THURSDAY, SEPTEMBER 10, 2020

COVERING ALTON, BARNSTEAD, & NEW DURHAM - WWW.SALMONPRESS.COM

FREE



JOSHUA SPAULDING

PERRIN MCLEOD charges up the hill during conditioning drills last Monday. BY JOSHUA SPAULDING

Sports Editor

ALTON - Like everything this summer, the Prospect Mountain boys' soccer summer workout program took a bit of a detour.

But coach Cory Halorsen and his athletes made the adjustments and in the week leading up to tryouts, set about

on a week of conditioning to help prepare everyone for the upcoming

Before the practice last Monday, Halvorsen was scanning foreheads to check for temperature and collecting paperwork. While the COVID-19 adds a laver of work to

his (and all coaches) day, it's a step that has to be taken if the kids want to play.

"We have all the protocols," the Timber Wolf coach said. "We do temperature checks and they have paperwork they have to fill out ev-

"From there, we're

free to go about our normal practices," he add-

Of course, "normal" practices have been a bit different over the course of the last few months.

When Gov. Chris return to play protocols earlier in the summer, the players were able to

get together in smaller groups. Halvorsen noted he started with pods of nine and held two sessions a night so that 18 kids could take part.

"It was just getting them through some Sununu announced his conditioning and some small-sided things," he

Now that they have

reached Phase III of the return to play protocols, more athletes are allowed on the field, which means they are able to do some different drills and scrimmages.

"We've had pretty good numbers." Halvorsen stated. "I don't

SEE SOCCER, PAGE A9

Classroom, remote learning plans coming together

BY ELISSA PAQUETTE **Contributing Writer**

WOLFEBORO — SAU staff and principals are "working fast and furiously to put it all together", said Superintendent Kathy Cuddy-Egbert, reporting to the Governor Wentworth Regional School Board in the Kingswood Arts Center on Aug. 24. She complimented Director of Curriculum Kaitlyn Hill for sorting through families to best match teachers and remote learning schedules and Assistant Superintendent Heather Cummings and Susan Merrell, Director of Special Education and Counseling Services, for their work on putting the numbers together from parent surveys.

The superintendent said the matching process is not completely finished, "but it looks pretty good."

Next they need to split students participating in the hybrid program into groups A and B, which she expects to be accomplished shortly.

"The groups look good in terms of classroom spacing," the Middle School is able to have a remote team with Middle School teachers, and the "class sizes look good to implement all the requirements," said Cuddy-Egbert.

The high school sorting is the most difficult because of the number of classes and various levels, she added. More than 100 have chosen remote learning as the best option, which will be delivered by Educere, an outside provider. Cuddy-Egbert said those numbers could change with that information. Special education needs to be fine-tuned, but there will be an option for those who need a five day a week program.

In answer to a question brought up at a past meet-

SEE SCHOOLS, PAGE A9

Knight coach misses out on first season at the varsity level

BY JOSHUA SPAULDING Sports Editor

WOLFEBORO Imagine if you will, you play lacrosse growing up, all through high school, go on to college and play there, return to your alma mater as an assistant coach and then finally getting the chance to take the reins of your own varsity

Winter creeps toward spring and you begin to prepare for the season, looking ahead at the players on the roster who you've watched the last few years and get in a few optional practices.

And then, well, 2020 happens.

If you can imagine this, then you are living in the mind of Kingswood boys' lacrosse coach Mike Manning.

The 2007 Kingswood graduate, who played goal for the Knights, went on to play goal at Wheelock College and returned home to work with fellow Kingswood



JOSHUA SPAULDING

THE KINGSWOOD lacrosse boys have been hosting clinics during the summer to help sharpen skills.

graduate Matt Tetreault as an assistant coach. And when Tetreault decided to step down after the 2019 season, Manning applied for the head job and was hired as the Knight varsity coach.

"We got in three days of optional practice and then were told we'd have to wait for two weeks, then we were told to just wait," Manning said.

The COVID-19 pandemic was in its infancy in the United States when Manning held a few optional practices in March with a team that he was fairly familiar with. Most of the kids he'd been around either

as the JV coach or as the assistant coach on the varsity team.

"Going into it, I had a rough idea in my mind as to major contributors, etc., but then just noth-

ing," he said. While the idea of a 2021 spring season is still a ways off, Manning knows that he will have some unfamiliar faces when the season starts, as last year's freshmen and this year's freshmen are basically new to him.

"I really only have two classes to pick from, the juniors and seniors, that I know," Manning said. "There's two classes with minimal knowledge as to what they can

do." While Manning was disappointed to lose his first varsity season, he knows that the way he feels is nothing compared to the way that last year's seniors had to go out, with no season, in addition to all the other things that went by the wayside during the spring.

"We had a pretty small senior class, but the kids we had had put a lot of effort into it," Manning said. "We had some kids who were on the precipice of having

SEE LACROSSE, PAGE A8

Paula Morrill retires from Children's Center



Paula Morrill

WOLFEBORO — Enter through the front door of The Children's Center building and walk straight forward into the upstairs hallway. Soon you'll discover the first classroom on the right and welcoming you will be a giant, friendly-looking, cardboard-cutout brown bear. If it is autumn and apple-picking season, the bear will be donning a chef's hat with a fresh-

ly baked pie in his right paw and holding a basket of just-picked apples with his left. And if you look close enough, there will be a child's name tagged on each apple in the basket. If it is spring, the friendly bear will be holding a beautiful bouquet of flowers made from construction paper. Again, every flower will name a different child. As of recently, the bear has been wearing a mask

over his bear nose and mouth while holding a sign that reads, "Spread love, not germs."

This brown bear is the official Gingerbears classroom mascot where Miss Paula Morrill has been the teacher since 1991. Once upon a time, Miss Paula's daughter, Maggie, was given a children's book named "The Gingerbears' First Christmas" which became the inspiration for the room name at The Children's Center in Wolfeboro.

For decades now, "Miss Paula" has been a mentor for many of the Center's teachers and has touched the lives of countless children in her work. Along with her hallway Gingerbear, her room is also known for her beloved guinea pigs. She is also known for her creative weekly themes that inspire children daily. She is steadfast in her experience and has been known to zip past on a sled during winter play or be eye-level down on the floor with her threeyear-olds investigating science. She runs her classroom by building community routine, yet always finds time to notice and encourage each child as an individual.

After announcing Morrill's retirement on the Center's Facebook (facebook.com/ thechildrenscenternh), it became very apparent just how far her love has reached within the community and how many lives she has touched. From current and alumni children and their families to current and former coworkers to family and friends alike, the messages of well wishes were endless.

Lindsey Kline, mother of alumni children and former board member, writes, "Miss Paula is the best of the best! We love you and the Center is that much better for having your love and guidance help shape so many lives for so many years."

On Aug. 28, Miss Paula's last day of fulltime employment at the Center, members of the board and staff came together to celebrate her. There were homemade cards and photo albums full of pictures and memories given to

her. June Connors, Vice President of the Board of Directors, presented her with a round disc necklace inscribed with "The Children's Center" and a bear charm adornment. The day ended with a farewell drive-thru at the Center where children, families, and friends paraded by offering more homemade cards, flowers, well wishes, and many stopped to reminisce with Miss Paula about what an impact the Gingerbears classroom had on their lives.

