

# Alton couple promote food security in the face of COVID-19

BY CATHY ALLYN  
Contributing Writer

ALTON – Alton residents Paul and Denise Pouliot lead two of the most interesting lives around. As sag8mo (sagamore) and sag8mosquaw (head female speaker) of the Cowasuck Band of the Pennacook Abenaki People, their input is in constant demand from universities, policy-making think tanks, the state, and Native American tribes across the country.

They bounce from leading indigenous crafts with children, to anthropology lectures, to singing and storytelling at conferences.

They’ve made offerings of tobacco and performed Abenaki prayers and songs to appease “Glennie,” the Great Abenaki Serpent (Gitaskog) before the International Swim Meet at Glen Lake in Goffstown, and they’ve consulted on the use of indigenous artistic themes and symbols at two buildings’ entry ways.

Although their interests and expertise run the gamut, sometimes a wave of oppor-



As part of an effort to sow high-yielding seeds that grow well in this particular climate, Denise and Paul Pouliot are partial to Cherokee skunk beans for their garden. The leaders of the Cowasuck Band of the Pennacook Abenaki People are involved in a variety of organizations focused on supporting local food producers.

tunities arises on a general theme. For instance, Paul lectured to the Sustainability Class at UNH and he and Denise conducted an Indigenous Plant Walk for Plains Portsmouth on medicinal and edible plants, and presented a program on indigenous food ways to the NH Fish

and Game department.

“It seemed we were getting pigeonholed in issues concerning food,” Paul said.

Their efforts have resulted in indigenous foods being served at the University of New Hampshire’s (UNH) Durham campus on occasion, and they are also actively involved in the

school’s participation in the international Slow Food, Slow Fish movement.

“We’ve been collaborating with Strafford County farmers,” Paul said, “trying to go more local for produce and meats.”

Slow Food, Slow Fish, begun in Italy, promotes local food and tra-

ditional cooking. UNH dining areas have been in the process of serving local seafood and underutilized species of fish because of the campaign.

Paul noted there are only about 100 dairies functioning in the state, “only seven fishermen still fishing, and too few farmers. So, how

do we change the paradigm and bring back and support our local food producers?”

Food is central to their place in the Green New England Deal, too, a regional segment of the Green Deal movement that includes Rhode Island, Massachusetts, Vermont, and New Hampshire, concerned with lowering carbon footprints and providing affordable housing, among other problems facing the country.

“We became the local food insecurity issues people.”

But art and history are usually their bailiwick, so when a new exhibit at the Currier Museum of Art was due to open in October of 2019, the Pouliots were on board.

“We Are For Freedoms” was comprised of a participatory exhibition at the museum, public art installed in Manchester, and a series of town hall discussions with the goal of showing how art can spur dialogue regarding values, place, and patriotism.

For Freedoms is an artist-led platform for

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## Barnstead selectmen discuss possible Web site upgrade

BY KATHERINE LESNYK  
Contributing Writer

BARNSTEAD — With social distancing due to the coronavirus (COVID-19) pandemic continuing, the Barnstead Board of Selectmen met on April 14, with residents able to view the meeting on a live-stream on YouTube. While few motions were officially made, multiple discussions about ongoing and new topics were had.

The meeting began with a discussion of a “soft freeze” on the town budget. Chairperson Lori Mahar said that the board should review the budget before the next meeting, see what town department heads would like from the budget and then make more further decisions.

Several operational topics for the town and the select board were discussed, including a proposal for an upgrade to the town Web site that was suggested to Mahar by resident David Allen. Mahar said that Allen told her about the New Durham town Web site, and that he suggested looking into getting quotes for a Web site upgrade for the town of Barnstead sometime in the future. Selectman Ed Tasker was skeptical, saying that “If you can prove to me that more than 100 or 200 people use [the town Web site]” then it can be upgraded, and Vice Chairperson Diane Beijer followed up that “[residents] can’t use it because it’s not functional to use.”

“There’s no rush on this,” Mahar said.

She also encouraged the other board members to visit the New Durham site, which is run by CivicPlus, a Web site-building service specifically for municipalities, to see the functionality and what it offers.

Tasker also provided an operational suggestion. He said that he’s noticed department heads visiting the town hall to speak with Town Administrator Karen Montgomery, but due to

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## Drive-by birthday lifts spirits

BY KATHERINE LESNYK  
Contributing Writer

ALTON — In an effort to lift spirits during the coronavirus (COVID-19) pandemic, people around the country have been planning “drive-by birthday parties” for friends, neighbors and loved ones, and the Alton community is no exception. On Saturday, April 11, one community in Alton gathered 10 cars for a beloved neighbor, who wished to remain anonymous, according to Judi Glidden, a resident of the neighborhood who helped to coordinate the parade.

Glidden said that planning the “party” was a quick process – the day before, Glidden, neighbors and friends coordinated the event over email. The cars were decorated in front of a nearby friend’s house and from there the procession started. In total, about 10 cars decorated with signs and balloons participated in the parade, amounting to about 20 people.

Glidden said that her neighbor is “such a help to our neighborhood” and that “everybody trusts her” if they need a helping hand. Glidden noted that even the shyest members of the com-



On Saturday, April 11, a community in Alton gathered a birthday parade of 10 cars for a beloved neighbor.

munity came out to celebrate and connect for the happy occasion.

“Everyone jumped on the bandwagon,” she said.

This is not the only birthday celebration of its kind to happen locally in the last few weeks. The Concord Monitor has reported on at least two birthday parties for young children in the Concord area that had to be modified because of the pandemic, and more have happened in Alton

since the one in Glidden’s neighborhood.

David Glidden, Judi’s husband, noted that the neighborhood, which has 36 houses but the number of residents drops significantly in the winter, is getting closer than they have ever been while still maintaining social distancing.

Judi added that people are “meeting and talking to people on a different level,” discussing the pandemic and fears

or concerns about the changing situation with people who they weren’t close with before. She gave the example of members of a class she is in at church who don’t know each other well outside of the class, but who are now continually checking in on each other.

“We have not had times like this,” she said.

“We’re building relationships with neighbors who we never re-

SEE PARADE PAGE A7



# Alton Parks and Recreation Connection

ALTON — We like to think of our community members as being “Safe at home” instead of “Stuck at home.” We understand the benefits of getting outside, being in the fresh air and doing things to keep our bodies moving and our minds relaxed. There are also benefits to spending time with your own company- after all, you are pretty amazing.

Here is a short list of things to do solo that can help occupy your stay at home time: hula hoop (how can you not hula hoop and smile?); jacks; sidewalk chalk drawing; hopscotch; jump rope; gardening; bike ride; keep an inflatable balloon up in the air for 10, 20, 30 or more hits; crossword and word search puzzles; bird identification, knitting (You Tube it- you can knit with straws and yarn); read a book, and you can always take a nap and relax.

Thank you for doing your part to stay home and stay safe. We are Alton-we are a strong community, and we will get through this time together.

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## PET OF THE WEEK JOAN

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

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## BARNSTEAD ELEMENTARY SCHOOL HONOR ROLL

BARNSTEAD — The following students in Grades 4-8 at Barnstead Elementary School have earned High Honors or Honors for the second trimester. Students who have received A's in all of their subjects qualify for High Honors. Those students who have earned A's and B's in all of their subjects qualify for Honors. In addition, students qualifying for High Honors and Honors must have received grades in effort and conduct that are average or above.

