

BRENDAN BERUBE

Our Editor, Brendan Berube, following the CDC's social distancing recommendations by working from home with the help of his 'assistant,' Lola.

A good time for some good news

BY BRENDAN BERUBE
Managing Editor

As members of the news industry ourselves, we try to keep up with current events as much as possible by monitoring other publications and watching the nightly news regularly. At this point, however, we — like many of you out there — have had it. Over the past few weeks, there has simply been too much darkness assaulting us through our television screens every night. Too many graphs and charts depicting rates of infection, too much footage of ambulances racing through city streets, too much focus on dreary and depressing statistics reporting how many have been infected by the COVID-19 virus and how many have died. A steady diet of television news right would be enough to leave any viewer with the impression that the very fabric of our society is crumbling away around us.

Anyone who has been out of the house during this outbreak, however, has seen that nothing could be further from the truth. There is another side to the COVID-19 pandemic that has been receiving far less attention. Individual tales of generosity and goodwill have been popping up across the country recently — stories of landlords foregoing the collection of rent from tenants who are home without pay or insisting that the hard hit businesses who rent space from them pay employees first; stories of neighbors buying groceries and supplies for the elderly couple next door; of parents organizing food collection drives to ensure that families in need are able to keep food on the table for children whose schools have temporarily closed. Every day, in every community across the nation, ordinary people are stepping up to the plate to combat the negative impact of COVID-19 with kindness.

Just last week, we received a phone call from someone driving down Main Street in one of our own local communities who saw a group of children writing messages of encouragement and affirmation on the sidewalk with brightly colored chalk because it was something they felt they could do to help the people of their hometown stay positive and keep their spirits up. We were so moved by this extraordinary act of selflessness on the part of those so young that it inspired us to seek out similar displays of goodwill. All of us could use some 'good' news right now, and we are asking you, faithful readers, to share yours with us. If there is a collection of food and supplies for those in need taking place in your community; if you have been the fortunate recipient of an unexpected act of kindness; or if you know of a hometown hero who you believe deserves recognition for going above and beyond to make a positive difference during the COVID-19 outbreak, we want to hear about it. Feel free to contact our Editor by e-mail at brendan@salmonpress.news or by phone at 279-4516, ext. 101 and help us spread some positivity.

Northfield adjusts to meet challenges of COVID-19

BY DONNA RHODES
drhodes@salmonpress.news

NORTHFIELD — Towns all over the state have been forced to make some changes in how they operate, and last week, Northfield joined the ranks of those who have decided to temporarily halt or alter some of their services in light of the COVID-19 outbreak.

It wasn't an easy decision, Northfield's Director of Public Works Andy Buteau said last Friday in his announcement that the town's transfer station will be closed until April 7 in an effort to protect employees and curb the spread of the virus.

"We understand that this is frustrating and hope that our community can work together to make the necessary sacrifices to keep us safe and healthy. We appreciate your patience and look forward to seeing you all very soon," Buteau said. "Please save up your stuff. It's just for a couple weeks. It isn't fair for the attendants to have all that exposure, passing coupons, checks, etc. PLEASE don't dump it all over town or in front of the gate."

Anyone with questions about this closure is asked to contact the Northfield Public Works office at 286-4490.

The transfer station isn't the only service to be temporarily shut down in these uncertain times however. The town offices in Northfield, as well as most other communities, are also closed to the public. To facilitate some necessary transactions though, the Town Clerk's office is offering online services and a few alternatives for vehicle registration renewals.

"We will be renewing vehicle registrations by mail or drop in the mail slot outside the Clerk's office [sic]. Please include your phone number with your renewal. We only accept cash or

SEE NORTHFIELD, PAGE A7

Local police work to limit public contact amid COVID-19 outbreak

BY DONNA RHODES
drhodes@salmonpress.news

REGION — As the number of COVID-19 cases continues to rise across New Hampshire, police departments are facing the challenge of having to limit their contact with the public while still providing necessary services to the communities they serve.

The Tilton Police Department, like many agencies, is making some of the recommended changes to public spaces such as our lobby to help protect the public and our staff.

If you need to make a police report, need copies of report, permit renewals or other non emergency requests, we ask that you please make those requests by calling our business line 286-8207. For emergencies use 286-4442 or dial 911.

The department thanks residents for their cooperation with these changes.

The following was supplied by the Belmont Police Department:

Now is the time to be a good neighbor. Check on your older friends and neighbors to see if they need anything.

If you head to the store, offer to get them supplies. Some older residents are concerned about running errands and exposing themselves to the potential of infection.

We are pleased we also have the Good Morning Belmont program in place to check on our citizens.

If you know a family friend or relative you think could benefit from a daily phone check-in, please let us know at 267-8350.

We are here to help as much as we can.

Sanbornton Police Chief Steve Hankard writes that his department shares everyone's concern about the spread of the COVID-19 virus. In order to minimize the chance of exposure for both officers and the public, they are implementing a few changes to the way our officers will handle some calls for service.

"Rest assured, we will continue to immediately respond to emergency calls and serious incidents," he added.

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A journey through history, one marker at a time

BY DONNA RHODES
drhodes@salmonpress.news

Over the summer and fall months, I had the opportunity to take in a bit of the history of central New Hampshire while travelling through more than 20 towns in my Salmon Press coverage area. Along the way I stopped to visit each of the state's historical markers in communities from Warren to Belmont, documenting each of them with photos. During that time, the Town of Tilton was installing a new marker at Riverfront Park, noting the contributions of their founder Charles Tilton, which was featured in a story in the Winnisquam Echo last fall. At their unveiling ceremony for the new marker, Michael Bruno was present. Bruno is the author of the book "Cruising New Hampshire History: A Guide to New Hampshire's Roadside Historical Markers." He shared with me a copy of his book, so through his words and my photos,



Donna Rhodes

The Lochmere Archeological District in Tilton is Stop #1 on our journey of the historical markers of central New Hampshire.

over the next few weeks I will now be sharing with our readers a glimpse of what has made New Hampshire the wonderful state it is today.

In the coming days, as people are asked to stay home and practice social distancing, perhaps a ride to visit some of these markers will not only break up the tedium of self-isolation but educate people on New Hampshire History as well.

Pack yourselves a picnic lunch and liken it all to a history "Easter Egg Hunt" if you will. Happy Travels!

TILTON — Since Tilton erected the state's most recent historic marker last fall, we thought it appropriate to begin our journey to the markers of central New Hampshire in that community. Besides the Riv-

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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests from March 6 through the 20th.

Carl Belanger of Laconia was arrested on March 6 for Driving After Revocation or Suspension.

Shawna Brielle Arnold of Belmont was arrested on March 6 in connection with a bench warrant.

Richard R. Bolduc, age 66, of Belmont was arrested on March 6 in connection with multiple warrants.

Maxine Rose Dunn, age 30, of Keene was arrested on March 6 for Driving After Revocation or Suspension and Operating a vehicle with a Suspended Registration (a misdemeanor).

Jason M. Shaw, age 43, of Belmont was arrested on March 6 in connection with a warrant.

Isiah Lee, age 25, of Laconia was arrested on March 7 for Driving After Revocation or Suspension and Operating a vehicle with a Suspended Registration (a misdemeanor).

Devin A. Kawe, age 41, of Northfield was arrested on March 8 in connection with a warrant.

Nicole L. Glines, age 39, of Belmont was arrested on March 9 for Driving After Revocation or Suspension and Operating a vehicle with a Suspended Registration (a misdemeanor).

Two juveniles were arrested on March 9. The circumstances surrounding those arrests have not been made public.

Brian James Carroll, age 36, of Belmont was arrested on March 9 for Domestic Violence-Assault.

Mariah Vetrone, age 28, of Meredith was arrested on March 10 for Possession of Controlled/Narcotic Drugs.

Donald G. Robidoux, age 32, of Franklin and Moriah K. Lemieux, age 27, both of Franklin, were arrested on March 10 for Driving After Revocation or Suspension.

Kenneth Chase, age 52, of Franklin was arrested on March 13 for Possession of Drugs and Penalties-Possession of Controlled/Narcotic Drugs.

Shannon B. Carbone, age 39, of Belmont was

arrested on March 13 for Resisting Arrest or Detention.

Shabazz A. Mote, age 34, of Meredith was arrested on March 13 for Unlawful Dealing in Prescription Drugs.