Miss Paula has been an aide, teacher, and chief-caregiver 1980 in the town of Wolfeboro. When we asked her about one of her favorite memories, she said, "When a three-year-old asked me what I did for a living!" How sweet and innocent children can be but how telling of Miss Paula and her passion for children. The more you love your job, the less it even looks like

Being an inspiration to many, we wondered what inspires Miss Pau-

Her answer was ob-

vious: "The children. There is no one like a three-year-old! Everything is new and exciting, and they are so ready to learn!" The children inspiring Miss Paula and in turn Miss Paula inspiring the children is what we call full circle. And may it continue for generations to come.

For more information or to learn about The Children's Center, visit the Center's Web site at thechildrenscenternh. org or call the Office at 569-1027.

The Children's Center has been serving the needs of children from 6 weeks to 12 years old since 1974. Its mission is to enhance the well-being of families in our community by meeting their needs through comprehensive, affordable, high quality child care and early education, and to collaborate with other agencies serving the needs of children. By working to provide each child and every family with the resources they need to thrive, The Children's Center remains a pillar in the community for past, present, and future generations.

Request books from New Durham Library online

NEW DURHAM — Patrons can easily request books from the New Durham Public Library by going to the Web site

at newdurhamlibrary. org and clicking on the Find a Book button.

ORDER ONLINE

for reservations call

(603) 293-0841

18 Weirs Rd Gilford, NH 03249

Another method of seeing what books are available is to click on "What's new" in the "What's hot" block on the right of that same page. Patrons can then choose items added in the last month, hit "Search," and the list of recent arrivals will pop

newest items in the cata-

log can be seen scrolling

across the top.

Images of the

"Once vou've decided what you'd like to take out, you can either sign in with your card number and make your request on-line, or just email us," said Library

Director Cathy Allyn.

"We love getting the emails. There are lots of new books."

Calling the library with requests is also welcomed.

Once notified that their reserves are available, people may pick up materials Mondays 11:a.m.-3 p.m., Tuesdays 3-7 p.m., Wednesdays 2-6 p.m., Thursdays 11 a.m.-3 p.m., Fridays 9 a.m.-1 p.m., and Saturdays 10

a.m.-1 p.m. Watch Browsing Alfresco coming soon, where patrons can peruse and checkout the library's latest arrivals outside.

Spots are still available in a new socially distanced outdoor movement and story program for two to five-year olds. Jigglin' Jamboree sessions are on Fridays at 11:00 beginning Sept.

11. Registration is required.

Call the library at 859-2201 or email at newdurhamlibrary@ gmail.com for more information.

ALTON POLICE NEWS

ALTON — Alton Police Department responded to 198 calls for service during the week of August 23-29 including 7 arrests.

-3 Subjects were taken into Protective Custody for

-1 Male Subject was arrested for Violation of Protective Order

-1 Male Subject was arrested for Failure To Com-

-2 Subjects were arrested for Unlawful Possession of Alcohol

There were 5 Motor Vehicle Accidents.

ply; Sex Offender Registry

Services & 1 Unwanted Person.

There was 1 Suspicious Person/Activity on Main Street.

Police made 47 Motor Vehicle Stops and handled 3 Motor Vehicle Complaint-Incidents.

There were 142 other calls for services that consisted of the following: 1 Assist Fire Department, 3 Fraudulent Actions, 2 Stolen Properties, 3 Employment Fingerprinting, 4 Assist Other Agencies, 1 Pistol Permit Application, 4 Animal Complaints, 3 Juvenile Incidents, 3 Domestic Complaints, 5 General Assistance, 3 Miscellaneous, 2 Alarm Activations, 2 Noise Complaints, 1 Lost/Found Property, 2 Highway/Roadway Hazard Reports, 1 Simple Assault, 7 General Information, 5 Vehicle ID Checks, 3 Trespass, 2 Sex Offender Registrations, 2 Wellness Checks, 1 Community Program, 47 Directed Patrols, 1 K-9 Unit Call/Response, 2 Motor Vehicle Lockouts, 2 Medical Assists, 27 Property Checks, 2 Paperwork

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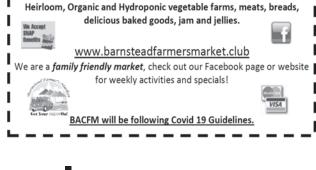
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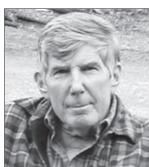
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TV show inspires thoughts of the (not so) lowly beaver



By John Harrigan

COLUMNIST

Editor's note: Mr. Harrigan was not able to sub*mit a new North Country* Notebook column in time to meet our accelerated press deadline for this week's edition. The following column was originally published in 2018.

My siblings and I were fortunate to grow up within reconnoitering distance of a swamp. My mother, a non-helicopter Mom before her time, saw swamps as safer than streets and sidewalks. Hence her frequent suggestion, "Go play in the swamp."

I only had to hear this suggestion once, and the further I explored the swamp the more of it I wanted. And it wasn't long before I came smack up against the works of the beaver.

Beaver Brook, which begins in Stewartstown and Colebrook as springs and trickles amongst the ridges of South Hill, in those years pretty much ended in a huge alder swamp behind our house on Park Street. one of the main routes into town. It was here, in the vestiges of an 1880s water-powered manufacturing complex, that I stumbled onto an amazing waterworks complex of the beaver's very own.

There were major

dams and minor dams, wing dams and canals. and in the midst of it all, quite a far cry apart, two very big and very active beaver lodges.

Soon I was absorbing all that I could get to know about beavers, adding to in-the-field observations by looking stuff up. The beaver, resources said, is among Earth's oldest warm-blooded species. And the beaver has done more to reshape major landscapes and to create or alter habitat than any other creature on the planet, including man.

What dredged all this up was a Nature series special I bumped into on late-night TV on, of course, the beaver.

The swamp inspired a big part of my early life. It was the source of my first public drawing, in Mrs., Drew's fourth grade class (I think).

It was a rendition of a red-winged blackbird perched on a cattail. I remember that I first sketched it out in black and white, because it was for a class in water-color painting. When I had the soft lines of pencil just where I wanted them, I painted in the colors.

I had chosen the red-winged blackbird because it was among the first birds of spring, right along with the crows, which back then were migratory. The crows, hungry upon arriving back home, made a lot of noise, being a garrulous bunch by nature. When the crew at Polslaughterhouse up on Cooper Hill threw out bones and offal, they became downright rau-

crows that somehow became the signal for my brother Peter and I to throw our bedroom window open for the first breath of spring air. And right along behind the crows came the song of the male red-winged blackbird, announcing his territory and seeking someone to share it.

Beavers young and old were building and digging and channeling and cruising all over the swamp, and eventually some of them became less wary as Pete and I built rafts and poled them all over the place. They became less prone to frantic tail-splashing and swimming away, and sometimes just followed along, perhaps out of curiosity.