### Grade 4

High Honors: Alexandra Goonan, Alinda Jacques, Aurora Martin, Bailey Tesseymann, Benjamin Tedcastle, Chase Lank, Chloe Bissonnette, Chloe Denaault, Dylan Conway, Jackson Reed, Kathleen Smith, Kylee Gup-till, Landen Deane, Leah Pica, Lennon Anderson, Levan Kener-son, Lily Attarian, Lily Cookinham, Lucas Lund, Meredith Currier, Meria Carr, Peyton Irving, Ravyn Paris, Scarlett Ellis, Thaedin Karmer-is, Victoria Allen

Honors: Alexia Caldwell-Cray, Bailey Beck, Benjamin Rodd, Bradan Berkins, Brayden Lebrun, Braylon Lucas, Daniel Esper-ti, Edward Lamontagne, Emma Gagnon, Evan Sa-bean, Hailey Clark, Keagan Wolfe-Fazekas, Landon Miner, Leighana Mason, Logan En-right, Maddison Boneski, Rhiannon Kremidas, Scarlett Pinto, Tegan Pelham

### Grade 5

High Honors: Autumnne Hamilton, Braelyn Lounsbury, Bren-nagh McCausland, Bryce Lounsbury, Caleb Bemis, Charlie Chan-der, Delaney Drolet, Emma Foster, Hannah Colby, Jaylyn Wilks, Joseph Rawnsley, Madelyn Howlett, Magdalen Damon, Maggie Hart, Makenna Dow, Mercedes La-flamme, Riley Williams

Honors: Alex (Mi-chael) Franklin, Ava Foster, Bengamin Hard-son, Brian Metsiou, Cody Manley, Connor Wood-bury, Cullum Massey, Cyrus Tesseymann, Drake Hoelscher, Eva Harbison, Gus Pistey, Haley Gauvin, Han-nah Ferland, Jaxen Clark, Jayden Whitten,

Jazmine Witham, Jo-seph Christiansen, Levi Charter, Lilly Ducha-rme, Michael Perry, Mikalah Somers, Molly Vignola, Nora Devitto, Oliver Kingsbury, Trew Reed, Tristan Martin

### Grade 6

High Honors: Aidan Taylor, Aleigha Selling, Alyssa Pica, Angel Pia, Ava Pelletier, Eva Mc-Cartney, KatieCaldwell, Kenadi St. Germain, Liam Conway, Logan Landry, Madison Miller, Owen Joubert, Paige Harding, Sophia Capsa-lis

Honors: Alexis Gan-non, Avery Giunta, Avery Mahanes, Bryce Kiley, Declan Mac-Causland, Genevieve Charity, Heath Dunne, Jared Gentile, Joshua Clark, Kelsi Richard, Knyte Neathery, Laney Haney, Lukas Lord, Madison Matott, Myah Lavoie, Patricia Engel-hardt, Theo Pisti

### Grade 7

High Honors: Alexis Wilson, Juliette West, Katie Healy, Wyatt Var-ney

Honors: Ashley Lyle, Avery Thoroughgood, Diondre Thoroughgood, Hannah Chmiel, Mary Hupper, Noah Biron, Victoria Christie

### Grade 8

High Honors: Ab-bie Grillo-Moore, Alex Doyle, Ari Gilbert, Derek Hopkins, Dillon Miller, Ella Smith, Erin Rawnsley, Ethan Kener-son, Grace Brooks, Kae-la Marchildon, Lani Dem-ers, Rebecca Hopkins, Rylee Lounsbury, Sarah White, Serafine Cormi-er, Teagan McCausland

Honors: Aijah Thor-oughgood, Anthony Fio-rillo, Cameron Nelson, Ethan Capsalis, Gwen Christie, Justin Sanville, Kaidin Bergeron, Mak-enna Woodbury, Mari-ah Gates, Reese Burke, Ren Connors, Samantha Bergeron, Shannon Kel-ley, Vera Littlefield

## School district offering special needs assessments

BARNSTEAD — The Barnstead School District is making a conscientious effort to identify any potentially disabled individuals residing within its juris-diction.

Parents of children up to 21 years of age who suspect that a child may be educationally disabled are invited to contact their special education direc-tor. Assessments will be performed to determine if children qualify for special education programs and services. Areas to be screened will include hearing, vision, communication and motor functioning.

For further information, parents should contact their local school and ask to speak to Special Educa-tion Director Allyson Vignola, 269-5161, ext. 308.

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## NOTES FROM WINDY HOLLOW

## A gentle knock on the door

BY VIVIAN LEE DION  
New Durham

The supermarket was out of regular eggs so my husband did his best and chose a carton of organic. Of course, at the checkout counter the whopping price caused his mouth go dry, but what was he going to do? I needed eggs for my homemade cake. Other substitutions happened while he shopped which is a sign of the times. One last bottle of Ragu tomato sauce was on the long, nearly empty shelf, and this convinced him to buy it. So, he quickly scoffed it up only to realize no spaghetti was available. Again, he had to make another deci-

sion. He placed the sauce in the shopping cart along with curly pasta. My mother always said, "Tougher where there's none." But surprisingly the Ragu sauce was simply delicious, and our curly pasta was a break from the regular routine of spaghetti. From now on Ragu will be on my shopping list. It's good to try something different. I felt bad about the high-priced organic eggs, but realize the choice was fine especially under the circumstances.

A couple weeks later there was a gentle knock on my back door. What a pleasure to see my neighbors Alicia and Jonathan. Our neighbors smiled and Ali-

cia said, "Viv I wanted to give these to you. I would have come sooner but the chickens lay fewer eggs in the cold weather. In fact, some of my co-workers wanted eggs but I said friends and neighbors come first." Their generosity touched my heart and I thanked them. She ended the conversation by saying, "As soon as I have more, we will come by again."

The eggs were from her small group of free-range chickens. Their rooster crows each morning and that reminds me of the special wake up call at my Aunt Lillian's farm. The rooster's plaintive crowing brings back memories

of my sister, Helen, and I romping in the pasture looking for honeysuckle flowers. We would nip at the top of the blossoms and taste the flower's delicious honey. We'd run to the barn to greet our favorite cow, Bessie, and say, "Good job Bessie" after the milking was finished. And I remember the huge blond work horse that would let us pat his nose as we fed him handfuls of sweet-smelling hay.

I wondered why chickens stop laying eggs. Dr. Patrick Biggs of Companion Animal Technical Solutions explains, "Hens may lay fewer eggs due to light, stress, poor nutrition, molt or age. Some of these reasons are natural responses, while others can be fixed with simple changes and egg laying can return to normal. Under ideal conditions, chickens will lay an egg once every 24 to 26 hours. Hens might take a short vacation from laying eggs and reasons range from life stage to when the sun rises and sets."

When the "stay at

home" order is lifted, I'll think of a way to reciprocate my neighbors, perhaps baking a cake or bringing a bottle of maple syrup. Thank you again Alicia and Jonathan for your kindness. It's wonderful to be remembered and your generosity touched my heart.

