THURSDAY, JULY 20, 2017

COVERING ALTON, BARNSTEAD, & NEW DURHAM - WWW.SALMONPRESS.COM

#### **FREE**

# **New Durham Food Pantry** raising funds to buy building

BY CATHY ALLYN

Contributing Writer

NEW DURHAM — Many buildings in New Durham have seen their share of history. Most have done double duty, serving as a home and tavern, or home and library, or church and government seat.

One holds a prominent location in the town center; situated at the crossroads of town, it is at a crossroads itself.

According "The History of New Durham, New Hampshire," by Ellen Cloutman Jennings, "The Free Will Baptist Chapel opposite the Town Hall was moved to its present location from the Powder Mill area many years ago, and was named 'Temperance Hall' for the very good reason that Temperance lectures were given there. The local

Grange later used it as for sale, and the Food US Internal Revenue Bank, and follows its a meeting place."

Regular church services were held there, and in the late 1950s to early 60s, old horse sheds on the property were converted "to a useful annex for church meetings."

The building has passed through several owners since then, one of whom expressed his dislike of government nosiness by aiming a cannon directly at Town Hall.

In 2009, its background converged with a group of people who have helped those in need since 1970. The Food Pantry, which has operated out of the backs of cars, an auto repair shop, and a closet in Town Hall, moved in to the old church's spacious quarters and, for the first time, had a real, functional home.

Pantry is asking for the public's help.

"We've researched alternative locations," said Dot Martin Veisel, who helped begin it all by providing breakfast to a couple of hungry students almost 50 years ago, "and there's no other place to house us. Our goal is for this building to be a food pantry in perpetuity."

It will take \$70,000. The agency's building fund, Veisel re-

marked, "does not have enough." Through the years, the Food Pantry has

served hundreds of families. Volunteers handle every aspect.

The New Durham Food Pantry was formally established as a New Hampshire charitable organization in 1994, and was designated a 501 (c) (3) non-prof-But the place is up it organization by the Service in 2009. It is a member agency in good standing with the New Hampshire Food

guidelines regarding food distribution and income.

"We certify that cli-

ents are residents and that they qualify," Veisel said.

In frigid cold or swel-SEE PANTRY, PAGE A11



## Baysider in the big chair

Judy and Russ Kelly, aunt and uncle of editor Joshua Spaulding, pose with the Baysider in Galveston, Texas during a recent trip. Joining them in the photo are their niece, Hailey Cummings and nephew, Tanner Cummings. If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to baysider@salmonpress.com.

## Kerr hired as Barnstead Road Agent

BY DAVID ALLEN

Barnstead Board of Selectmen has hired Da- classes that give him vid Kerr to fill out the unfinished term of former Barnstead Road Agent Jim Doucette. Kerr will serve until March 2019.

Board Chairman Ed Tasker said the board has told Kerr that his top responsibility will be to finish rebuilding Varney Road this year. This project has now been in process since spring of 2016. He believes the department has the funds, the time, and the personnel to meet that goal.

Tasker said they selected Kerr for two primary reasons. He served several years as selectmen including some years that overlap with Doucette's service as road agent. He is therefore familiar with the discussions the board and Doucette have had regarding goals and procedures for the high-

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way department.

Tasker added that BARNSTEAD—The Kerr has also taken some "Roads Scholar" knowledge about best practices in certain areas of the highway department's function-

> Doucette is spending most of his time during his last few weeks of service to the town working with Kerr to familiarize him with the status of each of the town's roads, and the work plans for the balance of 2017. Doucette told this reporter that his transfer to a new job will not diminish his commitment to the care of Barnstead's roads and he will be available to Kerr for consultation if needed.

The board will be looking to the new road agent to review and re-

vise as necessary the current plans for road work and bring an up-

dated plan to them. Another responsibility for Kerr will be to finish bringing SEE BARNSTEAD, PAGE A12

## New Durham FD purchases new life-saving equipment

NEW DURHAM — The New Durham Fire Department announced that it has equipped its ambulance with a new device to help New Durham paramedics, EMTs and firefighters treat sudden cardiac arrest (SCA), The ZOLL X Series Monitor/ Defibrillator and ZOLL AutoPulse® Resuscitation System. The Auto-Pulse helps to improve blood flow to the heart and brain during SCA because of the unique, high-quality thoracic chest compressions it

generates. Along with the addition of the new X Series combines the clinically superior therapeutic capabilities of ZOLL defibrillation, pacing and CPR improvement with advanced monitoring parameters. The ZOLL X Series is the first monitor/defibrillator with integrated WiFi to improve communications the hospitals. The ZOLL X Series has the ability to see through the Auto-Pulse and shock in-between compressions with reduced interruptions in

chest compressions by allowing them to see underlying heart rhythms without pausing.

"Once a person is in cardiac arrest, every minute counts to get the heart beating normally again," said Fire Chief Peter Varney. "For every minute that passes the chance of survival decreases by 10 percent. After 10 minutes, survival is unlikely. Our goal is to protect the lives of New Durham's citizens and visitors. This purchase was an important step in helping to

achieve that goal. I have been a professional first responder for more than 34 years in four separate agencies, and I have never seen a device that does what the AutoPulse does. With it, we are better prepared to deal with SCA."

"Manual CPR is the standard for providing temporary circulatory support and oxygen delivery during cardiac arrest. However, due to its physical challenges, delivery of high-quality manual CPR is difficult to provide in

SEE FIRE, PAGE A13





## Looking good

With an all-volunteer work crew, the Alton Bay historical gazebo was completed on July 15. Time, talent and equipment were donated by Ken Roberts, Jeff McKenzie, Marty Cornelissen, Artie Cornelissen, Virgil McDonald and Tyler Anderson plus several members of the Alton Rotary Club. New Hampshire Electric Cooperative's donation of equipment to hoist roof sections made the job safe and efficient.

# Cyanobacteria meeting is July 27 in New Durham

NEW DURHAM—The next meeting of the Alton/New Durham Cyanobacteria Mitigation Steering Committee will be held at the New Durham Elementary School in New Durham on July 27 at 6:30 p.m. Currently the levels of phosphorus are very high in the Merrymeeting River in New Durham and parts of Alton and cyanobacteria blooms have been documented there in each of the past two years. To address these water quality concerns, Pat Tarpey, Executive Director of the Lake Winnipesaukee Association, will give a brief presentation of watershed management planning, what it is, why it is important, and how residents and the communities will benefit from

having one. This will be followed by a brief business meeting focusing on the recent activities of the various working groups. The working groups evaluating hatchery best management practices and the Merrymeeting River water quality testing working group will make presentations. The public is invited at attend.

Watershed Management Plans (WMPs) are comprehensive uments that describe the sources of pollution within the watershed and prescribe methods to remediate this pollution. In New Hampshire excessive nutrients, especially phosphorus, are responsible for overgrowth of algae and toxin-producing bacteria (cyanobacteria) in fresh waterbodies. WMPs, which concentrate on phosphorus pollution, take into consideration storm water runoff and especially erosion into waterbodies, since in

New Hampshire soil particles bind high levels of phosphorus. Land topography and use each affect the storm water runoff, as does the soil type and natural barriers to runoff. Using the physical and chemical characteristics of the land and water, a WMP identifies the sources of excessive phosphorus and provides steps for its remediation.

Sources of phosphorus may be either point sources (clearly identified, such as a commercial enterprise) or nonpoint sources (more difficult

to pinpoint such as agricultural runoff or runoff from lawns). Identifying each type of phosphorus source and reducing the phosphorus loads into the water, help reduce dangerous overgrowth of toxin-producing cyanobacteria.

Hopefully, the implementation of the WMP for the Merrymeeting River Watershed will reduce the phosphorus levels in water and the incidence of cyanobacteria blooms and continue to keep the receiving water, Lake Winnipesaukee, pristine.



#### First hand look

Participants in New Durham Public Library's Building a Better World have been busy creating community art. The front of the building sports a seven-foot tall wooden mural of the world, along with paintings that illustrate ways to build a future. Here, a group works on one of three 3-D flowers, brought to life by bottle caps donated by the public. The blossoms are portable and will be planted around town. The summer reading program is free, and includes a Children's Literacy Foundation storyteller presentation this Monday at 1 p.m., along with a book giveaway, and a magic show on Wednesday at 1 p.m.

## Garden Club program will focus on water quality

ALTON — The Alton Garden Club July program will take place on Tuesday, July 25, at the Gilman Library, Main Street, Alton at 1:30 p.m. and promises to continue the series of diverse, interesting and fun programs through the first half of the year. They are fortunate enough to have Julia Peterson of the **UNH Extension Services** as the guest speaker. Her

expertise includes water quality and what effects It has on people and the environment. Global warming, droughts, floods, soil erosion, sink holes and such affect everyone and have been a large source of news of late. Come, bring questions and learn how, where, and what people can do to help be the good stewards of the earth.

Club meetings are

open to the public and all are welcomed. Refershments will be served. Membership is open to anyone who would like to join in for a minimal fee, which covers the membership book of programs each year. If you drive through the Bay and Alton Village, you'll see the efforts of the club's many members displayed in the gardens and barrels throughout the town.

## Game night, movie night on tap in Barnstead

BARNSTEAD Like to play Minecraft. Mario Kart or Zelda? Come to the Oscar Foss Memorial Library on Friday, July 21, at 6:30 p.m. for game night. You can play with the library's WiiU on the large screen, use a tablet to play Minecraft, or bring your own laptop or tablet to play along. Light refreshments will be served.

#### Better World Bingo Bingo for a cause.

Join the library on Saturday, July 22, at 10:30 a.m. at the library for

"Better World Bingo." Bingo winners will get to choose where to distribute their winnings locally to Barnstead non-profits. Some organizations on the list include: Barnstead Historical Society, End 68 Hours of Hunger, Barnstead Food Pantry and Thrift Store. Barnstead Adventure Zone. Friends of the Oscar Foss Memorial Library, Barnstead Parks and Recreation and Barnstead PTO. Light refreshments will be served. Come have

a better Barnstead. **Family Movie Night** 

On Friday, July 28, at 6 p.m. they will be showing The Lego Batman Movie at the library. Light refreshments will be served and pajamas and snuggling friends are always welcome.

## Trash to Treasure

Bring your yard sale finds, or items from around your home that need to be updated, to the library on Saturday, July 29, at 10:30 a.m. and Danielle will show you how to make freshen them up into lovely

items for your home. Registration is required and there will be a small fee for supplies due the day of the workshop. This workshop is suitable for ages 16 and up. Please register online at oscarfoss.org, or by calling 269-3900.

Please call the library at 269-3900 or visit oscarfoss.org for more information about any of the library programs or events. There is always something happening at the Oscar Foss Memorial Library. Library hours are Tuesdays and Wednesdays from 10 a.m. to 6 p.m., Thursdays and Fridays from 12 to 8 p.m. and Saturdays from 10 a.m. to 1 p.m. The library is closed on Sunday and

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## Old Home Day parade set for Aug. 12

ALTON — The Alton Business Association (ABA) would like to invite everyone to the Old Home Day Parade on Saturday, Aug. 12, at 2 p.m. The ABA encourages any persons, families, neighborhoods and business to be in the parade with a float or walking exhibit.

For float entries, there are three judging categories, Best Commercial/

Business, Best Civic and Best Overall. Forms are available on the ABA Facebook page or contact Chris Racine at 875-4100, ext. 104 or altonbusinessassociation1@gmail. com. The parade will begin in the center of Alton (from School Street) and end in Alton Bay. Judging results will take place at parade lineup.

## **Year Rounders preparing for** another year of bowling

Year Rounders are a group of men and women who for the last 28 years have been bowling once a week on Thursdays at

11:30 a.m. They bowl three strings of candlepin bowling at Boutwells Bowling Center in Concord start-

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CONCORD — The ing on Sept. 8 and continuing until early May.

> This is friendly non-serious competition with people who enjoy bowling and sharing good times with friends. At the end of the bowling season a banquet is held with music provided.

If interested, please contact Peter Rothwell at 776-1483.

Come join the league and enjoy the friendships as much as the bowling.

BARNSTEAD There will be no public Locke Lake Colony Board of Directors meeting in the month of July. The annual meeting is Saturday, July 22, at 10 a.m. at Prospect Moun-

## Locke Lake annual meeting is July 22

tain High School.



Last week's article on the New Durham Board of Selectmen's meeting stated that the town transfer station hours are Monday through Friday when in fact they are Friday through Monday, 8 a.m. to 5 p.m.

We apologize for this



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## Craft fair brings crafters and customers to Alton Bay

BY KATHERINE LESNYK

Contributing Writer

ALTON — For a weekend each summer, dozens of exhibitors from all over the state and all over New England gather along Alton Bay sell their goods. woodworking and metalworking to photography, pet accessories, jewelry and more, there's something there for everyone who wanders through the fair. The Castleberry Fairs and Festivals artisans are always happy to tell the tales of how their businesses started and how they've evolved, often exposing endearing and interesting stories. On Saturday and Sunday, the craft fair returned for the 28th year. From 10 a.m. to 5 p.m. each day, visitors explored and discovered eclectic, one-ofa-kind, locally-made products.

One vendor that caught many eyes was Liberty Farm and Forge, a family business out of Corinna, Maine that specializes in metalwork. John Liberty spoke with visitors about all three categories of products that his business sells, but focused on the one that garnered the most smiles: metal anima-



LEXUS FREEMAN of Colored Flames with the display of products. Picture of fires glowing with Colored Flames are shown on both ends of the table.



VISITORS wander from tent to tent during the Alton Bay Craft Fair this weekend.

tion. Including "wire-"plierflies," flies," "needle-nose fliers" and a "tyrannosaurus wrench," the creations are all garden décor made from old tools.

Liberty Farm and Forge obtains materials through buying old barns and simply using tools that anyone

would otherwise throw away to make the animations. He spoke about the knack some have for repurposing items in decent condition that someone else would toss out.

Liberty expanded his craft around this concept with "Remember-Me-Metal," a way

of honoring the memory of loved ones using their old tools. He told the story of a widow he met who couldn't bear to throw away her late husband's tools, so she gave them to Liberty in order to create a beautiful wedding gift for her granddaughter. He thinks toward the fu-



SEASONINGS and samples on display at Catamount Gourmet's tent.

ture when visitors purchase his handcrafted metalwork. On Sunday, he said that "hopefully it's an heirloom."

Colored Flames, featured on New Hampshire Chronicle, were also in attendance. The Lebanon, Maine company uses 11 metals including copper and magnesium to turn typical red and orange campfires into mesmerizing, unusual col-

Lexus Freeman, a representative from Colored Flames said on Saturday that "you get a good fire going and throw it on and then instantly you get purples, teals, blues and greens."

Fireflight Photo of Littleton featured their wildlife photography and a small assortment of pen and ink drawings. The husband and wife pair Robert and Mila Anderson explained that the business began as pen and ink drawings, and then moved to photography.

They have kayaks and a canoe that they use to get close to the animals they photograph, who they describe as "pretty approachable." Their treks are often early on cool, wet mornings, especially if they have the goal of seeing moose.

Catamount Gourmet had samples of seasonings, sauces and jellies available for passersby to try on chips before purchasing any of the products. This business is a distributor of goods for Catamount Specialties of Vermont.

The representative explained that he took over the business after a dear friend passed away, and that he has been involved with Catamount Specialties for about 30 years.

Sunny summer weekends in Alton Bay are always lively, but this year's Castleberry Fairs and Festivals event brought even more activity to the bay area that was welcomed by all.

## Donations sought for summer fair in New Durham

NEW DURHAM — The second New Durham Historical Society Summer Fair needs your help. This is not your usual yard sale. They are looking for donated items that speak of history and craftsmanship. Attic and barn treasures, antiques, vintage sporting equipment, selected household items, china, art, pottery, vintage children's toys, old books and small furniture are some of the items they are looking for. They will not be able to accept bulky furniture, new or recent items, any appliances pre-1950 or anything broken or heavily soiled.

The Society pleased Johnson's Seafood and Steak Restaurant in New Durham. agreed again to host the New Durham Historical Society Summer Fair. The fair is scheduled for Saturday, Aug. 12, from 9 a.m. to 2 p.m., with a rain date for Sunday, Aug. 13, same time and place.

Please e-mail to newdurhamhs@gmail.com or call Tatiana at 978-390-2225 if you have any questions about donations and for details on items drop-off times and locations. Assistance

with pick up may be arranged.

This fundraiser will support lectures and programs for the soci-

Membership

open to the public. Please ask about the new membership levels. The New Durham Historical Society is a 501(c)(3) non-profit organization.

## Sliger on Dean's List at Coastal Carolina

Barnstead, majoring in elementary education, was among 1,920 students at Coastal Carolina University who made the Spring 2017 Dean's List.

