

Alton Old Home Day parade set for Sunday

The ABA is looking for parade sponsors too. All sponsors will be showcased on the ABA parade banner and all marketing material. Please visit www.altonbusinessassociation.com to register as a parade participant or sponsor and e-mail with any questions, info@altonbusinessassociatiin.com.



COURTESY PHOTOC

Ready to ride

New Durham bike riders taking advantage of Bike Safety Day got their bikes inspected, learned some safety tips, received a free helmet, decorated their bikes, and had a fire truck lead them in a parade down Main Street this weekend. Here, New Durham Police Officer McNulty, who secured a grant for the helmets, explains how important reflectors are. The town's Parks and Recreation Department co-sponsored the event.

Timber Wolves, Knights earn softball All-State honors

Also earning Second Team honors with Eldridge were Emma Steenbecke of Merri-mack Valley, Kailey Disco of Hollis-Brook-line, Riley McNamara of Manchester West, Eliza Carignan of Pembroke, Ashlynn Baron of Laco-nia, Lily Mande of Con-Val, Madison DeCota of

Joining Bernier on the First Team were Morgan Hall of Belmont, Makenna Balderrama of Berlin, Ami Rivera of Bishop Brady, Riley Gamache of Campbell, Mylie Aho of Conant, Ella Harris of Gilford, Megan Kimball-Rines of Hopkinton, Leah Ste John of Mascenic, Grace LeClair of Monadnock, Madison Perry of Newfound, Rylee Page of Somersworth, Ashleigh von der Linden of St.

SEE **SOFTBALL** PAGE **A10**

*Plenty of summer fun at the
New Durham Public Library*

Simon Brooks brings a passel of funny stories on July 21, and a magic show with Mike Bent on July 28 will precede the awards ceremony of the

Participants can make an appointment to paint their share of a ceiling tile on Monday.

Families are now able to check out STEM building sets, ranging from bristle blocks to kits with stories and engineering projects. Purchase of the sets was made possible in part by the Institute of Museum

SEE LIBRARY PAGE A10



COURTESY PHOTOC

Scholarship winner

The Alton Business Association is proud to present the ABA Annual Scholarship Award to Prospect Mountain High School (PMHS) graduate Jiana Kenerson for \$1,000. Kenerson and the other scholarship applicants also received the ABA's custom designed "Alton" hat. The ABA Annual Scholarship Award is open to graduating seniors in the PMHS Chapter of Future Business Leaders of America (FBLA) organization. The ABA congratulates all the PMHS Class of 2021 members. They support local to learn more about the non-profit organization, please visit www.altonbusinessassociation.com.



ALTON — The Alton Police Department responded to 146 calls for service during the week of June 13-19, including one arrest.

One male subject was arrested for Fugitive from Justice.

There were eight motor vehicle accidents.

Police made 36 motor vehicle stops and handled four motor vehicle complaint-incidents.

There were 98 other calls for services that consisted of the following: One neighborhood dispute, one assist fire department, one fraudulent action, one stolen property, two assist other agency, three pistol permit applications, nine animal complaints, one juvenile incident, two domestic complaints, eight general assistance, two miscellaneous, five alarm activations, one noise complaint, two lost/found properties, one highway/roadway hazard, three general information, two vehicle ID checks, one trespass, one destruction of property, one civil matter, five wellness checks, one abandoned motor vehicle, two criminal mischief, one dispute, one disabled motor vehicle, 29 directed patrols, two motor vehicle lockouts, four medical assists, three property checks, two paperwork services.

ALTON — Alton Parks and Recreation is sponsoring Paint Night, outside overlooking Lake Winnepesaukee, at the Alton Bay Bandstand on Wednesday, July 14, from 6 to 7:30 p.m. with instructor Anne Morrell. Let your creativity flow. Paint the 11"x17" canvas with only four colors. All supplies are included. Register by July 12. The painting is set in blues featuring two white dandelions with their seeds floating as wishes. View the painting example on Alton Parks and Recreation Facebook page or ask for a copy to be e-mailed to you. Participants will be able to blend background colors to be as light, or as dark and add a wish to their masterpiece if they like. The dandelion symbolizes happiness, joy and youthful thoughts. More than that, it is the only flower that represents three celestial bodies during different phases of its life cycle: sun, stars, moon. Handmade paintings make great gifts. All abilities are welcome. Bring a friend or sign up solo. Registration forms are online. For more information, contact parksrec-asst@alton.nh.gov or 875-0109.

Alton Bay concerts at
the bandstand

Listen to the music at the Alton Bay land bandstand on Saturday nights in July and August from 7 to 9 p.m. July 3 - "Thursday Afternoon" - classic rock; July 10 - The Visitors - oldies, classic rock, country rock; July 17 - EZ Band - classics and those destined to be; July 24 - Saxx Roxx - classic rock with brass; July 31 - East Bay Jazz Ensemble - elegant swing, jazz and blues; Aug. 7 - John Irish Duo

- guitar and vocals; Aug. 14 - Chippy and the Ya Yas - cover rock band, 60s to now; Aug. 15 - Blacklite Band - classic rock
- Sunday performance- 4-6 p.m.; Aug. 21 – Bittersweet - classic rock; Aug. 28 - Chris Bonoli - soft rock, country and classic electric blues.

Alton Parks and
Recreation Mini Putt
League

Alton Parks and Recreation is partnering with Winni Putt, the mini golf course in Alton Bay, to bring you a five-week Mini Putt League July 12-Aug. 15. Teams of two play one game each week (any day of the week) and scores are tallied. At the end of the five weeks, winners will be determined and given first place prizes. Categories include: Ages 6-14 - pair with other child or adult; Ages 15+. \$25pp fee includes one round of mini golf each week for five weeks. Register by July 5 at Alton Parks and Recreation or at Winni Putt.

Kayak paddle trip on the Merrymeeting River

Alton Parks and Recreation is sponsoring a kayak trip on Friday, July 9, starting at 10 a.m. meet at the New Durham Boat Launch on Route 11 by Johnson's Dairy Bar. Participants need to provide their own equipment, including paddle, kayak and life jacket. Check out the wildlife habitats, animals, and beautiful scenery of the Merrymeeting River. Paddle trip is approximately 90 minutes. Pre-register by July 6 at Alton Parks and Recreation at 875-0109 or parksrec@alton.nh.gov.

Adult pickleball
Join in the fun with

free organized play for experienced adults (18+ years). Experienced players meet Mondays, Wednesdays, Fridays, and Sundays at the Liberty Tree Park Courts from 8 to 11 a.m. Program is ongoing through the fall. Register in advance with the link on the town of Alton website or at <https://www.signupgeenius.com/go/30e0b4dae-a82ba0fd0-byinvitation>. Please park across the street from the fire station.

Alton Old Home Week
virtual 5K race

Alton Parks and Recreation and Meredith Village Savings Bank are co-sponsoring the Around the World “Alton Old Home Week Virtual 5K Race” from Aug. 1-15. Run/walk a 3.1-mile course from any location, and enter your running place on the department’s interactive global map. Run with friends and family from around the world. Let’s see how much of the globe they can fill.

Official time tracking will begin on Aug. 1 at 12 a.m. and stay open until 11:59 p.m. on Aug. 15. The virtual 5K race will allow people to run/walk during the race period, using a mobile device and the app (RaceJoy). Included in the app will be real-time tracking, progress alerts at mile points for current pace and estimated finish, and other interactive features for participants and spectators. The leader board will be updated daily with all participant's times.

The \$15 registration cost includes eligibility for raffles, prizes and a long sleeve race shirt. To be guaranteed a shirt, pre-register by Aug. 1, otherwise limited avail-

ability. This is a great program to challenge yourself, and connect with other people. Represent your race location on the global map.

Forms and map available at www.alton.nh.gov or register online at <https://runsignup.com/Race/NH/Alton-Bay/OldHomeWeekVirtual5k>.

Yoga with Sheila - two
different classes

All Levels Yoga with Sheila Marston at the Alton Bay Community Center on Thursdays, 6:30-7:30 p.m. \$10 drop in. Creative Flow Yoga with a focus on hip openers, arm strengtheners, chest openers and balance poses. Classes are ongoing. Register on site. Yoga in the Park - Flow to Yin - Sundays, July 4-Aug. 29 at 10 a.m. in Railroad Square Park, Alton Bay. All levels welcome. \$10 drop in. No class July 11 or Aug. 15.

Line dancing lessons

Line dancing with Joan Lightfoot is held at the Alton Bay Community Center on Thursdays from 1:30 to 2:30 p.m. until Aug. 26. Adults of all ages and abilities are welcome, \$3/season. Register on site.