"Kindness is the mark we leave upon the world," And "RAKtivist is short for Random Acts of Kindness activist.

Think of RAKtivists like kindness ambassadors; like all ambassadors, they're an active member of the community. The name was generated by the Random Acts of Kindness Foundation, whose main goal is making our world a better place for all."

Vivian Lee Dion of New Durham is a writer and speaker and can be reached at windyhollow@metrocast.net.

## Sophie Wallace named to Elmira College Dean's List

ELMIRA, N.Y. — Sophie Wallace, of Alton, has been named to the Elmira College Dean's List for the Winter 2020 Term. Full-time undergraduate students registered for at least 12 computable credit hours and earning a term grade point average of 3.6 or higher at the end of Term I or Term II are placed on the Dean's List at the College.

Founded in 1855, Elmira College is a private, residential, liberal arts college offering 30-plus majors, an honors program, 17 academic honor societies, and 20 Division III varsity teams. Located in the Southern Finger Lakes Region of New York, Elmira's undergraduate and graduate student population hails from more than 20 states and nine countries. Elmira is a Phi Beta Kappa College and has been ranked a top college, nationally, for student internships. The College is also home to the Center for Mark Twain Studies, one of four historically significant Twain heritage sites in the U.S., which attracts Twain scholars and educators from around the world for research on the famous literary icon. Proud of its history and tradition, the College is committed to the ideals of community service, and intellectual and individual growth.



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## Alton Central School Special Education Teacher/Case Manager

The Alton School District is seeking a Special Education Teacher/Case Manager for the 2020-2021 school year. The successful candidate will hold a current NH licensure in General Special Education, hold a Bachelor's Degree or higher, and have previous experience (preferred). The special education teacher will provide direct instruction and instructional support to students with disabilities while working in collaboration with the general education team. This position will cover middle school students and oversee the special education caseload as well as all aspects of their specialized educational programs. Candidates should show success as a collaborative team member, possess strong oral and written communication skills, have a strong work ethic, have the ability to work independently and possess a firm understanding of special education processes. Salary and benefits are competitive, determined by experience and education.

If you are interested in joining the staff of the 2019 NH K-8 School of Excellence, please submit a cover letter, 3 current letters of reference, transcripts, and license information to APPLITRACK at <https://www.applitrack.com/altonk12/onlineapp/>

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## The lost class of 2020

When schools across the country moved to remote learning, we weren't sure how long it would last, but many of us suspected that eventually it would last for the remainder of the year.

Many students use school as a respite and several thrive on having a consistent schedule. Younger students are facing many losses, but our hearts truly break for the seniors, particularly athletes who are missing out on their final sports season.

In our own experience, it was track season that would have had the most impact. As a senior, records needed to be broken, goals needed to be reached and rivals needed to be beat. To have that season abruptly "taken" would have been devastating. Thinking back, time spent on a Saturday at a sunny track meet with talented athletes, encouraging coaches and parents with coolers loaded with food are some of, if not the best, memories from high school.

Then there are softball and baseball players. Baseball, in all its various incarnations, is called the 'American pastime' for a very good reason. The adrenaline rush that comes after managing to hit an expertly thrown pitch and sprinting to first base is unforgettable. Making a catch in the outfield, or making the play for that all important out that could decide the game, is gold. Fortunately, many athletes are going on to play ball or run track in college. For those that are not, know that we sympathize with you, and hope that you can continue doing what you love in some sort of league that will hopefully be available to you. No, it won't be the same, but this is when they say you need to "adjust your sails" and remember that what is happening is in order to keep you and your families safe.

Again, we know that all of our students, parents, faculty, healthcare workers, business owners and all community members are going through a loss, all to varying degrees but all just as important. For students, whether it's the last school theatre production or JROTC competition, we feel for you. Have faith that your administration will make up for all of this, as best they can, given the circumstances.

Certainly, our students understand the gravity of the situation. Lives are being lost, families are losing loved ones and people are heart broken. We are in the midst of a global pandemic, but that doesn't mean that the devastation those students are feeling shouldn't matter. We acknowledge your pain. Reading a recent Facebook post by a friend's daughter brought the situation home to us. In an emotional letter to her fellow members of the Class of 2020, she wrote that if she had one wish, it would be to go back to the last day of classes before the governor's office made the decision to close schools, with the knowledge this time that those eight precious hours would be the end of her senior year, and give all of her classmates — many of whom she might never have an opportunity to see together in one place again — one last hug or high-five before saying good bye.

Her words speak for all students across our region, and across the country, who have been denied the opportunity to experience one of the most memorable times in a young person's life, and we invite our readers to join us in recognizing the pain, comforting the sorrow, and above all, saluting the achievements and incredible fortitude of the Class of 2020.



COURTESY

### Words to live by

Take advice from pre-schooler Garrett Ridlon, who chose the message and colors for this apt sign, now displayed in front of his New Durham house.

## LETTERS FROM EDWIN

### Pickin' Trash

Yesterday was another disruption from normal. As soon as it warms up a bit, I'll be getting back to another day of painting. But yesterday, I had a dentist appointment in the morning that didn't happen as they were closed. In the afternoon I had scheduled an auto appointment having gotten a recall notice and this day was already disrupted.

I put on some nice clothes that I haven't needed to wear lately with both church and school being closed, so if they got contaminated while at the big city auto dealer, I could put them away to decontaminate as I probably won't be wearing any of them for weeks.

When I got home from getting my air bag thingie replaced, there was still time left in the day, but not enough to get into anything with much prep or cleanup. I could have taken another walk in the woods with the cat, but I did that in the morning.

I decided that it would be good to go pick up roadway trash. The cans and bottles that people throw out the windows of their cars as they drive through my

neighborhood. It always becomes visually evident at this time of year and pretty much disgusting. I usually beat Earth Day with this, but some years there is still plow mounds covering the trash. With the lack of snow this winter, I managed to take care of this yearly task a week before that date.

I have to commend those driving through my neighborhood as the amount of trash seems to keep diminishing. I used to pick up three barrels worth when I started this activity with my boys back at the turn of the century. Yesterday, I only scored about three quarters of a barrel.

I always find myself wondering why some things are tossed out. There was almost a full quart of chocolate milk that had by now certainly gone sour, but when it was thrown it most likely was still drinkable. And likewise, I picked up a quart of spring water with maybe two gulps removed. Water doesn't go bad and will easily store in a car. But this year, there was a new mystery pick up. The first one I questioned why someone would go

to the trouble of stuffing a bottle (Gatorade) with sunflower seed husks before throwing it. Upon finding the second one, I rationalized that there must be someone who likes to eat sunflower seeds and throws the husks in a pre-empted bottle. That makes the most sense to me. I just have found a dozen or more of these along both sides of the mile of roadway I scoured. I wasn't counting.

I know that sunflower seed husks have a poison that inhibits growth. This is the reason why the hollyhocks that came from my mother's house ceased to grow under where the bird feeder hung. You need to clean up all the sunflower husks if you want things to grow there. So I would really like to know if there is some new trend or cool activity to drink Gatorade and eat sunflower seeds? I'm really out of touch here in the back woods of New Hampshire so I never hear of this kind of thing. Like it could be a healthy alternative to red bull and beer?