To qualify for the Dean's List, freshmen must earn a 3.25 grade point average, and upperclassmen must earn a 3.5 grade point average. To qualify for the President's List, students must earn a 4.0 grade point av-

Coastal Carolina University is a dynamic, comprehensive liberal arts institution located in Conway, near the resort area of Myrtle Beach, S.C. The University offers 73 areas of study toward the baccalaureate degree, 18 master's degree programs, two educational specialist degrees and a Ph.D. in coastal and marine sys-

CONWAY, S.C. — erage. All students must students from across the Kayla Sliger, of Center be enrolled full time. country and the world interact with a worldclass faculty and enjoy a nationally competitive NCAA I athletic program, an inspiring cultural calendar, and a tradition of community interaction fueled by more than 200 student clubs and organizations.

> Coastal Carolina University is the current national champion in college baseball, having

## tems science. won the College World More than 10,400 CCU Series on June 30, 2016. SCHWARTZBERG LAW We have moved to 572 Tenney Mtn Hwy, Plymouth, NH Ora Schwartzberg John T. Katsirebas, Jr.

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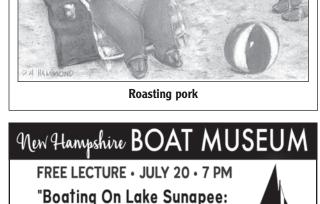
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# Opinion

## For the right reasons

We wanted to take this space this week to do a special shout out to Barnstead Fire-Rescue Captain Brian Cottrell for his great work in being willing to help out the children at the Children's Hospital at Dartmouth (CHaD).

Each year, fire and police personnel from around the state gather at Northeast Delta Dental Stadium in Manchester (home of the Fisher Cats) for a baseball game to raise funds for CHaD. This usually results in a highly competitive, fun-filled afternoon or evening of baseball for a great cause.

We've had the honor of attending this game before with a Wolfeboro fire personnel and we are also aware that the trainer for the Kingswood Regional High School athletic department is also playing for Team Fire, so there are a lot of local connections, but for the Baysider area, none is more obvious than Capt. Cottrell.

Last Saturday night, the Barnstead Parade Fire Station was turned into a house of hot dogs, so to speak, as a hot dog buffet, featuring all the fixings plus visits from miniature horses from the Tiz a Miniature Horse Farm in Barnstead and Smokey the Bear.

Capt. Cottrell praised the work of a solid group of volunteers that had worked with him to help out the event together and noted it was great how the community was supporting him in the effort to raise the money needed to participate in the game.

While one probably doesn't need a reason to play in this game, just getting the chance to support a great cause is good enough, Capt. Cottrell does have a more personal reason in the form of his daughter, Isabella. She has a blood disorder that makes it difficult for clotting to occur, meaning the smallest of injuries could result in serious blood loss.

Cottrell noted he has wanted to play in this game in the past but there was always something that got in the way but this year the chance finally presented itself and he's excited to get his chance to show off some baseball skills on the diamond.

Of course, he's also well aware that things that matter the most are the kids and the money raised that goes to help them out.

Those wishing to help out Cottrell and his fundraising cause can visit chadbaseball.org for more information. Additionally, tickets for the game, which takes place on Aug. 11 in Manchester, can be purchased on the web site.

In last week's article on the front page, Cottrell told writer Mark Foynes, "At the end of the day, my goal is to raise money for a great cause and have my daughter be proud of me."

We're pretty sure she already has plenty to be proud of and we hope that the local communities rally behind Capt. Cottrell as he raises funds to help a great cause. If the community can support her father as he goes to bat for the children, everyone can be proud of the community effort put forth.

And when people work together for a good cause, that's something to be proud of. Best of luck Capt. Cottrell. We know you'll do Barnstead proud.



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## Magnetic personalities

Summer readers at New Durham Public Library had the opportunity to compete in a challenge to create the strongest structure out of magnetic pieces. This design proved to be capable, but the ultimate winner held 23 books, a dictionary, and three water bottles. Build a Better World continues this month on July 24 with a storyteller and free books for the audience, and a magic show, archery, LEGO building, awards ceremony and more on July 26. All entertainment begins at 1 p.m. and is open to the public.

## Letters to the Editor

## World lost a good man

To the Editor:

Bob Longabaugh wrote many letters to the editor and, whether you agreed or disagreed with his liberal ideas, he was always passionate, informed and intelligent. That was as a letter writer. As a person, there are many more adjectives to describe him to include humble, kind, thoughtful, caring and generous to list a few.

The world has lost a good man and it's entirely fitting that Bob Longabaugh died on Independence Day.

Jane and Peter Ellis Gilford

## The fallacy of selling insurance across state lines

To the Editor:

As the folks in Washington drive to eliminate the current Affordable Care Act there are many fects if they were to be implemented.

Removing nonsensical analogies like covering pre-existing conditions is akin to have the person in back of you pay for your groceries, there are seemingly (on the surface anyway) logical sounding solutions that many claim would solve the problem. Rather than rant by throwing a dozen "opinions" against the wall, resulting in nothing more than fecal wall covering, I want to address just one, a decade old talking point claiming that the ability to sell insurance "across state lines" would solve the problem. While it sounds like it would foster competition and drive down costs, it does not take too much work to untangle this concept and see why it does not contribute to solving the problem.

States already have the right to allow "sales across state lines" and have for years, the ACA has a provision in section 1333 regarding "health care choice compacts." States can allow the sale of policies from any other state or choose to allow insurers from neighboring states. States also have the ability to determine which regulatory functions they control. The well beaten pseudo-argument of "states rights" is well supported when it comes to health insurance policies.

So, if it is touted as the panacea to solve the insurance problem, why is there still a problem?

Turns out that regulations aren't the main reason insurance tends to be uncompetitive. Selling insurance is a lot more complicated than just hanging out a shingle. It involves setting up complicated contracts with doctors and hospitals so customers will have access to their insured care. Then they have to attract enough customers to

create a profitable risk pool. Establishing those networks of healthcare providers can be hard to impossible and expensive, even for current "facts" floating around that need substance to be in-state providers, let alone for new market encalled "facts," but lack explanation of their ef- trants. Furthermore, local doctors' offices and healthcare providers see new overhead costs with the addition of more insurance companies. Hence the basic rational for supplier contracts, in-network providers, primary care physicians

> In 2012, the Georgetown University Health Policy Institute completed a study of a number of states that passed individual laws specifically allowing out-of-state insurance sales. Despite offers to all the major providers, not a single out-of-state insurer choose to participate. Most states, including New Hampshire, want to regulate local products themselves, and they should. New Hampshire has the second oldest population in the country, Utah has the youngest, and the needs of each state are very different. An insurance policy that meets the requirements of Utah simply would not meet the needs of New Hampshire.

> The Affordable Care Act actually has a few provisions to encourage more regional and national sales of insurance, but insurance companies have stayed clear. Notably, neither the insurance lobbying groups, nor the Blue Cross Blue Shield Association have endorsed any such plans when they have come before Congress.

> So the concept is not a solution looking for a problem, it's a slogan without merit, a further impediment to providing a real American national healthcare solution. Let's support candidates who actually offer vetted solutions and stay away from those armed with only talking points.

> > Quinn Golden Alton

## **Trump fails fundamental test**

To the Editor:

The members of a well-known service organization agree to abide by a 'Four Way Test' of things we think, say and do: (1) Is it the truth? (2) Is it fair to all concerned? (3) Will it build goodwill and better friendships? (4) Will it be beneficial to all concerned? President Trump would fail on all parts of this test. He has repeatedly lied, he has cheated his subcontractors, he has made enemies of anyone who disagrees with him and he consistently seeks to do what benefits only him, usually at the expense of others.

Rotary International, the service organization in question, is a non-profit, non-religious and non-political organization of men and women

worldwide. Its sole purpose is to save and improve lives both locally and globally. Rotary is also one of the founding members of the United Nations and has raised millions of dollars to eradicate polio throughout the world. To become a member of Rotary one must be of high moral character both in business and as a private citizen. It is unfortunate that our President falls so short of this standard.

In writing this letter, I am expressing only my personal views and not those of Rotary Interna-

Duane Hammond

Alton

**COMMUNITY CORNER** 



## Happy to being part of making a difference

New Durham

I want make the point the following words are my personal opinions and are not intended to represent any commit-

Years ago when I worked at Budweiser we reconditioned an old bottle washer. There was a company rep there and we were adjusting 30 greased-up chains. He could not believe I could just lay my hand on the bottle washer and just dial it in. I would laugh and say you just have to be one with the steel.

This time last year I became one with the River. Merrymeeting The river screamed, "Help me. My growing season with low flow is just more than I can take. All this phosphorous is killing me."

So I asked myself, "What does one drop of water see as it leaves Merrymeeting Lake?"

If one looks at a model, averaged over a year,

one-third of the phosphorous is added from Merrymeeting Lake, onethird is produced from the state fish hatchery in New Durham located just below the lake's dam and one-third is added from everything else. More of the phosphorous produced leaves New Durham in the high spring water flow. But during the summer growing season more than one-half stays in the Merrymeeting River. Then I looked at low flow summer growing season with no dilution and rough numbers one-10th of the phosphorous comes from Merrymeeting Lake, eight-10hs comes from the hatchery and one-10th from everything else. One-half of the phosphorous stays in the Merrymeeting River. Looking at most watershed models one soon realizes that most

Water flow is important to keeping ponds and rivers clean. At one point this spring enough water was flowing to fill Downing Pond in one day had it been drained. On July 14. there was no measurable flow at Downing Dam, which results in phosphorous stay in Merymeeting River and that contributes to cyanobacteria.

We did a lot of water testing last year. On July 7, I got to see how the big guy and gals working in the UNH labs do water testing. They find so much and the level of the quality of their equipment is so much higher than what we used.

I have been testing for cyanobacteria at three meters and got very low numbers. The UNH team drops a probe and say no oxygen at four to five meters let's send the other probe down to five meters. I heard 50, 150, 300, voice changing 500 than 600 not sure what it meant but I know they found cyanobacteria. Then the UNH team dropped the net, pull a net full cyanobacteria up, it was bright green. A picture is taken and sent to the Department of Environmental Services. I took a scope and saw clumps of cyanobacteria flowing in the water. I saw a net full of cvanobacteria from the column on the bottom. I saw and I believe.

The area we were in was Marshes Pond and next we went to Jones Pond. I saw clumps of cyanonbacteria flowing in the water. I saw that there was low oxygen but no cyanobacteria on the pond's bottom. I did not feel much like swimming and Jones Pond was tested nonswimable last years.

Last stop was Down-

ing Pond and to the eye all looked good but Downing Pond had tested non-swim able the last two years. If not so cold I would have dived in.

Both ponds are on the state's "impaired" list and DES came to get a cyanobacteria count to check levels I was told. We will be back to the Marsh Pond for a cyanobacteria study with UNH and then on to checking water quality at March Pond, Chalk Pond and Shaw's Pond. This is how I want to spend my summer time and I am so happy I can be part of making a difference.

## Letters to the Editor

## Reps not working for local residents

To the Editor:

New Hampshire State Representatives Ray Howard (Barnstead/Alton) and Barbara Comtois (Barnstead) made it clear during the 2017 legislative session who

they view as their true constituents. Although both representatives respectfully answer phone calls and e-mails, in the end their votes demonstrate blind and callous adherence to an ideo-

and town-wide scaven-

logical agenda. It is an extreme agenda that is not responsibly conservative, but rather one that slashes funding for programs and services essential to maintain the health and safety of our county and towns.

Much of the legislation supported by Representatives Comtois and Howard was sponsored by ALEC (American Legislative Exchange Council), which provides fill-inthe-blank bills created by Koch-funded entities and distributes them to state legislatures with the goals of turning public services and institutions over to for-profit companies and using government to protect corporate interests and profits rather than serve the common good. Rightto work-for-less and bills diverting public education funds to private schools are prime examples supported by our representatives.

If your interest is in providing opportunities for the super-rich to amass even more wealth at the expense of ordinary working men and women, then you wouldn't regret having voted for Comtois and Howard.

But if you're not okay with that, or with their votes against the transgender rights bill (supported overwhelmingly by responsible conservatives, the NH Business and Industry Association, Chamber of Commerce, etc.) or with their votes for SB3, which makes it difficult for certain groups

of people to vote, please remember their votes when the 2018 midterm elections come around. We can send people to Concord who will work for the people of Barnstead and Alton.

It's important to note that our two elected house representatives also serve on the County Convention and, in that capacity, make funding decisions for Belknap County. Comtois and Howard voted in this session in favor of a completely inadequate budget that did not properly fund critical county services such as the staffing of the new jail and the sheriff's department. That budget also greatly reduced funding for CAP (Community Action Program), which provides Meals on Wheels and senior transport, and the budget totally defunded Genesis (which provides mental health counseling) and totally defunded the Economic Development Council, which provides support for workforce and business development. Their votes created a crisis that will cost all of us more money in the long run. Responsible conservatives do not make fiscally irresponsible de-

cisions like these. Now is the time to get involved so that we can be sure to have representatives in Concord who will work for us rather than follow an ideology born of out-of-state monied interests.

**Barnstead** 

Diane St. Germain

## Duggan's Depot formulating new activities

BY KATHERINE LESNYK

Contributing Writer

ALTON — When Kerri Duggan first opened Duggan's Depot three weeks ago, she already had plans for some activities for the community that would be based at the consignments and antique store that also doubles as an art work-These include "Mom's Time Out," and weekly workshops for kids that focus on different artistic mediums each week during the school year, with occasional classes during the summer. Despite the busy nature the store has already been taking on, Duggan is adding more to the schedule.

On July 12, the night of the first Mom's Time Out, Duggan took time out of organizing incoming merchandise from vendors to reflect on how business has been going. She described the grand opening on July 1 as very successful, and business since then as steady.

She credited the ability to advertise on social media for much of the business she has received in the first couple of weeks. Many people came in from all over Alton and surrounding areas to browse, shop or at least stop in and congratulate Duggan on the grand opening and wish her good luck. She showed gratitude for the support the community has given her venture.

Over the summer, there will be several art classes offered at Duggan's Depot for children. Community members and local students are assisting with or teaching these classes. "So far, I have lots of student volunteers who like to come in and help," Duggan said, naming several students, chuckling as she mentioned her own hard-working daughter, Paige.

Recent Prospect Mountain High School graduate Liam Mac-Stravic will be teaching a class on how to draw video game characters on July 26 from 2:30 to 4:30 p.m. and an origami class on Aug. 2 from 3 to

4 p.m. Weaving will be taught from 11 a.m. to 12 p.m. on July 27, to name one of the opportunities taught by other assis-

watersheds have all they

can do to handle nature

and people. Adding more

from the hatchery is just

tants. Mom's Time Out will be a weekly event, Wednesdays from 7 to 9 p.m. Kid-free, moms can shop at Duggan's Depot and socialize. "You need that time out to regroup sometimes," said Duggan. There is no pressure or obligation at these events to purchase anything—just stopping in is acceptable, as the store owner emphasized.

One of the new activities is something she's ner. calling a "swap shop flip," much like a flea market flip. Participants go to the Alton swap shop at the dump and find an item they want to refurbish or repurpose, but they can't spend any money on it other than the \$5 entry fee to be in the swap shop flip. All the pooled money will go into the grand prize for the winner, who will be named the swap shop king or queen (Duggan is planning on making a crown for the winner). One person can submit a piece on their own or do

it with one partner. Items must be brought to Duggan's Depot by Aug. 12 at 10 a.m., and the judging and voting will occur at 1 p.m. If the participants wish, they may keep their piece or turn it over to Duggan's Depot, where it could be sold with 50 percent of profits going toward the artist or artists and 50 percent going to the store. Duggan hopes to make this a monthly

Another recurring event based out of Duggan's Depot will be a town-wide hunt. At \$5 per team, it will be an affordable and thrilling way to spend an afternoon at any age. Duggan's Depot is open from 2 to 9 p.m. on Wednesdays, so it will occur on that day starting promptly at 6 p.m. The first event will be on Aug. 16, but teams will have to pre-register with forms at Duggan's Depot by Aug. 12. Like the swap shop flip, there will be a cash prize for the win-

The swap shop flips

ger hunts are not meant to provide profit for Duggan's Depot. The store scavenger will simply be the meeting place for the activi-Duggan's Depot, located at 137 Main St. in Al-

ton, is open Wednesdays 2 to 9 p.m., Thursdays 10 a.m. to 6 p.m., and Friday through Sunday 10 a.m. to 2 p.m. For those wishing to participate but who may not be able to make it into the store during those hours, there will be a drop box outside of the store for registration forms for both the scavenger hunt and the swap shop flip.



## Who?

A reader snapped this photo of an owl that paid a visit to Alton last week.



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## Scouts enjoy time at Camp Bell

GILMANTON — This year's Boy Scout Troop 53 camp adventure led them to the Camp Bell side of the Griswold Scout Reservation. On Sunday July 2, 16 Scouts and three leaders made their way up the mountain with all their gear ready for a fun-filled week encouraging the patrol method.