Alton Bay water bandstand summer concerts

Enjoy the beautiful lake at this unique event sponsored by the Alton Bay Water Bandstand Committee. Watch from land or by boat as bands perform on the Alton Bay water bandstand surrounded by Lake Winnepesaukee. Concerts are held 6-8 p.m. July 9 - Key Elements and Aug. 20 - "Thursday Afternoon."

*Hannaford bag program benefits
Gilman Library*

ALTON — Alton Hannaford, located at 80 Wolfboro Highway, has once again chose the Gilman Library as the beneficiary of the Hannaford Community Bag Program. Thanks to the

community members who have purchased a reusable bag to support the Gilman Library during this month of June, Hannaford informed the library that they will receive \$49 in donations at the last tally. Even more donations may come in before the end of the day on June 30.

For those not familiar with this program, the Hannaford Helps Reusable Bag Program makes

it easy for shoppers to support their community and environment by buying durable, reusable shopping bags. A portion of each Community Bag purchase goes to a local non-profit. Gilman Library is the beneficiary of this wonderful program this month.

If you do buy a bag, be sure to practice standard safety protocols. Wash your reusable bags before and after use, and if

possible, bag your own groceries at check out when using a reusable bag.

*Cruise night
July 9 at
Locke Lake
Colony*

BARNSTEAD — Locke Lake Colony will be holding a cruise night on July 9 from 5 to 8 p.m. at the Colony Drive Beach in Barnstead.

The night will feature old cars, hot roads and classics, in addition to a few food trucks to ward off the hunger. TD's Smokehouse, Sausage Express and Aunt Dot's caramel apples and popcorn will all be in attendance.

Additionally there will be music, as C-4 is back for another explosion at the beach.

Local residents are invited to come out and meet their neighbors and see some classic cars in Locke Lake Colony.

If you have a car that you are interested in showing at the cruise night, call Rick DeMars at 666-0455.

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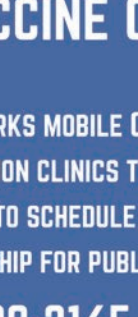




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NH Boat Museum to host Vintage Boat and Car Auction



COURTESY PHOTO
NEW HAMPSHIRE Boat Museum's New England Vintage Boat and Car Auction is set for July 17.

WOLFEBORO — On Saturday, July 17, at 10 a.m., the New Hampshire Boat Museum (NHBM) will host the annual New England Vintage Boat and Car Auction at The Nick Recreation Park in Wolfeboro. While bidders can attend in-person, the auction will also enable individuals to remotely bid on items.

“Our virtual auction worked really well last year, so we wanted to leverage that technology this year, too,” said NHBM Executive Director Martha Cummings. “We are also excited, of course, to return to The Nick and see some familiar and new faces.”

While details regarding available items for this year’s auction have yet to be released, the event historically fea-

tures dozens of boats as well as cars, outboard motors, miscellaneous boating items, and lake memorabilia.

Some examples of items from last year in-

clude a 1955 25’ Chris Craft Continental, 1983 Crosby Yacht Fantail Launch, 1947 Chris Craft Deluxe Runabout, 1957 Morris Minor Convertible, and 2006 Bentley

Flying Spur.

According to Cummings, details on auction items will be released in late June/early July. “This year’s auction will be incredible, so stay tuned,” she said.

Boats and cars will be displayed on museum grounds for the general public to view on July 16 and 17 from noon to 5 p.m. An additional preview showing will take place from 8 to 10 a.m. on Saturday, July 17, followed by live bidding at 10 a.m. Registration is free for current NHBM members and \$10 for non-members.

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. NHBM is sponsored this year in part by Goodhue Boat Company, Eastern Propane & Oil, Meredith Village Savings Bank, FL Putnam,

Stark Creative, Bank of New Hampshire, and NH Humanities.

To learn more about the auction or NHBM, visit nhbm.org.



COURTESY PHOTO
BOATS ON DISPLAY at NHBM's New England Vintage Boat and Car Auction.

MVSB to sponsor free Wright Museum admission to history teachers

WOLFEBORO — Made possible by Meredith Village Savings Bank (MVSB), NH history teachers will have the opportunity to visit the Wright Museum in Wolfeboro at no charge on Sundays, Aug. 8, Sept. 19 and Oct. 17.

“This is a wonderful chance for us to honor the contributions of our state’s history teachers,” said Mike Culver, Executive Director of The Wright.

Teachers may also bring one guest at no additional charge.

“There is plenty to see and do here in Wolfeboro,” added Culver. “We hope teachers take advantage of this opportunity.”

Robyn Masteller, MVSB Regional Vice President, Branch & Business Development Manager, said Wright

Museum’s initiative “to give back to teachers within our communities directly aligns with several of our core values.”

“History teachers and the Wright Museum seem to be a perfect fit, and it offered us a unique opportunity to support the teachers who do so much for our children each day,” she explained.

According to Jami Bourdeau, MVSB Branch Services Manager, their sponsorship of the initiative reflects their belief in stewardship.

“We aid the communities we serve in the forms of scholarships, grants and, in this case, sponsorships,” she said.

Expressing appreciation for MVSB’s “community vision,” Culver said the initiative under-

scores the importance of the subject of history.

“Given world events, social unrest and an increased focus on celebrating our nation’s diversity, there may be no better place than The Wright to help provide perspective,” he said.

Free admission Sundays take place on Aug. 8, Sept. 19 and Oct. 17. Teachers are requested to bring some sort of identification that identifies them as teachers.

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

For more information about the museum or special events, visit

wrightmuseum.org.

COURTESY PHOTO

JAMI BOURDEAU (left) and Robyn Masteller of Meredith Village Savings Bank with Michael Culver (right) at the Wright Museum of WWII.

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If

When sitting down to write this Editorial, this Editor had heavy on her mind her old mentor from the radio days, Barry Lunderville who has since passed on, or as he called it “taking a dirt nap.” Barry owned radio stations in NH and worked for CBS out of Boston. He was especially great to talk to when discussing small town politics and joked, “Well between us girls.” During one particular time of discord, he passed this poem along and it is one that is read often, especially when thinking, “What would Barry say?”


If BY RUDYARD KIPLING

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don’t deal in lies,
Or being hated, don’t give way to hating,
And yet don’t look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you’ve spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build ’em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: ‘Hold on!’

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds’ worth of distance run,
Yours is the Earth and everything that’s in it,
And—which is more—you’ll be a Man, my son!



The Baysider

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JOSHUA SPAULDING

Shrine practice

Kingswood’s Jackson McCullough (light shirt) and Patrick Runnals (dark shirt) practice with their fellow New Hampshire teammates during the first practice for the New Hampshire Shrine Maple Sugar Bowl team, which was held on Saturday at Kingswood Regional High School in Wolfeboro. The Shrine Bowl takes place on Saturday, Aug. 7, at 12:30 p.m. at Castleton University in Castleton, Vt., Kingswood coach Paul Landry will be the team’s head coach.

Letters to the Editor

Few trying to ruin it for everyone

To the Editor:
The spring and summer hiking season has barely begun, and already a small minority of people are trying their best to ruin it for everyone. The hiking trails in New Hampshire, as well as those in Alton, are located mostly on private land, with some on town- or state-owned property, so the trails exist because of the generosity and indulgence of those property owners.
Sadly, a few people have decided to jeopardize those trails by vandalizing property along the trails. To highlight two or three instances – several trees on private property were cut part way through, destroying the trees and creating a future hazard; graffiti painted on stones on town-owned property; enough beer cans thrown into the woods at a trail head to fill a trash bag. The town-



owned land will never be closed to the public, but the town may choose to prosecute blatant offenders. The real tragedy is the very understandable reaction of private property owners to simply close their land to the public. This happened last year in Alton due to the repeated and totally unnecessary disregard for the property owner’s privacy.
We hope that this re-



minder will encourage everyone to use common sense on the trails, leave the places you visit the way you find them, pack out what you pack in, and enjoy our beautiful surroundings.
Alton Conservation Commission

Juneteenth did not commemorate the end of slavery

=To the Editor:
The editorial in your June 24 issue stated that June 19 “commemorates the actual end of slavery in our country.” It did not. It ended slavery in Texas. Lincoln’s “Emancipation Proclamation” only freed slaves in state that had succeeded from the Union. As Union troops occupied Confederate territory, slaves living in that territory were freed. However, it did not free the slaves

living in the four Union slave states, which included Delaware, Maryland, Kentucky, and Missouri. Those slaves were not freed until the ratification of the 13th Amendment Dec. 6, 1865.
While I think Juneteenth is a day that should be celebrated like Bunker Hill Day, Patriots Day and D-Day (which Biden did not recognize), it should not have been made into a national holiday. In-

stead of bringing Americans together, this day divides us even more and that is why Biden eagerly signed it. He and his fellow Leftists will use it to cause more hatred and division. Hating the greatest nation in the history of the world, and white self-loathing seems to be in style these days among the elite. Thankfully, it is not embraced by the majority of Americans of all races who love this country

and proudly fly the U.S. Flag.
On Saturday, July 3, I will have an information table in Alton Village from 9 a.m. to noon in front of 129 Main St., where I will give out copies of the U.S. Constitution and Declaration of Independence.
Hal Shurtleff
Director, Camp Constitution
Alton

Community Corner

Upside down

BY JOHN Q. HENDERSON
Barnstead
It has been turned upside down, that man named Fylin, has committed treason with his remarks about having a coup against American and your free form of government, why has he not been arrested?