As I explored much farther to fish, most often alone, the beaver encounters became up close and personal. Once, as I roll-cast my baited hook up under alders arching over the deep channel, a submerged beaver swimming by became entangled in my line. Once we both relaxed things a little, he went on his way unhooked.

I've often looked through old town histories, as Helenette Silver did in researching her classic History of New Hampshire Game and Furbearers, and reader encounters some great stories about beavers and beaver dams.

These accounts often mention loggers in the 1800s finding beaver dams of twenty and even thirty feet in height, hard to imagine. Even harder to imagine is how



A beaver about to make a big splash. I've long thought that this startling tail-slap is an inherited trait to gain a second or two on the beaver's would-be predator (a bear, a coyote) rather than to warn the rest of the colony, as is so often told. (Courtesy NH Fish & Game, ardea.com)

these dams survived spring freshets. But of course sooner or later a particularly hard winter and abrupt spring came along, and the oldest and weakest dams went out. What the loggers found were the survivors.

During my years of statewide feature writing for the New Hampshire Sunday News, my search for the state's longest trap-line led me to Elias Hopps of Groveton, who had a seemingly never-ending trap-line up in the Phillips Brook country. We arranged to meet one day at four in the morning, and off we went, first by snowmobiles, then on snowshoes.

The day will always stand out for me in many ways, not the least because I got to help Elias pull two traps that had what the old-timers called "plenty big beaver" in them.

I will remember the day best for using our snowshoes to dig a big hole in the snow, wherein to kindle a fire for lunch. There we were, in the middle of this vast, silent wild place, alone.

Well, not quite. With hardly a movement of an alder branch, out stepped game warden Arthur Muise. We had not had a clue that he was there.

"Hello, boys," said Arthur, digging for his pipe. "Hello, Arthur," said Elias, looking surprised. "Join us for lunch?"

He did, and there was none of what Elias later referred to as "that official talk stuff," just visiting as if encountering each other in that vastness was the most natural thing in the world.

I'll always savor that day, and that part of it in particular. As for Elias, he was happy to call it, as he happily did on the way home, a two-beaver day.

dicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, campguyhooligan@ gmail.com or to Box 39, Colebrook, NH 03576.)

(This column is syn-

JOYFUL TRACKS Community Church of Alton's Afterschool Program Full time or Part Time Families Welcome Homeschool Children Welcome 2:45-5:30 15.00 per day Please call 603-630-3720 Or email ccoaaftercare@gmail.com





There's plenty going on in this 18th Century fantasized illustration of a beaver colony---beavers building a dam, another felling a tree, and others here and there if one looks, some actual beavers, some not. (Courtesy NH Fish & Game, shutterstock.com)





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Opinion

The flavors of fall

The first day of fall is upon us. Sept. 23 will mark the first day it is socially acceptable to drink pumpkin and apple flavored coffee, doughnuts, bread and burn fall scented candles. Coffee shops and bakeries are already busting out the fall flavors.

Pumpkin enthusiasts beware, on the flip side, there are several people who think it is too soon. A survey that posed the question, "When is it OK to start drinking and eating pumpkin?" produced the following responses:

"Right now!"

"First day of fall."

"I always strive for after Labor Day, but often start on July 12th."

"I'm waiting until September 1st."

"After zucchini season."

It is true, there are more people in New England who are holding on to every last bit of summer than those looking forward to fall. To those people, we get it. Some people refuse to swap their flip flops for boots until the first snow fall. The end of the summer season really isn't so bad. With fall comes hearty crock pot recipes, crisp evenings, sweaters, boots, and Halloween. The closer to Halloween we get, the closer to snow, which means the ski resorts will soon be open for businesses. What could be better?

Perhaps the best part about fall is foliage. The leaves are already changing and soon New England will be swarming with tourists, camera's in tow. Peak foliage will hit during the last week of September through the first week of October.

Within the next four weeks, temperatures will drop drastically, with some hot days still sprinkled in for balance. The good news is, there is still plenty of time to sneak in a few more summer hikes, a kayak excursion on the lake, a few more backyard barbecues, or a day reading out on the hammock.

The Old Farmer's Almanac says of winter 2021, "Our long-range forecast is calling for a cold winter with normal to below-normal temperatures in areas from the Great Lakes and Midwest, westward through the Northern and Central Plains, and Rockies. Remember last year's almost snow-free winter in the Northeast? Well, this year our prediction is very different, with the possibility of a blizzard hitting the Mid-Atlantic and Northeast states during the second week of February. This storm may bring up to one to two feet of snow to cities from Washington, D.C. to Boston, Massachusetts."

So wether you're still sipping pina coladas or drinking a pumpkin spiced latte while dreaming of jack-o-lanterns and the smell of wood stoves, this IS the perfect time of year for you.



The rabid letters regarding my candidacy suggest that a red flag (or perhaps more appropriately, a blue flag) was apparently waved in front of a raging bull, the bull consisting of a group of local naysayers. Most of the assertions in their letters merit no response, and the notion that President Trump has been the savior of people of color is not only bizarre, but downright laughable.

The rhetoric coming from the far right these days is primarily a feeble attempt to distract the public from the tragic, incompetent response to the Coronavirus. Even President Trump, in Tweeting that Michelle Obama got her facts wrong in her DNC speech, noted that the actual deaths were 20,000 higher than she had indicated, and that was just in the space of a few days between the taping and the airing of her comments. The US has embarrassed itself terribly on the world stage, with only 4 percent of the world's population, but over 25 percent of COVID cases. There was a time when the US led



Valladares said he is "eager and excited to get started" with the New Durham Police Department.

Letters to the Editor

Capitalism vs. communism in Colonial America

To the Editor:

Wealth is created when individuals farm, fish, hunt, and mine natural resources to create products that can be traded or sold and made into other products.

The Pilgrims signed the Mayflower Compact.

Pilgrims did not own property. Pilgrim men were to work to farm, fish, hunt, and mine natural resources and put what they produced into a commonwealth from which Pilgrim men and women were to be given one full share each and their children were to be give a half-share.

The productive Pilgrims had no incentive to work harder or smarter. They would only get what the Pilgrim leadership chose to give them.

This was Pilgrim communism. It was not called communism, but whereas communism does not allow individuals to own property, it was, nevercommunism. theless,

The Pilgrim economy suffered. Not enough produced. grims died as a result.

Governor Bradford and his advisors decided to give each Pilgrim man and each Pilgrim family a plot of land to own and to own whatever they produced and any profits thereof.

The Pilgrim economy prospered. Pilgrims had the incentive to work harder and smarter. Pilgrim women joined their men working to farm, fish, hunt, and mine natural resources. The produced more than

they needed. They had products to trade or sell.

Pilgrim wealth created.

This was Pilgrim capitalism. It was not called capitalism, but whereas capitalism allows individuals to own property and whatever they produce, it was, nevertheless, capitalism.

Governor Bradthis in his Journal.

http://www.pilgrimhallmuseum.org/ pdf/Bradford_Journal_Intro_Of_Plymouth_Plantation.pdf

Pilgrim capitalism became the politico-economic model for American conservative-capitalism resulting Amerprosperity.