Crystal M. Merchant, age 36, whose place of residence was not made public, was arrested during the same incident for Possession of Drugs and Penalties-Control of Premises Where a Controlled Drug is Kept.

Laurie J. MacLeod, age 58, of Belmont was arrested on March 13 for two counts of Penalties-Control of Premises Where a Controlled Drug is Kept, Obstructing Government Administration, and Hindering Apprehension of Prosecution.

Kelani A. Cas-
tellez, age 32, of Belmont was arrested during the same incident on the same charges, as well as in connection with a bench warrant and two counts of Possession of Controlled/Narcotic Drugs.

Pristine Marie Lacharite, age 49, of Belmont was arrested on March 15 for Domestic Violence-Assault.

Joseph J. Race, age 38, of Franklin was arrested on March 15 for Driving After Revocation or Suspension and Operating a vehicle with a Suspended Registration (a misdemeanor).

Brandon C. Hanson, age 34, of Rollinsford was arrested on March 16 for Disobeying an Officer, False Imprisonment, and Reckless Op-
eration.

An adult was taken into protective custody on March 16 under circumstances that were not disclosed.

Denise L. Schuster, age 46, of Penacook was arrested on March 18 for Driving After Revocation or Suspension.

Matthew McKeen, age 31, of Laconia was arrested on March 19 in connection with a warrant.

Joey C. Woodbury of Belmont was arrested on March 19 for Aggravated Felonious Sexual Assault-Forcible Rape, Second Degree Assault, and Criminal Threatening (Intimidation, etc.).

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 1,012 calls for service and made the following arrests during the week of March 9-22.

Arrested during this time period were Quentin Dion (for Criminal Mischief), Christopher Bourque (in connection with a warrant), Michael Davidson (in connection with a warrant), Stephen Majias (for Driving After Suspension), Raoul Chasse (for Receiving Stolen Property), Michael Bolduc (for Disobeying an Officer, Resisting Arrest, and Possession of Drugs), Erica Savage (in connection with a warrant and for Conspiracy to Commit Theft), and Jeremy Michael (for Simple Assault, Criminal Trespassing, and Breach of Bail).

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 13 calls for service during the week ending March 21. The breakdown was as follows: one motor vehicle accident, one report of larceny, one medical emergency, one request to assist another department, one burglary, one D.W.I., one report of suspicious activity, one fire department response, one sex offender registration, one request for police information, one report of a suspicious vehicle, one directed patrol, and one animal complaint.

Sanbornton Transfer Station implements changes during COVID-19 emergency

SANBORNTON — In response to the ongoing COVID-19 emergency, and in an effort to keep residents and employees safe, the Board of Selectmen has approved the following changes for the operation of the Transfer Station:

- The sale of bags and tags is suspended until the end of the declared state of emergency. If you run out of tags, just throw the trash away. We will count on an “honor system” for residents to pay for additional tags after the crisis is over.
- Only recycling and household waste will be accepted. Please hold demolition material, metal, oil, televisions, etc. until after the state of emergency is lifted. They won't spoil and bears won't eat them!
- The recycling building will be closed. An outside container will be available for recycling. It will be next to the demolition container. Residents will drive in, dump their recycling, then drive to the household waste dumpster. Only one car at a time will be allowed to dump recyclables. The separation of glass, cardboard, and steel/aluminum cans is temporarily suspended everything goes into the dumpster.
- Both of the buildings will be closed to the public. Please do not plan on entering them.
- The Transfer Station will start Summer Hours on Thursday, March 26. Residents are encouraged to take advantage of all three days to spread out the volume and reduce the wait time. While we hope the new process will be efficient, if everyone shows up on Saturday there will probably be a wait.

There will be signs, cones, and personnel to help you navigate the new set up. Please ask if you have any questions. The goal is to minimize the risk and exposure of both the staff and residents.

We recognize that these changes will take a little time to get used to, but we ask for everyone's cooperation as we adjust to the situation. We think these adjustments will provide the necessary services while limiting the risk to everyone.



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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325


EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

USPS 024-975

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MARK ON THE MARKETS

Crazy times



BY MARK PATTERSON

March 9 marked the 11th anniversary of the bull market that has ended. Just like I have written about in the past, everything regarding the economy and the markets seemed to be full steam ahead. But just like October 1987, the decline sort of blindsided

everyone. The fear in the markets feels a lot like 2008-2009, which was the time that the 11-year bull market began. It appears all asset classes were getting hit. Obviously, equities or stocks took a big hit and investment-grade corporate bonds, high-quality municipal debt, gold and especially oil which got smashed all took a big decline from what had been an ideal situation for the stock and bond markets. Good growth in equities compounded by low interest rates which is great for bonds or bondholders is the perfect combination.

See, in 2008, the markets started to weaken and we had some bad

days, but we had some good days as well, but we knew that we had systemic problems with the underlying mortgage market which created a liquidity crunch in all capital markets. But what started as a virus from China, compounded with the Saudis and the Russians dumping oil onto the world market, driving the price down, has created a very substantial correction. Many times, corrections in the equity market don't bleed over into other asset classes. But this one, just like 2008-2009, has, in fact crossed over to most all asset classes.

The other fallout from all the retail, restaurant and business closings will surely put us into

recession and obviously increase the rate of unemployment. So, recession is just part of the business cycle, and this recession could be mild and brief or if the fallout from all the closures could create a systemic issue rather than a black swan event that while shocking can be typically recovered from quickly. Our society is now living a very different life, with less human interaction and fear of contracting the virus. We hoard toilet tissue and hand sanitizer and sell assets below their values which perpetuates even more fear and panic selling which is not good for anybody except those who are willing to step in and buy

those assets at fire sale prices. When people's retirement accounts are doing well, we tend to spend money. This is known as the wealth effect, conversely when those same people's investment accounts are not doing well, we slow down our rate of spending which in a chain reaction slows the economy, creates higher rates of unemployment which self-perpetuates more reliance on the government. It is times like this that the government must work with business to innovate vaccines and produce the necessary equipment for our hospitals and healthcare workers, so they are able to do their jobs. That is what is so great about

our country, we have the best and brightest and let me add, most generous people on the planet.

On a personal note, if anyone would like to explore doing business with our company, we have the capability of videoconferencing, DocuSign, and other media that allows us to meet and do business without exposing each other to unneeded risks. I have also ceased doing workshops in public, and have started webinars which times are located on our website, MHP-Asset.com

Mark Patterson the portfolio manager that can be reached at 447-1979 or Mark@MHP – asset.com.



The mercury keeps climbing! Susan Kelley Leclerc and Paula L. Gilman demonstrate the renovation support for Gilman's historic First Baptist Church on Route 107 in Lower Gilman. "We currently have \$48,488 in donations – we are almost at our halfway point!"

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Gilmanton's historic First Baptist Church renovation moves forward

GILMANTON — The project to restore and preserve Gilman's First Baptist Church is moving forward. The \$81,600 grant from the Land & Community Heritage Investment Program (LCHIP) must be matched by donations from businesses and individuals before work can begin. Progress is significant, but more donations are needed. Several church members recently applied to the Bank of New Hampshire and the New Hampshire Electric Cooperative for their next grant rounds.

The First Baptist Church on Province Road, Route 107, in Lower Gilman was founded in 1773. The present building was constructed in 1842. Although the church has not had a full-time pastorate in many years, it is a landmark in the community. Listed in the National Register of Historic Places in 1989, the church continues to serve the Lower Gilman Community with monthly summer services, a Christmas celebration, and other special occasions.

The Town's annual report this year featured

the First Baptist Church on its cover, and included extensive information on the history and significance of the church.

The Gilman Historical Society is pleased to sponsor and serve as the fiscal agent for the project. The Society is a non-profit organization and contributions are tax deductible to the extent allowed by law. Donations may be sent to Gilman Historical Society, PO Box 236, Gilman, NH 03237. Note on the memo line: donation for the First Baptist Church.

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Opinion

STRATEGIES FOR LIVING

An evangelical manifesto

BY LARRY SCOTT

President Trump, along with many others, called for a National Day of Prayer on Sunday, March 15. The point was well taken, for we are at a point in this international crisis when we do, indeed, need divine intervention.

At a time like this, what can the Christian community say to our nation? Is there any way we can lighten the load? Yes, we do have something to say, and I would guess it is different from what you might expect.