There was a close to full can of silver spray paint that still worked, I'll hang onto

that in case I need to make something silver. Then a real interesting piece. It's an almost full can of great stuff. Now if anyone doesn't know what that stuff is, it's canned foam. You spray it in cracks and holes or other places to insulate and seal out drafts etc. You only get one use because it will plug up the nozzle if you don't keep squirting. Well they must have broken off the nozzle right away because it's full and there's no way to get it out safely. You don't want to get this stuff on you. It sticks like super glue. It only wears off.

I put this aside as a target the next time I need something to shoot at. I can just envision hitting the can from a great distance and watching a snow man type figure grow up from the underbrush.

So, let me implore you to get out of your houses and do something such as picking up trash. Bring trash bags and wear gloves. It will get you out in the sun and fresh air and you'll feel good having cleaned up your neighborhood. And who knows, maybe you'll find a Gatorade bottle full of sunflower seed husks.

## Letters to the Editor

### 2020 Central VNA & Hospice House Tour cancelled

To the Editor:

For the past 32 years, the Hospice Home and Garden Tour has been held in the greater Wolfeboro area to benefit Central New Hampshire VNA & Hospice. Each year hundreds of people come to the Lakes Region the second Wednesday in July to tour beautiful homes and gardens in order to support Central New Hampshire VNA & Hospice. Unfortunately, due to the unknown affects the Covid-19 virus will have and, out of an abundance of caution, we have made the very difficult decision to cancel this year's tour. We are now focusing our attention on the work to be done for next summer.

Our hope is that even though the tour is cancelled you will continue to support our very important hospice program. Hospice provides quality of life in the days remaining due a life-limiting illness. Bringing

services to your home offering you comfort, dignity and respect.

When curative treatments are no longer sought, know you are not alone. Our staff will provide skilled care and support for individuals and their families through the process. Hospice teams utilize a holistic approach; emphasizing physical, emotional and spiritual support.

Questions regarding hospice services may be directed to [www.centralvna.org](http://www.centralvna.org) or by calling the (800) 244-8549.

Thank you for your support!

SHIRLEY RICHARDSON  
CHAIRPERSON, HOSPICE ADVISORY COMMITTEE  
HOSPICE HOME AND GARDEN TOUR

## How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

**Obituaries** can be sent to:  
**[obituaries@salmonpress.com](mailto:obituaries@salmonpress.com)**

**Wedding, engagement, and anniversary announcements** are welcome at:  
**[weddings@salmonpress.com](mailto:weddings@salmonpress.com)**

*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.*



# Hiking in Alton

BY GENE YOUNG  
Alton Conservation Commission

Is staying at home starting to lose its appeal? Does home schooling make you think of a war zone? Thoughts of a jail break uppermost in your mind? Is Mount Major the only place you can think of to go take a walk?

Fortunately, there are at least a dozen nice trails in Alton, and with the forests beginning to wake up, there's a lot to see out there. On the West side of the Bay, there are the Blueberry Pasture and Old Stage Road trails at 678 Alton Mountain Rd. Go to Belknaprange.

org to download a map or to <https://lakes-region-conservation-trust.square.site> to purchase a map that covers trails in Alton in the Belknap Mountains. For a short, one mile or so, moderate hike, try the Mike Burke Trails on the Town Forest, parking at 42 Avery Hill Rd., right across from the Pine Mountain Trails on the Forest Society's Morse Preserve. Maps can be downloaded at the Conservation Commission page of the Town of Alton Web site, or at [forestociety.org/find-local-hike](https://forestociety.org/find-local-hike). A little further North is the Steinwach trailhead at 147 Reed Road, another Forest Society location.

On the East side, Lakes Region Conservation Trust has three preserves open to hiking, offering well-marked trails, parking, and a variety of terrain. Start with the Trask Swamp Preserve, which isn't all swamp, at 193 Fort Point Rd., with about 1.5 miles of trails. Not too far away is the Cotton-Hurd Preserve, at 310 Chestnut Cove Road, providing 1.2 and 2 mile loops. Almost in Wolfboro is Knight's Pond, at 102 Knight's Pond Road, where you will find a 1.7 mile loop around the pond, with picnic areas along the way. Maps can be found at [lrc.org/explore/learn/trail-maps](https://lrc.org/explore/learn/trail-maps). Also on the East

side is the Gilman Pond Conservation Area, with the David Lawrence trailhead and parking located at 130 Gilman Corner Road. The trails are well marked, and you can make a loop or walk through to the parking area at 488 Drew Hill Road. A trail map is available on the Conservation Commission's Web page, [www.alton.nh.gov/node/1522](https://www.alton.nh.gov/node/1522). Your GPS will take you to any of the parking areas mentioned above.

Also, in and around the village and the Bay, Alton parks and Recreation maintains several parks with connecting trails, such as B&M Park and Jones Field. Go to

the Parks and Rec page on the Town of Alton's Web site ([www.alton.nh.gov/node/1522](https://www.alton.nh.gov/node/1522)), for complete descriptions of the parks and trails available.

For an easy, one mile loop on a good trail, try the Cooper Cedar Woods trail in New Durham,

about a half mile past Johnson's Restaurant on the same side of the road.

Enjoy the outdoors in Alton, and remember to be safe, tell someone where you're going, and expect some water and mud, because it's spring time in the forest.

## Alton welcomes new Assessor

ALTON — Alton Town Administrator Elizabeth Dionne has announced the appointment of Donald R. Jutton, Jr., as the Town of Alton's new Assessor. Mr. Jutton, known as Robb Jutton, was selected as the number one candidate after a lengthy search process when previous Assessor, Deb Derrick, retired. The Board of Selectmen confirmed the appointment of Mr. Jutton at a Selectmen's Meeting held on April 13.

Jutton comes to Alton after serving for two years as a Staff Assessor with Cross Country Appraisal Group and 13 years with the Town of Sanbornton starting as the Assessing Clerk and working his way up to Municipal Assessor.

Robb resides in the Lakes Region, in Meredith, with his wife Corrine and children Abby age 17 and Maddie age 13.

Selectman Chairman Reuben Wentworth stated, "I was impressed with the information brought back to the Board and pleased that the Town was able to attract a professional, the caliber of Mr. Jutton."

Selectman Vice Chairman Virgil MacDonald stated, "Robb will be a good fit. The Board looks forward to working with him."

Dionne stated, "Everyone will miss Deb and we all wish her a wonderful retirement. I look forward to a great working relationship with Robb."

Mr. Jutton will be taking the helm of the Assessing Department on Monday, April 20.

## The Reading Room at Gilman Library

BY ROZA BENOIT

VIRTUAL STORY TIME LIVE - We are going live with Story Time! Thursdays, at 3:00 pm we now offer "Virtual Story Time with Miss Leann."

This will be held online using Zoom, an app you can download onto a smartphone or tablet, or use through your computer browser. Please sign up for advance email updates and instructions, or send your questions to [storytime-withmissleann@gilmanlibrary.org](mailto:storytime-withmissleann@gilmanlibrary.org). Don't forget to check our library website for the latest updates at [gilmanlibrary.org](https://gilmanlibrary.org).