The difference between capitalism and communism is the incentive to work harder and smarter in capitalism because individuals own property and can do what they want with what they produce. Moreover, in conservative-capitalism, the individual is more important than the state; in communism, and socialism, the individual is subservient to the state.

Individuals prosper under conservative-capitalism; individuals do not prosper under socialism and communism.

The upcoming American national election pits Republican conservative-capitalism against Democrat socialism and potential communism.

> REGARDS, BOB KROEPEL NEW DURHAM

A lesson that will change your way of thinking

To the Editor:

There are enough lies and propaganda about the lives of black Americans by letter writers here and in other local publications to make you think they are writ-

ten by New York Times, CNN, MSNBC and other left leaning organizational staff members.

For a better understanding of racism not taught in most public school and college history and civics courses, readers only need to go to uncletom.com. It is a small enough investmentintime and dollars.

And just might, and probably will, change the way you critically think about this issue and your vote in Novem-

Respectfully,

JIM RASCHILLA ALTON BAY

Some things never change

the scientific world, and the field of medicine; not so now. With close to 200,00 deaths to date, the US could be described as a laughing stock if it were funny, rather than

So how does the GOP and its followers in Alton try to make everyone forget about the disaster that has been Trump's handling of COVID? They start talking about socialism, in terms attempting to scare Americans about the future. As Harry Truman said in 1952, "Socialism is a scareword they have hurled at every advance

the people have made in the last 20 years... Socialism is their name for almost anything that helps all the people." Some things never change.

When persons graduating from high school or college in New Hampshire think about their next move, or when young couples and families think about whether to move to New Hampshire, are they thinking about socialism? Not likely. They are thinking first of all about jobs, jobs that pay more than the \$7.25 an hour minimum wage. They are thinking about good

public schools fully supported by more equitable means of financing than local property taxes. They are thinking about healthcare, and hoping that Obamacare gets strengthened or replaced by Medicare for All, not eliminated. They want women's rights, and LGBTQ rights, and reproductive rights to be protected and enhanced. They want us to address the problems of climate change, and work to protect the environment. And they want our country to live up to the promise of liberty and justice for all.

We should not let the fearmongers among us distract us from sensible plans for the future, or forget the disastrous situation this Administration has dragged us into during the pandemic. Let's instead focus on what will make New Hampshire a place where young people will want to remain, and young families will want to move. Let's look forward rather than into the abyss.

> RUTH LARSON ALTON

LETTERS FROM EDWIN Why bother

I've never been much into politics, but this year, I knew that I needed to find more out about the candidates, so that I had a better idea of who and what I was voting for. Voting is a special privilege that we are blessed to have in this country. Along with this privilege though, comes responsibility. That being, to study the candidates so that you can make an informed choice.

It used to be only wealthy men were allowed to vote. Over time, the right to vote was expanded to include women and minorities. And then even to those down to eighteen years of age. When I was eighteen years old, I certainly wasn't interested in studying up on political candidates, and I suspect things are pretty much

the same today.

Every once in a while, I speak with young folks, and some of them never had civics in school. When I was young, it was a graduation requirement. What happened? Who let that ball drop? What replaced it? Every US citizen should know how their government works and why. One friend told me that it was the President's responsibility to quell these anarchistic riots. I told him that even though he could do this, it really was the state's job. The "feds" are supposed to deal with country issues. The President had offered to help and the states had declined the assistance. It's on them. Why are they so insistent on letting their cities get destroved?

The federal gov-

ernment has been overstepping its authority for decades as it has taken upon itself more and more responsibilities with the excuse of trying to help the people out. Check it out sometime, read the US Constitution and see for yourself what it says the federal government can do. It's not a long read. Almost everything is supposed to be taken care of by the states. This country was founded not to have a big powerful government because more government means less freedom.

I actually spent many hours watching the DNC and RNC this year. The DNC was pretty much a continuation of what's been on the news and TV talk shows since the President was elected. It's like they're all together in this mys-

tic communal trance and their mantra is "Trump can do no good."

The following week, all of a sudden, I saw all kinds diverse people praising the President and his accomplishments, none of which were ever mentioned on the news. Why not? Totally enlightening. There was a positive attitude. "We're Americans and we can do this" kind of stuff. Totally different from the Betty Bummer depressing doomer stuff the week before.

Now if I were someone who hadn't been totally brainwashed by the incessant daily media attacks and put downs of the President, and even if I was, I might be tempted to like some of what I saw on the RNC. Stream some for yourself if you haven't already seen it. You re-

ally owe it to yourself to find out what's been left out of the news. "They" would rather you don't.

My young friend had told me who he would be voting for. Knowing that he wouldn't be caught dead watching the RNC, I texted him a couple times to see if I could nudge him over that line. No chance. I've been telling him for years that he needs to look at both sides of the equation or he may make a mistake.

Unfortunately, he's not alone. In this country there are millions like him, who refuse to even look at the other side. Now with the internet, you don't even have to drive to an event. Just a couple of keystrokes will get you where ever you need to go, totally socially distanced, in the privacy of

your own home.

For all the rest of you, you constantly need to update your knowledge. Because the Democratic party is not the party you may remember, read their platform and ponder the consequences. You can easily find it on the Internet. Likewise, for Republican party, do the same. Do your homework!

My friend admitted that since he wasn't into politics, he wouldn't be following my suggestions. I appreciate his honesty, but before we parted company, I suggested that if he was going to just blindly vote, that he may be better off not bothering to.

E.Twaste Correspondence welcome at edwintwaste@gmail.

STRATEGIES FOR LIVING

The evolution of American values: Part I

BY LARRY SCOTT

Joe Klein, writing on "The Secrets of Reagan's Success" in the June 14, 2004 issue of Time magazine, made this significant observation.

"Reagan will mostly be remembered for his unyielding opposition to the Soviet Union, for his willingness to call a regime that murdered at least 40 million of its citizens 'evil.'"

Commenting on this article in her book, The Criminalization of Christianity, Janet Folger writes, "Really? Murdering at least forty million of its citizens is 'evil?'" Let's think about that for a minute. Forty million, forty-five million... what other country has killed that many of its own citizens? Oh yes, we did" (page 183). Since Roe v Wade became law in 1973, the National Right to Life estimates that, through 2004, 48,589,993 babies have had their lives terminated through abortion in the United States.

How did we get to where we are as a nation of generally respectable, intelligent people? What has happened to a society of basically good and honorable men and women whereby things have degenerated to a point that many of us

find beyond belief. There are, I think, four emerging trends that have had a profound influence on our actions and attitudes, two of which I would like to highlight this week.

From the social revolution of the 1960's, there has come a drive on the part of many to be free of all restraint. The opportunity to develop one's own potential (so long as "no one else is hurt"), the challenge to "dare to be different," the freedom to "do as I please," all had a profound influence on our society. "I did it my way" became the national mantra. But freedom as envisioned has never been possible. Without a Biblical concept of morality, without an objective standard of right and wrong, chaos is soon to follow. The consequences are tragically obvious.

With this we saw the rise of the civil rights and women's liberation movements and the emergence of a second trend often characterized as the "victim mentality." Cruel parents, an abusive spouse, an uncaring Church, brutal police, and the "rich" became the "evil forces" charged with culpability. "Victims" were soon demanding their "rights" and, as a result, individual rights became the impetus behind an enormous amount of new legislation. Legitimate needs were addressed and we can only laud the effort to help those who deserved the protection and help provided by an affluent society.