Anyone who served in the military, or not, who expresses the violent, overthrow of the United States Government (coup d’etat) has committed one form or another of treason.
When the pedophiles are accusing the people, who serve in the main-

stream government because, they know that term is a flash point, everyone hates a pedophile. People in the Q-anon group, they are projecting on to others that which they do well at least they “protest to much.” These seem to be, poorly educated,

overly zealous religious fanatics, and yes some have PhDs. Just because you have a degree does not mean you are educated.
The truth of any idea, needs to be tested, not just repeated to the point it is believed. Telling a misguided truth over

and over again is the trick used by those who wish to lead you down the road of confusion, doubt if you will. Do not follow a statement, that is a chant that is drummed into your head it numbs your brain, so you cannot be able to pick the truth out of the

misinformation.
All the tricks used by those who wish to take away your free thinking and want to make their followers blindly go along with their agenda, generally take you down the road to disaster, it is propaganda plain and

We listen to the old stories, and sift the ashes of history



By JOHN HARRIGAN
COLUMNIST

Most of the time, it's a pleasure to hear from readers. Some of the time, it's a heartache, for reasons I'll explain. I'm going to amalgamate mail here, because it's easier that way.

Most letters refer to things I've written about, including questions or sometimes challenges on facts, and that's fine. I've never said or felt that I know it all. I've also felt that I should reply to anyone who cares enough to write. My sign-off is always "Thanks for being a reader."

It's when letters ask questions about knowledge and stories being lost by the minute that the heartache comes in. And off we go, into the never-ending land of "I wish."

+++++

I wish that more people knew about the Foxfire Project, or at least enough two or three generations ago to emulate it, far more widely than

it ever was.

On the positive side, Foxfire was indeed emulated here and there around New Hampshire and neighboring states, most often by dedicated teachers who enlisted pupils and students to interview their elders about what life was like in their youth and how things had changed. Unfortunately, the original zeal that fostered these efforts too often sputtered out.

In 1966, English teacher Eliot Wigginton was working with a mix of grades and classes at the Rabun Gap Nacoochee School in northeastern Georgia, a jumbled region of mountains and hollows, when he began the modest effort that would become the nationally acclaimed Foxfire Project. Thousands of people were caught up and captivated by the project as the school produced a magazine, published a series of books, and inspired a Broadway play. The school is still publishing the magazine.

Most people alive at the time undoubtedly remember the Back to the Land movement, in which thousands of idealistic young people (okay, a local term) sought a simplified lifestyle using basic skills to live from and with the land. The Foxfire story was a natural fit, and its books and magazines

could be found in many a rejuvenated old farmhouse, winterized tent, or yurt.

+++++

If I'm representative of people who've read all the local and regional history they can find, and listened to a whole lot of stories, the challenge is clear. Who is going to collect this kind of information, sift it for importance and meaning, and keep it where researchers and the just plain curious can find it?

Here are just a few tidbits from my own brief time on the planet:

--Near the turn of the last century, a family staked out a farm in one of the wildest and most distant parts of the territory. When they didn't appear in the spring for basic provisions--salt, seed, and flour--a search party went out, and found them all dead of apparent typhoid. The party burned the buildings, and today only deep moss indicates an old opening in the woods.

--As the 1950s story goes, a state road crew helped residents dynamite a small cave overlooking the upper Connecticut River, the stated concern being the safety of local children. Ever since settlement times, the cave had been known as a shelter and lookout point for local



This before-and-after image shows what was there, and what no longer is--a dramatic change in the lives of legions of North Country residents and visitors who were so used to looking up to the Old Man. (Courtesy oldmanofthemountainlegacy.org)

Abenaki -- but looking out for what? Campfire smoke, trappers and traders, other Indians, perhaps the spring run of salmon, nearly 400 miles from the sea? (Atlantic salmon are documented as having reached First Connecticut Lake.)

--In New Hampshire and Vermont, there are two places where natural travel routes through the woods have long been known as "Captive Trails," for their use by raiding parties to hustle their captives to Canada

for ransom. Has anyone undertaken archaeological digs?

--There is an oft-told story concerning the fall of the Old Man of the Mountain, on May 3, 2003. The accepted explanation was water seepage, seasonal freeze-thaw cycles, and the inexorable tug of gravity. If anything came out about dynamite work nearby, I missed it.

+++++

There is no putting



The first U.S. Postal stamp featuring the Old Man of the Mountain, issued on June 21, 1955, commemorated the 150th anniversary of the "discovery" of the Great Stone Face. (Courtesy Patrick Hummel, NH State Parks)

the Old Man back, of course, and the five ledges that formed the profile were bound to fall sooner or later. A look at the famous talus slope at the base of the cliff--famous because there are so few East of the Mississippi--tells you why.

Today, the great plunge and breakup of the Old Man are revealed by mere yellowish tinges atop millennia of debris. Local history and stories from people who are here for just a blink are much harder to capture and comprehend.

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

CORNER

(continued from Page A4)

simple. There are examples from every country, and every government, some good but mostly bad, use it to sway the people to follow their scheme. Each side of the argument will use it to make the point what they believe is the truth. Remember, the truth always remains the same, a lie, when spun, always has a different outcome, answers if you will. The election was stolen we first heard this in the run for the 2016 presidential race, until the person who was saying it won. Everyone was surprised. I think maybe it was stolen from Hillary, which was not the story 45 would have told had he lost that one. Only because he stated it with such a conviction, he knew the Russian were helping him, which again has now been proven upon investigation by the Senate.

This is the reason he will not except the results of the 2020 election because he had the open support of the Russians and the Chinese. The corrupt would rather deal with likeminded people. Then to confront supporters of truth who will not be subverted by lies designed to steal the freedom from their own people.

Fact, if you will, I just this day returned from a trip into the deep south, I spent five days there, on family business, in all the travel by automobile 2,584 miles, that I did, I only saw two political signs of support for the loser 45, two "that's all folks" just two, one was on the side of the highway and the other was one stating his dog supported the cheater and chief, I was sure I was headed into deep red territory while traveling around Alabama, when speaking with a few residents, most said they did vote for him, but would not do so again. He had shown them he was a poor sport and they don't like poor sports. I was really shocked. Where was the crowd that loves this crook, come to find out it is in the North, in fact in my own neck of the woods the sickening numbers of political signs show just how misguided my fellow New Englanders are. When asking a group (five) of white people where were all the political signs? Where they told me once 45 lost, they did the right thing and removed them from their yards. I was truly impressed to find that my thinking was wrong on this topic, again the South has often been misaligned because of a

very few, the racial tensions they have bought on themselves and have inherited does exist. Someone is lying to us I think it is the person who ran against Joe Biden and lost, makes me think "holy roller big tent preacher type" with three people there for the show.

On having read the Constitution, Hal Shurtleff, the answer is more than once, the protection of rights is given and implied in that document. What God has given us is the ability to be wrong, to sin, and to be forgiven of that sin. We sin when we fail to apply God's love to all. When and if we support those, who wish to deny to others, that which they seek for only themselves. I still wonder why you need an assault rifle unless you wish to harm a multiple group of people all at once. The constitution gives the right to bear arms in a formed militia and that right will not be infringed. Amendment two does not say assault military killing machines can be bought by any Joe Blow, Hell if it did stand for that, people would be wanting their own Nuke missiles. Then what? FYI, I support the amendment, not the misuses of that right.

Have you considered the Black Lives Matters

and Antifa groups protest because they have been denied though laws passed, action taking, or inherent, systemic racial profiling? Contrary to what you have seen and heard on Fox and others news stations. Those groups did not try to overthrow the government of the United States of America on Jan. 6. It was misguided rogue souled, sinners who supported the loser and don't want to be the better people. Those who follow him are not working for God. They are working for the anti-Christ incarnate. Reread Revelations in the Bible, start to apply what is going on in today's world to the words there, and you will see you are being misled. The anti-Christ only speaks about himself

("and he will exalt himself over everything that is called god"), 45 only speaks of the injustice done to him the "me" if you will. Exclaiming

none are better than he and knows everything. Plan as the lips that flap when a lie is told.