WELCOME MISS LEANN - For those of you who have not met her yet, Leann LaPlante is our newest librarian added to the staff. She will be in charge of Children's and Youth services. Leann came on staff about a week or so before we shuttered for the duration of our social distancing orders. She says «I am looking forward to working with the children both virtually and in person,» and has lots of fresh ideas for virtual programs and in-house activities. As an Alton resident for sixteen years, and faithful library patron for the duration, Leann holds two Bachelor of Science degrees, one in Biology and the other in Business Administration. She will balance her sixteen-hour position at the library with her other positions, the Home-School Teacher to her three children, the Director of the Alton Home School Co-Op, and the Leader of the Golden Leaf 4-H STEM group. Science, Technology, Engineering, and Math).

VIDEO LINKS - Storytelling and Story-Time Videos links are now

posted on our website and Facebook page and linking to community and local area story times, as well as directly to authors reading their own books.

VIRTUAL REFERENCE. Email us at [email@gilmanlibrary.org](mailto:email@gilmanlibrary.org) or through GABBIETEXT-A-LIBRIARIANS SMS 267-4302 with your reference needs.

ALL-AROUND-ALTON COMMUNITY BULLETIN BOARD - We are inviting Busi-

nesses, Clubs, Groups, Organizations, and Town Departments to contribute to our new Bulletin Board. This is a new addition on our website for the latest news. Please let us know what information you would like us to post for you. Email to [rozabenoit@gilmanlibrary.org](mailto:rozabenoit@gilmanlibrary.org).

ALTON: HISTORY-IN-THE-MAKING BLOG - We invite every Alton resident to participate in our community blog. This is the place to share your real stories

of Life in Alton during the COVID-19 Pandemic. We invite you to email your submissions to [rozabenoit@gilmanlibrary.org](mailto:rozabenoit@gilmanlibrary.org).

READ FOR YOUR HEALTH - Please utilize our website at [gilmanlibrary.org](https://gilmanlibrary.org). We have reliable resource links for you to read online as well as informational videos from the CDC, to help keep you informed, safe during this time. We wish you good health. Take care!

## WFOM gives back to advertisers and sponsors

WOLFEBORO — The Board of the Wolfboro Friends of Music appreciates the longstanding support it has received from its advertisers and sponsors.

Each season, we recognize our advertisers and sponsors in our brochure, program booklet, advertisements, poster and concert banners as well as posters and PowerPoint projections during the concerts. The Board recognizes that the COVID-19 pandemic has created both a medical and an economic crisis for many individuals and for many businesses. The Board has unanimously decided to return the support given to us by offering each and every advertiser and sponsor from our abbreviated 2019-2020 season the same level of advertisements and sponsorship recognition for our coming season at no cost. We are in process of constructing our season brochure and program booklet and intend to repeat the ads and sponsor recognition. E-mails and letters are being sent to all.

Even in the midst of this horrible pandemic, we are planning our 2020-2021 season beginning in the Fall with Fred Moyer's Classical/Jazz Program and ending in June with The Kingston Trio. We also have six other wonderful artists under contract. We are hopeful that all of this will happen as planned.

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Rachael Mong-Terravechia, 35

DOVER — Rachael Mong-Terravechia of Rollinsford, passed away on April 12, 2020 in Dover.

She was born Aug. 1, 1984 in Exeter, the daughter of Robert K. and Nancy L. (Clay) Mong. She was married to Aaron Terravechia, formerly of Alton.

Rachael was a beloved wife, daughter, sister and friend. She excelled in high school (except for algebra), played goalie for the girls’ varsity soccer team and worked at RiverWoods in Exeter for many years. She earned a B.A. in psychology from University of New Hampshire then went on to make the Dean’s



Rachael Mong-Terravechia

List and earn a M.A. in forensic psychology from John Jay College of Criminal Justice in New York City.

Rachael was an extremely empathetic and caring person. She was always there for anyone who needed help, advice or just positive thoughts.

Eleanor Anne Peternel, 87

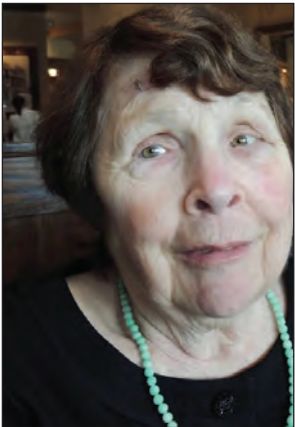
WOLFEBORO — On Thursday, April 16, 2020, Eleanor Anne (McFadden) Peternel, a loving wife and mother of six children, passed away at age 87.

Eleanor was born on March 15, 1933 in Johnstown, Pa., to John and Rebecca (Thompson) McFadden. Eleanor grew up in Ebensburg, Pa., until moving to Pittsburgh, PA, for her high school years. She is a graduate of Mount Mercy Academy in Pittsburgh.

Eleanor received a bachelor of science in nursing from Mount Mercy College (now Carlow University). She worked as a nursing instructor at Presbyterian University Hospital in Pittsburgh, Pa. and as a Nursing Supervisor at Cincinnati General Hospital.

She married Wayne William Peternel on April 23, 1960, at St. Bernard Church, in Mount Lebanon, Pa.

Eleanor later earned a master of arts in spiritual formation from Duquesne University. Throughout her life, El-



Eleanor Peternel

eanor spent time volunteering for Right to Life and other organizations. She provided spiritual counseling for prisoners at the Allegheny County Jail in Pittsburgh, Pa., for many years.

Eleanor was a longtime member of the Daughters of the American Revolution.

In recent years, Eleanor was an active parishioner of St. Katharine Drexel Church in Alton, where she joined the Ladies of St. Katharine and the Rite of Christian Initiation of Adults (RCIA). She enjoyed reading, swimming, kayaking, and playing classical music on the grand piano at the family home at Crescent

Rachael also fought her own mental, emotional and physical battles which kept her from the peace she now has.

In addition to her husband and parents, Rachael is survived by her younger sister, Emily Mong; parents-in-law of Alton, Michael and Denise Terravechia; sister-in-law, Aimee Terravechia; brother-in-law, Jacob Bemis; and her niece Adelaide & nephew Gabriel Bemis. She also leaves behind her fur-kids, Bombay, Roonie and Rosie Mong-Terravechia.

In light of current events, a celebration of life will be held for Rachael this summer.

Lake, in Wolfeboro.

Eleanor Peternel is survived by her husband of 59 years, Wayne Peternel of Wolfeboro; a brother, Robert McFadden of Ottawa, Ontario, Canada; three sons and their families (William and Catherine Peternel of Wolfeboro, James Peternel of Seattle, Wash., and Timothy and Pamela Peternel of Los Angeles, Calif.); two daughters and their families, Patricia and John Welter of Londonderry, and Jennifer and James Libby of Standish, Maine.

Eleanor was predeceased by a daughter, Emily. She had 11 grandchildren and two great grandchildren.

A private graveside service will be held at Lakeview Cemetery in Wolfeboro.

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

STRATEGIES FOR LIVING

When an agnostic encounters the truth

BY LARRY SCOTT

In “The Case for Christ,” author Lee Strobel, a journalist for the Chicago Tribune, and thoroughly convinced the Christian faith was bogus, tells this amazing story.

