

Winnisquam students and staff adjust to online learning

BY DONNA RHODES
drhodes@salmonpress.news

TILTON – Winnisquam Regional School District Superintendent Rob Seaward said on Monday that the teach-

ers, staff, students and parents have taken on remote education “like champs” and he was pleased to know education during the COVID-19 virus pandem-

ic was continuing in a positive and effective manner in SAU 59. “I couldn’t be happier about how well everyone has handled this,” Seaward said.

COURTESY

Bella is a sixth grade student at Winnisquam Middle School who, along with her teachers, is now adapting to remote learning from home during the recent COVID-19 health crisis.



Sanbornton Clerk’s office works to balance safety and service

BY DONNA RHODES
drhodes@salmonpress.news

SANBORNTON – Everyone is adjusting to a time when people are being asked to practice social distancing, school children and adults are now going about their day online, and many businesses are closed to help prevent the spread of the COVID-19 virus. However, life goes on, and many legal town

transactions are still required, so Sanbornton Town Clerk/Tax Collector Julianna Loneragan has developed a unique way for those matters to be attended to while keeping the safety and wellbeing of residents in mind. The Town of Sanbornton does not have online payment options for town business, so town officials had to consider

new ways to keep functions rolling. As a result, Loneragan’s office is now available through a side window on the town office building where she or her deputy clerk can greet everyone from a distance. They are armed with plenty of hand sanitizers and have even put together clipboards for people to attach their necessary documents. SEE **SANBORNTON**, PAGE A12

A Note to Readers

This week’s edition of the paper might seem a bit smaller than you are accustomed to, but rest assured, this is only temporary. Due to the unique circumstances we are all living under at the present time, local sporting events and community activities have wisely been canceled as we all try to stay closer to home and practice social distancing. As we ride out this temporary interruption of life as usual together, we urge you to continue supporting the local businesses that advertise in your newspaper. They have always been here for you through good times and bad, and now, more than ever, they need you to be there for them in any way you can.

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



DONNA RHODES

Northfield residents Annabella and Holly made a trip to Jordan’s Ice Creamery in Belmont for some take-out treats on a sunny, early spring afternoon last week as the business opened for their 26th season.

Jordan’s Ice Creamery opens with safety in mind

BY DONNA RHODES
drhodes@salmonpress.news

BELMONT – On March 17, New Hampshire’s food service industry scrambled to

make the switch from in-house dining to take-out service, but Jordan’s Ice Creamery on Route 106 in Belmont was already prepped to pass their

great products safely out the window for people to enjoy at home or on the road. Craig Jordan said the service windows

opened for the 26th year on March 14. Right from the start, the popular shop was met with regular customers from throughout the area who

were eager to indulge in something sweet during these trying times. To keep everyone as safe as they could, on SEE **JORDAN’S**, PAGE A12

Calendar of events suspended

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

INDEX

Volume 11 • Number xx	
xx Pages in 2 Section	
Classifieds.....	B4-9
Editorial Page	A4
North Country Notebook...	A5
Obituaries	A6
Sports	B1-3
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HALL MEMORIAL LIBRARY

Tilton/Northfield

Hall Memorial Library is temporarily closed to the public until further notice. For up-to-date information, visit our website hallmemoriallibrary.org and like us on Facebook (facebook.com/hallmemorial).

Our public wifi access hours are extended from 6 a.m. until 8 p.m. daily in our parking lot.

All due dates have been extended until at least April 6.

Weekly Adult Programs

All events are canceled until further notice.

We miss seeing our regular clubs meet every week and want to help you feel connected until we resume regular hours. Our weekly events are listed below with just a few related resources. We'll be posting more on our website and Facebook.

Chess Club

Chess: Play & Learn is a free app available for Android and Apple devices.

Spanish Club

DuoLingo is just one of many free resources to start learning or sharpen Spanish skills. Coffee Break Spanish and other podcasts are a wonderful way to learn, as well. Try listening to the news in a foreign language at a slower speed through a podcast app!

Several learning sites are offering special access during this time, including Mango (mangolanguages.com/info/covid19-response.cfm) and Babbel (welcome.babbel.com/en/student-discount/).

Sewing Group

See Dartmouth-Hitchcock (www.dartmouth-hitchcock.org/patient-education/sewing-masks.html) for up-to-date information about donating masks.

Tech Tuesdays

Our website (hallmemoriallibrary.org) has instructions for logging into your account.

See our Links & Services page for e-books and audiobooks through NH Overdrive (https://nh.overdrive.com).

Scribd (https://www.scribd.com/read-free) has e-books, audiobooks, magazines, sheet music, and more. Scribd is offering free 30 day access.

Scrabble at Noon

Words with Friends 2 (www.zynga.com/games/words-with-friends-2) is one way to keep up with wordy-nerdy friends!

Pen to Paper Planners and Self-Care Groups

Jetpens has articles and video tutorials to help you journal or plan. (www.jetpens.com/Videos)

Headspace (www.headspace.com/covid-19) and Ten Per-

cent Happier (https://www.tenpercent.com) are among the many who are offering support during this time.

One local resource, Partnership for Public Health (www.pphnh.org) for information related to a variety of public health needs.

For soothing sight and sound, here are just a few music, museum, and nature links:

Performance Today (www.yourclassical.org/programs/performance-today) has classical music and opera for all ages.

The Metropolitan Opera (www.metopera.org)

and many others are offering past programs to stream.

The Currier Museum of Art (www.currier.org) has activities on their website and you can also browse their collection.

All About Birds (www.allaboutbirds.org/cams/) - view their bird cams and videos from around the world.

Sit and Knit

Ravelry.com is a fun resource for patterns, social groups, and tracking the projects you are working on while we're socially distant!

Weekly Programs for Children

We'll be sharing more resources on our Facebook and Instagram pages. Stay tuned for Storytime, Babytime, and Board Game Club updates!

Storyline Online (www.storylineonline.net/)

Marty Kelley (www.martyselley.com/fun-and-games.html)

Lunch Doodles with Mo Williams (www.kennedy-center.org/education/mo-willems/)

Kahoot (www.kahoot.com/home/family-friends/) Host or play games on-line with family and friends

“American Pickers” to film in New Hampshire

REGION — Mike Wolfe, Frank Fritz, and their team are excited to return to Massachusetts, Connecticut, Rhode Island, Maine, New Hampshire, and Vermont! They plan to film episodes of the hit series “American Pickers” throughout your area, potentially this summer.

We understand that with the proliferation of COVID-19, we are all facing very uncertain times, and everything is changing daily. We at “American Pickers” are taking this pandemic very seriously and will be adjusting our schedule accordingly for the safety of those who appear on our show and

our crew. We won't be picking until everybody is safe, so if we cannot make it this summer, nobody's time is wasted as we will re-schedule to a date when conditions allow filming. However, we are excited to continue to reach the many collectors in the area to discuss their years of picking!

“American Pickers” is a documentary series that explores the fascinating world of antique “picking” on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet

characters with remarkable and exceptional items. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

“American Pickers” is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the collection with photos to: americanpickers@cinetflix.com or call 855-OLD-RUST.

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SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 18 calls for service during the week of March 28. The breakdown was as follows: one abandoned 911 call, two alarms, one request to assist another department, one report of criminal mischief, three domestic incidents, one report of fraud, one report of illegal dumping, one motor vehicle accident, one request for police information, one report of recovered property, four reports of suspicious activity, and one theft.

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NORTH COUNTRY NOTEBOOK

A land in the North, waiting for mistakes



By JOHN HARRIGAN
COLUMNIST

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

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

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

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

I enjoy dabbling in etymology, the study of the origins of words, although I'm the last to claim any great proficiency. The subject stems from a lifetime of widely varied reading



COURTESY

An old piece of line-art depicting a fisher, probably from around the turn of the last century. (Courtesy Clker.com)

that continues apace, a faucet I can't turn off. Then too, it's my great good fortune to have abundant French-Irish ancestry on our father's side, and to live in a strongly Franco-phone region along one of the friendliest borders in the world.

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

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

them with their feet so the sawyer could get a heads-up on deformities.

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

+++++

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

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

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

"On March 17 at around 7:30 a.m., our Lab started to growl while looking out the slider. Out in the open field, approximately 120 yards away, was a mountain lion trotting



COURTESY CLKER.COM

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

across a shelf between two hills. My wife pulled out our binoculars to get a good view of this cat, which appeared to be the size of a good-sized coyote (maybe a bit longer).