The Troop split into three different patrols. Patrol one was Josh Keslar as Patrol Leader, Max Tuttle, Jack Kelley, Nelson HIkel and Ryan Scout. Patrol two was Tristan Whittier as Patrol Leader, Nick Reed, Alex Gagne, Dylan Pacheco and Austin Brulotte. Patrol three was Tyler Balint as Patrol Leader, Luke DeRoche, Alex Marks, Nathan Archambault, Lucas Snyder and David Boyajian. As patrols, they would cook their own meals with provisions provided by the camp and they would head off to a program area they chose every day. Some of the program areas included Challenge Valley, native games, waterfront with activities including snorkeling, paddleboarding and aquatic challenge, the climbing barn for Go Banana's, firefox for knife making and tinsmithing and the overall favorite being the logging camp for backwoods woodcraft. Marks stated he was most happy with being away from technology and getting outside. Nighttime campfires were always a favorite pastime especially when troop leader John Keslar would tell one of his fa-

The Fourth of July was an adventurous day for all. While the Scouts were off at their program

mous stories.



TROOP 53 enjoys the view during their fireworks hike on the Fourth of July.



TROOP 53 took a hike to the top of Mount Klem to check out fireworks.

as an array of optional items that they could choose from but if they took it they had to use it in the dishes they were preparing. The culinary experiments of these dishes were quite inventive and rather tasty, making it a very close competition. Patrol two won the overall competition with the coveted Chester bar as the winning prize and a spatula trophy decorated by Wendi Tuttle. Patrols two and three went on the Castaway

outpost Thursday night where they made a boat out of items provided and floated out to an island. They cooked their dinner and breakfast out there and floated back with what was left of the boat the next morning bright and early. They were tired but they all had fun working together on this.

dlewski, Ryldewski, also

a leader for 53, led the

way making stops to see

the patrols at their pro-

gram areas and then to

explore the trails for an

upcoming ATV trip the

older Scouts planned.

The fun didn't stop there

that day. After dinner,

the troop went on a hike

up to Mt. Klem to watch

the area's fireworks. The

vantage point was spec-

tacular. Fireworks from

Wolfeboro, Tuftonboro,

Center Harbor, Mere-

dith, Ossipee, Wakefield

and various private

fireworks were seen.

Overall the hike was five

miles but spirits were

high and encouraging

words were plentiful to

became a favorite among

all the patrols where

Troop 53 held their In-

Wednesday's dinner

keep the moral up.

"It was a wonderful week overall and weather wise we couldn't have asked for anything better," said the leaders. "Seeing the Scouts come together not only in their patrols, but as a troop is an amazing thing to see. It really fills you with pride seeing what an excellent group these young men are."

While Scout camp may be over for some, Troop and Crew 53 are proud to have on staff at Hidden Valley and Camp Bell, Nick Rydlewski, Troy Meyer, Alyssa Rydlewski, Alex Brown and Drew Rydlewski. Tristan Whittier is taking the two-week CIT program at Hidden Valley while Den Chiefs Tyler Balint and Austin Brulotte helped out at Day Camp in Rochester. Boyajian will be going back for Provo week at

augural Chopped competition. Based on the TV show Chopped, the patrols were given their regular food supplied by PATROL TWO won the troop's Chopped competition for their cooking skills. the camp and the leaders areas leaders Jamie Tut- Whittier explored the with Camp Bell's ATV gave them four mandatle, John Keslar and Kim reservation on the ATVs instructor Drew Rytory food items as well Hidden Valley. Dining & Entertainment

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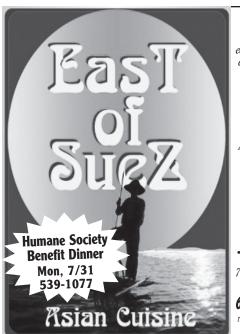
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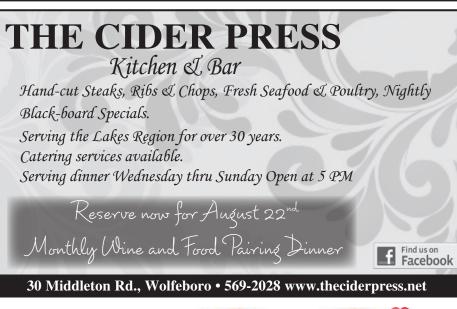
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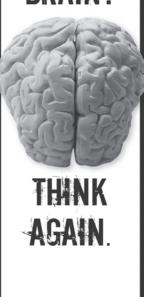
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## Concert helps fight childhood hunger in Barnstead

BY KATHERINE LESNYK

Contributing Writer

BARNSTEAD There are approximately 68 hours between Friday afternoon when students leave school Monday morning when they arrive again. According to the non-profit End 68 Hours of Hunger, one out of five children in the United States suffer from food insecurity, meaning that there is insufficient access to quality and nutritious food in the home. Thanks to the National School Lunch Program and the School Breakfast Program, which offer free or reduced meal costs for students of low-income families. kids in need of healthy meals can get two per day during the school week. Once the school week ends, those benefits are no longer applicable.

That's where End 68 Hours of Hunger, a established program in New Hampshire in 2011, steps in. A community compiles a group of volunteers to run a branch of the effort and provides needy children in the town or community area with two breakfasts, two lunches and three dinners. The program is responsible for accumulating most of the funds to pay for the meal kits. They cost \$10 per week, \$40 per month and \$440 per school year. There are 30 programs for End 68 Hours of Hunger in New Hampshire, and about a dozen others in states across the nation.

the Barnstead At Parks and Recreation concert on July 15 in the Barnstead parade

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KATHERINE LESNYK

BARNSTEAD Farmers' Market founder and End 68 Hours of Hunger volunteer Lori Mahar (left) is brought onto the gazebo to sing with loved ones in the band.

greenspace, volunteers from Barnstead's program sold 50-50 raffle tickets and raffle tickets for various donated prizes including a 32-inch television. All profits were going to Barnstead's End 68 Hours of Hunger program, which benefits 40 students, and has been in operation for two years. Dozens of community members were gathered on the green in lawn chairs, or throwing frisbees and footballs, all enjoying the end of a quintessential summer day, supportive of the community-based cause being fundraised for.

"The school has to support it, and then they get funds from the big organization...but every school is responsible for doing their fundraising to support the program. It has to become sustainable." said Lori Mahar. a volunteer for the pro-

f Lakes Region Septic

gram. "[The overseer of regional programs] will help a little, but it has to become sustainable."

Throughout energetic and performance from local musician Chris Bonoli and her band, volunteers talked with residents in attendance and sold tickets, including Mahar, who is a close friend of Bonoli. They were in contact when planning for the summer concert series was

under way and decided that the day of Bonoli's performance would be the perfect time to fundraise for End 68 Hours of Hunger. The band presented a mix of classic songs that the crowd could sing and dance to, and they even coaxed Mahar on stage to sing, not only is she friends with Bonoli, but Mahar's husband is in the ensemble as well.

Combined with the regular raffle ticket sales and the 50-50 raffle profits, the Barnstead End 68 Hours Hunger program fundraised \$452, but a surprise came when the winner of the 50-50 went to claim his prize. He generously donated the \$155 to End 68 Hours of Hunger, bringing the total to \$607 raised throughout the two-hour long concert, enough for more than 60 meals. Mahar and rest of the volunteers were extremely grateful, as were the attendees of the concert, who applauded the man on his kind act.

As for other fundraisers for End 68 Hours of Hunger in Barnstead, Mahar, the founder of the Barnstead farmers' market, explained that they collect donations at market. She said that other volunteers do any necessary work for the program as well. "When [program coordinator at Barnstead Elementary School] Meredith [Jacques] says, 'I need something,' we step up to the plate and do something."

End 68 Hours of Hunger is known for restoring the ability for children to focus in school throughout the week, and improving their overall health and well-being. Barnstead Elementary School sixth grade teacher Annie Bourque said on Tuesday morning in a phone conversation that BES is working on what is called a responsive classroom. This addresses not only learning but basic needs as well, and identifying that basic needs not being met is often the cause of behavior problems or changes. "Food is hugely important to that."

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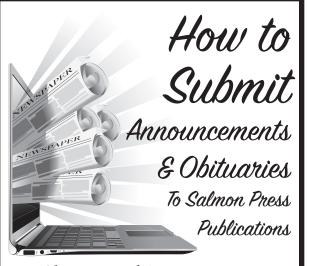
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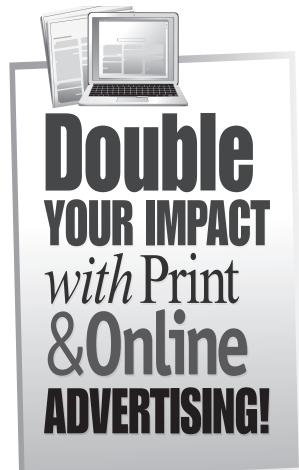
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BY MARK PATTERSON

Contributing Writer

So now retail brokerage is trying to capitalize on a conceptt that many advisors like myself have been talking about for years. Having been a retail broker many years ago, we were taught in some instances how to accumulate assets and grow them. The firm I worked for did not pressure me to sell product but allowed me to use stocks, bonds and a couple of specialty mutual funds where the managers had a competitive advantage. Up until very recent times, retail brokerage has ignored the fact that what most people are looking for is someone that can help them take their money that's typically in stocks or stock mutual funds that they gathered through the accumulation period of their lives and transition into distribution of those assets into steady, sustainable, predictable income. Asset

# Mark on the Markets

## It's all about the income

have been working with this concept for years knowing that retail just didn't get it. Someone has alerted the retail brokerage industry that distribution of assets as income is a major concern for most people nearing retirement.

About two years ago I wrote an article for CN-NMoney on this topic. My method uses multiple sources of income using a custom bond ladder that immunizes my client against interest rate risk. It also uses in some cases, fixed indexed annuities that are designed for income. Please note that I am not advocate or fan of variable annuities. Social security planning also can play a big part in the retirement income picture. Some people have adequate income through pensions and Social Security, or maybe income from real estate investment. In those cases, we look to grow their assets and turn on income at key times. Those that simply

don't need the income, don't have to take it. We can plan for passing those assets to heirs or beneficiaries with the least amount of tax impact.

While big retail brokers have started to figure out what the people want, in my opinion, just like the way these behemoth companies have invested money, they will attempt to distribute it. What I mean by that is, that nobody can really have a

plan designed for them but the plan will probably be a plan designed for the masses.

Typically, a plan for the masses should be cost efficient compared to a custom design plan. I can tell you that is not accurate. At my company, MHP Asset Management, we custom design the portfolio and income plans for the client using individual bonds, not funds that have expense and

often times commission attached. We may use exchange traded funds that are extremely low cost but do a great job to represent an asset class. If your plan includes a fixed indexed annuity you will be aware of any rider fees that the company charges, in most cases to guarantee income. Any company or fund that we at MHP recommend will be very low-cost. You must look at all layers of fees that are

being presented to you.

You must also understand the difference between a retail broker who is not working in a fiduciary capacity versus a registered investment advisory firm that works for the client, not a broker-dealer.

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

## Car show will benefit New Hampshire Humane Society

BRIDGEWATER — Join the New Hampshire Humane Society on Saturday, Aug. 5, from 10 a.m. to 2 p.m. for the fourth annual Antique and Classic Car Show. Set on a bucolic 10-acre estate at 305 Whittemore Point Road North in Bridgewater, this is a family-friendly event with live music; demonstrations; a food court; games for the kids; a

50/50 raffle: silent auction, and; of course lots of cool antique and classic cars.

Pre-registration is available at a discount at nhhumane.org; or, register at the gate, beginning at 9 a.m. on the day of the event. Show cars arriving between 9 and 10 a.m. will receive a free gift. All vehicles are welcome specialty, custom, current and traditional collectibles. The show culminates in a drive around the Newfound Lake Loop at 2 p.m.

Visitors can view the vehicles, bid on silent auction items, and play games from 10 a.m. to 2 p.m., for a nominal entrance fee. proceeds benefit New Hampshire Humane Society.

The New Hampshire Humane Society is a local, stand-alone, 501(c)3 non-profit that does not receive funds from national animal welfare agencies - 100 percent of donations assist your local shelter. The New Hampshire Humane Society's mission is to provide shelter for the lost, abandoned and unwanted animals; find responsible and caring forever homes for every animal that enters the

shelter, and; advocate and be the voice for the voiceless. The Society works hard to prevent cruelty to animals and offers education and outreach programs, pet therapy, and many community initiatives to help people and their pets.

Car pre-registration is available online now www.nhhumane. org. For more information, contact Anne at 744-3632, or Lissa at the New Hampshire Humane Society at 524-3252 ext. 309 or Lissa@nhhumane.org; or to view adoptable pets and learn about all of the NHHS upcoming events, visit www.nhhumane.org. The pre-registration fee can also be sent by check to: Auto Trends, 215 Lake St., Bristol, NH 03222.

## Huggins Heroes Gala helps fund emergency services

WOLFEBORO

managers such as myself

Huggins Hospital raised nearly \$40,000 during the Heroes Gala held July 13 aboard the M/S Mount Washington. The event honored local first responders and raised funds for Huggins Hospital's emergency services and Paramedic Intercept Program.

"We were grateful to see all the support for emergency services in our community," said Jeremy Roberge, President and CEO at Huggins Hospital. "Our Paramedic Intercept Program offered at no cost to the patient – allows for a Huggins Hospital Paramedic to respond to emergency calls and provide an advanced level of care even before patients arrive at the hospital, a service not available in most rural areas. We are able to offer services like this because of the generous donors and supporters in our community."

About 160 people attended the Huggins Hospital Heroes Gala. cruise three-hour around Lake Winnipesaukee that included dinner, dancing and unique auction activi-

ties. Attendees bid on live and silent auction items; a special Fund-in-Need part of the live auction raised funds specific to the Huggins Paramedic Intercept Program during which a local resident talked about how the paramedic service saved her husband's life after a heart attack. The money was raised through live and silent auctions, raffles and donations, including \$4,000 from the Huggins Hospital's Board of Trustees, which was matched by CGI Business Solutions, who also were a key sponsor of the event.

"We are amazed by the excitement surrounding the Heroes Gala," said Monika O'Clair, Vice President of Strategy and Community Relations at Huggins Hospital. "It was a wonderful opportunity to thank our first responders and emergency services workers in person while raising money for life-saving services that any one of us could need at any moment. We look forward to seeing our supporters and friends at our next fun event."

The main sponsors of

the Huggins Hospital Heroes Gala were CGI Business Solutions, Anthem BlueCross BlueShield of NH and Meredith Village Savings Bank.

The evening was also sponsored by Genesis Wolfeboro Bay Center; Rath, Young and Pignatelli; Catholic Medical Center; Stratasan; GreenPages; Delta Dental; Stewart's Ambulance and MassMutual.

To learn more about how to support Huggins Hospital, visit the hospital's web site at www. hugginshospital.org or call the Development Office at 515-2089.

## Up on the roof

## Thanks to generous community, Village Players Theater gets new roof

WOLFEBORO - Anyone who happened to be driving or walking along Glendon Street in the middle of June may have noticed some activity at the Village Players Theater building.

Or more specifically, some activity on the Village Players Theater building.

A crew from JP Builders of Alton was on hand to begin an extensive roof project on the theater, a project that has been many years in the making and one that is needed to keep the building in good working order.

"In the spring of 2016, we noticed all the shingles in the front of the building," said Village Players Board of Directors President Jim Adams. "There were whole shingles behind the main entrance and some in the alley (the right of way on the left side of the theater).

"And just standing back and eyeballing ,you could see the curled shingles on the roof," Adams noted.

Then, last summer, a member was working in the third floor costume room and water started coming through the roof and it became apparent this would be a project



COURTESY PHOTO

THE VILLAGE PLAYERS THEATER on Glendon Street has a new roof and work will continue on the building to replace trim and

that needed to happen

sooner rather than later. However, the non-profit community theater company was well aware that this would not be an inexpensive project and began looking for donations to help with the new roof. After requesting and getting three estimates, the board settled on JP Builders and their estimate of \$60,000 for the entire roof project. This included not only ripping off and replacing the shingles, but also dealing with some rotted trim and asbestos siding.

The board members drafted a letter and sent it out to members and others in the community who have supported the theater and the response was incredible, as theater lovers came through in a big way for Wolfeboro's community theater.

Additionally, board members looked into grants and discovered Meredith Village Savings Bank had a grant program through the New Hampshire Charitable Foundation. The board applied for a grant and the project was funded in part by the Meredith Village Savings Bank Fund of the New Hampshire Charitable Foundation. The \$5,000 grant was received to go along with the donations from members and the theater was on its way to getting the project started.

The idea was to get the roof project going as quickly as possible this year and for that to happen, the board paid half of the estimate up front and continues to raise funds to help pay off the second payment, which will come upon completion of the project.

