

PMHS students shine on national stage

FBLA MEMBERS ATTEND NATIONAL LEADERSHIP CONFERENCE

BY KATHERINE LESNYK
Contributing Writer

ALTON — It was a long journey for the Prospect Mountain High School (PMHS) Future Business Leaders of America (FBLA) to get to the FBLA National Leadership Conference on June 28 to July 2, but it wasn't the first time the group has made the journey – it was the third.

PMHS business and technology teacher Jennifer Cove began PMHS's FBLA chapter four years ago, and now for the third year in a row, PMHS FBLA students were eligible to attend the national competition, which took place in San Antonio, Texas. Out of more than 200,000 FBLA students around the United States and the world, about 12,000 attended nationals.

Future Business Leaders of America - Phi Beta Lambda, Inc. is the largest "career student business organization" in the world, according to the FBLA web site. The key principle, Cove said, is to "connect business and education together through community service."

Cove said that there were 29 students in FBLA for the 2018/2019 academic year. More than 20 of the students attended the state competition and of the 13 FBLA members who were subsequently eligible for the



PMHS FBLA students (l to r), Alexa Carpenter, Jiana Kenerson, Emily Feinberg, Jordan Ingoldsby and Natalie Cates attended the National Leadership Conference in Texas.

national competition, five – Jordan Ingoldsby, Emily Feinberg, Alexa Carpenter, Jiana Kenerson and Natalie Cates – attended.

FBLA chapters have to place in the top four organizations in each state

competition at the end of March in order to be eligible for the national competition, according to Cove. After finding out PMHS students were eligible for nationals, Cove said that the next step was "fundraising

furiously" with support from the school board and community sponsors. The group members got feedback from the state competition on their presentations and attended "bootcamp" to practice for nationals.

Kenerson, a member of the PMHS class of 2021, has been in FBLA for two years and this was her first time going to the National Leadership Conference. She competed in the "impromptu speaking" category,

in which students only have 10 minutes to prepare before they have to present. Impromptu speaking is only one of more than 100 categories that students can participate in, including business ethics, financial planning, coding and programming, agribusiness, sales presentations and interview skills.

Cove and the students arrived in San Antonio on June 27. On June 28 and 29, the students attended the Institute for Leaders, which is an "intense" seminar where the students listened to speakers, worked on leadership development skills and got to know fellow FBLA members. The opening ceremonies, which Cove described as "one of the highlights for the students," were on June 29 with all 12,000 participants. The students were able to continue getting to know FBLA members from other schools and familiarizing themselves with the candidates for the FBLA national officers, who campaigned throughout the week. Competitions began on June 30, and final competitions were on July 1. The closing ceremonies, where students were recognized for the scholarships and other awards they won at the state and national

SEE FBLA, PAGE A10

Cullison reflects on his time at Prospect Mountain

BY KATHERINE LESNYK
Contributing Writer

ALTON — On June 7, Prospect Mountain High School (PMHS) Superintendent Robert Cullison stood next to the platform at the front of the PMHS auditorium as the students in the class of 2019 retrieved their diplomas from Principal J. Fitzpatrick. Cullison congratulated the students individually, shook their hands and, in his words, made sure they didn't fall as they descended the stairs be-

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cause of uncomfortable new shoes. Cullison has been a source of support for students and staff at PMHS for seven years, and he began his retirement at the end of June.

Cullison attended Western Maryland College (now known as McDaniel College) for art education, and spent time as an art teacher before moving on to "co-operative education" for students who were at risk of dropping out.

"It was a work-study program where I taught them English, social studies and math, and then I supervised their work experiences in the afternoon," he said.

After that, he became an administrator for an alternative program for "dropout retrieval" in Baltimore County, Md., and later developed a program for students who had been removed from their traditional schools. During that time, he achieved his administrator certification and later became the principal of the alternative program. He re-

tired from the school in Maryland and chose to move to New Hampshire for the superintendent position at PMHS.

He described many aspects of PMHS that he believes make it a special place, including examples that were specific to the superintendent position and others about the community and culture of PMHS. Because the SAU office is on school property, he said it's easy to connect with the students and be a visible figure to them, from attending plays and concerts to greeting them at the front doors in the morning. He said that many schools have their SAU offices on another site. As an example of the PMHS culture, he cited the Prospect United scholarship for the class of 2019, for which the essay topic was about what PMHS meant to the students. Cullison said that most of the students wrote that the school feels like a family to them.

"I've enjoyed being

SEE CULLISON, PAGE A11

Earlier deadlines moving forward

MEREDITH — Due to printing schedule changes, the weekly editorial deadline for The Baysider has changed to 4 p.m. on Mondays. Please note that all letters to the editor, photos, press releases and obituaries must be in our offices by 4 p.m. on Monday for inclusion in that week's paper.

Also note, the advertising deadline of 4 p.m. on Monday has not changed.



COURTESY PHOTO

Marker of remembrance

St. Joan of Arc Council 7533 of the Knights of Columbus dedicated and blessed a marker for Sir Cecil Williams, a Fourth Degree Knight. Brother Cecil was responsible for refurbishing and renovating the 14 outdoor stations of the cross in the grotto at St. Katherine Drexel Church. Pictured are Armand Roy, Past Grand Knight, Fr. Robert Cole, pastor, Connie Williams, wife of Cecil, Deacon Charles Ferraro, server Hannah Piper and Austin Gibbs, cross bearer. Setting the marker in place was the work of Justin Rawsley and Tim Crossman. On the marker was inscribed "In memory of Sir Knight Cecil Williams whose craftsmanship was instrumental to the presentation of these stations of the cross. Circa 2015 Vivat Jesus.

Board agrees to replace catch basins

BY KIANA WRIGHT
Contributing Writer

BARNSTEAD — The July 9 Barnstead Board of Selectmen meeting arose a variety of topics including increased budget for road work, an informative grandparents night, and a celebration of life for a special someone with great ties within the community.

Barnstead Highway Department (BHD) representative Andrew Sylvester stood before the Barnstead Board of Selectmen to ask for \$10,200 to replace the catch basins on Maple Street. He said the salt and ice from the winter were away at the bricks, therefore made them collapse. There are a total of 13 catch basins, yet only five need to be re-

done. Three of the five are being paid for by the BHD's budget, and the last two, the committee voted to grant Barnstead Highway Department the money they needed, which will be paid for out of the town's emergency trust fund.

The estimated time period of White Oak Road's construction is the end of July. With the

closed road, Barnstead townspeople have asked drivers on the detours to remember that it is a community road and to drive carefully.

The Barnstead Historical Society has canceled their event on July 27 due to insurance issues. They are hoping to have it next summer.

The Center Barnstead Christian Church will

be holding their weekly grandparents' night hosted by the Barnstead Helpers Monday, July 15, from 6 to 8 p.m. They will be offering support, dinner and also legal advice from certified lawyers.

A celebration of life will be held for Gordon Preston July 27 at his family home on North Barnstead Road in Barn-

stead. Preston passed away earlier this spring and will be honored that evening with multiple events planned. A potluck lunch and pig roast will be served at 1 p.m. and his family will lead remembrances at 3 p.m.

The Barnstead selectmen's meetings are held every Tuesday at 5 p.m. in the Barnstead Town Hall.

Barnstead Fire and Rescue hosting blood drive

REGION — Following a difficult Fourth of July week for blood and platelet donations and ongoing challenges finding new blood donors, the American Red Cross now faces a blood shortage and has issued an emergency call for eligible individuals of all blood types to give now and prevent delays in medical care.

About 450 fewer blood drives were organized by businesses and other community groups last week than during a typical week as people across the country celebrated the holiday with activities and travel.

This led to about 17,000 fewer blood donations than needed for patients in a single week, causing the Red Cross to now have less than a three-day supply of most blood types available – and less than a two-day supply of type O blood – for patients. At least a five-day supply is desired.

“Medical emergencies and critical treatments don't stop for holiday celebrations. Patients depend on lifesaving blood transfusions every day,” said Cliff Numark, senior vice president, Red Cross Blood Services. “Right now, the Red Cross only

has less than a three-day supply when we need a five-day supply to be prepared for all situations that require blood products. To help meet this need, we've added about 8,000 additional appointments at blood donation centers and community blood drives over the next few weeks to accommodate more donors. But we need people to fill those appointments, please join us today.”

In June, the Red Cross launched the Missing Types campaign to encourage donors – especially new donors and those who have not donated in the past years

– to give blood or platelets during the challenging summer months. Through the campaign, the letters A, B and O – letters that make up the main blood groups – disappeared from popular brands to symbolize what happens when blood goes missing from hospital shelves during blood shortages.

Despite an encouraging response to the campaign, blood donations still fell short of expectations in June, resulting in more than 24,000 fewer donations than needed, and nearly 700 fewer here in the Northern New England Blood

Services Region, causing a significant draw down of the Red Cross blood supply.

“Blood is only available when generous blood and platelet donors roll up a sleeve to give, and right now, all donors – especially those give have never given or haven't given in a while – are urged to make an appointment to give today,” Numark added.

Donors of all blood types, especially type O, are urged to make an appointment to donate using the Blood Donor App, at RedCrossBlood.org or by calling 1-800-RED CROSS (1-800-733-

2767). Donation appointments and completion of a RapidPass online health history questionnaire are encouraged to help reduce the time it takes to donate.

Those interested in hosting a blood drive can learn more and sign up to sponsor a drive this summer by visiting RedCrossBlood.org/HostADrive.

Barnstead Fire and Rescue will be hosting a blood drive on Wednesday, July 31, from 9 a.m. to 2 p.m. at the Parade Road station.

Locke Lake annual meeting at PMHS

BARNSTEAD — There will be no Locke Lake Colony Association public board of directors meeting in the month of July. The Annual Meeting is Saturday, July 27, at 10 a.m. at Prospect Mountain High School. Please arrive early to sign in.

Boat museum offering children's story hour

WOLFEBORO — On Fridays, July 19 and Aug. 16, Wolfeboro Public Library will visit New Hampshire Boat Museum (NHBM) for Children's Story Hour.

At the events, Barbara Widmer, children's librarian at Wolfeboro Public Library, will take children and their parents through what NHBM Executive Director Martha Cummings referred to as a “special family story-time.”

“Children's Story Hour is a great summer activity for families with young children,” she said.

Both events take place in the morning from 10:30 to 11:30 a.m.

“You can start the day with a story and then take the kids through the museum exhibits,” she added. “It makes for a wonderful family day.”

Children's Story Hour is designed for children, ages two to six. Admission for children and one accompanying adult is free.

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 Hampshire's fresh waterways.

To learn more about NHBM, or its events, visit nhbm.org.

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Old Home Week 5K coming Aug. 10

ALTON — Alton Bay concerts at the bandstand take place Saturdays, 7-9 p.m. at the Alton Bay Bandstand.

July 20 - Shana Stack - country;
July 27 - Bittersweet - classic rock;

Aug. 3 - Gerry Gri-mo and East Bay Jazz - elegant swing, jazz and blues;

Aug. 10 - Blacklite Band - classic rock - fire-works to follow at 9 p.m.;

Aug. 17 - Chris Bonoli - soft rock, country and classic electric blues;

Aug. 24 - Saxx Roxx - classic rock with brass

Alton Old Home Week 5K Road Race

Co-Sponsored by Mer-edith Village Savings Bank, the race takes place on Aug. 10 at the Alton Bay Bandstand at 9 a.m. The USATF cer-tified course through Alton includes comput-erized timing with bib chip and results posted online. The course is scenic, slight varying, flat/downhill with one moderate incline and is paved. Prizes, refresh-ments, water stops, traffic control and raf-fle for racers are in-cluded. Forms and map available at www.alton.nh.gov or register on-line at www.lightboxreg.com/alton5k2019.

Line dancing lessons
Line dancing with Joan Lightfoot is held at the Pearson Road Com-munity Center on Thurs-days from 1:30 to 3 p.m. until Aug. 1; then will resume at the Alton Bay Community Center on Aug. 8. Register on site.

Zumba
Zumba classes with Sherry Meyer are Mon-days and Wednesdays at the Alton Bay Commu-nity Center from 8 to 9 a.m.

Alton Recreation Soc-er League
Register now for the Alton Recreation Soc-er Program, grades one

through six. Skill devel-opment, drills, funda-mentals, teamwork and games. Season runs Au-gust-October. Register online at www.revsunit-ed.com/ars. Deadline to register is July 31.

Singalong and camp fire at Alton Town Beach
Join friends and com-

munity members at the Alton Town Beach on Friday, Aug. 2, from 8 to 9:30 p.m. for a beach campfire and acoustic guitar sing along with John Irish. Bring a chair and toast s'mores. This program is free. Fun for the whole family.