"We watched as it covered 80 to 100 yards before it disappeared beyond another hill. The cat was uniformly tan in color, closely matching the old grass in the field.

"My wife confirmed that the cat did have a long tail. Immediately after it disappeared, she pulled up a picture of a mountain lion, an exact match for the animal we had just seen.

"I realize that without a picture this is just another story to be added to your "report-

ed mountain lion sighting" file. We had the good fortune to have a long, unobstructed look at this cat for close to one minute."

I replied that I really don't care whether "officialdom" ever acknowledges the possibility of a return by northern New England's original eastern cougar. Too many good, solid, reliable people have recounted good, solid, experiences, with nothing to gain in the telling.

+++++

A friend and cohort on the New Hampshire Wildlife Coalition, Meade Cadot, Ph.D., is worried about a mutual furry friend, the

fisher. Where I live and in other rural areas, this mid-sized member of the weasel family is usually bestowed with an added name, "cat." Many of us know that this has everything to do with the vernacular and nothing to do with science, and that the proper name is just "fisher." It's in the same vein as using "partridge" for "ruffed grouse"---a Colonial-era penchant handed down through generations.

Meade, a veteran Antioch University environmental professor and Harris Center naturalist, says both long- and short-term figures supplied by trappers themselves show that

SEE NOTEBOOK, PAGE A12

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Edward Jones: Financial Focus

Time for Some Financial Spring Cleaning

Spring is officially here – and for many of us, that means it's time for some spring cleaning around our homes and yards. But why stop there? This year, why not do some financial spring cleaning, too? You can apply some of the same principles of traditional spring cleaning to your financial environment. Here are a few suggestions:

- Clear your vision. Spring brings extra hours of sunshine – and to enjoy them, you'll want to clean your windows, inside and out. As an investor, you also need to take a clear-eyed view of your situation periodically. Are you on track toward achieving your goals? If not, what moves can you make to get back on the right path? You need to be honest with yourself to see if you're doing all you can to help make progress toward your objectives.
- De-clutter" your portfolio. As you go about sprucing up your house, you may find that you have a lot of clutter. Do you really need three mops? And are you holding on to those old calendars for any good reason? You'll probably feel much better about your surroundings when you de-clutter them – and the same may be true of your investment portfolio. For example, do you own several investments that are virtually identical? If so, you might want to consider ways to help diversify your holdings. While diversification can't guarantee profits or protect against losses in a declining market, it might help reduce the impact of market volatility on your portfolio.
- Recharge your batteries. When you do your household spring cleaning, you may want to check the batteries on your smoke alarm, carbon monoxide detector and other devices. And as part of your financial spring cleaning, you might need to recharge your own investment "batteries," so to speak. In other words, increase the power you're providing to your portfolio. You can do this in a few different ways. First, you can increase your contributions to your 401(k) or similar retirement plan every time your salary goes up. You can also try to "max out" on your IRA contributions each year. (For 2020, you can put in up to \$6,000 in an IRA, or \$7,000 if you're age 50 or older). Another way to increase your investment voltage is to make sure you've got adequate growth potential in your portfolio based on your goals and risk tolerance.
- Put your house in order. As part of your spring cleanup, you may want to check for damage on your roof, windows, siding and so on. But you also need to put your financial house in order, especially as it regards to protection. Do you have adequate life insurance? If not, your family could suffer if something were to happen to you. And have you thought about how you could pay for long-term care if you needed it? The average annual cost for a private room in a nursing home is about \$100,000, according to the insurance company Genworth. To retain your financial independence – and also to help protect your grown children from possibly having to deal with these costs – you may want to explore some type of long-term care insurance.

By doing some spring cleaning around your home, you'll lighten up your living space. And doing some financial spring cleaning may help you brighten your future.

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When you're on your own, we are there for you

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

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

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

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

Send your letters!

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Our fax number is 279-3331.

Or, you can e-mail us at echo@salmonpress.news

Please include your name, address and phone number.



DONNA RHODES

Sasquatch sighting

In these unusual times, one never knows what unusual sights they will see when traveling the back roads of Sanborn. Thankfully, Sasquatch was practicing social distancing, too, last week by staying within the tree line along Morrison Road.

LETTERS TO THE EDITOR

A report to the citizens of Franklin

To the Editor:

Please continue to practice social distancing. History demonstrates that when this is employed, lives are saved. There are silver linings to the current call to limited social contact with the outside world. We are discovering a slower pace of life. We are observing more of our neighbors enjoying the sunshine and walking the neighborhood. There has been a surge of creativity in learning how to accomplish necessary tasks at a distance. You are to be encouraged and commended for reaching out to your friends and neighbors to contact them regarding their safety and comfort. Maybe we'll get to know our neighbors.

Amid the turmoil, some of this report pales in comparison to the news. However, life goes on and actions were taken at the last City Council meeting that will impact us when we emerge from our current situation.

- The Council approved the Franklin Board of Education and Franklin Education Association Agreement (aka the teachers' contract). The Council also approved a Code of Conduct.

- The Council also approved the Emergency Operations Plan. Just in time. It is comforting to know that there is a plan beginning with the city and coordinating up the ladder. Do you have and Emergency Preparedness Plan for your household?

- We were treated to a Photo Project of Findings and Recreational Recommendations by the Junior Youth Group.

On another note, I was honored to accompany the U.S. Assistant Secretary of Elementary and Secondary Education, Frank Brogan as he toured the Franklin Middle School and Paul Smith Elementary School. Secretary Brogan is touring the country observing innovations in education. NH Education Commissioner Frank Edelblut was enthusiastic to direct the Secretary to Franklin. I am hopeful that the changes that are being implemented in Franklin's Paul Smith and Middle School will result in increasing the performance of the students to achieve grade level achievements. I talked to the Principal at Paul Smith, Susan Blair, and discussed their new reading program that appears to be headed in the right direction. I am also confident that these changes will translate during our current distant learning challenges.

This past Tuesday evening, through video conferencing, Municipal Services Director, Brian Sullivan presented his Strength, Weaknesses, Opportunity and Threat (SWOT) Analysis of the Franklin Water, Sewer to the City Council. This was available to the public. The information presented can be found on the city website. https://www.franklinnh.org/sites/franklinnh/files/agendas/cc_special_sewer_water_swot_03242020.pdf

If at any time you would like to contact me, I can be reached at karen@sanbornhall.net or at 934-7111.

Karen Testerman
Franklin City Council
Ward II

STRATEGIES FOR LIVING

No greater love

BY LARRY SCOTT

When John Ernest opened fire at the Chabad of Poway (CA) Synagogue Saturday morning, April 27, 2019, Lori Kaye, "jumped between the gunman and Rabbi Yisroel Goldstein, sacrificing her own life to save the spiritual leader," according to CNN.

As Rabbi Goldstein reported on NBC's "Today" show, "I was face-to-face with this murderer, terrorist, who was holding a rifle and looking straight at me. That's when he fired, blowing off my right index finger and severely injuring my left index finger."

Goldstein, who had just turned away from a conversation he'd had with Lori, heard a loud bang, turned to see her prostrate on the floor; her husband slumped beside her. A medical doctor, he had come to her aid. When he realized who she was, he fainted.

This year's Passover celebration, scheduled to be held April 8 through April 16, dates back to the days of the New Testament. Originally slated to memorialize Israel's exodus from Egypt, Jesus' Passover in AD 33 marked the final Passover He was to celebrate with His disciples.

Only a few days earlier, the Jew-

ish Sanhedrin, the ruling council of men who had religious, civil and criminal jurisdiction over the people of Israel, met to decide what to do with a troublesome rabbi, Jesus of Nazareth. The meeting was a farce, for they all knew what they were going to do. It only remained for them to justify their actions. And Caiaphas, the High Priest, gave them that. Ostensibly to protect against an insurrection led by Jesus and his followers, he stated that "it is better for you that one man die for the people than that the whole nation perish."