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Find the fairies on Saturday morning

WOLFEBORO — Looking for something fun to do with the kid-dos over Fourth of July weekend in Wolfeboro? Then you're in luck. The Children's Center presents Fairy Find 2021.

On Saturday, July 3, 9-11 a.m., The Children's Center will be set up for their annual fairy adventure. Start at Back Bay by Foss Field in Wolfeboro and walk the Bridge Falls Path to Whitten Neck Road searching for 10 golden fairies, painted rocks and fairy houses along the way. There is a special photo op included at the start/finish table. You don't want to miss it. And prizes for all who participate. (Rain date is scheduled for July 4.)

Fairy Find 2021 is a Strengthening Families event sponsored by The Children's Center. (They hope to once again host their larger Fairyland Festival in July 2022.) It is meant to encourage positive engagement between children and their families while giving opportunity to community leaders and service providers to engage, support, and partner with parents and children.

The Children's Center has been serving the needs of children from ages six weeks to 12 years of age since 1974. Its mission is to enhance the well-being of families in our community by meeting their needs through comprehensive, affordable, high quality childcare and early education, and to cooperate with other agencies serving the needs of children. By working to provide each child and every family with the resources they need to thrive, The Children's Center remains a pillar in the community for past, present, and future generations. To learn more about The Children's Center or how to support them in their pursuit to provide childcare services to the local community, visit the Center's web site at thechildrenscenternh.org or call the office at 569-1027.

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New England's beauty on display at Huggins Hospital



COURTESY PHOTO
THE WORK of D.L. Kaulbach is displayed at Huggins Hospital in July and August.

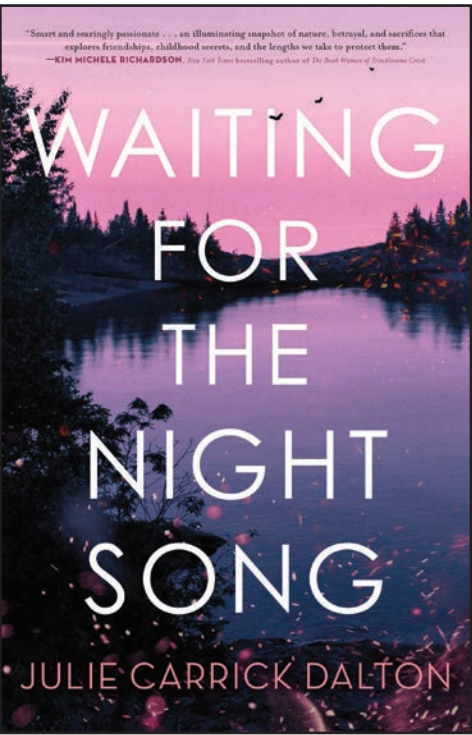
Author brings new book to The Country Bookseller

WOLFEBORO — Julie Carrick Dalton returns to The Country Bookseller for a blueberry themed event in partnership with North Main Café Saturday, July 3, from 11 a.m. to 1 p.m.

Taking place in New Hampshire, "Waiting for the Night Song" is a stirring debut about friendship, family, and the consequences of acting out of fear. An urgent message from her long-estranged best friend brings Cadie back to her childhood home. Together, they face a dark secret that ended both their idyllic childhood bond and that magical summer of adventure, friendship, and of course blueberry picking.

While this is her debut novel, Dalton's writing has appeared in "The Boston Globe," "BusinessWeek," "The Hollywood Reporter," "Electric Literature" and other publications. She contributes to "The Chicago Review of Books," "DeadDarlings" and "The Writer Unboxed." A Tin House alum and graduate of GrubStreet's Novel Incubator, she holds a Master's in Literature and Creative Writing from Harvard Extension School. She is a frequent speaker on the topic of writing fiction in the age of climate crisis. She lives in Boston but owns and operates an organic farm in the Lakes Region of New Hampshire.

Those who purchase a copy of Dalton's book can present a copy of their receipt at North Main Café on the day of the event and receive 10 percent off a blueberry baked good. For more information or to reserve copies of the book, call The Country Bookseller at 569-6030.



WOLFEBORO — The Governor Wentworth Arts Council (GWAC) is pleased to display the artwork of D.L. Kaulbach at Huggins Hospital this July and August. A native of Brooklyn, N.Y., Kaulbach started painting in high school, but was sidetracked by a career in nursing, marriage, and raising four children. After moving to Marblehead, Mass., she resumed painting.

In the 70s, Kaulbach and her husband, Dr. Maximilian Kaulbach, bought a vacation home in Alton. An avid gardener, she tries to convey her love of nature and in particular the beauty of New England in her watercolors, oils, and pastels.

Having lived in Europe and traveling extensively is a source of inspiration for her painting. She is a long-time member of Marble-

head Arts Association, Swampscott Arts Association, and in more recent years, a member of GWAC. She attended courses at Montserrat, Endicott College, and N.S. Community College as well as workshops with Don Stone in Maine, Jean Dobie in Vermont and local instructors. She has exhibited in many venues across Massachusetts and New Hampshire.

Local students earn Dean's List at UNH

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the spring 2021 semester.

Patrick Hussey of Barnstead for earning Highest Honors.
Ava Blair of Barnstead for earning Highest Honors.
Jacob Blair of Barnstead for earning Highest Honors.
Gordon Unzen of Center Barnstead for earning Highest Honors.
Connor Lacourse of Center Barnstead for earning High Honors.
Reilly Gray of Center Barnstead for earning Highest Honors.
Wesley Demers of Center Barnstead for earning Highest Honors.
Tabitha Kelley of Center Barnstead for earning Highest Honors.
Kaci Gilbert of Center Barnstead for earning Highest Honors.
Gwendolyn West of Center Barnstead for earning Highest Honors.
Aidan Gehly of Center Barnstead for earning Honors.
Christopher Watson of Alton for earning High Honors.
Alexander Brown of Alton for earning High Honors.
Andrew Hamilton of Alton for earning Highest Honors.
Zander Guldbrandsen of Alton for earning High Honors.
Steven Stanton of Alton for earning High Honors.
Erika Schofield of Alton for earning Highest Honors.
Jesse DeJager of Alton for earning Highest Honors.
Kyle Deegan of New Durham for earning Highest Honors.
Gabiella Salamanca of New Durham for earning Honors.
Avery Anderson of New Durham for earning Highest Honors.

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in the state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH's research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.

To learn more about the opportunities at the University of New Hampshire visit: www.unh.edu.



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PETS OF THE WEEK



Sasha

Sasha is a wonderful girl who loves to play! She is perfect if you are looking for lots of personality in a medium sized package! Sasha loves to play with her toys, and already has excellent house training habits. Sasha is working on her leash skills, impulse control skills, and sharing her things. She is looking for a quiet home, where she can continue building her skills with positive reinforcement, and get lots of play time and walks! Sasha would do well in a home with adult humans, no cats, and no dogs- she wants to be your one and only four legged friend!



Zephyr

My face says it all! I am a man of mystery and adorableness, and yes that is a word. The world is a big, loud place my friend and I am not sure I am a fan of those words. Small and quiet win me any day. I think that my future home understands that. Perfect cats like myself need to have the most perfect home. I want a hideaway that consists of a warm bed and the time that I need to come out of my shell. I want attention, I just don't know how to ask for it. I may hiss at first, but don't let that fool you I like the pets! In the spirit of honesty, I do have a medical history that should not impli-CAT me at all, if you are interested in learning more fill out an application or inquire with the lovely adoptions team, they know exactly what I am looking for!



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LETTERS FROM EDWIN

Java

BY EDWIN TWASTE
Contributing Writer

I knew that this would happen. It's nine o'clock and counter to my normal routine, I haven't fallen asleep in my rocking chair. I haven't even felt a bit tired at all. There is a definite reason for this. It's my fault. Let me tell you how.

You see I have a friend who recently opened a new restaurant. I've wanted to help support him when at all possible. But since I basically live on two large meals a day and rarely eat lunch, it's difficult. His place, being only a breakfast/lunch joint doesn't fit into my daily routine very easily. Also, it's being a fair cruise from home adds to my inability to patronize.

But today I was working up his way and actually got freed up early afternoon. I had time to make it there before he closed so I headed over. Everything I've had there has been excellent so I was looking forward to something new.

Only looking for a snack, I gravitate to the sides and soups. Corned beef hash is what hit my desire button and I wasn't disappointed. It was totally homemade, not the normal canned stuff that reminds me of dog food. I love hash, and this was good hash. Some morning I will sneak out there for hash'n eggs. Yes, sir.