First of all, what I am not going to say, and do not believe, is that this crisis is in some way a matter of divine judgment. Although the Bible speaks of a time yet to come in which the wrath of God will be evident on earth, this is not one of those times.

What I do believe is that, as never before, our nation needs to look to God for wisdom and direction. We are in deep trouble. We need divine intervention, but it is difficult for our nation to pray for help from a God in whom it does not believe.

Belief in God, with a conviction that reaches the heart, demands we acknowledge Him in ways that have been glaringly absent from America's conscience. We can't say we believe in God and then ignore Him, legislate Him out of our national life, and openly violate almost every principle of right and wrong He has given us in His word. It is, I believe, time that we take God seriously.

But the question remains: can God intervene, can He help us at a time like this? Absolutely!

When the people of Israel dedicated the Temple in Jerusalem during Solomon's reign, God made them this promise. "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."

Difficult weeks lie ahead and there is much we need if we are to maintain our stability. There is, however, nothing America needs as much as she needs a new relationship with God.

I suspect that as we work our way through this we are going to be a stronger, more united nation than we have been for many years. We have been divided, acrimonious, insulting, and acted toward each other in ways far beneath our dignity. Government has been on lockdown, and Congress came perilously close to engineering a palace coup.

It is telling that something as small and yet as powerful as a virus has finally brought us together.

House and Senate are now cooperating in developing solutions to our national crisis. The President has cooled some of his rhetoric, and the vitriol in the media has been replaced with concern and helpful conversations. They are doing their job, and we are grateful.

Except for our faith in God, peace of mind is difficult to come by. We have no clue how all of this is going to work out, but I am confident we are on the right track and will most certainly recover. China and South Korea are already seeing early signs of recovery, and I believe we will likewise begin a turnaround within just a few weeks. We must hold steady, support each other, take reasonable precautions, and give the decisions taken time to work.

Ladies and gentlemen, do not despair. We are in this together, and I can assure you: you can believe in God for God believes in you.



DONNA RHODES

After Gov. Sununu requested that non-essential businesses temporarily halt operations last week in light of the current COVID-19 crisis, the parking lot at Tanger Outlets was unprecedentedly empty last Friday morning. Many of the restaurants there and along the Route 3 corridor were open for take-out business, however.

What is school distancing and why should we be doing it?

Social distancing is avoiding the practice of getting together with other people in groups when possible. If we do need to go out, say to the grocery store or pharmacy, try to keep that visit brief and leave a reasonable zone of personal space around others, six feet if we can. Don't forget to clean your hands when you go out and come back, and that shopping cart handle.

This is the exact opposite of being at a crowded parade, concert or sporting event, and the reason that so many large events are being cancelled right now. There simply isn't a way to attend and keep people far enough apart and clean.

And right now, when we know that even people who have no symptoms, and no idea, that they have the Coronavirus (COVID -19) can still give it to others, social distancing has become very important.

Coronavirus is passed easily through tiny droplets that float about three to six feet through the air when a person who has it coughs or sneezes. Those droplets are either breathed in by us or land on objects near them. If within a short time after those droplets contaminate that object, we touch it and then touch our eyes, nose, or mouth we can get sick. This is how one sick person coughing in a crowded room could make many people sick at once, each of whom could then go on to make many more sick at other events, work conferences or social gatherings.

The result is two-fold: first, we get a lot of people sick in a short time, so everyone is competing for the same hospital beds. The number of beds in Intensive Care Unit is even smaller. Remember, people in New Hampshire are often sent to Massachusetts hospitals if New Hamp-

shire ones get full, but Massachusetts had already been hit hard and they can't help right now. If the health care system gets overwhelmed, people can't get needed care. If we can slow down the rate at which people are getting sick by not going to those concerts and parades and dinners out, the cases of Coronavirus slow down and the hospitals and home care agencies can care for everyone better.

The second result of social distancing is that there are a lot of people out there who really, really shouldn't get the Coronavirus. Maybe you're in reasonable good health, maybe you fall into an age group that has good survivability from Coronavirus, and for you, it would just be a miserable cold. For those over 60, or those with compromised immune systems like your neighbor with cancer, your aunt with MS, that college friend with cystic fibrosis, or

even a co-worker who has something they never even told you about because it's not really your business - all of those people fall into a much higher risk group, and for them, Coronavirus could be deadly.

This is what social distancing is, this is why it's so important.

In times like this, Franklin VNA & Hospice wants you to all know we are here for our community. We help keep you home, where you want to be, and help you recover in your home if you do get sick.

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LETTERS TO THE EDITOR

Thank you, Belmont

To the Editor:

I would like to start off and "Thank" all the voters that took time on Tuesday to vote in the town elections and budget. I would also like to personally

thank those who voted for and supported Article #2.

The men and woman of the Police Department are excited and happy that they will be moving into a safe and practical building to conduct business. We have severely outgrown our existing building which poses health and safety concerns and the "New" police department will address these concerns and many others. We truly appreciate your continued support and look forward to serving you.

CHIEF MARK B LEWANDOSKI
BELMONT POLICE DEPARTMENT

PET OF THE WEEK

JOAN

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



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North Country Notebook

Something’s in the air: No, wait! Mud! Spring!



By JOHN HARRIGAN
COLUMNIST

Whatever is in the air, it will have to make room for spring. The arc of the sun tells all. The Ides of March is history. The Ides of April awaits.

The snowpack is melting like mad, mimicking the glacier’s retreat, rivulets on a rush to Long Island Sound. The crows are the neighborhood thugs, chasing away the gangs of jays, pecking away at seeds on bare ground, cawing like the murder they are.

A long time ago, not an eye-blink in the long scheme of things, maybe 15 millennia ago, a sheet of ice more than a mile thick crept over northern New England and points south. Among other gigantic works--kettle-hole ponds, mountains left bulldozed like chips at a mill, scrapes on Mount Washington’s top--the tremendous weight of the ice ground up rock and ledge into

the fine stuff that makes mud.

Thus was born, in the shorthand version of the story, Mud Season. In a rugged, mountainous, boreal-forest country stretching across half a continent, it’s the fifth, fine, and final season of a year that begins in spring.

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It is or was sugaring season, depending on where you are or where you were. With New Hampshire, you never quite know. Depends on geographical situation, and altitude. Some would say “Attitude.”

Here is an adage about the variation in climate the state offers, which I’ve rudely and crudely made into an approximation of a poem:

This is the state where a walker, they’d say, could leave Strawberry Banke on the First of May, and pick ripening strawberries all the way to Pittsburg on Independence Day.

Sugaring is history for all but those sugar-bushes facing north, the last to get the spoiling taste of buds. “Aw-fpt! Buddy,” they’ll say,

lips askew on a sample of sap. Then the whole crew, the whole family, cleans everything up for next spring.

Some people so love the many different things about sugaring that they think about them all year long, even as they go about other seasonal chores, even as they’re out there making hay, going round and round, neither tractor nor mind affording a stop.

One friend, now gone, invented reasons in all seasons to go high into his maples, to clear wind damage with skidder or tractor or on foot, and to think. Sugaring was often in mind, his mind always running year-round.

One of his last messages included a photo, a recent favorite. He’d gone far up into his sugar-bush, in still-deep snow, and shot a scene beyond the big trees. It was a shot for a far-looker, and he was one.

“That’s the high country around your place, from mine,” he wrote, and that’s just the kind of man he was, just the way I’ll always remember him, a “placed-based” guy if ever there was one.



John Harrigan
The mini-glacier on my front lawn, as of Sunday afternoon the 22nd, and two of the glacial erratics left by the last real one, moved by dint of hydraulics from their 15-millennia place of repose on nearby Ancestors’ Hill.

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The south side of snowbanks began melting at just about that time, on Mother Nature’s slow clock, near February’s end. The sap buckets were out just about on time, as if there were ever any such thing.

The last glacier, no one knows how many glaciers, left plenty of crops of fine rocks. And layers of gravel, some good, some not. And on some shelves and pockets, a layer of loam. And here and there, of course, fine silt, now turning to

the finest kind of mud, the kind that says “Stay home.”

Or at least it used to. For early farm families, there was little choice between horse-drawn sleigh or wagon. They had to wait for the snow-roller or for the roads to dry up.

When we’ve become so accustomed to going at will, it’s a life hard imagined. Well, not so.