And so, in the words of James S. Steward, as quoted by Ravi Zacharias,

"They nailed Him to the tree, not knowing that by that very act they were bringing the world to His feet. They gave Him a cross, not guessing that He would make it a throne. They flung Him outside the gates of the universe, to let the King come in. They thought to root out His doctrines, not understanding that they were implanting imperishably in the ears of men the very name they intended to destroy. They thought they had God with His back to the wall, pinned and helpless and defeated: they did not know that it

was God Himself who had tracked them down. He did not conquer in spite of the dark mystery of evil. He conquered through it."

Indeed, three days later something happened that changed the course of history, verified Jesus' deity, and convinced Jesus enemies they had made a colossal mistake. Eyewitness reports confirmed: Jesus had risen from the dead. He had not given his life in vain. "If in this life only we have hope," reported the Apostle Paul, "we are of all men most miserable. But now is Christ risen from the dead." Eternal life was finally available to all.

Jesus said, "Greater love has no one than this, that one lay down his life for his friends." Words cannot convey our gratitude for the men and women who, like Lori, have willingly given their lives to protect us from harm and danger. And that is the way I feel about Jesus. His sacrifice, voluntarily given on our behalf, ensures that, if we have accepted Him as the Lord of our lives, our eternal existence is guaranteed. Thank God for Jesus!

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

Richard (Rich) Edward Ross was born July 9, 1967 in Methuen, Mass. He passed from this world to the next on March 19, 2020. His mother was Nita Ross and father he wouldn't want mentioned. He lived his earlier years in Windham, with his parents and three sisters, Beth, Michelle and Heather. He was a member of the "Class of 1986" at Pinkerton Academy.

Rich loved his blue Dodge truck growing up. He loved taking trips to the beach, Salem, Mass. and just going for a drive.

Rich was married in 1998 to Samantha Ross, and we had two wonderful children together, Blaise Ross and Angelleah Ross; they were his pride and joy. He loved to hang out and play with his kids. Rich didn't want to see his son Blaise have to go to daycare every day, so he would stay up with him during the day and play with him outside every chance he got. He would catch a two-to-three-hour nap before heading off to a full overnight shift at Sam's Club working in the freezer night after night.

Rich kept his circle



small and was very loving and caring to those he would call family and friends. Angela, Josh, Kat, Dana, Damien and Shay were among his closest friends... that we knew about. I was very lucky to be a part of it. Rich gained a Godson he named Dresden in 2012. Together, they would read books, talk about stories, and Rich would even be a race-track for all of Dresden cars.

Rich was mis-diagnosed back in the early 2000's; he was finally diagnosed with Congestive Heart Failure a little over 10 years ago. He worked a full-time job as long as he could to take care of his family. About 8 years ago diabetes and gout got added to his list of ailments. He would

struggle every day and find himself in many different hospitals over the years for five to 12 days at a time to help stabilize his condition.

Rich fought hard for his kids and godson. He has beaten the odds many times over. I let him know several times he had nine lives. He did whatever he could to live them all. He had been in comas, shocked multiple times, once while he was still awake, recently had a defibrillator put in, been stuck with more needles than anyone could keep track of. Through it all, Rich felt the loss of his mobility the hardest. The simplest tasks would cause him great pain. The Gout and pain eventually caused him to slowly pull away from his family activities and started the declining process. It was harder for him to go to family events and do things with the kids which broke his heart.

Rich loved the TV series "Supernatural," "Counting Cars," "Northwoods Law," "NCIS," "Portals to Hell," "Expedition Unknown," "Destination Truth," "America's Most

Haunted," and could be found most days watching the episodes as if it were the first time seeing them. He loved the Boston Bruins and the Detroit Red Wings and would love the game even more when they played together.

Rich was a great singer to those lucky enough to hear him and he loved to draw and write before the gout crippled his hands. He had a passion for photography, an appreciation for music and a great love for reading, most nights his family could find him sitting on the edge of his bed with a book, it was story after story and it was very common for him to finish a book in a night or two. So, we would always ask... what are you reading now. One of his favorite things to read was "The Dresden Files," which his godson Dresden was named after.

Rich had his bitter moments as anyone dealing with pain every day would. But he did whatever he could to help and contribute to the household every day. "No matter how bad it sucks you just gotta do it," he would say.

Rich was an inspiration to me because despite all his aches and pains, he still got up, showered every day and went on with his day as best he could. Not always in a good mood but he still found the strength to do it.

Rich will be leaving behind his former wife/ domestic partner, who cared for him until the end and never stopped loving him Samantha Ross. A domestic partner/brother who he gave his wife and family to and also took care of him and everyone else, Scott Ross Langlois; a son, Blaise Ross (20); a daughter, Angelleah Ross (13); and godson Dresden Ross (8), who he looked at as his own; three dogs he adored and would spend many hours with just petting them Sydney, Shadow and Mocha; his mother; three sisters and their families.

Remembrance from Blaise: Halloween was easily above all his favorite holiday; you could find pretty much anything that had to do with the holiday in his room or on his Facebook and occasionally his Instagram along with all his cosplay girls. Harry Potter was one of his favorite movies and book series to read. He had acquired many miscellaneous trinkets throughout the years for birthdays and as holiday gifts. Knowing him, you would become accustomed to his sarcasm, charisma and the presence he brought to the room was like no other. You will be forever missed.

Remembrance from Angelleah: He always loved to draw and read comic books as well. He loved Captain America who was his favorite superhero. He used to draw all sorts of things all the way from designs to people to wolves. He would use his breaks that he had at work to

draw. They were usually made with a ballpoint pen with the basic colors of black, red, and blue. The drawings he did were very detailed and by just looking at them, made me feel like I knew him even more through his drawings. The comics he used to read were very interesting and not only was there a way you could understand the comic by the words but also the stories within the drawings that you could tell gave him ideas on how and what to draw. Sometimes when you look further you realize how much you miss out on the most important things in life. I could see these things through his drawing, lyrics he wrote on paper and poems he wrote. You will be forever missed.

Remembrance from Dresden: I miss him so much, I loved being with him and he was a great race track for my cars, I loved to read with him. I know he will always be with me now but sometimes I don't know if he is really watching me. He was one of my favorite people and my best friend. We read the Lockness Monster together; he looked up subjects if I wanted to know something and we loved playing Pokémon together. You will be forever in my heart and missed.

No services will be provided for Rich. Sadly, he was not able to obtain life insurance and our family has obtained a large amount of debt through the last years, between medical visit not only for Rich but other family members as well. In lieu of flowers the family has set up a Venmo account under the name Ross-Family for anyone who would like to donate to the family.

I will never forget how hard he fought for his family. True Love Is...

Connecting with nature? Not cancelled!

LACONIA – Don't let your current social distancing transform into distancing from nature. As residents of the Lakes Region separate into their homes in order to reduce the spread and impact of the Coronavirus, Prescott Farm reminds you that Spring is not cancelled.

In fact, nature is a terrific ally in the maintenance of mental and physical health. Prescott Farm can be part of that nature connection, even during times of social distancing. Located on 928 White Oaks Rd. in Laconia, the property is a free resource open to

the public from dawn-to-dusk every day.

Visitors can choose their own pace as they find an abundance of natural sights on the well-marked trails. Starting at the parking lot and winding gradually into the woods, the trails cover much of the 160-acre property. Several different ecosystems, from meadows and vernal pools to thick hardwood lots down by the Maple Sugar Shack, offer a perfect way to glimpse the early signs of spring as they emerge.

Although the Par-doe Building is closed

to visitors at this time, families are still invited to enjoy the PlayScape – a source of endless entertainment for playful souls of all ages. Slides, stick-built-hideaways, outdoor play kitchen, nature's natural musical instruments, and other various tools of discovery will engage imaginations – and burn off some stay-inside-all-day energy! A post-play session hand wash is a great idea, of course.

Prescott Farm has taken precautions to help eliminate the spread of COVID-19 while also remaining a community resource for connections to nature. While the doors of the building may be locked at this time, the doors to nature remain open. All are encouraged to come and enjoy nature – and keep eyes and ears open for the return of regular programming!

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities

in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.



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

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HIPAA Privacy Rules

BY EDWARD H. ADAMSKY

The Health Insurance Portability and Accountability Act of 1996 (“HIPAA”) required new privacy standards to protect health care consumers. It took until 2003 to have those standards finalized and implemented. At first the rules caused confusion and fear as the law had severe penalties (fines and jail) for violations of patients’ privacy. Providers changed their systems and became very rigid in what information they would release.