Before I got so sidetracked with the food side of things, I forgot to mention that my slip up was to order a cup of coffee. That wouldn't have been so bad, but they brought me this huge monstrous cup of it. Then I went and drank the whole thing. Hey, I like coffee.

I keep telling myself that I ought to get back on the coffee wagon so that I can enjoy a cup any time of day and not have to worry about not falling asleep. I used to be that way. A cup of coffee after supper was routine. Now even an early afternoon cup keeps me up.

I can remember heading home from gigs with three or four cups of high test sitting in reach as I tried to fight off nodding out while driving all night heading home. I'd be wired, but sleep kept fighting to try and take control. Thank you Lord

for my guardian angel and Scrod who would regularly ask; "hey Ed, you awake?" Everyone else would be dozing.

Just about everywhere we want had free coffee. At the Air Force bases there were Bunn machines everywhere. Just take yourself a cup. At that time, I still had my sweet tooth and would put two heaping teaspoons of sugar in every cup. Talk about deservitude. One week up in Limestone I realized the extent of my sugar intake and switched to just black like I now have it.

In the spring time, during maple syrup season, I make coffee with sap, which gives it a slight maple sweetness that is really nice for a change.

The next day I thought about cashing in on a gift card for a cup of Joe, but didn't pass the dispensary till after five, so I resisted the temptation. I used to take the "free cup of coffee with a fill up" at my local gas station. It was pretty weak though. I just kind of stopped. Maybe I'll rethink that decision.

So today I headed off to do a job, and while there, I was offered a coffee, which I accepted. It was scrumptiously delicious and decadently strong. Best cup of coffee I've had in a while.

I usually run out of gas around three in the afternoon. Not today. This was one of those jobs that takes twice as long as expected. I was there till six, and still

hadn't experienced my usual energy slump. That must be why most people drink the stuff. I've been drinking it for 64 years now. I don't think it stunted my growth any. They said it would. I'm amazed at how wrong "they" constantly are.

I even remembered to take the dozen eggs she gave me. Maybe there's more to this beverage than they let on? A couple of weeks ago, another customer offered me not only a dozen eggs but some fresh asparagus because she has some wonderful asparagus patches and way more than she can use. I drove off without either one. I'd forget my head if it wasn't stuck on.

STRATEGIES FOR LIVING

Temptation with a smile

BY LARRY SCOTT
Contributing Writer

It was early one Michigan morning as, on the way to Detroit with a load of cargo, a car pulled up in front of my 18-wheeler and came to a fast stop. Following a good night's sleep in a rest area along I-94, I had already gone through my morning routine, the coffee was made and safely placed in its holder on my dash, and I was ready to roll.

A young lady, perhaps in her mid-twenties, approached my truck and asked, "Would you like to talk?" "And what," I asked, "would you like to talk about?" "Oh," she said, "I don't care. I'm just trying to get a little gas money." Reasonably attractive, I was well aware that "talking" was not what she had in mind. "No, I really don't think so," I responded. And then she smiled and said, "Are you sure? I won't tell if you won't" "Sorry, lady, I'm really not interested."

And then it was over. As she stepped into her

car and drove away, I realized that in just a matter of minutes, with a simple "yes" instead of a "no," I could have changed the direction of my life. And please believe me, I am neither bragging nor complaining. I took the easy way out. Aside from the devastating influence it would have had on my relationship with God, I could have exposed myself to one of the social diseases and impacted my self-respect forever.

Like so much of what life has to offer, the big lie was that I could indulge in sin and no one would ever know. But sin is like that, isn't it? It sounds so inviting. It sneaks up on us when we least expect it and in a matter of minutes, we can dramatically change the direction of our lives.

In this discussion it is important that we distinguish between sin and sins. Our concern often has to do with sins, the things we say or do or think. Sin, however, is

something else altogether. I can be destroyed by my sins, but the culprit is sin, and the real essence of sin is self-centeredness, self-will, self-image, self-satisfaction, and pride. Satan may be the driving force of evil in our world, but my greatest problem is not with the devil; my problem is with me.

The Apostle Paul knew what I'm writing about. "I find this law at work," he wrote, "when I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body. What a wretched man I am. Who will rescue me from this body of death? Thanks be to God—through Jesus Christ our Lord."

Jesus is God's solution to our most fundamental needs. No matter how dark our past, no one is beyond the fundamental, life-altering change Jesus promises to all who come to Him.

"I am come that they might have life," Jesus said, "and that they might have it abundantly."


I realize I sound like a broken record, for I say much the same every week. But I desperately want to make a point. Living for God is not the drag it is often pictured to be. Our God is no man's debtor; He never takes more than He gives in return. It is a privilege to serve the Living God.

For more thoughts like these, follow me at indefenseoftruth.net.

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God took a day off after creating us.



But you can find Him here all summer.

Genesis 2 tells us, "On the seventh day God completed the work he had been doing; he rested on the seventh day from all the work he had undertaken."

COVID couldn't stop our community of faith. Thanks to God's loving care, we have been able to bring the Word of God and Holy Communion to you throughout the pandemic, usually in person (indoors and outdoors) as well as on line, on television, and on the radio.

Here are a few of the regular events at our church—*your* church—this summer. You are welcome to join us for all of them:

Saturday: Confession at church at 3:00. Mass at church at 4:00.
Sunday: Mass at church at 7, 8:30, and 10:30; online at 10:30 at stktdrexel.org, on the radio at 10:30 at WASR AM 1420/FM 97.1.
Monday: "Discovery Group" discussion at 7:00. Call for details.
Tuesday: "Lectio Divina" prayer and discussion. Call for details.
Wednesday: Night Prayers any time after 7:00 at stktdrexel.org.
Thursday: Rosary at 6:30, Prayer Group at 7:00 at stktdrexel.org.
Friday: Eucharistic Adoration in church from 9:00 to noon.
Weekdays (except Thursday): Mass at 8:00.

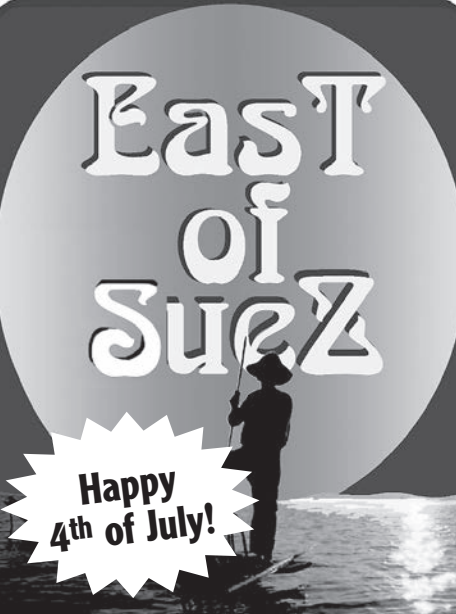
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OBITUARY

Anthony Rogers, 32



Anthony Rogers at the age of 32, passed away suddenly in his home in Mission Viejo, CA on June 21st, 2021. Anthony grew up and lived in Alton. After graduating Prospect Mountain High School in 2008, he owned and operated Big Lake Limo for 10 years. He spent the last two years in California, and owned and operated Anthony's Tortillas, LLC and delivered Tortilla products for Mission Foods in Orange County, CA.

Those who knew Anthony will remember his infectious smile and ability to make people laugh. Cooking was his

passion and he loved cooking for large groups and family functions. He also enjoyed snowmobiling or fishing with friends and family. He loved all different kinds of music and attending concerts.

Anthony is survived by his mother Bernadette Kaszynski and father Peter Rogers and the following family members: Aaron and Matthew Rogers, Peter Kutcher, Rachel Mitchell and Emily Seppala.

Anthony's memorial service will be held at First Congregational Church of Ossipee in Ossipee, NH on Tuesday July 6th, 2021 at 11:00 AM followed by a luncheon at the church.

Anthony expressed a desire for a casual service, so PLEASE WEAR JEANS AND TSHIRTS.

In lieu of flowers a donation to First Congregational Church would be appreciated.

Think of your pets at Fourth of July celebrations

OSS�PEE — As residents begin planning their Fourth of July celebrations, The Lakes Region Humane Society (LRHS) is asking that animals be kept in mind, as there is often an increase of lost pets around the Fourth of July. Festivities for the holiday often include fireworks and other commotion, which can be stressful to pets or result in them getting lost.

Leave pets at home and inside. Fireworks can be terrifying to pets, even pets who are accustomed to being around crowds and commotion.