Hope springs eternal, and so does the carpet of green. Soon the mess that winter left behind, everything that was on top of the melting snow

and laid bare, will be under a new verdant mantle. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there’s a thing I heard from my grandfather, who had a way of showing up about now: When the shad-bush leaf is as big as a mouse’s ear, it’s time to grab your stuff and go fishing.

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

Making protective masks

ter of the bottom edge, sew to the first corner, then stop. Insert one end of the elastic angled into the corner with the long part of the elastic inside the 2 pieces of material.

4. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew it in place.

5. Sew across the top of the mask to the next corner & repeat same as other side with the elastic in the 2 corners.

6. Sew across the bottom leaving a 2 inch opening to turn right side out. Then, turn the mask to the right side of the fabric.

7. Pin 3 tucks on the left and right sides. Make sure the tucks are the same direction on both sides. These tucks add to the mask’s protection.

8. Sew around the edge of the mask twice for durability.

This is an easy-to-sew mask. Be creative. If you are making them for your family & friends & run out of elastic, my daughter, Kristin, sug-

gested using ponytail and/or hair elastics. If you have Velcro, you can probably figure out an attachment using fabric strips instead of elastic. Let me know if I can help you. I organize many of the craft fairs in the Lakes Region, North Conway,

and Nashua. Also, let me know how you are doing at joyceendee@gmail.com or www.joycescraftshows.com 528-4014 God Bless You and God Bless America! We will emerge stronger and wiser!



REGION — Need a protective mask for you and your loved ones or would you like to sew masks and donate them to hospitals, etc.? Please read on for an excellent pattern and a resource for you. The Center for Disease Control says that fabric masks are a crisis response option when other supplies have been exhausted. You can see an instruction video which is available from Deaconess Hospital Health System. Thank you so much to the Deaconess Hospital Health System for the excellent video and in-

structions for the mask. There are also written instructions available on the site.

Go to <https://www.dartmouth-hitchcock.org/patient-education/sewing-masks.html?fbclid=IwAR11U6xAS-VMBndTkurF9Ec-Kdzutq5Jbu59P9Us70X-7lAotjF9l7ct4-aJw>

The above photos show my hand-made mask made of 100 percent cotton with 2 pieces of rectangular fabric and 1/4 inch flat elastic. It’s washable & reusable for the same individual. It only takes about 20 minutes to sew. Here

is a summary of the above written instructions: The mask should fit snugly over the nose, mouth, and chin.

Supplies: cotton fabric, flat elastic an eighth or a quarter of an inch or rope elastic (2, 7 inches lengths)

1. Cut out two pieces of fabric (100% cotton recommended)

Adult: Cut 9X6; Child Cut 7.5X5

2. Pin 2 pieces of fabric right sides together leaving a 2 inches opening on the bottom for turning to the right side of the fabric.

3. Starting at the cen-

WINNISQUAM REGIONAL SCHOOL DISTRICT

The Winnisquam Regional Budget Committee has a vacancy it seeks to fill from the town of Tilton until the 2021 annual meeting of the school district. Interested candidates must be a resident of Tilton and a registered voter.

Those wishing to apply should send a letter stating their intentions by March 31, 2020 to:

Chairperson
Winnisquam Regional Budget Committee
433 West Main Street, Tilton, NH 03276

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Edward Jones: Financial Focus

Know the Four Uses of Cash

It's important to have cash available for your everyday spending and the inevitable rainy day. However, you also need to develop a cash strategy that can contribute to your long-term financial success. But just how much cash do you need? And in what form? To answer these questions, it's useful to look at the four main uses of cash:

- **Everyday spending** – Your everyday spending includes the cash you use for your mortgage, utilities, groceries and so on. As a general guideline, you should have one to two months of living expenses available during your working years, and perhaps a year's worth of living expenses when you're retired. (The latter can be adjusted higher or lower based on your income from Social Security or a pension.) You'll need instant access to this mon-

ey – and you need to know your principal is protected – so it may be a good idea to keep the funds in a checking or cash management account.

- **Unexpected expenses and emergencies** – If you needed a major car repair or a new furnace, or if you incurred a big bill from a doctor or dentist, would you be able to handle the cost? You could – if you've set up an emergency fund. During your working years, this fund should be big enough to cover three to six months of living expenses; when you're retired, you may be able to get by with one to three months' worth of expenses, assuming you have additional sources of available cash. You'll want your emergency fund to be held in liquid vehicles that protect your principal, such as savings or money market accounts or short-term

certificates of deposit (CDs).

- **Specific short-term savings goal(s)** – At various points in your life, you may have a specific goal – a new car, vacation, wedding, etc. – that you'd like to reach within a year or two. Your first step is to identify how much money you'll need, so think about all the factors affecting the final cost. Next, you'll need to choose an appropriate savings vehicle. You could simply put more money in the accounts you use for everyday cash, or even in your emergency fund, but you would run the risk of dipping into either of these pools. Instead, consider opening a separate account – and tell yourself this money is for one purpose only.
- **Source of investment** – You can use cash in two ways as part of your overall investment strategy. First, cash

can be considered part of the fixed-income allocation of your portfolio (i.e., bonds and CDs). Because cash behaves differently from other asset classes – such as stocks and bonds – it can help diversify your holdings, and the more diversified you are, the less impact market volatility may have on your portfolio. (However, diversification can't guarantee a profit or protect against all losses.) The second benefit of cash, in terms of investing, is it's there for you to purchase a new investment or to add more shares in an existing investment. In any case, you probably don't want to be too cash heavy, so you might want to keep no more than 10% of your fixed-income assets in cash.

As you can see, cash can be valuable in several ways – so use it wisely.

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164 NH RTE 25
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Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-632-8685
jacqueline.taylor@edwardjones.com

William Richard Grimm, 72

FRANKLIN — William “Bill” R. Grimm, 72, a resident of Franklin for over 20 years, died on Friday, March 20, 2020 at the Peabody Home in Franklin following a lengthy illness.

Bill was born in Pasadena, Calif., May 19, 1947, son of the late Bruce Grimm and Jane (Paradise) Grimm-Craddock. He lived in Moraga, Calif. and Chicago before moving to New Hampshire. He spent his youth in Kensington, and later attended and graduated from Exeter High School in 1965, and still has close ties with former classmates.

Bill was a U.S. Government Bond Trader in the securities industry for 31 years. Bill’s goal later in his careers was being committed to accountability in public education. He ran for State Senator, but did not gain that seat. He served on Sen. John Sununu’s Service Academy Interviewing Board, New Hampshire Charter School State Advisory Board, Co-Founder of the Franklin Career Academy, New Hampshire’s First Public Charter School, founded in 2003; was head of the Franklin Career Academy, serving as chairman on the Board of Trustees, and one year as head of School; New Hampshire Community College System Trustee, chairing Strategic Planning Committee. He was the recipient of the City of Franklin Citizen of the year in 2003, awarded for work to improve Public Education in the City of Franklin, First Charter School in New Hampshire, was the recipient of Lakes Region General Hospital Sally Proctor Award 2015 for Service to Community Healthcare. He served as a member of Franklin School Board for four years, serving as chair for one year. Bill was twice appointed Chairman of the NH State Supreme Court Judicial Conduct Committee. He served on the Board of Trustees for 12 years for Lakes Region General Hospital. Bill was a four year member on the Franklin Crime Line Board of Directors.

Bill was co-founder of the Parents



William Grimm

Coalition Against Student Drug Use in Moraga, Calif. in 1996.

Bill’s favorite pastime was fly fishing; Tournament of Fly Fishing, First Prize in 1983/1984 Metropolitan South Florida Fishing Tournament (Fly Fishing Division). He enjoyed Skeet Shooting and held a Private Pilot License (Sailplanes).

In 1974, Bill and one other naval officer sailed on a 28 foot sailboat from San Diego to Hawaii. Following graduation in 1965, he served five years active duty with the U. S. Navy, as a line officer on three U.S. Navy Destroyers making two deployments to the Western Pacific, including classified special operations. He was recommended for Command at Sea. He was honorably discharged with the rank of Lieutenant. He served for 17 years as a Blue and Gold Officer with the U. S. Naval Academy Admissions.

Bill was predeceased by his mother and father and “grampa” Richard Craddock.