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

fears of most providers did not come true.

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

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

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

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

Protected Health Information means information about an individual’s physical or mental health condition; the provision of health care to the individual; and, payment for that health care. “Covered Entities”

include most health care providers, health insurers, and affiliated organizations (Doctors, Hospitals and Labs).

Estate Planning and Elder Law attorneys

have modified their planning documents to include language designed to help families properly use and share protected information. Older documents may

not have the right language, so you should review your documents, and if necessary, see your attorney to have them updated.

Who is at elevated risk for COVID-19?

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

Despite the relative infancy of COVID-19, doctors have learned much about it, including who might be most at risk. According to the Centers for Disease Control and Prevention,

early information out of China revealed that some groups are at higher risk of getting very sick from COVID-19 than others. Older adults and people who have serious chronic medical conditions are at the greatest risk of getting very sick from COVID-19. Heart disease, diabetes and lung disease are the chronic medical conditions that appear to make people especially vulnerable to sickness from COVID-19.

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

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

- Stock up on health supplies. Contact your physician and arrange to obtain extra necessary medications so

you do not have to leave your home should an outbreak occur in your area. If that’s not plausible, the CDC recommends signing up for mail-order medications. Stock up on over-the-counter medications and medical supplies, including everyday items like tissues, so you don’t have to leave the house if an outbreak occurs.

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

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

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How COVID-19 is transmitted

COVID-19, the novel coronavirus that was declared a pandemic by the World Health Organization in mid-March 2020, has claimed thousands of lives across the globe. Though the WHO insisted during a press briefing declaring COVID-19 a pandemic that the virus could be suppressed and controlled, Director-General of the WHO Tedros Adhanom Ghebreyesus described what he felt were “alarming levels of inaction” in regard to preventing the spread of COVID-19.

Understanding COVID-19, including the threat it poses and how it’s transmitted, is of the utmost importance. According to the Centers for Disease Control and Prevention, there is still much to learn about COVID-19, including how it spreads. However, the CDC notes the following are some ways that researchers, as of March 2020, feel that the virus is transmitted.

Person-to-person

Researchers who have studied the virus

feel that it is spread mainly from person-to-person. People who are within six feet of one another may spread the virus through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of those who are nearby or potentially be inhaled into the lungs.

The CDC notes that the virus is contagious, and that people might be most contagious when they are at their sickest. Symptoms of COVID-19 include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, and bluish lips or face.

Additional symptoms may be associated with COVID-19 as researchers learn more about the virus, and people who experience anything unusual should discuss their condition with a physician immediately.

Researchers also suspect that the virus may be spreading

SEE COVID19, PAGE A9

During these challenging times it is difficult for some of the seniors to get out and about and Salmon Press would like to offer free online subscriptions through the end of April (to anyone 65 years or older who currently does not have a subscription).

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Coronavirus sparks worldwide concern

The dawn of 2020 ushered in many newsworthy headlines, but few have turned the heads of the masses as sharply as the arrival of a novel coronavirus that was first identified in Wuhan, Hubei Province, China. In late 2019, Chinese authorities identified the new virus, which has resulted in scores of confirmed cases in

China, and additional cases identified in a growing number of international locations. Both the World Health Organization and The Centers for Disease Control and Prevention have closely monitored the coronavirus, which was named COVID-19 in mid-February 2020. The public is understandably concerned,

but educating oneself about COVID-19 and coronaviruses in general can assuage some fears.

What is a coronavirus?

Medical News Today reports that coronaviruses typically affect the respiratory tracts of mammals. Coronaviruses are responsible for between 15 and 30 percent of common colds. They're also associated with pneumonia and severe acute respiratory syndrome, or SARS.

Coronaviruses were given their name based on the crown-like projections on their surfaces (in Latin, "corona" means "halo" or "crown"). Coronavirus antibodies do not last or work for very long, so a person who becomes ill can catch the same virus again a few months later. Also, antibodies for one strain of coronavirus may not be effective against other strains.

What is COVID-19?

SEE **CORONAVIRUS**, PAGE A9



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COVID19

CONTINUED FROM PAGE A7

through people who are asymptomatic. So

CORONAVIRUS

CONTINUED FROM PAGE A8

In 2019, a new type of coronavirus not previously identified was discovered in China. Like other coronaviruses, this virus, COVID-19, can be spread easily from person to person, particularly through respiratory droplets acquired when someone with the virus coughs or sneezes. Most often people need to be within six feet of the infected person for contraction. The CDC says that COVID-19 also is believed to be spread from animals to people. It's currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching his or her own mouth, nose or eyes.

Those confirmed as having the virus reported illnesses ranging from mild symptoms like fever, cough and shortness of breath to more severe illness. Reactions to COVID-19 can differ from individual to individual. It's believed that symptoms of COVID-19 can appear in as few as two days or as long as 14 after exposure. Those who have been in China or around others who have visited from China and are experiencing cold or flu symptoms are advised call their physicians.

Prevention and Treatment

The WHO says that if a person is healthy, he or she only needs to wear a mask if this person is taking care of another with a suspected COVID-19 infection. One also should wear a mask if he or she is coughing or sneezing.

even people who do not feel sick or exhibit signs of sickness may unknowingly have the virus, potentially making them capable of

Doctors advise that frequent handwashing, and in the absence of warm, soapy water, alcohol-based sanitizers that are at least 60 percent alcohol can be effective in preventing transmission of COVID-19. Also avoid touching your eyes, nose and mouth with unwashed hands.

Currently there is no specific antiviral treatment for the disease; people should receive supportive care for symptoms. However, research into antiviral drugs, such as those for HIV and influenza, are being tested for their potential efficacy against COVID-19. Research into developing a vaccine for this novel coronavirus also is ongoing.

Concerned individuals should speak with their healthcare providers for accurate, up-to-date information about COVID-19 as global health organizations continue to monitor conditions and treatments.



spreading it.

Contact with surfaces

The CDC notes that researchers do not suspect that contact with contaminated surfaces or objects is the main way the COVID-19 vi-

rus is spreading. However, the CDC also notes that it may be possible for people to get the virus by touching surfaces of objects that have the virus on them and then touching their own mouths, noses or possibly their eyes. The relative infancy

of COVID-19 means researchers have yet to fully understand how the virus is transmitted.

Understanding COVID-19 also involves staying up-to-date on local announcements about the virus and adhering to any restrictions government officials put in place.

People living in or near areas where others have been diagnosed should follow all protocols put in place by the government to reduce their own and their neighbors' risk of exposure to the virus. More information about COVID-19 is available at www.cdc.gov.



Patty Stewart has been a broker in New Hampshire with 30 years of experience specializing in fulfilling the needs of the senior market in New Hampshire. She currently works with several of the nation's leading Medicare supplement providers.


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From left to right: Patti Thompson, Pam Baker and Patty Stewart
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5 reasons why summer camp is a good choice for kids

Summer Camp

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When: June 22nd—August 21st
7:30am—6:00pm

Ages: 5-15 years old

Costs: \$125/week or \$25/day

- WEEKLY FEE includes field trip, swim lessons and open swim sessions
- DAILY FEE does not include field trip cost of \$20. Daily fee does include swim lessons and open swim

Pre-registration Required
To register, email sara@bgcnorthcountry.org
Space is limited, sign up today!

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BGCNC Camp is not a school sponsored activity.

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

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

Although kids needn’t be in camp all summer long, a week

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

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

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

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

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

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

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

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

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

July 7 - 27, 2020

Ages 10 - 17

Tennis Anyone?

Youth Tune Up Camp

\$45 Residents \$55 Non-Res

(per session)

Session 1: June 29, 30 & July 1

Session 2: July 13, 14, 15

Beginners: 4:00-5:30 pm

Intermediate/Advanced: 5:30-7:00pm

Youth Tennis Camp

\$55 Residents \$65 Non-Res

(per session)

Session 1: July 6, 7, 8

Session 2: July 20, 21, 22

Beginners: 8:00-10:00am

Intermediate/Advanced: 10:00-am-12:00pm

Camps include instruction, fun and a camp t-shirt
(if make-ups are needed they will be scheduled on the Thurs and Fri of that week)

Adult Clinics & Lessons

\$15 Residents \$25 Non-Res

Intro to Tennis Clinic: July 6: 6-7:30pm

Hone Your Skills Clinic: July 20: 6-7:30pm

Adult lessons are available upon request

Private lessons also available upon request

Registration opens April 15

Tennis Camps & Clinics are weather permitting and take place at Kraine Meadow Park on Playground Drive, Moultonborough. Classes are limited, so contact our office & sign up early!