Breakfast buffet in Alton on Sunday

ALTON — On Sunday, July 21, the Masons of Winnipisaukee Lodge in Alton will be hosting their monthly breakfast buffet, open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle. With fresh fruit, biscuits and gravy, scram-bled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee and juice being

served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buf-fet. So. join them for breakfast between 7:30 and 11 a.m. They hope to see you there, always on the third Sunday of the month. For more information, contact David Collier at 875-0816.

Sponsors sought for Old Home Day parade

ALTON — The Alton Business Association is excited to present this year's Alton Old Home Day Parade on Saturday, Aug. 10, at 2 p.m. The parade participant list is growing by the day and they are super excited to announce one of the highlighted participants, the NH Police Association Pipes and Drum Band, spectators won't want to miss out on this. For creative minds, they are having a float con-test with cash prizes. No time to build a float? Then gather some friends or family to walk it or cruise the parade in your prized car (a great opportunity for some free advertising for your business). The parade will start in the center of town at 2 p.m., the parade line-up will begin at 1 p.m. on School Street by Alton Central School, travel down Main Street and it will end in Alton Bay (approximately 1.8 miles). Specta-tors feel free to find a spot anywhere along this route.

The ABA is looking for sponsors to help with the costs of the parade. It's a great way to thank the com-munity for supporting your business and to get your brand out there. Sponsor logos will also be listed on a sponsor banner, announced along the parade route, and as well as in press releases and marketing mate-rials. The ABA sends a thank you to a growing spon-sor list to date, Lakeside Smiles Pediatric Dentistry (Gold Level), Catchpenny (Gold Level), Hannaford (Bronze Level) and Inspiration for Organization (Bronze Level). Sponsors may submit any donations by Friday, Aug. 2. For registration and sponsorship information, please contact Christy Painchaud at altonbusinessassociation1@gmail.com.

Open barn July 27 in Barnstead

BARNSTEAD — Tiz A Miniature Horse Farm at 158 Garland Road in Barnstead will be hosting an open barn on July 27 from 10 a.m. to 3 p.m. Cart rides, baby horses to pet, groom and lead as well as demon-strations will all be taking place. Hot dogs, hamburg-ers, soda and more will be offered for sale as well.

Everyone is welcome to this fundraiser for the Yankee Miniature Horse Club.

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Summer school

It may be summer time, but we have two stories on our front page this week dealing with Prospect Mountain High School.

One story is an interview with newly-retired Superintendent Robert Cullison.

Over the years in this space, we have mentioned that we believe having three different school districts for the three schools located in Alton and Barnstead is a bit much and having three superintendents and the staff to go with each office is a little overkill. However, we don't have any bad words to say about the people holding those superintendent jobs and in our mind, Cullison guided Prospect Mountain High School quite well in his seven years at the helm.

Cullison noted in his interview with our Katie Lesnyk that when he was in the school late for board meetings or other business, it seemed like students were always there. Whether it was practicing in the gym, working on cheers in the cafeteria, building a robot in the shop or rehearsing in the band room, it seemed that students were always there.

To us, that's the sign of a good school, a place that kids aren't in a hurry to leave after every day. And a good school is the product of the people who run it. Principal J Fitzpatrick and Cullison have proven to be effective, smart, quality leaders who put the best interests of the students and staff first and foremost. We thank Superintendent Cullison for his hard work and dedication to the students of Alton and Barnstead and wish him nothing but the best in his retirement.

We had a welcome interview with incoming Superintendent Tim Broadrick a few months back when he held a local meet and greet and we wish him the best of luck. He has some large shoes to fill, but we believe he was left a school district that was in good shape and should continue to shine under new leadership.

Some of the students that Cullison might have seen in the school late at night were the kids that represented Prospect Mountain at the FBLA National Leadership Conference in San Antonio, Texas. Though the Prospect Mountain chapter of the Future Business Leaders of America is relatively new on the scene, its members have quickly risen in prominence in state competitions and many earned the chance to compete at the national level. They worked hard and did the fundraising needed to make this trip and journeyed with advisor Jennifer Cove to Texas.

This was a great opportunity for local students to see things on a national scale. PMHS has made a few of these trips in the past, showing just how quickly PMHS students made a name for themselves in the FBLA scene in New Hampshire.

We offer our hardest congratulations to these hard-working students and we are sure they represented Prospect Mountain and the Alton and Barnstead communities quite well while they were in Texas.

And we look forward to hearing more good things about these fine students as they move forward with their high school careers and beyond.



MATTHEW FASSETT – COURTESY PHOTO

Paint a puppy

President of the Alton, Barnstead, New Durham Rotary and Chairman of the Rotary Club's 2019 art contest, 'Paint a Puppy' Duane Hammond is encouraging anyone, artist or not, to enter to win cash and trophies by painting a puppy to help fund the Alton and New Durham K-9 corps and the Barnstead Police Department. There are three different plywood puppy silhouettes to choose from and are available at Profile Bank, Alton, Winni Paw Station, Wolfeboro, and Winter Harbor Veterinary Hospital. The contest is open to students up to age 17 and adults. Deadline to pick-up a puppy at any of the three locations is Aug. 10. On Aug 17, Alton B&M Railroad Park, Rotary and their sponsors will host a free and open to the public Puppies in the Park exhibit from 12 to 3 p.m., where all entries will be on display. The event includes cake and ice cream, popular voting, auction, and awards presented to the winners. Anyone attending who has a dog is invited to bring their pet to the 'Puppy Party.' But also bring a pooper scooper and the dog must be on a leash. Rotary's first art contest in 2016 was 'Paint a Pig' to benefit Meals on Wheels, 2017 it was 'Paint a Butterfly' to benefit Hospice and the VNA, and in 2018, Paint a Bass' to benefit Pure 'Water for the World.' For information, contact Hammond at Duane@metrocast.net, or call 569-3745.

Letters to the Editor

Stepping away from Republican Party

This letter was sent to the chairs of the NH Republican Party and the Belknap County Republican Party To the Editor:

As I am changing my registration from Republican to Undeclared, I am, by this letter, resigning as a member of the New Hampshire Republican Committee and the Belknap County Republican Committee.

While I did not vote for Mr. Trump in 2016, I did not indicate support for another candidate, as I hoped Mr. Trump would grow into the job. It is now apparent that he will not and those in his administration in whom I had confidence have left. Moreover, the Republican Party under Mr. Trump's leadership has completely abandoned its traditional conservative values, evolving into a cult of personality that embraces bigotry in this country and tyranny abroad.

Factual data and truth have been replaced by unhinged tweets. Policy positions change daily, and prior statements are repudiated or denied. The institutions upon which our form of government was built and has long operated have been compromised and corroded. Our Constitution, the rule of law and separation of powers have all given way to presidential impulses. Governance by reason has been replaced by edicts via twitter.

Fiscal responsibility is a thing of the past as the national debt has skyrocketed under the Trump administration. Financially endangered social programs, like Social Security, have gone unaddressed. Passage of a sensible comprehensive immigration

statute, which appeared on the brink of happening, was abandoned by Mr. Trump and replaced by continued harangues about building the wall, by inhumane treatment of refugees at the border, by cruel separation of families and by ongoing threats of deportation of undocumented individuals who have been longtime law-abiding and productive members of our society. Campaign promises of a significant infrastructure overhaul and improvement of our national healthcare program have been abandoned. Our foreign policy has been turned upside down. Longtime allies are demeaned and ignored. The work of our intelligence agencies is rejected by a president who insists on bragging that he is a stable genius, while his closest international friends are a Russian dictator, a North Korean tyrant and a murderous Saudi prince.

In short, the Republican Party has ceased to be the party of Lincoln, Teddy Roosevelt, Dwight Eisenhower, Ronald Reagan and John McCain. At home, the Republican Party does not seek to unite, rather it has become the party of "us" and "them." On the world stage, the party no longer champions the cause of democracy, rather the party seeks a seat for America at the table of international autocrats. This is not the Republican Party I embraced and the America it now seeks is not the America I want for my children and grandchildren.

*Hunter Taylor
Alton*

Please give blood

To the Editor:

Summer can be a busy time full of fun activities and vacations, but the need for lifesaving blood transfusions never stops. In fact, every two seconds, someone in the U.S. needs blood.

Right now, the American Red Cross is facing an emergency blood shortage and urges eligible donors of all blood types to give as soon as possible to help avoid delays in lifesaving medical care for patients this summer. This follows a difficult Fourth of July week, where donors were less available to give and hundreds of fewer blood drives were held compared to an average week as people celebrated the holiday. There is currently less than a three-day supply of most blood types on hand.

Accident and burn victims, heart surgery and organ transplant patients, and those being treated for cancer or sickle cell disease don't get a holiday from treatments that are critical to their care. More donors are needed now for these friends, family and community members who depend on lifesaving blood products.

On behalf of the Red Cross, I'm inviting you to roll up a sleeve and give the gift of life. About an hour of your donated time could lead to a lifetime of summer memories for patients in need.

*Maria Devlin
Chief Executive Officer
American Red Cross New Hampshire
and Vermont Chapter*

Free entertainment offered at New Durham Public Library

NEW DURHAM — Everyone is welcome to go to the moon and back with the New Durham Public Library's schedule of entertainment.

"We had a fantastic Mad Science show," Library Director Cathy Allyn said, "and we have four more spectacular events lined

up."

Entertainment takes place at the top of sessions of A Universe of Stories, Wednesdays through Aug. 7 at 1 p.m., and is open to the public.

"These next four performers are really great," Allyn said, "and we want as many people

as possible to take advantage of the opportunity of professional entertainment."

Lindsay and Her Puppet Pals takes the stage on July 24, Magic by George appears and vanishes on July 31, and author and storyteller Terry Farish spins tales at the final

show on Aug. 7.

Attendees on Aug. 7 will be able to choose two free books to take home, courtesy of a grant from the Children's Literacy Foundation.

All of the events are free. Call the library at 859-2201 for more information.

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts



Ready

Watershed management plan discussed in New Durham

BY FRED QUIMBY
Contributing Writer

NEW DURHAM — On June 19, a meeting was held at the New Durham Elementary School to discuss the details of the recently completed watershed management plan. Laura Diemer of the lead consultant firm FB Environmental Associates (FBE) together with Don Kretchmer of DK Water Resource Consulting (DKWRC) and Renee Boudreau of Horsley Witten Group (HWG) presented the plan to approximately 50 residents from New Durham and Alton. As part of their introduction, the watershed planners explained that this was the completion of an important phase of the cycle of watershed management, which involved building public support, taking an inventory of the watershed, defining the problem, setting goals and developing solutions and creating an action plan with a preliminary budget. With this WMP, the citizens of New Durham and Alton are in a position to implement the plan, which involves seeking funding from state and federal sources, implementing action items over the next 10 years, and continued monitoring of water quality to be sure the on-the-ground remediations are improving the quality of water in the Merrymeeting Watershed.

The watershed planners then presented an outline for the rest of the meeting, including a history of development in the watershed and the impact it had on water quality, sources identified, which contributed to degradation of water quality, and the action plan, which includes conceptional engineering designs to correct four of the most problematic sites impacted by stormwater runoff and soil erosion, establishing targeted goals for improved water quality throughout the watershed, actions necessary to achieve these established water quality goals and steps necessary moving forward.

Diemer reviewed the history of development in New Durham and Alton, which included a pre-colonial period when the area was dominated by Native Ameri-

can trails used for hunting, fishing and crop production. Beginning in early colonial times a road was cut from Dover to Lake Winnepesaukee in 1721 and settlement began with an emphasis on harvesting wood. Sawmill and dam construction began in 1762 at Downing Pond, New Durham and Wentworth Pond in Alton and both towns were granted charters by 1796. In the 1800s, wood harvesting continued but factories were built, a gun powder mill was constructed, the first camps were located on Merrymeeting Lake and Letter S Road was constructed creating Mill Pond. In 1921, George Jones controlled the water rights and dams to Merrymeeting Lake and Jones Pond, which produced electricity until 1958. Between 1944 and 1947, the state built its largest fish hatchery at the site of the former gunpowder factory. In the 1950s and early 1960s, a town landfill on the banks of Mill Pond was closed, a town dump on the banks of the Merrymeeting River in New Durham was capped and a new town dump was established on Brackett Road, and a boat landing on Marsh Pond was built. The 1960s saw a major expansion of population in both towns, the Merrymeeting Lake Dam was reconstructed, seasonal camps were converted to year-round dwellings, new commercial businesses came into both towns, roadways were expanded and road salting began. Unfortunately, this increased development also created problems for water quality in the Merrymeeting River. Currently the upper reaches of the river below Merrymeeting Lake are filled with filamentous green algae, the invasive plant variable milfoil is seen from Marsh Pond all the way down to the river's outlet on Lake Winnepesaukee, and since 2015, repeated blooms of toxic cyanobacteria have resulted in New Hampshire Department of Environmental Services (NHDES) issuing advisories that limit or prevent residents from recreating in the river at various locations in both towns.