“For much of my life I was a skeptic. In fact, I considered myself an atheist. To me, there was far too much evidence that God was merely a product of wishful thinking. ... As for Jesus, ... [I was convinced] He was a revolutionary, a sage, an iconoclastic Jew – but God? No, that thought had never occurred [even] to Him. ... I had read just enough philosophy and history to find support for my skepticism. ... I had a strong motivation ... a self-serving and immoral lifestyle that I would be compelled to abandon if I were ever to change my views and become a follower of Jesus. ... There was enough proof for me to rest easy with the conclusion that the divinity of Jesus was nothing more than the fanciful invention of superstitious people. [And then Strobel’s life took a dramatic change of direction].

“It wasn’t a phone call from an informant that prompted me to reexamine the case for

Christ. It was my wife. Leslie stunned me in the autumn of 1979 by announcing that she had become a Christian. I had married one Leslie – the fun Leslie ... now I feared she was going to turn into some sort of sexually repressed prude. ... Instead, I was pleasantly surprised – even fascinated – by the fundamental changes in her character, her integrity, and her personal confidence. Eventually, I wanted to get to the bottom of what was prompting these subtle but significant shifts in my wife’s attitudes, so I launched an all-out investigation into the facts surrounding the case for Christianity.” [Consistent with his training as a journalist, Lee Strobel launched a two-year odyssey, interviewing carefully selected experts who could help him clarify every question he had concerning the Christian faith.]

“By November 8, 1981, my legend thesis, to which I had so doggedly clung for so many years, had been thoroughly dismantled. ... The atheism I had embraced for so long buckled under the weight of historical truth. It was a stunning and radical outcome, certainly not what I had anticipated. ... So on November 8, 1981, I talked

with God in a heartfelt and unedited prayer, admitting and turning from my wrongdoing, and receiving the gift of forgiveness and eternal life through Jesus. ... There were no lightning bolts, no audible replies, no tingly sensations. ... Over time as I endeavored to follow Jesus’ teachings and open myself to his transforming power, my priorities, my values, and my character were (and continue to be) gradually changed” (“The Case for Christ,” pages 13, 14, 266, 268).

What can I say? It is the miracle of conversion to the claims and gift of new life available through Jesus Christ that never ceases to amaze me. Different from adopting a new set of principles or “turning over a new leaf,” I have been overwhelmed by the fundamental changes of outlook, attitude, integrity, inner peace and self-respect that has been evident, without fanfare or grandstanding, in the lives of those who have discovered the gift of life available in Jesus Christ. Skeptics notwithstanding, this is real!

You want to talk about it? Hit me up at [rlarryscott@gmail.com](mailto:rlarryscott@gmail.com).

Village Players spring production postponed until next year

April movie presentation cancelled at Wolfeboro theater

WOLFEBORO — Last month, the Village Players Theater in Wolfeboro announced the cancellation of the March movie presentation as well as the postponement of the spring show, Neil Simon’s “Broadway Bound,” which was set to open this past weekend.

With the pandemic situation still very much unresolved, the Village Players Board of Directors made the tough decision at the most recent board meeting to put off the production of Broadway Bound until next April. Director Bob Tuttle has committed to directing the show next year and any cast members who wish to continue their role will be allowed to do so.

The board also made the decision to cancel the April movie presentation of “Public Enemy,” which was scheduled for April 24 and 25.

The board has put off a decision on the May movie presentation of “Caddyshack” (May 15 and 16). Additionally, auditions and a show date for the scheduled summer production, Laughing Stock, have not been officially scheduled and will be announced as soon as a decision is made.

All tickets that have been sold will be honored at makeup dates or refunds are available. Be sure to visit the theater web site at [village-players.com](http://village-players.com) for the latest updates on movies and productions and ticket refund options.

The Village Players offer a sincere thanks to all of their patrons who have continued to support the theater over the past 40-plus years and they look forward to entertaining the residents of the Lakes Region as soon as it is safe to do so.

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

**ALTON BAY CHRISTIAN CONFERENCE CENTER**  
Sundays throughout the summer 10 am & 7 pm; Tues-Thurs 9 am; 875-6161.

**BEFREE COMMUNITY CHURCH, ALTON**  
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, [www.befreechurch.net](http://www.befreechurch.net).

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

**COMMUNITY CHURCH OF ALTON**  
Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am  
Rev. Dr. Samuel J. Hello. 875-5561.  
Sunday Worship Service 10:00am  
Alton Bay Bandstand July 1-Sept 2  
10:00am 20 Church Street

**CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC**  
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POULIOTS

(continued from Page A1)

civic engagement found-  
ed in 2016 to highlight  
America’s diversity. Now a 50 state initiative,  
For Freedoms was in-  
spired by Norman Rock-  
well’s paintings of the  
four universal freedoms  
spoken of by Franklin D.  
Roosevelt in 1941 – free-  
dom of speech, freedom  
of worship, freedom  
from want, and freedom  
from fear. The artists  
transformed those icon-  
ic images to represent  
more up-to-date views  
of the country’s popula-  
tion.

“We were involved in  
the freedom of worship  
piece,” Paul explained.  
“We were brought in to  
talk about how indige-  
nous cultures have been  
repressed since Colonial  
days. It wasn’t until 1978  
that indigenous people  
were granted the right to  
practice their religious  
beliefs.”

The art projects he  
and Denise were doing  
with the museum, how-  
ever, had another pur-  
pose.

“Turns out we were  
being vetted for a bigger  
project.”

That venture was the  
For Freedoms Congress,  
held in Los Angeles at  
the end of February. The  
Pouliots were invited  
to attend the week-long  
event as representatives  
of the Cowasuck People,  
and joined more than 550  
community artists and  
leaders.

“It was held in China-  
town and tied to all of the  
major art museums out  
there,” Paul said. “This  
is a political movement  
to use art to practice

our freedoms. There’s a  
deeper meaning to this;  
it’s setting policy for the  
future.”

But a problem was  
looming. One second,  
they were hobnobbing  
with A-list producers  
and artists, and the next,  
they ran smack dab into  
one of the earlier out-  
breaks of Covid 19.

“We were right in the  
thick of it,” Paul said.  
“We saw the inner city  
problems with a pan-  
demic coming.”

They flew home on  
schedule, the first week  
of March.

“There was no PPE  
anywhere,” Paul said,  
“because no one realized  
what was going on.”

Thinking they had  
been exposed, they  
self-quarantined.

“When we got back,  
every video conference  
run by the groups we are  
involved with was about  
setting new policies,”  
Paul said. “Everything  
tied in to what we did  
with For Freedoms.”

“The state initiated  
a committee of leaders  
throughout the state for  
emergency response,”  
Denise said. “We serve  
on that as indigenous  
voices.”

The NH Covid 19 Equ-  
ity Task Force crisis  
team is in place to en-  
sure every resident, es-  
pecially those who may  
be marginalized, has  
equal access. The Pouli-  
ots work within the Food  
Security group.

“We’re small fish in a  
big pond,” Paul said.

“Other fish have been  
jumping in,” Denise  
said, citing the team has  
gone from six to 45 par-  
ticipants. “The goal is to



Indigenous foods and traditional cooking are specialties of Alton residents Denise and Paul Pouliot. During the Covid 19 crisis, they have been serving on the New Hampshire Covid 19 Equity Task Force crisis team, within the Food Security work group, to discuss ongoing proposed projects and social policies. Here, they dig up sunchokes in one of their raised bed gardens at their home.

formulate a system of ad-  
dressing long-time need  
that may be neglected by  
other efforts.”