Create a home sanctuary. Leave your pet in an area of your home where he or she is safe, comfortable and sheltered from any outside noise and lights. An interior room without immediate access to the outside is preferred. Playing a radio with relaxing music may help mask the sound of fireworks.

Identification is essential. Pets may panic, escape and become lost. Updated identification is critical to ensuring lost pets are reunited with their families. Ideal identification is both a tag and microchip (make sure your chip is registered).

Consult a veterinarian for pets with anxiety. Consult your veterinarian before the Fourth of July to seek out remedies to lower your pet's stress level if this is a known issue.

If your pet goes missing, file a report with your local police department, veterinary hospitals, and animal shelters.

To learn more about what to do if your pet goes missing visit <https://lrhs.net/lost-found-pets/>.

Funky sounds coming to Cate Park on July 3

Friends of the Wolfeboro Community Bandstand kick off summer concert series

WOLFEBORO — The opening concert of the Friends of the Wolfeboro Community Bandstand Saturday night concert series is definitely going to bring the energy.

The new concert season, the first since 2019, kicks off on Saturday, July 3, with Lestah Polyestah taking the bandstand on the shores of Lake Winnepesaukee.

Lestah Polyestah is a new iteration of the band previously known as Bling Cherry and performs at parties, clubs, weddings, ski resorts and bars throughout New England. The band brings a funky old-school sound, plenty of dancing and lots of laughing and good times to the stage each time they take the stage.

The band consists of a core lineup as well as many supporting players who swing in and out of the band to help make the gigs work.

Mittens is the band's lead vocalist and in addition to her excellent skiing skills on the mountains of New England, she brings singing, dancing, rapping and working the crowd to the stage for the band.

East Coast Cowboy is the band's guitarist and brings an unpredictable mix of crushing it every night, along with a horse whip and dusty boots to augment his improvised solos on the guitar.

Double Nickels brings funky bass lines and a big low end to Lestah Polyestah, filling up the dance floor with people

who are determined to relive spring break memories.

Helicoptah is the keyboard player for the band and is equally adept at being subdued when the music calls for something chill and setting the night on fire with crazy solos.

Ampersand is the band's drummer, laying down funky drum beats and a funky intensity that keeps the band's sound pushing forward every show.

Ponch and Larz bring a 1977 fashion choice to the band along with wild, unpredictable horn parts that were once featured in Bling Cherry.

Eight Track is the guy who makes it all work, setting up sound systems, mics and lights before the shot starts to help deliver a complete sound experience for audience members.

The Friends of the Wolfeboro Community Bandstand summer concerts take place each Saturday night in July and August in the bandstand, which is located in Cate Park in downtown Wolfeboro. The concerts start at 7 p.m. and run for two hours, with a short intermission. The concerts are free, but a pass-the-bucket collection is taken at intermission to help support the concert series.

In the event of bad weather, check the Friends of the Wolfeboro Community Bandstand Facebook page and signs will also be posted at the entrance to the park.

MVSB to sponsor free Wright Museum admission to history teachers

WOLFEBORO — Made possible by Meredith Village Savings Bank (MVSB), NH history teachers will have the opportunity to visit the Wright Museum in Wolfeboro at no charge on Sundays, Aug. 8, Sept. 19 and Oct. 17.

"This is a wonderful chance for us to honor the contributions of our state's history teachers," said Mike Culver, Executive Director of The Wright.

Teachers may also bring one guest at no additional charge.

"There is plenty to see and do here in Wolfeboro," added Culver. "We hope teachers take advantage of this opportunity."

Robyn Masteller, MVSB Regional Vice President, Branch & Business Development Manager, said Wright Museum's initiative "to give back to teachers within our communities directly aligns with several of our core values."

"History teachers and the Wright Museum seem to be a perfect fit, and it offered us a unique opportunity to support the teachers who do so much for our children each day," she



JAMI BOURDEAU (left) and Robyn Masteller of Meredith Village Savings Bank with Michael Culver (right) at the Wright Museum of WWII.

explained.

According to Jami Bourdeau, MVSB Branch Services Manager, their sponsorship of the initiative reflects their belief in stewardship.

"We aid the communities we serve in the forms of scholarships, grants and, in this case, sponsorships," she said.

Expressing appreciation for MVSB's "community vision," Culver said the initiative underscores the importance of the subject of history.

"Given world events, social unrest and an

increased focus on celebrating our nation's diversity, there may be no better place than The Wright to help provide perspective," he said.

Free admission Sundays take place on Aug. 8, Sept. 19 and Oct. 17. Teachers are requested to bring some sort of identification that identifies them as teachers.

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

For more information about the museum or special events, visit wrightmuseum.org.

Send all obituary notices to Salmon Press, by e-mail to obituaries @salmonpress.news

Church Service

SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Worship Services 10:00 AM
Sunday School 10:15 AM
400 Main Street
Farmington, NH 03835
Pastor Kent Schneider 755-4816
www.farmingtonnuc.org

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

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
on the Parade in Barnstead
Sunday Morning Worship Service for all ages begin at 10:00 a.m.
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.
Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548
Father Robert F. Cole, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30-10:30 Main St., Pittsfield
Rev. Miriam Acevedo, 875-7908
www.ststephenspittsfield.com

UNITED METHODIST CHURCH
Rt. 171 at Tuffinboro Corner.
Sunday services 10:30 am. Church 603-539-8058

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Sunday services and religious education 10:00 a.m.
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MAPLE STREET CHURCH
Sunday Service 11am
96 Maple Street
Center Barnstead NH 03225

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

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

CENTER BARNSTEAD CHRISTIAN CHURCH
Worship Service 10:00am
Bible Study 11:15am
Rte 126 next to Town Hall
Call or Text (603) 269-8831
centerbarnstead.org
Pastor Brian Gower.

COMMUNITY CHURCH OF ALTON
Prayer Meeting 9:00 am
Rev. Dr. Samuel J. Hall, 875-5561.
Day service 8:30am Alton Bay Gazebo, Alton, NH
10 am Worship Service
20 Church Street, Alton
Our services are live streamed on YouTube
Sundays at 10 am
www.ccoalton.com

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town | Address | Type | Price | Seller | Buyer |
|------------|-----------------------------|-------------------------|-----------|---|--|
| Alton | 39 Beacon Ave. | Single-Family Residence | \$40,000 | Barbara Whitt | 39 Beacon Ave. Thomassian |
| Alton | 275 Frank C. Gilman Highway | Single-Family Residence | \$420,000 | Salvatore A. and Marianne Nicastro | Joseph M. and Deborah S. Collins |
| Alton | Prospect Mountain Road | N/A | \$75,000 | Shawn Hillsgrove | Stephanie De Nesnera |
| Alton | 99 Riverlake St. | Single-Family Residence | \$465,000 | Patrick F. Sullivan and Angelina R. Labroad | David Paquette and Heather R. Baptiste |
| Alton | N/A (Lot 16) | N/A | \$165,000 | Robert E. May | Kathleen Arria-Paglia and David Paglia |
| Barnstead | 2 Rod Rd. | N/A | \$132,533 | Stephanie DeNesnera | Shawn Hillsgrove |
| New Durham | Birch Hill Road (Lot 16-12) | N/A | \$171,866 | Elizabeth J. Meyer | Scott Woodward |
| New Durham | 73 Ham Rd. | Single-Family Residence | \$450,000 | David A. and Sherri L. Brulotte | Brian T. and Susan H. Stillwell |
| New Durham | 277 Merrymeeting Rd. | Single-Family Residence | \$275,000 | Gary Gadoury and Rebecca Hunt | Andrew P. and Lauren A. McKenzie |

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

Youth Football Festival

Kingswood's first Youth Football Festival was held on Saturday morning at the Kingswood campus. Kids from grades three and up got the chance to compete in competitions in passing, running, kicking and punting, took part in an obstacle course, heard from former Brown University head coach Phil Estes and got the chance to meet the New Hampshire Shrine Team.

JOSHUA SPAULDING



Take a walking tour of historical Wolfeboro July 10

WOLFEBORO — Step back in time, hear the rustle of the long, silk dresses and the tapping of the men's leather shoes as they walk to a luxurious hotel on the beautiful shores of Lake Winnepesaukee in Wolfeboro, the First Summer Resort in America. Listen to the history of the many hotels and their catering to the needs of the world-wide vacationers as they arrive at the train station on the dock right by the Lake. Meet at the downtown train station at 10 a.m. on the mornings of July 10 and 24 and Aug. 14 and 28 to walk the past in the Wolfeboro Historical Society's Walking Tour led by Dr. John Foley and hear about the town's rich history of tourism.

BUSINESS DIRECTORY

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SOFTBALL

(continued from Page A1)

of White Mountains and Rebecca Kulengosky of Winnisquam.