The degradation in water quality described above was directly due to pollution of the river with excessive nutrients, particularly phosphorus. Current seasonal averages (spring, summer and fall) of total phosphorus (TP) in the waterways are much higher than the pristine water entering the river from Merrymeeting Lake. The state periodically tests lakes and ponds and evaluates their trophic status. Pristine waterbodies with TP levels below eight parts per billion (ppb) are referred to as oligotrophic and those with values higher than 12 ppb are eutrophic (degraded). Ponds with TP levels between eight and 12 are mesotrophic, which suggests the water quality is degrading. Degraded water is more productive of plants, algae, and cyanobacteria, most NH lakes with TP above 12ppb have some form of impairment. This increase in productivity can be quantitated by measuring the concentration of chlorophyll-a in the water since this is produced by all plants and algae and cyanobacteria. Currently the water leaving Merrymeeting Lake has a seasonal average TP of 3.5 ppb and the concentration in Marsh Pond immediately below the Powder Mill State Fish Hatchery (PMSFH) is 43 ppb. As you proceed downstream the TP concentration begins to decrease, in Jones Pond it is 27 ppb, in Downing Pond it is 25 ppb and in the river at Wentworth Pond it is 16 ppb. Likewise, water containing chlorophyll-a concentrations above five ppb are considered degraded and while the levels in MML are 3.3 ppb, in Marsh Pond they are 11 ppb, in Jones pond they are nine ppb, and in Downing Pond they are six ppb. Maintaining Merrymeeting Lake's excellent water quality is going to be the key to cleaning up the rest of the watershed since it will provide a continuing source of pristine water to the system throughout the clean-up process. The Powder Mill State Fish Hatchery is a point source of TP pollution, which arises from uneaten fish food

and fish excrement. And while it is the most important problem for New Durham waters, it is not the only source of pollution in the watershed. Throughout the watershed non-point sources (arising from a large area rather than a single pipe) have also been identified and include: stormwater runoff over residential property and along roadways, especially where soil erosion is involved. While some TP will always be picked up as stormwater runs over land, generally speaking unaltered forest have the lowest amount of TP because there are many opportunities for the water to be slowed down or stopped resulting in its being absorbed into the ground, picked up by the roots of plants and trees and transpired through the leaves. Forested lands that are cut and impacted by development are associated with much more runoff and TP due to unimpeded water flow, lawn fertilizers, exposed beaches, pet excrement, and failing septic systems. Wave activity can erode the banks of rivers and lakes causing the release of more TP from the soil. Agriculture can contribute to water quality decline if fertilizer application or manure spreading is not timed properly or if domestic animals are allowed to wade in tributaries. Even harvesting wood from the forest can expose stream banks to overturned soil where bound phosphorus is rapidly released into the water. The downtown commercial districts of New Durham and Alton both have high phosphorus export coefficients (increased TP in runoff over a defined area of land) and much of this runoff in Alton ends up in Mill Pond (which has highly degraded water quality and the highest watershed phosphorus mass exported by area in the entire watershed). While all these non-point sources have been identified in the current WMP other future sources can be predicted.

Kretchmer explained how the WMP modeled stormwater runoff for each 1,000-foot square portion of land in the watershed. Models are

based on state GIS open-source spatial mapping coupled with ESRI world topographical map 20-foot contours and location sample sites to manually confirm the model sub-basin boundary delineations. Sub-basins were grouped into five models: MML (1), Marsh Pond (2), Jones Pond (3), Downing Pond (4) and the Alton section of the Merrymeeting River (5). Inputs into the model included land use cover categories based on ESRI world imaging and Google Earth satellite images. Land use categories included four urban settings, four forest settings, three agriculture settings, as well as open land (two settings) and logging and unpaved roads. Then each of these settings was assigned a phosphorus export coefficient. Other inputs included monthly weather precipitation data, lake and pond volume and area estimates, data from septic systems, waterfowl counts, shoreline erosion data, water quality data, and internal phosphorus loading estimates. Results from modeling were validated with in-field observations of TP in the water throughout the watershed. Based on this modeling annual estimates for water volume and TP concentration and TP loads (kilograms per year) were made. After adjusting the map for non-buildable land throughout the watershed including: waterbodies and wetlands, steep slopes, hydric lands, conserved land, and existing buildings and after taking into

consideration town zoning ordinances, the model predicted that 9,071 acres were available for development in Alton and another 2,777 acres in New Durham, with full build-out this could result in 354 new residences in New Durham and 3,614 in Alton. Using population data from the past 30 years in each town the time for complete build-out would be 2090. Should full build-out occur the implications for water quality are profound.

Results show that currently land cover in the watershed is comprised of 79 percent forest, 11 percent wetlands, eight percent developed and two percent agriculture. The percent total TP load by land cover reveals that 59 percent comes from developed land, 31 percent from forests, 12 percent from agriculture and only three percent from wetlands. Developed land makes up a disproportionately large contribution to the total phosphorus load. Results also show that the hatchery releases 342 kg/year phosphorus into the river above Marsh Pond, this makes up 67 percent of all the phosphorus in Marsh Pond (the rest coming from waterfowl, direct watershed loads (other than the hatchery), the atmosphere and internal loading). In Jones Pond, 62 percent of the total TP load comes from the hatchery. In Downing Pond, 57 percent comes from the hatchery. And in the Merrymeeting River-Alton (Wentworth

SEE WATER, PAGE A6

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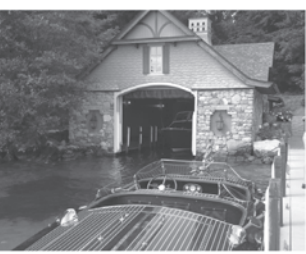
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By Hal Lyon, author of Angling on the Smile of the Great Spirit

September 5 at 7 pm: Racing on NH Waterways
By Billy Allen and Rachel Warnick, South Shore Outboard Association raceboat drivers

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WATER
(continued from Page A5)

Pond) 28 percent comes from the hatchery. However, at Wentworth Pond, 55 percent comes from the watershed in Alton, including a large component from Coffin Brook, and 17 percent come from upstream loading unassociated with the hatchery. The phosphorus load moving over the Alton dam into Lake Winnepesaukee is estimated to be 867 Kg/year - a huge amount.

The model also estimated the TP concentrations throughout the river before human colonization, all waterbodies would have less than four ppb annual average. Today MML has four ppb, Marsh Pond has 17 ppb, Jones and Downing Ponds have 16 ppb and Wentworth Pond has an annual concentration of 15 ppb. Without the hatchery, these numbers would be MML four ppb, Marsh Pond 5.5 ppb, Jones Pond six ppb, Downing Pond 6.5 ppb, and Wentworth Pond 11 ppb.

The Water Quality Goals Committee voted unanimously on June to keep the target TP concentration in MML at four ppb monthly average for all 12 months and to reduce the TP concentration throughout the river to 10 ppb monthly average. This is a very aggressive goal means much of the current

phosphorus runoff will need to be remediated. If the hatchery continued to discharge the current level of phosphorus into the river, and they did nothing to remediate current stormwater runoff, and they had full buildout of residences in the future it is estimated that the TP concentration in Wentworth Pond would be 33 ppb annual average, which is approximately twice the current concentration. However, even if the hatchery was no longer operational, with full build-out the concentration is expected to be 29 ppb. Clearly, changes in zoning or building ordinances must be considered to properly plan for development and remediation of current stormwater runoff are needed to reduce the potential for this degree of phosphorus pollution.

Bourdeau described the engineering fix for four top priority stormwater runoff sites. Two sites in New Durham were the runoff at the bottom of Powder Mill Road and at the bottom of South Shore Road where each road meets Merrymeeting Road. Currently during storms the water runs from the town parking lot across from the town beach down both sides of South Shore Road, filling the culvert with sand and running over the road top into the river. At the

intersection of Powder Mill Road and Merrymeeting Road the water runs down both roadsides, across the road at the bottom of the state boat parking lot and into the river. This is a complicated remediation since it involves state, town and private property. The remediation involves diverting runoff from both the town and state parking lots into adjacent vegetated areas. It also suggests placing catch basins and infiltration fields on both sides of Powder Mill Road and replacing the small culvert at the end of South Shore Road with a larger culvert and armoring the ditches with vegetation or check dams.

In Alton, the runoff sites include the end of Pine Street and Horne Road. At Pine Street, there is currently a paved channel diverting the stormwater from private property into the river and erosion along the road side at the end of the street. The remediation involves removal of the paved channel and installation of turnouts to vegetated infiltration areas or installing a catch basin and infiltration field. At Horne Road, there is gully formation along the road shoulder and ditch sending a plume of sediment into a tributary of Coffin Brook. One roadside has a steep bank with

washed out road shoulder material. The remediation is to install and armor the road shoulder and ditches with vegetation or check dams and install turnouts to settling basins.

Finally, Diemer reviewed the water quality goals and what they mean in practical terms. She began by reminding the audience that over time as development in the watershed increases so will the phosphorus loads in the water. And as phosphorus concentration in the water increases water quality declines.

1. In order to maintain current water quality to offset anticipated increase from development in the next 10 years, they will need to decrease TP to MML by 16 kg/year. For Marsh, Jones and Downing Ponds, they must decrease the TP load by 14 kg/year. And for Wentworth Pond they must decrease the TP load by 110 kg/year. This is 140 kg/year and will require a major effort.

2. In order to meet the annual and monthly water quality goal of no more than 10 ppb TP downstream from MML, the hatchery will need to reduce its discharge of TP by 293 Kg/Year (78 percent). This will depend on the appropriate EPA permit discharge limit and the hatchery developing and main-

taining a terminal water treatment facility. This treatment facility alone will reduce the monthly average TP concentrations at the various locations downstream to: Marsh Pond - seven ppb, Jones Pond - 7.5ppb, Downing Pond - eight ppb and Wentworth Pond to 13 ppb.

3. Non-point sources will require public understanding and support. Educational resources must be available to inform the public on various issues which they can participate in such as proper maintenance of their septic systems and recognizing when the system has a problem. Proper use of lawn fertilizers and placement of vegetated buffers along shorelines is helpful as is recognizing stormwater runoff problems and knowing how to address them. To aid in this, the New Durham Water Quality Committee has placed a variety of documents in the public library to assist residents. The Cyanobacteria Mitigation Steering Committee (CMSC) together with the Lake Winnepesaukee Association (LWA) are sponsoring a seminar on Septic Sense, everything you need to know about septic systems at the Alton's Gilman Library on July 30 at 6 p.m. And the LWA is making available to shoreline residents a free and confidential meeting with an Americorp intern to review stormwater runoff issues on their private property and to suggest ways to fix them. Those interested in hav-

ing an intern come to their residence should e-mail Fred Quimby at fwq1@cornell.edu or call 859-4280 and leave your name, address, and telephone number. The intern will get back to you and arrange a mutually convenient time for the meeting.

Following this presentation, the watershed planners entertained questions from the audience and several were asked. Important among these questions was the current status of building a terminal treatment facility at the PMSFH and whether or not anything has been done to reduce the amount of TP discharged into the river. Fred Quimby replied and Jason Smith, Director of Inland Fisheries for NH, verified that a number of steps have already been taken. The PMSGH has reduced the TP in fish food from 1.2 to 0.9 percent, The 50,000 salmon have been transferred to the Nashua National Fish Hatchery and an interim solid waste treatment facility is being constructed on-site to reduce the TP discharge until a final water treatment facility can be built. In addition, the engineering group, HDR Inc., has been contracted to design and develop a 15 percent engineering design for the final facility along with a construction cost estimate. HDR will begin this as soon as the EPA issues the draft discharge permit. Once this estimate is at hand, the State, through the legislature, will seek the necessary funds for construction.

Plenty of summer fun at Oscar Foss Memorial Library

BARNSTEAD — This summer the Oscar Foss Memorial Library is hosting Baby Rhyme Time for kids two years of age and younger. Come on down to the Oscar Foss Memorial Library for stories, music and movement with Ms. Jerissa. This program will be held on Tuesdays at 10:30 a.m.