His family includes his wife of 30 years, Patricia A. (Barr) Grimm of Franklin; his three sons, William “Wes” Grimm of Boston, Mass., Peter J. Grimm of Annapolis, Md. and Mathew Grimm and his wife Megan of Oakland, Calif.; his daughter, Sarah Grimm and her husband Jeb of Annapolis, Md.; his grandchildren, Jack, Katie, Charlie, Oliver, Hattie, Cailin and Riley; his sister, Cathy Ude and her husband Ken of San Marino, Calif.; and nieces and nephews.

Calling hours and services will be held at a later time, when his family can gather. Burial will take place at a later date.

Memorial contributions in memory of Bill may be made to the Alzheimer’s Association, 166 South River Rd., #210, Bedford, NH 03110 or to the Peabody Home, 24 Peabody Place, Franklin, NH 03235.

For more information, go to www.smartfuneralhome.com.

Gunstock Mountain Resort closes for winter operations

GILFORD — Last Tuesday, the White House issued additional guidelines for the country intended to slow the spread of the COVID-19 virus. Included with that announcement was a recommendation to limit social gatherings to fewer than 10 people. In light of that new guidance, Gov. Sununu informed the Gunstock Area Commission that he planned to close Cannon Mountain at the end of business Wednesday, March 18.

The Gunstock Area Commissioners considered all of this new information and instructed Tom Day, President and General Manager, to end winter operations at Gunstock at the end of business on the 18th as well. Gunstock will have limited staff available to answer questions by phone. They anticipate a higher than normal call volume over the next

few days, and appreciate the community’s patience as the Gunstock team works through this evolving situation.

Gunstock’s season pass sales will continue as planned and they look forward to opening for summer operations, currently scheduled for May 23.

About Gunstock Mountain Resort

Located in Gilford and boasting spectacular mountaintop views of Lake Winnepesaukee and the Ossipee Range, Gunstock Mountain Resort is one of the largest four season recreation areas in the state, and one of the oldest, opening its doors in 1937. Gunstock was the first New England ski area to install a chairlift, offers 1,400 vertical feet, 227 acres and 48 alpine and freestyle trails, plus 50km of dog-friendly cross country, snowshoe, and fat bike trails. Gunstock

claims New England’s largest aerial obstacle course with 91 challenging elements, more than 1.6 miles of high-adrenaline ZipTour™ zip lines, off-road Segway tours, and the 4,100 foot Mountain Coaster. Gunstock’s campground has 290 sites, cozy cabins, and RV/trailer hookups, providing outdoor accommodation for kids of all ages when they stay and play at the mountain. Gunstock also plays host to a growing number of events, such as Gunstock Rocks New Year’s Eve, BYODC Pond Skim, Gunstock Hillclimb, SoulFest, and Gunstock TrailFest For additional information please visit: www.gunstock.com, www.facebook.com/gunstockmtn, www.instagram.com/gunstockmtn, www.twitter.com/gunstockmtn.

Construction group calls for contractors to donate N95 masks for healthcare workers

CONCORD — The Associated Builders and Contractors New Hampshire/Vermont Chapter (ABC) on Thursday called on area contractors to donate surplus N95 mask to local hospitals.

“The N95 mask is a safety tool we use on jobsites every day, and it just so happens to be the most vital personal protection equipment our healthcare professionals need right now,” said Josh Reap, President of ABC. “This is a rare cross-over between our industries where we can provide direct help to our healthcare workers.”

To make the most immediate impact, ABC encourages contractors to deliver masks directly to a local hospital. A list of New Hampshire hospitals can be found here: <https://www.nhha.org/index.php/nh-hospitals/hospital-members>

The N95 mask is a common safety device used by construction workers to protect themselves from breathing in hazardous particles. The same mask technology is used in hospitals to protect healthcare workers from airborne pathogens. In recent weeks, the nation has experienced a shortage of masks as consumers have exhausted the supply, despite World Health Organization reports that the masks have little benefit to the general public. The situation has led to Vice President Pence calling on contractors to donate masks to help healthcare workers.

We urge construction companies to quickly donate their surplus N95 masks to help ease the shortage. These masks will be put to good use fighting the battle against COVID-19.

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Photos are also welcome, but must be submitted in jpeg format. Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 101 with any questions regarding the submission process.

POLICE

CONTINUED FROM PAGE A1

Officers may deal with some non-emergency calls by phone, at least for the initial contact. Statements can be emailed to officers if need be, and some matters may be able to be resolved without an officer physically responding. In cases where an officer needs to respond in person, they may request to speak with a complainant outdoors,

and will practice the recommended “social distancing” by not shaking hands, and by maintaining their distance, staying six feet away. Please understand that this is not meant to be disrespectful or unfriendly, it’s only a precaution to help ensure your health and ours.

The Sanbornton police encourage you to call, rather than to come to the Police Station for most matters. Walk in

complaints at the station will be handled through the window in the lobby whenever possible. All fingerprint services are temporarily suspended.

The department is coordinating with the Sanbornton Fire & Rescue Department, New Hampshire Homeland Security & Emergency Management, and all other applicable state and federal agencies, and will provide appropriate updates and news

on our Facebook page. There is a lot of false and sometimes dangerous misinformation about the virus. We encourage you to get the latest news and accurate information from the New Hampshire HSEM at:https://www.nh.gov/covid19 and the U.S. Center for Disease Control at:http://www.cdc.gov.

NORTHFIELD

CONTINUED FROM PAGE A1

checks,” town officials said. “Please call the Clerk’s office for a quote and additional information at 286-4482.”

As for the police department, routine patrols and emergency response will be handled as they normally would, but in the interest of public health, Northfield Police are temporarily limiting “face-to-face” contact with the community whenever possible.

“All non-emergency reports will be taken over the phone and I am asking the public to call, opposed to visiting the lobby,” Chief John Raffaely stated last week.

Requests for things such as VIN verifications and fingerprinting services are also being deferred until further notice, the chief said.

Their office can be reached at 286-8514.

HISTORY

CONTINUED FROM PAGE A1

erfront Park tribute to Charles Tilton unveiled in 2019, there is also an older historic marker in the town that was erected in 1984 and recognizes “The Lochmere Archeological District.”

Situated just before the bridge at the intersection of Silver Lake and River Road in the Lochmere Village District, this marker is lo-

cated where the Winnepesaukee River runs in to Silver Lake at the border with Belmont.

“The history of Lochmere, in the broadest sense, is the history of human use of the Winnepesaukee River,” the inscription begins.

We won’t tell you the rest. It’s more fun to find it then read it yourself.

This once popular swimming and fishing spot is today the location

of the Brennick Lochmere Archeological Site, where archeologists sift for artifacts as they explore the ancient history of the area.

Doing research for his book “Cruising New Hampshire History,” Michael Bruno, who grew up in Tilton, learned that this site beside the Winnepesaukee River was once inhabited by members of the Algonquin Indian tribe.

The area is believed to date back to the Middle Archaic through Late Woodland periods in history when the river was a prime source of food for those early inhabitants. A few remnants of the Lochmere site can also be seen by attentive passersby along the river as it flows from Lake Winnisquam into Silver Lake.

“Upstream from this marker, just past the

trestle, observers paying close attention may locate the fishing weirs built by Native Americans to channel and capture fish,” Bruno wrote in his book.

In the 1770’s, white men later moved into the area where they, too, fished and farmed the land then began building mills that would eventually benefit the growing population.

The Lochmere Arche-

ological District marker commemorating this piece of New Hampshire history can be found just off Rte. 3 in Tilton at the intersections of River Rd. and Silver Lake Road.

Next week, readers will be introduced to another historic marker, in Campton this time, that might inspire yet another leisurely drive.

Comfort Keepers

Alcohol consumption in seniors: A delicate balance

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Many of us enjoy having a cocktail with friends or drinking a glass of wine with dinner. For seniors, with a doctor’s approval, this doesn’t have to change. However, it’s important to be aware of the ways that alcohol can physically affect older adults, and how the signs of alcohol abuse look different for seniors that suffer from the negative effects.

As we age:
How we process alcohol changes - Slower metabolism can cause alcohol to stay in the body for longer periods of time. Also, having less muscle mass means alcohol stays in the blood for a longer period, prolonging the effects.

Being intoxicated feels different – Seniors have a lower tolerance to the effects of alcohol. Intoxication typically happens more swiftly and lasts longer than in someone younger.