Moultonborough Recreation Dept.
10 Holland St. PO Box 411
Moultonborough, NH 03254
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www.moultonboroughnh.gov

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SUMMER DAY CAMP

2020

Weekly Sessions available from June 29 thru August 14

Another Summer of Fun!

Sessions & options for everyone!

Registration opens April 15th!

Happy Campers
Ages 5-7 Grades K - 2

REcking Crew
Ages 8-12 Grades 3 - 7

Full Day: 8:00am– 4:00pm

Extended Day:
7:30-8:00am
& 4:00 – 5:30pm

Half Day Options:
8:00am - 12:00pm or
12:00pm - 4:00pm

DAY CAMP OFFERINGS

- One central location
- Games of all kinds
- Wednesday Field trips
- Foam Day
- Game Room
- Snacks
- Indoor Space
- Food Days
- Splish Splash Fun Days
- Arts & Crafts
- Sports
- & More!

Trip Based Teen Program:
Ages 12-15 June 30 - Aug 6

Going on vacation? No Problem!
Choose when you have Fun...

Parents have the option to sign their kids up for weekly sessions!
You choose which weeks your child goes to camp!

The registration deadline for all sessions is Thursday, June 11.

MOULTONBOROUGH RECREATION DEPARTMENT
603/476-8868
www.moultonboroughnh.gov



Factors to consider before choosing a summer camp

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

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

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

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

Kids' interests

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

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

Locale

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

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

Session length

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

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

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

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

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AGES 5-13

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Waterville Valley Recreation Dept.

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June 22 - August 21, 2020
Monday-Friday 9am-4pm
(8am before care available)

Age appropriate groups for 5-12 year olds

Outdoor Adventures • Weekly Field Trips • Swimming • Indoor Climbing
Arts & Crafts • Cooking • Tennis • Hiking • Boating & More!

Register at watervillevalley.org/recreation (603) 236-4695

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Waterville Valley Recreation Dept.

SUMMIT Teen Adventure Camp

2-week sessions
Week One: M/T/TH/F
Week Two: T/W/TH/F with 2 Night Overnight!

Session 1: June 29 - July 10
Session 2: July 13 - July 24
Session 3: July 27 - August 7

Outdoor Adventures • Swimming • Climbing • Hiking
Whale's Tale • Whitewater Rafting • More!

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May-August: Come for just 1 or 2 weeks or as many as 9

Beginner to advanced • Ages 7 - 16 • Financial aid available

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Questions? E-mail us at sailing-school@lwsa.org
Check us out on Facebook <https://www.facebook.com/LWSA.School/>

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50th Anniversary

Summer 2020 Workshops present

Disney FROZEN JR.

Workshops: Monday through Friday, 8:30am - Noon
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Beginning Late June/Early July

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Creative Edge dance studio

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A fun, week-long camp for ages 6-11
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The White Mountain School Summer Dance Intensive, July 11-18

A residential summer program for dancers entering grades 6-10

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

REGION — At ClearChoiceMD Urgent Care, the health and safety of our patients, communities, and team is our top priority. We are working hard to ensure our centers continue to support the overall health of our communities. We are also committed to doing everything we can to help with the current health challenges that together we face, including Coronavirus (COVID-19).

ClearChoiceMD Urgent Care is now offering COVID-19 testing at select centers for high-risk patients only, as supplies are available. Patients experiencing symptoms associated with lower respiratory illness, such as fever, shortness of breath, and persistent cough, will be examined and

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

Please rest assured that all ClearChoiceMD Urgent Care centers are following strict protocols and taking extra safety measures to protect our patients, communities, and team so that we can continue

to evaluate and treat all urgent medical needs. In the coming days/weeks, we will be implementing online registration at all our centers to better protect our patients and teams by minimizing any possibility of exposure to illness. Patients seeking care for all other urgent non-life-threatening illnesses or injuries can continue to safely be seen at any ClearChoiceMD location. We remain committed to our mission of providing communities affordable, compassionate, exceptional patient care.

This is an evolving situation. Please visit the CDC Web site, www.CDC.gov/COVID19, for current information on COVID-19. Please visit our Web site, www.ccmdcenters.com,

for the most up-to-date information regarding our center operating hours and testing locations. We appreciate your understanding during these difficult times.

About ClearChoiceMD Urgent Care
ClearChoiceMD Urgent Care treats urgent, non-life-threatening medical needs for the whole family – from cold, flus, fevers, rashes, aches, pains and backaches to minor burns and cuts to simple broken bones – seven days a week. Our centers offer board-certified providers, state-of-the-art facilities with on-site laboratory services and X-ray. Owned and operated by physicians who

know and understand the need for excellent, expedient care, ClearChoiceMD Urgent Care is dedicated to meeting all the needs of the community, from infant to elders, school to industry and everywhere in between. We are committed to being your neighborhood access to prompt medical attention. www.ccmdcenters.com

erwise disrupt the class. Ben's mom Sara has two other children in school, an "independent" fourth grade student and a kindergarten-er who needs a bit more help with not only classwork but computers, too.

"The teachers have been incredible though! You can tell they've put a ton of effort into learning this new technology and I'm just blown away by what they've managed to do in such a short time," Sara said.

Bella is a classmate of Ben's at the middle school and said she has also adapted easily to the change. Like Ben, she signs on to her classes at 7:35 a.m. each weekday and remains online with her teachers until 11:30 a.m.

"We have four different classes with a 10-minute break in between," she explained.

During class time, students can see not only their teacher but each other, and can interact as they would in the physical classroom. When class is over, Bella might grab a bite to eat but then stays busy with her assignments before going back online or on the phone for some social time with friends.

"Surprisingly it doesn't feel that unusual here," her dad John said. "The teachers explain all their work assignments really well and she just goes ahead and does it."

At the high school students are meeting with equal success through remote learning, but for most seniors it's also a sad way to finish their last year in school. Sports competitions, musical performances, clubs, dances and other social events have all been canceled and graduation could even be on hold.

Kylee Rock is one of those seniors who can't say enough about all the teachers at Winnisquam High School are doing through remote classes even when it is difficult for she and her class-

LEARNING

CONTINUED FROM PAGE A1

When the decision to close schools came from the governor just over two weeks ago, many were overwhelmed as to how online learning would be handled but it only took a few days for it to all come together, better than anyone at WRSD could have ever expected.

Seaward said that since none of his teachers had taught in a remote online situation before, it was like taking them back to their very first year of teaching.

"There was a lot we all had to learn quickly," he said.

When the school closed on March 15, strategizing began right away. By that Wednesday, a new online classroom system was in place and on March 19 and 20, they did testing with students to see how it would all work.

"Teachers came back with a few suggestions on what needed to be changed, then on March 23rd we went live with our remote classrooms," said Seaward.

To ensure that all student needs were being met, the district offered Chromebook laptop computers to families who had none, or perhaps had more school-aged children than there were computers in their homes. The district also coordinated with local internet providers to make at least temporary service available to homes that needed it.

After the first week a few students shared their thoughts on their new virtual classrooms and expressed pleasure with how the unanticipated change was affecting their education.

Ben is a sixth grader at Winnisquam Middle School who said he enjoyed learning online but did miss his friends. One benefit he noted however, was that there were no discipline problems now that might oth-

mates to adapt.

"I think there's not much choice we have – it's simply how life is now. We video chat with our teachers and a lot of us are joking around the whole time, making light of it. But, I think that's the only way we as teenagers are able to adapt easily- through humor and a digital connection to our friends," said Rock.

Despite the virtual connections, she still misses personal interactions with her friends though as they all maintain "social distancing." Among the toughest challenges in the past couple of weeks was saying goodbye to her new best friend, a foreign exchange student from Belgium.

"Sadly, she had to fly home, as her family deemed it safer for her to return to Belgium. These are the things this 'Coronacation' has made much more difficult," Rock said.

As a senior, she said it's also been extremely difficult to realize she's potentially missing out on her last few months to make memories with friends and classmates.