"The fact that about 80 percent of money raised was from letter writing campaign and correspondence with members and friends of the Village Players, that's amazing,"

Adams stated. The Village Players purchased the Masonic

Hall on Glendon Street in 1995 and put a new roof on at that point, so the current roof has been on for more than 20 years. Additionally, a rubber membrane roof was put on the kitchen portion of the theater, the area used as a prep room for actors heading on stage, in 2010, but that was damaged in an ice storm a few years ago and part of JP Builders' bid was to fix that area as well. JP Builders started

the shingling process on

the left side of the the-

ater, Adams noting that

it was probably the eas-

iest section to do since it

is the lone roof space that

is simply a long, flat un-

interrupted surface. He

also pointed out that the

contractors didn't expect

anything too serious in

the way of problems, but

with a building of the the-

ater's age and size, you never know what might be uncovered. The Village Players will be hosting another fundraiser in August to help raise the remaining funds needed for the roof, so keep an eye out for that. The theater hosts movie weekends monthly and live theatrical shows three times a year. The next live show is The 25th Annual Putnam County Spelling Bee, which finishes its run this weekend, on July 21 and 22 at 7:30 p.m. and July 23 at 2

For more information on the Village Players Theater, including how to purchase tickets and how to help support the roof project, visit village-players.com.

Church Service SCHEDULE Sundays: July 2, 2017 – September 3, 2017

8am Outdoor Summer Worship Service- Alton Bay Bandstand

10am Worship Service Community Church of Alton-101 Main Street, Alton

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 abundan-3-051 ... arvestnb.org e-mail abfc@faitb.com

ADVENT CHRISTIAN CHURCH Sunday Worship Service 11:00 Am. All Are Welcome. Rev Charles Willson 998-4102. 96 Maple Street & Route 28, Barnstead

ALTON BAY CHRISTIAN CONFERENCE Sundays throughout the summer 10:am & 7pm; Tues-Thurs

9am:, 875-6161. BEFREE COMMUNITY CHURCH, ALTON

Alton-9:30 a.m. Sun. Meeting at Prospect Mountain School. Pastor Sam Huggard, www.befreechurch.net

Adult Sunday School 9:00 am. Sunday School for all ages 9:00 Town Hall. Pastor Brian Gower. 269-8831.

COMMUNITY CHURCH OF ALTON Worsbip Service 8:00 am; Alton Bay Bandsto Worsbip Service 10:00 am; 101 Main Street, Rev. Dr. Samuel J. Hollo. 875-5561.

CONGREGATIONAL CHURCH OF NORTH Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd., Pastor Nancy Talbott; 776-1820, ccnortbbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON

400 Main Street Farmington, NH 03835 Pastor Kent Schneider 755-4816 www.farmingtonnbucc.org

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

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. Sunday Morning Worship Service for all ages begin at 9:00 a.m.

Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Wednesday Evenings. Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL 40 Hidden Springs Rd., Alton, 875-2548. Father Robert F. Cole, Pastor.

Daily Mass Mon., Tues., Wed., Fri. 8:00am. ST. STEPHEN'S **EPISCOPAL CHURCH** Rev. Curtis Metzger, 435-7908

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m.

172 Pleasant St.Laconia • 524 6488 • uusl.org MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street Center Barnstead NH 03225

## **Baker-Gagne Funeral Home Cremation Service** Pre-Arrangements - Traditional Funerals

Simple Burials - Cremation Services Monument Company

F. Rick Gagne - Funeral Director Mill Street, Wolfeboro, NH 603-569-1339 Route 16, West Ossipee, NH 603-539-3301 baker-gagnefuneralhomes.com

(800) 539-3450

## Pineapples (and lots of other stuff) grow in New Hampshire

BY ELISSA PAQUETTE Contributing Writer

ALTON - Marc Hebert pushes the concept of fresh food beyond expectation. Yes, he has ripe cherry tomatoes clustering on the vine in his greenhouse, and long cucumbers hanging from the heights of a trel-

lis. That's not too unusu-

al for greenhouse fare in

New Hampshire. Good

eating any way you look

at it. But --- a pineapple? That's right. A pineapple. It's bright orange color and long plume of stiff green leaves attracts immediate attention upon entering the geodesic dome the plant has called home for a few years now. Hebert's wife, Marie, who's opened the door, is glad this reporter was there as scheduled. for when the interview

was over, she'll get the

chance to enjoy the taste

that she's been anticipat-

ing for two years.

It takes 18 months to mature in its native habitat, says Marc. He points out, a pollen brush in his hand, papaya and banana plants and young pineapple plants that he started from cutting the tops of pineapples. They appear healthy and thriving, but it will be a long time before they bear any fruit.

He accepts defeat in pollinating a nearby lanky vanilla plant. The tiny bug that pollinates it in its natural habitat doesn't exist in the greenhouse, so he took on the task. Unfortunately, it didn't work. There's only one opportunity a year. But hope (and patience) springs eternal. His Australian cherry tree needs touches of the pollinat-

All pollination is in his hands with the exception of an occasional bee that zips in when the door opens, he says.



A GARDEN of wonders grows within Marc Hebert's geodesic dome.



**ELISSA PAQUETTE** Ready to be picked at last. This pineapple in Marc Hebert's garden has been two years in the making.

Marc and Marie enjoy a number of culinary delights throughout the year: fresh mint, thyme, Bay Laurel, chives, parsley and a real treat - fresh lemons. "In December, January and February, we picked tons of lemons," says Marc. He quarters them and preserves them in jars with layers of salt, a perfect accompaniment to grilled meat.

The Myer lemon tree, loaded with what look like dangling limes – the between a lemon and an orange – produces fruit that turns yellow when ripe, and makes an excellent vinaigrette.

**ELISSA PAQUETTE** Ripe cherry tomatoes in Marc Hebert's greenhouse.



Dark purple eggplants hide deep within the foliage while

the plant's purple flower

draws attention in the light.

Tending to his greenhouse is a hobby, says Marc, whose career is in financial planning. It has different demands. There is the pollinating for one, but also tending of the heating and venting system that keeps the temperature 10 degrees over the outside temperature, and filling the nutrient tanks that quietly spray water at the base of the plants, housed in plastic containers.

There is also pest control. Marc holds up a small clear plastic vial dotted with aphidius colemani, an aphid parasite that can barely be seen with the naked eye. Marc sets them loose and the tiny parasitic wasps inject their eggs into the aphids chewing into his plants.

The Heberts enjoy the fruits of Marc's labors throughout the year. As those with gardens await the return of summer, they are eating crisp fresh cucumbers and enjoying their ripe cherry tomatoes. Even eggplants can be discerned hiding amid their foliage, with a purple

blossom here and there promising continued production.

He's able to propagate hybrids with the assurance that the same produce will result by rooting clippings. One plant can continue for a long time as a long, winding tomato vine attests. They are not bound to the seasons like outdoor plants.

The geodesic structure was actually intended to be a temporary structure with a transfer to a greenhouse, says Marc, but some of the plants are now too large to fit through the door. So for now, everything stays put, growing in place in the harmonious atmosphere Marc provides.

Summer is sure to bring gardens overflowing with produce. It's a season full of anticipation, including insects, weather watching, watering and weeding out in the uncontrolled outdoors. Nature is to be admired for its ability to adapt as humans interact with it in fascination all seasons of the year.

## Locke Lake Social Club celebrates Christmas in July

BARNSTEAD — The Locke Lake Social Club held its annual "Christmas in July" roasted chicken luncheon on July 15 in the lodge. The luncheon was sponsored by the club for its members and guests. variety, native to China, After a delicious meal is thought to be a cross and high caloric desserts, the members had a Yankee Swap of Christmas gifts.

Next month's event will be an "ole fashioned picnic" on Saturday, Aug. 19, at noon at the main beach gazebo and lodge. Members are asked to have their own picnic luncheon and corn on the cob will be provided, and appetizers or dessert to share. After lunch, outdoor



JOHN WHEELER ponders which Christmas gift to select at the

with cash prizes for the winners.

On Sept. 9, the annual "Monkey Golf" will be on the schedule. This year a change, potluck breakfast will be at 9:30 a.m. in the lodge and then the members and guests will attack the golf greens. Members are asked to bring breakfast treats. For those entering the golf tournament, a registration fee will be expected. This will be returned in the form of prizes for the first and second place team winners. The coveted monkey statues will be awarded to the captains of the winning team. No experience is necessary so get in your swing

## Hannaford bag program will again benefit Gilman Library

man Library once again, has been selected as a beneficiary of the Hannaford Cause Bag program for the month of July.

The Hannaford Cause Bag program launched in October 2015 and is designed to support local non-profits through the sale of the reusable Hannaford Helps bag. The Gilman Library was selected by Hannaford store leadership as the July beneficiary of the program at the Alton

ALTON — The Gil- Hannaford store. For every Hannaford Helps reusable bag with the good karma message purchased at the Alton Hannaford during July, the Gilman Library will receive a \$1 donation.

> Gilman Library is proud to be a beneficiary recipient of the Hannaford Helps Reusable Bag Program. For more information about this program, visit http://hannaford. bags4mycause.com or facebook.com/hhhagprogram.

## **ALTON SCHOOL DISTRICT** 2017 – 2018 SUBSTITUTE TEACHERS

The Alton School District needs substitute teachers who are willing to serve in all grades and subject areas in a Pre-K – 8 school. All interested applicants should submit a letter of interest, resume, school district application, and three current letters of reference to:

James LaFreniere, Assistant Principal **Alton Central School** c/o SAU #72 252 Suncook Valley Road Alton, NH 03809

**EOE** 

## Locke Lake Social Club's Christmas in July. games will be played Anderson, Jortikka graduate from BU

BOSTON, Boston University awarded academic degrees to 6,045 students in

Receiving degrees were Prospect Mountain graduates Elaine P. Anderson, Bachelor of Science in Journalism, Summa Cum Laude and

Anna E. Jortikka, Bachelor of Arts in Biology.

Founded in 1839, Boston University is an internationally recognized institution of higher education and research. Consisting of 16 schools and colleges, BU offers students more than 250 programs of study in

science and engineering, social science and humanities, health science, the arts, and other professional disciplines, along with a number of multi-disciplinary centers and institutes integral to the university's research and teaching mission. With more than

33,000 students, BU is the fourth-largest private university in the country and a member of the American Association of Universities (AAU), a non-profit association of 62 of North America's leading research-intensive institutions.



TOWN OF NEW DURHAM ZONING BOARD OF ADJUSTMENT PUBLIC NOTICE

TUESDAY, August 8, 2017  $7:00\ \widetilde{PM}$ NEW DURHAM SCHOOL GYMNASIUM GREEN OAK EXCAVATION

You are hereby notified that a Public Hearing will be held by the New Durham Zoning Board of Adjustment at 7:00 PM on Tuesday, August 8, 2017 at the New Durham School Gymnasium. The meeting is regarding an amended application submitted by Varney Engineering on behalf of Green Oak Realty LLC, owner Keith Babb, for a Special Exception, as permitted by Article VII, to allow an industrial/commercial business (gravel pit and excavation operation) located on Kings Highway in New Durham (Map 206 Lots 010 & 011). This location is currently zoned Residential/Recreational/Agricultural

The Zoning Board may enter into Non Public Session, if so voted, under the Terms and Conditions of RSA 91-A:3 II a  $\sim$  e and RSA 91-A:2 I c.



TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE TUESDAY, AUGUST 1, 2017 7:00 PM @ NEW DURHAM TOWN HALL

> Michael Aversa Boundary Line Adjustment

You are hereby notified that a Public Hearing will be held by the New Durham Planning Board on Tuesday, August 1. 2017 at 7:00 pm at the New Durham Town Hall. The meeting is regarding an application submitted by TriTech Engineering Corporation on behalf of Michael Aversa for a Boundary Line Adjustment. The properties in question are located at 227 & 229 Ridge Road, Map 263, Lots 021 & 022.

The public hearing may be convened if the application is accepted as complete.

Posted 7/12/2017

Laura Zuzgo



## **Eggs and more**

These goats seem to be more interested in the grass than in eggs, but the farmers' market in New Durham has something for everyone. Vendors are enjoying their new location beside the New Durham General Store, and will be there on Saturdays from 10 a.m. to 2 p.m. through October.

## Old Home Week 5K scheduled for Aug. 12

ALTON — Co-Sponsored by Meredith Village Savings Bank, the Alton Old Home Week 5K will take place Aug. 12 at the Alton Bay Bandstand at 9 a.m. Sign up by July 15 and receive a long sleeve race shirt. The course is a paved, scenic, slightly varying, flat/downhill with one moderate incline US-ATF certified through Computerized timing with bib chip, results posted online, prizes, refreshments, water stops, traffic control and raffle for racers are included. Forms and map available at www. alton.nh.gov or register online at www.lightboxreg.com/alton5k2017.

#### Alton recreation soccer league

Register now for the

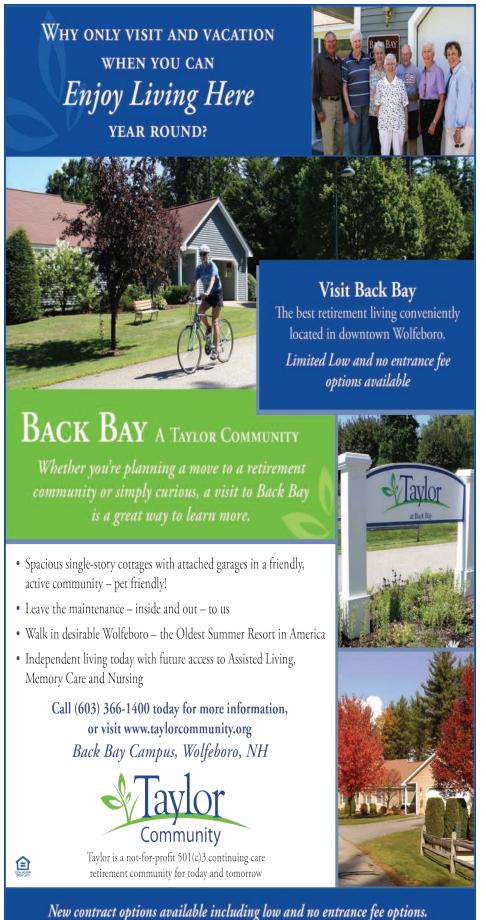
Alton recreation soccer program, kindergarten-sixth grade. Skill development, drills, fundamentals, teamwork and games are included. Season runs Aug. 26-Oct. 28. Registration forms are available at the Parks and Recreation office or www.alton.nh.gov. Register by the Aug. 1 deadline to reserve your space and save money. Volunteer soccer coaches are needed, background check process starts now, please sign up to help coach.

## Line dancing lessons

Alton Parks and Recreation is sponsoring adult line dancing at the Alton Bay Community Center on Thursdays from 1:30 to 3 p.m. for adults of all ages.

#### **Alton Bay** summer concerts

The Alton Parks and Recreation Department is sponsoring live music as part of the annual summer concert series at the Alton Bay Bandstand on Saturdays from 7 to 9 p.m. July 22, Pony Express - country; July 29, Saxx Roxx classic rock with brass; Aug. 5, East Bay Jazz - swing, jazz and blues; Aug. 12, Annie and The Orphans - rock and roll from the 50s-70s: Aug. 26, Bittersweet - classic



(603) 366-1400 • www.taylorcommunity.org

## Paint a butterfly to benefit VNA-Hospice

ALTON — This year's Wolfeboro July 4 parade was visited by a large group of butterflies on the Alton Centennial Rotary Club's float. Jennifer Legassie, the Hospice Director of Central New Hampshire VNA and Hospice was one of those butterflies. The float was an advertisement for this summer's rotary club Paint a Butterfly contest/fundraiser. All the proceeds will benefit the Central New Hampshire VNA and Hospice.

To enter, purchase a

wooden butterfly at the 145 Main St. location of Profile Bank by Aug. 7. Paint or adorn your butterfly in your own creative way. Once you have completed your butterfly return it to the Alton Profile Bank location with a completed entry form taped to the back. All entries are due by Aug. 14. Then, on Aug. 19, join in the fun at the Butterflies in the Park Bash from 12 to 3 p.m. at B&M Railroad Park in Alton. All of the butterflies will be judged and

Cake and ice cream will be served as well. You can pick up your butterfly after the event at 3:30 p.m. or let them know when you arrive for the event that they can auction it off to benefit the Central New Hampshire VNA and Hospice.

For more information about the fundraiser or for specific questions please go to www.Alton-Rotary.org or contact Duane Hammond at 569-3745 or Duane@metrocast.net.



## **ALTON POLICE LOG**

ALTON — The Alton Police Department responded to 190 calls for service during the week of July 2-July 8, including eight arrests.

One female subject was arrested for driving after revocation or suspension.

One male subject was arrested for unlawful possession of alcohol.

One female subject was arrested for reckless operation.

One male subject was arrested for controlled drug act.

One male subject was arrested on a bench warrant.

There were three motor vehicle summons arrests.

There were 11 motor vehicle accidents.

There was one theft reported at West Alton Marina.