Also earning Honorable Mention with Gates were Kara Stephens and Savannah Perkins of Belmont, Grace Bradley of Berlin, Jayden Johnson of Bishop Brady, Chloe Steniger and Emily Cooper of Campbell, Graecen Kirby of Conant, Madelyn McKenna of Gilford, Maddy Follansbee and Keegan St. Cyr of Hopkinton Lilly Simpson of

Inter-Lakes, Lila Buxton of Mascenic, Madison Swett and Emma Loudermilk of Monadnock, Katie Sweeney of Newfound, Seairra Anderson of Somersworth, Sophie Graziano of St. Thomas, Sarah Sewall of Trinity, Alyssa Fryman of White Mountains and Lily Auger of Winnisquam.

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

LIBRARY

(continued from Page A1)

and Library Services, and the New Hampshire State Library. Call the library at 859-

2201 or email at newdurhamlibrary@gmail.com for more information.



JOSHUA SPAULDING
MORGYN STEVENS earned First Team All-State honors for Division II.



JOSHUA SPAULDING
ELLA BERNIER earned First Team All-State honors for Division III.

If you live with a Serious Illness, Learn How to Improve Your Quality of Life

ANNA SWANSON
(Plymouth)-- If you have cancer, lung, heart or kidney disease, Alzheimer's, or another serious illness, you should know about a medical team called palliative care that can address your symptoms and stress.

Pemi-Baker Community Health (PBCH) offers palliative care in your home, making it easy for you and your family members to ask questions and relay concerns. Their focus is on relieving the symptoms and stress of your illness, thus improving your quality of life. They will coordinate your care with your other doctors as well as provide support for the caregivers, reducing caregiver

burnout. Palliative care is appropriate at any age and at any stage in your illness, and it can be provided along with curative treatment.

Is Palliative Care right for you?

Do you have one or more serious illnesses such as:

- Cancer
- Congestive heart failure (CHF)
- Chronic obstructive pulmonary disease (COPD), emphysema, lung disease
- Kidney failure
- Liver failure
- Neurological diseases (e.g., ALS, Parkinson's)
- Dementia

Do you have symptoms that make it difficult to be as active as you would like to be, or impact your quality of

life? These symptoms might include:

- Pain or discomfort
- Shortness of breath
- Fatigue
- Anxiety
- Depression
- Lack of appetite
- Nausea
- Constipation

Have you, or someone close to you, experienced the following:

- Difficult side effects from treatment
- Eating problems due to a serious illness
- Frequent emergency room visits
- Three or more admissions to the hospital within 12 months, and with the same symptoms

Do you, or someone close to you, need help with:

- Knowing what to expect

Knowing what programs and resources are available

Making medical decisions about treatment choices/options

Matching your goals and values to your medical care

Understanding the pros and cons (benefits/burdens) of treatments (e.g., dialysis, additional cancer treatments, surgery, etc.)

Do you, or someone close to you, need help with:

- Coping with the stress of a serious illness
- Emotional support
- Spiritual or religious support

Talking with your family about your illness and what is important to you

If you answered yes

to any of the questions above, you can benefit from palliative care. Ask your doctor for a palliative care referral with PBCH. Once PBCH receives the referral, they will contact you via phone to answer and ask questions and set up a meeting with you at your home.

For more information on how Pemi-Baker Community Health can help please call 603-536-2232 or email us at info@pbhha.org.

With over 50 years of experience, serving clients from 22 towns

in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Providing compassionate home care with experienced staff who are trained, certified professionals in the business because of their hearts. In your time of need, we're right where you need us.

PBCH is located at 101 Boulder Point Drive, Plymouth, NH. Visit our website: www.pbhha.org and like our Facebook Page: @PBCH4



TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE

**TUESDAY, JULY 13, 2021
7:00 PM @ NEW DURHAM TOWN HALL**
Erik Dodier

You are hereby notified that a Public Hearing will be held by the New Durham Zoning Board on Tuesday July 13, 2021 at 7:00 pm for case #2021-013. The hearing is regarding an application submitted by North & South Construction, on behalf of Erik Dodier for property located at 376 South Shore Road Map 114 Lot 024. The applicants are requesting variances to **Article XIV Section C.1.b:** Shorefront Conservation Overlay District. Dimensional Requirements. Development with Waterfront Access. **Article XXI Section G.2.b:** New Buildings and Structures; Alteration and Expansion of Existing Non-Conforming Uses. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on the application, please contact Robin McClain at ndlanduse@newdurhamnh.us or the Zoning Board.

The property is located at 376 South Shore Road, Map 114 Lot 024

TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE

**TUESDAY, JULY 13, 2021
7:00 PM @ NEW DURHAM TOWN HALL**
BJW Enterprises

You are hereby notified that a Public Hearing will be held by the New Durham Zoning Board on Tuesday July 13, 2021 at 7:00 PM for case #2021-016. The hearing is regarding an application submitted by Varney Engineering, on behalf of BJW Enterprises, represented by Mike Wawrzkiwicz. The applicants are requesting special exceptions **Article VII Section A.1:** Special Exceptions. Uses Permitted by Special Exception. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on the application, please contact Robin McClain at ndlanduse@newdurhamnh.us or the Zoning Board.

The property is located at 30 Depot Road, Map 250 Lot 138

TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE

**TUESDAY, JULY 13, 2021
7:00 PM @ NEW DURHAM TOWN HALL**
Kevin and Keesha Dube

You are hereby notified that a Public Hearing will be held by the New Durham Zoning Board on Tuesday July 13, 2021 at 7:00 pm for case #2021-014. The hearing is regarding an application submitted by Varney Engineering, on behalf of Kevin and Keesha Dube for property located at Pine Point Road Map 103 Lot 014. The applicants are requesting variances to **Article VI Section C.3.a and C.3.b:** General Provisions/Use regulations for Town of New Durham. **Article XIV Section C.1.b and C.1.c:** Shorefront Conservation Overlay District. Dimensional Requirements. **Article XXI Section C.1, C.2 and G.2.b:** New Buildings and Structures; Alteration and Expansion of Existing Non-Conforming Uses. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on the application, please contact Robin McClain at ndlanduse@newdurhamnh.us or the Zoning Board.

The property is located at Pine Point Road, Map 103 Lot 014

TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE

**TUESDAY, JULY 13, 2021
7:00 PM @ NEW DURHAM TOWN HALL**
Walter and Carol Shanahan

You are hereby notified that a Public Hearing will be held by the New Durham Zoning Board on Tuesday, July 13, 2021 at 7:00 pm for case #2021-015. The hearing is regarding an application submitted by Changing Seasons Engineering PLLC, on behalf of Walter and Carol Shanahan. The applicants are requesting variances to **Article V Section D and E:** Dimensional Requirements for Town of New Durham. **Article VI Section C.3.a.ii:** General Provisions/Use Regulations for the Town of New Durham. **Article XIV Section C.1.b:** Shorefront Conservation Overlay District. Dimensional Requirements. Development with Waterfront Access. **Article XXI Section C.1, C.2:** Non-conforming Buildings, Lands or Uses. New buildings and Structures. **Article XXI Section G.2.b, G.2.e:** Non-conforming Buildings, Lands or Uses. Non-Conforming Setbacks. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on the application please contact Robin McClain at ndlanduse@newdurhamnh.us or the Zoning Board.

The property is located at Owls Head Point Road, Map 108 Lot 047

REAL ESTATE



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

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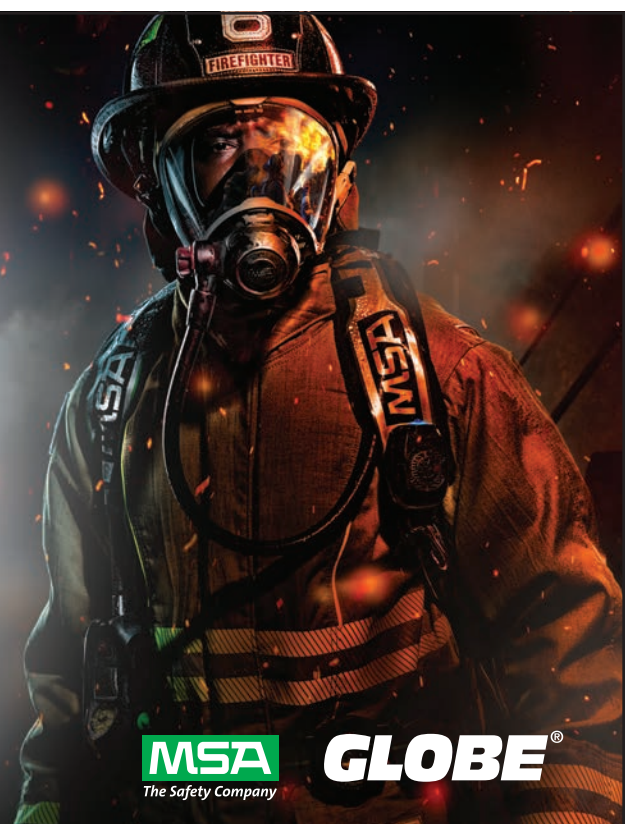
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- Possess a high attention to detail