Eventually, however, individual rights gave way to the "right to choose," and this led ultimately to profound changes in American standards of morality and our concept of right and wrong. One glaring example came with what was termed "partial birth abortion." Ba-

bies, viable and living, were murdered during the birth process as they emerged from the womb. Unbelievable!

So devastating have been the consequences that many of us have been tempted to "throw in the towel." As we worry to the point of depression about the world we are leaving to our grand-children, we must, however, never, but never, but never, but never,

I trust you will stay with me as I wrap up all of this next week.

For more thoughts like these, follow me at indefense of truth.net.

First Congregational Church, Farmington

FARMINGTON — First Congregational Church in Farmington continues to serve the community during this Pandemic by providing live and virtual Worship Services at 10 a.m. every Sunday.

We also have a virtual half hour of conversation, prayer and stories from local community members called Faith Matters every Thursday at 5 p.m. This Thursday, Sept. 10 on Faith Matters, the guest is Laurie Vachon, Counselor, who will talk about ways to deal with stress during this time of COVID19. Mrs. Vachon works with children, teens, families and adults in coping with anxiety and worry helping people to live with more confidence and to find a positive direction for their lives. The hosts of Faith Matters are Susan Loker and Pastor Kent Schneider who explore the deeper connections between faith and "thanks-living", a way of approaching life through an attitude of gratitude. The program is every Thursday at 5 pm at facebook.com/farmingtonn-hfirstcongregational.

The public can access these on-line services by going to our Facebook page at: https://www.facebook.com/farmingtonnhfirstcongregational/

The Women's Fellowship Committee is planning some fun events this fall. There will be a Soup Dinner on Oct. 3. The women will be keeping everything safe from Covid-19 germs so you can plan on enjoying a delicious soup dinner. There will be four kinds of soup for you to choose from. Each dinner will consist of a pint container of soup, a homemade roll and a dessert for \$10. The soup will be refrigerated, and you will pick your pre-ordered dinner up from an outside table that the ladies will be manning. We will be keeping the soup containers in coolers to maintain freshness. Look for more information on our Facebook page, the link is shown above.

Blessed Bargains will be open on Saturday, Sept. 12 from 9:30 a.m. to 2 p.m. Why pay retail when you can shop with us and find clothes, household goods and children's games, toys and videos for a fraction of the price. Goods are arriving every week so you will have a fresh experience every visit. Donations of your gently used clothes, etc. are gratefully accepted on Tuesday from 10 a.m. to noon and the second and last Saturday of every month. If these times for drop off are not convenient please call the Church at 755-4816 and make arrangements. Please do not leave donations at the Church door as we do not want to see them damaged by the weather.



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Jewish Food Festival an unexpected but triumphant success

LACONIA — This year's Jewish Food Festival was a true labor of love from the members of Temple B'nai Israel to the state of New Hamp-

With the outbreak of COVID-19 and continued risk of exposure, the food festival committee was challenged to salvage a 23-year tradition of being engaged in good works for the communi-The dedicated and creative members of the TBI food festival committee came up with an online version of this popular annual event. A plan and strategy were put in place to offer some of the most popular items from the onsite festival including cheese blintzes, New York style meat and potato knishes, dairy rich noodle kugel, flakey rugelach pastry, matzo ball soup, a homemade chicken broth with fluffy matzo balls and carrots, traditional Jewish style brisket, and braided challah bread. Many of these items had already been prepared and frozen just prior to the COVID-19 outbreak and that became the basis for the online menu. Then there were technical hurdles to overcome as well as processes to develop for ordering and pickup, plus it was unpredictable how consumers would react.

The first challenge was setting up the TBI website ordering system with appointment times for pick-ups. Online ordering was not new to TBI. Preordering of take-home frozen items has been offered, and well received for several years. However, this year required inventory tracking as well as a system of appointments, set up in ten-minute increments, on a "drive-by" basis, for contactless pickup. After some modifications to the temple website, inventory information was entered and a method for choosing a pick-up day and time set-up. Once the TBI Web site opened on July 27, there was an overwhelming response from the community, near and far, which led to many items beginning to sell out. The dedicat-

ed team of chefs and bakers sprang into action to make more. One of the biggest surprises was the demand for matzo ball soup. Historically 20-25 quarts were sold annually at previous Food Festivals. year, customers bought 107 quarts. Although matzo ball soup has always been on the Jewish Food Festival menu, the requests for this

"Jewish penicillin" certainly was a big surprise to festival organiz-

According to TBI president, Ira Keltz, "We can't rule out matzo ball soup as an actual cure for COVID until we get everyone to try it."

When life under COVID-19 throws you lemons, you make lemonade... matzo balls.

The second challenge was the complexity of designing a pick-up process that would provide safety for both the pickup teams and the customers. In order to comply with state guidelines, a system of contact free,

pickup by appointment was used to insure everyone's safety. Clients were assigned to a specific date and time to drive by the temple in Laconia to get their orders. Inside the temple, teams of two volunteers, masked and gloved, picked the specific items. Once the order was packaged it was placed outside on a table for the client to take away. The 10-minute apart system of appointments worked well to allow for appropriate distancing and cleaning between pickups. A total of 150 customers picked up their orders, over a five-day window, in 175 time slot options.

The results were incredible and made this 23rd year of the Jewish Food Festival an outstanding success. Here are some of the mind-blowing statistics:

280lbs of beef brisket purchased (used in both the brisket and gravy as well as the meat knishes) 26 gallons of matzo

ball soup 560 meat knishes 74 lbs. of rugelach 830 blintzes

365 potato knishes individual square noodle kugels 40 challah breads

The members of Temple B'nai Israel want to thank the Lakes Region community and those who traveled from all around the state for their patronage. In addition, the support of the local

media including Adam Hirshan and the Laconia Daily Sun, Pat Kelly at 107.7 FM, Jeff Levitan of Northeast Communications and The Weirs Times for help in getting the word out about this virtual event. The temple hopes to resume normal Food Festival operations in 2021.



~ 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 percent greater risk of mental and physical 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 elincreased risk of cardiac diseases and risk of death from illness (Web-

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 derly is associated with should always consult who have loved ones 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 that live far away. However, there are services that can help overcome these issues, including transportation help, inhome care assistance, technology that fosters connection and other outside sources of help.

Volunteering - Sharing time and talents doing volunteer work can bring a sense or purpose and fulfillment. Many organizations have programs and volunteer opportunities specifically geared to older adults.

Spending time on joyhas 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 ful activities – Everyone 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.

OCTOBER **Breast Cancer Awareness Month**

Advertise in our special page dedicated to Breast Cancer awareness, treatment, screening health advances, etc., will be in the

October 1st, 8th, 15th 22nd & 29th of

the Newfound Landing, the Plymouth Record, the Gilford Steamer, the Baysider, the Meredith News, the Granite State News, the Winnisquam Echo, & the Carrol County Independent!



Deadline: Friday of each week

Free editorial with advertising placement.