Songs and Stories
Bring your kiddos aged 3-5 to the Oscar Foss Memorial Library for their summer time Songs and Stories with Ms. Jerissa. The fun

starts at 10 a.m. every Wednesday and will be followed by the Kids Arts and Crafts program for kids of all ages.

Build a Space Alien
Kids going into grades one through five are invited to join in at the library on Wednesday, July 24, to build their own space aliens. During this workshop, kids will hand stuff their own 15" plush alien and then make a wish on a rainbow star before tucking it safely inside their new friend.

Participants will then create a birth certificate with the name of their new friend, and take it home in a colorful, reusable take home bag. Pre-registration is required, along with a small supply fee. Registration can be done online at oscarfoss.org or by calling 269-3900.

Teen Space Trivia
High schoolers, come down to the library on Thursday, July 25, and test your knowledge of space trivia. Compete against opposing summer read-

ing teams for points and prizes. Snacks and games will be provided.

Story Hour at the Beach
Put on your swimsuit and pack a beach bag because Ms. Jerissa is taking her ukulele and Story Hour to the town beach. Join in on Saturday, July 27, at 10 a.m. for stories, songs, and fun in the sand. The town beach is located on Eastman Lane just off of White Oak Road in Barnstead. Park at the end and follow the path down to the beach.





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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	162 Dewitt Dr.	Single-Family Residence	\$2,200,000	Lewis B. Simmons RET	Huff Fiscal Trust and Dana C. Huff
Alton	N/A (Lot B)	N/A	\$649,000	Stephen P. and Edith J. Miller	Jubilee 2000 Trust and James N. Locke
Barnstead	Route 126	N/A	\$301,050	Madlyn F. Smith Estate and Tri County CAP Inc.	William R. and Valerie A. Turner
New Durham	10 Ela Mill Rd.	Single-Family Residence	\$270,000	Jordan N. Wickens	Diana Carr
New Durham	183 Middleton Rd.	Single-Family Residence	\$268,000	Jonathan P. and Edith M. Valeri	Kayla M. Walters and Jonathan M. Fillion

ABOUT THE REAL REPORT

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

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Hazardous waste collection in Wolfeboro Saturday

WOLFEBORO — It's hard to believe the hazardous waste season will be half over for 2019 on July 20. The Lakes Region Household Hazardous Product Facility (LRHHPPF) will be open on Saturday, July 20, from 8:30 a.m. to noon. The facility is open the third Saturday of the month May through October. LRHHPPF is located at 404 Beach Pond Road at the bottom of the hill next to the solid waste facility.

To ensure safety, please leave products in their original sealed containers. Grouping containers in cardboard boxes will assist in shortening the unloading time. Oil-based paint is collected. Latex paint is not a hazardous waste. Information on how to properly dispose of this product is available at the collection. Hazardous product items that are accepted include automotive fluids, pesticides, herbicides, cleaners, poisons, pool chemicals, etc.

Prior to collection day, please visit your hometown solid waste facility to get a numbered business card pass (not a dump sticker), which will have the member town name (Alton or Wolfeboro) and the current year. There is no charge for the pass, which is good for up to 10 gallons counting the size of the cans (not the ounces left inside). Solid waste facility personnel have the revised colorful tri-fold flyers containing detailed lists of acceptable items and valuable information about the collections.

Please note, during the summer season, medications can only be accepted at the June and August collections at the Wolfeboro site and September in Alton as special personnel must be present and non-member towns may attend on a fee basis.

Got questions? Call Sarah Silk, site coordinator at 651-7530.

**Good news on the horizon?
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in your local paper!**

Summer activities planned at Merrymeeting Lake

NEW DURHAM — The Preserve and Protect Committee of the Merrymeeting Lake Association is sponsoring several activities again this summer, and the public is invited to participate.

Paddlesports Demo Day was a great success last summer and returns to Merrymeeting Lake on Saturday, July 20, from 10 a.m. to 2 p.m. at the New Durham Town Beach on South Shore Road (only 0.1 miles from the state of New Hampshire Fish Hatchery). A variety of paddle-powered craft including canoes, kayaks, and stand-up paddleboards will be available

to try out and enjoy. The event is designed to provide participants with environmentally friendly, active, non-motorized options on the water. These are the perfect craft to explore the incredible variety of water bodies in the area.

They will also host a presentation by New Durham Town Historian Cathy Orlowicz on the history of the town with an emphasis on activities around Merrymeeting Lake. You may know that there was a gunpowder mill on the lake beginning in the Civil War era, and there were of course many farms in the watershed. Several dams have been built

that increased the size and volume of the lake, and Orlowicz will address an old controversy on how many lakes existed originally before the dams were built. Her presentation will take place at the Cove Cottages Meetinghouse on the corner of Merrymeeting Lake Road and Powder Mill Road from 10 to 11 a.m. on Aug. 11.

The Lake Association summer events will conclude on Sunday, Sept. 8, with a presentation on summer and winter hiking opportunities in the undeveloped lands in and around the Merrymeeting Lake watershed. New Durham residents Matt Murphy

and Jeff Allard will present on the hiking opportunities, wildlife in the watershed, and how to be prepared for hiking in the relatively remote sections of the area. This topic is of particular interest now that the 2,000-acre Birch Ridge Community Forest has become a reality. The presentation will be from 10 to 11 a.m. at the Cove Cottages Meetinghouse.

Everyone in the area is invited to attend these fun and educational events, and feel free to bring family and friends along.



ALTON POLICE LOG



ALTON — The Alton Police Department responded to 160 calls for service during the week of July 7-13, including five arrests.

One male subject was arrested on a warrant. One male subject was arrested for aggravated driving while intoxicated. One female subject was arrested on a warrant. There were two motor vehicle summons arrests. There were four motor vehicle accidents. There were two suspicious person/activity reports on Suncook Valley Road. Police made 49 motor vehicle stops and handled six motor vehicle complaint-incidents. There were 99 other calls for services that consisted of the following: One neighborhood dispute, one

probation/parole, one fraudulent action, one employment fingerprinting, nine assist other agencies, one intoxicated subject, two pistol permit applications, three animal complaints, two juvenile incidents, one general assistance, two wanted person/fugitives, four alarm activations, two lost/found properties, four highway/roadway hazard reports, one general information, three vehicle ID checks, one trespass, one sex offender registration, three civil standbys, one civil matter, two wellness checks, one disabled motor vehicle, 33 directed patrols, one 911 hang-up, one motor vehicle lockout, four medical assists, one OHRV complaint and 12 paperwork services.

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OBITUARIES

Amelia J. Rogers Had an energy for life

BARNSTEAD — Amelia J. Rogers, 26, of Center Barnstead, passed away suddenly on July 5 from injuries sustained in a car accident.

Born in Dover, Amelia was the beloved daughter of Glenn and Paula (Layman) Rogers of Center Barnstead. She resided in Center Barnstead for most of her life. In addition to her parents, she is survived by her sisters, Sarah E. (Rogers) Currid, Alicia C. Rogers and Ivna Fontenele; her grandparents, Russell Rogers of Dover and Patricia (Davis) Baxter of Rochester.

She has many aunts, uncles and cousins, two nephews and a niece.

She is predeceased by her maternal grandparents, Jenine Holmes of South Berwick, Maine and Carl Layman of Carterville, Ill.

Amelia attended Barnstead Elementary School from kindergarten thru eighth



grade, attended Prospect Mountain High School her freshman and sophomore year then went on to graduate from Spaulding High School. She also followed in her older sister's footsteps and attended West Virginia Wesleyan College studying nursing. Amelia lived in San Francisco, Calif. for a time before coming back to New Hampshire.

Amelia enjoyed the outdoors immensely and loved travel. She loved dancing, volleyball, softball, fishing and hunting. Amelia was vivacious and had

an energy for life that everyone loved being around.

At this time, services and a celebration of her life are being planned for later in the month. In lieu of flowers, donations in Amelia's memory may be sent to Lydia's House of Hope at seedsof-faithnh.org / 21 Grand St., Somersworth, NH; Crohn's and Colitis Foundation at crohn-scolitisfoundation.org. Assisting the family with arrangements is the Still Oaks Funeral and Memorial Home in Epsom. For updates on the services, times and additional information or to share a memory or offer a condolence, please visit www.stilloaks.com.

Lola Amelia Tanner Burns Ran Rochester Equine Clinic

ROCHESTER — Lola Amelia Tanner Burns passed away in her sleep after a short illness on July 3.

She was born Sept. 20, 1932. Lola grew up in Milton, the daughter of Rita Tanner Armstrong and George Tanner.

She is a graduate and Valedictorian, of Nute High School and Keene State College. She was married to Dr. James G Burns DVM for 35 years, together they raised three children. Lola lived in Rochester, she ran the Rochester Equine Clinic with her family for 20 years. She Lived in Ossipee for 10 years where she ran her greenhouse business. She grew amazing tomatoes plus other beautiful plants. After being widowed, she moved



to Wolfeboro, living with her companion Arthur Brunt, for the last 19 years. She was a loving mother, wife, daughter, sister and friend. She enjoyed the outdoors, skiing for 80 years, hiking all the 4,000 footers in her native White Mountains. She outlived her two sons, Michael and Peter Burns.

She is survived by her daughter, Piper Strong, her five grand boys,

Mikey, Ian, Mathew, Benjamin and Otis, her four great grand kids, her step sisters, Becky Wiley and Judy Murphy and friend Arthur Brunt, her brother George Lawrence (Giggy) Tanner of Laconia.

We will all remember her as a vivacious woman with a great sense of humor and adventure, her memory will live on in those who loved her.

Memorial calling hours were held Wednesday, July 17, at the R.M. Edgerly Funeral Home, Rochester.

In lieu of flowers, donations may be made to the Sierra Club or the Native American Heritage Association.

To sign the online guestbook, please visit www.edgerlyfh.com.

Mark on the Markets

Tax diversification with benefits



BY MARK PATTERSON
Contributing Writer

Most of us would agree diversification is a good thing as it relates to our investment mix

but also as it relates to our income as we approach retirement. In all likelihood, the tax code will change during our lifetime, so the ability to switch from least to most tax advantaged income sources as possible is a worthwhile goal.

Tax free income can come in the form of a Roth IRA. You would not have had a deduction from taxes when you put the money in and likely would have paid tax on that income when received, but then the money could grow and after 59 1/2 could provide tax-free income. While this is a great tool for retirement savings, it is not without limitations.

The maximum that you can contribute depends on your modified

adjusted gross income. The Roth, like other retirement vehicles, does not allow, without penalty, for a withdrawal before 59 1/2 under most circumstances. But what if there was a way to save for retirement that would not limit how much you could save annually while providing tax-free growth and future tax-free income? There is a financial tool that has been used for many years, but has recently, for a host of reasons, come back into vogue. That financial tool is maximum-funded life insurance.

For certain clients, this can be a powerful tool to amass income that can later be loaned back to yourself, tax free through the loan provi-

sions of the policy. The insurance company uses the death benefit as collateral against the loan. Loans prior to 59 1/2 are not penalizes as with qualified plans. These loans also may not affect Social Security benefits.

For clients near retirement or in retirement, assets accumulated may be used for legacy planning.


Structuring a policy to focus on accumulation as opposed to face amount or death benefit will often times increase the accumulation of cash to be distributed as a loan.

Because everyone's circumstances are different, life insurance as a financial tool may be exactly what you were looking for, but may not have considered it because of radio and TV personalities that try to convince their audience that anything other than "term" insurance is not good. You must also qualify medically, but if you do, there are a bunch of other "living benefits" that are available with many of these policies.



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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.


Reviewing some of the better companies Indexed Universal life policies, I have discovered that many IULs have a better IRR or internal rate of return than some mutual funds net of fee's plus a death benefit to your heirs.

To paraphrase Darwin, it is not the fittest or strongest that will survive, it will those who can adapt to change. Life insurance is an asset class that should not be ignored.


Many things that have worked in the past must be reviewed with an open mind towards changes for the better in a changing environment. Tax rates and policy will continue to change, we must find ways of mitigating these potential increases.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 603 447-1979 or Mark@mhp-asset.com

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Hear Our Town through fresh new eyes at Village Players Theater

WOLFEBORO — Theater lovers of all ages are invited to experience a fresh new production of the Pulitzer Prize-winning Our Town at the Village Players Theater in Wolfeboro this summer.