There were six suspicious person/activity reports on Miramichie Hill Road, Smith Point Road, Cherry Valley Road, Clay Point Road, Old Wolfeboro Road and Depot Street.

Police made 34 motor vehicle stops and handled four motor vehicle complaint-incidents.

There were 134 other calls for services that consisted of the following: Two assist fire department, one disorderly conduct, four assist other agencies, five animal complaints, eight general assistance, one alarm activation, five noise complaints, one lost/found property, two highway/roadway hazards, one simple assault, one sexual assault, five general information, eight vehicle ID checks, one untimely, one trespass, four business property checks, one destruction of property, four civil matters, two wellness checks, one breach of peace, one confidential information, one dispute, one drug destruction, 48 directed patrols, one 911 hang-up, two motor vehicle lockouts, six medical assists and 16 property checks.

The Alton Police Department responded to 207 calls for service during the week of July 9-July 15, including five arrests.

One male subject was arrested for driving while intoxicated and driving/operating under influence of alcohol.

One male subject was rested for burglary. default or breach of bail receiving conditions, stolen property, possession of controlled/narcotic drugs and possession of drugs in motor vehicle.

One male subject was arrested for driving after revocation or suspen-

There were two mo-

tor vehicle summons arrests.

There were 12 motor

vehicle accidents. There was one theft reported on Mount Ma-

jor Highway. There were five suspicious person/activity reports reported on Mount Major Highway (two), Brad Circle, Riley Road

and Wolfeboro Highway. Police made 41 motor vehicle stops and handled eight motor vehicle complaint-incidents.

There were 140 other calls for services that consisted of the following: One assist fire department, two employfingerprinting, one assist other agency, one pistol permit application, seven animal complaints, one juvenile incident, two domestic complaints, seven general assistance, one missing adult, three alarm activations, one noise complaint, two lost/found property, one highway/roadway hazard, three general information, two vehicle ID checks, one harassment, one civil standby, three business property checks, one destruction of property, two civil matters, one wellness checks, 48 directed patrols, one 911 hang-up, two motor vehicle lockouts, six medical assists, 18 property checks and 21 paperwork services.

## Quilt sale scheduled for Aug. 4 and 5

**WOLFEBORO** 

The Ladies of the Lakes Quilters' Guild (LLQG) is sponsoring its annual quilt sale on Friday, Aug. 4, and Saturday, Aug. 5, from 10 a.m. to 4 p.m., at the All Saints Episcopal Church on South Main Street in Wolfeboro. The LLQG originated from a quilting class taught in 1978 and now has more than 160 members living in the Lakes Region.

The LLQG is well known for its traditional raffle which made its debut as a fundraiser in 1980. Proceeds from the raffle quilt, annual quilt sales, and quilt show are used for Guild expenses and charitable quilt-related projects. Projects include donating more than 300 children's quilts annually to David's House for children receiving treatment at the Dartmouth Hitchcock Hospital in Lebanon, comfort and police cruiser quilts for local folks



LADIES OF THE LAKES quilters recent delivery of quilts to David's House in Lebanon for children and their siblings receiving medical care at Dartmouth Hitchcock Hospital. Front row (I to r), Jeanne Murray, Barbara Cram and Charlene Anderson. Back row (I to r), Harriet Terkelsen, Beth Urda, Barbara Schelhammer, Shelley Cram, Rae Lynn Warren, Janet Baker and Betty Bell.

who have suffered a personal disaster, quilts for youngsters seen at the Carroll County Child Advocacy Center, funding for children's quilt programs in the schools and, financial support to the NE Quilt Museum.

Don't miss this opportunity to purchase beautiful quilts, quilted bags and other quilted items at very reasonable prices while helping to support the Ladies of the Lakes' Quilt Guild's mission - to give comfort through the art and gift of quilt-Cash, personal checks and credit cards accepted.

#### **PANTRY**

(continued from Page A1) tering heat or when other people are at the beach, volunteers pick up, unload, sort, pack, and lay-out food, and then man the pantry every Saturday from 9 to 10 a.m. for those in need.

"Ten years ago, I was driving down the road and saw a sign that said they needed volunteers, so I stopped because I get along with everybody," Darlene De Merritt said. "Betsy Booth was there at the time and she said she'd love to have me."

Booth couldn't have been more correct. De Merritt, who has also served on the Food Pantry Board of Directors for three years, and her husband Dan have proven themselves to be a mainstay of the program. They drive to Hannaford's in Alton twice a week for donations, to Barrington every two months to pick up government food, and to the New Hampshire Food Bank in Manchester every three or four months and at Thanksgiving and Christmas.

"It keeps us busy," Dan De Merritt understated.

Once the food is onsite, volunteers keep the doors open.

"I love being able to help," volunteer Joan Swenson said. "It's enjoyable to be there and the people are so appreciative."

Swenson and her husband David, also active with the Food Pantry, have a long history of helping out at soup kitchens and pantries. When they moved to town six years ago, she noticed the sign for the pantry, and the rest is history.

"We went every once and a while, at first, but it's evolved to pretty much every Saturday."

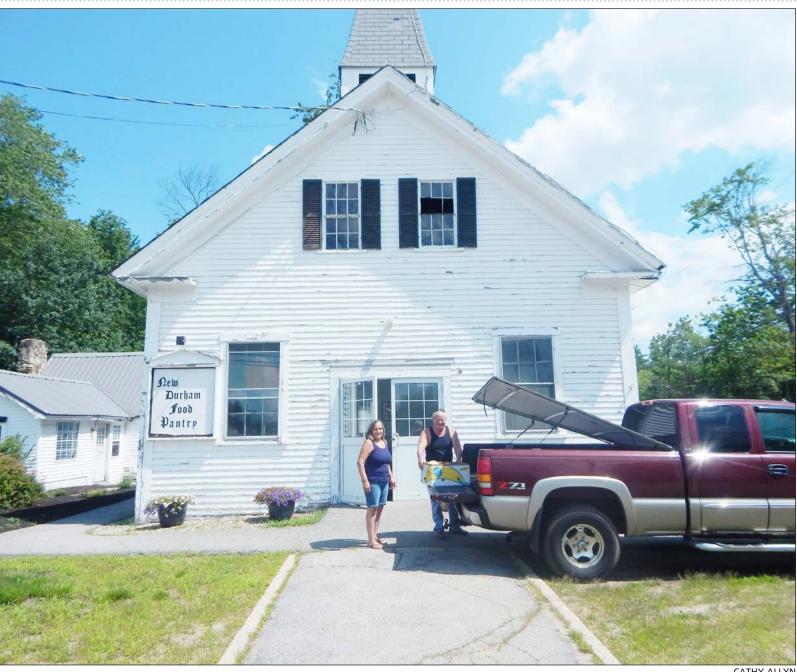
She said the pantry provides basic food for the week and paper products once a month. "We put up two bags of canned goods and products," she explained. "A lot of thought goes into it."

Volunteers aware of special nutritional needs, or if there are children in the

home. Clients are able to choose from produce and pastries, and there is a rotating schedule of food, "so they don't eat the same thing every week."

Recipes she provides also help with varied meals.

Swenson said a weekly pantry is unusual. "Some are only once a month or pro-



DARLINE AND DAN De Merritt unload food donated by Hannaford Supermarket in Alton for the New Durham Food Pantry. The building that houses the agency is up for sale, and the pantry has launched a campaign to raise \$70,000 to purchase it.

vide a meal to eat."

In New Durham, the pantry even goes beyond weekly meals. There are often clothes, toys, and books to offer, and needy families receive holiday baskets for Thanksgiving and Christmas.

"We give out fresh eggs, butter, and cheese twice a month," Veisel said. "We give out toothbrushes, toothpaste, and toilet paper. If a baby is born, we do diapers and baby food for the family."

The Food Pantry also shares in providing for gram is a highly visible, town-wide effort, Wish Upon a Star.

Christmas wishes of youngsters and seniors detailed on paper stars are placed around town for residents to fulfill.

Volunteers spend a day wrapping all of the gifts brought in. "I love going in that day," Swenson said.

The deluge of toys and warm clothing purchased for Wish Upon a building."

Star is just a small example of the support of the town and businesses for the Food Pantry.

"We have the most amazing community that seems to be able to anticipate our needs," Veisel said. "People bring us food fresh from home gardens, and twice a week we get donations of frozen meat, vegetables, cheese, and salads from Hannaford's in Alton."

"There's such commitment from the people in the community," Swenson said, citing the Senior Dinner in food drives held by the town, but perhaps its PTO and Cub and Boy most endearing pro- Scouts. "One family gives their Christmas gifts as food to the pantry."

Anyone willing to donate food can bring it directly to the building at 5 Main Street on Saturday mornings, or leave it at several dropoff spots around town.

"Our program is in jeopardy, though" Veisel stated.

Dan De Merritt said, "We really need this

"The amount space here enables us to do more," Darlene said. "We can store more food and accommodate more people." Some of those space needs are government mandated; government food cannot be mixed with any other food and must be kept off of the floor.

"If we had to leave here, the pantry would fold up," her husband added.

The Food Pantry has been busy with its building fund. "We've applied for seven grants," Veisel said, "and we have one. Libhave adopted us, and those monies go right into it."

upcoming Celebrate New Durham Day will be split between the Parks and Recreation department and the New Durham Charitable Fund. "The Charitable Fund is donating its portion to our building fund," Veisel said.

"All of the organizations have banded together to support the Food Pantry," Veisel said. "It's a testament to who we are as a town."

Tax-deductible checks can be sent to the New Durham Food Pantry, PO Box 156, New Durham, NH, 03855. There is also a go-fund-me page posted on Facebook.

"People really need us," Darlene De Mer-Proceeds from the ritt said. "Without us, what would they do? They depend on us."

"There is a real need for this service in this town," Swenson said, "no question about it. Our clients would be in difficult straits without it, and they are so grateful and caring for each other."

She said working at the Food Pantry makes her week. "It's such a joy. They give more to us in their appreciation than we give to them, I'm sure."

Dan De Merritt recounted, "At Christmastime we've had people who cried. They tell us they didn't know what their kids would have done without us."

"It gets you," Darlene said, "right here," and patted her heart.



40 Years acquiring antiques, craft supplies, including card making, scrap book supplies, signed artwork, lamps, housewares, 100's of gourds, handmade bird baths, something for every adult! Fri & Sat, 7/21-722, 8am to 1pm. Rain or shine. 238 Merrymeeting road





#### **PUBLIC HEARINGS** PROSPECT MOUNTAIN HIGH SCHOOL SAU #301 **ALTON, NEW HAMPSHIRE**

The Prospect Mountain School Board will hold two public hearings on August 1, 2017

Hearing #1

Time: 6:30 pm

Location: Prospect Mountain High School Library Purpose: To inform the public of the School's Internet

Filtering Policy Hearing #2 Pursuant to RSA 198:20-c

Time: Immediately following Hearing #1

Location: Prospect Mountain High School Library

Purpose: To withdraw funds from the Prospect Mountain High School Athletic Field Capital Reserve Fund.



## Wayne Potash in Barnstead on Saturday night

This Saturday, July 22, Barnstead Parks and

Recreation welcomes award winning children's artist Wayne

## Celebrate at the **Zechariah Boodey** Farmstead on July 29

NEW DURHAM — The clanking of a hammer striking the wedge inside of stone, the sound of spellbound tales from a traveling story teller, and the uses of nature's bounty are just some of the sights and sounds visitors can experience during Zechariah Boodey Farmstead site celebration Saturday, July 29, from 10 a.m. to 2 p.m. Traveling storyteller, "Papa Joe" will begin his 40-minute presentation at 11 a.m. All other activities will be ongoing.

Area artisans and demonstrators who are keeping these traditional crafts alive would like to share their talents with visitors. Stone splitting, herbal uses, fiber artisans, and a traveling storyteller will provide a glimpse into the past of these old time traditional skills that visitors can experience. For added fun, the New Durham Historical Society will be hosting a "Guess what it is table," featuring gadgets from long ago. Stop by to see how many you can recognize, or maybe you have used.

The Zechariah Boodey Farmstead Committee is pleased to host this event.

Visitors will have a chance to experience the vision and future uses for the farmstead. The farmstead project has had many signifdevelopments since last year's event. There is a suggested donation to help with reaching a fundraising goal of \$20,000. The committee is working on a capital campaign titled "A Barn Raising for the Zechariah Boodey Farmstead," which seeks to bring an early 18th century English style barn to this proj-

The Zechariah Boodey Farmstead site is located at the corner of Berry Road and Stockbridge Corner Road in New Durham. For more information, phone 859-4643.



WAYNE POTASH will be playing in Barnstead on Saturday.

stage. His music brings rhythms and melodies with and dancing to.

Potash to the concert an upbeat message with

perfect for singing along

One of the top children's performers in New England, Potash brings both his solo show and his Music Fun Band to dozens of greater Boston area events each year, his music movement program is featured at numerous Boston area schools and he even hosts his own music TV show for children on a local Boston cable station. Families, adults and children of all ages are sure to enjoy this one of a kind show.

The show starts at 6 p.m. Remember to bring a lawn chair or blanket and a friend or two. Barnstead's Old Home Day Committee will be on hand offering concessions. As always, smoking and alcohol are prohibited on the Parade Grounds.

## Watch artists paint Wolfeboro scenes on Aug. 16

WOLFEBORO — Artists are invited to join Paint Wolfeboro, a day of plein air painting in downtown Wolfeboro on Wednesday, Aug. 16 (Rain date is Thursday, Aug. 17). Participants in this eighth annual event, sponsored by the Governor Wentworth Arts Council, will enjoy a day of outdoor painting on the shores of Lake Winnipesaukee. Artists can set up downtown, along the lakeshore, or on one of Wolfeboro's nearby walking trails.

Visitors can watch works of art being created and can purchase pieces either during the day or at a sale that runs from 3 to 4:30 p.m. in Cate Park.

Artist registration begins at 8 a.m. in the Community Bandstand in Cate Park, with painting under way until 3

Artists pay an advanced registration (or the day of event) fee and agree to give 40 percent of any sales to the Governor Wentworth Arts Council. Artists set the prices for their work and any unsold paintings remain the property of the artist.

Those registered receive coffee and pastries in the morning, and water throughout the day. In addition, runners will

be available to provide work-site coverage for artist breaks.

This year children at least four years old and accompanied by an adult can join in the outdoor painting fun by trying their hand at watercolor painting in Cate Park from 11 a.m. until 2 p.m. For a small donation, each child can create a painting with a watercolor kit for future fun.

In keeping with a day of plein aire painting, the GWAC Paint Wolfeboro committee will raffle off two very special European-made easels: Winsor & Newton Tweed Half Box Easel and Mabef Sketchbox Easel M-22. Both easels are of seasoned oiled beechwood with brass hardware and leather handles. Both fold down to a box shape for transporting. Raffle tickets are on sale at The Art Place, Sandra Martin's Gallery and the Blue Shutter, all located in Wolfeboro. Drawing will be in Cate Park the day of plein aire painting.

The Governor Wentworth Arts Council uses the monies raised to support arts programming in local schools and libraries.

For more information and a registration form, wolfeboroarts. org, e-mail the group at info@wolfeboroarts. org, or call one of the cochairs, Debbie Hopkins at 569-4994, or Madelyn Albee at 569-1701.

Artists who register by July 25 will have their names included in event publicity. Rain date for the event is Thursday, Aug. 17.



## BARNSTEAD

(continued from Page A1) the highway department staffing up to full strength. The board

has made a few hires recently, and they are still short on staff for snow plowing duty this winter. Hopefully Mother Nature will give Kerr at least until December to staff up for the seven snow plow routes in town. The board has changed its mind about an earlier plan to find contractors with their own equipment for the snow plowing. Evidently most private plowers do not have equipment that meets the standards necessary for efficient and

complete plowing. One additional goal the select board has for its new road agent is improving the work culture of the highway department. Tasker expressed the hope that Kerr will be able to help improve the working partnerships, morale, and sense of purpose in the department that the board feels is currently lack-

Kerr was not available for comment at the time of publication.

## **U-PICK RASPBERRIES!** 8:30 AM - 5:30 PM (unless picked out)

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(continued from Page A1) many situations, and can quickly become tiresome for rescuers to do for prolonged periods of time. Significant decreases in quality have been seen after as little as one minute" Assistant Chief Kevin Ruel said.

Captain Michael Varney, also noted that another benefit of the AutoPulse is its ability to perform these high-quality chest compressions as rescuers transport a patient. Designed specifically for providing high-quality CPR on the move, the AutoPulse helps to ensure patient and rescuer safety during movement from the scene of the cardiac arrest to the back of the ambulance, as well as during transport to the hospital.

#### Alarming human toll from SCA

Cardiac arrest is a substantial public health problem, killing approximately 325,000 persons each year in the U.S. and Canada alone, and as many as a million worldwide. It is the leading cause of unexpected death in the world and strikes without warning. Survival is poor in most communities at less than eight percent, and improvements in resuscitation practices could save as many as half of these victims.