"So far no senior class events have been officially cancelled, but we're all waiting anxiously to see what will happen in the coming months," said Rock.

Seaward said he strongly believes graduating seniors deserve a celebration to end their more than a dozen years of schooling. A tentative date of June 12th for graduation has been penciled in on the calendar but, depending on recommendations from health officials, that date is subject to change.

"We'll have a graduation no matter what though," Seaward assured the Class of 2020. "If we have to postpone it, we'll have it on the first Friday after things open back up again. I strongly feel they deserve a celebration."

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 20-27.

Caitlin Eileen Fillion, age 30, of Somersworth and Andrew James Decormier, age 27, of Belmont were arrested on March 20 in connection with bench warrants issued for each of them respectively and for Resisting Arrest or Detention. Decormier was also charged with Default or Breach of Bail Conditions. He was subsequently arrested again on March 22 on two counts of Domestic Violence-Assault.

Daniel Gerard Camire, age 58, of

Belmont was arrested on March 21 for Reckless Conduct-Placing Another in Danger, Criminal Threatening (Use of a Deadly Weapon), and Resisting Arrest or Detention.

Christopher D. Bickford, age 42, of Franklin was arrested on March 24 for Theft By Unauthorized Taking. He was subsequently charged with Possession of Controlled/Narcotic Drugs.

Jason B. Bezanson, age 44, of Gilmanon was arrested on March 26 for Driving After Revocation or Suspension.

NOTEBOOK

CONTINUED FROM PAGE A1

the fisher population has plummeted throughout the state. He can't understand why Fish and Game has not more severely curtailed the trapping of fishers, or suspended it.

Meade submitted

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

It is a sad commentary on the "management" of things that for one study Meade cited, the only source of unfettered data was south-central Maine--a region like much

of New Hampshire. There, the researchers said, 80 percent of fisher deaths were from trapping.

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

SANBORNTON

CONTINUED FROM PAGE A1

The clipboards are coated with plastic so they can also be sanitized once all transactions are complete.

"This is new but the selectmen have given me everything I need to get my job done and have been very supportive," she said. "The people have been super nice, too, and it really is going very well. Everyone 'gets it' and they're being really cooperative."

As one way to make typical transactions a bit easier, Lonergan recently began mailing out motor vehicle registration renewal forms for those that expire in the month of April. The information can be conveniently filled out at home and mailed back to her office with a self-addressed stamped envelope or dropped through a mail slot on the left-hand side of the building. Once the forms are received, she then sends back the stickers for their vehicles. Payments can be made by cash, check or money order, but she cautions that cash should not be sent by mail to the town office. Instead it should be hand delivered or dropped off in the secure mail slot outside her office. New vehicle purchases should come with

tags that will be valid for 30 days from the time of purchase and therefore all set for now. Anyone with questions about a new vehicle however is asked to call the town clerk's office.

Dog licensing has also been considered in their planning. Again, Lonergan and her deputy mailed out reminders about state-required licensing for all dogs previously registered with the town. Those licenses are due to be renewed by April 30 each year. While they can be handled by mail as well, Lonergan said she also enjoys seeing the dogs that stop by with their owners to receive their new licensing tags. Should anyone no longer have a dog registered last year, they are asked to contact the office so they can be removed from the registration list.

Property taxes can also be made through the mail slot, Lonergan said, but if anyone requires information on a payoff or a current bill, they can contact her office ahead of time for that figure.

As for vital records such as birth, death or marriage certificates, people are also asked to call Lonergan's office for those documents. In the case of a marriage certificate, couples must make an appointment to obtain one. Those with

scheduled appointments are asked to ring the bell at the town office door when they arrive; anyone without an appointment will not be admitted to the building at this time.

Another temporary change for Sanbornton is that while residents may still utilize the town's transfer station, trash tags are currently not being sold. Residents are instead being asked to please use the honor system to make future payments on their typical disposal fees when the tags are instituted once again.

The last thing Lonergan wished to point out to residents was the change in the hours of operations for her office. The Town Clerk/Tax Collector's office, for the time being, will be open from 8 a.m. until 4 p.m. from Tuesday through Friday, with no Wednesday evening hours.

"The Help Desk at the DMV in Concord will be closing earlier now on Wednesdays, therefore we won't have any support from them if issues arise for a vehicle registration," she explained.

Those with further questions about these changes that have been put in place are asked to call the Town Clerk's office at 286-4034 or contact Lonergan by email at ttct@sanborntonnh.org.

JORDAN'S

CONTINUED FROM PAGE A1

opening day, the staff marked off six-foot increments in front of their service windows so groups could maintain social distancing as requested by the state. This past weekend however, they upped their safety services though by offering a personal and somewhat nostalgic way for people to get a fix of their favorite ice cream dish; a measure that will be in place for the foreseeable future.

"We will have 'waiters/waitresses' come to your vehicle when you arrive and take your order, and we will deliver it to your car without you

having to get out," the business announced last Saturday. "We feel this is the best way to make sure everyone stays safe. It will be like an old time drive in restaurant (minus the roller skates)."

The staff said they would appreciate it though if people would accept their orders then leave the lot so other customers can use their parking space.

Jordan's Ice Creamery is known for their delicious ice cream flavors, such as Mocha Brownie, Birthday Cake, Butternut Crunch, Moose Tracks. Cookie Dough, Coffee, Raspberry Truffle, Heath Bar and more. Their flavors of homemade ice cream, voted New Hampshire's

favorite for several years now, are available in not just cones or bowls, but many are sold in take-home pints, too. Jordan's Ice Creamery also offers a number of other cool dishes like banana splits, flurries, frappes, sundaes and even special treats for dogs.

Their menu is posted every day on their Facebook page so people have the opportunity to make their selections before they even arrive.

Jordan's Ice Creamery is located on Route 106 near the intersection with Route 140 in Belmont, open from 2:30 – 8 p.m. Monday-Friday, and from 11:30 a.m. until 8 p.m. Saturday and Sunday.



BOB MARTIN

Hayden Parent was named first team All-State as one of the top forwards in Division 3.



BOB MARTIN

Colin McGreevy was the top goalie in Division 3 this season and was named first team All-State.

Trio of Bulldogs earn hockey All-State honors

BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – The Belmont/Gilford Bulldogs were well represented in this year's All-State team with a trio of first teamers making the list.

Forward Hayden Parent had a strong senior season for the Bulldogs and finished as the all-time assists leader and only the fifth player in team history to reach 100 points. He was seventh in the league in points this year with 29, putting up 16 goals and 13 assists.

Coach Jason Parent said he is an honor roll

student who is a player who has great stamina and is a hard worker, while also being a team player and leader.

Parent said being named to the All-State team is a great privilege, but as a player it was not what he was striving for. He said it does show that coaches around the league respect his ability as a player.

He is a player who gives it his all every time out on the ice, and this was even more apparent in what was a fantastic senior season. Parent said each game the team put in a solid effort, but



BOB MARTIN

Nate Shirley wrapped up his senior season with the Bulldogs and was first team All-State.

he went all the way back to the preseason against Somersworth-Coe-Brown, a Division two squad, where the team sent a message that the Bulldogs were a force to be feared. He felt it was the best game the Bulldogs played together as a team.

He said this past year had its ups and downs, but the best thing about the Bulldogs was that the team got through it together.

“Even though we didn't get to where we wanted, I am still proud of every single one of my teammates for their responses in what we had to endure,” said Parent. “It was like the whole world was against us. It was also one of the most fun and memorable seasons that I have played in my four years, and I wouldn't want to play with any different group of guys.”

Parent said his whole career with the Bulldogs was intense without a dull moment, saying it was often both fun and nerve wracking. He added that he was also very lucky to be a four-year player with the team, building bonds with coaches and players. He took pride in being hard-working and he felt that was what him stand out as a player in the All-State voting. Parent played alongside his brother Harris for two years, who was also an All-State forward, and he said this gave him something to look up to and give him drive to succeed.

“Having a role model like that can really get you going and motivate you,” Parent said.

Parent said he will miss the group of guys he has played with and was honored to be the team's captain.

Goalie Colin McGreevy was voted the top goalie in the league. He was the league leader in shutouts this season with seven and posted a .938 save percentage and a 1.51 goal against average.