Webb - Gibbs

GROVER'S CORNERS —Mr. and Mrs. Charles and Myrtle Webb of Grover's Corners are pleased to announce the engagement of their daughter, Miss Emily Webb, to Mr. George Gibbs, son of Dr. and Mrs. Frank and Julia Gibbs also of Grover's Corners. Earlier this month, Miss Webb graduated first in her class from Grover's Corners High School. Mr. Gibbs also graduated this month, having served as Class President from 1902 to 1904, and is now serving as the proprietor at Luke Craig's farm. The wedding will take place at the Congregational Church, with several re-enactments to take place at the Village Players Theater on Glendon Street in Wolfeboro such that the entire community may bear witness to this lovely and happy occasion. Dates and times of the "wedding" are as follows: 7:30 p.m. on Friday and Saturday, July 26 and 27, 7:30 p.m. on Friday and Saturday, Aug. 2 and 3, and 2 p.m. on Sunday, Aug. 4. Tickets for the Webb-Gibbs ceremony may be purchased at Black's Paper and Gift Shop on South Main Street in Wolfeboro, or online at www.Village-Players.com.

Our Town reveals the timelessness of relationships in the natural ebb and flow of life, a theme brought center stage through Director Scott Lounsbury's mindfulness of playwright Thornton Wilder's vision of the beauty found in the common, the everyday, the "homely." While the play is set in the early years of the 20th century in the fictional town of Grover's Corner, N.H., and follows the Webb and Gibbs families as their children grow, Our Town's resonating themes can be found as easily in any small town in any time period, even Wolfeboro, Middleton, Contoocook, or North Conway, or Peterborough today. To bring its themes center stage, this production is a staged reading with actors dressed in black on stools using scripts on music stands without elaborate sets, sight gags or costumes. Shared connections

through the ages are represented by large scale projections of historical photographs of the region and heard in music reminiscent of Aaron Copland and other contemporary composers created by Lounsbury especially for the production. Our Town opens on The Village Players' historic and air-conditioned stage at 51 Glendon St. in Wolfeboro on July 26 and runs through Aug. 3 on Fridays and Saturdays at 7:30 p.m., and Sunday, Aug. 4, at 2 p.m. A question and answer session about the production's creative process will take place with Lounsbury, cast, crew and insights from Thornton Wilder's letters after the show Friday, Aug. 2. Tickets for all performances are available at www.village-players.com, at Black's on Main Street in Wolfeboro, and at the theater door if not sold out.



EMILY JUDKINS - COURTESY PHOTO

LUKE CASSIDY of Wolfeboro and Vivienne Dauphinais of Rochester portray George Gibbs and Emily Webb in the Pulitzer Prize-winning Our Town at the Village Players Theater in Wolfeboro July 26 - Aug. 4.

Indiana Jones swings back to Village Players Theater this weekend

WOLFEBORO — The third in a successful trilogy of 1980s Steven Spielberg films will be on the screen at the Village Players Theater this coming weekend. Indiana Jones and the Last Crusade finished out the trilogy about the adventure-seeking Indiana Jones and the Village Players will be screening it on Friday and Saturday night on the theater's big screen. After Adolf Hitler and the Nazis fail to obtain the Ark of the Covenant in 1938, Hitler orders the S.S. and Wehrmacht to go after the cup of Christ, the Holy Grail. Indiana Jones (Harrison Ford) is pressed back into action after a mining mag-

nate's lead researcher disappears mysteriously. The lead researcher is none other than Indy's dad, the feisty Professor Henry Jones (Sean Connery). Meeting up with Dr. Elsa Schneider (Alison Doody) in Venice, Indiana and Marcus Brody (Denholm Elliot) discover that a second marker that reveals the location of the grail is buried in the catacombs of a converted church. Escaping from rats, fire, gunmen, and a ship's propeller, Indy discovers that his dad is being held in a castle on the German border with Austria. When he and Dr. Schneider reach the castle, Indy locates his father, but Elsa proves

to be a turncoat, and even worse, so is the mining magnate, Walter Donovan (Julian Glover). After Indy and Henry escape the castle, they head to Berlin to get the map and Henry's diary that provides critical information to those who seek the Grail. Marcus, however, is kidnapped by Nazis in Iskenderun, and Indy and Henry meet up with Sallah (John Rhys-Davies) and start their own journey toward the "Canyon of the Crescent Moon." They run into Donovan and the Nazis, and a huge fight ensues. Will Indy obtain the Grail and gain eternal life for he and his father, giving the world a future of

light, or will Adolf Hitler and the Nazis triumph and send the armies of darkness marching all over the world? The Village Players movie series takes place one weekend a month at the air-conditioned theater, located on Glendon Street in downtown Wolfeboro. The price for the movie remains just \$5 per person and movie theater snacks are available for purchase as well. Indiana Jones and the Last Crusade will be screened on Friday, July 19, and Saturday, July 20, with 7:30 p.m. start times each evening.



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SATURDAY, JULY 27, 7:00PM

Don Plummer & Family

Don Plummer is a trumpet player and accomplished singer and has performed in concerts for many years in 36 states and Canada. He studied voice, trumpet and music at Berkshire Christian College in Pittsfield, MA School of Music. He performs regularly with the Strafford Wind Symphony. Don is serving as Pastor of the Northwood Advent Christian Church, in Northwood, NH.

SATURDAY, AUGUST 10, 7:00PM

MARK209

In just a short amount of time, MARK209 has garnered the interest of an industry. Tagged the "best group you probably have never heard" by industry leaders, MARK209 has certainly made a mark for themselves. The 2011 National Quartet Convention in Louisville, KY was no exception.



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COURTESY PHOTO

THE NEW HAMPSHIRE state meeting group at the National Leadership Conference.

FBLA
(continued from Page A1)

competitions, took place on July 2. Meetings of each state also occurred

throughout the week. With such a busy schedule, Cove said that the days spanned from 6:30 a.m. to 11 p.m. Cove said that she and

the students took a couple of days after the conference to see the sights of San Antonio, including the Alamo, missions and a river boat cruise with another New Hampshire FBLA group. Their flight home was on July 4, but due to storms in Baltimore, the flight was delayed for 12 hours and they spent the night in the airport – Cove said that she told the students she could find them all a hotel near the airport, but the students wanted the experience of staying in the airport overnight instead.

In terms of future plans, PMHS FBLA “certainly intend[s] to grow our chapter,” according to Cove. The chapter has visited business colleges, and Cove said they plan on visiting more in the upcoming academic year. A major facet of FBLA is community service – the PMHS chapter advocates for breast care awareness, the Make-A-Wish Foundation and helping veterans, and that will continue.

Cove was confident about reaching the National Leadership Conference in Salt Lake City, Utah next year.

“We’ve made it the past three years, so we’re going to do it again,” she said.

Cove said that students with a wide variety of career aspirations join FBLA, mentioning FBLA members who have graduated and are now studying medicine and accounting. Kener-son said she’s interested

in acting, directing and photography.

“The ‘B’ means “business” in FBLA, and though my career does not seem to be much business, FBLA has shown me how to... deal with emotions and how to deal with clients. It’s important to always listen to both sides and compromise,” Kener-son said. “I don’t think any classes I took would pre-

pare me this much for the future.”

Even though the focus of FBLA is business, Cove also spoke of non-business-related benefits to being in the organization. She said that FBLA teaches students about working as a team, becoming a leader, accepting differences, and “having one another’s back.”

“I’m always in awe

of these kids, and I feel blessed to be their advisor... I learn from them as well,” Cove said.

Kener-son said that one of the highlights of the trip for her was “figuring out my strengths and weaknesses.”

“This trip was a huge eye-opener and showed me that I can do anything if I put my heart into it,” she said.



COURTESY PHOTO

JORDAN INGOLDSBY and Alexa Carpenter after receiving their America pins for their work on their projects.



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Lower Suncook Lake – Barnstead, NH**

SOLitude Lake Management, 590 Lake Street, Shrewsbury, MA 01545, Telephone 508-865-1000, has been contracted by the Suncook Lakes Association to chemically treat portions of Lower Suncook Lake in Barnstead, for control of non-native milfoil. Portions will be treated with the USEPA/State registered herbicide Procellacor EC (Florpyrauxifen-benzyl), EPA Registration Number 67690-80 on or about Monday, July 22, 2019, in accordance with Special Permit SP-233 issued by the NH Division of Pesticide Control.

The following temporary water use restrictions will be imposed on the day of treatment:


- No swimming for 24 hours following treatment, within 200 feet of treated areas.
- Turf may be irrigated immediately after treatment
- Do not use this water for any residential or non-agricultural irrigation (such as shoreline property use for irrigation of residential landscape plants and homeowner gardens, golf course irrigation, and non-residential property irrigation around business or industrial properties) until further notice. Treated water shall not be used for greenhouse or nursery irrigation, until further notice. These restrictions apply to all intakes within 200 feet of the treatment area, and to all wells within 50 feet of shoreline that itself is within 200 feet of a treatment area. Contact Kara Sliwoski at SOLitude Lake Management, 590 Lake Street, Shrewsbury, MA 01545, Telephone 508-865-1000, email NewHampshire@SolitudeLake.com or go to <https://www.solitudelakemanagement.com/newhampshire> for information on the release dates of these restrictions or for additional information on the irrigation restrictions. The shoreline will be posted with signs warning of the temporary water use restrictions that will be imposed, immediately prior to treatment. If you have any questions concerning this treatment, contact SOLitude Lake Management using the information above.



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Catfish Howl up next in Barnstead concert series



BARNSTEAD — On July 20, the Town of Barnstead presents Catfish Howl. Catfish Howl is a five-piece Zydeco band performing Zydeco music (blues, rock, country, New Orleans style) and maybe even a Cajun tune.

There is a festive New Orleans feel to this New Hampshire band’s music. The sound is a cross between what you would expect to hear on a countryside hay-ride and up tempo rural blues.

Led by accordianist Glen Robertson, and 17-year-old guitarist Christian Eagleston, the Catfish love to perform.

There is no typical show with the Catfish:

You never know what you might see and hear from Catfish Howl, but every-one will have a good time!

This free show starts at 6 p.m. at the Barnstead Parade Grounds. The Barnstead Historical Society will be on hand offering concessions. Bring a lawn chair or blanket, and a friend or two. As always, smoking and alcohol are prohibited on the grounds.

COURTESY PHOTO

CATFISH HOWL will perform Saturday in Barnstead.

Septic Sense seminar is July 30

ALTON — On Wednesday, June 19, the watershed management planners explained that four factors would determine the future of water quality in Merrymeeting watershed and they were stormwater run-off, septic systems, agriculture and fertilizer use, and development. For Merrymeeting Lake, the future depends on attention to stormwater runoff and failing septic systems. The Cyanobacteria Mitigation Steering Committee will try to assist the public in meeting these challenges by making available free and confidential advice to property owners on the lake and river who have stormwater run-off issues and by sponsoring (with the Lake Winnepesaukee Association) a seminar called Septic Sense to be held in Alton’s Gilman Library on July 30, at 6:30 p.m.

Those seeking free advice on stormwater run-off issues should contact Fred Quimby at fwq1@cornell.edu or call 859-4280 and leave your name, address and telephone number. An Americorp intern, trained in stormwater issues, will call and make final arrangements with you personally.

The Septic Sense seminar will address the following issues regarding septic systems: How can I find a record of my septic system’s

Wright Museum and Burnt Timber team up in July

WOLFEBORO — In July, Burnt Timber Brewing and Tavern in Wolfeboro will offer customers 10 percent off their order to anyone who shows a Wright Museum receipt, admission sticker, or member card.

The promotion is part of Wright Museum’s Business Partner program, which features one partnership each month in which the museum works with local businesses to enhance their respective offerings and promote one another.

“We are excited to work with Burnt Timber for July and to again work with them and other local brewers for our Wright at Night event in August,” said Wright Museum’s Stephanie Buell.

For Eddie Michno, who owns Burnt Timber Brewing and Tavern with his wife Mara, working with Wright Museum is important.

“I’m a veteran and the majority of my family served our country,” he said. “I think it’s important to honor the selflessness that so many Americans exuded during this era. Visiting the Wright Museum helps put things into perspective for me, what’s truly important in life and what isn’t.”

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

In June, Wright Museum’s business partner was Annie’s Book Stop, which offered customers 10 percent off used books to anyone who showed a Wright Museum receipt, admission sticker, or member card.

To learn more about the Business Partner program, contact Stephanie Buell at 569-1212, or visit wrightmuseum.org.

CULLISON

(continued from Page A1)

a part of that family,” Cullison said.

He also noted how much time students choose to spend at the school outside of the regularly scheduled school day, which he said is not common at many other schools.

“One of the things that always amazed me was... I’d be going to board meeting at 6:30 at night, and there’d still be students in the building. I’d be leaving the board meeting at 8 o’clock at night, and there’d still be students in the building doing something. Maybe working on the robot, maybe doing cheers... maybe practicing for athletics, maybe a play practice... but kids were always there,” he said.