SCA is an abrupt disruption of the heart's function, which causes a lack of blood flow to vital organs. This lack of blood flow can result in the loss of blood pressure, pulse, and consciousness. In nearly half of all victims, SCA is caused by an abnormal heart rhythm called ventricular fibrillation (VF). VF occurs

when the nerves in the heart malfunction, causing the left ventricle (the heart's main pumping chamber) to quiver or "fibrillate." Stricken with this chaotic rhythm, the heart cannot effectively pump oxygenated blood to the brain and other vital organs throughout the body. About half of all victims who suddenly collapse outside of a hospital initially require defibrillation. For other victims. however, who have heart arrhythmias that will not respond to defibrillation, the critical action for survival is achieving effective blood flow that feeds oxygen to the body.

#### **About the AutoPulse Resuscitation System**

The AutoPulse Resuscitation System provides high-quality automated CPR to victims of sudden cardiac arrest. Easy to use and battery operated, the AutoPulse squeezes the patient's entire chest to improve blood flow to the heart and brain. Among the large prospective clinical trials that have been published using an automated CPR device, the AutoPulse has achieved the highest survival rate.

Designed for patient

movement and transport, the AutoPulse provides high-quality CPR without interruption. When the AutoPulse's stabilizing board is placed on a soft stretcher, rescuers can continue providing high-quality CPR down steep stairwells, around sharp corners, or even in a cramped elevator. Compared with manual CPR, the AutoPulse has been shown to reduce interruptions in compressions during transport by more than 85 percent and was

applied in as little as 14

seconds. The AutoPulse is made for resuscitation on the move.

As of October 2015, the AutoPulse is in use in hospitals and emergency service organizations in over 80 countries worldwide.

#### **Current AHA focus on CPR** quality

The new 2015 guidelines recommend automated CPR devices, including the AutoPulse Resuscitation System, as Class IIb, citing their in performing high-quality CPR when manual CPR is difficult to achieve, such as during patient transport or in the cath lab. A major emphasis of the AHA guidelines is on performing effective, high-quality CPR. AHA notes that the better chest compressions are performed (i.e., with adequate depth and rate allowing complete chest recoil), the more blood flow they produce. The more interruptions in chest compressions, the worse the victim's chance of survival from cardiac arrest.

The fire department would like to thank the New Durham Board of Selectmen for their support in the acquisition of this life saving technology.

#### Open house

To all citizens and visitors, the New Durham Fire Department will have the new Zoll X series and the new AutoPulse on display with demonstrations on New Durham Day July 29 at the fire station. Also all fire trucks will be available for tours and demonstrations. See how the New Durham Fire Department has the training and equipment to serve the communities emergency needs.



#### One more weekend

Six contestants sing and dance Rockette style in The Village Players' production of The 25th Annual Putnam County Spelling Bee. Left to right, Garrison Barron as Leaf Coneybear, Rebecca Connelly as Logainne Schwartzandgrubeniere, Joshua Spaulding as William Barfee, Gwen Collins as Olive Ostrovsky, Connor Nelson as Chip Tolentino and Sammi Smith as Marcy Park. Background: Paul Stewart as Mitch Mahoney and Christine Muehlhausen as Rona Lisa Peretti. All performances at Village Players Theater, 51 Glendon St., Wolfeboro. Show times are July 21 and 22 at 7:30 p.m. and July 23 at 2 p.m. Tickets available at Black's Paper and Gifts, Main Street Wolfeboro, online at village-players.com, or at the box office. Please note the evening shows start at a special time of 7:30 p.m. The 25th Annual Putnam County Spelling Bee is sponsored in part by Richard J. Neal, DMD.





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## THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

licly recorded information on these sales, prior sales and

#### Town Address

Alton Mountain Road Alton Rand Hill Road 332 Beauty Hill Rd. Barnstead Barnstead 17 Dalton Dr. Barnstead 24 Oak Dr. 774 Province Rd. Barnstead New Durham 142 Birch Hill Rd. Brienne Road (Lot) New Durham 45 Old Bay Rd. New Durham

#### **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

## Type Price

N/A \$25,000

Residential Developed Land \$47,000

Single-Family Residential \$243,000

Single-Family Residential \$140,000

Single-Family Residential \$110,000

Single-Family Residential \$239,000

Single-Family Residential \$200,000

Residential Developed Land \$39,000

Single-Family Residential \$140,800

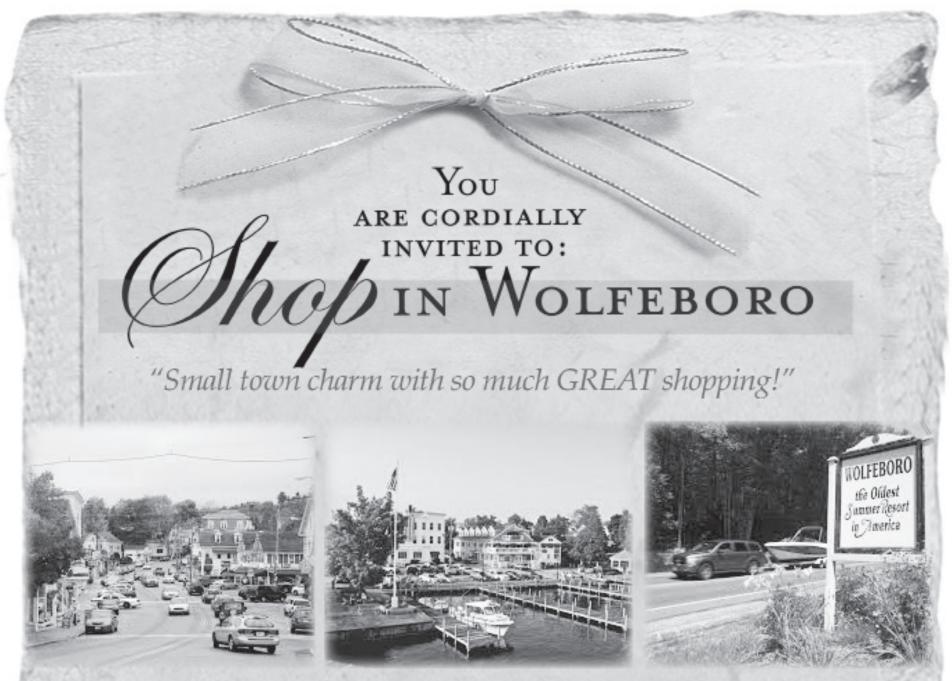
#### Seller

Cecilia T. Eddy
Judith A. McMahon
Bruce E. and Margaret W. Jacobs
Stephen D. Connors
First Freeman RET
Herbert & Kerry Jackson RET
Ann D. Jonas
K. Fleming RT
Minerva Dominguez and JP Morgan Chase Bank NA

## Buyer

Kenneth R. and Richard A. Ferruccio Shawn Hillsgrove Sean R. and Krystal M. Mclain Jennifer Johnson Jeremy and Caitlin Lebowitz Gary A. Macmillan John A. Grady Zachary Reed JP Morgan Chase Bank NA

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 pubdata 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.







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## Of dirt roads, lobsters, and loons, and the insult of Northern Pass

What is the etiquette of dirt-road driving, called "gravel roads" in polite circles?

My pace is usually slow because I do not want to bash up around \$34,000 worth of machinery. Apparently younger drivers (and understandably, those on the way to logging jobs) don't care, or don't have the time. They pass me as if I were standing still.

I was on the way out to the Middle Branch of the Dead Diamond when the grill of another truck appeared in my mirrors. I was doing maybe 25, avoiding pot-holes and washboard.

I pulled aside and let these two guys speed ahead, wondering if they had ever been taught manners on a dirt road. What else

NORTH **COUNTRY NOTEBOOK** 

By JOHN HARRIGAN

can you do?

Steady travelers on Route 3 in northern Coös are accustomed to seeing interesting crops along both sides of the highway at the Potter farm south of Groveton, within shooting distance of the actual place-name, Northumberland.

This and the Vermont village of Guildhall, just across the Connecticut River, are from whence Stratford, Columbia, Colebrook and points Falls, in North Stratnorth were settled.

The unusual crop, for these times, is soybeans. Chris and Jovce Brady, who have done



SOYBEANS were flowering in front of the Potter farm, one of the North Country's oldest homesteads, along Route 3 just south of Groveton.

so much to revitalize the old Poulin place just south of Lyman ford, grind and mix the dried beans with other crops, in an effort to wean their farm away from far-off and high-

priced grain, and feed their livestock with locally grown crops instead.

This is an independence-driven movement throughout northern New England. All I can think, knowing a bit about what Joyce and Chris have to figure out each morning, is "Wow."

On my Sunday round of calls to family and friends, I caught up with Jeff Fair, formerly of Sandwich and now a denizen of Alaska.

He was holed up in Jackson Hole, Wyoming, capturing, weighing, and otherwise trying to ensure the future passions.

He complained, sort of, about the project's slightly younger helpers. "They won't let me carry anything."

The upcoming (July

27) tour of the North Country by members of the Site Evaluation Committee will not enable a stop atop Clarksville's Ben Young Hill, which affords such a sweeping view of the territory.

This vista of farm and forest demonstrates why Northern Pass, neither needed nor wanted by a power-exporting state, and aimed at get-rich markets in Connecticut and New York, is such an insult to New Hampshire's landscape and people.

Northern Pass is anything but a done deal. Finally, at this late hour, Plymouth and Concord are steaming mad, and the SEC is listening.

This column runs of loons, one of his life's in papers covering twothirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com Box 39, Colebrook, NH 03576.

## Fraser earns Dean's List at Seton Hall

SOUTH ORANGE, N.J. — Seton Hall University is pleased to announce that Laura Fraser qualified for Spring 2017 Dean's List. Qualifications for Dean's List include enrolling as a full-time matriculated student with a minimum of 12 undergraduate credits, completing all courses with a GPA of 3.4 or above, and with no grades lower than "C.'

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University has been a to be exemplary servant leaders and caring global citizens. Its attractive main campus is located in suburban South Orange, N.J and is only 14 miles by train, bus or car to New York City, offering a wealth of employment, internship, cultural and entertainment opportunities. The university's nationally recognized School of Law is prominently located in downtown Newark. For more information, visit www.

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**SECTION B, PAGE 1** THURSDAY, JULY 20, 2017 THE BAYSIDER



RYKER BURKE leaps to take a throw at second base during action against Weare on Saturday.



JOSHUA SPAULDING

LARS MAJOR dives back to first base during action on Saturday morning.

## Alton inches closer to clinching Junior Legion playoff berth

BY JOSHUA SPAULDING Sports Editor

ALTON — After posting a solid win in a makeup game with Merrimack on Friday evening, the Alton Post 72 Junior Legion baseball team took two more steps toward clinching a playoff berth with two wins in a doubleheader sweep of Weare on Saturday.

"We won a good one last night and this gets us closer to clinching a playoff spot," said Alton coach Bubba Noyes.

The opening game of the doubleheader saw Austin Didsbury get the ball on the hill for the Post 72 squad and despite a couple of bloop hits in the first inning, he got through the frame without a run scoring, striking out one and fielding a grounder for the final

Alton then got on the

the first inning. With one out, Colby Brown drew a walk and on an attempted steal of second, the ball went into centerfield and he took third. He scored on a wild pitch for the game's first run. Austin Garrett and Ryan Dube each worked walks, but the Weare pitcher got himself out of trouble by snaring a liner back to the mound and turning it into a double play to end the inning.

Didsbury walked the leadoff batter in the top of the second, but struck out the next two and got a pop fly to first to end the inning. Lars Major worked a one-out walk in the bottom of the second for Alton but he was stranded on first. Didsbury got himself out of trouble after walking a batter in the top of the

Sanville at third, who threw to Ryker Burke at second to get the out. Didsbury then got a strikeout to end the inning.

Alton added to the lead in the bottom of the third inning. Burke led off with a double and both Brown and Garrett were hit by pitches. Dube's grounder to second forced a runner at the plate, but Didsbury worked a walk to plate Brown with the second run of the game.

Didsbury around a base hit and an error in the top of the fourth inning, striking out another batter and Alton added to the lead in the bottom of the frame.

Major led off with a base hit and then Sanville put down a sacrifice bunt to move him up. third, as he was able to Burke and Brown both catch the runner in a worked walks to load the board in the bottom of run-down, firing to Noah bases and one out later,



JOSHUA SPAULDING

RYAN DUBE fires a throw to third base during action against Weare on Saturday.

Dube's base hit delivered two runs for a 4-0 lead for Alton. Didsbury then set the side down in order in the top of the fifth inning, finishing off his work on the hill for the day with a strikeout. Alton also went in order in the bottom of the inning.

In the top of the sixth, Robbie Rohrbaugh took the hill for Alton and after a leadoff walk, got some defensive help in the form of a 6-3 double play started by Brown the middle. Two more walks and a base hit loaded the bases, but

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to end the inning.

Alton got two more in the bottom of the sixth inning. Burke had a oneout base hit and took second on Brown's groundout and third on a passed ball. Garrett worked a walk and stole second and both runners scored on Dube's base hit for a 6-0 lead.

Rohrbaugh returned to the hill in the seventh and walked the leadoff batter, but got the next three in order to seal the 6-0 win for Alton.

The second game had

569-4311

Rohrbaugh got a pop fly a bit of a strange ending, as Alton led 8-7n in the fourth inning. Both teams were low on pitchers and Weare actually only had one sub for the two games. In that fourth inning, Weare's first base coach, who was a player, got kicked out of the game for arguing with the umpire and because they had already subbed in their sub, they couldn't continue the game without enough players and Post 72 got the 8-7 win.

"Austin threw the ball well," Noyes said of his starting pitcher. "He got stronger as we went

"And we got some hits when we needed it," the Alton coach continued. "That bunt by Noah (Sanville) was important, up only 2-0. He placed that

perfectly." The Post 72 coach went on to praise the work of his pitching staff, which had thrown a lot of innings over the course of the week.

"I can't say enough about the guys who've been throwing for us," Noyes said "This group as a whole has been very dedicated.

"We don't have an abundance of players, so they don't have to worry about playing time," he added.

The team will be traveling today to Lebanon to continue a game that was stopped by thunder and lightning last week.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.







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## Hamlin brings backup car to NHMS Victory Lane

LOUDON — Denny Hamlin exited turn four during Friday's first practice session at New Hampshire Motor Speedway and slid down the frontstretch before crashing into the interior wall. On Sunday. Hamlin's final exit out of turn four went a whole lot better. With two of the Monster Energy NA-SCAR Cup Series' hottest drivers – Kyle Larson and Martin Truex Jr. – on his heels, Hamlin was able to take his backup car to Sunoco Victory Lane at New Hampshire Motor Speedway after winning the Overton's 301.

It was the third-career victory at NHMS for Hamlin, whose last win here came in September of 2012. The win also ended Joe Gibbs Racing's winless streak in 2017.

New Durham Parks

and Recreation's annu-

al Fun, Games and Giv-

ing 5K is scheduled for

Saturday, July 29. Reg-

istration starts at 7 a.m.

with a race start time

at 8 a.m. The race takes

place on a closed course

through New Durham

starting and ending at

Farmington Fish and

Game Club with help

from town police, safety

and highway personnel

to block off intersec-

tions for safety of all

participants.

**Participants** 

"Friday was tough, but I think today shows the kind of team and equipment that we have, and what we are capable of," said Hamlin. "It's always great to come here and we've run here in the past. To get the win gives us a huge boost and hopefully we can carry that momentum moving forward."

While it was nice to finally get a win for Gibbs. the team owner realizes that parity is a good thing for the sport and that New Hampshire Motor Speedway provides a great opportunity for his team to break through whenever they come here.

"I think it says you got to have respect for our sport, there's a lot of great teams out there," said Gibbs. "We love coming to Loudon. For

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Additionally, a Kids'

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KATHY SUTHERLAND

Denny Hamlin celebrates in Victory Lane at New Hampshire Motor Speedway.

whatever reason, this has been a favorite place for our drivers. I think for our whole team we like coming here for racing and for our sponsors."

Larson, Truex, Matt Kenseth and Kevin Har-

Run is one non-perish-

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vick round out the topfive.

Larson put together a strong run and had a shot to chase down Hamlin over the final 10 laps, but lap traffic kept the number 42 from reeling Hamlin in. It wasn't a completely disappointing day for Larson, who started the race in 39th after failing post-qualifying inspection after taking the pole on Friday.

"I was catching him a couple 10ths, but then lap times evened off and I couldn't carry the speed on exit like I needed to catch him," said Larson, who picked up his best finish at NHMS since finishing second as a rookie here in 2014. "It was another hard-fought race, and we've been able to finish second the last two weeks (after starting) dead last. I'm proud of our team and proud of everybody."

On the heels of a victory at Kentucky Speedway last weekend, it looked like Truex might be on pace to win backto-back races for the first time in his career. But the number 78, which led a race-high 137 laps on Sunday, couldn't get back to the front late in the race and had to settle for his sixth top-three finish of the season.