Coach Parent said he is a great student and an excellent teammate who will be next year's captain as a senior.

“A great leader and very vocal on the ice,” said coach Parent. “Passionate about hockey and B/G.”

McGreevy said being named to the All-State

SEE **BULLDOGS**, PAGE A14

New cooperative team brings a spark to local hockey

BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – The inaugural season of the cooperative hockey team between Laconia, Winnisquam and Inter-Lakes had its ups and downs, but coach Paul Wheaton said one sure thing is that it put a spark back into Lakes Region hockey.

Last year there was a combined team between Moultonborough and Inter-Lakes, as well as a cooperative between Laconia and Winnisquam, known as the Wolfpack. The Wolfpack had a tough go, sitting at the bottom of the league, but this year the newly formed Laconia/Winnisquam/Inter-Lakes narrowly missed a playoff berth with a 5-9 record.

According to Wheaton, steps to merge the three schools began over the summer and plans were finalized just before the school year. Laconia was listed as the lead school and Athletic Director Craig Kozens interviewed candidates for the head coaching job. Wheaton was named in late August and was joined by his brother David Wheaton and Jamie DeCormier as the team's assistant coaches.

“High school ice hockey was on shaky ground here in the Lakes Region due to declining player participation,” said Wheaton. “The Wolf-pack had won only two games in the last three seasons.

BOB MARTIN
(Right) Matthew Nichols was one of the top players for the Laconia/Winnisquam Inter-Lakes Lakers this year.



BOB MARTIN

(Left) Evan Rollins makes a save for the Lakers during the team's inaugural season.

Tough teams continued for the next three games, with losses to Belmont/Gilford, Hollis/Brookline Derryfield and Berlin-Gorham. Wheaton said this didn't bring the Lakers down, however, as they continued to work hard and believe in themselves. On Jan. 23 the work paid off with the first win of the season of 5-4 over Fall Mountain.

After a tough 5-3 loss to eventual co-champion Kennett, the Lakers won the next two games and confidence was beginning to build as the team outscored opponents 8-1. After the 0-4 start, the Lakers went 5-5 the rest of the way.

It came down to the last game of the season on whether L/W/I would have a playoff spot, but unfortunately the Lakers fell in overtime to Pembroke/Campbell despite late heroic efforts by Blake Dunlap to tie the game at the end of regulation. While the Lakers outshot Pembroke/Campbell, the team just couldn't find that game winner despite many scoring chances and outshooting its opponent 8-2 in overtime.

Wheaton said it was a tough way to end the season, but a lot of positive things came out of the final game and out of the season as a whole.

“I knew going into the season that it

SEE **LAKERS**, PAGE A15



BOB MARTIN

Kam Young led the offense for the Lakers this past season.





Abbi Gilbert poses with two trophies from her racing last season.



This May Abbi Gilbert plans to practice her 1937 Chevy Replica legend car at New Hampshire Motor Speedway.

The racing freshman

Belmont student making a name for herself on the track

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – It is not everyday that you see a freshman in high school as a race car driver, but this is the case Belmont High School freshman Abbi Gilbert, who in the spring has plans to race the full Northeast Mini Cup Racing Series schedule at Route 106 Race Park in Concord.

Gilbert is a multi-sport athlete at Belmont High School, who is also a top student as she is a member of the Future Business Leaders of America Club and the Student Athlete Leadership Team. In middle school she was a top five student and earned multiple accolades such as the President's Award, Principal's Award and the National Junior Honor Society Award.

She is also a member of the BHS band and was a member of the BMS band that was a winner at the New England Regional competition last year. For school athletics, she plays on the JV soccer team, basketball team and plans on trying out for the lacrosse pro-



Abbi Gilbert plans to race at the North East Mini Cup Racing Series beginning in May.

gram.

“She’s a great kid who takes pride in what she does but also keeps it low key, working hard while never looking for accolades or credit,” Chris Gilbert said about his daughter, Abbi.

The Gilberts bought her first race car in July

of 2018, which was a mini cup car that she used for practice and in her first race in October of 2018 at the 106 Race Park in Concord. She finished second in the children's division. This past year she ran the majority of the schedule at the 106 Race Park and finished

second in the adult suspended division, while also winning the Rookie of the Year Award.

Gilbert won one race, finished second in three races and third in three others and was the only

female racing in the series, as well as being one of only two drivers under 25.

This May she plans to not only race the full route 106 schedule, but also start practicing

her legend car at the New Hampshire Motor Speedway for next year. Her car is a 1937 Chevy replica with a 1250 cc Yamaha motorcycle engine. This races on the road track, quarter-mile dirt track and the quarter-mile oval track at the speedway.

The Northeast Mini Cup begins on May 9 and go through Oct. 3, with races at the 106 Race Park, Lee Speedway and Londonderry Speedway. Times are to be determined. Her father, Chris Gilbert, said this is all subject to the direction of the Covid-19 scare.

Schedule	
May 9:	106 Race Park
May 16:	Lee Speedway
June 6:	Londonderry Raceway
June 13:	106 Race Park
June 27:	Londonderry Raceway
July 11:	106 Race Park
Aug. 1:	Londonderry Raceway
Aug. 8:	106 Race Park
Aug. 22:	106 Race Park
Sept. 5:	106 Race Park
Oct. 3:	106 Race Park

NHBCO seeking nominations for coaching Hall of Fame

REGION — Any New Hampshire varsity basketball coach who has coached a total of 20 years at the varsity level and has been retired for a period of two years is eligible for consideration into the New Hampshire Basketball Coaches Organization Hall of Fame. Anyone who would like to nominate a coach should send the coach’s name, school, years coaching and varsity record along with the answer to three questions and/or statements: What was this coach’s impact on New Hampshire basketball? Describe his or her character. Accomplishments in coaching. The person doing the nominating should include their name, e-mail address and cell phone number and e-mail all information to NHBCO President David Chase at 4chaseteam@comcast.net. Nominations are due by April 15.

LAKERS

CONTINUED FROM PAGE A13

would be challenging,” said Wheaton. “Three different high schools, new locker room, new coaches, new boosters, new logo, new everything.”

Wheaton said he was proud of how the players came together as a team and the way in which they played. But

that wasn't the only thing about the organization he felt strongly about.

“I am proud of the way my players carried themselves both on and off the ice,” Wheaton. “I am proud of how well the parents and administration supported us and how they stepped up to create a caring environment for

everyone. I think this was a positive experience for all involved. I hope to continue the momentum into next season. We definitely have the nucleus, if all eligible players return, to be a force in this league. I look back on this past season with pride, and I look to the future with great optimism.”

Spring sports postponed to at least May

BY BOB MARTIN
Bob@Salmonpress.news

MEREDITH – Due to the COVID-19 pandemic, spring athletics throughout the Granite State have been postponed to at least May 4.

Gov. Chris Sununu recently extended online learning through this date, and the NHIAA stated that it will adjust the revised start date for spring sports to align to the timeline. NHIAA said new dates will be released.

Sununu originally declared schools to be closed until at least April 3 and as of now the first date to for teams to be able to practice is Monday, April 13. The first date to play games will be April 27, but local officials have said these dates will be assessed as time moves on.

The NHIAA put out a statement saying it will be closely monitoring developments with the pandemic and these dates will be adjusted if necessary.

The pandemic also forced the cancellation of tournament games for winter sports this past month. It was the original intention for the NHIAA to play the remaining games but due to the guidelines specified by Gov. Sununu and the CDC the remaining games were cancelled with no makeup date set.

NHIAA issued a press release on March 23 stating that by unanimous vote the NHIAA Executive Council decided co-champions would be awarded to the highest seeded team remaining on each side of the tournament bracket. All other teams remaining in the tournament will receive runner up plaques and medals.

Olympics give way to Covid-19

Summer Games postponed until next year

BY JOSHUA SPAULDING
Sports Editor

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

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

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

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

“In the present cir-



COURTESY PHOTO

THE TOKYO OLYMPICS will now take place in 2021.

cumstances and based on the information provided by the WHO (World Health Organization) today, the IOC President and the Prime Minister of Japan have concluded that the Games of the XXXII Olympiad in Tokyo must be rescheduled to a date beyond summer 2021, to safeguard the health of the athletes, everybody involved in the Olympic Games and the international community,” said a joint statement from the IOC and the Tokyo 2020 Organizing Committee.