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- Quality Control and Inspection
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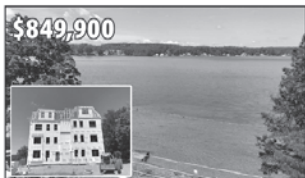
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Rehab Services Director
RN Surgical Services Manager
Medical Assistant/LPN
Physical Therapist
RN – M/S Charge, Night Shift
Multi-Modality Radiologic Technologist

PART-TIME

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How seniors can maintain physical wellness by incorporating easy, fun exercises into their daily routine

BY GOLDEN VIEW HEALTH CARE CENTER'S REHABILITATION PROGRAM MANAGER KAREN MORIARTY, MS, OT/L

MEREDITH—Summer is here, and New Hampshire residents are spending more of their time outdoors. The warm weather and longer days provide plenty of options for seniors to maintain their physical wellness by incorporating simple exercises into their daily routine. Golden View Health Care Center's Rehabilitation Program Manager Karen Moriarty, MS OT/L has a few recommendations for seniors looking to maintain their fitness this summer.

"It's important to look at exercise in a broad sense," said Moriarty. "Activities like bocce, shuffleboard, and other lawn games are all great ways to stay active."

Moriarty also recommends walking as a great way to take advan-

tage of the warm weather while getting in some exercise. Seniors can walk on a flat surface or up small hills for a more intense workout. Some seniors may use walking sticks to help maintain balance while going for a walk. Those who walk often might add in small arm or leg weights for a challenge.

"People often flock to water during the summer. Luckily in the Lakes Region, we're surrounded by it," said Moriarty. "Seniors who like to swim can utilize the water in their exercise routine. Walking in water is an excellent way to add resistance to a simple workout. For those who want to get in some cardio, treading water is a good choice. Floatation devices can be used while treading water for safety."

For seniors with limited mobility, Moriarty also recommends swim-

ming, as well as stationary arm and leg bikes.

"Yoga is also a great exercise for seniors," Moriarty said. "Yoga can be practiced by anyone, regardless of flexibility, coordination, and age. Accommodations can easily be made for those who need to practice posing while seated, making it an accessible exercise for most anyone. Seniors can also maintain flexibility through simple stretches like raising their arms above their head or doing ankle circles. This day and age videos can easily be found on websites like YouTube showing how to do simple exercises and yoga poses."

For anyone planning to add outdoor exercise into their daily or weekly routine, it's important to do so in a safe way.

"In this hot summer weather, hydration is very important," Moriarty said. "Seniors

should drink plenty of plain water throughout the day. Seniors should also make sure they're wearing proper footwear and loose, comfortable clothing while exercising. If you're going for a walk away from your home, make sure you're carrying your cell phone and a water bottle so you can safely get out there and enjoy the summer."

Golden View Health Care Center has provided quality care to seniors of the Lakes Region and beyond since 1974. Golden View is a locally managed non-profit health care organization offering an umbrella of services including assisted living, short stay rehabilitation, traditional long-term care, and respite care. For more information, please call 279-8111 or visit www.goldenview.org.

The Virtual Healthy Aging Series: Hard Topics Made Easy for Seniors and Those Who Care for Them

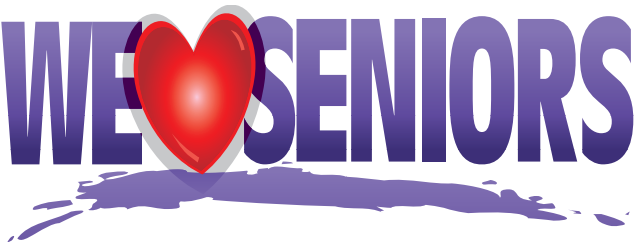
A COLLABORATION BY SPEARE MEMORIAL HOSPITAL, PEMI-BAKER COMMUNITY HEALTH, AND MID-STATE HEALTH CENTER

Plymouth, NH – Pemi-Baker Community Health, Mid-State Health Center and Speare Memorial Hospital are collaborating to provide The Healthy Aging Series: Hard Topics Made Easy for Seniors and Those Who Care for Them. The virtual series will be a mix of videos and podcasts designed to educate and assist seniors, caregivers, and the community about topics related to healthy aging.

Each month a new presentation will be available from an expert at Speare, Mid-State, or Pemi-Baker. The series launches July 1st with the first episode covering The COVID-19 Vaccine, presented by Mid-State Health Center's Dr. David Fagan.

Future episodes will cover topics such as Home Funerals and Green Burials, Staying Fit Indoors and Out, Communicating with Your Aging Parent, Advanced Directives and more.

For a complete schedule of events, to learn more about the series, and to subscribe to episode notifications, visit virtualhealthseries.com.



Misconceptions of Long Term-Care Planning

BY EDWARD H. ADAMSKY, ATTORNEY AT LAW

Nursing Home care is what most people think about when considering Long-Term Care. If your care needs are high, you may need nursing home care. But if your needs are not so high, there are options that may be more affordable, so you should always consider that first. You can have home-health-aides assist you at home or move into an Assisted Living Community. Those options will cost less than nursing home care. The average cost of nursing home care is around \$12,000 to \$14,000 per month - over \$150,000 per year. Most people cannot afford that expense for very long. In that case, you may need to seek Medicaid eligibility.

Medicaid is the only government program that pays for Long Term Care costs. Medicaid is a means-tested benefit, so

you have to be financially eligible. If you don't qualify for Medicaid, you will have to pay for your Long-Term Care costs on your own.

A big misconception is that Medicare will pay for your nursing home care. Medicare is health insurance for medically necessary care. A short-term rehabilitative stay in a nursing facility may be medically necessary so Medicare will pay for that. But long term assistance with the activities of daily living (eating, dressing, bathing, and the like) is not medical care.

It may not be too late to try to protect your assets. For many people, the thought of spending their life savings in the last year or two of their lives is too horrible to bear. They want to take whatever steps are allowed to "protect" their assets. You should start to plan for protecting assets well in advance due to the five-year look-

back period rule under Medicaid. But there are some exceptions to that rule, and there are some techniques that can be used at the last minute. So, you should always consult with an Elder Law Attorney when long term care is in the near future.

There is often confusion about the look-back period. For over 20 years it was 3 years. That meant that the Medicaid office examined your financial affairs for the three years prior to the date of your Medicaid application. In 2006, the look-back period was increased to 5 years. It has been that way ever since. It is possible the law might change again, but nothing has happened since 2006 and it seems doubtful our current congress will target low-income seniors.

Many people think that gifting \$15,000 is allowed by Medicaid because it is allowed by the IRS rules. But Med-

icaid and the IRS are two different systems with completely different rules. There is no yearly exemption amount for gifting under Medicaid. Any amount of money or any asset given away in the five years prior to your application can disqualify you from getting Medicaid.

It is always advisable to consult with an experienced Elder Law attorney sooner rather than later. Although there are exceptions it is best to plan ahead and utilize the full extent of the law and the look-back period to accomplish your goals.



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Wolfeboro Senior Center and Meals



During the pandemic our senior exercise programs were able to run via Zoom

Our instructors have offered to extend this option through the summer thanks to our grant from Bald Peak:

This summer the Center will offer the following virtual program schedule:

Mondays

10:00 am Tai Chi-Zoom with Eric Chamberlin

Wednesdays

10:00 am Exercise-Zoom with Noreen MacDonald

Fridays

10:00am Chair Yoga-Zoom with Pam Swanick

For more information on these programs please contact welfaredirector@wolfeboornh.us

Please watch for our lunch program to return this fall!



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Kyle Przekaza, PA-C
joins Huggins Hospital's
Orthopedic Surgeons of Wolfeboro





Kyle Przekaza, PA-C, specializes in sports injuries and is excited to join the Huggins Hospital community where he can help keep you active and healthy. As an avid skier, surfer and golfer, Kyle understands the importance of the active lifestyle we enjoy in the Eastern Lakes Region.

“People here really care about your wellbeing,” said Kyle. “It’s really laid back and welcoming - a friendly environment. And it carries over into patient care.”

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If you suffer from bone and joint issues, Kyle and the Huggins Hospital orthopedic team are here to help.
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