visit a provider once a week or once a month. Doctors, nurses and therapists will design a regimen based on a patient's current health needs.

The following are some compelling reasons to be diligent with provider visits.

- Frequently health issues can be

silent and not noticed early on by a patient, according to Mercy Medical Center in Baltimore.

- Patients will be less likely to forget about important screenings, like mammography, prostate tests, cholesterol tests, and more.
- Vaccines can be administered, as even adults need certain immunizations to stay healthy.
- Patients can discuss potential life-

style changes, like going on a diet or taking up a new fitness regimen.

It is essential to follow through with health care provider visits, even if they seem redundant. Physicians may detect issues that warrant close observation. Patients are urged to have an open dialogue with their doctors so they understand the reason behind health care visits and expectations in the future.

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


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- Reading Specialist

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ANSWER: LAMB

Crossword Puzzle

1		2		3			4
5				6			
				7			
		8					
9					10		

ACROSS

- 1. All people
- 5. Sink
- 6. Dull pain
- 7. Incline against
- 8. Atmosphere seen from Earth
- 9. Dedicated to a religious purpose
- 10. 24 hours

DOWN

- 1. Christian spring holiday
- 2. Laid by a female animal
- 3. Each year
- 4. Unending time
- 8. “Sun” in Spanish

Answers: Across 1. Everyone 5. Sag 6. Ache 7. Lean 8. Sky 9. Holy 10. Day Down 1. Easter 2. Eggs 3. Yearly 4. Eternity 8. Sol

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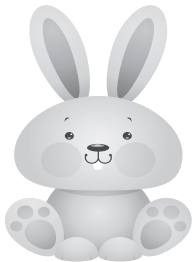


CROSS

an emblem of Christianity

How they SAY that in...

- ENGLISH: Faith
- SPANISH: Certeza
- ITALIAN: Fede
- FRENCH: Conviction
- GERMAN: Vermutung



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ANSWER: EASTER LILY

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to humor. Each number corresponds to a letter. (Hint: 20 = O)

A. 7 19 23 20 25

Clue: Quality of being amusing

B. 10 18 19 6 7

Clue: React to humor

C. 22 20 13 2

Clue: Funny tale

D. 12 20 23 2 3 26

Clue: Professional entertainment with jokes

Answers: A. humor B. laugh C. joke D. comedy

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

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

ANSWER:



# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	25 Clay Point Rd.	N/A	\$129,000	ACP RT and Peter Dejager	Dean S. and Cathy M. Sedler
Alton	515 E. Side Dr.	N/A	\$382,533	Claude S. & D.E. Morin Fiscal Trust	Shirley and Robert Guilmette
Alton	High Point Drive	N/A	\$500,000	Gerald R. and Maxine M. Levasseur	Taradash Fiscal Trust and Cynthia V. Taradash
Alton	48 Southview Lane	Single-Family Residence	\$320,000	Christian and Pamela Hellpap	William K. Beck
Alton	N/A (Lot 32)	N/A	\$24,933	Leonard C. Gardner LT	George A. and Carol A. Stevens
Barnstead	52 Danbury Rd.	Single-Family Residence	\$179,000	Timothy F. and Kelly L. Stevens	Donald W. Harlow
Barnstead	13 W. Hill Place	Single-Family Residence	\$235,000	Wendy Jacobs	Amanda Roy
Barnstead	N/A	N/A	\$325,600	Barraford Fiscal Trust and Catherine W. Barraford	Paul F. & Celia B. Cote RET
New Durham	Bay Road	N/A	\$300,000	David A. and Melody G. Horne	Kathryn Chatt
New Durham	54 Berry Rd.	Mobile Home	\$200,000	Paul G. Michaud	Kathleen and Richard A. Patterson

## ABOUT THE REAL REPORT

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

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We will run select photos and submissions in an upcoming issue!





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