For the past few weeks, Bach had been moving forward with the plan to have the Olympics as scheduled starting in July, but over the weekend

of March 21 and 22, the pressure began to mount from National Olympic Committees (NOCs) to postpone the Games.

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

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

Part of the issue is the fact that there are a

lot of qualifying events that need to happen to determine who represents each country in the Olympics and with the postponement of any sort of large gatherings during the Covid-19 outbreak, the scheduling of those events became more and more difficult and unlikely.

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

“Despite the feeling of eventuality that so many of us have felt in the lead up to this moment - my heart breaks for you, your fellow athletes around the world, our friends at Tokyo 2020, the people of Japan, and all who are impacted by this

global pandemic and the decision to postpone the Tokyo Games 2020,” the letter read. “We heard your concerns and we shared them. I thank you for being so forthcoming with your perspectives, and also for allowing us the time to hear from your teammates across all sports before making a recommendation to the IOC.

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

ted to working with you in the coming days, weeks, and months to address them together.

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

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

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

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

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



BOB MARTIN

Blake Dunlap controls a puck for the Lakers.

BULLDOGS

CONTINUED FROM PAGE A13

first team was huge to him, as he has put in plenty of hard work both inside and outside of practice. He was humble in the achievement, saying he could not have done this without his team which included a strong defensive core.

“I believe the award reflects on the team,” said McGreevy.

McGreevy felt his top game of the season was the way things started with a 3-0 win over the always tough Berlin/Gorham Mountaineers. It was the lone loss of the season Berlin/Gorham, which was co-champion with Kennett this past

winter.

“It was a great game and we rallied as a team to get that win,” said McGreevy.

Nate Shirley was a standout defenseman, returning to the Bulldogs after playing with Tilton Academy. He scored 12 goals and had 16 assists and was eighth in the division in points. This year he was second on the team in points and coach Parent called him “a great skater with awesome vision on the ice.” He was praised for his stamina as he spent the majority of each game on the ice. Shirley will be attending Plymouth State for law enforcement.

“It felt great to be

named to the All-State team,” said Shirley. “It made me feel like all of my family and I’s hard work throughout the years had really paid off.”

He agreed with McGreevy that Berlin/Gorham in the home opener was the top game of the season, as it was a perfect way to start.

“I thought I played well defensively,” said Shirley. “Shutting out a good team and I got involved in the offensive zone with two points to get the win.”

While the team lost in the first round of the playoffs and didn’t make it as far as he would have liked, Shirley felt the team grew together over

the course of the winter.

Shirley played under the coaching leadership of Dave Sabal as a freshman at B/G and said his influence on him gave him confidence as a young player, as well as his teammates that surrounded him. He said coming back this season from Tilton in a different role on the team, being a senior upperclassman and assistant captain, took some getting used to.

“I tried to help the team as much as I could throughout the season in games and practices and got close again with old friends off the ice,” said Shirley. “Overall, a good run with B/G.”

Plymouth State adds men’s swimming

PLYMOUTH — The Plymouth State University Athletic Department is adding men’s swimming to its list of NCAA Division III sponsored programs, bringing the university’s total number of sponsored sports to 25. The program will begin competition during the 2020-21 academic year.

The announcement was made by Director of Athletics Kim Bownes with the full support of PSU President Donald L. Birx, Ph.D. on Thursday.

“The addition of men’s swimming is both exciting for our department as well as beneficial to the growth of the sport at Plymouth State,” said Bownes. “There has been a steady increase in the number of men’s programs throughout New England and we look forward to offering an exceptional experience to a new group of student-athletes. We have had great success with the women’s program over the past two years and believe this will raise the level of our athletics program across the board.”

The Little East Conference (LEC) hosted its first men’s invitational meet in February. The addition of Plymouth State brings the total number of men’s programs in the conference to five, allowing the league to host a championship meet once the conference’s athletic directors give their approval.

Anne Barbeau, who has led the women’s program the last two years, will oversee both teams. She will add an additional assistant coach to her staff.

Plymouth State now sponsors 25 varsity sports – 12 men’s and 13 women’s. Men’s swimming becomes the first new sport added since the men’s and women’s track and field programs celebrated their inaugural seasons during the 2015-16 school year.

The men’s and women’s teams will compete in joint meets with home contests taking place at the PSU Natatorium.

Franklin Savings Bank donates \$9,500 to local food pantries


FRANKLIN — Franklin Savings Bank announced that its Board of Directors recently approved a \$9,500 donation to support 19 local food pantries with keeping their shelves stocked during the coronavirus (COVID-19) outbreak.

According to Ron Magoon, President & CEO, “We are in the midst of a crisis that is having a significant impact on the lives of our customers and our communities. With no definitive end in sight for this national pandemic, it is important for us to do our part to support those who are struggling with food insecurity during this greatest time of need.”

The following food pantries will each receive \$500 to assist with meeting the increasing demand for food: Twin Rivers Interfaith Food Pantry, Bread and Roses, and First Fruits Food Pantry (Franklin area); Northfield-Tilton Congregational Church, St. Mary of the Assumption Church, and St. Joseph Catholic Church (Tilton area); Gilford Got Lunch! Program, St. Vincent de Paul Food Pantry, and Isaiah 61 Café (Gilford area); St. James United Methodist Church Food Pantry and St. Joseph Community Services Meals on Wheels (Merimack area); Bristol Community Services Food Pantry; Weare Food Pantry; Goffstown Network Food Pantry; New Horizons (Manchester); Open Door Community Kitchen (Penacook); Boscawen Food Pantry; Friendly Kitchen (Concord); and Nashua Soup Kitchen and Shelter.

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Franklin Savings Bank has donated more than 11 percent of its net income to charity since 2009. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.



COURTESY

The Belknap Mill is dedicated to bringing arts, history and education to the Greater Lakes Region community. We would like to help support families with students by offering a variety of activities during these days of school closure. The Belknap Mill will present several activities to choose from. These activities will be accessible through the Belknap Mill Web site, Facebook, and Laconia Links.

We hope that families find these activities engaging; it is one small way we can bring the community together in celebrating our shared history. We look forward to seeing you soon at the Belknap Mill.

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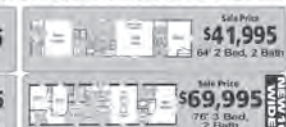
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APPLY ONLINE
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Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

Optimism for the 97th Progressive Laconia Motorcycle Week®

LACONIA — The Board of Directors of the Laconia Motorcycle Week Association held a teleconference meeting last week, and determined a decision would be made no later than April 30 on whether or not the Rally would be postponed from June 13-21 to Aug. 22-30.

While health and well-being of rally attendees is their top priority, at this time, they are optimistic the rally will still be held in June. Over the next two to three weeks, they will continue to maintain communication with local and state officials and will post any/all updates to Laconia-MCWeek.com, through their e-newsletter and on all LaconiaMCWeek social media channels.

“This could be a huge boost for morale of not just motorcycle enthusiasts but everyone in the region,” says Charlie St. Clair, Executive Director for the Laconia Motorcycle Week Association. “This event brings millions of dollars to the state. Not only that, we’ll have been cooped up inside for over a month. What better way to tell the world we’re returning to normal when we hear the familiar June roar of motorcycles returning to Weirs Beach?”

Laconia Motorcycle Week® gives great appreciation to all of our sponsors, especially our Presenting Sponsors: Progressive, AMSOIL, and Team Motorcycle as well as the State of New Hampshire for their large financial support of our rally each year.

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COURTESY

“The art of social distancing”

Lakes Region Art Gallery is temporarily closed. We made this decision with the safety of our artists and the community foremost in our mind. We are now “Artists-in-Residence,” working daily creating wonderful new landscapes, seascapes, still life, abstracts, and portraits. We are grateful for the time to create. Audrey Rouguet has recently completed a beautiful landscape. “It’s a view from a hike I did last summer near Mt. Major, an oil painting on canvas,” she said, describing it. “To create distance I used a technique called glazing which gives the distant mountain and water some atmosphere.” When the Gallery reopens, we invite all our guests to visit the freshly painted Gallery filled with inspiration for your home and office. The Lakes Region Art Gallery is located at Tanger Outlet, Suite #132, 120 Laconia Rd., Tilton.



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