She said growing food  
for individual needs  
is encouraged, adding  
“We have to figure out  
a term different from  
‘victory garden,’ but the  
revitalization that whole  
project accomplished is  
what we need to do. Ev-  
eryone needs to be think-  
ing about long-term sur-  
vival. We need to build  
relationships with our  
neighbors, so we can  
barter rather than con-  
stantly be buying.”

“We need to move to  
sustainable and equita-  
ble,” Paul said. “Every-  
one should be given a  
fair shot to survive.”

“We want to remove  
the panic that goes  
through people’s heads  
when they see stocks  
are limited, and let them  
know they can take care  
of themselves on their  
own and in a more en-  
vironmentally-friendly

way,” Denise said.

The Pouliots are prac-  
ticing what they preach.

“We had a gentle-  
man’s garden,” Paul  
said, “and we’re expand-  
ing it to a survival one.  
We’re picking seeds that  
will give us the most  
bang for the buck.”

Denise said they are  
focusing on indigenous  
crops, such as Chero-  
kee beans, carrots, sun  
chokes, celery, spin-  
ach, wax beans, white  
squash, chives, onions,  
shallots, blueberries,  
and grapes.

“We’re changing our  
whole thought process,”  
she said.

That includes how  
they are consuming  
food. Lately they are us-  
ing a technique they saw  
in Hawai’i and adopted.

“Japanese barbeque  
is searing meat and veg-  
etables over an open  
flame so hot the food  
cooks in a couple of sec-  
onds,” Paul said. “You  
cook and eat simultane-  
ously.”

“It takes longer to eat  
a full meal because you  
cook as you go,” Denise  
added, “so you process  
nutrients better.”

They also brought  
home a cooking idea  
from their time in Los  
Angeles; the technique  
cooks everything in boil-  
ing water.

“You dip as you go,”  
Paul said. “It’s another  
way of eating with no  
oils.”

With their back-  
grounds in plants, the  
Pouliots say they are  
often asked about forag-  
ing.

“You have to know  
how to wild harvest,”  
Paul said, “or it could be  
dangerous, both for the  
forager and for endan-  
gered plants.”

PARADE

(continued from Page A1)

ally had relationships with,” David said. The pair  
agreed that neighbors in their community have  
been more “visible,” and they catch up from across  
the street while on walks or spending time in their  
yards, making sure that everyone is healthy and do-  
ing well, especially those with family members who  
live far away.

“We’re a very friendly neighborhood,” she said.

Alton’s Isabelle Tinkham  
named to Bridgewater  
State Dean’s List

BRIDGEWATER, Mass. — Isabelle Tinkham,  
daughter of Kim and Greg Tinkham of Alton Bay and  
a 2019 graduate of Prospect Mountain High School,  
has been named to the Dean’s List for the Fall 2019  
semester at Bridgewater State University.

To earn this award, Isabelle joined an elite group  
of students who were able to maintain a grade point  
average of 3.3 or higher.

BOS

(continued from Page A1)

the size of the office space,  
the conversations become distracting for others who  
are working in the space, and so he offered the idea  
that a letter is sent to department heads to work with  
Montgomery more on the phone.

While Montgomery supported the idea and  
said that she would contact the departments about  
communicating with her more remotely and with  
a formal process, she added that she doesn’t “want  
anyone, especially department heads, to think that  
they’re bothering me.”

Other business included speaking with the  
road agent and approving the rental of a roller from  
Equipment East in Bow for the summer 2020, the  
signing of a lease with Butler’s Bus Service and a  
discussion about allowing The Fox and Crow Farm  
to rent an empty town-owned building for storage of  
food for the ongoing “online grocery store” program  
to help families during the coronavirus (COVID-19)  
pandemic. Owner of the farm Erin Stone said to Ma-

har in a previous conversation that she is willing to  
pay \$100 per month plus insurance for the storage of  
food in refrigerators in the building, as well as the  
costs of maintaining the building. Beijer said that  
because it is only for storage, it does not need to be  
approved by the planning board. Mahar said that  
she will reach out to Stone with the offer.

The meeting continued with several short  
discussions about revisiting the Capital Improve-  
ment Plan on a yearly basis, a “fair and equitable  
wage matrix” that will look at town employee reten-  
tion and utilization of services using information  
provided by each department, and goals for Mont-  
gomery as she continues in her recently-acquired  
title of town administrator.

Because board of selectmen meetings being  
held every other week instead of every week until  
further notice for public safety during the pandemic,  
the next meeting will be on April 28.

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hours.

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# Unintended Consequences for Those with Hearing Loss

There are many challenges that have developed due to the COVID 19 virus. One of them is the use of face masks. Face masks are essential to reduce the spread of illness. Everyone should be wearing them. They help protect the wearer and those around the wearer. Please wear your mask!

Unfortunately, wearing a mask makes it difficult for people with hearing trouble. The mask prevents people from being able to see how your mouth and face move. Those with hearing loss depend on these visual cues to help them identify sounds they did not hear. The face mask also distorts speech and can make it sound muffled. The muffling of voices makes it more difficult for those with hearing impairment to identify speech sounds. Thus, it's a double whammy. Not only does the

mask often distort the sounds of speech, but it prevents the use of visual cues to help resolve what was missed.

Remember that hearing loss is often invisible and is very common. For every one person you know who wears glasses, there are 3 with trouble hearing. If you perceive that someone is not hearing you well, please slow down your rate of speech. Do not stretch out your words. Instead, pause frequently when speaking. Try to take a breath every 3-5 words. The pauses will give the listener time to resolve what they missed and help them understand you better.

One blessing from our Stay-at-Home order is that we are getting to spend more time with our family members. This may lead to observing that some members of the family are not hearing

well.

Some signs that someone doesn't hear or understand you easily are: the listener demonstrates intense attention to you when you are speaking; they ask you to repeat-sometimes multiple times; You might observe a wrinkle on their forehead, between their brows; or you might receive responses that bear no relationship to what you originally tried to communicate.

Sometimes hearing trouble is a result of the ear canal becoming clogged with ear wax. Most often hearing loss results from a combination of family genetics, noise exposure, chemical exposure (too much aspirin, chemotherapy, exposure to solvents), head injury, or high fever. Unfortunately, as we get older, more of these aspects add up to reduce our hearing.

The only way to know more about your hearing is to have it evaluated. A professional hearing evaluation, performed by a licensed Audiologist, will correctly identify if there is any medical condition that needs attention. It will also lead to appropriate recommendations for how to improve your hearing.

Some offices are working limited hours and some are closed. Audiology Specialists is open with reduced hours. We are a local, independent business. Dr. Laura O'Brien Robertson, Au.D. has helped members of the Lakes Region since 1992. Audiology Specialists can be reached at 528-7700 or via the web at [www.audiologyspecialists.com](http://www.audiologyspecialists.com).

# Things to know before drafting a living will

During the prime of their lives, people typically don't give much thought to scenarios in which they become ill or are facing the end of life. Sickness and mortality are not easy conversations to have, but it is important for everyone to approach these heavy topics with close family members so that individuals can rest easy knowing their needs will be met if or when their health falters.