Cullison said that the biggest challenge he faced in his time as the superintendent of PMHS was when the

school needed a new roof that would cost about \$1 million. Because of disagreements between the towns, three voting cycles passed before a compromise was made. The roof was changed from a shingled roof to a metal one, which Cullison said was ultimately more cost-effective in the long run.

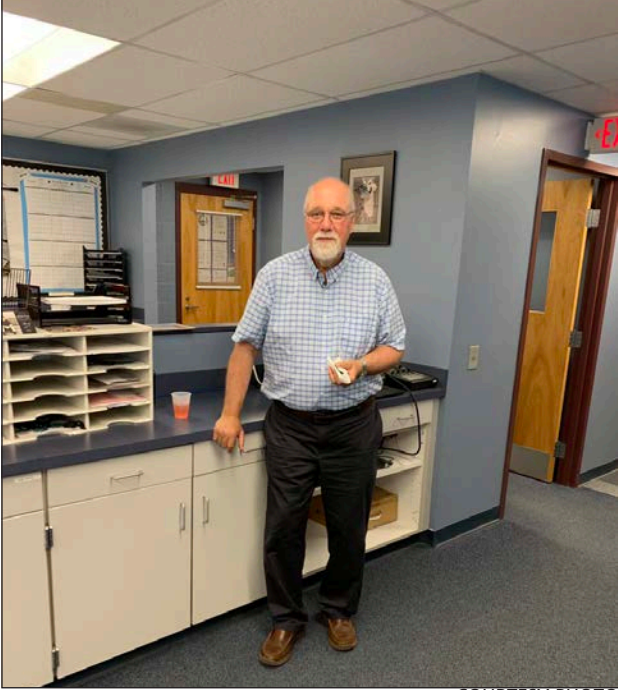
The first of the positive changes to the school over the last seven years that Cullison discussed was the pilot program of using the SAT instead of the New England Association of Schools and Colleges (NEASC) standardized exam. Cullison said that it gathers data that is useful for the school district, and it benefits students who plan on applying to college because they will often need to take the SAT anyway. The second change he discussed was increased choice that students

have in making their class schedules. He said that the Counseling and Student Services staff works with students who want to take online courses, Running Start courses or other personalized choices that still meet the graduation requirements.

“We found that by doing that, kids became more engaged in the education process because it was more meaningful to them, and we noticed that discipline issues dropped,” he said.

Also, related to the discipline process, moving away from out-of-school suspensions to an in-school “intervention” nearly eliminated expulsions and greatly reduced suspensions, Cullison said.

“It’s got nothing to do with disconnecting kids from their education process,” he said of the intervention program. Cullison has spoken



COURTESY PHOTO

SUPERINTENDENT ROBERT CULLISON retired after seven years at PMHS.

with the new superintendent, Tim Broadrick, and he relayed his words of encouragement and advice that he offered to Broadrick.

“I told him it’s a great school; I said depend on the people that are here.

can use as good resources,” he said.

Moving forward, Cullison hopes that PMHS will “stay on the same path” to “grow and improve.” The NEASC re-accreditation process is coming up soon, and he said that he wishes the school success through the process.

One of Cullison’s proudest moment as superintendent, he said, took place every year at graduation, celebrating the accomplishments of the students and listening to them speak about their experiences from what he described as “the best seat in the house,” at the bottom of the stairs after they receive their diplomas.

Cullison also provided advice for PMHS students.

“Don’t lose track of the special place that Prospect Mountain High School is, and don’t take it for granted,” he said.



PET OF THE WEEK

Nesquick is an amazingly smart 1 year old lab mix that came to us through southern transport. He currently knows sit and down, and is very ready to learn! He will require some basic training, but has every potential to be a star.

Due to unfortunate circumstances, Nesquick has been returned twice due to no fault of his own and will need his absolute dream home. We are requiring him to be adopted out to an adult only home, potentially another doggy friend, but no cats or small animals.

His demands (he told us himself): he wants to play fetch every day, he wants the yummiest of foods, lots of toys with lots of squeakers to destroy, and a family to obsess over him. He wants to be the center of your world. Would you be willing to give your heart to this chocolate lovebug?

Please come meet Nesquick, you may just fall in love!



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Black flies, and who knows why turkeys do the things they do?

Sudden, brief rain squalls rolled through the area over the weekend, and I was glad I wasn't haying any more. Others were, and went racing by with lowbed trailers of round bales.

I decided to weed my garden, not a big job because it's not a very big garden. Just a row of radishes, some lettuce, and by and by, cucumbers and carrots.

I'm in no hurry, and it's a good thing because I was late and slow putting the seeds in, even though Mother Nature gave me plenty of time. Plenty, at least, for life halfway between the Equator and the North Pole.

The further north you go, the shorter the seasons. Everything is compressed. People in South Carolina think we are crazy for living in northern New England. I love it here but don't really understand how people manage to get by in the Far North, even though I've been there.

+++++

The winds were stiff and all over the place while I was in the garden. A stiff breeze will sometimes keep the black flies at bay, especially when the wind keeps changing directions. Still, while I was still in the protection of the shop I doped up, old-time parlance for putting repellant on.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



Black flies are sneaky, and will let the wind fool you. They are so fast they can change direction when the wind does, and fly in the lee, and thus get the hovering time they need to land and latch on to hair or skin.

I sprayed my hat, a ridiculous piece of apparel I would not want to be seen in public in, but of course I am. There we are, after all, out there in full view, the both of us, looking silly.

Long ago, I learned to spray a little repellant on two fingers, and use them to apply it around eyes and ears. I also dope up arms and pants cuffs. All this usually gets me enough time to do whatever task is at hand without getting chewed half to death.

Why not a hat-net instead? I've tried them, including some of the most recent and best, and just can't tolerate them dominating my field of vision. And I certainly don't mind jumping into the shower.

+++++

I still call it bug dope, but it's a far cry from the old stuff. Today's repellants are



COURTESY PHOTO

A TURKEY SITS atop a birdfeeder.

said to have the minimum DEET needed, last much longer in

water, and are easier on the skin.

Rudy Shatney used

to mix up his own repellent, out of pine tar oil and citronella and a third (maybe fourth) mysterious ingredient I've forgotten. Many of the old woods-guides had their own repellent recipes, allegedly sworn to by generations. The people who were fighting deer flies and black flies before Europeans got here are said to have used bear grease.

Plastic steering wheels became common at about the time I started using Rudy's bug dope. He had

an old Dodge I drove around to do camp chores, and the first (and last) time I ever tried to drive it with bug dope on my hands it melted the steering wheel.

+++++

I got a call from an old friend as I was writing this, about as old as they come--we were boyhood friends and neighbors. He and his date were driving up the road to their home in Stewartstown when they got a good long look at a full-grown bear with a very long tail.

"We thought at first we were seeing a five-legged bear," Skip joked.

Long-tailed bears, as the old saying goes, are not rare but are indeed uncommon. In older times, when people would slow down to look at such curiosities, they were placed on exhibit, and sometimes even trained to dance.

+++++

As we drift toward the Dog Days of August, I close with a photo sent my way by longtime reader and fishing friend Lou Ferland, who always signs his mail "Dr. David "Lou" Ferland, Chief of Police (Ret.), Adjunct Professor-Southern NH University."

Lou and I are part of a loose and varied group that has fished for years at Tim Pond, Maine, a body of water said never to have been stocked, meaning that it has its own native strain of fish. The photo, fittingly I think for us both, is of a turkey, happily and inexplicably plopped atop one of Lou's feeders.

Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.

Program on pollination Tuesday at Gilman Library

ALTON — Mark your calendars for July 23 at 1:30 p.m. at the Gilman Library, Main Street, Alton.

The Alton Garden Club is pleased to offer "Planting for Pollinators" presented by the UNH Extension Master Gardeners Speakers Bureau at its upcoming meeting.

Insects such as bees and butterflies are helpful, and in some cases,

essential in pollinating many food crops such as apples, berries and vegetables. In recent years, there has been a decline in the population of these wild pollinators. Planting patches of flowers, wildflowers, grasses, shrubs and flowering trees can encourage and support natural pollinators as well as enhance backyard landscapes. Master Gardener Ruth

Droescher will present and offer recommendations on plants beneficial to pollinators.

This program is free and open to the public. The Alton Garden Club gratefully acknowledges the UNH Extension Service of sponsoring this program. Please come and learn how to help sustain the bees

and butterflies because without them, people will be in dire straits. Chemicals, loss of habitat and open spaces are endangering these life-giving creatures. People need to take care of the earth and them. The presentation is July 23 at 1:30 p.m. Refreshments will be served.

Local students on UNE Dean's List

BIDDEFORD, Maine — Local students have been named to the Dean's List for the 2019 spring semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

Included on the list are Joseph Perry, Erin Tuttle and Kellie Mahoney of Alton and Meghan Hennessey of Barnstead.

The University of New England is Maine's largest private university, featuring two distinctive

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Church Service

SCHEDULE

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

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundantharvestnh.org or e-mail abhf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am-6:30pm; Tues-Thurs 9am; 875-6161.

BEFREE COMMUNITY CHURCH, ALTON
Alton-9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Hoggard, www.befreechurch.net.

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

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

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC
Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd.,
Pastor Nancy Talbot, 776-1820,
ccnorthbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON

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Sunday School 10:15 A.M.
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Farmington, NH 03835
Pastor Kent Schneider 755-4816
www.farmingtonnhucc.org

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

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Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.
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NOTIFICATION OF AQUATIC TREATMENT

Suncook River – Barnstead, NH


SOLitude Lake Management, 590 Lake Street, Shrewsbury, MA 01545, Telephone 508-865-1000, has been contracted by the Town of Barnstead, Milfoil Control Committee to chemically treat portions of the Suncook River in Barnstead for control of non-native milfoil. Portions will be treated with the USEPA/State registered herbicide Clean Amine (liquid 2,4-D), EPA Registration Number 34704-120 on or about Monday, July 22, 2019, in accordance with Special Permit SP-197 issued by the NH Division of Pesticide Control.

The following temporary water use restrictions will be imposed on the day of treatment:

- No swimming for 24 hours following treatment, within 200 feet of treated areas.
- Do not use this water for drinking, irrigation or for mixing sprays for agricultural or ornamental plants until further notice. Some irrigation restrictions may be relaxed, as per the pesticide label, at the discretion of the applicator. These restrictions apply to all intakes within 1,200 feet of the treatment area, and to all wells within 50 feet of shoreline that itself is within 1,200 feet of a treatment area. Contact Kara Sliwoski at SOLitude Lake Management, 590 Lake Street, Shrewsbury, MA 01545, Telephone 508-865-1000, email NewHampshire@SolitudeLake.com or go to <https://www.solitudelakemanagement.com/newhampshire> for information on the release dates of these restrictions or for additional information on the irrigation restrictions.

The shoreline will be posted with signs warning of the temporary water use restrictions that will be imposed, immediately prior to treatment. If you have any questions concerning this treatment, contact SOLitude Lake Management using the information above.

Andy Ryan
Recovery Care Specialist



Rev. Tina Luce at ABCCC July 25

ALTON — Rev. Tina Luce will be in concert July 25 at 7 p.m. in the Alton Bay Christian Conference Center Chapel. A worship experience with Luce’s unique spiritual gifts is offered for those wishing to come into His throne room. Luce is a worship leader with concert experiences for 25 years who has overcome life hindrances to the glory of the Lord Jesus Christ. There will be a free will offering to gift this special servant from Salem, Mass. This is a treat for the Christian community around the lake.



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Suncook falls in New England opener

GORDON, AUSTIN SHINE IN SKILLS COMPETITION



JOSHUA SPAULDING

COACHES Gary Bedell, Chris Brown and Rob Gordon talk to the Suncook Valley 12U team after the opening game of the New England Regional Tournament.

BY JOSHUA SPAULDING
Sports Editor

RAYNHAM, Mass. — The first day of the New England Regional 12U Cal Ripken tournament went well for members of the New Hampshire state champion Suncook Valley squad.