"The last restart we were third, but we didn't get a good restart on the bottom and didn't quite have the speed at the end of the race compared to the first 200 laps," Truex said. "It was a solid thirdplace effort."

Kenseth and Harvick were the 2016 July and September race winners, respectively.

The remaining top-10 finishers include Daniel Suarez, Clint Bowyer, Kurt Busch, Brad Keselowski and Jimmie John-

The big talk over the weekend was about the PJ1 substance that was applied to the track to help provide more grip for the drivers. In essence, it was supposed to create more side-by-side racing – and it's safe to say that the fans weren't disappointed, as there was competitive door-todoor racing all around the 1.058-mile oval on

Sunday. "I thought it was awesome; I was surprised how well it worked." said Larson. "I like the element of change and how it may wear out slightly and wear out in different spots. Today,

was running a different line. You could run three or four different lanes. It was fun."

Hamlin echoed those sentiments: "As far as I'm concerned we should race here 10 times a year."

#### Stage 1 winner -Truex Jr.

An unapproved deck lid in qualifying may have moved Larson from the pole position to the back of the pack for the start of the race, but the pilot of the number 42 for Chip Ganassi racing wasted little time in moving back to the front. Larson went from 39th to third by the end of the first stage, putting him in a good position to make a run over the next 225 laps.

Truex, who moved from second to pole-sitter following Larson's penalty, picked up the most points in Stage 1, leading all 75 laps.

Kenseth, Larson, Jamie McMurray, Kyle Busch, Kasey Kahne, Ryan Newman, Ryan Blaney, Hamlin and Chase Elliott rounded out the top-10 earning points in the opening segment.

#### Stage 2 winner -**Kyle Busch**

Truex's dominant opening stage didn't translate to the second, as he fell back following a slow pit stop during the segment break. He was, however, able to move up to sixth by the end of the second stage.

Kyle Busch was the dominant car over the second 75 laps, leading 72 of them enroute to the Stage 2 victory. While Kyle Busch pulled away from the pack out front, there were battles all over the track – with many going two- and three-wide to make passsomething rarely seen in past races at the 1.058-mile oval.

Hamlin, Harvick, Kurt Busch, Johnson, Truex, Kenseth, Blaney, Larson and Clint Bowyer rounded out the drivers earning second stage points.

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## Young triathletes take on Wolfeboro

## Gallo-Wagoner, Demain record top Granite Kid Triathlon times

BY JOSHUA SPAULDING Sports Editor

WOLFEBORO — A summer tradition returned to the Oldest Summer Resort in America, as the youngest triathletes took to the waters of Brewster Beach for the annual Granite Kid Triathlon on Saturday morning.

The race featured numerous age groups, with the swim length varying by age. The bike course was the same for all racers six and up, covering 1.2 miles and the run was also the same for everyone six and up at 4/5 of a mile. The five and under group ran and biked within the perimeter of the Brewster Beach parking lot.

The top overall time for the over six crowd was recorded by Owen Gallo-Wagoner of Kennebunk, Maine, who finished in 13:37 to win the 14-16 age group for boys.

The top time for girls was recorded by Tessa Demain, who won the 10-11 age group for girls in a time of 14:29.

In the six to seven age group for girls, Liza Demain was tops in 18:58, followed by Kate McCarthy in 22:06, Mary Kathryn Henriod in 23:29, Harper Hunter in 23:30 and Lily Hart in 23:38, with all five from Wolfeboro. Caroline Haley of Milton, Mass. was sixth in 24:50, Addie Colman of Rye was seventh in 24:53, Eire Corbally of Wolfeboro was eighth in 24:54 and Elise Lucia of McLean, Va. was ninth in 27:46.

For the eight and nine age group for girls, Rose Conway of Anchorage, Ak. was first in 15:47, with Julia Conway of Bennington, Vt. in sec-



GRANITE KID competitors pose for a photo after Saturday's triathlon at Brewster Beach.

ond in 17:04 and Katelyn

Kern of Waltham, Mass.

in 17:15 for third. Wolfe-

boro's Morgan Weidner

finished fourth in 18:10,

Kate Conway of San Di-

ego, Calif. was fifth in

18:23, Quinn Gavin of

Waltham, Mass. was

sixth in 18:25, Sophie

placed seventh in 18:43,

Ellie Colman of Rye was

eighth in 19:06, Audrey

Willscher of Wolfeboro

was ninth in 21:08 and

Claire Henriod of Wolfe-

boro was 10th in 21:34.

Kat McCormick of Mil-

ton finished in 22:07,

Jenna Moore of Wolfe-

boro crossed in 22:56,

Anna Mezey of Hampton

finished in 27:04.34 and

Emrey King of Hampton

group, Tessa Demain's

overall top time was the

winner, followed by Abi-

gail Fleming in 15:28 and

Cailean Corbally in 17:05.

Callie Maclellan finished

in 17:07 and Hayden Ma-

clellan crossed in 17:12,

with the top five all from

Wolfeboro. Kate Labrec-

que of Bow finished in

For the 10-11 age

finished in 27:04.63.

Wolfeboro

of

Knoll

17:37, followed by Talia Willscher of Wolfeboro in 18:00, Grace Conway of Anchorage, Ak. in 18:20, Constance Huber of Brookfield in 18:51, Phoebe Knoll of Wolfeboro in 18:52. Danielle Demattia of Wolfeboro in 20:01 and Katya Pernokas of Evan-

ston, Ill. in 22:55. Marcella DeNitto had the top time for the 12-13 age group, finishing in 14:59, with Elizabeth Bencze of Kingston in second in 16:08 and Annie Maclellan in third in 17:21. Abigail Weidner of Wolfeboro placed fourth in 19:01, Sabrina Tipping of Bedford finished in 21:07, Sasha Pernokas of Evanston, Ill. placed sixth in 21:15, Durham's

22:56 and Natalie Tucker of Clemson, S.C. placed eighth in 23:13.

For the boys in the six to seven age group, Robert Piccirillo of Southbury, Conn. finished first in 16:08, with Andrew Pechinsky of Wolfeboro in second in 17:48 and Luke Piccirillo of Southbury, Conn. in third in 18:52. James Doherty of Norwell, Mass. finished fourth in 19:37 and Jonathan Bronson of Wolfeboro was fifth in 19:48. Michael Kern of Waltham, Mass. finished in 19:48, James Conway of Bennington, Vt. finished in 20:28, Stevy Rogers of Wolfeboro finished in 20:33, Grant Lawlor Wolfeboro crossed

Hampton rounded out the top 10 in 22:41. Myles Taylor of Gilmanton finished in 24:02, followed by Logan Deangelis of Bedford in 24:21, Beckett Bragdon of Windham, Maine in 24:38, Sam Mezey of Hampton in 24:39 and Joshua Hart in Fremont in 26:43.

The eight and nine age group for boys was the largest group, with 20 kids participating. Edward Conway of Tuftonboro finished in 15:03 to lead the way, followed by Max Willscher in 15:22 and Grady Tucker of Clemson, S.C. in 15:34. Cole Levesque of Portland, Maine was fourth in 17:23, followed by Nate Cloos of Wolfeboro in Jr. of Wolfeboro in 18:11, Nate Demain of Wolfeboro in 18:31, Aaron King of Wolfeboro in 19:13, John Doherty of Norwell, Mass. in 19:39 and Carson MacDonald of Wolfeboro in 19:42. William Hart of Fremont crossed in 20:11 for 11th, with Nicholas Lucia of Mclean, Vt. in 20:22, Thomas Bronson of Wolfeboro in 20:23, Andrew Hunt of Wolfeboro in 20:39, Charlie Ejzak of Wolfeboro in 21:09, Randall Preston of Tuftonboro in 21:45, Luke Bashelor of Jaffrey in 23:22, Matthew Oles of Barrington in 25:09, Gray Fisher of Oxford, Miss. in 26:36 and Alex Oles of

Paul Conway Jr. of

Barrington in 33:15.

#### Tess Pueschel finished in in 21:49 and Eli King of 17:25, Kempes Corbally SEE TRIATHLETES, PAGE B8

St. Katharine Drexel 5K/10K scheduled for Sept. 16 ALTON—Inthemidst of summer, it might be difficult to think about the coming season of fall. Yet, a small group of dedicated committee members who organize the St. Katharine Drexel 5K/10K road race and 5K walk each year are doing

just that. As they plan for the seventh annual event, held this year on Saturday, Sept. 16 on the church grounds off Route 28, in Alton, they are encouraging runners of all ages and abilities to lace up those running shoes, practice, and sign up for the sanctioned race, which raises monies for three very worthy charities.

This year, as in the past several, monies raised will go to support the James Foley Scholarship, given to a graduating senior from Foley's alma mater, Kingswood Regional High School. Additionally, the Camp Fatima Special Needs campers program and the remaining Indian mission, founded by St. Katharine Drexel in 1903, will also receive checks.

Of course, the race would not be successful without the continuing support of local businesses who, each year, are most generous to the causes. This year they have two title sponsors, Eastern Propane and Oil Co. and Integrity Earthworks. To date, they have also received support from All Earth, Weston Auto Body, Northeast Delta Dental, Bartlett Tree Services, Peaslee Funeral Home,



## RUNNERS start last year's St. Katharine Drexel 5K/10K.

Bon Venture Bulletin len-Burke, race director. Associates, Granite State Physical Fitness, Calico Graphics, Tut's Trophies and Awards, Hannaford of Alton, Harvest Market, Johnson's Steak and Seafood of New Durham, Granite State News, The Nordic Skier of Wolfeboro, River Run Deli of Alton and Dragonfly Gardens of Alton.

"Our goal has always been, and continues to be, to give to others in need," said Robin Al-

Services. Wolfeboro Eve "All those who work behind the scenes, those who contribute financially, registering to run or walk, or who donate raffle prizes are part of this event, and we would not be successful without them."

For further inforcontact Almation, len-Burke at 569-3996 or ironmom40@metrocast. net. See also the St. Katharine Drexel web site [stkdrexel.org] and click on the link.

## Barnstead 5K set for Aug. 19 BARNSTEAD — The Barnstead Firefighters

Association is pleased to announce its sixth annual 5K road race and fun walk to start at the Barnstead Parade grounds on Aug. 19 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 USATF certified for accuracy and is considered flat and fast. Refreshments will follow the race along with a fun race for the kids.

Part of the proceeds from this year's race are designated for the Jake Weber Scholarship Fund. This fund will be used to assist with education costs to those interested in a career in fire safety or emergency medical services.

Pre-registration (at a discount) must be received by Aug. 15. Registration forms are available at www.bfr06.com; e-mail bfa5kroadrace@ gmail.com or call 312-5648. Online registration is also available at www.running4free.com. Race day registration will also be available.

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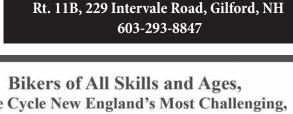
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#### Barn/Garage/Yard Sale

Ossipee Owl Used books and collectables summer market. Saturday. July 22nd, 9:30am to 3pm, Vendors wanted. Rte. 16. Ossipee, NH. 603-539-4296

Wolfeboro Common II Community Yard Sale Off Nary Shores Road. Sat. July 22

Multiple families. Antiques, vintage Christmas, old records, jewelry, art, books, garden, household, tools. extension ladder.

#### **Boat/Dock Rental**

Dock Rental WEEKLY \$200 or SEASON \$1000. Located in Back Bay, Wolfeboro Please call 344-5008 for more info

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Firewood for sale: \$200 per cord, green, grapple loads also available. er and Son Logging and Fire 603-569-4543

## <u>Hardwood</u>

Cut, Split, Delivered \$200 per cord Or Cut but NOT Split \$160 per cord. Call 603-534-8863

## **Estate Sale**

**ESTATE SALE** July 22nd and July 23rd 9:00 AM- 4:00 PM

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Complete bedroom and dining sets, rugs, porch furniture, antique roll-top desk, antique apple ladder, Kilburn lithographs, John Deere mover, golf cart, full garage equipment. No early birds!

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LOW COST SPAY/NEUTER Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

#### **Lost & Found Pet**

#### STILL MISSING!!

SHANE- Shetland Sheep Dog Lost in Laconia NH on August 27, 2016. 9 year old male, very shy. Prefers women. Please do not chase! Old or new leads welcomed! If sited in the area call 1-855-639-5678. Not from the

#### **General Help Wanted**

area- he slipped his collar upon

Appalachian Mountain Club's Three Mile Island Camp on Lake Winnipesaukee in Meredith, NH is now hiring for summer Crew! This position is responsible for guest elations, meal service and cleaning from mid-June through mid-August. To learn more, contact Will 603-279-7626 or manager@3mile.org. AMC is an EOE.

Assistant to President: The American Youth Foundation Merrowvista, a non-profit youth development organization, seeks an organized, team player to provide routine support to the executive leadership of the AYF: President, Board of Directors and Leadership Team. Seeking efficient, self-starter with strong written and verbal communication skills; 2-3 years experience in non-profit or related field preferred. Minimum Associates Degree in related field preferred. Full-time, benefited position. Please e-mail resume and cover letter to ayfhumanresources@ayf.com or mail to AYF-Merrowvista, 147 Canaan Road, Ctr Tuftonboro, NH 03816 by August 7. www.ayf.com

**Cleaning Help Wanted** Monday, Wednesday, Friday and Sunday, 9PM to 1AM. 16 hours per week.

\$13 per hour Please call 603-581-6043

Home Care Aide wanted. Personal care for senior couple in Wolfeboro home. Primarily bathe and dress assistance for rise and tuck hours. References, LNA preferred. Hourly rate commensurate with experience. 569-4475

Immediate opening for experienced CDL-B truck driver at vvolteboro Septic Company. Clean driving record and drug test required. Call 569-5286.

Immediate opening for experienced CDL-B truck driver at Wolfeboro Septic Company. Clean driving record and drug test required. Call 569-5286.

## LANDSCAPE CREW MEMBER/

FOREMAN Full time seasonal position with year-round opportunity possible in Wolfeboro area. Experience preferred but not required. Valid driver's license required. Pay based on experience and work ethic. Must be willing to work weekends when needed. Starting pay \$14.00.

Call Lakes Region Property Care at 603-651-9343 or submit resume to lakesregionpc@yahoo.com.

Need responsible person to help clean at The Suite Inn. Part-time work, hours vary. If interested, please call Cathy at

#### Sewer & Drain Technician: Applicant must have: Verifiable drivers license Current DOT medical card.

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Additional job requirements include: Candidate must be in good physical condition.

Be hard working with a positive attitude and Reliable. Be able to work Full Time - 40 hours per week and overtime when needed.

Be able work on Saturdays and on call rotation. Competitive pay, paid holidays, company

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#### **General Help Wanted**

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Professional, courteous, dependable, strong computer and customer service

Position is part time with weekends

required. Email Cover Letter and Resume to cindy@melansonrealestate.com

Year-Round Help Wanted: Baristas for Moultonborough coffee shop. Should be: friendly, outgoing, customer-oriented, non-smoker, and a morning person (or at least have the ability to transform into a morning person with the addition of coffee). Think you'd like to work with us to provide the best baked goods and Fmail: info@cupandcrumb.com

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## **Vacation Rentals**

#### Ossipee Lake Summer Rental **August and September** Center Ossipee, NH

2 Bedroom lake house, 100ft beach frontage Weekly \$800 Bi-Weekly \$1500 \$300 Deposit-non refundable 20ft Boat site \$100 per week 603-533-6755

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1966 Empala Super Sport Conv. 4 speed 283 V/8 (had for 44 yrs.) 1968 Buick Wildcat conv. Yellow/black interior, 26,000 miles - very clean V/8

Never run in the winter; in storage most of its life. (had for 26 yrs.)

Buy one or buy all. Come look and make an offer. Call (603) 569-5089 Wolfeboro NH

## **Auto/Truck Parts**

Set of 4 Summer Tires Nexen 225/50R/17. Used for 4 nonths (last summer) and purchased new car. Located in Holderness. Please call/text 603-481-1110

## **Public Notices**

The Wakefield Board of Selectmen is offering the following vehicle for sale: 2010 Ford Crown Vic, 4 door sedan, 8 cylinder. + 190.000 miles

This vehicle is being sold as is, where is. It can be viewed at the Wakefield Public Safety Building, 2017 Wakefield Road, Sanbornville, 603-522-3232.