Older adults are more likely to have other conditions made worse with alcohol consumption – Health conditions more common in seniors can be made worse with alcohol use. Seniors are also more likely to be using medications that should not be mixed with alcohol.

Some seniors may discuss their personal situation with their physician, and find they are able to consume alcohol without any health

issues. However, those that may have a problem with alcohol can exhibit the following signs and symptoms:

- Feeling ill-tempered
- Sleep difficulties
- Sustaining injuries while intoxicated
- Drinking to fight depression or anxiety
- Loss of appetite
- Developing social or financial problems related to drinking
- Lying about drinking habits
- Poor hygiene
- Drinking against the advice of their physician or healthcare provider

There are many programs in place that can help seniors that are abusing alcohol, and research shows that

programs are more effective when they are targeted to people in this age group. If you think someone may have a drinking problem, encourage them to reach out for help.

Comfort Keepers® Can Help

It’s hard to stay connected to loved ones that live far away, and the trusted care team at Comfort Keepers can help. Our caregivers can provide companionship and wellness support, remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. As part of an individualized care plan, caregivers can

let a senior’s care team know if there are changes in behavior or physical characteristics. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers loca-

tion today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items,

all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Local Food Drive Initiative Continues



Warm Someone's Heart in these challenging times



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5 reasons why summer camp is a good choice for kids

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.

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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)

Registration opens April 15

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

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
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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 envi-

ronments less familiar to youngsters. Kids who love the ocean might benefit from oceanfront 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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Session 2: July 13 - July 24

Session 3: July 27 - August 7

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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

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Sanbornton Transfer Station implements changes during COVID-19 emergency

SANBORNTON — In response to the ongoing COVID-19 emergency, and in an effort to keep residents and employees safe, the Board of Selectmen has approved the following changes for the operation of the Transfer Station:

- The sale of bags and tags is suspended until the end of the declared state of emergency. If you run out of tags, just throw the trash away. We will count on an "honor system" for residents to pay for additional tags after the crisis is over.
- Only recycling and household waste will be accepted. Please hold demolition material, metal, oil, televisions, etc. until after the state of emergency is lifted. They won't spoil and bears won't eat them!
- The recycling building will be closed. An outside container will be available for recycling. It will be next to the demolition container. Residents will drive in, dump their recycling, then drive to the household waste dumpster. Only one car at a time will be allowed to dump recyclables. The separation of glass, cardboard, and steel/aluminum cans is temporarily suspended everything goes into the dumpster.
- Both of the buildings will be closed to the public. Please do not plan on entering them.
- The Transfer Station will start Summer Hours on Thursday, March 26. Residents are encouraged to take advantage of all three days to spread out the volume and reduce the wait time. While we hope the new process will be efficient, if everyone shows up on Saturday there will probably be a wait.

There will be signs, cones, and personnel to help you navigate the new set up. Please ask if you have any questions. The goal is to minimize the risk and exposure of both the staff and residents.

We recognize that these changes will take a little time to get used to, but we ask for everyone's cooperation as we adjust to the situation. We think these adjustments will provide the necessary services while limiting the risk to everyone.

Although our community is closed for tours, you can call Chris for more information 603-707-8773

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Hall named All-State Honorable Mention

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont girls' basketball team had a good turnaround in the second half of the season and the all-around play of Morgan Hall was a major reason. Hall, a junior, was recognized for her strong play by being named All-State honorable mention.

Hall was a captain for the Red Raiders this season and coach Mark Dawalga said this was a year where she really came into her own as a player. She averaged a double/double with 10 points and 12 rebounds per game, and this was a statistic she would achieve on a nightly basis especially as the season wore on.

“She was the glue that held us together down low, and she was the most reliable,” said Dawalga. “We could always count on her.”

Hall was not only the the top scorer and rebounder for the Red Raiders, but was also someone who made players better around her. She was someone that Dawalga could count on for clutch plays, big shots and scrappy plays alike. Dawalga said she improved tremendously over a year and that



Morgan Hall was named All-State honorable mention in her junior season with the Red Raiders.

trend should continue. “We had to rely on her for a lot,” said Dawalga. “Whether it was rebound or outside shooting. You name it. But really, her rebounding skills was something she improved on a lot.”

Hall said being recognized for All-State is a huge accomplishment for both her and

the basketball program. She said it felt good to be recognized by coaches around the division, as it solidified the effort she and her team put forth all season.

She felt that a turnaround game was against St. Thomas Aquinas on Jan. 17, where the Red Raiders pulled out a gutsy

four-point win. The team went 6-3 the rest of the season after this win and it helped push the team to a playoff berth.

“We had been facing a lot of challenges leading up to this game,” said Hall. “That team win gave us a boost of confidence that allowed us to continue to play well and win

games.”

Hall admitted that this was a growing year for a young team, as the Red Raiders had no seniors this season. This allowed the team to build a strong base to continue into next year. She thanked Dawalga for instilling a strong work ethic in the team.

“Going further into

the playoffs is obviously a huge goal for our team especially for me as a senior next year,” said Hall. “We just have to continue to work hard and push ourselves to play stronger together. I’m excited for next year and the opportunity to play with my team for one more season.”



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PSU announces cancellation of spring sports

PLYMOUTH — Plymouth State University Director of Athletics Kim Bownes announced last Tuesday that in response to the COVID-19 pandemic all spring intercollegiate sports activities at the university have been cancelled.

The decision comes in conjunction with that evening's announcement from the Little East Conference (LEC) that the league would call off all remaining conference regular season contests and the spring championship tournaments.

"These are very trying times in so many ways," said Bownes. "To have to announce the cancellation of all spring sports is heartbreaking. We know how hard our student-athletes work to represent our institution and how much they love to compete in their respective sports."

The decision affects six spring programs; baseball, softball, men's and women's lacrosse and men's and women's outdoor track and field. Additionally, all non-traditional activities for fall programs are cancelled, while the NCAA cancelled or cut short its winter championships. The NCAA men's ice hockey tournament, and National Collegiate Skiing and Indoor Track and Field Championships all



featured Plymouth State student-athletes. The NCAA has since announced a blanket waiver for all spring sports student-athletes to provide an extra year of eligibility.

"I am very happy to hear the NCAA is granting an extra semester of eligibility to our spring sports student-athletes, but not everyone can or will take advantage of that," Bownes added. "We want all of our seniors to know how much we appreciate all they have done for Plymouth State University and, in due time, we will be honoring them properly."

Although there are no confirmed cases of coronavirus at Plymouth State, students have been encouraged to stay home and access their academic work online beginning Wednesday, March 18. The Physical Edu-

Wilus promoted to head men's lacrosse coach at PSU

PLYMOUTH — Plymouth State University interim men's lacrosse head coach Mike Wilus has been promoted to head coach, PSU Director of Athletics Kim Bownes announced Tuesday.

Wilus was named interim head coach on Jan. 23 following the retirement of longtime coach Gordon Webb.

"I am extremely excited to name Mike Wilus as our next head men's lacrosse coach at Plymouth State University," said Bownes. "Mike has been a valued member of the staff and brings an abundance of knowledge to the program. He is well respected by the student-athletes and I am looking forward to seeing where he brings the program."

"I couldn't be more thrilled to be named the head men's lacrosse



COURTESY PHOTO – PLYMOUTH STATE UNIVERSITY
Mike Wilus was elevated to head coach of the Plymouth State men's lacrosse team.

coach at Plymouth State University," said Wilus. "I want to thank Kim

Bownes and the entire athletic administration for the opportunity to lead this team. There is a solid foundation in place that I am excited to build upon."

Wilus joined the Panthers as an assistant coach in 2018. An alumnus of the University of Massachusetts Amherst, Wilus formerly served as first assistant men's lacrosse coach at Lynn University in 2013 and was promoted to associate head coach three years later. His prior coaching experience also includes a two-year stint as assistant coach and recruiting coordinator at Gwynedd Mercy University, where he posted an

18-12 record while boasting a man-up unit that ranked among the top 30 in all of NCAA Division III.

Wilus played in 37 career games for the Minutemen and was named a New England Intercollegiate Lacrosse Association (NEILA) Senior Scholar-Athlete in his final season. He currently serves the PSU admissions team as Assistant Director of Transfer Admissions.