However, the first game saw the team struggle for the first time, as a flurry of errors in the first inning led to

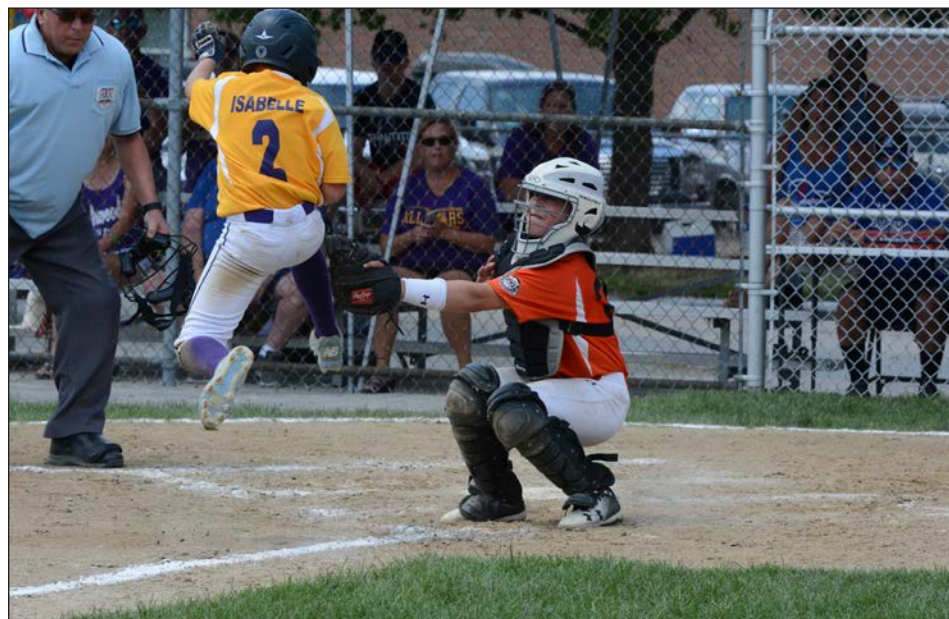
the team falling in the opening game.

On Friday, July 12, Suncook's Robbie Gordon won the Golden Arm championship in the annual skills contest, while teammate Nick Austin finished second in the Home Run Derby.

The team returned to the Raynham, Mass. facility the next day for the opening round of the tournament, where

Suncook met up with the Maine champions, Marshwood.

Suncook went in order in the top of the first inning and Marshwood took advantage of Suncook's mistakes in the bottom of the first inning. After the leadoff batter reached on an error, a walk and two base hits plated the game's first run. Three consecutive errors allowed three



JOSHUA SPAULDING

CATCHER NICK AUSTIN gets the tag on a leaping Brady Isabelle of Marshwood on Saturday.

more runs to cross the plate before a hit batter pushed across the fifth run for a 5-0 lead. Suncook starter Casey Anderson came back and got the next three batters in order, including a pair of strikeouts to get

out of the inning.

Suncook was unable to put any runners on base in the top of the second inning and Marshwood was able to add runs in the bottom of the second. After Anderson struck out the first bat-

ter of the frame, a walk and two base hits plated one run before Devin Riel took over on the mound for Suncook. He struck out the first batter he faced but then a

SEE **SUNCOOK**, PAGE B5



JOSHUA SPAULDING

LUC KEROUAC prepares for action in left field in New England Regional Tournament action.



JOSHUA SPAULDING

HENRY BROWN takes the throw at first base during action Saturday in Raynham, Mass.

PMHS boys' summer soccer meets Tuesdays and Thursdays

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ALTON — Prospect Mountain boys' summer soccer will be taking place on Tuesdays and Thursdays from 5:30 to 7:30 p.m. at the high school through Aug. 9. Conditioning week will be held Aug. 12 through 15 from 5:30 to 7:30 p.m.



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Brewster holds first prep team alumni event



COURTESY PHOTO

BREWSTER 2010 prep basketball team members Ashton Khan '10 (left) and Maurice "Mo" Walker '10 were among that record-breaking team's players and staff who accepted the Athletic Hall of Fame honor on campus in late June.

WOLFEBORO — Wolfeboro's Brewster Academy held its first Prep Basketball Alumni Event on June 29 at the Pinckney Boathouse on campus. More than 60 alumni, family, friends and community members came to celebrate the legacy of a basketball program that has brought the school spirited appreciation from all over the world.

The centerpiece of the gathering was an Athletic Hall of Fame induction for the 2010 national championship team, Jeff Adrien 2005, and Craig Brackins 2007.

Head of School Craig Gemmell remarked that during his many trips locally and abroad, he is astounded by the attention and reverence that so many people share for the school's prep basketball program. "Brewster's vision to transform education, communities, and the lives of students in our care is embodied in the experience and success of this program," he said. In his four years at Brewster, Gemmell said, he has been most impressed by the outstanding dedication and leadership of coach



COURTESY PHOTO

AT THE Hall of Fame induction ceremony, former assistant coach Al Simoes spoke on behalf of the 2010 prep team, the first Brewster prep team to win the national championship despite starting with a 5-3 record.

Jason Smith, who has mentored young men with tremendous talent through the maze of options presented to them with selfless care.

Athletic Director Matt Lawlor thanked the inductees and participating alumni for their efforts to make the event a reality given the schedules and conflicts for many who continue to play professionally. The first to be recognized was the 2010 team, the first Brewster prep team to win the national championship. Former assistant coach Al Simoes spoke on behalf of the team, recognizing their strong determination despite starting with a 5-3 record. Simoes noted that he had accepted a challenge from Naadir Tharpe to shave off his iconic mustache if they won the national championship, which

he did with delight. Team members Ashton Khan '10, Maurice "Mo" Walker '10, and manager Steve Dovner '10 also attended the induction ceremony.

Lawlor returned to the podium to introduce one of the pioneer players at Brewster, Adrien, who came to Brewster following four years at Brookline High School in Massachusetts and the prestigious BABC AAU program. Adrien was a Boston Globe All Scholastic award winner and was "one of the first high-profile players to come to Brewster" in 2004, Lawlor explained. Adrien was a top-50 national recruit who went on to play for Hall of Fame coach Jim Calhoun at the University of Connecticut. He earned All-Big East honors in each of his four seasons and was featured on a cover of Sports Illustrated's March Madness edition, finishing his college career with more than 1,600 points and 1,100 rebounds. He is now playing professional basketball in the Israeli Premier League, and accepted the honor with a heartfelt reflection of his short but transformative experience in Wolfeboro that helped shape his path to success both academically and athletically—thanking his

coaches, family, players, and Brewster faculty for their commitment.

Brackins came to Brewster from Los Angeles for his senior year in the fall of 2006. He led the team to the NEPSAC Finals, averaging 18 points and nine rebounds, won First Team All-NEPSAC selection, and was a top-20 recruited player in the Class of 2007. Brackins attended Iowa State where he started all 32 games as a freshman and earned All American from the Associated Press—he was only the third player in ISU history with more than 1,500 points and 700 rebounds through his three seasons there. Brackins was the 21st pick in the NBA draft and became the first first-round player from Brewster to be selected in the draft by the Oklahoma City Thunder. He has continued his professional career in Europe and Asia where he currently plays for the Nagoya Diamond Dolphins. Brackins told the crowd he appreciates the opportunity he has had to live in diverse places and be embraced by people of varied cultures, adding that he credits his one year at Brewster for providing a platform for that openness.

Brewster's Athletic Hall of Fame was formed



COURTESY PHOTO

BREWSTER alumnus Jeff Adrien (2005), returned to Wolfeboro for the Athletic Hall of Fame induction ceremony on June 29. Now playing professional basketball in the Israeli Premier League, he accepted the honor by noting transformative experience at Brewster that helped shape his path to success.

to recognize those individuals who have made outstanding contributions to the athletic program while exemplifying the core values of the Brewster principles of integrity, contribution, and service in their personal and professional lives. Since 2001, there have been 21 individuals and three teams inducted. The Hall of Fame plaques are on display in the Turner Hall of Fame in the David M. and Sheila H. Smith Center for Athletics and Wellness.

From soccer to the stage: Touching on some summer topics



COURTESY PHOTO

BREWSTER Athletic Hall of Fame inductee Craig Brackins (2007 -center) with Head of School Craig Gemmell (left) and Athletic Director Matt Lawlor at the June 29 Hall of Fame event.

Lakes Region hoop camp at PMHS starting July 29

ALTON — Lakes Region Boys' and Girls' High School Basketball Camp will take place July 29 through Aug. 2 from 6 to 8:30 p.m. each evening at the Prospect Mountain High School gym.

The camp is open to boys and girls entering grades nine through 12 and coaching staff is made up of current varsity coaches from Prospect Mountain and other New Hampshire high schools.

Focus points will revolve around offensive strategy, both individual and team. Participants are asked to not wear jewelry and watches and not chew gum. Sneakers are required, shorts and t-shirts are recommended. The camp will have warm up and group drills from 6 to 6:35 p.m., individual player work with coaches from 6:35 to 7:15 p.m., drills and mini competition from 7:15 to 7:45 p.m. and team games from 7:45 to 8:30 p.m.

Checks can be made payable to Joe Faragher, PayPal and/or Venmo are encouraged to secure early registration. Registration will be available at the door if space is available.

E-mail joeFaragher88@yahoo.com or call 440-821-1381 with any questions.



Nobody asked me, ement of the team that

SCOTT LOUNSBURY - COURTESY PHOTO

THE WEBB FAMILY in the upcoming production of Our Town at the Village Players includes me as Charles Webb, Emily Judkins as Myrtle Webb, Vivienne Dauphinais as Emily Webb and Austin Gibbs as Wally Webb. The show opens on July 26.

but...

The US Women's National Team deserves to be paid the same as the men, if not more. The women's team has had monumentally more success over the last few years and payment should be doled out based on your success, much like playoff bonuses are in the four major sports leagues. The further you get (the more wins), the more you get paid. Set the base pay the same and then go from there. Seems fair enough for me.

I love the Red Sox, but that trip to London certainly showed they are not ready to compete with the Yankees. The positive aspect was the offense came alive and upon returning to North America, they continued to hit well and amassed a 5-1 roadtrip (albeit against bad teams). Pitching has been the problem this year, with seemingly only David Price able to have consistent success in the starting rotation. The starters' lack of length has led to the bullpen being taxed beyond belief, showcasing an el-

SPORTING CHANCE



By JOSHUA SPAULDING

was likely a weak link coming into the season. My personal opinion is that someone needs to be labeled as the closer and roles need to be put in place, giving each member a better idea as to how they're going to be used. And I find it hard to believe that Nathan Eovaldi, despite his heroics from the pen in last year's playoffs, is the right answer out there.

After making a cross-country drive last year to visit my brother in Wyoming, I decided to fly this year and bring my mother along for the journey. In an effort to see something I've never seen before while on the trip, I booked our flights into Phoenix so as we head north, we can stop at the Grand Canyon. From there, we can drive through Utah and into Wyoming for a few days before flying home. I've been trying to make a conscious effort over the last few years

to see new places whenever I can and last year's drive across the country certainly achieved that. It will be fun to tick off another landmark next month.

This weekend (Friday night and Saturday) is the Rafting for Wishes event in Meredith Bay. Our office team will be spending the 24 hours (in shifts) on a raft in the water. My plan at this point is to get on the raft on Friday evening and off again on Saturday morning so I can head to Wolfeboro to cover the Granite Kid Triathlon. I also hope to finish up the event on Saturday afternoon. Anyone looking to help a great cause, Make A Wish, can donate online at <https://friends.nh.wish.org/fundraiser/2060817>. We thank everyone for their support of our endeavor.

If I make it off the raft alive, Sunday is also the NASCAR race in Loudon, so it promises to be a busy weekend.

Add to all of that the fact that this coming Sunday starts the final week of preparation for our Village Players show. Our Town opens on Friday, July 26, at the theater in Wolfeboro. I am stretching my acting chops by playing Charles Webb, editor of the Grover's Corners Sentinel. Tickets for the show are available at Black's in downtown Wolfeboro or at village-players.com. The show runs this Friday and Saturday at 7:30 p.m. and continues next weekend with shows on Friday and Saturday at 7:30 p.m. and next Sunday, Aug. 4, at 2 p.m. If you happen to see the show, stop and say hello.

Finally, have a great day Dave Hand.

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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Kingswood baseball announces raffle winners

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood baseball team has been fundraising in its quest to make improvements to the Kingswood field. The first upgrade the team is looking to complete is the addition of an outdoor batting cage.

The fundraising started with a clinic earlier in the year and then moved on to a baseball raffle, where two different sets of tickets to Red Sox games were raffled off.

Dan Guilfoyle was the winner of two tickets to a Red Sox game at Fenway Park and Rawn Phinney was the winner of four tickets to a Red Sox game at Fenway.

On behalf of the Kingswood baseball team, veteran coach Chip Skelley thanked Paul Doran of Doran Independent Insurance and Eric Paro of Paro Heating and Cooling for their donations of Red Sox tickets and also thanked Tony Kendall of Green Mountain Furniture for his donation.

Skelley noted that anyone looking to help the Kingswood baseball team can contact him for more information.