Contact: Lori at 603-444-3927 · lori@salmonpress.news

Wolfeboro Historical Society wraps summer season

WOLFEBORO — The last Pop-up Antiques and Crafts Market is Saturday, Sept. 12, at the Clark Museum gardens, from 11 a.m. to 4 p.m.





eclectic sampling of exotic cuisine from across Asia and the South Pacific, with a focus on Thai, Philippine, Japanese and Korean dishes. All are prepared to order with fresh, local produce, specialty condiments and internationally imported ingredients.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price
Alton	Hopwell Road	N/A	\$950,000
Alton	Lamper Road	N/A	\$20,000
Alton	Leigh Drive	N/A	\$50,000
Alton	351 Old Wolfeboro Rd.	Single-Family Residence	\$389,533
Alton	Route 28	N/A	\$80,000
Alton	983 Suncook Valley Rd.	Single-Family Residence	\$622,000
Alton	17 Winni Ave.	Single-Family Residence	\$31,000
Alton	N/A	N/A	\$17,533
Barnstead	26 Dow Lane	Single-Family Residence	\$239,000
Barnstead	399 N. Barnstead Rd.	Single-Family Residence	\$240,000
Barnstead	Narrows Bridge Road	N/A	\$248,533
Barnstead	64 Winwood Dr.	Single-Family Residence	\$245,000
Barnstead	N/A (Lot 23b)	N/A	\$245,000
New Durham89 Davis Crossing Rd.		Single-Family Residence	\$315,000
New Durham57 Jenkins Rd.		Single-Family Residence	\$279,900
New DurhamMarsh Hill Road		N/A	\$170,000
New Durham 121 Mountain Dr.		Single-Family Residence	\$195,000
New Durham N/A		N/A	\$17,533

Seller Gary G. and Sandra L. Bahre Harland A. Lamper John W. Matarozzo Scott Legier Michael and Christine Dusseault Sydney T. Hall, Jr. 2008 RET Thomas E. and Carol A. Diveny Jeddrey RT and John Jeddrey Lot 5 Bryann Lane LLC Christopher A. and Crystal L. Marston Jeffrey C. Arbor Lawrence A. Carey Allison and Matthew E. Porter Naomi Toder and Joel Diamond Fabrizio N. and Jennifer E. Cusson Kenneth J. O'Connell, Jr. Estate and Christopher J. O'Connell Cormick Hewes Melissa J. Martin Christina M. McGranaghan Jason A. and Bethany L. Shaw Erinn Madden Kelley C. Massey Donna Poulin Tammy S. Deleo-Roy Mary E. McCormack Nicole A. McAlister Maxwell J. Brown and McKenna L. Brunell Clifford L. Bourgoine Estate and Angela Hobbs Michael Lytle and Alisha Tessier Raymond E. and Kalliope I. Stickney Timothy and Lori Roukey Mark A. and Jessica R. David Justin P. Difruscio and Erin E. Barnard Naomi Toder and Joel Diamond Fabrizio N. and Jennifer E. Cusson

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Hannaford supermarkets to be presenting sponsor for Children's Auction

LACONIA — The Greater Lakes Region Children's Auction is pleased to announce that Hannaford Supermarkets will be the Presenting Sponsor for the 2020 Auction.

Hannaford has been a loyal supporter of the Auction for more than 15 years, donating funds, items and employee volunteer hours. However, 2020 marks the first year that the supermarket will take on the role of Presenting Sponsor. Sherri Stevens, Manager of Community Relations for Hannaford Supermarkets, says supporting the Children's Auction is a perfect example of Hannaford's tagline, 'Greater Than Groceries.

"We like to think of ourselves as more than the building down the road that provides groceries," says Sherri. "Community is so important to us at Hannaford, and it's clear that it's important to our associates, too. Our employees feel a particular passion when an event supports kids. We

know that to help our kids grow and learn and develop, we must invest in them. We genuinely believe in and understand that they are our future."

Larry Poliquin, Franklin Store Manager, has been with Hannaford for more than 30 years. He's been a dedicated Auction volunteer for nearly two decades and is responsible for connecting Hannaford and the Auction. Larry serves on the Auction Board of Directors and its Disbursement Committee.

"It's amazing to see the amount of need the for the 2020 Children's Children's Auction fills," Larry states. "It's great to see the number at the end of the week, and to know that money is going to help children."

Sherri Stevens agrees.

"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,"

she says. "We're hugely proud of Larry and the other associates who have joined him along the way."

Jaimie Sousa, Chair of the Greater Lakes Region Children's Auction, adds, "We are excited to have Hannaford partner with the Auction as 2020's Presenting Sponsor. Hannaford's management and staff support their communities through giving back. This year more than ever, we look to community leaders such as Hannaford for their commitment to children and families in need."

Mark your calendar Auction: December 8-11,

About Hannaford Supermarkets

Hannaford Supermarkets, based in Scarborough, Maine, operates 184 stores in the Northeast. Stores are located in Maine, New Massachusetts, New Hampshire, and Vermont. Hannaford employs more than 26,000 associates. Additional information can be found at Hannaford. com.

About the Greater Lakes Region Children's Auction

The Greater Lakes Region Children's Auction is a charitable event held every December in central New Hampshire. Countless volunteers and donors have turned the Auction and its many fundraising events, including Pub Mania, into a major annual campaign. In the 39 years that the community has come together for the Auction, more than \$6 million has been raised for local charities, all through volunteer efforts, community sponsorship. The Greater Lakes Region Charitable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region. For more information about the Auction, the nonprofits it supports and how you can help, visit ChildrensAuction.

Barnstead Farmers Market announces September events

BARNSTEAD — The Barnstead Farmers Market, located at 96 Maple St., is pleased to announce the following events coming up for the month of Sep-

Vouchers for Veterans will be at the market every week in September giving out \$20 each week to Belknap County Veterans as a way of saying Thank You for your service and Thank You to our local farms who work hard at bringing us great food and products. Veterans must bring with them proof of residency in Belknap County and their Military ID to receive their vouchers. Please share this with your Veterans! For more information, please visit www.vouchersforveterans.org.

Articulture 2020 is coming to the Barnstead Farmers Market Sept. 12 from 9 a.m. to 1 p.m. We are celebrating local Artists, Authors, Photographers and Craftsmen that will showcase their craft. Please join us in celebrating our local creative souls representing this event!

Seeking Leaders and Vendors for 2021: Please join us Sept. 13 at 69 Colbath Rd., Center Barnstead, for "Building a Store from the Ground Up" meeting. We are looking for Vendors for our market and new Board Members interested in taking our market to the next level! To RSVP, email info@barnsteadfarmersmarket.club.

For more information, please visit our Web site: www.barnsteadfarmersmarket.club, Facebook Page, email: info@barnsteadfarmersmarket.club or call Lori Mahar, Chair at 269-2329.

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One Too Many, once again?



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

Warning Signs of Alcohol Abuse

 Drinking alone when you feel angry or sad
 William on with headaches or hangovers after lity to remember what you did while drinking ble getting to work on time due to drinking flity to control your impulse to drink

please call 1-800-NCA-CALL (622-2255) or visit neadd.org for more information.