Plymouth State was off to a 1-2 start before the season was disrupted due to the COVID-19 pandemic. Wilus earned his first career win following a 10-7 victory over Norwich on March 3.

Locals earn LEC honors at Plymouth State

PLYMOUTH — The Little East Conference (LEC) announced its 2019-20 LEC Winter Academic All-Conference Team and 27 Plymouth State University student-athletes were among those to receive the honors.

The LEC Winter Academic All-Conference Team is for student-athletes competing in the league's five winter championship sports - men's and women's basketball, men's and women's indoor track and field and women's swimming and diving - who hold at least sophomore standing academically, have a cumulative GPA of 3.30 or higher through the end of the previous semester and have been

at their current institution for at least one full academic year.

Plymouth State's 27 honorees matched the second most among conference member institutions. Eastern Connecticut led the way with 40, while PSU, Southern Maine and UMass Dartmouth all had 27. A total of 181 student-athletes league-wide earned the recognition.

Among PSU's programs, the men's indoor track and field team had the most individuals honored with 11, while women's swimming and diving had eight. The eight recipients from swimming and diving matched the most for the sport league-wide, while men's track's 11

honorees were the second-most among conference schools.

Men's basketball
Junior Boley of Concord and Chris McCarthy of Chelmsford, Mass.

Men's indoor track and field
Michael J. Barrett of Hudson, Dillon Butner of East Randolph, Vt., Noah Byington of Hanscom AFB, Mass., Gunnar Consol of Homosassa, Fla., Marcus Cryan of Topsfield, Mass., Kyle Mau of Dover, Ted Proctor of Marlborough, Randall Scroggins of Rumney, Leo Shattuck of Grafton, Mass., Shea Therrien of Belmont and Owen Wilcox of Eastham, Mass.

Women's indoor track and field
Hailey Botelho of Rumney, Paige Boudreau of Dayton, Maine, Kim Bowles of Tamworth, Claire Greineder of East Greenwich, R.I., Erika Lillis of Merrimack and Caitlyn Miller of Lee.

Women's swimming and diving
Casey Allaire of Mattapoisett, Mass. Sylvie Donnell of Warren, Heather Gebhardt of Amherst, Marci Hartman of Lake Worth, Fla., Julia Hollinger of Bow, Liz O'Sullivan of Bow, Madelin Svetin of Topsham, Maine and Ellie Wilson of Darnestown, Md.

RAIDERS

CONTINUED FROM PAGE B1
nized this by naming him All-State honorable mention.

"To only play 11 games and make All-State felt really, really good," said Sottak. "I had zero expectations after I went down with my season ending wrist injury, so when I got the call from my coach and he told me I made it, I was very surprised. As a basketball player I was very thankful that despite the less amount of games, coaches around the division still respected me enough to vote for me. That's a great feeling."

Sottak felt his stron-

gest game was against Monadnock where he scored a season high 27 points in what was a big win against a tough team. He also felt Belmont played best as a team against Hopkinton, as the Red Raiders just came off a loss to White Mountains in a game he felt they could have won.

"We were all fired up and looking to prove to the division that we were still a top tier team," said Sottak. "After that game it felt like we had all the momentum in the world."

Sottak said this was heartbreaking to watch from the bench as most of the team's losses in the second half of the season were

very close games. He said he couldn't help but think of all the "what ifs" but now he will put this forward to next season.

"Our goal next season is absolutely to win a championship," Sottak said. "We return a lot of key players, and we are coming out looking for blood. I have a lot left to prove in basketball, and I feel like we have a very good shot at accomplishing what we'd like to accomplish. It's Jackson and I's senior season and there are no excuses."

Coach Jim Cilley is looking forward to what the two guards have in store for next season.

"We feel like next year's team should be one of the better teams we have had in the six-plus years we have been in Belmont," Cilley said. "We return an All-State back court. For us to be a team that could put up the first banner in school history, which will be our goal starting right now, we need to get stronger and be better finishing at the rim. We need to rebound better on both ends of the floor and we have to be more consistent shooting the basketball. If the guys buy in over the off season more so than any other year in the past, we could be the last team standing."

BEARS

CONTINUED FROM PAGE B1
"It was a team win and there is nothing better than coming out with a W as a team," said Nichols.

In the playoffs he averaged 22 ppg and overall he reached the 20-point mark on seven different occasions.

Nichols said he was happy with the season but it was not the end he was hoping for. The goal was to reach the final four and this will continue to be the team's goal moving forward. To push further into the playoffs he said the team needs to host tournament games as playing on a home court in front of a big crowd is key.

Horman averaged 11.8 ppg and five rebounds per game for the Bears and was named honorable mention for All-State. Dame said Horman is the type of player that opposing coaches fear because when he gets hot he is very tough to beat. He also provided size on what was an oth-

erwise small team, and his work on defense and rebounding was vital to the team's success. He was also excellent from downtown and could score in bunches. Horman scored 30 points in a big win over Campbell at the beginning of the season. He said this was a game where he felt everything was clicking for him and his fellow teammates. Other top games included a 22-point game against Raymond and a 17-point output against Belmont and Newfound.

Horman thanked his teammates and said this is a ride he will never forget.

"This season was so much fun," Horman said. "All of the us on the team were like brothers so the long bus rides and all the time spent together felt so natural. It was like sometimes we'd forget that we have a game to play in a few hours. But over the past four years, the teammates I've met and bonded with are something you can't recreate."



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Mail to: Newfound Area School District
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BODY FACT:

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ANSWER: RETINA

What’s the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A

B

Answers: 1. Glasses on man 2. Tie on man 3. Missing glasses on shelf 4. Ponytail on woman

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- **1886:** THE APACHE WARRIOR GERONIMO SURRENDERS TO THE U.S. ARMY, ENDING THE MAIN PHASE OF THE APACHE WARS.
- **1958:** NIKITA KHRUSHCHEV BECOMES THE SOVIET PREMIER AND FIRST SECRETARY OF THE COMMUNIST PARTY.
- **1964:** A 9.2 MAGNITUDE EARTHQUAKE HITS 80 MILES EAST OF ANCHORAGE, ALASKA.

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Can you guess what the bigger picture is?

ANSWER: EYEGLASSES

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Determine the code to reveal the answer!

Solve the code to discover words related to basketball. Each number corresponds to a letter. (Hint: 24 = o)

A. 5 24 24 21

Clue: Used for scoring

B. 6 4 18 13 13 3 22

Clue: Move a basketball

C. 6 15 7 10

Clue: Push the ball down

D. 20 5 24 24 14

Clue: Throw ball at hoop

Answers: A. hoop B. dribble C. dunk D. shoot

SUDOKU

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

Level: Intermediate

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Like puzzles? Then you’ll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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

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

ANSWER:

After-school sailing scholarships offered for local kids

GILFORD — Local youths, with or without prior sailing experience, will have the opportunity this spring to experience the joy and challenges of sailing in a local after-school program.

Offered by the Lake Winnepesaukee

Sailing Association (LWSA), these classes will focus on the basics of sailing, wind, boat handling and safety. Classes are taught by nationally certified instructors in Optimist dinghies, 420 collegiate boats, Open Bic sailing dinghies and

Sonars. Each session will incorporate on-land instruction along with hands-on water skills development.

Youths of all abilities, ages eight to 16, are welcome, from beginners to experienced sailors and will be grouped by age and

ability. This program is offered at a discounted rate. Financial assistance is also available, please inquire in confidence at sailing-school@lwsa.org. Nobody will be turned away because of inability to pay.

Session one is May

26, 27, June 1, 3, 4 - 7 p.m.

Session two is June 8, 10, 15, 17, 4 - 7 p.m.

The sessions take place at the Dave Adams Memorial Sailing Center, 25 Davis Road, Gilford

Visit www.lwsa.org/afterschool-sail

ing for more information or e-mail sailing-school@lwsa.org with all your questions.

There will be a swim test the first day. Life jackets are required - the fitted vest style. Please let them know if you need to borrow one for the program. Advanced registration is required. Registration will open April 1 at www.lwsa.org.

The Lake Winnepesaukee Sailing Association, a 501c3 non-profit, was founded in 1988 to promote sailing on Lake Winnepesaukee. The primary purpose of the association is to operate a youth sailing school in Gilford. They also promote organized sailboat racing and cruising on the lake, including a one-design J/80 racing fleet. Their mission is to promote and expand participation in the sport of sailing and in doing so to remove barriers of knowledge, financial means, disability and age. In carrying out the mission they pledge to foster safety, self-confidence, teamwork, honesty, positive sporting values, and an appreciation for the environment.