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

Granite Kid Triathlon is Saturday

WOLFEBORO — The Wolfeboro Department of Parks and Recreation will be sponsoring the 28th annual Granite Kid Triathlon at Brewster Beach on Saturday, July 20. The triathlon is open to all three to 16 year olds with age categories ranging from 3-5 years to 14-16 years. The course is geared toward the young and upcoming triathlete.

This race is truly a unique event that focuses on encouragement and achievement and also rewards those participants who put forth great determination and perseverance. Parents, friends and family cheer on the participants as young racers discover what they are capable of. The day starts out as bodies are marked with the numbers, swim caps and bib numbers are distributed, bikes are placed in their racks, and the anxiety that precedes the start begins to build. The first wave of swimmers hits the water and the cheers and words of encouragement continue until every last finisher has crossed the line.

The triathlon starts with a swim course that varies in distance depending on the age group. The six and older divisions will do a 1.2-mile bike loop and finish with a 4/5-mile run. The five and under group will bike and run within the perimeter of the beach parking lot. In order to be considered for placement in the triathlon, each contestant must finish each part of the race without assistance. Exceptions will be made for the five and under group. A map of the course is available on the Granite Kid web site, just google “Wolfeboro Granite Kid Triathlon.”

The race will start promptly at 8 a.m. at Brewster Beach, which is located on Clark Road in Wolfeboro. Pre-race check-in will start at 7 a.m. and the pre-race meeting will start at 7:45 a.m. The first 75 competitors to register will receive a Granite Kid T-shirt. Registration is available online at www.wolfeboronh.us/parks-recreation.

Awards will be given to the top three finishers in each age category, male and female in the six-16 race. The five and under will not receive awards, all participants will receive a ribbon in that race. The three-to-five-year old race is a learning race and will follow the model of the older kid race, but they will not be timing it. The children will still receive a bib number and they will collect at the end of the race to teach them the process for the older kid’s race.

SUNCOOK

CONTINUED FROM PAGE B1

base hit compounded by an error allowed another run to score. A base hit drove in another run and Marshwood had the 8-0 lead before Riel got a strikeout to get out of the inning.

Brandon Weygand was Suncook’s first base runner, as he worked a walk to open the inning. Two outs later, Riel had Suncook’s first hit, putting two runners on, but they were both stranded on a groundout to second to end the inning.

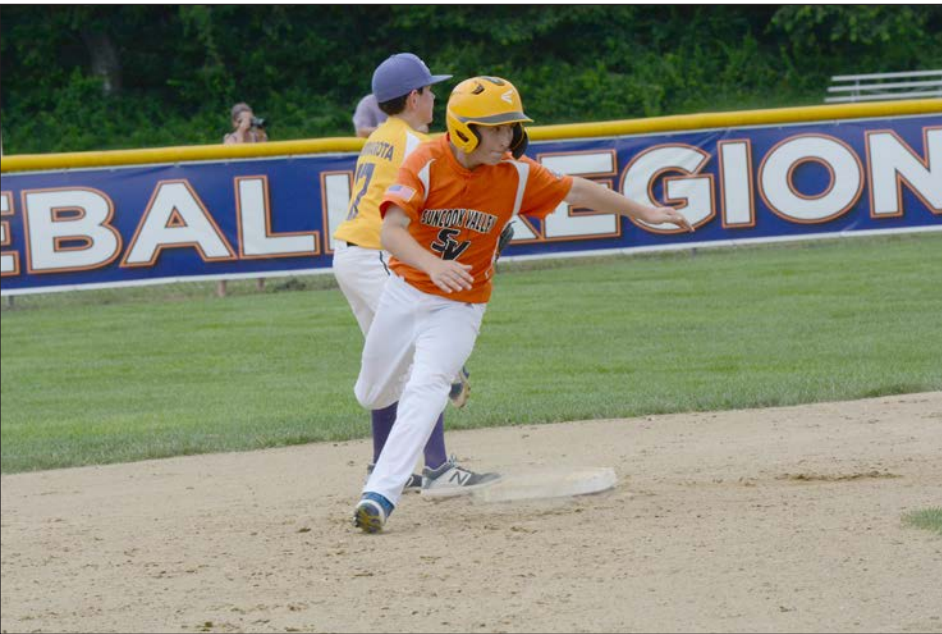
Two walks sandwiched around a strikeout started the bottom of the third inning and then consecutive hit batters plated another run, pushing the lead to 9-0 before Riel got a pop up and a groundout, both back to the mound, ending the inning.

Suncook went down in order in the top of the fourth inning and Weygand took over on the mound in the bottom of the fourth inning. The leadoff batter walked and was forced at second on a grounder to third. Two passed balls moved the runner to third and then Randy Brown took over on the mound for Suncook. He walked the first two batters he faced and the next batter lifted a fly ball to center field. Anderson settled under it and as the runner tagged up, he fired the ball on the fly to Austin, who snared the throw and put the tag on the Marshwood runner as he tried to leap around, ending the inning.

Suncook was unable to get anybody on the bases in the top of the fifth and Marshwood was able to put the final run across in the bottom of the inning. A walk and a base hit brought Gordon to the mound and the first batter had a base hit to left field, pushing the 10th run across the plate, ending the game with a 10-0 score.

Suncook came back on Sunday and defeated Manchester, Vt. By a 5-1 score.

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



JOSHUA SPAULDING
BRANDON WEYGAND rounds second base in action against Marshwood on Saturday.



JOSHUA SPAULDING
KNYTE NEATHERY throws from left field during action on Saturday.



JOSHUA SPAULDING
CASEY ANDERSON fires a pitch for Suncook Valley on Saturday afternoon.



JOSHUA SPAULDING
DEVIN RIEL steps on second for a force out on Saturday in Raynham, Mass.



JOSHUA SPAULDING
SUNCOOK VALLEY players stand at attention for the National Anthem on Saturday.

Kingswood football camp open to grades three through 12

WOLFEBORO — Kingswood Knights high school and youth football camp will take place Sunday, July 28, through Thursday, Aug. 1, at Alumni Field on the campus of Kingswood Regional High School.

This camp is an instructional non-contact football camp for players in grades three through 12. Each camper will receive instruction from Kingswood varsity coaches and past players. All campers will learn fundamental skills of all football position areas and will receive a camp t-shirt. Players and/or parents are responsible for supplying water and cleats.

For kids in grades three through six, no equipment is necessary, while for kids in grades seven through 12, shoulder pads and helmets are required.

The camp will run from 5:30 to 7 p.m. each evening and scholarships are available upon request.

For more information, contact coach Paul Landry at 557-4983 or plandry@sau49.org.

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Events/Entertainment

Tuftonboro Grange is hosting a Penny Sale on Saturday afternoon July 20, 2019. The Penny Sale will begin at 4:00 with ticket sales. Drawings will begin at 6:00 pm. The Grange Hall is located at 157 Middle Road (Rte 109A), Tuftonboro NH.

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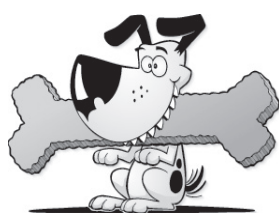
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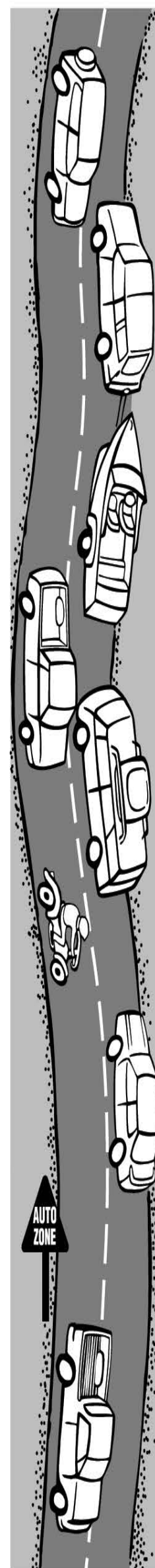
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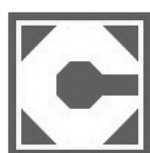
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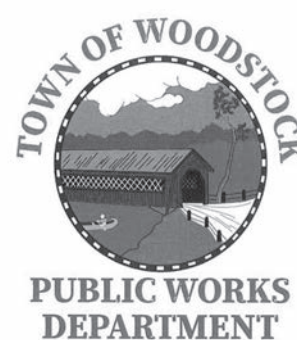
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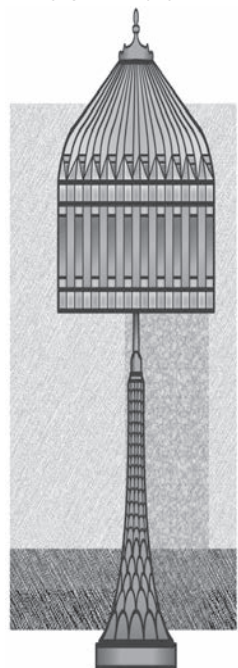
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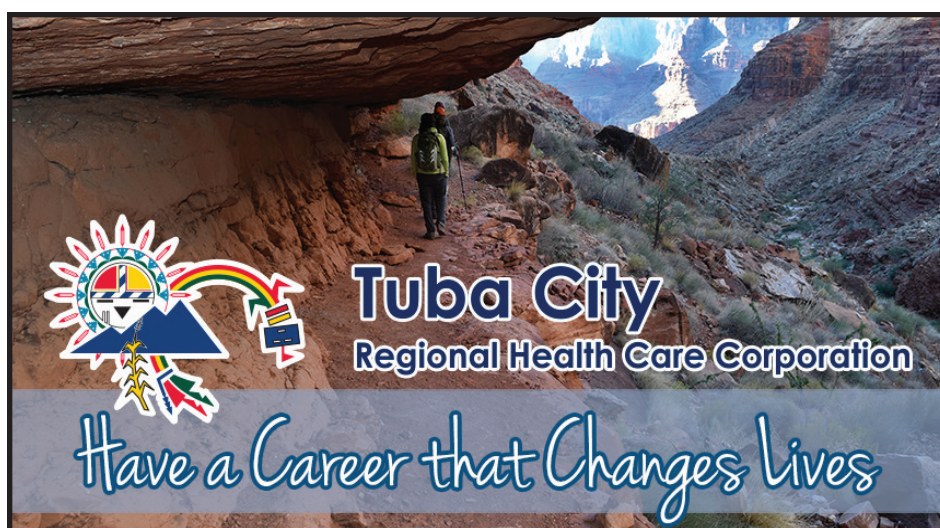
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CT Technologist (Dual)
Medical Technologist
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Positions Close on 06/21/2019 @ 5:00 pm

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Call Center Lead
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Environmental Services Tech./Maintenance
Help Desk Manager
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OR Surgical Technician
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Barnstead Firefighters Association 5K Aug. 17

BARNSTEAD — The Barnstead Firefighters Association is pleased to announce its eighth annual 5K Road Race and Fun Walk to start at the Barnstead Parade grounds on Aug. 17 at 9 a.m.

The course is an “out and back” that follows the Suncook River from the Parade to the intersection with Route 126 and then returns to the Parade along the same route for the finish. The race course is US-ATF certified for accuracy and is considered flat and fast. Refreshments will follow the race.


Proceeds from this year’s race will benefit the Barnstead Firefighters Association.

Pre-registration must be received by Aug 13 to receive a discount. Registration forms are available at www.bfr06.com, by e-mail at bfa5kroadrace@gmail.com or by calling 312-5648. Online registration is also available at www.running4free.com. Race day registration will also be available.

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Village Players Theater, Glendon St, Wolfeboro



Tickets \$15 at Black's Paper and Gifts or on-line at www.village-players.com

“Our Town” is presented by special arrangement with SAMUEL FRENCH, INC.

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Patients and Survivors

Were you offered or counseled about the benefit of screening mammograms before the age of 50?

If you were not offered annual mammograms in your 40's you may have a legal claim.



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Art in the Park
2019

A Festive Two Day Event
Saturday August 3rd, 10 - 4
Sunday August 4th, 10 - 4

Schouler Park, Rte 16
North Conway Village, NH

Food Trucks:
-Ice Cream
-Kettle Korn
-Pretzels
-Hot Dogs
-Gluten-Free Tacos

60 Artists & Artisans

Kids Art Activity Booth
Silent Auction & Raffle
Items at MWV Arts Booth

Music Tent Featuring:

Sat	Sun
Rockin' Daddios	Bear Mountain Band
Dennis & Davey	Dennis & Davey
Jonathan Sarty & Ray Ryan	Jonathan Sarty & Ray Ryan

Mt. Washington Valley **arts** ASSOCIATION
mwvarts.org - 603-356-7711



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