Suncook Valley Sno-Riders holding mum sale

PITTSFIELD — The Suncook Valley Sno-Riders are doing their annual mum sale on Saturday, Sept. 12 and Sunday the 13th from 9 a.m. to 3 p.m. They will be located at the corner of Route 28 and Upper City Road in Pittsfield at Mike's

The mums will sell for \$7 each or three for \$20. There will also be hay bales, corn stocks and pumpkins available to buy.

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MEMORIAL SERVICE

Memorial Service Robert "Bob" Bengston

Robert "Bob" Bengston November 3, 1924 - March 7, 2020, Alton, NH. Friends and family are invited to join us for a Memorial Service to celebrate Bob's life on September 12, 2020, at 11:30 a.m. at 375 Drew Hill Road, Alton, NH. Please bring your fondest memories of Bob to share with family and friends. Due to covid-19, the Service will held outside and, for everyone's safety, masks are appreciated. Lunch will be served immediately following the service.

LRGHealthcare hosting virtual diabetes management class

LACONIA — Community Education at LRG-Healthcare has gone virtual! Join us for an online version of our four-week Everyday Living & Diabetes class. This free class will be held on Tuesday's from 9:30 - 11:30 a.m. beginning Sept. 15. This virtual class will require that participants have access to the internet and have an email address. Give us a call and we can walk you through the easy process to join the class.

Those attending this class will learn skills for living a healthy life with diabetes. Learn to set goals for improving your diabetes with topics including managing blood sugar levels, healthy eating, physical activity, relieving stress, and more.

For more information on this class, future sessions or to register please call LRGHealthcare Community Education at 527-2948.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.



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For more information, please visit abundantharvestnh.org or e-mail abfc@faith.com. ALTON BAY CHRISTIAN CONFERENCE

CENTER

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

BEFREE COMMUNITY CHURCH, ALTON Alton-9:30 a.m. Sun. Meeting at Prospect Mountain High

 ${\it School. Pastor Sam Huggard, www.befreecburch.net}.$

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 Rev. Dr. Samuel J. Hollo. 875-5561

Bay service 8:30am Alton Bay Gazebo, Alton, NH 10 am Worship Service Our services are live streamed on YouTube

Sundays at 10 am www.ccoaalton.com

CONGREGATIONAL CHURCH OF NORTH **BARNSTEAD UCC**

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at 10 AM

MAPLE STREET CHURCH Sunday Service 11am More info at: ccnorthbarnstead.com 96 Maple Street

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON

Worship Services 10:00 A.M. Sunday School 10:15 AM 400 Main Street Farmington, NH 03835 Pastor Kent Schneider 755-4816 www.farmingtonnbucc.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 ${\it Prayer Meeting-April\ through\ November\ at\ 7:00\ p.m.\ on}$ Wednesday Evenings. Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL 40 Hidden Springs Rd., Alton, 875-2548.

Father Robert F. Cole. 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

UNITED METHODIST CHURCH Rt. 171 at Tuftonboro Corner

Sunday services 10:30 am. Church 603-539-8058

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m.

172 Pleasant St.Laconia • 524 6488 • uusl.org

LACROSS

(continued from Page A1)

a great season and had a couple of kids who had put in good work and were poised to get their first role at the varsity level.

"We never got a chance to see what they could do," he continued. "The seniors got cheated pretty significantly."

While fall sports are just getting under way, Manning said he's going to keep an eye on how things go and how other coaches and schools handle things.

"Hopefully by spring, the most successful version of any plan they might have will be in place," he said.

With no lacrosse for more than a year, the Knight coach decided to take advantage of the state's return to play rules and start holding some lacrosse clinics over the course of the summer.

The clinics were held two nights a week and were open to kids in grades seven through 12, no matter their lacrosse experience. It was also open to students who weren't Kingswood students. Manning noted there were a couple of seventh graders who came to just about every clinic.



JOSHUA SPAULDING

LACROSSE is back on the field at Kingswood after the spring season was cancelled.

"We just wanted to get kids back out and involved," Manning stated. Most of what the clinics focused on in the early going were individual skills so as to abide by the protocols set in place by the state and the school.

"We wanted to make sure that as many guys as possible could get involved and not have a chance to take a full year off from lacrosse," the Knight coach said. "We are a bubble team (for playoffs), so we want all the practice we can get to hone our skills. My hope was to get a few extra touches."

Manning reports that all the athletes were willing to do whatever was required in order to get out on the field again and did a great job of following the guidelines.

"It was a chance to get out and play and do something," he said. "They wanted to get out

and do something because everyone was going stir-crazy."

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



KINGSWOOD boys' lacrosse players have been working on skills during the summer months.

Angela Strozewski promoted at NH Mutual Bancorp

MEREDITH — Angela Strozewski has been promoted to Executive Vice President, Senior Operations Officer for New Hampshire Mutual Bancorp (NHMB). NHMB is a shared service organization that provides essential services to three 150-yearold mutual community banks in New Hampshire - Savings Bank of Merrimack County Savings Bank (the Merrimack) and Meredith Village Savings Bank (MVSB) - as well as their sister organization NHTrust, a full-service trust and investment management firm. The services provided by NHMB to their sister companies include human resources, finance, information technology, compliance management, facilities management, risk management. operations and marketing. In her Strozewski provides leadership of opdepartments staff throughout

the state including lending operations, deposit operations, collections, facilities management, compliance management, fraud management and electronic banking services.

"Angela's experience, expertise and excellent judgement have been essential in the success of many of our major company-wide projects," noted Gregg Tewksbury, President and CEO of NHMB. "Thanks to Angela's leadership, our three sister banks have recognized efficiencies, cost savings and improved access for customers. In addition, she is an excellent steward of our values and a compassionate leader. I am confident she will continue to excel in this role."

Strozewski joined the Merrimack in 1990 as a bookkeeper. As her career progressed, she served several roles in the finance department including Financial Accounting Officer, Assistant Vice President and Assistant Treasurer and Vice President and Controller. In 2011, Strozewski was promoted to Vice President, Operations and Reporting and was responsible for finance, loan operations, deposit operations and collections. In 2013, Strozewski assumed responsibility for deposit and loan operations and collections at Meredith Village Savings Bank as well as the Merrimack. In 2014, she was promoted to Senior Vice President and Operations Officer for NHMB.

Active in her local community, Strozewski is currently a member of the Board of Directors of The Friends Program in Concord. She received her BS in Financial Management from Franklin Pierce University. She is also a graduate of Northern New England School of Banking and the New England School of Financial Studies.

New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated - the first relationship of their kind in the state. This strategic partnerhas positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSB and the Merrimack. Savings Bank of Walpole joined NHMB in 2018. In 2020, MillRiver Wealth Management affiliated with The New Hampshire Trust Company to become NHTrust. NHMB combined assets total more than \$2.6 billion. For more information, visit nhmutual.com.