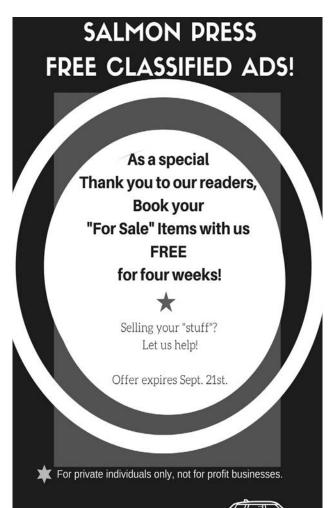
Sealed bids must be received by Friday, August 4, 2017, at 3 p.m., at 2 High Street, Sanbornville NH 03872. The Town reserves the right to reject any and

#### **Public Notices**

The Wakefield Board of Selectmen is seeking bids for the replacement of the septic tank at 254 Main Street. Union. Bid specifications may be found at www.wakefieldnh.com or at Wakefield Town Hall. Sealed bids are due by 3 p.m., Friday, August 4, 2017, at 2 High Street, Sanbornville NH 03872. The successful bidder must provide evidence of State of NH license as well as liability insurance. The Town reserves the right to reject any or all bids.

You are hereby notified that the Wakefield Heritage Commission will conduct a public hearing on Wednesday, August 2, 2017 at 6PM at the Wakefield Heritage Centre, 26 Province Lake Rd, Wakefield, NH for the following application:

The applicant, the P.A. Wiggin Revocable Trust, is requesting a certificate of approval to construct a 28'x40' barn on Tax Map 149, Lot 4 and to construct 50 feet of picket fence on the street side of Tax Map 149, 5 Lot. This fence will replace the existing split rail fence. Copies of the application are on file and are available for public review





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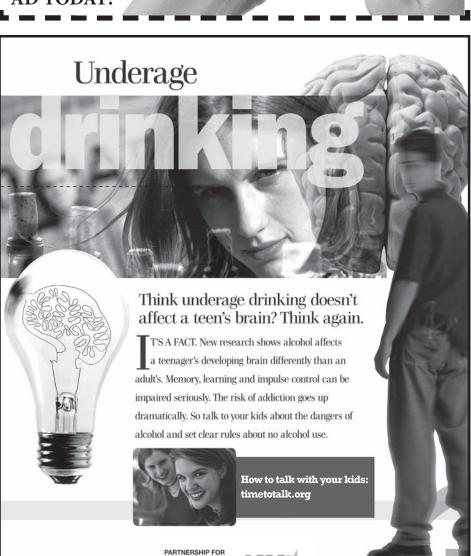
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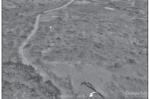




Gilford: Adorable home in Gunstock Acres. 3 BR, 2 BA, and over 1,800 sf. Located on a corner lot with tons of privacy. Bright and sunny interior with beautiful floors, spacious rooms and wood stove. Private Lake Winnipesaukee access too! \$164.900 MLS# 4645574



Laconia/Weirs Beach: Top floor condo at The Village at Winnipesaukee. Being sold furnished with even a washer & dryer. 3 BR, 2 BA and private balcony. Enjoy a brand new outdoor pool, and tennis courts as part of the amenities package. \$93,000 MLS# 4646306



**New Hampton:** Wooded acreage overlooking rolling hills minutes from I-93 yet a private location. 12.65 acres with house site and driveway already in place. State

approved 3-BR septic design also available. Possible subdivision potential. \$126,500 MLS# 4644985



home on 3.2 ac with fields, woodlands, gardens and stone walls. 5 BR, 3 BA, wide pine floors, custom built-ins, living room with fireplace and many original features still intact. 3-Season porch and huge attached barn. \$350,000 MLS# 4646564



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WOLFEBORO: Fantastic estate property on over 64 hill-top acres with a 7BR/7BA Georgian Colonial and spectacular mountain and water views. A 5-stall horse barn with tack room and hayloft completes the picture. Don't miss this one!



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MOULTONBOROUGH: Lovely, traditional Cape on the grounds of Bald Peak Colony Club with fantastic views of the 14th green and fairway. Wonderful style with traditional columns, fireplace large porch and patio

TUFTONBORO

NEW PRICE! Great building lot in water access community on Lower Beech Pond. Just a short walk to the beaches with western exposure. Hidden Valley Drive...

TUFTONBORO Imagine owning your own private cove with access to Lake Winnipesaukee too! You can with this affordable 1.32 acre parcel on the Basin.

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water" feeling. Come relax and luxuriate.

**\$750,000** (4640540)

FARM ISL. - TUFTONBORO // on Lake Winnipesaukee with 13.3 unspoiled private acres, 2611' of waterfront. Sunrise, sunset and mountain views, wildlife, delightful coves, rustic camp. Development potential.





pond & year round brook ~ a hunters paradise. Spacious and bright this home is loaded with charm and has several



ceiling & large rooms. Spacious 400 of lake. Convenient 6 unit assn. sq ft 3-season deck.

**Call 253-9360** \$499,900 (4453500)

heated workshop for the craftsman/ furnished Condo w/30' dock, water views New bamboo floor & plastered walls in living modern modular home, set back on a

artist. Granite counters, vaulted throughout, great deck w/unobstructed view room / dining area. New kitchen cabinets & private, beautifully landscaped lot in

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\$260,000 (4619924) Call 875-3128 \$229,000 (4628483) Call 875-3128 \$164,900 (4643332) Call 253-9360 \$150,000 (4508730) Call 875-3128 \$140,000 (464174) Call 253-9360



cottage situated close to the water with amazing northerly views from the 2.5 acre level property with 100 ' of water frontage.

WELCH ISL. - GILFORD // Vintage 1960 seasonal

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CenterHarbor.NH@NEMoves.com

Moultonboro, \$2,845,000 #4636714

The Gold Coast of Winnipesaukeel The perfect blending of house & land compileb this special properly, warm western exposure & sunsels are waiting. Custom built Lakehouse with architectural delias around every corner; previously featured in NH Home Magazine, cover property.

Janet Cramer 603-707-2771

Laconia, \$975,000 #4645473

This charming home offers three bedrooms, comfortable

living area, amazing screened porch, and great waterside

deck. Beautiful lawn area to the water with waterside patio and outside fireplace. 50' lighted dock with lift &

walk-in sandy beach.

**LACONIA** 348 Court Street 603-524-2255

LakesRegionInfo@NEMoves.com

Alton, \$2,595,000 #4481491

large lot for more parking or expansion. Close to Gunstock

Mountain Resort & all the Lakes Region has to offer.

Ellen Mulligan 603-387-0369

Moultonboro \$949,000 #4504160

Prow-front A-Frame home on large private parcel of

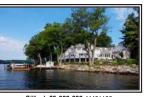
land, long dock, guiet location, nice views, open concept home with first floor master, plus guest suite, barn and detached garage.

Janet Cramer 603-707-2771

Winnipesaukee waterfront lake cottage on its own

land but part of the Tall Pines Condo Assoc. 5 BR, 2

BA with huge screened porch overlooking the lake.



Gilford \$5,800,000 #4401196 Arguably one of the most beautiful homes on the lake with sweeping views & 270' of waterfront on Winnipesaukee.



Alton \$1,649,000 #4602392 Lake Winnipesaukee Craftsman style home with gorgeous views! Covered dock with breakwater, granite steps, walkways & patios, paved driveway garden shed, 2 parking areas & end of the road location on Black Point.

Ellen Mulligan 603-387-0369

Moultonborough, \$745,000 #4646022 Charming summer home on a lovely waterfront lot with sandy beach and a large expanse of lawn. Enjoy the sweeping views from the deck.

Susan Bradley 603-493-2873



Attractive, well built custom home on over 3 acres. Easy flow through the home which includes formal living room, dining room, gourmet kitchen and family room. A must see!

Melanie Roy Tripp 603-387-3712



Center Harbor \$279.000 #4645811 eautiful freestanding end unit that is turn-k and sold furnished! Beautiful quiet setting abutting the golf course

Moultonboro, \$629,900 #4646018 This lovely, well-maintained home is located in the beautiful, desirable beach access community of Crosswinds on Lake Winnipesaukee. Large deeded dock Amenities include: 3 beaches, tennis courts, waterfront

trails, lakeside gazebo with grill, canoe/kavak racks Pam Toczko 603-520-6443



Tamworth \$349.500 #4645318 Totally renovated four bedroom, three bathroom colonial on 10 acres with mountain views, pasture, two stall barn and three car garage with two bedroom

Barbara Mylonas 603-344-8197



Moultonboro. \$289.000 #4512882 This home has great views of the Ossipee Mountains, close to town beaches & Boat launches. Great residential home or vacation hide away! Has all the charm of an Alpine Chalet.

Bruno Coppola 603-244-9544



are just a stone's throw away from this 4 BR home. Plenty of room for family and guests!

Tracie Corbett 603-387-3457

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likely to drink underage. Find good ways to say "no" and practice them often in role-play situations. Some ideas are:

- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. I've only got one brain. Why would I want to trash it?"
- "No thanks. Drinking before your brain is developed can dumb yourself down."







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## TOWN-TO-TOWN CLASSIFIEDS

## Town of Tamworth Chief of Police Position

The Town of Tamworth, NH is seeking a CHIEF OF POLICE. We are a community of 2,856 residents with a seasonal population that fluctuates. The Chief of Police is responsible for all Departmental operations in accordance with commonly accepted police practices with adherence to State and Federal laws. In addition the Chief is expected to take an active role in all aspects of police work including patrol, investigation and traffic control. Our Chief needs to be highly visible, active in community functions and possess excellent communication skills. The Chief of Police is also responsible for setting department procedures, evaluating subordinates, preparation of the Police Department's annual budget and will report directly to the Tamworth Board of Selectmen. Salary range is \$65,500 - \$80,000 depending on experience and qualifications.

Refer to the Town of Tamworth Website, www.tamworthnh.org to review the job description and obtain a job application. Forward a job application, cover letter of interest, a resume and three letters of reference pertinent to qualifications and experience.

Submit required paperwork no later than August 4, 2017 to: Town of Tamworth, Attn: Town Administrator, Darlene McWhirter, 84 Main Street, Tamworth, NH 03886.



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Energysavers Inc. is expanding its sales team and looking for its next "Dedicated Sales Advisor" to add to the team. We are a highly recommended 40+ yr old Lakes Region retailer of well known hearth & spa products. You can earn while you learn! No prior experience required. All Energysavers employees are expected to participate in all aspects of the business. Must have a valid driver's license & be able to lift/carry an 80lb min. Hourly pay plus commission. Stop in to fill out an application:

Energysavers Inc, 163 Daniel Webster Hwy, Meredith NH

# Girls' Middle School Soccer Coach – Grades 6-8 CPR/First Aid Certification preferred. Please contact Tim Rice at (603) 269-5161 or trice@mybes.org

**Barnstead Elementary School** 



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# Prospect planning alumni soccer games

ALTON — Prospect Mountain soccer will be bringing back the alumni game this year on Aug. 19. The girls will play at 2 p.m. and boys at 4 p.m. with a cookout planned as well. They are asking all alumni that are interested in playing to e-mail coach Cory Halvorsen at cory\_halvorsen@icloud. com by Aug. 1 so they can send out details of the games.

## PMHS searching for girls' track coach

ALTON — Prospect Mountain High School in Alton is accepting applications for a girls' track and field coach for the spring 2018 season. Anyone interested in the position can contact the SAU office at 875-8600 for more information.

## TRIATHLETES

CONTINUED FROM PAGE B3

Tuftonboro won the 10-11 age group in 14:11, with Emerson DeNitto of Wolfeboro second in 15:05 and Matthew Conway of San Diego, Calif. in third in 15:16. William Pechinsky of Wolfeboro followed in 16:29, with Sawyer Levesque of Portland, Maine in 16:50 and Luke Haley of Milton, Mass. in 16:53. Conor Gavin of Waltham, Mass. finished in 17:17, Josh Mezey of Hampton placed eighth in 17:34, Ethan Bencze of Kingston finished in 18:18, Reed Scampoli posted

Cloos of Wolfeboro finished in 21:54, William Chretien of Wolfeboro posted a time of 21:55, with Alistair Fleming in 22:27 and Jack Moore in 23:47. Both are from Wolfeboro.

In the 12-13 age group, Charles Huber of Brookfield was tops in 18:50 and Brendan Gomez of Mount Pleasant, S.C. was second in 20:28.

Gallo-Wagoner's top time won the 14-16 age group, with Leopold Dankic of Manchester in 15:29, Zak Jones of Durham in 17:04 and Tommy Jones of Durham in 20:04.

Five and under he younger ages ran

# From the back of the mind come some random thoughts

With a busy week of rehearsals and performances, this seemed like a perfect time to empty out the junk drawer in the back of my mind.

At the All-Star break the Red Sox are in first place in the division and vet there doesn't seem to be tons of excitement around the team. For sure, there have been more exciting Red Sox teams, including those squads that featured characters like Johnny Damon, Kevin Millar, Pedro Martinez and Curt Schilling, but this young group of Red Sox is a team to be excited about. With lots of young talent (Bogaerts, Bradley, Be-

a shorter course.

girls, Bailey Wahila of

Ithaca, N.Y. was first in

10:01 while for the boys

in the same age group,

Calvin Conway was first

in 5:04 and Zac Piccirillo

of Southbury, Conn. fin-

Kern of Waltham, Mass.

was first for girls in 6:11,

with Sloane Willscher

of Wolfeboro in 6:24,

Katherine Pechinsky of

Wolfeboro in 6:41, Anna-

bel Taylor of Gilmanton

in 7:37 and Tanner Hill

same age bracket, Sam-

uel Henriod of Wolfe-

boro finished in 5:13,

with Owen McCarthy

of Wolfeboro in 5:13,

Linus Bashelor of Jaf-

frey in 6:09, Will Hart of

For the boys in the

For age four, Meghan

ished in 5:18.

in 8:03.

three-vear-old

SPORTING CHANCE

By JOSHUA SPAULDING

nintendi, Betts, Rodriguez) mixed with some solid veterans (Sale, Pedroia, Moreland, Porcello at times, Kimbrel), there are plenty of reasons to like this team. They don't hit tons of homers, but they are a smooth group of players with talent that should help to keep the Red Sox in contention for years to come. I look forward to the second half of the season.

The Celtics are doing their best to steal a little

Wolfeboro in 6:15, Daniel Devereaux of Wolfeboro in 7:54, Bryer Cain of Tuftonboro in 8:02 and Jonathan Mezey of Hampton in 8:58.

For the five-year-old girls, Madeleine Lewis of Tuftonboro was first in 4:56, Josie Pernokas of Evanston, Ill. was second in 6:42 and Kennedy Stark of Alton was third in 7:24.

Toey Rogers of Wolfeboro was first for the boys in the same age group in 4:37, with Brinley Tetherly of Wolfeboro in 5:33 and Michael McCormick of Milton, Mass. in 6:00.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress. com. of the thunder from the Boys of Summer in Boston with the expected signing of Gordon Hayward. A smooth shooter is a great addition to this team. However, I think Avery Bradley and his ferocious defense will be missed, but to get a player of Hayward's caliber, sometimes there has to be a cost.

As many people know,

I've been on a new diet and exercise program since May 1. This has been a massive challenge in many regards. While I was going to the gym each day already, this program changed up my routine and gave me different kinds of exercise. but the largest change came in the foods that I am eating. Having a salad for lunch every day was normal, but there were a lot of other adjustments that needed to be made. I've essentially cut out most of the foods that I was eating (things like frozen pizza and prepackaged foods) and replaced them with more solid options. I spend one afternoon or morning a week cooking up chicken and beef or turkey to get me through a week of meals. While it's been a little time consuming, I'm not going to argue with the results, as 10 weeks in (Monday, July

Because of the production I am in and the schedule I have been keeping over the last few weeks, I was unable to attend

10) I was down 28 pounds.

Sunday's NASCAR race in Loudon. While they were long Sundays, these events were my first exposure to big time sports as a member of the media. I'm hoping to see the final September race at NHMS this year as the track transitions to one NASCAR weekend a year.

Thanks again for the continued support of my trip to Pyeongchang for the Winter Olympics in February. Next step will be looking for a flight, which might be a bit more difficult since the great travel agent I used last time is no longer in business.

And last but not least, one more shameless plug to come see me and a bunch of talented people in the 25th Annual Putnam County Spelling Bee at the Village Players Theater in Wolfeboro on Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m.

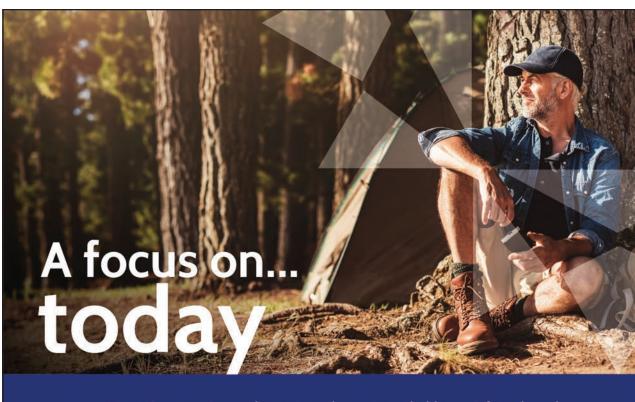
Finally, have a great day Kathy Cipriani.

**Spaulding** Joshua 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 sportsgsn@salmonpress. com, at 569-3126, or PO Box 250, Wolfeboro Falls, NH 03896.









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