An advanced healthcare directive — also known as a living will — is a legal document in which a person lists the specifics of medical care and comfort actions they desire should the individual no longer be able to make decisions for themselves due to illness or incapacity. The legal advice resource Legal Zoom says the living will may list certain things, such as whether life support is desired or if pain medication should be administered. A living will should not be confused with a traditional will, which is a legal document that explains wishes for financial and personal assets after a person dies. Living wills also differ from living trusts, which address how assets will be managed if a person becomes incapacitated.

A living will is not always a necessity if a per-

son does not have strong feelings about decisions made on his or her behalf while not cognizant. However, for those who do want to have a say in care, a living will is the best method for ensuring choices will be carried out. The following are some other questions people should ask themselves concerning living wills.

- Do I want to remove the burden of tough choices from my loved ones? A living will relieves grieving loved ones of the responsibility of making challenging decisions of invoking life-saving procedures or not — particularly if they're not sure what you desire.
- Do I have firm feelings about life-saving methods? A living will allows you to spell out preferences on insertion of feeding tubes, if you want specialized hydration, if you want to be hooked up to life support if brain function is minimal, and a host of other scenarios.
- Is cost preventing me from drafting a living will? Cost need not be a factor in setting up a living will. You can download a free template from any number of online legal sources. Local hospitals often have forms as well, which can be notarized for only a few dollars. These forms are



generally comprehensive and can help you answer all the questions and write in specifics.

• Have you selected a trusted person to carry out wishes? A health care proxy, according to the American Bar Association, is a person appointed by you with the authority to make decisions for you if you are unable to express your preferences for medical treatment. Together with the living will, the health care proxy, also called a durable medical power of attorney, can fulfill your wishes accordingly.

A living will is an important component of medical and estate planning.

# Innovative fitness programs for seniors



It is important to stay active and eat healthy foods in an effort to promote fitness and well-being. This is especially true for seniors, many of whom lead increasingly sedentary lifestyles as they age.

The American Heart Association says adults should get at least 150 minutes of moderate exercise per week, or 75 minutes of vigorous aerobic activity, and a Harvard University study says that exercise can be an insurance policy for heart health.

Today's seniors have more fitness options at their disposal than ever before. SilverSneakers® is the leading community fitness program for older adults in the United States. SilverSneakers® members can participate in specially curated programs at participating gyms and community centers across the nation. According to the organization, there are more participating fitness locations available than there are Starbucks® coffee establishments. Classes are fit for everyone, no matter their experience level.

Those concerned about gym costs may find that SilverSneakers® already is included in their Medicare Advantage plan for no additional cost. Plus, there is access to healthy living discounts from participating businesses.

Canada has begun to develop its own senior-centric fitness programs. The Healthy, Safe and Strong group exercise program is an introduction to safe exercises available for adults age 60 and older in the province of Ontario. The program can help develop better stamina, maintain or improve balance and increase strength and endurance. StrongerU Senior Fitness is a relatively new program of pre-choreographed group fitness offering instruction in four program types: cardio, strength training, stretching, and circuit training. The program addresses a need in Canada for quality and consistent senior fitness programming.

As studies show that engaging in physical activity is the most effective way for aging men and women to stay healthy, more adults may be compelled to join fitness groups that cater to the 50-and-over market.

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## New Durham Library now streaming Story Time

NEW DURHAM – Young patrons will be happy to see that the New Durham Public Library has begun streaming Mini-Storytime on Facebook Live. The 15-minute segments, filled with songs, rhymes, movement, finger plays, and stories are on the library's New Durham Public Library page on Wednesdays at 11:30 a.m.

The library's e-newsletter is brimming with accurate information and links to trustworthy websites. There are also ideas to get everyone off of the couch and away from the screens.

Receiving the weekly e-newsletter couldn't be easier; click "Subscribe" on the homepage at newdurhamlibrary.org, then "Here" on the next screen, and then enter your email address.

Digital access to downloadable books and genealogical sites is also available from the website.

The library is here, too, to help if you need someone to shop for you or if you need a facemask for personal protection.

E-mails to newdurhamlibrary@gmail.com are answered every day of the week and phone calls to 859-2201 are answered periodically.



## Exhibit expected to bring community together this summer at NHBM

WOLFEBORO — Known for its popular 'Millie B,' a 28-foot, mahogany, triple cockpit replica 1928 Hacker-Craft that takes visitors out on Lake Winnepesaukee, the New Hampshire Boat Museum (NHBM) also curates exciting exhibits.

"Our exhibits often provide insight into lake life, the culture, lifestyle and the history of it," said NHBM Executive Director Martha Cummings. "They are a lot of fun."

In 2019, NHBM featured "Racing on the Waterways of New Hampshire," which celebrated the history of boat racing across New Hampshire.

"It featured different sizes and types of vintage and contemporary race boats," she added. "Boat races have always been a big part of life here in the Lakes Region."

In 2020, NHBM's main exhibit is "Locally Produced" and "Smooth Water." The exhibit, presented by Eastern Propane and Oil, will feature stories of boat and motor manufacturers as well as companies that made boating accessories within New Hampshire, particularly the Lakes Region.

"Since New Hampshire was first settled,

boat building has played an essential role both on the seacoast and on inland lakes and rivers," explained Cummings. "Our exhibit will explore how these local companies supported their communities and the state's economy."

Expressing enthusiasm for the exhibit's subject matter, Josh Anderson, Eastern Propane and Oil's vice president of marketing and business development, said they are "proud" to be involved.

"The NH Boat Museum has done a lot of good work for the local boating community and the New Hampshire Lakes Region," he noted.

Referencing COVID-19 and the inherent uncertainty surrounding it, Anderson said

it has been "amazing" to see many businesses across the state support a variety of nonprofits during these "unprecedented times."

"Situations like the coronavirus crisis really bring out the resiliency of people," he said. "I think it's important for people to get out once this crisis is over. Going to the NH Boat Museum to check out the exhibits, see some historic boats, and learn the history of the lakes is a great activ-

ity for families."

Hampshire's fresh wa-



In addition to Eastern Propane and Oil, NHBM's 2020 exhibit season is sponsored by Meredith Village Savings Bank, Goodhue Boat Company, and Bank of NH.

"We are so thankful for our corporate sponsors, partners, and individual members," said Cummings. "I hope NHBM can help play a role in bringing us all together again. Whether it is in our spacious museum or out on the water, I think people will enjoy what we have to offer this summer."

Founded in 1992 by antique and classic boating enthusiasts, NHBM is committed to inspire people of all ages with an understanding of, and appreciation for, the boating heritage of New

terways.

To learn more about NHBM, including updates on delayed openings, visit nhbm.org.

"We are closely monitoring the COVID-19 crisis and the state's mandates," added Cummings. "We want to provide our visitors, staff, and volunteers a safe and enjoyable experience this summer."

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# REAL ESTATE



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- General Surgery
- Women's Health
- Counseling Services



# Celebrate Our

## LOCAL SPORTS HEROES

*Past, Present & Future*



**Celebrate the achievements of local athletes  
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**Send a picture and description of your athlete to  
[news@salmonpress.news](mailto:news@salmonpress.news)**

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





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Jessica Wheeler  
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