BY LARA CARLTON
USSA

BRISTOL MOUNTAIN, N.Y. — After four weeks on the road competing back-to-back World Cups the U.S. Aerial Ski Team capped off their season at Bristol Mountain, N.Y. at the 2020 U.S. Freestyle Aerials National Championships.

Several athletes on the U.S. Freestyle Ski Team got their start at Bristol Mountain, including Jon and Chris Lillis. The Lillis family was instrumental in creating Mikey's Jump, the newest American aerials site, in honor of their late youngest brother, Mikey. The event was a special homecoming for the Lillis brothers and a meaningful way to end the Team's season.

An unseasonably warm East Coast winter made it impossible to build the triple kicker. But event organizers were still able to provide elite-level competition using just the double and single kickers. Bristol will also be the site of the 2021 Aerials Championships and the mountain looks forward to another chance to showcase its venue.

Coming off of her first podium of the World Cup season at the last aerials' stop, Ashley Caldwell earned her fourth U.S. Nationals Championship title. "It's really nice to come back to the states after a long season," she said. "And this is a nice cherry on top of a medium, good season [for me]. It's kind of tiring and exhausting to be on the road for that long, especially



JOSHUA SPAULDING
Eric Loughran soars above the Phoenix SnowPark in the mountains outside PyeongChang, South Korea during the 2018 Winter Olympics. He won the US aerials championship last week.

the places that we go. But this mountain was so excited to host this event and despite some of the odds we were facing, they hosted a good event and I'm excited to come back next year."

Caldwell shared the podium with Kaila Kuhn, who came in second with her first U.S. Ski Team podium, and Megan Nick, in third.

On the men's side Loon Mountain-based skier Eric Loughran of Pelham took the win, his first U.S. Nationals title.

"It feels really good to earn this title at the end of the season," he said. "And it's pretty sweet to have done it on the East Coast where

I'm originally from, my mom was here and that was super special. We had some warm conditions, it was a little tricky. But the resort crushed it, and I'm super excited to come back next year," he said.

Quinn Dehlinger claimed second, his first podium appearance of his U.S. Ski Team career, and Jon Lillis came in third.

Athletes of the U.S. Aerials Team look forward to some much-earned R&R and getting back to training. After all, there is no true off season in elite sports and as Caldwell knows, "It's game on until the Olympics."

Tom Brady livens up a slow sports week

What a strange week it has been.

No sports. Of any kind. Anywhere in the local area. Or on my television, for that matter, with the Bruins, Celtics and Red Sox putting things on hold.

Then came the cancellation of four different trips, starting with the St. Patrick's Day trip to Ireland, the Kennett baseball team's trip to Florida and RHAP Survivor events in both New York City and Atlanta.

The NHIAA officially announced that the winter season tournaments that hadn't finished would be cancelled and the start of the spring season would be delayed, in conjunction with the governor ordering all schools to be closed until at least April 6.

For someone who writes about sports, this was about as bleak as it can get. We focus on high school and community sports in our publications and not having these games and contests for a while is a tough pill to swallow.

But, all of that is beyond our control and we have to roll with it.

It seems as though Tom Brady wanted to give the sportswriters at those big daily newspapers something to report on when he announced last Tuesday that his "football journey" would continue some place other than New England.

Obviously, this is a big story in any news cycle but when the rest

SPORTING CHANCE



By JOSHUA SPAULDING

of the sports world is essentially on hiatus, this is going to get even more than its fair share of exposure.

I would say a group of my friends would tell you that I have been calling for the Patriots to trade Tom Brady for a few years. Most of that has been in jest after he has a tough game, but in many ways, it felt pretty likely something like this was coming down the pike.

I am disappointed in many ways because obviously, Tom Brady is one of the best players to ever suit up in the NFL and is easily amongst the best quarterbacks ever. He helped bring tons of success to the Patriots over the last two decades. As a Patriots fan, I am well aware that we have had more than our fair share of good times.

But, all good things are eventually going to come to an end and while it may be a few years earlier than most fans expected, the end of the Tom Brady era in New England is here.

But I also remember the really bad times as a New England football fan and I don't see the Patriots going to that extreme again, particularly with Bill Belichick still at the helm. Will the Patriots win another Super Bowl

right away? Probably not, but I think they'll be more in contention than many people might believe.

I remember when Drew Bledsoe was the savior of the Patriots. Then, along came Mo Lewis and all of a sudden, there was a new savior, the 199th pick in the draft who had been languishing on the bench.

Do the Patriots have the next Tom Brady on their roster? Probably not. Whether Jarrett Stidham is the answer remains to be seen. With Brady in Tampa and Philip Rivers heading to Indianapolis, could Jameis Winston or Jacoby Brissett be the right fit?

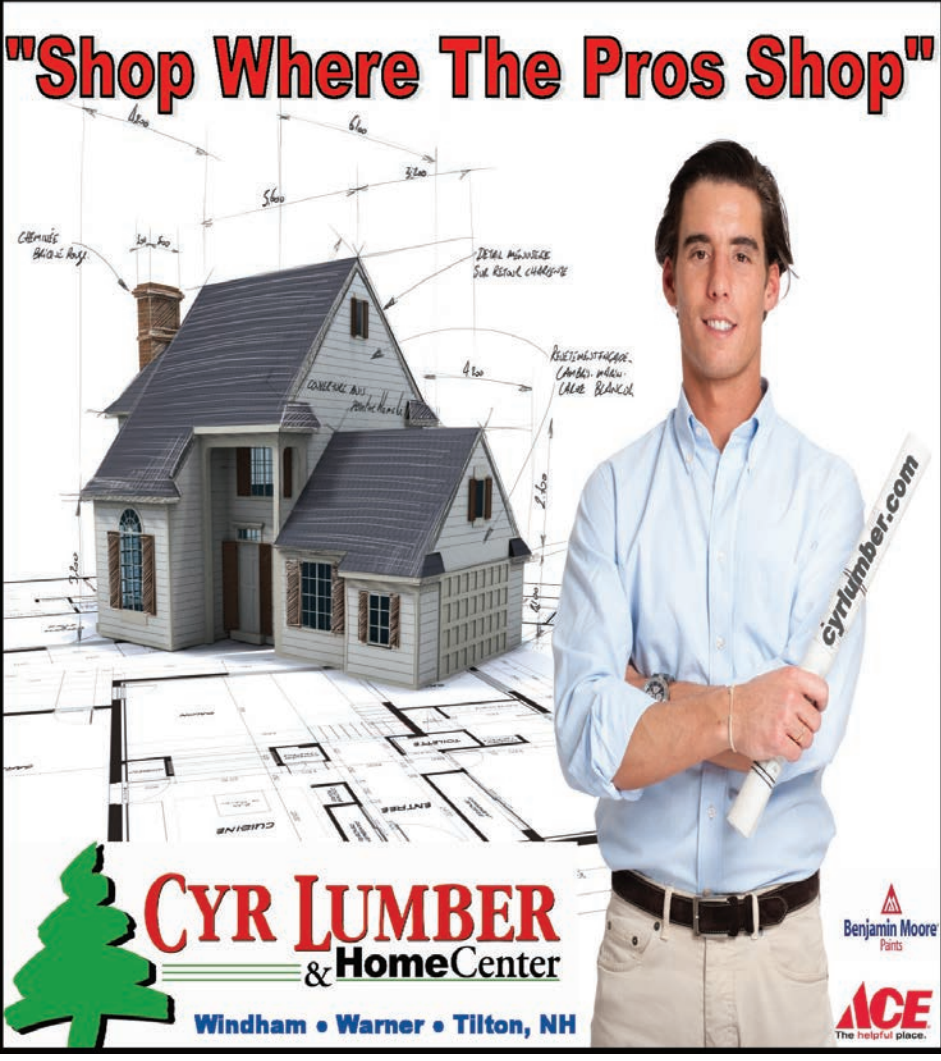
Since there won't be any sports for a while, I imagine there will be plenty of talk and writing over the next few weeks about who is going to be the starting quarterback in Foxboro next year.

At least it gives us some sort of sports to talk about.

Finally, have a great day, Ashley Laufenberg.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

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