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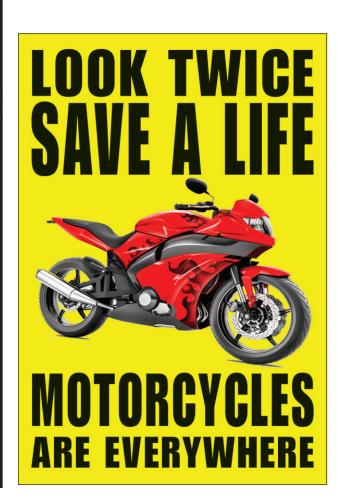
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SOCCER

think we've lost players based on COVID.

"Everybody that had registered showed up," he said. "They're itching to go."

At this point, Prospect Mountain still does not have a JV boys' soccer coach, so Halvorsen has been getting some from longtime PMHS girls' basketball coach and former softball coach Rick Burley.

Both noted that the kids seem to be getting a lot out of just getting out and taking part in sports again.

"The smiles on their faces tells you what they're feeling," Halvorsen said. "They wanted to be out there, they don't care what we are doing.

"They definitely missed it," he added. "You can tell they're ready to go."

Without a question, once the high school season officially kicks

off, things are going to be a bit different. The NHIAA gave permission for teams to start practicing this past Tuesday, Sept. 8, and soccer games are scheduled to start on Sept. 18. Teams are encouraged to play a regionalized sports schedule and there will not be scores posted. The open tournament proposed by the NHIAA will have more teams in the tournament at the end of the season.

"I think the games will get us ready for the tournament," Halvorsen said. "We're going to have things we can learn from during the season."

No matter what, the Timber Wolves will be ready to go when the season kicks off.

"They just want to play," Halvorsen said of his athletes.

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



COACH CORY HALVORSEN has been leading athletes through summer workouts.



JOSHUA SPAULDING

MICHAEL PERRY weaves through gates during conditioning drills last week.



JOSHUA SPAULDING

CAM DORE leaps through gates during conditioning drills at Prospect Mountain.

SCHOOLS

ing on how students engaged in certification programs at the Lakes Region Technology Center will be able to complete their requirements, Cuddy-Egbert said four of those programs may be able to run four days a week.

"We still have a long way to go," she said. "We are about 80 percent of the way to get everything the way it needs to be. I thank the SAU folks and school administrators. We are creating a new system."

As for the elementary schools, all the students signed up for remote learning will have GWRSD teachers. The numbers look like this: Grade One, 34 remote, with 16 more possible: Grade Two, 42, with potential for 12 more; Grade Three, 36 remote with six potential; Grade

Four, 45 remote with possibly seven more; Grade Five, 42, with 11 more possible; Grade Six, 50 remote, with 7 potential; Kindergarten, 31 with 11 more potential remote signups.

Eighty to one hundred middle school students are enrolled in the remote program at present. Many more students will be homeschooled than is typical.

School Board Chairman Jack Widmer, answering a question on the school going full time, said that most of the schools whose students are full time are single school towns and they have the capacity

for six foot spacing. In a cooperative district such as the GWRSD, all school offerings have to be the

If one school happens to be able to meet the requirements for full time face to face school, and another does not it can not happen.

COURTESY

The Wolves settle in

The New England Wolves Jr. team are settling into their host families. With the season starting on Sept. 18, the Wolves are acclimating to their new host families in the Lakes Region. Life is different for the Wolves this year with testing, COVID screening and social distancing, but the Wolves are committed to making this season great! Pictured are Andreas Matejka, Ayden Kopec and Drake Adams, with their host family, the McKenzies of Gilford.





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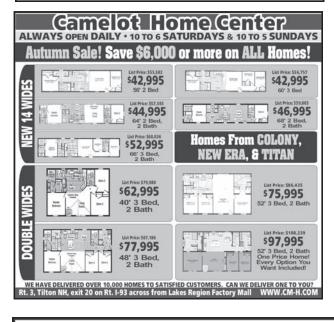
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Wright Museum's Victory Garden continues to bear "fruit" WOLFEBORO — For hibit each time I interact She said she especialvears IINH Carrell with visitors he that

WOLFEBORO — For years, UNH Carroll County Advanced Master Gardener and museum volunteer Christin Kaiser has tended to the Wright Museum's Victory Garden, an exercise close to her heart.

"I see the results of this modest living exhibit each time I interact with visitors -- be they elderly, or young children," she said. "The meaning of showing living food and growing in the soil, even if a bit wilted between watering, is a reality check. It calls to something basic in our DNA."

She said she especially loves helping children learn their food does not come "all tidy and wrapped in cellophane."

"Older generations can recall the sweat of brow that they expended to grow their own food," she said. "The wonder





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on the face of a child biting into a sun ripened cherry tomato -- with parents' permission, of course -- is worth every struggle with marauding chipmunks, squirrels or an overly bountiful acorn 'Harvest.'"

According to Executive Director Mike Culver, the museum's Victory Garden pays homage to a sometimes forgotten aspect of World War II.

"Victory Gardens served as a way to boost morale, express patriotism and protect against food shortages on the home front," he said.

By 1944, an estimated 20 million victory gardens produced approximately 8 million tons of food.

"Produce grown in our Victory Garden has also benefited the local food pantry, so it's our way of trying to give back to our own community, too," added Culver.

In reflecting on her time at The Wright, Kaiser said last year's Victory Garden was especially meaningful.

"We did a Japanese themed garden to remember the Japanese Americans removed from their coastal homes and businesses in California during World War II and places in desert camps," she said.

Noting she met survivors of those camps while living in California, Kaiser said she was "impressed by their demeanor and lack of animosity."

"It's something I won't forget," she added.

In looking ahead at the garden's future, Kaiser expressed optimism that she can implement improvements she had initially planned for this year, such as raising beds to become stepped tiers and growing garlic.

"I also envision a series of sapling woven supports for vines and the tomatoes," she said. "Every year, I hope to improve, show something new."

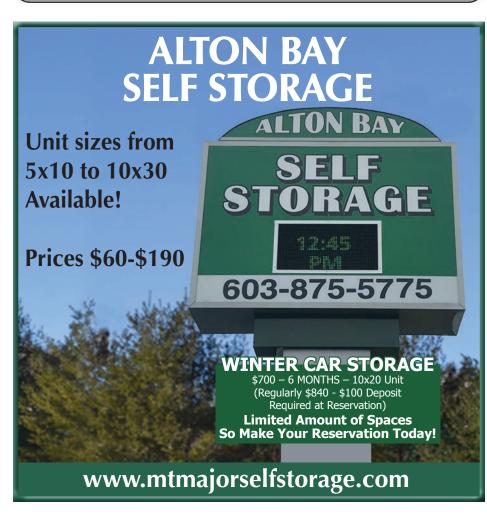
Her hope is to continue to inspire visitors,

too, a desire that recently "bore fruit" with a visitor, who relayed a story in which she built her own small Victory Garden.

"She based it on watching me," said Kaiser. "Her parents have bad arthritis and gave up gardening years ago, but she and her children wanted food security so they went to revive the old beds and raised them up to 18 inches high so the grandparents can help sitting in lawn chairs...That's the proof in the pudding -- we are teaching and helping our patrons."

The region's leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 14,000 items in its collection that are representative of both the home-front and battlefield.

For more information about the Victory Garden, or the museum, visit wrightmuseum.org.





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